



Arrow Selection Chart

Draw Weight	Length of Arrow												
	Compound Bow						Traditional Bow						
	23"	24"	25"	26"	27"	28"	23"	24"	25"	26"	27"	28"	
30-34	1	1	1	1	1	1	1	1	1	1	1	2	2
35-39	1	1	1	1	1	2	2	2	2	2	2	2	2
40-44	1	1	1	1	2	2	2	2	3	3	3	3	3
45-49	1	1	2	2	2	2	3	3	3	3	3	4	4
50-54	1	2	2	2	3	3	3	3	4	4	4	4	4
55-59	2	2	2	3	3	3	4	4	4	4	4	4	4
60-64	2	3	3	3	4	4	4	4	5	5	5	5	5
65-69	3	3	4	4	4	5	5	5	6	6	6	6	6
70-74	3	4	4	4	5	5	6	6	6	6	6	6	6
75-79	4	4	4	5	5	6	6	6	6	6	6	6	6
80-84	4	5	5	5	6	6	6	6	7	7	7	7	7
85-89	5	5	6	6	6	6	7	7	7	7	7	7	7
90-94	5	6	6	6	6	7	7	7	8	8	8	8	8
95-100	5	6	6	6	6	7	7	7	8	8	8	8	8

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| 1 600 Spine | 5 300 Spine |
| 2 500 Spine | 6 250 Spine |
| 3 400 Spine | 7 200 Spine |
| 4 340 Spine | 8 150 Spine |

- Step 1:**
Find your draw weight in the chart.
- Step 2:**
Determine the length of your arrow by measuring from the throat of the nock to the end of the insert.
- Step 3:**
Find the correct group number in the shaft selection chart.
- Step 4:**
Find your appropriate spine selection for your bow and use the detail arrow specifications chart on the next page to see which shafts are available in your spine.

Compound Bows - With Release Aid

Note: With a compound bow and release aid it is acceptable to use a shaft that is stiffer than indicated on the selection chart. This is particularly true if you want to shoot a large diameter shaft for target and 3-D archery. When in doubt, choose a stiffer arrow shaft.

- For compound bows with IBO speed rating between 290-315 FPS shot with a release aid, use the selection chart as specified.
- For compound bows with IBO speed rating between 315-350 FPS shot with a release aid, choose at least one box to the stiffer side (to the right) for your recommended arrow. Example: If you have a setup that is 72 lbs and arrow that is 29" long you will need to use a group 5 arrow shaft.
- For compound bows with IBO speed rating under 290 FPS shoot with a release aid, choose one box to the weaker side (to the left) for your recommended arrow. Example: If you have a setup that is 58 lbs and arrow that is 27" long you will need to use a group 2 arrow shaft.

Compound Bows/ With Finger Release

When shooting finger release, start by selecting an arrow 2 boxes to the weaker side (to the left). Start with the arrow 1" longer than you selected and cut it down 1/4" at a time until you have a perfectly tuned shaft using the bare shaft tuning method outlined in the back of the Gold Tip product catalog and the Arrow University section of the Gold Tip website (www.goldtip.com).

Traditional Recommendations

- If you are shooting a recurve/longbow, first establish the draw weight of the bow at the length you draw it to. This is best accomplished by bringing the bow to full draw and having a friend mark the arrow where it intersects the outside of the riser.
- Next, draw the bow with a bow scale to your mark to simulate holding it at full draw. Note draw weight at full draw. You can then accurately use the selection chart as indicated below. Arrow length should be measured from the throat of the nock to the end of the insert, not necessarily from the mark you made to measure your draw weight. It is recommended that your finished arrow be at least 1" longer than the mark you made to establish your draw weight.
- For either longbow or recurve, start with the arrow at least 1" longer than your desired finished arrow and cut the shaft down 1/4" at a time until you establish a perfect tune using the bare shaft tuning guide outlined in the back of the Gold Tip product catalog or in the Arrow University section of the Gold Tip website (www.goldtip.com). You can use the Gold Tip weight system to fine tune the spine reaction and increase the mass weight of the arrow.