COMMON MOMENTS OF INERTIA:

Ring or Point:
(or Hoop)
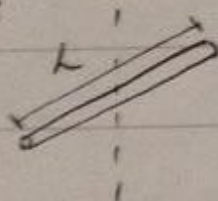
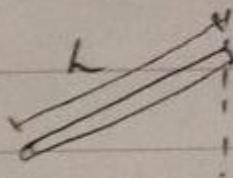$$I = mr^2$$

Solid Cylinder / Disc:
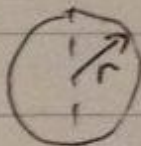
$$I = \frac{1}{2}mr^2$$

Solid Rod:

$$I = \frac{1}{12}mL^2$$

$$I = \frac{1}{3}mL^2$$

Sphere:

– Solid:

$$I = \frac{2}{5}mr^2$$

– Hollow:

$$I = \frac{2}{3}mr^2$$