



## **2023 DEMOLITION DERBY RULES**

# **PROSTOCK**

Any year make and model passenger car allowed. Except limousine, hearse, Travel all or El Camino. Imperials are permitted at some events check with promotor prior to event.

### **GENERAL RULES**

1. Trailer hitches and braces must be removed.
2. No frame welding other than what is stated in the rules.
3. You may cut the flaps and tilt the frame in 1 place and in 1 direction. No seam welding on frames permitted.
4. No Shaping or hammering of the frame is permitted. You may crease, notch, or dimple rear 12" of the frame to help car roll.
5. Bumpers: If using a factory bumper it may be loaded or stuffed full. Replica bumpers are allowed including Chrysler replicas.

Homemade front bumpers are permitted. If you choose to manufacture a homemade bumper, it must conform to the following size limits. It can be no larger than 8"X 8", The point must taper over an area of at least 32" wide and cannot exceed 12" wide (front to back). The point may only extend out 4" from the flat part of the bumper. If using a factory bumper it may be loaded or stuffed full. Chrysler pointy bumpers are allowed.

6. You may mount front or rear bumper in 1 of 2 ways.

1. being bumper may weld to factory shock in factory location.

2. front frame may be shortened to front edge of body mount bracket (bracket must remain in factory location and complete. On cars with core support mount thru the frame. The frame must be a minimum 1" in front of factory hole in frame. If this rule is not followed you will only get a 6" bumper plate if you cut back a more than 4" from the rules you will lose the whole bumper plate!!!!

Bumper maybe welded directly to the frame. The bumper shock must be removed from inside the frame, and you are permitted a 4" x 12" x 3/8" plate on the side of the frame for a bumper bracket that must be attached to the bumper, and it must be welded on the outside of the frame.



On the back side of bumper where it meets the frame you may use a 1/4"x 6"x6" to create a flat mounting surface.

Rear bumpers may be seam welded and loaded. No pointy bumpers are permitted for rear bumpers. You may have a 4" x 12" x 3/8" plate on the side of the frame for a rear bumper bracket and it must be attached to the rear bumper. Must be welded on the outside of the frame. No exceptions! Cars with bumpers that do not attach to frame may use 6 - 4"x6" x1/4 plates to hold bumper on.

7. Car must set level bumpers cannot be higher than 22" to bottom of bumper or lower than 14" to the bottom part of the frame.

8. You may have a 6" x 22" x 1/4" hump plate this may be straight across or contoured to the frame and must be centered in the hump. Leaf sprung cars, may have a 6" x 12" x 1/4" hump plate straight across or contoured and must be welded on the outside of the frame.

9. You may have 4 fix it plates 4"x4"x1/4 on fresh and pre ran cars two per rail. Plate may not touch/overlap must have 1/2 gap between.

If building a car for these rules and twisted metal, they only allow 4"x12"x1/4" plate

## **BODY & CAGE**

1. Doors may be welded 5" on 5" off with no thicker than 1/4" 3" X 5" material or can be fastened shut with #9 wire or banding Driver's door may have a door skin may be welded all the way around.

2. Trunk lid must be from the make of the car and must be a trunk lid (no hoods). You can fold trunk lid over or pushed down, trunk must remain on factory hinges. Quarters must remain in factory position no welding deck lid to trunk floor. Body creasing is ok. Deck lids may be welded with 3" X 5" X 1/4" plate 5" on 5" off. Speaker deck must remain intact. You must have inspection 2 holes in deck lids. Large enough for inspection suggested size 12"x12". If we can't see you will cut 12"x 12' holes.

3. Hood can be bolted down in 6 places 4 spots sheet metal to sheet metal and 2 front body mounts that may extend through hood. If using wire, you may use 8 double strands of #9 wire 2 may go around bumper and or frame. Hoods must be open for inspection. (12" x 12" hole over carburetor).

4. Factory body bolts may be changed to 5/8" bolts there must be a 1 "gap between body and frame you can use steel spacers, hockey pucks, or stack of washers nothing used may be bigger than 3" in diameter. Body washers inside of car can be no bigger than 3" in diameter.

5. The front 2 body mounts may be 1" and extend up through hood.

Front body spacer may be 10" tall maximum 3"x3"and must remain below the core support. May welded to core support frame mount but not welded to core support whatsoever.



6. No seam welding will be permitted on body. Repairing sheet metal is limited to where the battery box and gas tank and driver's area of the floorboards of the car.

7. You may have a bar in the dash area and a bar behind the seat with bars connecting the dash and rear bar on each side. Side bars must be inside of car not inside of doors. Roll over bar is permitted. No down legs or kickers permitted. Gussets permitted in corners of cage must be done at corners only. Side bars no longer than 60" and you can use a 1/4" X 10" X 10" plate to attach bars to the sheet metal. No kickers or down legs permitted. You

8. Gas tank protector no wider than 32" may touch the package tray and be bolted with two 1/2" bolts.

Dash bar must be 5" from firewall rear bar can be no farther back than where the kick panel.

meets the seat all bars must be 5" off the transmission tunnel.

9. Original gas tank must be removed and replaced with a boat-type tank or fuel cell. Moved inside of car behind driver's seat but no further back than rear axle.

10. Batteries must be moved to passenger side floorboard and securely fastened these must be covered with a rubber or nonflammable material.

11. You may use expanded metal no thicker than 1/8" or a factory air condenser on core support in front of radiator this may be attached with 4 – 3/8" bolts or 4 – 1" welds

12. You may have 1 front window bar that cannot be any thicker than 3" X 1/4" strapping. These may attach to the sheet metal no more than 6" on roof and firewall. You may have 1 rear window bar no bigger than 2" x 2" x 1/4". It cannot be welded more than 6" on the roof and 6" from the top seam of deck lid.

13. You may have 4 1/2" bolts per wheel well.

## **SUSPENSION AND STEERING**

1. Any Tie Rods may be used. On 03 and newer you must use the factory rack and pinion. Any rear end permitted if u run a rear end brace it cannot reinforce the frame or be any wider than 10".

2. Watts link conversions on 98 and newer cars are permitted you may use 1/4" X 2" X 2" square tubing or 2" round pipe for rear trailing arms. Upper and lower mounting brackets uppers must be mounted to the package tray and lowers must be mounted on side of frame. (Cannot be mounted inside or on top or bottom of frame) can be no larger than 7" X 7".

3. You can weld front A-arms down using a 1/4" X 2" X 4" piece of steel front and back side of A-arm. No other weld is permitted on A-arm.



4. No spacers or other metal permitted in, on top of, or around coil spring inside of frame on front coil springs.
5. Rear coil springs may be wired or chained. Solid suspensions are ok. All suspension components must remain factory stock no modifications will be permitted. Cars do not have to bounce. Front coil springs must remain stock car coil springs. You may use 1" all thread for shocks no bigger than a 3" washer and it must be standard nuts.
6. Leaf spring cars must remain factory springs. You cannot change coil spring to leaf spring set ups. No more than 7 springs 5/16" thick. Main spring must be on top, springs must stairstep 1". No more than 4 clamps per side. Rear end must sit on top of springs.
7. On 03 and newer fords you must use factory aluminum cradle and suspension components you may use 80s style spindles and only 80s style spindles. You cannot tilt a 03 and newer ford.
8. No aftermarket spindles allowed. If you use aftermarket ball joints the collar you weld in or bolt in can only be a 1/2" bigger than the ball joint.
9. If you run a sway bar it must be mounted in the factory position the ends can be heated and bolted to the a-arm with no bigger than a 1/2" bolt. Must have a 1" gap from pulley protector.

## **ENGINE, TRANSMISSION & DRIVETRAIN**

1. Any car motor of choice is allowed. Must use frame mounts that have a rubber style bushing like a factory style mount. ZTR or equivalent mount will be permitted. No solid mounts permitted. No chains on engine allowed.
2. Transmission cross member can be a factory one or a 2" X 2" square tubing only must be straight. Angles for cross member can't be longer than 7" and 2" X 2" must be within 12" from factory location.
3. Lower Engine cradles and pulley protectors are permitted. (no braces, bracket or metal allowed behind motor mount plate. Maximum distance for mounting pad to engine is 3" past factory motor mount bolt.)
3. An Oil pan may be reenforce no skid plates.
4. Aftermarket bell housings, Transmission braces, midplates
5. Midplates cannot strengthen the car in any way and can only be 1" past the engine block. \*\* NO



## **DISTRIBUTOR PROTECTORS, FAN GUARDS**

1. Carburetor halo are allowed may not extend more than 6" past back side of carburetor.

Sparkplug wire protectors/coil protectors nothing wider than 2" on the side of cylinder head and 2" taller than valve cover. 2 ½" from back side of head. Abuse of these rule result is cutting firewall out 3" past these parts. Not allowed at twisted metal shows!!!

2. Aftermarket gas pedal, brake pedal, steering column, trans cooler is permitted these must not be mounted in a way to strengthen car.

3. Slider driveshafts are permitted.