

# BETHEL MOTOR SPEEDWAY

COUNTY ROUTE 141-WHITE LAKE, NY

**2023 BETHEL PRO-STOCK RULES**

**PAGES 1-9**

**REQUIRED MINIMUM WEIGHTS**

**PAGE 9**

*BE SURE TO READ THESE RULES CAREFULLY AS THERE HAVE BEEN CHANGES FOR 2023!*

**Technical Specifications, PRO-STOCK:** These rules have been formulated to encourage participation. It is not the intention that every participating car will be equipped with all the items allowed by these rules. Since cars from a multitude of tracks and numerous sources of used cars and parts must be considered, the rules have been written to accommodate what is likely to be available or already installed on cars that are in the area or available for purchase used.

## **REQUIRED SAFETY EQUIPMENT:**

1. Snell 2015 or newer crash helmet (securely strapped on at all times). "M" prefix Snell rating helmets are NOT allowed.
2. Full long sleeve firesuit in good condition. Suits with holes will NOT be permitted. In the event of a fire, Track Officials reserve the right to disallow future use of the firesuit worn at the time of the fire. (Must have SFI or FIA approval label)
3. 5 point racing style seat belt and shoulder harness worn tight and secure at all times.  
  
Seat belts will be inspected by Track Officials, and must be dated within five years (i.e., in order to be legal for the 2023 season, the date stamped on the belts can be no older than 2018). Seat belts without a legible date stamp on them will NOT be allowed.
4. Driver's side window net
5. Neck Collar
6. Racing gloves and shoes (Must have SFI or FIA approval label)
7. Aluminum Racing Seat (See Section 13 in these rules)
8. Center of steering wheel must be padded.

**HIGHLY RECOMMENDED SAFETY EQUIPMENT:** Fire retardant underwear, helmet sock, and factory manufactured head and neck restraint system. As per manufacturers' specifications, recertification of head and neck restraint systems every five years is mandatory.

1. **CARS:** American made cars or mid-size trucks. No Jeeps, convertibles, station wagons, "two seat" or front wheel drive vehicles. Straight up Pre-Fab cars and mid-size trucks allowed. Minimum 104" wheelbase allowed.
2. **FRAMES:** American OEM passenger car frames or tubular frame construction allowed with tubular front clip. Tubular frame requires a minimum 2" x 3" x 0.120" rectangular steel tubing constructed to

closely resemble the frame it replaces and accurately position the suspension in the original locations matching the front "stub" utilized. Uni-body vehicles must tie sub-frames together. If the ties extend through the vehicle, the floor must be completely welded to the frame to seal off the driver's compartment. Frames may be repaired where needed. There must be 4" minimum ground clearance.

3. **ENGINE LOCATION:** For all frames, maximum engine set back #1 spark plug hole in line with the lower ball joint center line
4. **FRONT END:** Must use stock components. No McPherson struts allowed. Tubular upper and lower A Arms allowed. Screw in ball joints allowed. Must mount in stock location. Mount may be changed to take 6" on center A arm. Mount must be in stock location.
5. **REAR END:** 9" Ford rear is allowed using original manufacturers mount for the vehicle. Welded spider gears, lockers, or a spool is allowed. It is recommended that integral rear ends (where the axles are held in by "C" clips) be welded to prevent the axles from pulling out. Quick Change Rear Ends Allowed.

6. **SPRINGS AND SUSPENSION:**

- 6.1 All rear suspension systems must have stock type parallel leaf springs or 5" min. diameter coil springs.
- 6.2 Leaf springs may utilize multiple holes in mounts for height adjustments. Lowering blocks permitted. "Chrysler" dimension leaf springs are allowed. Rear shackles may be adjustable or may be sliders.
- 6.3 Coil springs must be maintained in stock locations on top of rear axle tubes. Lowering buckets permitted. Adjustable spring cups and spring spacers allowed.
- 6.4 One jacking bolt per rear wheel is allowed. No hydraulic jacking bolts allowed.
- 6.5 Original cross member may be replaced with square tubing or heavy wall thickness tubing.
- 6.6 Trailing arms may be stock or aftermarket. If radius rods are installed, they can be made of steel or aluminum.
- 6.7 Panhard bar (with coil springs) or 5th shock (with leaf springs) on the rear are optional.
- 6.8 Any stock type rear sway bars are allowed.
- 6.9 Torque-arm and truck-arm style rear suspensions are allowed, 3-link suspension is allowed.
- 6.10 Coil over suspensions allowed, but MUST utilize the GM sealed 602 crate engine, or it's Ford or Chrysler sealed equivalent, with an unaltered Holley 4412 2bbl carb.

7. **SHOCKS:** One per wheel, in good operable condition at all times. Mounting location optional. No air shocks, load levelers, etc. No aluminum body shocks. Steel bodied shocks with aluminum ends allowed. Shocks must be verifiable with a MAX cost of any shock to be \$250. Any shocks with no markings, and can't be verified, will be deemed illegal.
8. **WHEELS & TIRES:** Steel racing type wheels are mandatory, on all 4 wheels with either an 8" or 10" width, minimum backset of 2", and must be a minimum of 1/8" thickness. Backset being the measurement from the rear of the wheel to the back of the "basket" where the wheel bolts to the car. Steel Wide 5 hubs and wheels WILL be permitted, and follow the same provisions as stated above, and must maintain the following:

The car can be no wider than 78" outside of tire tread to outside of tire tread. Tires must remain inside the body. We do understand that some cars have a hard time keeping offset wheels inside the body. It will be at the tech inspector's discretion to make this call, and the inspector's decision is final.

8.1 REQUIRED TIRES: American Racer 970 Treaded racing tire, Teams will be given the first three points races of the Division's season to burn off old tires. Sidewall markings must be legible on at least one side of the tire. Any tire that does not have legible markings on at least one side is prohibited and will be deemed illegal. No racing slicks allowed.

TIRE SOFTENER IS NOT PERMITTED.

9. **BODIES:** Any car or mid-size truck sheet metal body may be used from same manufacturer line. No compact car bodies allowed. No chopping, channeling. Aftermarket car or truck bodies will be allowed. Installation must be done neatly. (See 9.1 below.)

Inside tin around driver must slope down for easy access to driver in the event of driver injury. Inner fender panels may be removed if rigidity is maintained. Full fenders only (reasonable radiusing for tire clearance is allowed). Removal of the dash is allowed providing the steering column is adequately secured. Full front steel firewall mandatory, with all the holes securely sheet metaled over to seal the driver's compartment from the engine compartment. A full rear steel firewall and rear window shelf must seal off the driver's compartment from the trunk area. The full sheet metal floorboards must be from the front firewall to the rear firewall/window shelf and from body side skin to side skin. Rusted floorboards must be securely sheet metaled over to completely seal off the driver's compartment. Any holes in the floorboards for the shifter, etc. must be no larger than necessary to facilitate the shift pattern, etc. and shifter boots must be used to help seal off the driver's compartment. Lift off hoods and deck lids are allowed as long as they are securely mounted in such a way as to completely seal off the engine compartment and trunk area. The rear of the hood must be completely blocked to prevent hot fluids from the engine compartment from reaching the driver in the event of ruptured hoses, etc.

No air dams, skirts, etc. Side and rear windows must remain unobstructed. Plexiglass may be used in quarter windows only.

Steel door plates, highly recommended. 18 gauge or .049-inch minimum thickness metal, must be securely welded to outside of door bars on driver's side. Plate must cover the area from the top door bar to the bottom door bar and from the rear down post to five inches in front of the seat. Must be visible for inspection.

A maximum of TWO cars in any single division will be permitted to have the same number. It will be FIRST COME, FIRST SERVED with a paid purchase of a Bethel membership. The FIRST driver to purchase a membership will be allowed to maintain simply a number, while the SECOND driver will be required to have both a number AND distinguishing letter on their car. When two cars in the same division have the same number, they will be required to either (a) paint the cars in contrasting colors, or (b) put different colored numbers on each car. The WHOLE number will be required to be a different color - different outlines will not be acceptable (in the case of non-team cars with the same number, if both cars have the same color number, the SECOND driver to register the number will be the one that has to change the color). Check with the office before putting vinyl or other lettering on the car to avoid an unnecessary expense, in case someone else registered the number first. ADDED LETTERS on the roof and sides of the car must be a minimum of 8" high to stand out. Added letters must be included next to the number in ALL locations on the car (rear, front, doors, roof, etc.) and must be easily visible.

9.1. **AFTERMARKET BODIES:** Stock appearing aftermarket bodies allowed. Bodies must look like stock bodies. No wedge or dirt late model style bodies. No down force noses. Steel, aluminum, fiberglass, and composite bodies allowed.

Aftermarket bodies cannot be lower than their published spec measurements. If higher the body needs to be in proportion of its heights. Aftermarket bodies rear spoiler max height of 3".

10. **BUMPERS AND RUB RAILS:** Must have stock bumpers in stock location, no visible reinforcing allowed. Cars with rubber bumper covers must have covers on car.

Metal guard (enclosures) extending from bumpers to body panels and returning to frame, to avoid bumper gouging. All bumpers to cover full width of car. Cars with metal bumpers must have smooth rounded corners.

Any rub rails must be a maximum of 1" square metal mounted flush against body with closed ends, and must angle in at the ends. Rub rails are allowed for body preservation purposes ONLY, and are not to be used to reinforce the car. Open ends, sharp edges, or protrusions are NOT allowed

11. **STEERING:** Stock steering column optional. Steering column may be made with 3/4" steel shaft with quick disconnect. Columns will be inspected to make sure they are installed properly. If stock steering column is used, stock ignition switch and steering lock MUST be completely removed. Center of steering wheel must be padded. Conventional steering box, or rack and pinion allowed. Steering quickeners allowed.

12. **ROLL CAGE:** A four-post (6 point) roll cage with a minimum outside diameter of 1 -1/2 inches and a minimum wall thickness of .095 mandatory. Mild steel tubing recommended. No aluminum, no pipe fittings. Cage must be fitted, welded, and gusseted and the cage welded to the frame or sub-frame (not the floorboard). A minimum of three (3) door bars, connecting the uprights on both sides with the driver's side curved to extend into the door. These bars will have at least one set vertical support bars between the uprights. Driver's head must not protrude above cage with helmet on, strapped in driver's seat. Front loop may be used. Must remain behind grille. This a one bar loop with supports to the frame.

Tow Hooks must be provided.

13. **SEATS & BELTS:** A racing style aluminum seat is mandatory. Must be securely fastened (bolted) to the roll cage and/or frame. No floorboard installations. A minimum of six (6) bolts are required, four (4) in the seat area and two (2) in the backrest; minimum 3/8" diameter, Grade 5 or Grade 8, with flat washers and locking nuts. No carriage bolts or lock washers.

The seat must be positioned completely to the left of the center line of car. A high back seat or padded roll bar headrest is mandatory. Belts & harnesses must be a minimum of 3" wide. (2" shoulder straps allowed ONLY with HANS type device.)

Seat belt & harness must be securely fastened to the frame or cage and NOT to floorboards or sheet metal components of car. All mounts MUST be in direct line with the direction of the pull. Bolts MAY NOT be inserted through belt webbing for mounting. Seat belts will be rejected if not in good condition. Refer to General Rules, Pages 18-20 for instructions, and Page 24 for diagrams of proper installation of seat belts & harness.

Seat belts will be inspected by Track Officials, and must be dated within five years (i.e., in order to be legal for the 2023 season, the date stamped on the belts can be no older than 2018). Seat belts without a legible date stamp on them will NOT be allowed.

SEAT BELTS MUST BE WORN TIGHTLY AND SECURELY AT ALL TIMES WHILE ON SPEEDWAY!!  
NO EXCEPTIONS!!

14. **FUEL CELL:** Fuel cell securely mounted between the frame rails and behind the rear end. Bottom of fuel cell may not be mounted lower than 12" (12 inches) from the ground. Must be protected by two (2) horizontal bars not less than 1- 1/2" diameter (1 upper & 1 lower) even with top and even with bottom and mounted at least 6" to rear of cell. Plastic cells must be mounted in steel container. Filler neck must be completely inside the trunk area - no access holes. Trunk must have to be opened to fill tank. Maximum size 24 gallons. A check valve (PCV) is MANDATORY on fuel tank vent.

A fuel shut-off, within reach of the driver while strapped in the car, is mandatory, and must be clearly labeled "ON"/"OFF".

15. **FUEL:** VP Race Fuel only. No other fuel is permitted. Random checks will be made throughout the year to ensure use of VP Race Fuel.

Refer to General Rules regarding placement of required decals and driver suit patches to be eligible for Race Fuel points fund bonus.

16. **ENGINE: CRATE OR NON-CRATE ENGINE, UNDER THE FOLLOWING GUIDELINES:**

16.1 **CRATE ENGINE**

**16.1.1** Crate engines will be allowed to compete in the Pro Stock division and will be given a 100 lb. weight allowance for stock clip cars only. Refer to minimum weight chart at the end of these rules on page 9. Minimum weight for all Pro-Stock cars **must** be clearly marked on the left side of the hood in letters 2" tall, and in a contrasting color.

**16.1.2** The crate engine part # is 88958602. This is a factory-sealed 350 horsepower hydraulic lifted engine requiring minimal maintenance. ANY REPLACEMENT PARTS MUST COME OFF THE SPEC SHEET PROVIDED AT THE TIME OF THE ENGINE PURCHASE. STOCK GM REPLACEMENT PARTS ONLY!

**16.1.3** A Holley 4777 4 bbl or Holley 4412 2 bbl carburetor must be run on the Crate Engine.

**16.1.4** Any car utilizing coil over suspensions MUST utilize the GM crate 602, or it's Ford or Chrysler equivalent with a Holley 4412 2bbl carb.

**16.1.5** Valve Springs not to exceed 80lbs seat pressure.

**16.1.6** CLAIMING: All GM Crate 602 engines shall be subject to claiming in the amount of \$6,500 (U.S. Funds). Claimed engines shall be surrendered the night of the claim, at the track, and include only the long block (intake to pan) & ignition as supplied by GM at time of purchase. Claims may be made by another active competitor within the specific division, who must have finished the race on the lead lap, and who must have a **2023 Nascar Driver License or 2023 Bethel Motor Speedway Membership license.** The claims must be submitted with CASH, CASHIERS CHECK, OR MONEY ORDER PAYABLE TO BETHEL MOTOR SPEEDWAY only, along with a written request of the claim, signed, and dated. Engines are only eligible to be claimed when they finish in a top 3 position at the conclusion of their main feature event. The claim must be made within 15 minutes after the feature event officially ended, and must be made to the tech inspector or pit steward. If a valid claim is refused by the driver of the claimed car, it will result in a disqualification from

the feature event with a loss of points and monetary/prize winnings. Additional penalties will also occur to the claimed race team by refusing a valid claim.

## **16.2 NON-CRATE – “OPEN” ENGINE SPECS:**

**16.2.1** Maximum 406 Cubic Inch limit. Cars over 358 Cubic Inch must weigh 9lbs.more Per Cubic Inch up to 406. Engine must be stock appearing, any internal changes allowed. Cast iron heads only. No aluminum heads allowed. No Roller Cams. Stud girdles allowed. Roller Rockers allowed. Holley 4412 2BBL carburetor only. Carburetor must remain stock as manufactured. Lead spark plug may not be back further than centerline of upper ball joint. No electric fuel pumps. No glass bowls or filter. Radiator fan can be steel, aluminum, or electric. All cooling devices MUST be shrouded. No Gilmer belts. No Gear Drives allowed.

**16.2.2 Intake Manifold** Any cast iron or aluminum intake allowed provided the maximum height of the carburetor when measured from the bottom of the carburetor base to the machined horizontal gasket surface of the engine block will be 7” inches in both the front and rear.

**16.2.3** Any American stock OEM 2 barrel carburetor up to 1 11/16” throttle bore. The Holley carburetor, part #4412 is acceptable and must run a maximum spacer adapter of 1 1/16” including gaskets. No modifications of any kind will be allowed to these carburetors except those listed below (box stock only). Carburetors must be mounted conventionally. No 90 degree mountings. Conventional round type air cleaners only, measuring no taller in height than 4 inches. Air cleaners that provide ventilation through the top cover (such as the K&N brand) are permitted. No air induction plastic carburetor inserts or other devices to direct air into intake. No air diffusers allowed

**16.2.4 LUBRICATION SYSTEM** No dry sump system is allowed.

**16.2.5 CARBURETOR MODIFICATIONS ALLOWED ARE LISTED BELOW. ANY OTHER MODIFICATION NOT MENTIONED IS NOT LEGAL.**

- Holes drilled in the throttle plates for proper idling.
- Drilling, tapping and plugging of unused vacuum ports.
- Welding of throttle shaft to linkage arm.
- Drilling of idle or high speed air correction jets.
- Milling of center carburetor body metering block surface a maximum of .015” on each side.
- Removal of choke plate and shaft.
- The jets may be changed as needed.

**17. CLUTCH & TRANSMISSION:**

17.1 Only approved North American and/or Canadian manufactured manual or automatic shift transmissions will be permitted. Late Model Style Racing Transmissions will be permitted.

17.2 Three and/or four speed manual transmissions must have all gears working and must have clutch disc(s) mounted in the stock OEM location. Clutch and pressure plate(s) must be a minimum of 7.5" in diameter.

17.3 Late Model Transmission Part #'s are as follows. Bert #SG1400, Falcon #60100, Brinn 70001. No ball spline transmission. Transmission must have aluminum case. Must use full steel, unaltered OEM or OEM replacement flex plate. Starter must be mounted in OEM location. Must be steel crankshaft drive flange. Cars utilizing these transmissions MUST weigh 3200 lbs.

17.4 Overdrive and/or under-drive transmissions and/or gears will not be permitted.

17.5 Running through reduction gears will not be permitted. The transmission must be direct drive to the rear end.

17.6 The transmission must have working gears. Forward, neutral and reverse must be working. From the neutral position and with the motor running, the car must be able to go forward and/or backward in a smooth manner. The car must start and move under its own power.

17.7 Only magnetic steel flywheels with a stock OEM diameter will be permitted.

17.8 Driveline components made of carbon fiber will not be permitted.

17.9 Drilling and/or machining and/or grinding of transmission components, gears and/or other components including the case for the purpose of lightening the weight of the transmission will not be permitted. Explosion proof clutch scatter shield mandatory. Inspection hole must be provided in scatter shield to check clutch. Automatic transmission explosion blanket recommended

17.10 Transmission coolers are allowed and MUST NOT be mounted in cockpit area.

17.11 Driveshaft shall be painted white or bright color. One front drive shaft loop required.

18. **WEIGHT:** *Refer to minimum weight chart at the end of these rules on page 9.* Minimum weight for all cars **must** be clearly marked on the left side of the hood in letters 2" tall, and in a contrasting color. Loose objects and/or weights are not allowed in driver's compartment, outside the body or in under hood area. Any weights added to other areas of the vehicle must be securely mounted, painted white, have the car number clearly marked on it and must be attached with at least two (2) ½" or larger diameter bolts, Grade 5 or better, with locking nuts (no lock washers). Absolutely no plastic ties allowed.

**19. BRAKES:**

Four wheel brakes, operable & effective at all times. Brakes bias set-ups allowed.

**20. BATTERY:**

All cars must be self-starting. Battery located under hood and mounted securely; if installed in trunk, top of battery cables and connections must be covered in plastic or rubber, securely mounted.

**21. KILL SWITCH:**

An ignition kill switch must be located within easy reach of the driver when strapped in the car and clearly labeled "ON" and "OFF". Accelerator toe straps and double return springs mandatory on throttle linkage. No factory throttle cables allowed.

**22. GAUGES:**

All gauges, tachometers, etc. MUST be mounted below the dash line and out of the driver's direct line of sight. Gauge mounting is subject to inspection and approval by track officials.

**22.1** No electronic monitoring or computer devices capable of storing or transmitting information except tachometers allowed on cars. No ignition control boxes allowed. No traction control devices allowed. Rev limiter is allowed.

**23. EXHAUST:**

Any header with a maximum collector size of 3" is permitted. Exhaust system may use "H" pipe or "X" pipe. Oil breathers plumbed to exhaust system are permitted. Maximum exhaust pipe diameter allowed is 3". Tail pipe maximum size is 3".

Exhaust must exit behind driver, but under car and directed downward toward track surface, or toward driver's side. No exhaust shall be directed toward the passenger side of car. Exhaust may NOT exit out of the body panels.

At the discretion of the Officials, any muffler deemed "too loud" will not be allowed. Make sure muffler is quiet before you purchase it. No car will be permitted at any time on the racetrack without specified muffler. If the muffler falls off during a race, you will be black flagged off the track, no matter what, even if you are the leader! Therefore, be sure your muffler is securely in place.

**23. RADIATOR:**

ONE per car. Must be stock & in stock location. No anti-freeze allowed. No Coolant Additives (i.e., Water Wetter, 20 Below, etc.). Water Only.

**24. SCANNERS ARE REQUIRED AND ARE TO BE MOUNTED BEHIND AND OUT OF REACH OF DRIVER.** No other form of one- or two-way communication permitted. SCANNERS MUST BE IN WORKING ORDER AT ALL TIMES— CHECK YOUR BATTERIES! Any car found to be without a working scanner may be black flagged and disqualified from the event at the discretion of speedway management.

**25. TRANSPONDERS:** AMB/MyLaps or FLEX transponders are required in this division. Unless otherwise specified by a particular sanctioning organization, transponders are to be mounted on the right side of the car, between 15 and 20 inches rearward of the centerline of the rear axle, and no more than 18 inches above the track surface. Transponders must be mounted vertically with an unobstructed view of the track surface (no metal underneath).

It is the driver's responsibility to be sure that their transponder is charged and functioning properly. If you have a question about whether your transponder is functioning properly, it is YOUR responsibility to ask track staff to check your transponder during hot laps, and track staff will make every reasonable effort to alert you to any issue with signal strength or charge. If a driver does not have a transponder present, that car will be scored last in the event, and handicapped accordingly in the feature event, if it is discovered not present in the heat race.



**TRANSPONDERS ARE MANDATORY!** Any driver caught improperly mounting their transponder in order to gain an advantage will have their finish position adjusted and/or be disqualified from the event (including forfeiture of points and prize money) at the discretion of speedway officials. If you have a question regarding the mounting location of your transponder, it is your responsibility to verify it with speedway officials prior to competition. Lap times posted through the electronic scoring system may not accurately, immediately list finishing order.

TAKE PRIDE in the cars you build. We want to make this track a place that we all can be proud of. Make your team as professional as possible.

**MINIMUM WEIGHT REQUIREMENTS BETHEL PRO STOCK DIVISION:**

For the 2023 race season, there will be several weight options to choose from in this class. These options are intended to keep competition even. Track management reserves the right to change these weight requirements including minimum and/or percentage weights, at any time if one option becomes dominant.

Stock and fabricated clip car - Crate engine -----	2,900 lbs
Stock and fabricated clip car – Open engine -----	3,000 lbs
Any car utilizing non stock style coil overs OR Bert, Brinn, or Falcon Trans-----	3,200 lbs

**Cars over 358 Cubic Inch must weigh 9lbs.more Per Cubic Inch up to 406ci**

Maximum **56%** left side weight with driver and a maximum of **50%** rear weight.  
Cars must weigh no less than the above amounts following feature with driver and helmet in car and no fuel added.

Minimum weight for all Pro-Stock cars **must** be clearly marked on the left side of the hood in letters 2" tall, and in a contrasting color. Any car not marked must meet the highest weight above, and any car incorrectly marked will be disqualified.