

FLAMBORO SPEEDWAY
Pure Stock RULE BOOK – 2026 (FULLY SECTIONED)
FLAMBORO SPEEDWAY Box 118, Millgrove, Ontario L0R 1V0
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Rule Book Disclaimer

The rules and/or regulations set forth herein are designed to provide for the orderly conduct of racing events and to establish minimum acceptable requirements for such events. These rules shall govern the condition of all events and by participating in these events, all participants are deemed to have complied with these rules. No expressed or implied warranty of safety shall result from publications of or compliance with these rules and/or regulations. They are intended as a guide for the conduct of the sport and are in no way a guarantee against injury or death to participant, spectator or official. The race director shall be empowered to permit minor deviations from any of the specifications herein or impose any further restrictions that in his/her opinion does not meet the minimum acceptable requirements. No expressed or implied warranty of safety shall result from such alterations or specifications. Any interpretation or deviation of these rules is left to the discretion of the officials. Their decision is final. It is the responsibility of the competitor to obtain and become familiar with the current rules pertaining to the division in which he/she chooses to participate.

General Info:

- This class is for people who don't want to spend a lot of time and money to go racing.
- Any driver that is considered to be driving in an unsafe manner will be disqualified and not allowed to continue.
- The safety of each car and all equipment is the complete responsibility of the driver/owner, and the driver/owner acknowledges this responsibility by participating in any activity at Flamboro Speedway.
- Car claim rule will be established if participants start to overspend for this class.
- All cars participating are subject to technical inspection.
- Any cars with illegal non-stock parts will be disqualified and could be subject to suspension or disallowed to race in this class indefinitely.
- No use of alcohol or drugs (drivers and crew members).
- If you are not sure of anything on your car, check with an official before the race.
- Technical Inspection:
 - Speedway reserves the right to perform technical inspection on and car at any time. Any participant who refuses to allow tech officials to inspect their car will be subject to the following:
 - Disqualification from the event.
 - Loss of points and prize money for that event.

- Credited with a feature win for handicapping purposes (if applicable).
- Subject to suspension or disallowed to race in this class indefinitely.
- Participants found to be illegal and disqualified during technical inspection shall be subject to the following:
- Disqualified and could be subject to suspension or disallowed to race in this class indefinitely.
- Loss of points and prize money for that event.
- Credited with a feature win for handicapping purposes (if applicable).
- If found illegal on a double feature night, the car will be declared illegal for both races and will not receive points or prize money for either.
- A second infraction for deemed illegal or technical issues will result in the following:
- Disqualification from the event.
- Loss of points and prize money for that event.
- TOTAL LOSS of ALL ACCUMULATED POINTS to DATE.
- Speedway reserves the right to confiscate any illegal components at any time.

1. SAFETY

- 1.1. It is MANDATORY that all drivers' helmets will be D.O.T. approved and meet **Snell SA-2015** full face or newer standards.
- 1.2. Helmet must be in good condition.
- 1.3. Eye protection must be worn if the helmet has no visor.
- 1.4. Must have 4-point racing belts in good condition.
- 1.5. Racing window net mandatory with quick release
- 1.6. Racing gloves mandatory.
- 1.7. Racing flame retardant suit mandatory.
- 1.8. All cars must have a push off, pull-on type switch to shut off electric fuel pump mounted on the roof if the fuel pump is not run on a stock relay.
- 1.9. All cars must have a charged fire extinguisher securely mounted.
- 1.10. Head and neck (SFI 38.1) restraint recommended. 30 lbs weight break for approved neck restraint.
- 1.11. Full containment seat recommended. 20 lbs weight break for approved seat.

2. RADIO

- 2.1. One way radio mandatory. 454 uhf
- 2.2. Radio for track staff to communicate to driver.
- 2.3. No two-way radio allowed.

3. ROLL CAGE

- 3.1. Minimum 4-point roll cage mandatory. Must be minimum 1 3/4" x .095" round tubing welded to 2"x 2" x .100" square tube or minimum 1 3/4" x .095" round or 6" X 6" x 3/16" plate welded or bolted to floor with minimum four 7/16" bolts with large washers.
- 3.2. Cage must have a horizontal minimum 1 3/4" x .095" bar behind seat and horizontal dash bar.
- 3.3. Two driver's door bars a minimum of 1 3/4" X 0.095" is MANDATORY with stock inner panels or three door bars with two vertical bars between door bars with inner panel removed.
- 3.4. Minimum two door bars on passenger side or X to front and rear uprights.
- 3.5. All welds must be complete around bars.
- 3.6. Rub rails are allowed on the driver and passenger doors. Maximum 1"x 2" x 3/16" rub rail bolted with a minimum of 8 bolts. Bolts must be a minimum of 7/16" or 1/2" carriage bolts. Must be bolted tightly to the body with large washers included.
- 3.7. Bars must be padded where driver contact may occur.
- 3.8. Front hoop allowed must be welded to roll cage. Maximum 1 3/4" x .095" round. All bars must be under hood or bumper.
- 3.9. Rear hoop allowed must be welded to roll cage.
- 3.10. Racing window net with quick release mandatory.

4. CARS PERMITTED

- 4.1. 1984 and newer FRONT WHEEL DRIVE STOCK 3- and 4-cylinder cars.
- 4.2. Any 2 door, 4 door sedan, hatch back or wagon.
- 4.3. NO CARS OVER 180hp, NO TURBO CARS, NO SUPERCHARGED CARS, NO ROTARY ENGINE CARS, NO DOHC VTEC, NO VANS, NO TRUCKS, NO CONVERTIBLES, NO REAR WHEEL DRIVE.
- 4.4. 4 WHEEL DRIVE CARS WILL BE ALLOWED ONLY WITH REAR DRIVE SHAFT REMOVED.

5. BODY

- 5.1. Doors must be welded or bolted.
- 5.2. Hood pins required for quick access. Factory latch must be removed.
- 5.3. No gutting of hood, trunk lid/hatch, roof or any interior metal.
- 5.4. Sunroof must be replaced with metal.
- 5.5. Bumpers can be from another car but cannot be wider than original bumper (no sharp edges).
- 5.6. Front and rear bumpers must have stock appearing plastic covers and must be securely fastened. Rear bumper can be tubing, must have stock appearing cover.
- 5.7. Wheel arches can be trimmed for wheel clearance.
- 5.8. All glass and flammable material must be removed with the exception of: Windshield, Stock type driver's seat, headrest mandatory. Aluminum racing seat highly recommended. No fiberglass seats. Dashboard can be removed or remain. Stock steering column only.
- 5.9. Quick release racing steering wheel allowed.
- 5.10. All taillights' headlights, trim must be removed.
- 5.11. Paint and numbers must be neat. Clear sharp numbers with contrasting colours (no messy spray bomb numbers). No silver or gold numbers.
- 5.12. NO VULGAR Writing or Pictures allowed.
- 5.13. Rookie drivers with less than one season stock car racing experience must run a minimum yellow 1 ½" x 12" horizontal stripe on trunk lid or hatch,

6. WINDSHIELD

- 6.1. Stock windshield allowed. Or can be replaced with minimum 3/16" Lexan. Half Lexan windshield allowed on left side with 1" 16-gauge screen on right side.

7. BATTERY

- 7.1. Can be moved and must be securely mounted to floor with a minimum of two 7/16" threaded rods with large washers with a strong flat bar across the top of battery. Must be in a spill proof container or covered with air bag if in the interior of the car. If the battery is not secure it will have to be moved under the hood.

8. FUEL TANK

- 8.1. Gas tank in original position under rear floor allowed. Must have secure straps and no leaks. Extra straps or skid plate recommended.
- 8.2. Gas tank that is under trunk floor must be replaced with a steel fuel tank with a maximum capacity of eight gallons or racing fuel cell. Must be placed in trunk. Must be securely mounted with minimum of two straps 1" x 1/8" bolted to trunk floor. Must have a 22-gauge steel firewall between driver and fuel tank or fuel cell.
- 8.3. Rear hoop allowed must be welded to roll cage.
- 8.4. NO STOCK TANKS IN TRUNK. Will be allowed only if it comes stock. Rubber fuel line cannot run inside the car interior.
- 8.5. No leaking fuel lines.
- 8.6. Steel fuel filters only (no plastic filters).
- 8.7. Gas Station Gas Only

9. BRAKES

- 9.1. Brakes must be working all 4 wheels.
- 9.2. No drilled or slotted rotors.
- 9.3. Performance brake pads and brake shoes allowed, can not be modified.
- 9.4. Brake ducts allowed. No brake blowing fans.
- 9.5. Metal cooling fins allowed behind rims.
- 9.6. NO BRAKE SHUT OFFS.

10. FIREWALL

- 10.1. Cars must have a minimum 22-gauge steel rear firewall if gas tank is in the trunk area.
- 10.2. Holes in front firewall must be patched with minimum 22-gauge steel.

11. WHEELS AND TIRES

- 11.1. Any stock offset steel or stock offset aluminum rims, 7" racing rim allowed on right front no less than 4" backspacing.
- 11.2. Maximum 6.5" rim measured bead to bead.
- 11.3. 13", 14", 15" or 16" rims and tires only.
- 11.4. 55,60,65,70 or 75 series tires only.
- 11.5. Any car 100lbs over minimum weight will be allowed 50 series tires.
- 11.6. Tire sizes can be mixed.

- 11.7. Must be 400 or more tread wear rating.
- 11.8. No Ice Tires and snow tires.
- 11.9. No racing tires.
- 11.10. No tire shaving, grooving or sipping.
- 11.11. Hub caps and wheel weights must be removed.
- 11.12. 1"-wheel nuts on right front mandatory. Will have wheel nuts in tech garage if you need to buy or borrow.

12. SUSPENSION

- 12.1. Springs, shocks, steering, and bushings must be stock or stock replacement. No poly bushings. Springs must be equal side to side. One new and one old spring will not be allowed replace in pairs only.
- 12.2. No lowering springs, No cut springs, No modifying springs.
- 12.3. Sway bar links and bushings must be stock and same left and right.
- 12.4. Camber maximum on right and left front 2" measured at top and bottom of rim with a level. Minor modifications or smaller grade 8 bolt in spindle or camber kit or offset ball joint allowed to achieve camber on front.
- 12.5. Camber maximum left rear and right rear 1/2" measured at top and bottom of rim with a level to allow for damaged or bent parts. (pre-race). Damage during event more than 1/2" will have to be repaired the for following week.
- 12.6. Caster must be within stock adjustments.
- 12.7. One rubber spring spacer per corner allowed.
- 12.8. All suspension must be stock with NO MODIFICATIONS OR RACING PARTS. Weak parts can be reinforced.
- 12.9. Cobalt, G5 and Saturn can replace weak spindles with G6 or Malibu spindles with minor modifications.
- 12.10. Rear safety hub allowed, can not widen track width.
- 12.11. Sway Bars can be removed.

13. COOLING SYSTEM

- 13.1. No anti-freeze. WATER ONLY.
- 13.2. Cooling system must be flushed with water.
- 13.3. Any automobile radiator allowed.
- 13.4. No racing radiators.
- 13.5. Any electric fan allowed.
- 13.6. Two horizontal maximum 2" tubing allowed the front or radiator with two vertical supports with two supports back. All bars must be under hood or bumper.
- 13.7. Front hoop allowed must be welded to roll cage. Maximum 1 3/4" x .095" round. All bars must be under hood or bumper.

14. ENGINE

- 14.1. MUST BE STOCK. 3 or 4 cylinders only.
- 14.2. NO MODIFICATIONS.
- 14.3. NO PERFORMANCE UPGRADES.
- 14.4. No turbos, no superchargers, no rotary engines, no dohc vtec
- 14.5. Must have air filter element.
- 14.6. Aftermarket performance filters, cone type filters and cold air tubes allowed.

15. ECM

- 15.1. Stock ECM only no modifying or reprogramming. ECM can be claimed by the track for \$100. If ECM is modified, reprogrammed or claim refused car/driver will be disqualified and loss of all points to date and driver/car will be suspended for one year. ECM can be exchanged by official at any time.

16. TRANSPONDER

- 16.1. Mandatory transponder mounted 90" or more from the front leading edge of the bumper. Westhold transponders available for rent or purchase at the track.

17. TRANSMISSION

- 17.1. Stock transmission for year, make and model. Manual or automatic for year make and model only. Gears must be stock for year make and model. No lightening of flywheel or clutch.
- 17.2. 50 lbs weight break for automatic transmission.

18. DIFFERENTIALS

- 18.1. Stock only. No locked differentials.

19. WEIGHT

- 19.1. Minimum weight with driver after race.
Cars with
Under 100 hp 2000lbs
101-110 hp 2100lbs
111-120 hp 2200lbs
121-130 hp 2300lbs
131-140 hp 2400lbs
141-150 hp 2500lbs
151-160hp 2600lbs
161hp or more 2700lbs minimum weight.
Cars over 180hp not allowed.
- 19.2. Horsepower as per manufacturer's specifications.
50 lbs for automatic transmission
30 lbs for approved neck restraint
20 lbs for approved full containment seat
- 19.3. Cars can be no more than 54% left side weight. For every 50 lbs over minimum weight 1 % more left side allowed.
- 19.4. All ballast weight must be steel or lead of no less than 5lbs blocks. (No Concrete) Must be securely attached with a minimum of two bolts, large washers, locking nuts, or double nuts. Must be no lower than the floor.
- 19.5. Cars that set a lap time of 19.0 seconds or under will have a 50lb weight penalty to be added to the right side of the car, centre of the wheelbase and to the far right inside of rocker panel and cannot be lower than the floor. Minimum weight of the car will go up with handicap weight added. Regular points nights only. **Teams must be prepared to add weight at any time. Example: After the first feature of the night.**
- 19.6. No gutting metal out of the car. If 3 doors bars are installed inner steel door panel can be removed.