

What Makes a Good Roller Skating Bearing?

- Free rolling with minimal radial play (which reduces the ball to ball load transfer).
- Plenty of axial play or axial thrust. This is what allows a roller skate bearing to work well. The tighter axial tolerance of a higher ABEC rating is not always what is needed for roller skating.
- How much noise the bearing makes is not of supreme importance. Bearing noise is more often an indication of proper lubrication, or lack thereof.

Right AT (ON or Under) the Ball of the Foot (*Normal or Standard*)

For **Dance Skating** (which includes **Solo Dance**, **Original Dance**, and **Free Dance**) and **Figure Skating** the desire would be to have the front axle directly under the ball of the foot. By having the front axle directly under the ball of the foot, it provides for the most response for quick turns and strong edges balanced with maximum stability.

This may also prove to be the best way for roller derby girls to size their frames, as manoeuvrability and quick changes in direction are very important in this sport. This may mean that on some boots the frame size would, in most cases, be smaller than shown on a sizing chart (please refer to specific manufactures sizing charts). The heel of the frame should, in almost ALL mountings, be positioned even with the back of the heel of the boot and never more than 3/16" forward from the back of the heel on skating boots without a tapered heel.

Just a LITTLE Behind the Ball of the Foot (*Shorter*)

For **Figure Loop Skating** most of the top level coaches encourage their students to have a slightly shorter wheel base, if using two (2) pairs of skates for figures. This would usually mean one half (1/2) to one (1) whole size shorter than that used for the large circles. The shorter wheel base is said to allow better control in the loop portion of the circle.

For **Quad Roller Ball Hockey** the normal is to use a frame that is about two (2) whole sizes shorter than a sizing chart will show. This is so they can get to their toe stops faster for quick starts and stops. Quad Roller Ball Hockey is a VERY fast sport! The heel of the frame should, in almost ALL mountings, be positioned even with the back of the heel of the boot and never more than 3/16" forward from the back of the heel on skating boots without a tapered heel.

KENT ARTISTIC
ROLLER DANCE CLUB