Which Arrows for 3D?

3D archery requires a twist in thinking to get the ultimate in performance and remain within the rules. Under the 280 fps speed rules, many bows produced today can reach this speed with an aluminum arrow with a reasonable "line cutting" diameter.

For indoor 3D archery a large diameter, thin–walled arrow that will get you to the maximum speed is the best recommendation. If you are not able to get to the maximum speed with a 2312 arrow, or so, then shoot a lighter carbon arrow. The internal component carbon arrows are a good choice because they are light and still provide about a 19/64 outside diameter.

For outdoor 3D, carbon arrows have become more popular because you can have good point weight to get through the wind and be light enough in mass weight to get the speeds desired. Again the internal component carbon arrows provide a great middle of the road option providing speed and line cutting diameter.

A bunch of 3-D greats have changed to carbon composite arrows. I.B.O. World Champion Pete uses A/C/C Hyperspeeds. “After shooting at 50 yards with both ACC and Aluminum arrows I plainly saw that the ACCs shot less arrows outside the dot. Were his thin ACCs were costing him any points in tournaments? “Only about 3 arrows per tournament were close enough to a line where an aluminum would get me in." The Easton ACC Hyperspeed shafts are a great option for ladies or shooters with shorter draw lengths, but at the poundages men are shooting, it is still possible to get there without resorting to an ACC.

Carbon arrows have less surface drag and therefore have flatter trajectories at the same speed as aluminum arrows. If judging distance is your weakness, shooting carbon arrows is a better choice. If you are sound at judging distance, you may like the additional line cutting real estate of a thin walled, larger diameter aluminum shaft.

It is easier to be accurate with an arrow that has a heavier point weight (90 grains and up) over the ultra light points (60 grains or so). Also, down range velocity and wind drift are improved. My recommendation-keep a decent point weight, while choosing an arrow that will get to the maximum speed within the rules. Those that have trouble judging distance will find a few more points on the scorecard with carbon arrows. Shoot as stiff an arrow as you can and still reach the highest allowed speeds. Do not go under-spined in order to reach the speeds!