

Wakeboard Binding Placement

By Colin Ellis

Whatever feels comfortable is probably the best advice. The bottom line is that binding placement is merely personal preference although here is some inside information to help you find the best placement to match you, your board, and your riding.

Width is preference although it will vary with the height of the rider and the size of the board. Width influences how you finish bringing the board around. Narrow is good for beginners because it makes it easier to initiate carves and spins. A narrower stance is also good for pulling small spins (e.g.: wake to wake 3's and 5's) and some mobes (e.g.: bs mobe, switch mobe, mobe 5's). A wider stance makes it easier to pull the tip or tail of the board around to finish a trick (e.g. good for a Pete Rose, KGB, or a crowmobe). Overall, wider is a stronger stance that allows you to more easily add grabs, absorb landings, and results in more board control giving you a stronger more consistent axis on double ups and big spins (e.g. spinning off the double up or off the wake into the flats). The downside to a wider stance is that it will physically give you a less natural body position making landings and falls harder on your knees and ankles. In comparison to angle, width doesn't have much effect on the ability to edge although make sure you look at all the variables. You might want to experiment a little with binding width when it comes down to the length, rocker, and fin size of your board. A good starting point for most riders is symmetrical on the board and a little wider than shoulder width apart.

Angle is once again personal preference although most pros tend to have a neutral/symmetrical stance so as not to favour one side more than the other; backward should feel the same as forward. Symmetrical is best. There is no real switch stance, you are either goofy or regular. You don't want to be switching your upper body position, it is only your feet that switch. The best way to determine how much angle to put on your bindings is to find your natural stance (jump in the air landing on the ground – this is your natural knee bend and probably to way you should ride). A little duck versus 90° is good and physically natural. More duck past your natural stance will put more stress on your knees and ankles during landings and falls and will affect your ability to turn your hips and upper body. Finally, angle will affect your ability to edge, the more your feet are turned out the less heel pressure you will be able to exert on your edge.



Colin rides for Iconn, Mica, Bruzer, Masterline, Mantra, and Axion. Board set-up: symmetrical, 75 degrees, 30 cm plate to plate.