

# Striped Bass Catch & Release

Anglers can contribute to conservation by using best catch-and-release practices to ensure a greater chance of survival of released striped bass.



## do

- Release fish without taking them out of the water if possible
- Limit air exposure in fish removed from the water to less than 15 seconds
- Handle fish with wet hands or gloves
- Cradle fish with one hand under the belly and one under the shoulder
- Resuscitate bass by pulling it forward or in a figure eight through the water by the lower lip. Never move it backwards
- Use barbless hooks for quick release
- Use circle hooks when bait fishing
- Leave deep hooks in the fish by cutting the leader off closest to the hook

## don't

- Lift bass by the mouth or tail. This can cause serious internal injury
- Handle bass with dry hands
- Drag fish across dry sand or excessively handle fish in a manner that removes their protective mucous coating
- Kick or step on fish; You will damage their organs
- Touch the red gill rakers or gill area; They are the equivalent of your lungs
- Gaff a fish you intend to release
- Release a bass without first resuscitating

# Striped Bass Length to Weight Chart



Total Length

Simply measure the total length of your striper while it's in the water and use this chart to estimate its weight.

Length	Max.	Avg.	Min.	Length	Max.	Avg.	Min.	Length	Max.	Avg.	Min.
12"	1.0	1.0	1.0	26"	10.0	8.5	7.0	40"	29.5	26.0	22.0
13"	2.0	1.5	1.0	27"	11.0	9.8	8.0	41"	31.0	27.3	23.0
14"	2.5	2.3	2.0	28"	12.0	10.3	8.8	42"	33.5	29.7	25.0
15"	3.0	2.5	2.0	29"	12.9	11.0	9.7	43"	36.3	32.0	27.0
16"	3.5	3.0	2.5	30"	14.0	12.3	10.3	44"	39.0	34.0	29.0
17"	4.0	3.5	2.8	31"	15.0	13.0	11.0	45"	41.0	36.0	30.5
18"	4.5	4.0	3.0	32"	16.7	14.5	12.0	46"	44.0	38.7	32.5
19"	5.0	4.3	3.5	33"	17.8	15.8	13.0	47"	47.5	42.0	35.0
20"	5.5	4.8	4.0	34"	19.0	16.5	14.0	48"	51.0	44.0	37.0
21"	6.0	5.0	4.3	35"	20.5	18.0	15.5	49"	54.0	47.0	39.0
22"	6.8	5.8	4.8	36"	22.0	19.5	16.8	50"	58.0	50.0	42.0
23"	7.5	6.3	5.0	37"	23.5	20.7	17.5	51"	62.0	55.0	45.0
24"	8.3	7.0	6.0	38"	25.5	22.0	19.0	52"	65.0	58.0	47.0
25"	8.8	7.8	6.3	39"	27.2	24.5	20.7	53"	68.0	60.0	49.0

Produced by the Monmouth University Urban Coast Institute as part of the *Stripers for the Future* campaign, a collaborative effort designed to better understand the causes of stress in angled striped bass and promote best practices to increase the survival of released fish.

