

Pro Stock Rules – 2009 (revised 3/26/09)

Weight

Overall:

2800 lbs. stock frame front to rear.

2900 lbs. Howe front clip or any stock front clip on tube chassis.

Bert or Brin transmissions add 200 lbs.

Automatics with NO CONVERTERS add 100 lbs. NO CONVERTERS OF ANY TYPE.

(All weights are with car, drive, & helmet before feature race, except the 58% left side weight.)

All added weights to car should be painted white and have car number on it. No weight below the frame. All added weights shall be securely fastened with minimum 1/2" steel grade threaded rod. Adding weight for a rules' violation will be allowed for one race only. It must be corrected by the following week. This excludes all special shows, you must be legal to show up and race the big shows!!

HEAD AND NECK RESTRAINT SYSTEM HIGHLY RECOMMENDED!

Body:

- a. Body must be ABC approved and/or appearing; ABC approved fiberglass or aluminum or plastic template style. No straight sides or fenders. Door skins can be aluminum from Five Star or home made. All other parts must be template style ABC pieces-fiberglass, aluminum or plastic are OK.
- b. Full nose and rear bumper covers, complete ABC template (Five Star or equivalent). No alterations. Must be stock appearing template style, un-cut nosepiece. Nosepiece sides and bottom cannot be cut, trimmed, ground, or altered. Stock 1" lip must remain on bottom of nose. 4" ground clearance min. Nose and bumper cover must match template package. There is no exception to this rule, no box style home made bodies.
- c. No dirt noses.
- d. Full front and rear window, must be Lexan, no glass. Template pieces.
- e. Side windows minimum 15" max. vent windows (each side) is 12".
- f. Minimum roof height: 47" 10" back from windshield on centerline.
- g. Maximum rear deck height: 35".
- h. No angling of nose piece.
- i. Tires not to extend past body panels. Cannot alter body to gain track width!
- j. Rear quarter width at wheel wells is 79.5" max.
- k. Max. front overhang 46" from center line of hub to leading edge of nose. 17.25" off ground to bumper line.
- l. Roof must have stock posts in original location.
- m. ABC body dimensions and rules are available at the following link:

Spoilers:

- a. Maximum width 60". Top of rear spoiler to ground not to exceed 40". This is a 35" rear deck height with a 7" spoiler. Spoiler must be part of template package and follow the contour ABC approved only.
- b. Spoiler not to extend past rear deck.

- c. Maximum spoiler height is 7”.

Chassis:

- a. Full stock frame (2,000 lbs). Camaro or metric style or other stock front clip on perimeter type chassis (2900 lbs). If you offset your front clip for any reason other than toe box clearance you must weight 2900 lbs. Offset clips and chassis are not allowed.
- b. Stock frame may be cut at rear kick up. Under-slung rear OK.
- c. Wheelbase: 104” min. Max. tire width: 80” outside to outside, measured at ground with toe boards. (back or front)
- d. Minimum frame height: 4”
- e. Factory front cross member may be modified to allow for 2” engine set back. (Fuel pump notch).
- f. Uni-body cars are to have sub-frames tied together. Min. 2”x2” .090 thickness. Camaro tubular front clip OK. Howe #358-8-01 or equal with stock Camaro geometry. Stock lowers. OEM steering box with stock mounts in stock location ONLY. Perimeter frame rule to be stock frame rails or tubular. 56” wide min. (2”x3” .090 wall min.) Rear clip can be stock or tubular. Full tubular perimeter cars must weight 2900 lbs.
- g. Must have wrecker hoops for towing front and rear.
- h. No adjustment of chassis from drivers’ compartment.
- i. No electric or mechanical traction control devices.
- j. 58% left side weight after race with driver, helmet and car.

Engines:

- a. Cast iron block.
- b. Stock cast iron heads.
- c. Pro or dart type OK.
- d. Wet oil system only.
- e. One carburetor, 2 or 4 barrel.
- f. No electric fuel pumps.
- g. Engine setback not to exceed 3” max. from top ball joint to center of furthest forward cylinder (Chevy, left; Ford, Right)
- h. Exhaust manifolds; cast iron or headers OK – center dumps OK.
- i. Intake – cast iron or aluminum OK.
- j. Working starter.
- k. 10” crankshaft minimum height @ 4” of frame rail ride height **NOT** center cross member.
- l. 100 DB muffler is mandatory!
- m. No Willy’s or any other vacuum control secondary.
- n. \$200 claimer on MSD box. If box is claimed, must exchange. If the track buys the box, MSD box will be returned within 7 days if legal and driver must return the money to the track.

Roll Cage:

- a. Minimum 4 post roll cage, 3 door bars left side; 2 door bars right side.
- b. 1.5" x .090 wall thickness minimum.
- c. 4 main posts of cage to be welded to frame rails.
- d. Drivers doors to have 24"x24"x1/8" steel plate welded or bolted securely to cage.
- e. Drive shaft hoop required.

Interior:

- a. Stock type firewalls front & rear – OEM or better.
- b. Steel floor pan under driver to extend from firewall to firewall – OEM or better 1/8" minimum.
- c. No mirrors or radios.
- d. Seat to be racing type design, properly mounted.
- e. Roll bars near driver's body will be well padded.
- f. A full 5 point restraint system required.
- g. This includes 3" wide seat belt, 2 over the shoulder, 3" belts and a crouch strap.
- h. Belts should be no older than 3 years and in good condition.

Brakes:

- a. Each wheel to have properly working brake.
- b. Bias device OK.
- c. No shut off devices on brake system anywhere!

Steering:

- a. Stock OEM. Tubular steering shaft with a minimum of 2 universal joints OK. No rack and pinion steering systems.

Rear Ends:

- a. Stock type or Ford 9". No quick changes. No cambered rear ends. 3 or 4 link OK. Heims OK.

Transmissions/Bellhousing:

- a. Stock OEM 3 or 4 speed. Reverse must be working.
- b. Any factory or racing clutch will be allowed.

Radiator:

- a. Mounted in stock location with overflow can and overflow tube to lower right corner of windshield – 2"
- b. No anti-freeze
- c. Water only!

Fuel/Fuel Cell:

- a. No alcohol or nitrous oxide.
- b. No pressure system.
- c. Steel or braided lines (not in driver's compartment).
- d. Racing fuel cell mandatory. 8" ground clearance.
- e. Must have fuel check valve.

- f. Fuel cell, filler tube and filter to be properly mounted in trunk area.
- g. Rear fuel cell guard mandatory.
- h. Cell shall be enclosed in red metal container.

Battery:

- a. Must be securely mounted, enclosed and above frame rails in front of rear end.

Tires:

- a. Hoosier 880.

Wheels:

- a. Steel safety 8" type. 1" lug nuts mandatory. No wide fives.

Suspension:

- a. No coilovers. No coilover eliminators.
- b. Minimum 5" coils.
- c. Screw jacks OK.
- d. Aftermarket sway bar and upper control arms OK.
- e. Rear suspension may be 3 or 4 link.
- f. Aftermarket coil and shocks OK.
- g. All shocks must be steel body, no canister shocks, no external adjustable shocks. \$100 maximum per shock.
- h. Lower control arms stock and in stock location.
- i. Minimum 2 joints in steering shaft.

ANY INTERPRETATION OR CHANGING OF THESE RULES IS AT THE DISCRETION OF THE OFFICIALS. THEIR DECISION IS FINAL!

ANY MAJOR INFRACTION OF RULES WILL BE ASSESSED AS A FORFEITURE OF POINTS AND MONEY'S EARNED FOR NIGHT.