

Lancaster Motorplex

2023 Super Stock Rules

COMPETITORS/PARTICIPANTS - IMPORTANT. PLEASE READ: All rules within, are at the discretion of the Race Director and Technical Officials. Any stock part or aftermarket part must remain stock and unaltered for that part unless stated within the rule. Removal of ID or Part numbers makes the part illegal. If something is not covered or not clear within the rules “DO NOT ASSUME IT IS LEGAL” you must call the Tech Official and an amendment may be made, if necessary. This is in an attempt to keep the competition even and the cost to race low.

Competing Models

Open to Any North American built car from 1965-2020

A: Any stock metric, G- body, Ford or full frame chassis is permitted. Stock Chevrolet Camaro and Pontiac Firebird will be permitted and will be allowed to reinforce the frame. Frame behind rear suspension may be replaced with 2" x 3" steel box tubing.

B: Johnson frames will be allowed and must meet the Johnson chassis templates.

C: Rear suspension must remain stock OEM production 4 link type as designed. Adjustable rear upper and lower control arms are allowed. Rear control arms must remain stock length with a +/- 1" tolerance. Camaro's must use leaf spring type rear suspension.

D: Steel, rubber or monoball type bushings allowed. Heim ends allowed in place of rear control arm bushings. Rear upper control arm mounts may be moved and fabricated.

E: No 3 link, pan hard bar, track bars or late model type rear ends allowed.

F: May use aftermarket Upper and lower production type control arms. Johnson chassis lowers will be permitted. Fully adjustable Upper control arms will not be permitted.

G: Stock OEM production type, production type replacement ball joints or aftermarket type ball joints will be permitted.

H: Spindles must be stock OEM production type only. No interchanging of manufacture. IE no Fords on Chevys. Speedway Motors GM metric 3-piece spindle part number 910-34501 will be allowed. NO drop spindles or racing spindles will be permitted. Aftermarket hubs will be allowed. NO wide 5 hubs will be permitted.

I: Heim ends will be permitted for inner and outer tie rod ends only.

J: Coil springs must mount inside the lower A frame spring bucket. Only 1 spring per wheel permitted. Racing springs will be permitted. Progressive type or digressive type springs are not permitted. No coil over designs allowed. Jacking Bolts are allowed.

K: Front sway bar is permitted. Only OEM type sway bar is permitted. Howe stock replacement type is permitted. Rear Sway bars are not permitted.

Engines

Maximum cubic inch displacement will be:

A: General Motors 350CI Ford 351 CI Mopar 360 CI Maximum of .060" overbore will be permitted. No Interchanging of manufacture parts will be allowed.

B: Stock OEM production type GM 350 and Ford 351(Cleveland or Windsor) blocks allowed. No racing Blocks allowed. Dart Engine block Part number 3116111 SHP will be allowed.

C: Maximum engine setback for all frames will be #1 spark plug hole in line with the centerline of the lower control arm ball joint.

D: Minimum crank shaft weight is 48#. Standard magnetic steel or cast-iron productions cranks only. No gun drilled cranks allowed. Under sizing of crank journals will not be allowed. Any standard production stroke dimension will be allowed.

E: Only solid magnetic steel connecting rods, (aftermarket and OEM) allowed. Sportsman Rod length of 5.7" or 6" allowed for GM motors. Maximum of 6" for Ford Motors.

F: Allowable Intake Manifolds are as follows. Edelbrock Chevrolet 2101, 7101; Chevrolet Vortec 2116, 7116; Ford 351c 2750, 7183; Ford 351w 2181, 7181; Ford #M9424-C358, #M9424-C302; Chrysler Edelbrock 2176. No Porting, grinding or acid work is allowed on intakes. Identification and part numbers must remain unaltered and in their stock location.

G: Only stock OEM production type Flat or dished Pistons are allowed. No ceramic or coatings of any type will be permitted.

H: Only 23* Cast Iron OEM Production type Cylinder Heads are allowed. The following cylinder heads will be allowed: Chevy Vortec (L31) Part#10239906 and Chevy Vortec (L31) part #12558602, World Products 42660 and 42670, Dart S/S Vortec SBC iron cylinder head part# 10024370. Chevy Bowtie and Vortec Bowtie heads, Ford Boss, Ford N style, Chrysler Hemi, Pontiac Ram air or any high-performance cylinder head are not allowed. 2.020" maximum intake valve and 1.600" maximum exhaust valve allowed. Cylinder head must remain in the stock location. NO porting of any type is allowed. NO acid dipping, polishing, addition, or removal of material is allowed. All valves must be magnetic steel.

I: Any hydraulic or solid camshaft allowed. Only 1.5" or 1.6" roller rockers are allowed. NO roller lifters. Stud girdles are allowed. Valve springs and push rods must be magnetic steel only.

J: Any stock type or HEI ignition allowed. MSD HEI part #8635, MSD soft touch rec control part # 8728, MSD circle track RPM control part # 8727ct, and MSD ignition module part # 83647 will be permitted.

K: Maximum compression is 10:0-1

L: Battery must be 12 volts and cannot be mounted in driver's compartment.

M: Only a Holley 4412 (500cfm) Carburetor is allowed. 4412HP, 4412SA or 4412XP are not allowed. Only (1) 1" max thick phenolic or aluminum spacer with (2) 1.750" max holes that are straight and have no bevels, spacer must be parallel on both sides. Carburetor must mount in stock location. (1) 15" x 4" max air filter allowed. Plastic K and N bottom air cleaner component will be allowed. Top must be flat and have no holes. (No tongue)

N: Exhaust headers or OEM exhaust manifolds allowed. No try-y type, collector type, 180-degree, merge type, or pyramid type headers allowed. Maximum size of collector tube is 1 3/4". Must be magnetic steel. Exhaust must exit behind driver. Exhaust may have H or X pipe. Maximum exhaust outlet piping is 3".

O: Copper, aluminum or brass radiators permitted. Must have a 1-gallon overflow can.

P: NO cold air boxes permitted.

602 Crate Motor

A: GM crate motor 88958602 will be allowed. Must have seals!!!

B: Only Holley 4412 is allowed. All components must meet same specifications as built motors.

C: Max RPM 6000 with chip, will be checked!!

Transmissions

A: Transmissions must be stock OEM type design. (3) Three or (4) four speed standard transmissions will be allowed. (2) Or (3) speed automatic transmissions will be allowed.

B: No type of direct drive system will be allowed.

C: Steel or Aluminum bellhousings are allowed.

D: All internal parts must be stock or stock replacement parts. No trick parts.

E: Clutch must be a single disc 10.5" (GM) or 10" (Ford) diameter minimum. Stock type flywheel must be used. Clutch, pressure plate and flywheel must weigh 30lbs minimum. NO High-performance clutches allowed.

Driveshafts

A: Driveshaft must be magnetic steel, 2 1/2" minimum in diameter and be painted white.

B: Must have (2) driveshaft hoops installed.

Rear Ends

A: GM 7.5" 10 bolt, GM 8.5" 10 bolt and Ford 9" rear ends are allowed. NO ratchets, Gleason's, or Detroit lockers are allowed.

B: Aftermarket axles are permitted.

C: No gear rule.

Shocks

A: Only 1 shock absorber allowed per wheel. Shocks must be from a mass-produced manufacture. Must maintain stickers from manufacture on shock.

B: Shocks must run stock type pistons. No adjustable type shocks allowed.

C: NO Schrader valves allowed on shocks.

D: No shock may retail for over \$175 from a listed racer price.

E: All shocks must be steel bodied.

Brakes

A: Aftermarket OEM type calipers will be permitted. May be aluminum or steel. A dual master cylinder for front and rear is permitted.

B: All brakes components must be cast iron or cast steel. NO titanium allowed. Only 1 brake caliper permitted per wheel. All brakes must be in working order. NO proportional valves permitted of any kind.

C: NO late model or modified type brake systems are permitted.

Body

A: Aftermarket type bodies will be permitted. ABC type, AR Bodies Street stock and muscle car bodies will be permitted. NO super downforce front noses are permitted.

B: No Car may run side windows. No roof or rear window spoilers. No window deflectors.

C: A posts, B posts, C posts window Naca ducts made from Lexan will not be permitted.

D: Must have full front windshield made from Lexan and have braces.

E: Any car with an OEM steel body will be permitted.

F: Maximum spoiler height permitted is 6". Maximum width of spoiler is 48". Must not extend past fender on either side or drop down.

G: NO deflectors of any type permitted anywhere on car.

H: Side bars are permitted, must be flush to body on car and have no sharp edges.

Weight

A: All cars must weigh 3175 after the feature and heats with driver in car. Track scales are final.

B: 56% left side weight maximum with driver in car.

Wheelbase and thread width

A: The minimum wheelbase will be 108" when measured from either side of car. One side must be equal or +/- 1" from the other side in length. May not have any device that dynamically changes the wheelbase beyond normal travel parameters.

B: Maximum tread width is 80". It will be measured on the front and rear wheels at spindle height where tire meets rim.

Ground Clearance

A: Minimum ride height will be 5" with driver in car. Will be measured to frame in front of rear wheel and behind front wheel. Bodies may hang below the 5". Make sure there is a spot so the frame can be checked.

Fuel Cells

A: All cars must have a racing fuel cell, 22 gallons maximum, in an enclosed steel container with straps going around it to support it in a rollover.

B: Bottom of fuel cell may not be lower than centerline of the rear axle housing with the car at ride height.

C: Fuel will be track fuel. 110 purple.

Wheels and Tires

A: Only steel wheels permitted with a maximum diameter of 15" and maximum width of 8". Only 1" maximum offset allowed per side to side.

B: The Hoosier 1070 will be the track tire. You are permitted to buy 4 new ones the first race and then 1 new tire per race after that. (US OPEN is 1 tire.). Tires serial numbers must be written down and handed in to the tech officials PRIOR to heat races. If no sheet has been handed in it will result in a disqualification. In the event of a flat in any race, the tire must be replaced with a used tire. Used tires may come from the ROC, NYSS or Lancaster Sportsman divisions.

Miscellaneous

A: Must have a full roll cage with a driver's door anti intrusion plate installed.

B: Each driver shall wear a fire-resistant suit with a minimum SFI 3.2A/5 specification and display a valid SFI 3.2A/5 label.

C: Each driver shall also wear fire resistant accessories that effectively cover the remaining parts of the body. Shoes and gloves shall meet the SFI 3.3 specification and display a valid SFI.3label.

D: SA2015 OR SA2020 FULL-FACED helmet. Drivers must wear helmet in accordance with the directions provided by helmet supplier and/or manufacture. Any modification to the helmet for any purpose should not distract from its effectiveness. It is the responsibility of the driver to ensure his or her helmet is approved, correctly worn, and properly worn.

E: Fire extinguisher must be mounted within reach of driver and safety crew.

F: All roll bars within reach of driver must have fire retardant type padding

G: Power switch clearly marked on and off within reach of driver and safety crew.

H: Fuel shutoff clearly marked on and off within reach of driver and safety crew.

I: Five (5) point safety harnesses labeled within three (3) years and meeting SFI 16.5 specifications are Mandatory. Seat belts must be installed in accordance with the directions of the seat belt supplier and/or the manufacture.

J: Window net must be securely installed. Must be ribbon type, no mesh Must meet SFI 27.1 specifications and have a valid label.

K: Anti-spill must be installed in vent of fuel cell.

L: **Full containment seats are mandatory.**

M: Must have a SFI type headrest on seat.

N: Head and neck restraint system meeting SFI 38.1 specifications are mandatory. Foam collars will NOT be allowed.

O: CELL PHONES, BLUETOOTH DEVICES AND OR SMART WATCHES ARE NOT ALLOWED IN THE CAR, IF FOUND, WILL RESULT IN IMMEDIATE DISQUALIFICATION.

5/3/2022 All cars must run a Mylaps transponder, mounted 12" rearward of the centerline of the rear axle, mounted on the RR frame, mounted vertically and no more than 18" off the track surface.

9/7/22 Changed US OPEN tire rule to 1 new tire allowed.