

## SHAFT FLEX CODES: CHEAT SHEET

What the letter or number on a golf shaft means, from most flexible to stiffest.

| CODE ON THE SHAFT | MEANS                                | GOOD TO KNOW                                                                                                            |
|-------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>L</b>          | <b>Ladies</b>                        | The most flexible, for the slowest swing speeds.                                                                        |
| <b>A</b>          | <b>Senior</b>                        | Between ladies and regular. Originally "amateur"; some brands say Lite or Senior instead.                               |
| <b>M</b>          | <b>Usually senior</b>                | TaylorMade uses M for "Mature", its senior flex. A few brands use M for men's. Check the shaft maker.                   |
| <b>Lite</b>       | <b>Senior, on most shafts</b>        | Brands use Lite for a soft flex, usually the same as senior (A). A few use it for ladies. Check the maker.              |
| <b>R2</b>         | <b>Softer than regular</b>           | Mostly on Japanese shafts (Fujikura, Graphite Design): the equivalent of senior (A). R1 is their regular.               |
| <b>R</b>          | <b>Regular</b>                       | The most common flex, for average swing speeds.                                                                         |
| <b>Uniflex</b>    | <b>Between regular and stiff</b>     | One flex meant to fit most players, usually closer to regular. Common in the stock steel shafts of big-brand iron sets. |
| <b>SR or R+</b>   | <b>Stiff-regular or soft regular</b> | Depends on the maker: between regular and stiff for some, softer than regular for others.                               |
| <b>S</b>          | <b>Stiff</b>                         | For faster, stronger swings.                                                                                            |
| <b>TS or S+</b>   | <b>Tour stiff, stiff plus</b>        | Stiffer than S but softer than X in the same shaft line.                                                                |
| <b>X</b>          | <b>Extra stiff</b>                   | For very fast swings.                                                                                                   |
| <b>TX</b>         | <b>Tour extra stiff</b>              | Stiffer than X in the same shaft line. Some makers use TX for a premium version with a different bend profile.          |

### NUMBERS (PROJECT X AND OTHERS)

| NUMBER     | USUALLY MEANS       |
|------------|---------------------|
| <b>5.0</b> | Regular             |
| <b>5.5</b> | Regular plus (firm) |
| <b>6.0</b> | Stiff               |
| <b>6.5</b> | Extra stiff         |
| <b>7.0</b> | Extra stiff plus    |

**R300, S300, X100:** True Temper Dynamic Gold steel. Letter = flex; number = version (S400 is a heavier stiff than S300). Match both.

### ROUGH GUIDE BY DRIVER SWING SPEED OR CARRY

| DRIVER SWING SPEED  | USUAL FLEX      | OR DRIVER CARRY (OUR ESTIMATE) |
|---------------------|-----------------|--------------------------------|
| Under about 75 mph  | Ladies          | Under about 165 yards          |
| About 75 to 85 mph  | Senior (A or M) | About 165 to 185 yards         |
| About 85 to 95 mph  | Regular         | About 185 to 205 yards         |
| About 95 to 105 mph | Stiff           | About 205 to 230 yards         |
| Over about 105 mph  | Extra stiff     | Over about 230 yards           |

Carry is our estimate from TrackMan's average amateur (93.4 mph, 204 yards carry). Flex follows swing speed, not gender or age: any golfer can play any flex. No industry standard: one maker's stiff can play like another's regular. When replacing one club, match the shaft model as well as the letter. Between two flexes, the softer one is usually safer. Checked September 30 and October 25, 2026.

Every code explained, with the brands that disagree: [usedclubfinder.com/shaft-flex](https://usedclubfinder.com/shaft-flex)