

Expanded Rifle Barrel Twist List

By Chuck Hawks

Rifle barrels are designed to incorporate lands and grooves that spin the projectiles they fire so that they will fly true and hit point-on. That is the fundamental definition of a rifle, it uses a rifled barrel. Rifle barrels are grooved so that the bullet makes one complete turn in a given number of inches on its trip down the barrel.

There seems to be an inordinate interest in twist rates these days. With very few exceptions the major manufacturers have carefully and correctly researched the subject and experimented to determine the most appropriate twist rate for each caliber. There is very little to be gained by second guessing their conclusion.

What follows is a list of the common rates of twist for most rifle cartridges. These were taken from various sources. The rates of twist below are expressed as "one complete turn in so many inches" (i.e. 1 in 9", 1 in 10", etc.)

- .17 HMR = 1 in 9"
- .17 Remington = 1 in 9"
- .204 Ruger = 1 in 12"
- .22 Short = 1 in 24"
- .22 Long Rifle = 1 in 16"
- .22 Hornet = 1 in 16"
- .218 Bee = 1 in 16"
- .221 Fireball = 1 in 14"
- .222 Remington = 1 in 14"
- .223 Remington = 1 in 12"*
- .225 Winchester = 1 in 14"
- .22-250 Remington = 1 in 14"
- .223 WSSM = 1 in 12"
- .220 Swift = 1 in 14"
- .22 Savage High Power = 1 in 12"
- 6mm PPC = 1 in 12"
- 6mm BR Rem. = 1 in 14"
- .243 Winchester = 1 in 10"
- 6mm Remington = 1 in 9"
- .243 WSSM = 1 in 10"
- 6mm-284 = 1 in 10"
- 6mm-06 = 1 in 9.5"
- .240 Wby. Mag. = 1 in 10"

.25-20 WCF = 1 in 16"
.25-35 WCF = 1 in 8"
.250 Savage = 1 in 14"
.257 Roberts = 1 in 10"
.25-06 Remington = 1 in 10"
.257 Wby. Mag. = 1 in 10"
6.5x50 Japanese = 1 in 9"
6.5x54 M-S = 1 in 7.9"
6.5x55 Swedish Mauser = 1 in 8"
.260 Remington = 1 in 9"
6.5x57 = 1 in 8"
6.5mm Rem. Mag. = 1 in 9"
.264 Win. Mag. = 1 in 9"
6.5-300 Wby. Mag. = 1 in 8"
.270 Winchester = 1 in 10"
.270 WSM = 1 in 10"
.270 Wby. Mag. = 1 in 10"
7-30 Waters = 1 in 9.5"
7x57 Mauser = 1 in 9"
7mm-08 Remington = 1 in 9.25"
.284 Winchester = 1 in 10"
.280 Remington = 1 in 9.25"
7mm Rem. SAUM = 1 in 9.25"
7mm WSM = 1 in 9.5"
7mm Rem. Mag. = 1 in 9.25"
7mm Wby. Mag. = 1 in 10"
7mm Dakota = 1 in 9.5"
7mm STW = 1 in 9"
7mm Rem. Ultra Mag = 1 in 9.5"
.30 Carbine = 1 in 16"
.30-30 Winchester = 1 in 12"
.30-40 Krag = 1 in 10"
.300 Savage = 1 in 12"
7.62x54R Russian = 1 in 10"
.307 Winchester = 1 in 12"
.308 Winchester = 1 in 12"
.30-06 Springfield = 1 in 10"
.300 Rem. SAUM = 1 in 10"
.300 WSM = 1 in 10"
.308 Norma Mag. = 1 in 10"

.300 Win. Mag. = 1 in 10"
.300 H&H Mag. = 1 in 10"
.300 Wby. Mag. = 1 in 10"
.300 Dakota = 1 in 10"
.300 Rem. Ultra Mag = 1 in 10"
.30-378 Wby. Mag. = 1 in 10"
7.62x39 Soviet = 1 in 10" (Ruger)
.303 Savage = 1 in 12"
.303 British = 1 in 10"
.32-20 WCF = 1 in 20"
.32 Win. Spec. = 1 in 16"
8x57 JS Mauser = 1 in 9.25"
8mm-06 = 1 in 10"
8x68 S = 1 in 12"
8mm Rem. Mag. = 1 in 10"
.338-57 O'Connor = 1 in 10"
.338-06 A-Square = 1 in 10"
.338 Win. Mag. = 1 in 10"
.338 Rem. Ultra Mag = 1 in 10"
.338 Lapua Mag. = 1 in
.338-378 Wby. Mag. = 1 in 10"
.340 Wby. Mag. = 1 in 10"
.348 Winchester = 1 in 12"
.357 Mag. = 1 in 16"
.35 Remington = 1 in 16"
.356 Winchester = 1 in 12"
.358 Winchester = 1 in 12"
.35 Whelen = 1 in 16"
.350 Rem. Mag. = 1 in 16"
.358 Norma Mag. = 1 in 12"
9.3x62 Mauser = 1 in 10"
9.3x64 Brenneke = 1 in 14"
9.3x74R = 1 in 14"
.38-55 WCF = 1 in 18"
.375 Winchester = 1 in 12"
.376 Steyr = 1 in 12"
.375 H&H Mag. = 1 in 12"
.375 Rem. Ultra Mag = 1 in 12"
.378 Wby. Mag. = 1 in 12"
.405 Winchester = 1 in 14"

.416 Rem. Mag. = 1 in 14"
.416 Wby. Mag. = 1 in 14"
.44-40 WCF = 1 in 20"
.44 Rem. Mag. = 1 in 20"
.444 Marlin = 1 in 20"
.45 Colt = 1 in 26"
.45-70 Govt. (1873 Springfield rifles) = 1 in 23"
.45-70 Govt. (Marlin and Ruger rifles) = 1 in 20"
.450 Marlin = 1 in 20"
.458 Win. Mag. = 1 in 14"
.450 Watts Mag. = 1 in 14"
.460 Wby. Mag. = 1 in 16"
.470 Nitro Express = 1 in 20"
.480 Ruger = 1 in 18"
.50 ML (Savage) = 1 in 24"
.50 BMG = 1 in 16"

*For civilian varmint rifles