



*Tennessee's Family Action Track*

## Super Stock

This division open ONLY to driver with LIMITED DRIVING EXPERIENCE.  
Speedway officials retain the right to determine eligibility.

Heat races will determine feature starting position. Heat race winners will get 1 point for winning. Winner will draw for inversion for feature.

### BODIES

- All stock equipment only for that year model car. KEEP IT STOCK & HAVE FUN!
- Radios permitted.
- May run 2 or 4 door car. Cars must be a minimum 105" wheelbase. No T-top bodies or station wagons. Rubber noses and tails allowed.
- No channeling of body!
- May remove both front inner fenders. May cut out front fender not over three (3) inches around tires. Must run stock body mount. May take out hood & deck liner hinges. Must have minimum of three (3) pins in hood. All body parts must be steel; only hood may be fiberglass.
- Must remove interior, headlights, taillights & all side glass leave interior open, no boxing in.
- Must leave windshield in - Stock or Lexan only. NO Plexiglas - No Exceptions. If car's windshield must be replaced, windshield can be replaced with lexan or another stock windshield.
- All doors must be welded shut.
- Battery mount must be approved by Competition Director.
- Must have emergency cut-off switch near driver inside car.
- Any automatic transmission. Can have 3 speed with all working gears.
- Interior must remain open. Must be able to view complete floor pan. Leave complete floor pan in car.
- Side skirts allowed, no lower than frame.
- NO anti-freeze in radiator. \$100 fine if caught using anti-freeze. THIS WILL BE STRICTLY ENFORCED.
- Fire suit and approved SA 2000 or newer helmet required.
- Must have minimum 2 pound fire extinguisher with a gauge and a quick release mounted securely in car within reach of driver while belted in car.
- 6" maximum spoiler height.

## SUSPENSION

- Car must have four–point roll cage with diagonal bar behind driver.
- Also have cross bar behind driver with three roll bars in left door & two in right door.
- Top of roll cage may extend to rear frame behind fuel cell.
- All roll bar tubing must be 1 3/4 inch .090 diameter. Gussets required in left door bars. Bars must be padded in driver’s area (leg & head bars & side bars).
- Must have QUICK RELEASE TYPE window net. Window net MUST release from top. One mirror is allowed inside car.
- May have racing seat; belt & shoulder harness minimum 3 inches wide. Must have all 4 bolts secured to the floor. Secure your seatbelt to whatever your seat is secured to.
- Fuel cell is highly recommended. 22 gallon maximum. Must be mounted in a safe and approved manner. Meaning securely strapped by placing two (2) straps longwise and two (2) straps crosswise around tank and bolting straps to trunk floor. Straps 1/8 inch x 1 inch thickness in width. Must be mounted in center. Bottom of fuel cell must be no lower than 8 inches from ground. Mounting must be approved by track official.
- Must have rollover fuel valve.
- Must run Highland Rim Fuel. No fuel additives allowed.
- Any pound spring, any spring rate.
- No reinforcing of A-arm (upper or lower). Maximum upper control arm bolt length is 4". Sway bar must be stock 1 1/8 inch diameter max, remain in the stock location with stock mounting hardware with brackets on frame remaining unaltered in other words "STOCK". Adjustable on one end of the A-frame.
- No wedge bolts permitted. Stock type shock only. No air shock or adjustable shocks. Racing shocks are allowed. \$75 claim rule on shocks! Adjustable buckets are allowed.
- NO RACING OR PERFORMANCE PARTS ALLOWED. No mono balls.
- If you have any questions about car rules, call Competition director.
- Rear ends may be posi-traction or welded.
- Must have working four wheel brakes. All brakes must work.
- Must run rear-end that came in that car.

## ENGINE

- Only one carburetor!
- Has to be GM, Ford or Chrysler production head and block. Steel Motor only!
- May run any two-barrel carburetor with a 1 inch spacer plate straight through, no tapering. All air must enter through carburetor venturi. No cold air boxes allowed.
- 4 barrel carb stock 350 and 305 with unlimited intake.
- Exhaust pipe must be thirty (30) inches past bell housing with muffler. No H, X and Y exhaust.
- Any exhaust as long as it is below the 100 decibel limit
- May run solid engine and transmission mounts.
- Engine setback: #1 plug must be even with the driver side upper shock bolt.

## MUFFLERS MANDATORY

100 dba will be enforced. The first week dba is not 100; car will start in the rear. The second time dba is not 100 car will not be allowed to race in the event.

## TIRES AND WHEELS

- Must run 15" Towel City Recap track tire w/stamp.
- 8" wheels with 3 & 4" back spacing ONLY!!!

## WEIGHT

- All cars must weigh a minimum of 3,400 pounds.
- 55% left side weight.
- All weight (lead) must be mounted on frame rail or outside frame rail with a minimum of two (2) 1/2 inch bolts with the exception of the left side weight box. All weights are to be painted white with the car # painted on each piece. Any driver that loses any lead from his car will be fined \$250 payable prior to any further competition. This rule is in effect during race day or practice days.
- Percentage of weight taken away rather than adding weight after winning 3 races.