



Wooden Arrow Spine Chart

American Longbow (ASL) / American Flat Bow (AFB)

Read information below the table carefully - This Table is just for a starter guidance

Draw weight at your actual draw length Selection Of Point Weight					Arrow Length - From The Bottom Of Nock Groove To Back Of Pile												
100grain pile	125grain pile	150grain pile	200grain pile	225grain pile	24" 60.96cm	25" 63.50cm	26" 66.04cm	27" 68.58cm	28" 71.12cm	29" 73.66cm	30" 76.20cm	31" 78.74	32" 81.28cm	33" 83.82cm	34" 86.36cm	35" 88.90cm	36" 91.44cm
20-25lb						5-10	10-15	15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65
25-30lb	20-25lb				5-10	10-15	15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70
30-35lb	25-30lb	20-25lb			10-15	15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75
35-40lb	30-35lb	25-30lb			15-20	20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80
40-45lb	35-40lb	30-35lb			20-25	25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85
45-50lb	40-45lb	35-40lb			25-30	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90
50-55lb	45-50lb	40-45lb			30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95
55-60lb	50-55lb	45-50lb			35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100
60-65lb	55-60lb	50-55lb			40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105
65-70lb	60-65lb	55-60lb			45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110
70-75lb	65-70lb	60-65lb			50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115
75-80lb	70-75lb	65-70lb			55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120
80-85lb	75-80lb	70-75lb			60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125
85-90lb	80-85lb	75-80lb	70-75lb		65-70	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130
90-95lb	85-90lb	80-85lb	75-80lb	70-75lb	70-75	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135
95-100lb	90-95lb	85-90lb	80-85lb	75-80lb	75-80	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140
100-105lb	95-100lb	90-95lb	85-90lb	80-85lb	80-85	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145
105-110lb	100-105lb	95-100lb	90-95lb	85-90lb	85-90	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150
110-115lb	105-110lb	100-105lb	95-100lb	90-95lb	90-95	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155
115-120lb	110-115lb	105-110lb	100-105lb	95-100lb	95-100	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160
120-125lb	115-120lb	110-115lb	105-110lb	100-105lb	100-105	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165
125-130lb	120-125lb	115-120lb	110-115lb	105-110lb	105-110	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170
130-135lb	125-130lb	120-125lb	115-120lb	110-115lb	110-115	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175
135-140lb	130-135lb	125-130lb	120-125lb	115-120lb	115-120	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180
140-145lb	135-140lb	130-135lb	125-130lb	120-125lb	120-125	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185
145-150lb	140-145lb	135-140lb	130-135lb	125-130lb	125-130	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185	185-190
	145-150lb	140-145lb	135-140lb	130-135lb	130-135	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185	185-190	190-195
	150-155lb	145-150lb	140-145lb	135-140lb	135-140	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185	185-190	190-195	195-200
	155-160lb	150-155lb	145-150lb	140-145lb	140-145	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185	185-190	190-195	195-200	200-205
		155-160lb	150-155lb	145-150lb	145-150	150-155	155-160	160-165	165-170	170-175	175-180	180-185	185-190	190-195	195-200	200-205	205-210
			160-165lb	155-160lb	155-160	160-165	165-170	170-175	175-180	180-185	185-190	190-195	195-200	200-205	205-210	210-215	

Bow poundage can also be show with #

All shaft spines stated above are in lb / #

All wooden shafts are measured over 26" on a spining jig as per the ATA Standards.

The values above are only a guidance and could be different depending on your style of shooting, type of thumbing used, etc. BUT it gives you a starting point. The this should help with the dynamic spine of the arrow during flight, this is basically reducing the 'wobble' / flex of the arrow during flight and the loss of energy / forward motion of the arrow.

DISCLAIMERS: Please not shaft diameter will need to be decided by the archer when using this information and could affect the way the arrow flies, as well as the final spine needed. For shaft sizes below 5/16" you may have to go up in spine(s) to achieve the dynamic spine wanted in arrow flight. This table is just a starter guide. All info is based on a parallel shaft, if arrow is tapered or barrelled this will affect the arrow spine. A stiffer arrow shaft will need to be used as a base parallel form to make the tapered or barrelled.

Refer to the Dal's Archery Technical Page as the above can be affected by what string material is used on your bow, bracing height, etc. all these things affect the spine of arrow you need.