

Bottom Bracket Size Chart: Find Your Bike's Perfect Fit

Choosing the right bottom bracket for your bike can feel like a puzzle, but it's a crucial piece for smooth pedaling. This chart breaks down the most common bottom bracket standards, helping you match your frame's shell dimensions with compatible crank spindles. Getting this right means a smooth, reliable ride and avoids costly mistakes. You can print this chart out or save it as a PDF to take with you to the bike shop.

BB STANDARD ↑↓	SHELL TYPE ↑↓	SHELL WIDTH (MM) ↑↓	NOMINAL SHELL ID / THREAD DIAMETER (MM) ↑↓	COMPATIBLE SPINDLE DIAMETER (MM) ↑↓	COMMON USE/NOTES ↑↓
BSA (English Threaded)	Threaded	68 (Road), 73 (MTB)	~34.8 (1.37" x 24 TPI)	24 (Shimano, SRAM GXP), 28.99 (SRAM DUB), 30 (with external cups)	Still the most common and reliable standard. Bearings sit outside the shell.
ITA (Italian Threaded)	Threaded	70	~36 (36mm x 24 TPI)	24, 28.99 (SRAM DUB), 30 (with external cups)	Less common, usually on older Italian road bikes. Both cups are right-hand threaded.
BB30	Press-Fit	68 (Road), 73 (MTB)	42	30	Bearings press directly into the frame shell. Allows for a stiffer 30mm spindle.
PF30 (PressFit 30)	Press-Fit	68 (Road), 73 (MTB)	46	30, 28.99 (SRAM DUB with specific BBs)	Bearings are housed in plastic or aluminum cups that press into the frame. Wider shell ID than BB30.
BB86 (Road) / BB92 (MTB)	Press-Fit	86.5 (Road), 91.5 (MTB)	41	24 (Shimano Hollowtech II, SRAM GXP), 28.99 (SRAM DUB with specific BBs)	Developed by Shimano, a wider shell allows for larger frame tubes. Designed primarily for 24mm spindles.
BBRight	Press-Fit	79 (Asymmetric)	46	30, 28.99 (SRAM DUB with specific BBs)	Cervelo specific standard, it's an asymmetric PF30. Wider on the non-drive side for stiffness.
T47	Threaded	68, 73, 86.5, 91.5, 92 (various)	~47 (M47x1.0mm)	24, 28.99 (SRAM DUB), 30	A newer threaded standard that combines the large diameter of PF30 with the reliability of threads. Gaining popularity.
BB386EVO	Press-Fit	86.5	46	30, 28.99 (SRAM DUB with specific BBs)	A versatile standard, it's essentially a wider PF30. Allows a 30mm spindle in a wide 86.5mm shell.

8 rows