Technical Service Bulletin

Flywheel Selection

A flywheel is a heavy metal disc mounted to the crankshaft. It provides the mounting and friction surface for your clutch assembly as well as a gear that engages the starter. The rotational force, or inertia, of its spinning helps to get your car moving from a stop.

Different materials have their own benefits in regards to flywheel choice, but one of the most important factors is weight.

Standard weight flywheels - offer better drivability, especially in stop and go traffic. However, their weight causes your engine to rev and decelerate slower.

- Standard weight flywheels for a V8 typically weigh between 25-40 lbs.
- Made of cast Iron, nodular iron, or billet steel
- Usage: street, truck, off road, and naturally aspirated drag cars.

Lightweight flywheels - used when fast throttle response is more important than drivability. Faster acceleration and deceleration gives the ability to quickly recover into the "power band" of your engine. Street driving this type of flywheel should be avoided.

- Light V8 flywheels typically weigh between 10-21 lbs.
- Made from chromoly steel or aluminum
- Include replaceable steel friction surface.
- Usage: circle track, road course racing, and turbocharged drag cars.
- The higher rpm and clutch slipping needed to get moving will damage a clutch over time in street applications

Application Type	Cast Iron Flywheel	Nodular Iron Flywheel	Billet Steel Flywheel	Billet Aluminum or Lightweight Chromoly Flywheel
Stock or OE Replacement	Yes	Yes	Yes, but excessive	Not recommended
High Performance Street	Not recommended	Yes	Yes	Yes, but conditional
Towing or Off-Road	Yes, but with limitations	Yes	Yes	Not recommended
Drag Racing	No	No	Yes	Yes, but conditional
Road Racing	No	No	Yes, but not optimum	Yes
Circle Track	No	No	Yes, but not optimum	Yes
Drifting	No	No	Yes	Yes