



# Adirondack International Speedway

## MOTORSPORTS & ENTERTAINMENT

### 2019 AMERICAN MUSCLE RULES AKA SUPER STOCK

The rules herein shall refer to Adirondack International Speedway as "AIS". These rules are intended to create affordable and fair competition. While they offer a good outline, every item cannot be covered by a written rule. Any questions regarding any item not specifically covered in these rules should be addressed with AIS Officials prior to proceeding. No car, component, or equipment will be considered as having been approved by reason of having previously passed through inspection unobserved or undetected. All equipment is subject to inspection and approval by AIS Officials. You may be assessed penalties including, but not limited to: added weight, fines, loss of points, loss of handicapping, and suspension, car parts, components, and/or equipment deemed as not in compliance with these rules. Any car part, component, and/or equipment which does not conform to the specifications or tolerances contained in the 2019 rules book or is not otherwise approved by AIS may not be used in competition in 2019, and is subject to confiscation at the discretion of AIS Officials.

By competing at AIS, you agree to have read the AIS 2019 General Rule book and the 2019 American Muscle (Super Stock) rule book.

#### **ELIGIBLE VEHICLES**

- Open to any North American built car from 1965-2010.

#### **BODY**

- Stock appearing aftermarket bodies allowed (i.e. ABC, S2, LMSC, and ARP Muscle Car). Bodies must look like stock bodies. No wedge or dirt late model style bodies.
  - No down force noses.
- Spoilers allowed with a maximum 6 inch height.
- Steel, aluminum, fiberglass, and composite bodies allowed.
- Rear Bumper cover required, No holes or cutting for air flow.
- Doors must be securely fastened front and back.
- Body molding, including door handles, must be removed.
- Driver must sit in stock position. Seats, make sure the driver can see over the dash board properly.
- Front firewall must be 20 gauge steel.
- All uni-body cars must have a minimum two inch by three inch sub-frame.
  - The sub- frame must be no less than .120 wall thickness.
- Side bars allowed with no sharp edges. One bar only. Cars with bars that can "hook" will be asked to fix them. Sidebars must be flush (tight) with the body. Door side bars or the door if not using a door side bar, must be a minimum mounted out to the end of the tire tread.
- All bodies, No roof or rear window spoilers, No passenger or driver windows, No window deflectors. Quarter windows and rear window allowed. No vent windows (A-Pillar).
- No hole in hood for air cleaners.
- Aftermarket bodies allowed: ABC, LMSC, AR Street Stock/Sportsman, AR Muscle Car, S2 Sportsman, other bodies may be allowed with NYSS written approval. Subject to all the same bodies rules except the following. ABC Gen 6 body is NOT allowed.

- Aftermarket bodies can not be lower than their published spec measurements. If higher the body needs to be in proportion of its heights.
- Aftermarket bodies have a minimum ground clearance of 5" (nose & rockers).
- Aftermarket bodies rear spoiler max height of 3".
- Aftermarket bodies can not subtract material from their body panels.
- Aftermarket bodies can add to the rocker panels and nose to get a 5" ground clearance if the body is mounted higher.
- Aftermarket bodies can not have additions to rear lower quarter panels.

### **WINDSHIELD AND REAR WINDOW GLASS**

- Windshield must be replaced with Lexan. Must be a full windshield.
- (1) 2" round mirror is allowed in drivers door (if abused will be removed from all cars). (1) 7" X 3" Interior mirror allowed (allowed to tape up a bigger mirror to size)

### **CHASSIS**

- Frame must remain stock from front to rear. Frame behind suspension may be replaced with 2x3 inch box tubing. Johnson Chassis metric frame, clip & components allowed.
- Johnson frames & Johnson clips MUST meet the lower points of the Johnson template.

### **ENGINE**

- Maximum engine displacement as follows:
- GENERAL MOTORS 350 CU. INCHES
  - FORD 351 CU. INCHES
  - MOPAR 360 CU. INCHES
  - Maximum of .060 over bore
  - Engine location. For all frames, maximum engine set back #1 spark plug hole in line with the lower ball joint center line.
  - Intake manifolds allowed: Edelbrock Chevrolet 2101, 7101; Chevrolet Vortec 2116, 7116; Ford 351c 2750/7183, Ford 351w 2181/7181, Ford #M9424 C358; Chrysler 2176 or any duel plane non-air gap intake manifold with approval from NYSS (picture and part# submitted for approval). No port work, no blending, no coatings.
  - All engines must use flat top pistons or dish pistons.
  - Stock OEM production block only. Dart part #3116111 SHP allowed.
  - Sportsman rods 5.7 length or 6.0 inch.
  - Forged crank shaft legal. Minimum crankshaft weight is 48 lbs (pounds). Counterweights may not be altered in any way. No pendulum & No undercut counter weights. No gundrilled cranks. Normal balancing only. Crank shafts must be stock stroke for the block. Rod and main bearings must be stock size (will allow up to .050 for clean up).
  - Cylinder heads must be OEM production or World Products S/R # 42660 or # 42670. Chevrolet OEM #10239906 & #12558062 Vortec Heads allowed. No boss Ford or Chrysler Hemi or Pontiac ram air heads allowed. Chevrolet Bow tie & Vortec Bowtie heads Not Allowed. 2.02 maximum intake valve and 1.6 maximum exhaust valves allowed. Cylinder heads cannot have any port work done. No Titanium parts allowed anywhere on the engine. No crossbreeding of manufacturers' parts allowed. Cast Iron heads only.
  - Any hydraulic or solid camshaft permitted. 1.5 and/or 1.6 roller rockers allowed. No roller lifters. Stud girdles allowed.
  - Only stock type or HEI ignition permitted. Rev limiters allowed: MSD Soft touch rev control 8728, MSD Circle track RPM Control 8727CT, and MDS Ignition module w/rev limiter 83647.
  - Car must have working self starter.
  - No battery within driver's compartment. Battery must be 12 volts.
  - Maximum compression ratio 10.0:1.

- GM Crate engine 88958602 allowed.
- Crate engines are subject to same rules & inspections as the open engines.
- Crate engines do not have to be sealed.
- Crate engines must be as from the factory.

### **EXHAUST**

- Street headers permitted. Crossover headers permitted. Maximum collector size 3". No tri-y or try-y type headers allowed. No merge collectors.
- Exhaust system may use H pipe or X pipe.
- Exhaust pipes must extend under car and exit behind driver.
- Mufflers are mandatory. Maximum allowable noise decibel to be 95db. Maximum muffler inlet and outlet size is 3" .
- Maximum diameter exhaust pipe allowed 3 inch. Tail pipe maximum size is 3.0".

### **CARBURETOR**

- One stock unaltered two-barrel carburetor. Holley 500 Carburetor #4412 only. No HP carbs.
- Stock 4412 fuel bowls only. No H.P. or aftermarket.
- No billet, No aftermarket, No H.P. metering blocks.
- Only one solid Carburetor Spacer made of aluminum or phenolic plastic of a maximum height of one (1) inch permitted. Only one .075 maximum gasket per side. NO wedge shaped mounting surfaces, both top and bottom surfaces must be parallel. Spacer must have 2 holes maximum size 1.750 straight bore and match the base of carburetor. No air flow modifications. No alterations allowed to carburetor spacer. No beveling, tapering, grooving or flaring of port holes. Spacer may not be stepped or undercut. Or Unaltered Mr. Gasket Adapter kit #1933 is allowed.
- Air filter housing may be offset for clearance of the distributor only. No tubes, funnels or any other device which may control the flow of air is permitted inside the air filter housing or between the air filter housing and the carburetor. Max of (1) 14" x 4" air filter.

### **COOLING SYSTEM**

- No antifreeze allowed (may use Water Wetter or NAPA Kool).
- Radiator must have an overflow can, one gallon minimum.
- Oil coolers are allowed. Transmission cooler allowed.

### **BATTERY**

- Battery must be mounted in the trunk or under hood and securely fastened to the chassis.
- Master switch is mandatory and must be clearly labeled and within driver's reach and kill all power when turned off.

### **TRANSMISSION**

- Only stock OE production manual transmissions are allowed. Three/Four speed standard transmissions are permitted. Aluminum or steel case only.
- Two or Three speed automatics allowed. No direct drive set ups.
- Steel Bell housings only permitted.
- Removal of gears permitted. (automatic or manual)
- Clutch must be a single disc (10.5 inch GM, 10 inch Ford) diameter min. Stock type flywheel. Clutch, pressure plate & flywheel 30lb min. No High performance ultra light clutch.

### **REAR AXLE & SUSPENSION**

- GM 10 bolt 7.5 inch, GM 10 bolt 8.5 inch and Ford 9 inch rear ends allowed. Full floater rear ends allowed, Locked rear ends only. No ratchets, gold track, Gleason's or Detroit Lockers allowed. Steel spools only.
- No Gear Rule.

- All rear ends must be a leaf spring or four link suspension. Adjustable rear upper & lower control arms allowed. Rear arms stock length +/- 1.00". NO truck arm style arms.
- No track bars or panhard bars. No connecting bars to the frame other than the four control arms.
- Aftermarket axles allowed.
- Steel drive shafts only. Must be painted white with car number on it.
- Steel, rubber or mono ball bushings allowed. Heim ends allowed in place of rear control arm bushings. Rear lower frame mount must remain stock. Rear lower housing mount must remain stock width. Heims must be centered in mounts. Rear upper control arm mounts maybe moved and fabricated as long as you meet rules above.

### **FRONT SUSPENSION**

- Stock type stamped steel or Johnson Chassis Lower control arms.
- No Rack & Pinion Steering.
- Racing springs may be used. Jacking bolts allowed. No coil over springs. No coil over eliminators. No bump stops.
- Racing shocks are allowed. No external adjustable shocks. No Schroeder valves. Front shocks may be mounted outboard to allow jack bolts. Part numbers on shocks must be identifiable to verify cost. Non identifiable shocks will be deemed illegal. Shock valving must match part number on shock. Shocks may not exceed \$140.00 per shock.
- Stock OEM style sway bar or Howe Sway Bars allowed. No rear sway bar. No Spine Bars.
- A minimum of 5 inch frame ground clearance measured at the frame rail behind the front wheel and in front of the rear wheel.
- Tubular front upper control arms permitted. No heims.
- Fabricated or stock upper control arm mounts.
- Spindle's - GM on GM, Ford on Ford only. No racing spindles, no drop spindles. ( ie: Impala spindles on a metric chassis is OK). Also allowed is Speedways GM metric 3-piece spindle part # 910-34501(Short steering arm not allowed).
- No wide five hubs and/or spindle's.
- Heim ends allowed for inner and outer tie rods only.
- Minimum wheel base is 108 inch for all cars. Wheel base will be determined by center line of the rear axle housing to the center line of the front lower ball joint (grease fitting) at ride height. There will be 1/2" allowance for leading of the rear ends. NO tolerance beyond this rule.

### **BRAKES**

- Brakes on all 4 corners must work at all times.
- After market OEM Style Calipers allowed (aluminum or cast iron).
- No shutoffs allowed.
- Dual master cylinders & disk brakes on the front and/or rear.

### **FIRE EXTINGUISHER**

- On board fire extinguisher is mandatory and must be within driver's reach.

### **DRIVER SEAT**

- Aluminum high back race seat mandatory.
- Seat must be mounted with 4-3/8" bolts in seat bottom and 2-3/8" bolts in seat back (must use fender washers on all bolts).
- Full Containment seats highly recommended.
- NO fiberglass seats allowed.

### **DRIVER RESTRAINT/PADDING**

- 5-point harness free from cuts, tears, frays or holes is mandatory.
- Harness must be five 5 years old or newer and have the SFI tag on them. To be eligible for use in the 2019 season, belts must be stamped 2014 or later.
- All pipes within drivers reach will be padded.

## **WINDOW NET**

- Approved SFI rated safety net is mandatory.
- Safety net must be equipped with a quick release.

## **WEIGHT**

- Weight of all cars: 56% max left side, 3150 lbs minimum with driver in seat, before and after the race with no allowance for fuel or fluids.

## **FUEL SYSTEM**

- All cars must have a fuel cell, 22 gallons maximum, must be in enclosed steel container. Fuel cell must be no lower than the center line of the rear axle housing with the car at ride height.
- Fuel rule: Sunoco 110 Standard Race Fuel only or 91 octane non ethanol pump gas only.

## **WHEELS & TIRES**

- Steel wheels must be used and have a maximum width of eight inches. Racing wheels only. One inch difference allowed. Example 2 inch on lefts and 1 inch on rights is OK. ½ inch spacer is allowed on rights if the offsets on the car are all the same.
- All wheels must be fifteen inches.
- Maximum width measured at outside of tire at spindle height: 80 inches. No 0" offset wheels.
- Tire rule. Used 10 inch Hoosier 1070 only. All used tires will come from NYSS Official Tire supplier. ONE New 1070 tire will be allowed each week, that tire needs to be checked in before heat races begin.
- No soaking or treating tires must meet durometer specs cold and hot

## **DRIVER ATTIRE**

- Neck collar mandatory. Factory manufactured head and neck restraint recommended.
- One or two piece fire suit designed for competitive motorsports use mandatory. MUST BE free from holes, frays or tears.
- Racing shoes or full leather boots mandatory.
- Racing gloves mandatory.
- Full-face helmet mandatory (Snell SA2005 approved or newer, NO EXCEPTIONS). No M rated helmets allowed.

## **RADIOS**

- One-way radio is mandatory. Frequency is 454.0000.
- No other form of one-way or two-way communication is allowed.

## **PROTEST PROCEDURE**

- See General Rules.