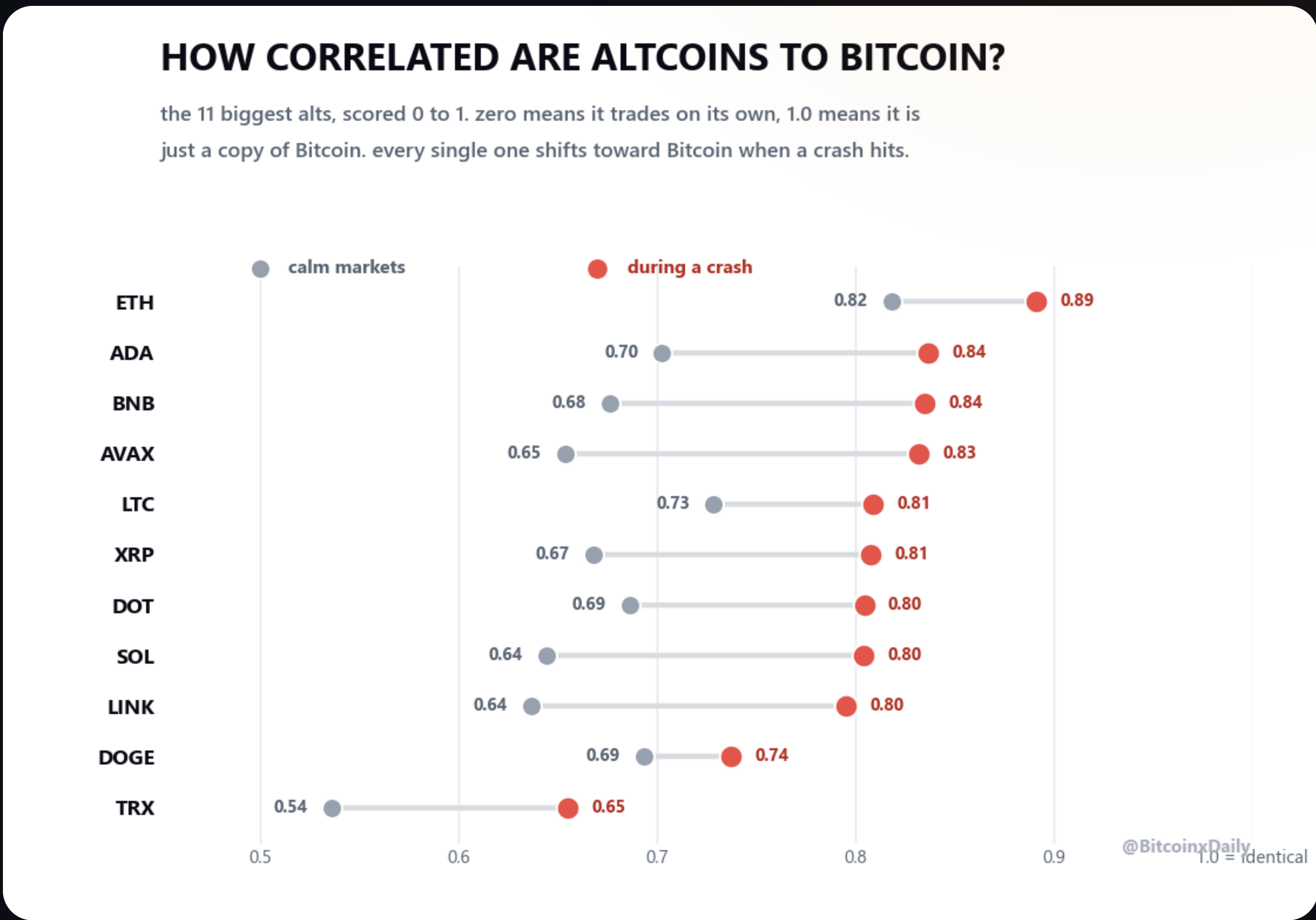
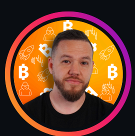
HOW CORRELATED ARE ALTCOINS TO BITCOIN?

The honest answer, from 7 years of daily data on the 11 biggest altcoins.

Short version. Most days they look independent. In a crash they become one trade, and they fall harder.



Everything in here is computed from real price data. No hype, no hopium, just the receipts.



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THE SHORT VERSION

ONE NUMBER HIDES THE WHOLE STORY

Correlation is scored from 0 to 1. Zero means two things move on their own. One means they move in perfect lockstep.

Day to day, the average altcoin scores about 0.62 against Bitcoin. Only around 38 percent of a typical alt's daily move is explained by Bitcoin. So in calm markets an alt looks like its own thing, and picking alts feels smart.

That average is the trap. It hides the fact that the correlation is not fixed. It falls when alts are pumping, and it shoots toward 1.0 in every crash. The number you care about is the one during the drop, and that is the story the rest of this guide tells.

EVERY COIN, CALM VS CRASH

IN A CRASH, EVERY ALT RUNS TO BITCOIN

Here is each of the 11 biggest alts, scored two ways. How it moves with Bitcoin in calm markets, and how it moves with Bitcoin during a crash. The last column is the amplifier, how much the coin moves for every 1 percent Bitcoin moves.

Read the two middle columns. Every single coin gets more correlated when a crash hits, not less. And most have an amplifier above 1.0, meaning they swing harder than Bitcoin in both directions.

Correlation to Bitcoin (0 to 1), 30-day, 2019 to 2026. Amplifier = beta to Bitcoin. Source: daily data, 11 largest alts.

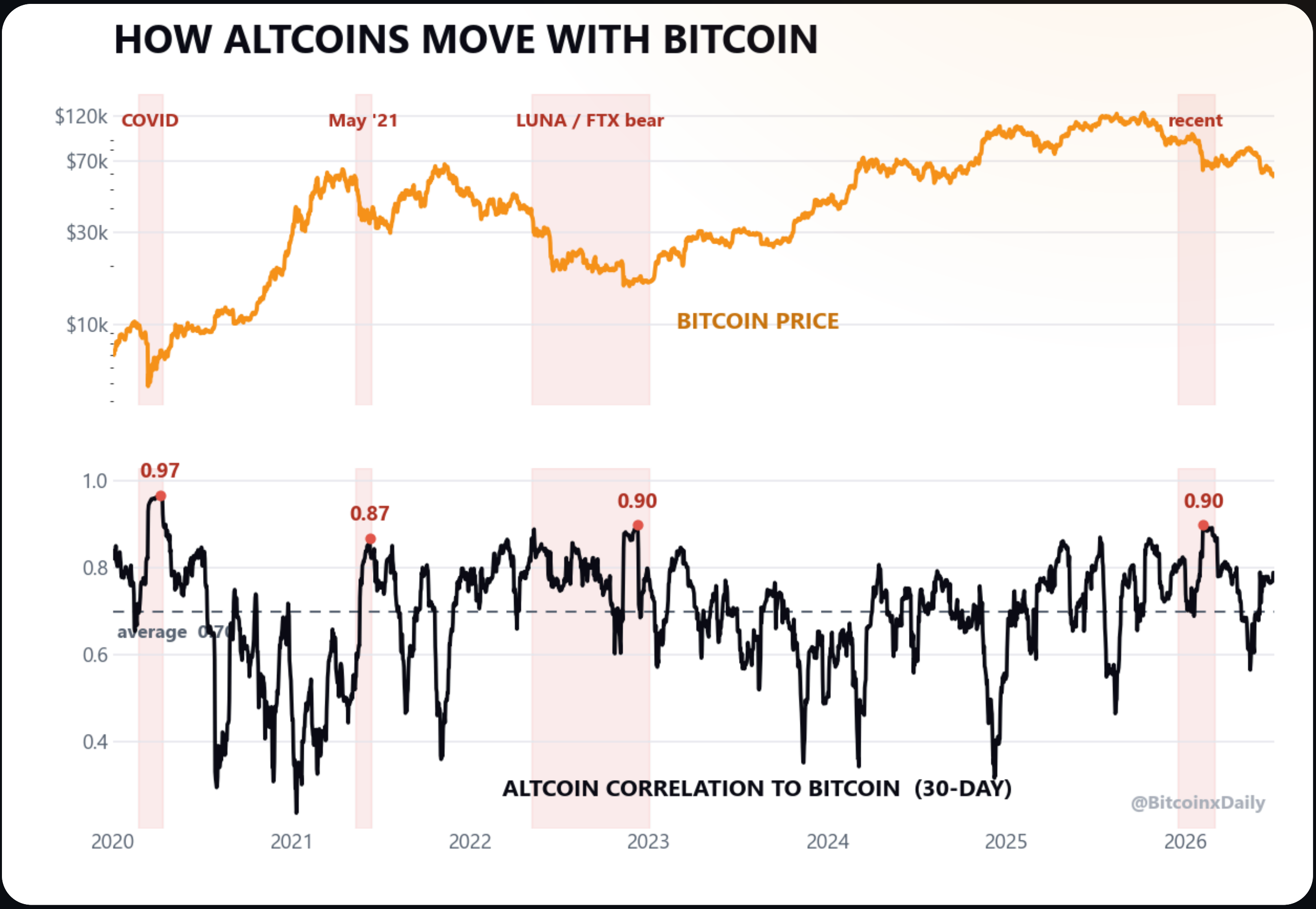
COIN	CALM MARKETS	DURING A CRASH	AMPLIFIER
ETH	0.82	0.89	1.08x
ADA	0.70	0.84	1.08x
BNB	0.68	0.84	0.89x
AVAX	0.65	0.83	1.21x
LTC	0.73	0.81	1.05x
XRP	0.67	0.81	0.94x
DOT	0.69	0.80	1.15x
SOL	0.64	0.80	1.15x
LINK	0.64	0.80	1.08x
DOGE	0.69	0.74	1.16x
TRX	0.54	0.65	0.75x

WATCH IT HAPPEN

THE CORRELATION SPIKES IN EVERY SELLOFF

This is the average altcoin's 30-day correlation to Bitcoin over the last 7 years, drawn under Bitcoin's price. Every shaded band is a crash.

Look at what the correlation does inside each band. It climbs every time. The COVID crash pushed it to 0.97. The 2022 collapse and this year's selloff both hit 0.90. The only times it fell apart were the alt-season melt-ups, when everything was flying green.



The pattern never breaks. When Bitcoin bleeds, the altcoins line up behind it and bleed with it.

RIGHT NOW

AND THEY DO NOT JUST FOLLOW. THEY FALL HARDER

You do not need history to see it. Here is where every coin sits today, measured from its 2025 cycle peak.

Bitcoin is down about 48 percent. The average of these 11 alts is down about 70 percent, and several are down more than 85 percent. Same selloff, far more damage.

This is what the correlation number means in dollars. You did not spread your risk across these coins. You concentrated it, and you added leverage.

Live prices vs the 2025 cycle-peak close. Prices move, so this table is a snapshot of today.

COIN	DOWN FROM ITS 2025 PEAK
BTC	48%
DOT	92%
AVAX	88%
ADA	87%
DOGE	84%
LINK	72%
SOL	71%
XRP	69%
LTC	67%
ETH	61%
BNB	56%
TRX	25%

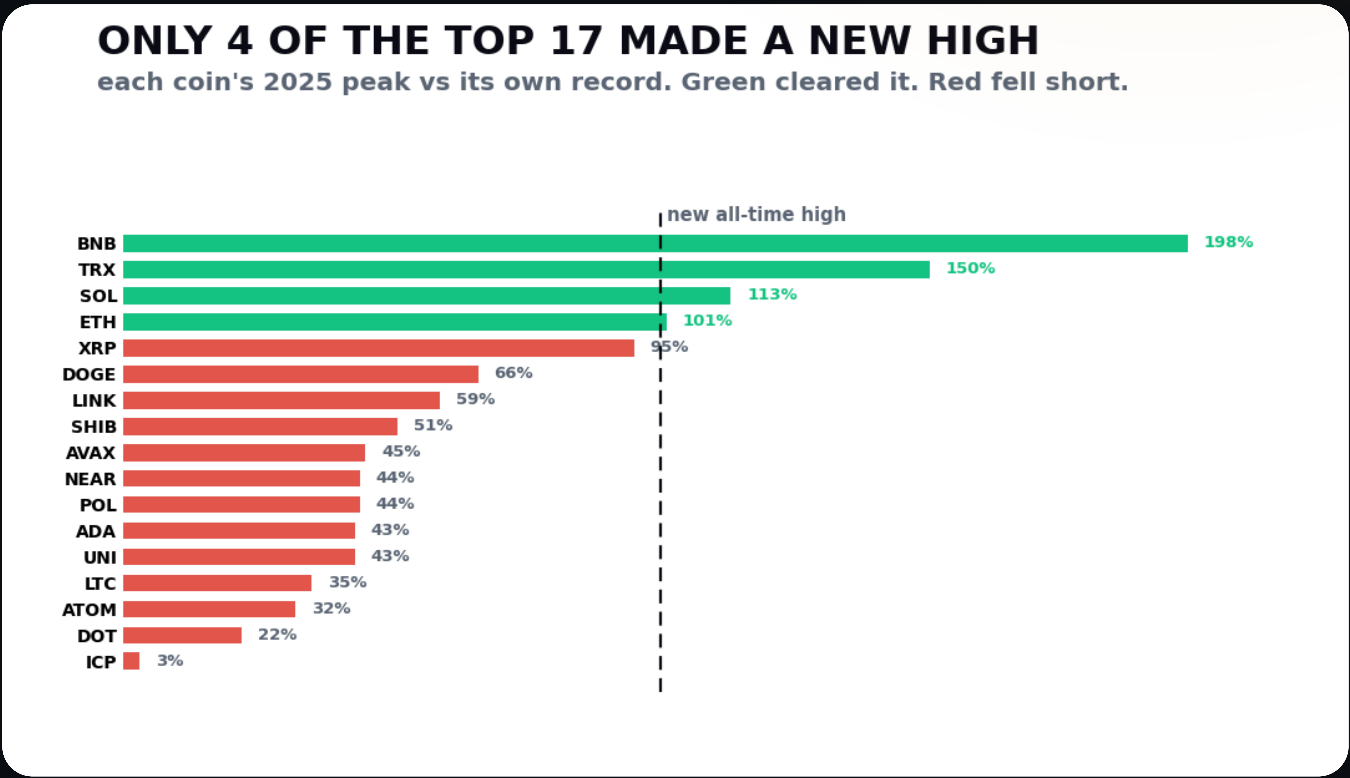
THE OTHER HALF

AND THE UPSIDE QUIETLY VANISHED TOO

Here is the part that should really change how you think. Alts are supposed to make the extra risk worth it by exploding higher in a bull run. Last cycle, that did not happen.

In 2025 Bitcoin ran to a brand new record. In every past cycle, that is the exact moment alts blow past their old highs. This time, out of the top 17 coins from the last boom, only 4 made a new all-time high. Ethereum, BNB, Solana, and Tron. That was the whole list.

The rest never got close. Cardano topped out 57 percent below its old high. Polkadot 78 percent below. XRP came within a nickel of its record and then fell. The reason is structural. The number of coins exploded from about 440,000 in 2021 to over 20 million today, while the money chasing them barely grew. Altseason as you remember it may simply be over.



WHAT TO ACTUALLY DO

TREAT THE WHOLE BAG AS ONE BITCOIN BET

1. Count your alts as Bitcoin risk, not separate bets. If you hold a bag of alts, you are effectively holding that much Bitcoin exposure, and a little more, because alts carry a bigger swing.

2. Do not confuse more coins with less risk. Ten alts is not ten safety nets. In a crash they move as one, and they move down further than Bitcoin.

3. Size the whole bag like a single position. Decide how much Bitcoin risk you actually want, then remember your alts already count toward that number.

4. If you want the alt upside, treat it as a lottery, not a plan. A few coins will beat Bitcoin. Most will not, and many will not come back. Speculate only with what you can lose, and keep the core in Bitcoin.

None of this is financial advice. It is what 7 years of data says about how these coins actually behave, so you can size your risk with your eyes open.

The one-line takeaway. A pile of altcoins is not diversification. It is a leveraged Bitcoin bet with a lottery ticket stapled on. Size it like one.

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