

Twist Rates

Rifle Twist Rates

Caliber – Twist Rate – Bullet Weight

.172

1:10 all weights

.222 Rim Fire

1:16 all weights, lead bullets

.224 / 5.56mm

1:16 up to 55 grains, 4300 fps or more

1:15 up to 55 grains, 4100 – 4300 fps

1:14 up to 55 grains, less than 4100 fps

1:12 50 – 63 grains

1:10 50 – 63 grains

1:9 63 – 70 grains

1:8 70 grains or more

.243 / 6mm

1:15 up to 70 grains

1:14 70 – 75 grains

1:13 75 – 85 grains

1:12 85 – 100 grains

1:10 100 grains or more

.257

1:14 up to 70 grains

1:13 70 – 80 grains

1:12 80 – 90 grains

1:10 90 – 100 grains

1:9 100 grains or more

.264 / 6.5 mm

1:9 up to 130 grains

1:8 130 grains or more

.270

1:10 all weights

.284 / 7mm

1:11 up to 140 grains

1:10 Magnum velocities

1:9.5 140 grains or more

.308 / 7.62mm

1:15 up to 150 grains

1:14 150 – 168 grains

1:12 168 – 170 grains

1:10 170 – 220 grains

1:8 220 grains or more

.311 / 7.65 mm

1:10 all weights

.321

1:16 all weights

.323 / 8mm

1:10 all weights

.338

1:10 all weights

.348

1:12 all weights

.358

1:12 all weights

.375

1:12 all weights

.411

1:14 all weights

.416

1:14 all weights

.429

1:38 all weights

.458

1:20 all weights up to 2000 fps

1:14 all weights above 2000 fps