

BOARD SIZE GUIDE

SURF FOIL - Just like surfing but riding the foil on the waves.

SUP FOIL - Just like Stand Up Paddle surf but riding the foil in the waves.

DOWNWIND FOIL - Using strong wind and swell to ride the foil down wind.

KITE FOIL - Kitesurfing using a foil.

WAKE FOIL - Like wakeboarding behind a boat but with a foil.

TOW IN WAVE FOIL - Similar to Tow in wave surfing but with a foil.

WING FOIL - This new sport uses a small hand held wing which produces enough power to ride the foil.

WINDSURF FOIL - Same as windsurfing but with a foil attached to the board.

WHICH BOARD?	RIDER WEIGHT		
	UNDER 70KG (150 LBS)	70 – 90KG (150-200 LBS)	90 KG+ (200 LBS+)
SURF FOIL – Small waves	Wing Surf 4' - 4'5	Wing Surf 4'5 - 4'10 / Wing Sup 4'8	Wing Surf 4'10 / Wing Sup 4'8 - 4'11 - 5'2
SURF FOIL – Large waves	Wing Surf 4' - 4'5	Wing Surf 4' - 4'5 - 4'10 / Wing Sup 4'8 - 4'11	Wing Surf 4'10 / Wing Sup 4'8 - 4'11 - 5'2
SUP FOIL – Small waves	Wing Sup 4'11 - 5'2 - 5'5 - 5'8	Wing Sup 5'2 - 5'5 - 5'8 - 5'11 - 6'4	Wing Sup 5'8 - 5'11 - 6'4
SUP FOIL – Large waves	Wing Sup 4'11 - 5'2 - 5'5 - 5'8	Wing Sup 5'2 - 5'5 - 5'8 - 5'11	Wing Sup 5'8 - 5'11 - 6'4
DOWNWIND SURF FOIL	Wing Surf 4' - 4'5	Wing Surf 4'5 - 4'10 / Wing Sup 4'8	Wing Surf 4'10 / Wing Sup 4'8 - 4'11
DOWNWIND SUP FOIL	Wing Sup 4'11 - 5'2 - 5'5 - 5'8	Wing Sup 5'2 - 5'5 - 5'8 - 5'11 - 6'4	Wing Sup 5'8 - 5'11 - 6'4
KITE FOIL	Wing Surf 4' - 4'5	Wing Surf 4' - 4'5 - 4'10	Wing Surf 4' - 4'5 - 4'10
WAKE FOIL	Wing Surf 4' - 4'5	Wing Surf 4' - 4'5 - 4'10	Wing Surf 4'5 - 4'10 / Wing Sup 4'8 - 4'11
TOW IN WAVE FOIL	Wing Surf 4' - 4'5	Wing Surf 4' - 4'5 - 4'10	Wing Surf 4'5 - 4'10 / Wing Sup 4'8 - 4'11
WING FOIL	Wing Surf 4' - 4'5 - 4'10 / Wing Sup 4'8 - 4'11 - 5'2	Wing Surf 4' - 4'5 - 4'10 / Wing Sup 4'8 - 4'11 - 5'2	Wing Surf 4'5 - 4'10 / Wing Sup 5'2 - 5'5 - 5'8 - 5'11 - 6'4

