

Inline Skating

NTU Inline Maintenance Workshop



Guide on Skate Maintenance 101



Disclaimer

Your pictures will be taken for publicity purposes and proof of this workshop existing, anyone don't want their picture taken can inform the respective speaker.





INTRODUCTION

Almost every part of the skate can be replaced/maintained for the sole purpose of longevity and performance.





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Skate Parts

Know the names of each part of your skate and some facts about them

02

What can be replaced?

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Maintenance

Mainly on the bearings, frame and boots



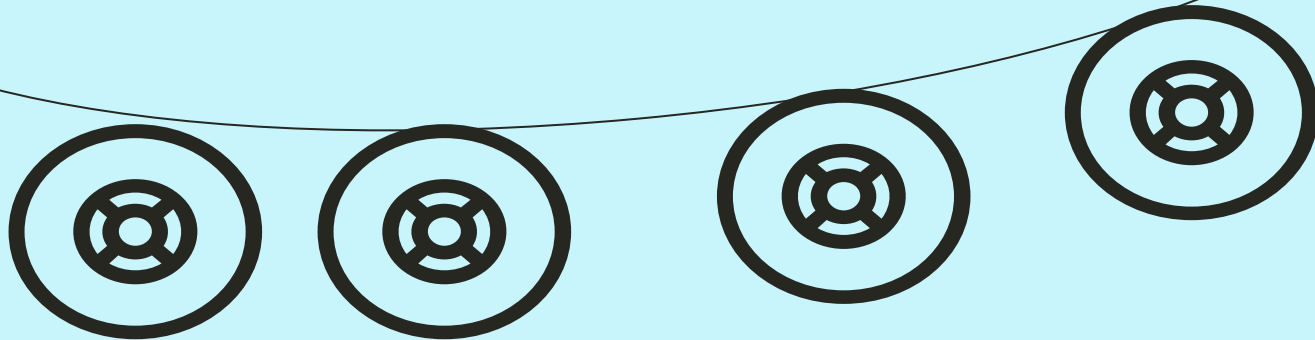
04

Where to get supplies?



01

Skate Parts





Skate Parts (boot)



Buckle:
Tighten your buckle so that your cuff is secure around your ankle

Cuff:
Supports the ankle and shin. Tighten as much as possible for maximum support



Inner liner:
Can be removed to be washed (hard boot skates only)

Laces: holds the plastic boots together so it will not expand over time.

Slide pad:
To protect the skate from scratches from the floor etc.



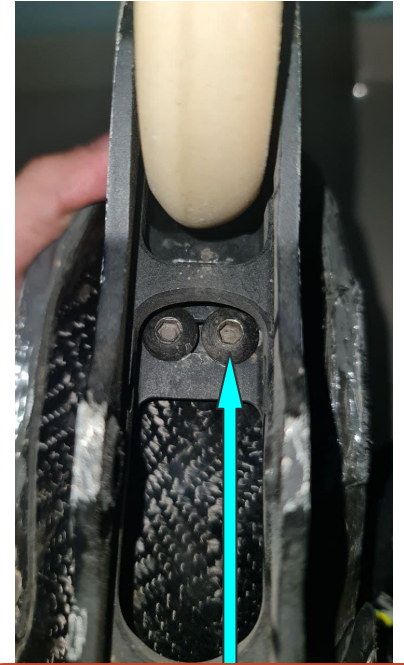
Skate Parts (frame)



Frame axle:
Holds the wheels and frame together ,
if something sounds weird on your
skate check this 1st .

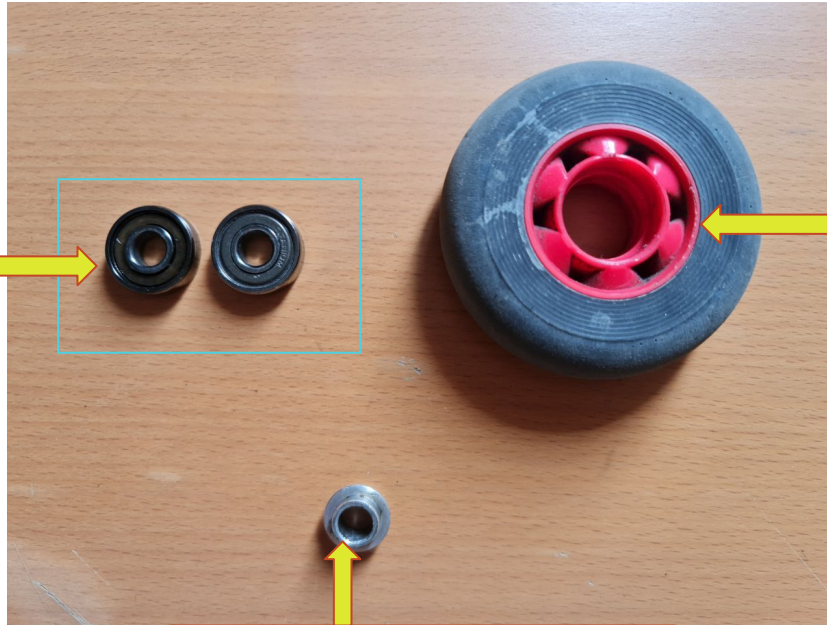


The wheel



Frame bolt:
Keeps the frame and boots
together, if you feel like the
skate is not balanced on the
center edge you can adjust
this.

Skate Parts (wheels)



Bearings

Wheels

Spacer:
Keeps the axel from putting too
much pressure on the bearings



Skate Parts (bearings)



Bearing types

ABEC 5 - 7

Liq 9

Titanium

Ceramic

Least expensive



Most expensive



Steel face seal, held by c-clip

Pros: hard to dirty, more durable

Cons: harder to remove for servicing



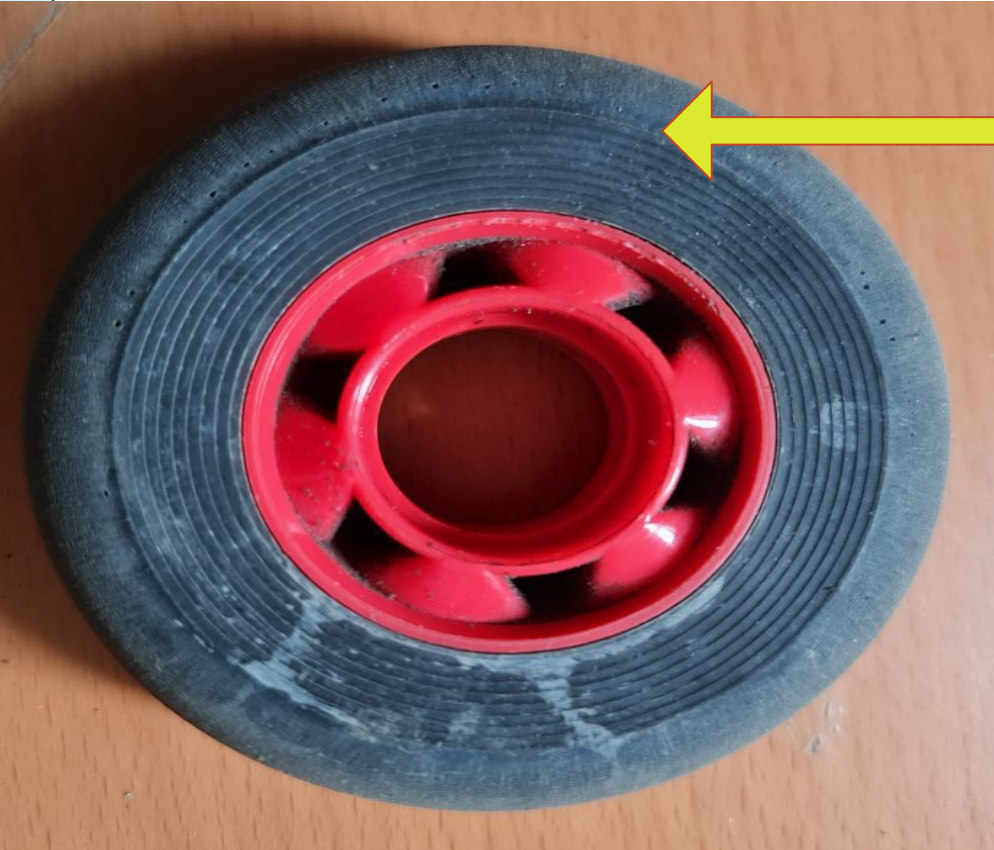
Rubber clip-on seal, held by grooves

Pros: easily removed with a pin to service.

Cons: easier to get damaged and for dirt to enter.



Skate Parts (wheel)



Grove line:

This is the indicator of your wheel core, which is the hard plastic inside your wheels. When the wheel is used until the core it should be changed.

Wheels comes in many sizes and hardness

Sizes: 72, 74, 76, 80 ,84, 100, 110 (mm)

Hardness: 60, 78, 80, 85A, 88, 89, 90A
(A is shore hardness scale)
(softer wheels grip the floor better)

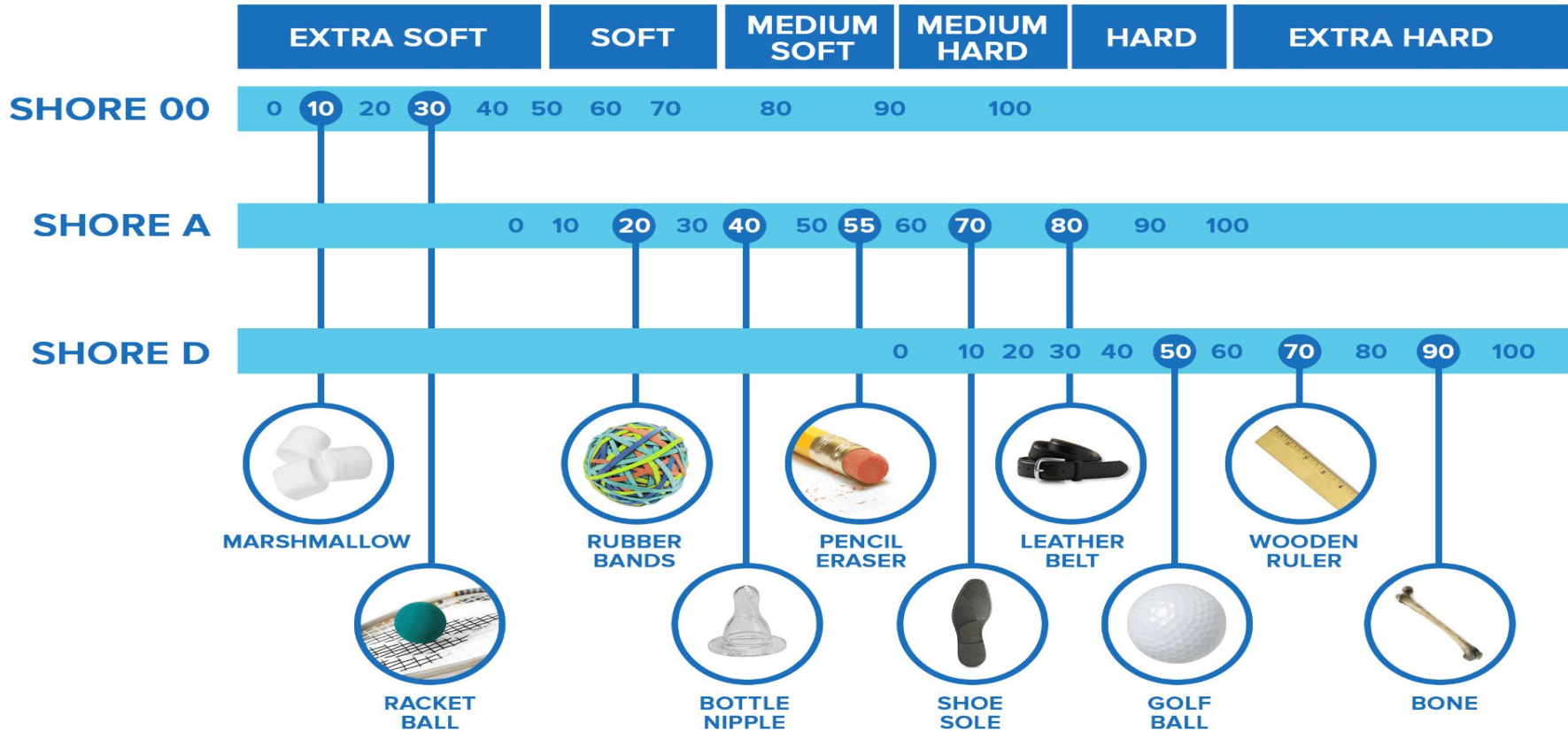
Recommendations *(based on experience)*

Sliders: 80mm, 90A

Salomers: 76mm, 84A

Urban: 80 to 84 mm, 84A

Shore Hardness Scale



Skate Parts (frame)

Frames:

Comes in 243, 231, 219 mm (rule of thumb: bigger skate size, bigger frame) (for freestyle skaters)

231mm (EU34-39)

243mm (EU40-47)

243 mm frames can fit 80mm wheels max

231 mm frames can fit 76mm wheels max

219 mm frames can fit 72mm wheels max



Frames can also come in 3 wheels or 4 wheels, benefits of 3 wheels is that you can fit 110mm wheels in a 243 frame.

(Generally bigger wheels = more speed) that's why speed skater wheels are huge, but are way harder to control.

Skate Parts (frame)



Straight frame:

If all wheel size are the same then all wheels will touch the ground.

Standard frame



Rockable frame:

The front and back wheel of this frame can be adjusted to move up by 2mm to create a rocker setting.

If all wheels are the same size.

Some skate have this setting otherwise your can Taobao it



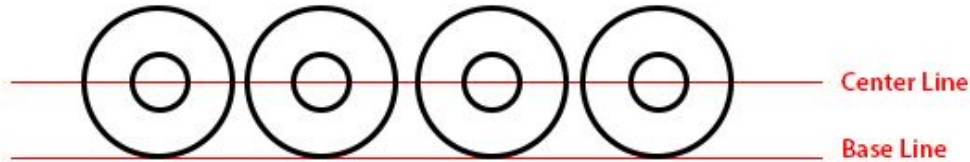
Skate Parts (frame)

Toe Wheel

Heel Wheel

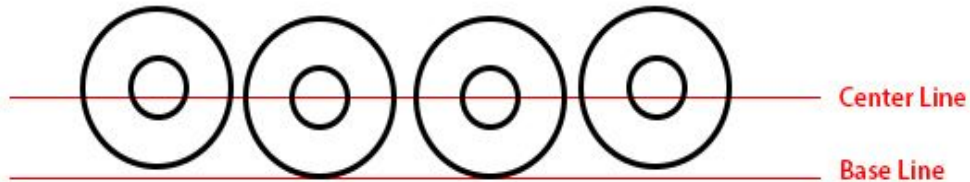
Recommendation is from experience.

Flat



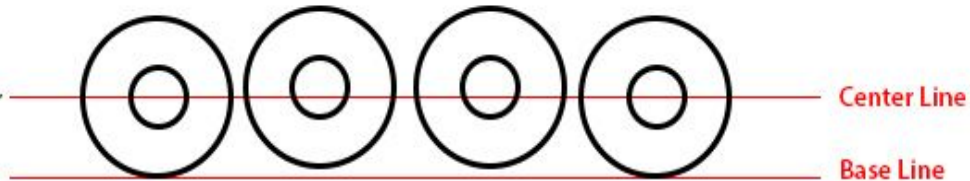
Flat setting:
Basic setting works for most things
Recommended for urban

Rocker



Rocker setting:
Balancing on Center 2 wheels ,easier to turn but more unstable.
Recommended for salomers

Anti Rocker



Anti rocker setting:
Balances on outer 2 wheel. Very stable but harder to turn.
Recommend for sliding



Skate Parts (tools)

Allen key

Frame key
3/16

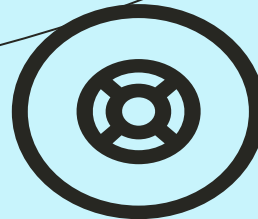
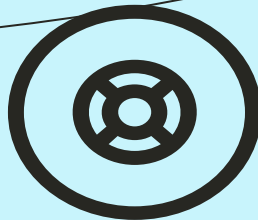
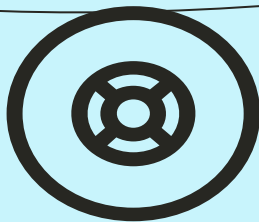
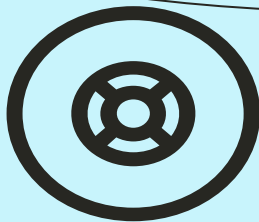
Wheel key 0.4 mm



Allen keys come in 2 sizes one for frames bolt and another for wheel axle, this applies to most skates but not all .

02

Replaceable parts



What can be replaced

Everything!



Shops around singapore

1. Hvoer sport

1 Pasir Ris Cl, #05-104 Ehub Downtown East, Singapore 519599

2. Ernskates @ parkland green

920 ECP, Hyper Sport, Singapore 449875

3. Freeskate Inline Skate Specialists Shop

338 Ang Mo Kio Ave 1, #01-1649, Singapore 560338

4. Flying Eagle Skate Singapore (By Appointment Only)

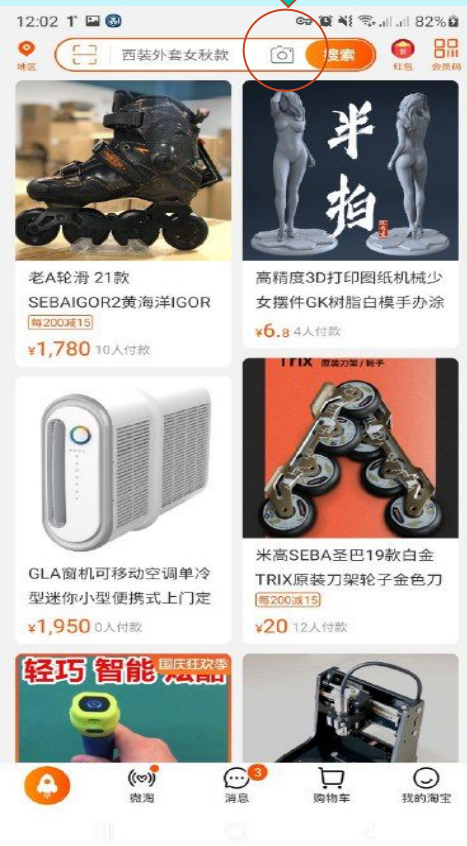
33 Ubi Avenue 3 #08-25 Vertex Tower B, 408868

5. INLINEX Store

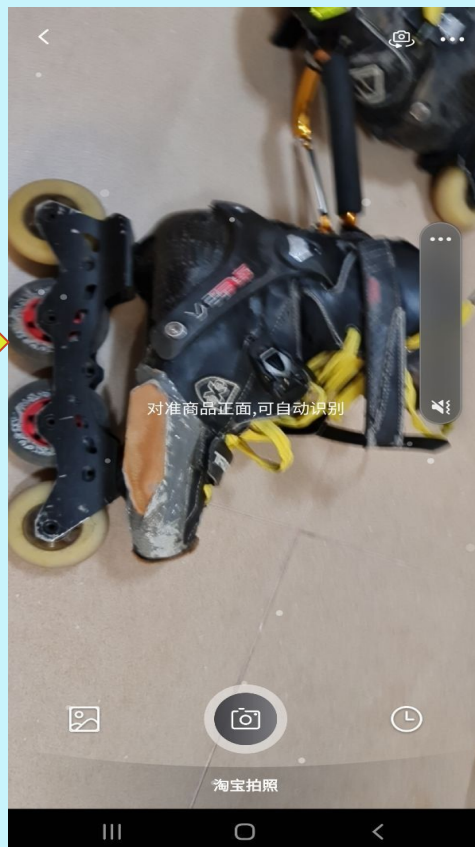
37 Kallang Pudding Road #09-06 Bldg, B, Singapore 349315

Camera scan function

How to use the camera scan



Take a picture of the product you want



Use the keywords above to narrow down the search function



Buckles 轮滑鞋芭扣



标价是一条的价格，带一个扣夹
(送三个螺丝，三个螺母)



Bearings

轮滑鞋轴承

正品黑金高速轴承



16个装 送扳手+套筒+润滑油

轴承参数



轴承名称	黑金轴承
轴承材质	碳钢
轴承内径	8MM
轴承外径	22MM
轴承厚度	7MM
轴承规格	608S
使用范围	轮滑鞋 滑板 游龙板等

Skates
wheels

轮滑鞋轮子

SEBA 原装轮



斯凯汀三代 满4个包邮



九轮至尊实拍



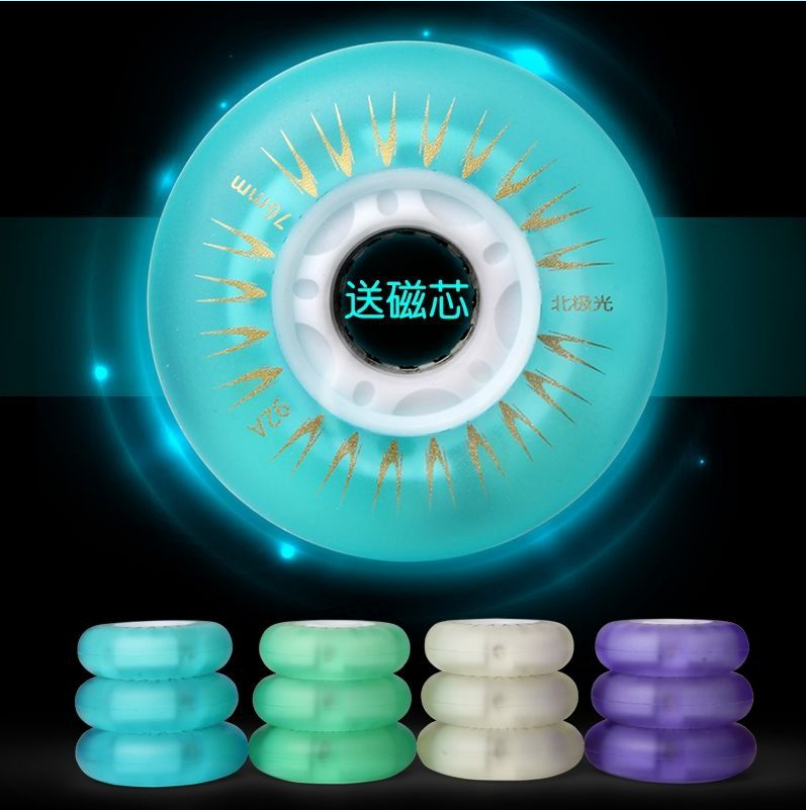
正品星辰平花轮 8个80元

拒绝劣质 品质承诺

Light
wheels
/ spark
wheels

轮滑鞋发光轮子

轮滑鞋火石轮子



Frame bolt

轮滑鞋底钉

正品米高底钉



四个底钉=16元包邮
八个底钉=22元包邮

轮滑鞋 底钉



直径6毫米

carabiner

轮滑鞋提鞋扣



买2送1

提鞋拎菜遛狗
大号加粗金属

Guards

轮滑鞋护具

我们只卖**专业**护具!



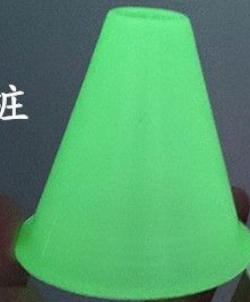
Cones

练习轮滑桩



晚上效果图

夜光桩



普通桩



白天效果图

夜光桩



普通桩



Ice blade
converter

轮滑鞋冰刀片

新款上架
NEW PATTERN

新款上架
NEW PATTERN



3mm不锈钢材质



16颗铝合金边塞



U型槽双面刃



轮滑+
淘装店
ROLLER SKATE

轮滑鞋尺码	轮子直径	冰刀尺码
26-37码 (儿童)	62-72mm	小码冰刀
38-45码 (成人)	76-80mm	大码冰刀

(不确定尺寸或特殊款鞋 可咨询客服后再下单)
(下单留言备注大小码 , 默认发大码)

Looking for new skates?

Taobao is an option but do keep in mind that shoe size not equal skate sizes

Too small it will hurt to skate

Too big the skate will be dangerous to use (no support)

Safest is to go physical shop and try. **DO NOT** let them persuade you if they do not have your size, REJECT them and just wait for stocks.

高强度PP鞋壳

流线型注塑鞋壳，坚固耐冲击，
改进版加宽鞋壳，不夹脚，增加脚部舒适感。



鞋身设计

流线型有效减小摩擦
做刹车或平花
动作更稳定飘逸



SEBA
官方授权 品质保证



Shipping methods

This one means gather at warehouse which after you have to pay another shipping fee

官方集运-空运

更改 >

跨境运费 ¥18.00起, 运费以集运时为准

查看计费规则 >

送货上门

自取

This is the shipping options

官方集运-空运

跨境运费 ¥18.0

查看计费规则 >

官方直邮-海运

跨境运费: **¥30.00**

(另需缴纳报关GST)

查看计费规则 >

一次付款, 直达新加坡

This one means direct shipping by sea

官方直邮-空运

跨境运费: **¥19.00**

查看计费规则 >

一次付款, 直达新加坡

This one means direct shipping by air

官方集运-海运

跨境运费 ¥21.00起, 运费以集运时为准

查看计费规则 >

自行联系卖家发货

支付方式

VISA ****3832 >

小沈子轮滑



斯凯汀刹车轮耐磨斯凯汀 夜光轮子闪光轮

¥8.00

颜色分类:黄光76MM (送轴承和磁芯);

x1

发货时间:付款后24小时内

购买数量

- 1 +

大陆段运费 普通配送

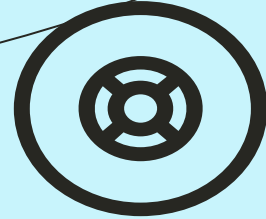
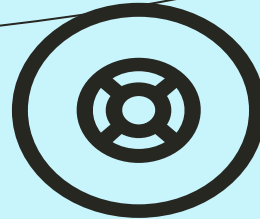
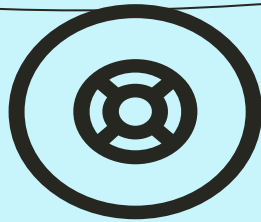
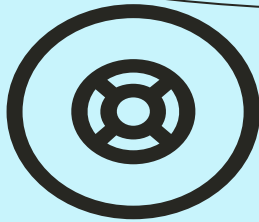
快递 免邮 >

订单备注 选填,请先和商家协商一致

共1件,小计:¥8.00

03

Skate maintenance



What can be maintained ?

1. Boots
2. Frame
3. Bearings

***Please use the
resources sparingly***

Save the earth

***Line the area you are
going to use with the
towel***

And clean up any mess quickly

Boots

1. Unscrew all the wheels
2. Unscrew the frame
3. Wipe down all the skate parts with wet tissues
4. Even the underneath parts

Frame

1. Wipe down the frame
2. Dry it
3. Apply a THIN layer of grease on the inside (optional)

Bearings

1. Put bearing in aluminium tray (hold it down inside)
2. Prepare the spray (shake it)
3. Spray bearing until dirt comes out (no need to spray too long) in short burst
4. Apply small amount of grease
5. Spin bearings to spread it evenly
6. Wipe the outside of bearings

FIX back the skate

1. Screw back the frame 1st
2. Grease the axle before screwing it back
3. Wipe of any excess oil or grease
4. CONGRATULATIONS you have maintained your skates.

Q and A

- 1. How do I remove my ...?***
- 2. How to change ...?***
- 3. Any tips on ...?***
- 4. Modifications that I want to make?***

THANKS!

***Please go to the toilet and
wash your hands***

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