

Definition of Jamskating

Jamskating is a collection of many different types of dances performed on roller skates. This style of skating has its roots in the traditional roller disco, but has grown to include the styles of break dancing, modern dance, artistic skating, and gymnastics. Jamskating is about taking these different forms of dance and translating their movements into routines and shuffles while on skates.



Jamskating has been called many things in the past, like shuffle skating, rexing, crazy legging, shadow skating, bounce skating, and roller disco. All of these terms still apply to things we do, but now we have standardized names for our tricks and moves. Jamskating is NOT aggressive skating or speed skating and it cannot be done on in-line skates. It is mostly done indoors, but can also be done outdoors on a smooth surface.

In the 1970s, roller disco skaters would skate in the traditional artistic style high cut boot with toe stops. Since the early 80s, jamskaters have moved the trend to the low cut speed style boot with toe plugs taking the place of toe stops.

