

HONDA
CRF110F 2026

Trail & family · 109.2cc 4T · US version

Safety recalls: see motoxsports.com/bikes/recalls/

Engine and chassis figures, as the manual prints them, are on the live page.

Partly verified
19 of 24 figures read off a manual page

GEARING

Stock front sprocket	14T	ⓘ [2] maker
Stock rear sprocket	38T	ⓘ [2] maker
Chain pitch	420	✓ [1] p. 108
Stock chain links	– Not yet verified	
Stock final drive ratio	2.714 : 1	✓ [1] p. 145

WHEELS AND TIRES

Front rim	– Not yet verified	
Rear rim	– Not yet verified	
Front tire	70/100-14 M/C 37J	✓ [1] p. 146
Rear tire	80/100-12 50J	✓ [1] p. 146

SUSPENSION

Fork — ⓘ [2] maker
31mm conventional telescopic coil-spring fork

Fork travel	100 mm (≈ 3.9 in)	✓ [1] p. 146
Shock travel	97 mm (≈ 3.8 in)	✓ [1] p. 146
Stock fork spring rate	– Not yet verified	
Stock shock spring rate	– Not yet verified	
Static sag, bike only	– Not yet verified	
Race sag, rider on	– Not yet verified	

FLUIDS AND CAPACITIES

Engine oil spec	SAE 10W-30, JASO T 903 MA	✓ [1] p. 144
Engine oil capacity (after draining)	1.0 ℓ (1.1 US qt)	✓ [1] p. 143
Fuel capacity	3.7 ℓ (0.98 US gal)	✓ [1] p. 143

SERVICE SPECS

Fork oil	– Not yet verified	
Brake fluid	– Not yet verified	

Fuel octane — ✓ [1] p. 143
Unleaded gasoline, pump octane number of 86 or higher (USA & Canada)

Idle speed — ✓ [1] p. 145
1,400 ± 100 rpm (non-adjustable)

Valve clearance — ✓ [1] p. 145
Intake 0.004 ± 0.001 in (0.10 ± 0.02 mm); Exhaust 0.006 ± 0.001 in (0.15 ± 0.02 mm), cold

MAINTENANCE

Tire pressure (off-road) — ✓ [1] p. 146
15 psi (100 kPa) front and rear

Chain slack	10-20 mm (3/8-13/16 in)	✓ [1] p. 146

Spark plug and gap — ✓ [1] p. 145
NGK CPR6EA-9S, gap 0.8-0.9 mm

Chain wear limit — ✓ [1] p. 146
43.3 in (1,101 mm) distance between a span of 86 pins

DIMENSIONS

Seat height	25.9 in. (≈ 658 mm)	ⓘ [2] maker
Wheelbase	1065 mm (≈ 41.9 in)	✓ [1] p. 143
Weight	169 lbs. (≈ 76.7 kg)	ⓘ [2] maker

RIDER

Maximum rider weight — ✓ [1] p. 9
132 lb (60 kg). Includes the weight of the rider and any accessories.

Speed limiter, as printed — ✓ [1] p. 73
When the M6 × 6 screw is installed, the throttle can be fully opened. When the throttle stopper screw is installed, the throttle opening is restricted to approximately 50% and the maximum engine speed is limited.

SHOP NOTES

Date / hours

Sprockets run

Sag, race / static

Clickers, fork / shock

✓ printed on the manual page shown
ⓘ maker web page or spec sheet ⊜ calculated, not printed
≈ converted by MotoXSports – not yet verified

Check your own manual before ordering parts or setting up the bike. Torque values are not published here: use the manual.

motoxsports.com/bikes/honda-crf110f/ · data checked 2026-11-06

1 Honda 2026 CRF110F Owner's Manual (31KYKD31) pp. 9, 31, 34, 73, 108, 143, 144, 145, 146, 147
2 2026 Honda CRF110F Specifications, American Honda press release, June 3, 2025 (hondanews.com)

The live page, with every source