

# X-Games Wheels and Bags Study Guide

## Roller-Blading

### The Ready Position

**The ready position is the key to learning & surviving the learning process of inline skating**

- 1. Knees bent
- 2. Upper body flex over toes
- 3. Nose over toes, eyes ahead - judging terrain
- 4. Eyes ahead
- 5. Hands out in front - within your field of view
- 6. Head/ knees/toes in a nice invisible line, bodyweight over your toes
- 7. Feet shoulder width apart
- 8. Toes weighted, weight distribution should be about 50/50

**If you are feeling wobbly & unbalanced, check your knees. If they are straight, you are leaning back too far. Return to the proper ready position to regain your balance.**

### Safety

**Helmets, wrist guards, knee & elbow pads are all pieces of the same puzzle. To get the big picture, wear ALL the gear.**

#### **HELMETS**

Helmets help prevent injury to all areas of the head. To **be effective, the helmet must fit securely & must be buckled**, with the front of the helmet coming down to just a finger's width above the eyebrows. Helmets should be approved by nationally recognized standard. **Head injuries are the least common inline skating injuries**, but they can be the most severe.

#### **KNEE PADS**

Knee pads should be used as the first point of impact dispersion in the event of a fall. Pads should be securely fastened around the leg so that they do not come off during a slide. By redistributing the force of a fall, knee pads also minimize the risk to elbows & wrists.

#### **ELBOW PADS**

Elbow pads give incremental protection during a sideways fall. The National Centre for Injury Prevention & Control found that failure to wear elbow pads accounted for 82% of reported elbow injuries.

#### **WRIST PROTECTION**

Wrist protection should incorporate hard plastic which allows the skater to slide on the pavement during a fall. The sliding action reduces the force of impact. **The wrist is the most commonly affected body part in inline skating falls**, but 87% of reported wrist injuries could have been prevented had proper protective equipment been worn.

**If you do feel like you are becoming unstable on the skates, it is best practice to fall on your side instead of to the front on your face or behind you on your butt. Also, avoid landing on wrists at all costs. Wrist injuries are the most frequent injuries seen in skating.**

## Benefits of Skating

- Skating is inexpensive & accessible & **is a great opportunity to get outside or inside to get some exercise**
- Not a lot of planning is involved
- Skating can be done in groups or alone
- **Skating makes for a great social outing with friends**, or it can provide an individual with an escape for one to find to be along to relax & reflect

## Braking/Stopping

### T-Stop

- T-stopping is not so much a stop as it is a technique for controlling your speed. If you are descending a hill at a high speed, you can use the t-stop to slow yourself down a little.
- You can use the t-stop until you have come to a complete standstill but **it is most efficient use is speed reduction.**
- The concept is simple. Take one of your feet (whichever one you feel most comfortable with) & drag it behind you, perpendicular to your other skate & to the direction you are travelling in.
- When you are first starting out, you will not feel stable & you may not be able to hold a t-stop for very long. It will help if you put the least amount of weight possible on the foot you are dragging.
- Put everything on your front foot & bend your knees. As you become more stable while t-stopping, you can add a little pressure to the foot you are dragging & as a result, slow yourself down more quickly.

### Spin Stop

- While standing in one place, lift the heel of your right skate. This exercise is a key component in the spin stop. It gets you familiar with the necessary movement while you are standing still.
- **Heel rotation is the most important part of the spin stop**, pivoting off the first wheel of your right skate for a clockwise rotation & off the first wheel of your left skate for a counterclockwise rotation.
- If you are off balance, check your hand position. They should be in front of you at waist level throughout the turn.
- To get the tight turning arc you need for best maneuverability & control, lean forward with bent knees as you enter your turn and apply pressure to the inside edges of your skates.
- The skates are scissored and the trailing skate is pivoted on the toe wheel so that the toes are pointing apart & heels together, but not touching.
- Weight is transferred to the inside wheel edges to enter the spin. **The wheels actually scribe an arc.** This is usually done at slower speeds.

# BAGS

## Rules

- 4 players (2 vs. 2)
- Distance of the boxes are measured between Foot Foul Edges
  - **20 feet** from one edge to the others
- Team partners face each other from opposite boards
- Each team plays with 4 bags
- Opponents alternate tosses until all 8 bags are thrown
- The round is then scored (See Scoring)
- The last team to score on previous round tosses first
- Toss again if any interference occurs
- Etiquette necessitates respect for your opponent. While an opponent is tossing refrain from talking and step back out of his/her view.

## Scoring

- **Winner is first team to score 21 points or more**
  - **Margin of victory must be by 2 points**
- **3 points for each bag in the hole**
- **1 point for each bag on the board**
- **Score is the difference in the team totals**

For example:

After 1 round of 8 bags played,

#1 team with 1 bag in the hole = 3 points

#2 team with 2 bags on the board = 2 points

Score for the 1st round for #1 team = 1 point

- Bags pushed in by an opponent's toss counts
- The game is over if the score reaches 11 to Zero (SKUNK)
- **If a bag ever touches the ground or is tossed out of turn, it doesn't count**
- Whether a player chooses to stand alongside the board with feet firmly planted or elects to stride as he/she tosses the bag, the player's toes must not pass the front edge of the board (Foot Foul Line).

## The Toss

The game of Bags has a lot in common with golf, bowling and horseshoes. Concentration and follow through are crucial.

- Keep wrist straight but not stiff
- Keep eyes on the target
- Follow through smoothly, aligning arm with the target
- Ideal arc is approximately 8 to 9 feet with a 45° approach angle
- Lower trajectories are desirable in windy conditions or to push in other bags

# The Hold

How a player chooses to hold or fold the bag is personal preference. Here are a few favorites



## **Chicago Fold**

Hold the corner of the bag, let the filling/particulate drop to the bottom, fold in half and then fold in half again



## **Paducah Pancake**

Smooth out the bag and toss underhand



## **Half Paducah Pancake**

Smooth out the bag, fold in half and toss underhand



## **Sacramento Sling**

Hold the bag by a corner between two fingers and toss underhand

## **Frisco Fling**

Hold the bag in the middle of one side, let the filling/particulate drop to the bottom, and toss underhanded with the top of hand upright