

Access to a variable rate multiple access system is controlled based upon a current loading. The current loading level is used to determine a transmission rate set point. The transmission rate set point may include a maximum transmission rate and a transmission probability. The transmission rate set point is passed to the remote unit (100) which may access the system. The remote unit (100) with data to send determines a desired transmission data rate (106). If the desired transmission data rate is equal to or greater than the maximum transmission data rate, the remote unit (100) transmits at the maximum transmission data rate with a probability equal to the transmission probability.