

Derby Gear 101

Quad Derby Skates: Roller derby skates typically feature low-cut boots that hit at the ankle, providing better maneuverability. Popular models with more cushioning include the Riedell Dart and Riedell 3. Sure Grip and Pacers are well-regarded for their entry-level skates. The Bont Prostar is known for its minimal cushioning. Low-cut skates are generally preferred for optimal performance on the track.



Riedell R3

Toe Stops: Gumballs are a popular and oldstandbye. Again, the toe stops that come with your skates are great for beginners!



Radar Halo 91

Wheels: Don't overthink the wheels! There are many options and lots of information, but you'll learn in due time. Here are the basics to get you rolling. Wheels come in different durometers (hardness levels). The higher the number, the harder the wheels. Hard wheels (higher durometer) offer more slip, while soft wheels (lower durometer) provide more grip. New skaters usually start with wheels rated 89-93A. Atom Savants are a solid choice. Many derby adults use Halos. The wheels that come with your skates are also suitable for beginners.

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Pads are Important:
You'll learn how to fall safely, but it's still crucial to protect your joints while practicing. 187 Killer Pads are effective and tough, making them a great set for beginners.



187 Killer Pads



Triple 8 Sweatsaver
Helmet

Helmet: Protect your noggin, especially for juniors who are still growing and developing. The Triple 8 Sweatsaver, S1, or a hockey helmet are good options. Choose the one that feels most comfortable to you. Also, consider a visor style helmet, which is great for petite skaters and those who wear glasses.

Mouthguard- Any mouthguard will do! A must-have. If you want to be able to speak easily than the SISU is the way-to-go. It is a challenge to mold, especially if you have braces.

