

*Welcome to the .....*



*General & Outlaw Division Rules*

*You may call/text Betty Nelson (207) 423-8358 or*

*Email: [ladiesaccelerationtour@outlook.com](mailto:ladiesaccelerationtour@outlook.com)*

## Introduction

*We are a tour of women visiting multiple different tracks currently within Maine & NH. Our goal is to keep women on the racing circuit. This tour is being created for the ladies who want to give racing a try, or for those veteran woman drivers the opportunity to jump back in. Low car counts or closing of local speedway's have eliminated their division. Those who currently race have found that moving up is too costly and now leaves them with the question of where and what to do next. We are giving you the opportunity for more track time all while we support the many tracks we get to visit.*

*WE MUST promote the image of this tour and be respectful of the rules at each speedway while we are visiting. We surely want to be able to come back to race there! So be **RESPECTFUL & FOLLOW THE RULES!***

*The rules, regulations and specifications set forth in the Ladies Acceleration Tour rule book have been compiled around careful consideration of guidelines that will best ensure safe, competitive and affordable race events. At any time, should it become necessary in the interest of fair competition, economy, race promotion, or in the interest of the race show itself, the tour reserves the right to modify, add or delete any rule, regulation or specification.*

## Disclaimer

*The rules 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 will govern all the events and by participating in these events all competitors and their associates are required to comply with these rules. A "race event" shall for the purpose of rule enforcement be considered the period between the opening and closing of the pit gate while racing for the tour.*

*The rules within this book are intended as a guide for the conduct of the sort and are in no way any guarantee against injury or death to participants.*

*It should be understood for the purpose of this rule book , all the modifications and infractions that could and would be illegal, it should be understood for the purpose of rule enforcement only those items that are specified in this book are allowable and permissible. In addition, the tour management holds the right to fine, suspend, eject, and/or withhold purse and points from anyone who violates these rules.*

## **Safety Objectives**

*It is the goal of the tour and management of each speedway to provide motorsports competition in as reasonably safe a facility and condition as possible. If the opinion and judgment of the management of the tour and speedway, any individual or individuals presents a harm or danger to anyone, the tour & management maintains the right, at any time, to suspend, restrict, fine, or ban, any individual, including any driver, owner, team or team member, or any person, in the interest and in consideration of providing safe racing conditions for the majority of competitors, spectators, and staff.*

*Every driver must inspect the racing surface and race track area to learn of any defects, obstructions, or any thing which, in her opinion, is unsafe and she shall report the condition to the management of the tour. Any driver entering any racing event is considered to have inspected the track and to have determined that all conditions are satisfactory to her. If she finds the conditions unsatisfactory, **SHE SHOULD NOT RACE.** This further indicates that she is aware that auto racing involves risks and she assumes these risks with full awareness and knowledge. The tour or the speedway assumes no responsibility for damage to or loss of your equipment, vehicle or any parts by any means whatsoever. If you are involved in any type of accident involving an injury to yourself, or team within the pit area please advise the speedway racing officials immediately so that the necessary precautions can be obtained.*

*At any time tour management may require a physical examination of a driver or a doctor's release before such driver is allowed to compete. The judgment of the speedway, EMT and/or police is final and without recourse as to fitness to compete.*

## **General Rules**

- 1. When entering the Pit Area of each speedway, each person must appear at the ticket window and sign the appropriate waivers and releases. Further, any person that attempts to use another individual's pit bracelet or other similar credential in order to obtain entrance to the pit area is subject to the speedway's disciplinary action. The tour has no right to oversee any discipline provided to the tour's participants.*
- 2. **MINORS** - All speedways have minor release forms for anyone under the age of 18. Be prepared to fill one out at each track upon entering the pit area. All minors under the age of 13 within your team must be under direct adult supervision at all times, which means no running around the pits and must be accompanied with an adult at all time  
**(NO EXCEPTIONS).***
- 3. While representing the tour you as a driver are responsible for everyone supporting your team and that includes parents that might have children within the pit area. If the speedway or the tour management has to speak to the parents more than one time about the safety of child/children in the pit area we will ask the parents and child to come back another race night. This could also reflect on you as a driver and we ask that you come back another night as well. The tour isn't responsible for what the speedway infraction might be for not following their rules. So read the rules of each track while having minor children in the pit area.*
- 4. The tour management must approve all drivers under the age 18 prior to competing. **Minimum age to race for the tour is 15. A parental consent form***

*must be filled out before competing on the tour if you're under the age of 18.*

*Prior racing experience is HIGHLY RECOMMENDED but will review each applicant as we want the next generation to keep our tour alive and allow young women to race all while we maintain the safety of all drivers within the tour.*

- 5. Most speedways have the rule that any person that gets into an altercation at the track will be immediately suspended for the remainder of the night's events and will be subject to removal from speedway property. The tour rules are as follows - It doesn't matter if it's you, your team, family etc. If it involves anything to do with actions on the track that leads to the pit area it will be your responsibility as a driver to maintain everyone. Any person deliberately going into another competitor's designated area of the pit in a violent or threatening manner shall also be suspended from the tour for one full race. If said behavior continues, we reserve the right to suspend the driver for the remainder of the season and management will review if the driver will be able to participate with the tour in the future. We believe strongly that if you know and own that you did something wrong to another competitor you should apologize. This is not a team conversation, drivers ONLY going to apologize but if a minor (one adult only) can accompany. However, if at any time that conversation cannot be civil it is advised that said driver go back to their own pad. Management is available to discuss the issues at hand but not on race night. Sometimes it's best to wait for everyone to be calm and level headed, so judge accordingly. WE are hoping that we never have to deal with this but let's all be adults and discuss the issues at hand. Please reach out to Betty Nelson or Race Director to discuss further if you feel it's necessary. If at any time tour management or speedway staff sees any person that uses threatening, vulgar or abusive language and/or gestures to ANY staff of the speedway it is an automatic one race suspension. NOT UP FOR DISCUSSION! AGAIN....ANY ACTION THAT IN THE OPINION OF THE TOUR*

*MANAGEMENT DOES NOT PROMOTE THE IMAGE OF THE TOUR MAY RESULT IN THE SUSPENSION OF THE ENTIRE RACE TEAM FOR UP TO ONE YEAR!*

- 6. The driver and car owner shall be the only spokesmen for the team in any matters pertaining to a race event. Crew members, sponsors, spouses and other associates of the driver and car owner may not represent the team in any concerns.*
- 7. Any incident or circumstance not covered by the rules and regulations may be decided upon by the management and made a rule for the remainder of the season.*
- 8. The speedway or tour management reserves the right to conclude any race after 20 minutes if insufficient progress is not being made toward a conclusion of a race.*
- 9. Rough riding penalties will be assessed against a competitor in the sole discretion of the tour and speedway. Decisions will be based on the tour's observation of the incident with further assistance from the speedway officials. The penalties for rough riding will be based on the severity of the incident and may include being placed at the back of the field or receiving a black flag ending your race. Racers rule is if you knowingly know an incident was your fault we welcome and respect that you place yourself to the rear.*
- 10. Any car spinning by itself three times in one race is subject to disqualification from the race. Any car that is significantly off the pace being set by the other cars in the race or that is being driven in an erratic fashion is similarly subject to disqualification.*
- 11. At time of inspection of a car in the technical inspection area, only the driver and one crew member. This also could be changed depending on the severity of tech inspection. This will be announced by our senior tech. Anyone causing a disturbance in the tech area will fall under the guidelines of causing the driver*

*a disqualification from said event and suspension of person & or driver for one race.*

- 12. The pit area is for race cars and haulers only; we ask that all personal vehicles be parked in the designated areas of the speedway.*
- 13. Car owners are responsible for the disposal of their own tires. There will be a \$50.00 per tire fine for any tire left in the pit area. Repeat offenders will be subject to an increased fine each time it occurs.*
- 14. Car owners are responsible for the proper disposal of oil and any other lubricants at the speedway. It's up to you to see if the track has designated disposal areas for such liquids. If not, it's advised to bring your own container to properly store the lubricants in and bring home with you.*
- 15. Absolutely no recreational vehicles, ATV's, motorcycles, motor scooters, golf cars or bicycles will be allowed in the pit area unless allowed by specific speedways.*
- 16. Flag rules will be at the management's discretion along with the hosting speedway. This will be discussed at drivers meetings. Which you're required to attend. If a driver disobeys any flag her punishment will be a DNF and FORFEITURE OF HER PURSE FOR THAT EVENT!*

## **Warning System**

*Warning System "Verbal Offenses"*

*1st offense-written warning*

*2nd offense-20point deduction*

*3rd offense 1 race suspension.*

*"Physical Offenses"*

*1st offense written warning and ejection from the track property.*

2nd offense permanent season suspension and fine up to \$250.00 (tour officials will decide on fine post race meeting)

Each violation will receive a signed (driver & tour management) copy of the warning handed to the driver.

INCIDENT REPORT FORM Incident # 1st 2nd 3rd

Date Of Report: \_\_\_\_\_

I. Person Involved. (Driver or Pit Member)

Full Name: \_\_\_\_\_  
Place Of Incident: \_\_\_\_\_  
Car/Crew #: \_\_\_\_\_

II. The Incident (Please Circle One)

Physical Altercation (fighting) or Non Physical altercation (verbal)  
Describe the incident: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

III. Injuries:

Yes injury  
 No injury

If yes, describe the injury: \_\_\_\_\_  
\_\_\_\_\_

Yes, there was a witnesses to the incident  
 No witness to the incident

If yes, enter the witnesses names and contact info:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## **Point Structure**

*Heats - 10, 7, 5, 3, 1*

*Feature - 60, 58, 56, 54, 52, -2 pt decrease and so on.*

**Heat Races = 8 Laps**

**Feature Races = 20 Laps**

*In the event that there is a tie in the points at the end of the season, the tie breaker system will be determined by the number of feature event winnings. If a tie is still in place, it will revert to the most number of second-place finishes and so on until the tie is broken.*

## **Line Up's**

*Each race day cars will be lined up by the order of draw position.*

*Feature line up is by your qualifying/heat position. The feature winner from the previous race will proudly take the rear and be placed in front of any new drivers joining the race.*

*Any car not in the lineup with 2 laps to go of the previous race will forfeit their spot and be put on the rear of their race. Any driver who has not competed in the prior events in the selected division will start at the rear of the feature event, regardless of where they qualified in the heats. Any cars disqualified from the most recent race event will start behind non-previous week cars in both the heat and the feature.*

*Pole position has a choice of inside or outside pole on restarts in both heats/or features after the original lap is completed. If the first lap is not completed, the line-up goes back to a complete and original lineup. If a car or cars cause a caution during the initial start tour management may use their discretion to put the car or cars responsible to the rear. Pole drivers have the responsibility to set the pace for the start or restart. These drivers will not accelerate on starts or restarts until their cars are exiting turn 4 and the green flag is thrown..*

## **Ladies Acceleration Tour Safety Section of Rule Book**

The intent of this is to keep it inexpensive but to have safe race cars. No aftermarket or high-performance equipment is allowed except for driver's safety. The tour management will have the final say on what may be inappropriate for the class if there are any questions about the legality of any part, please call the Head Tech Official before you buy. Eligible cars should be constructed from running vehicles in relatively good condition which would include front wheel drive 4 cylinder automatic or standard model and V8 automatic cars that are 10 years old and older. No

convertible, pickup trucks, SUV's four-wheel or AWD drives, or special high-performance vehicles are allowed.

### Safety Rules

### **SAFETY IS OUR MAIN PRIORITY!**

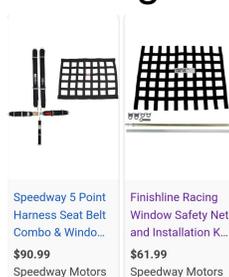
1. An aluminum racing seat is required. Right side head rest REQUIRED. Left Side OPTIONAL, Neck Collar REQUIRED.
2. SFI Five point drivers harness must be less than 3 years from manufacture date.
3. Only snell approved full face helmets are allowed. Recommended to use snell SA2010 or newer.
4. Window Net is required. Can be Ribbon Style or Mesh and must be attached to the rollcage. Please see the photos below.
5. SFI Fire suit required and must be in good condition, no holes. SFI gloves and racing shoes required.
6. Hans' device is highly recommended and should be used.
7. The center of steering wheel must be padded.

**Safety inspection is required before competing!**

### Additional Safety

### Not required but recommended

1. A twelve (12) gallon fuel cell is allowed but must have foam inside mounted in a box of no less than .22 gauge steel. All fuel cells must be securely fastened to the vehicle in the trunk area. Trunk may only be cut to fit the fuel cell with a two (2)" clearance. Fuel cells must have a vent hose with a check valve. Racing fuel is permitted, although not encouraged or recommended at this level of competition.



Any standard quality street-pump fuel is fully satisfactory and will save unnecessary and excessive fuel expense.

2. Steering columns can be collapsible or have at least two (2) universal joints. **Highly recommended to have quick disconnect steering wheels.**

### All Bodies

1. Car must have a full width dash, may use stock dash
2. Car must have fire extinguisher with metal bracket
3. All doors must be welded shut
4. All outside trim must be removed
5. All glass must be removed - headlights and taillights, reflectors, including all windows, regulators, and door locks. The front windshield must remain stock or be replaced with lexan. NO REAR OR SIDE WINDOWS
6. All air bag sensors and air bags must be disarmed for safety purposes.
7. All the interior/trim panels must be removed; this does not allow removal of the metal inner panels; the only exception would be the removal for cage door bars. All cars must have a steel firewall of at least .22 gauge thickness between the engine compartment and the passenger compartment as well as between the passenger compartment and the trunk area containing the fuel cell.
8. The Driver's side metal interior door panel may be removed for cage purposes only.
9. Rub rails are allowed between the front and rear tires only.
10. Everything about the vehicle must remain stock for the year, make and model of vehicle being used. Except for what

is permitted or required in this rules package, configuration, set-up, and running gear including motors, transmission.

11. Fenders may be trimmed for tire clearance only. All trimmed edges must be rolled to eliminate rough edges. Hood and trunk must be securely fastened down by hood pins at all times. Hood panel liner may be removed.

### All Bodies Cont.

1. Bumpers must be at stock height for make and model of vehicle. A bumper may be fabricated from thin wall square tubing, but must mount to stock mounts or to round tubing slipped over and bolted/welded to stock mounts. All vehicles must have bumper covers to start the race. Rear bumper/bumper covers should be strapped to the body or frame to eliminate dragging. Can run after market front and rear bumper covers, but must have a stock bumper or replacement as noted above under it. A protection loop in front of the radiator may be added to the bumper, with one brace on each side attaching to the frame just in front of the radiator.
2. No holes in the hood, air cleaner must remain under the hood.

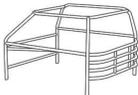
### Roll Cage:

A full roll cage of four uprights joined at the top by a complete loop is required for all divisions. Front hoop and supporting bracing is mandatory. All piping must be at least 1 1/4" O.D. with a minimum thickness of .095 steel pipe welded 360 degrees. No galvanized pipe allowed. No threaded fittings or flattened ends will be allowed. Three (3) door bars on the driver's side are

mandatory, with proper bracing and gussets. Two (2) door bars with proper bracing and gussets are required on the "Passenger" side, with three strongly recommended. These bars may either follow the contour of the door or be square with front and rear uprights. A complete hoop is required overhead with at least one bar either diagonally across or front to rear. At least two braces must extend behind the rear up rights to a point on the frame at least three feet back. A horizontal bar between the two front uprights in the dashboard area is recommended. A driver side vertical "vent window" brace is recommended. A plate of at least 1/8" thickness is required welded and gusseted between the door bars and the body panel on the driver's side. The plate should be located so as to protect the driver from foreign objects that may pierce the body panel.

All vehicles must have front and rear tow hooks made of 1/2" rolled steel and installed as a vertical loop. Cars may make tow arrangements under the hood or trunk of the car. The track and its tow crews will have no responsibility whatsoever for damage resulting from towing a disabled vehicle from the racing area.

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Economy Roll Cage Kit - Mini-Stock



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\$383.99



Ladies Acceleration Tour

2026 Rule Book

Outlaw Division Rules



8 Cyl Rules: Year, Make & Model along with Vin# will be required.

*After 3 wins, 25lbs will be added to the right side of the car and will go up 25 lbs after every victory thereafter. (Race car components are subject to teardown/dismantle inspection at any time. Any team refusing inspection will surrender all season points and will not be awarded any earned points for the remainder of the current race season.) (Updated 12/2025)*

### Engine

**MUST BE IN LOCATION AS MANUFACTURED BY YEAR MAKE & MODEL. NO ENGINE SET BACK, OR OFF-SET ALLOWED!!**

1. 350cc; cars may use eight (8) cylinder engines, all engines must remain stock.
2. Ford and GM cars are limited to a maximum 351 cubic inch engine, stock for year, make, and model car that it is being used in. GM # 602 All crate engines must have a full seal set provided by the OE manufacturer.
3. Chrysler cars are limited to a maximum 360 cubic inch engine.
4. Stock engines are a maximum 415 valve lift with a 209 duration, four (4) valve relief flat top pistons with a maximum compression ratio of 9.5 to 1 and a maximum valve size of 1.84. Maximum 150 psi cylinder compression.
5. Boring up to .030 over is allowed.
6. Turbo or supercharged engines are not allowed.
7. No electric fuel pumps allowed.
8. Any other engine combinations must be approved by tech.
9. Stock manifolds for make, model and year.

### Carburetor/Fuel Injection/Air cleaner

1. A stock Rochester 2661 500 cfm two (2) barrel carburetor (#37001) bolted to a stock two (2) barrel cast iron intake manifold, using only one (1) .70 gasket.
2. Fuel injection is allowed, only if stock for year, make and model.
3. A maximum three (3)" x fourteen (14)" air filter is permitted, top and bottom of the air cleaner must be completely steel or aluminum. No cold air boxes or ducts of any kind allowed.

### Chassis, Steering, & Suspension

1. Frames must remain as OEM manufactured. No cutting, widening, or altering of stock frames permitted. All suspension mounting points "MUST" be in stock OEM location and will be strictly enforced. Sections may be replaced with tubing that maintain stock location; this will be strictly enforced. These changes "MUST" be approved by tour

officials. No altering of any mounting bracket locations of any kind. Only allowed with getting camber by slotting the upper strut mount. See rule (8).

### Chassis, Steering, & Suspension, Cont:

2. Front and rear suspension components must remain stock OEM for chassis used and must be mounted in stock OEM location. No altering of "ANY" suspension components allowed.

3. Sway Bar: Stock sway bars only.

4. Shocks/Struts: Only one (1) shock per wheel mounted in OEM original brackets. Only replacement shocks or struts for year, make, and model of car permitted. No racing, coil-over, adjustable, or load-level shocks allowed. Part numbers must be readable and must be able to be found for online purchase.

5. Springs must be located in a stock position. Front springs must be the same height, rate, wire size and O.D. Rear springs must be the same height, wire size and O.D. May have a 50lb split. No jacking bolts permitted. ONE circular spring rubber that fits in one coil of a spring is allowed. Up to ½" spring spacers allowed for cross adjustment along with your 1" spacer to get ride height. If using a 1" spacer to get ride height it has to be in all 4 corners. The ½" spacer for cross adjustment can be used as you want it but cannot be stacked and can only be used one per corner and can be used in conjunction with your ride height spacers. I.e., to add cross and ride height add 4 1" Spacers on all 4 Corners then add 1, ½" spacer to LR and 1, ½" to RF and that is ok or just 1, ½" to Lr and that is also OK. To take cross out does the opposite. What you cannot do is use your 1" Spacers for cross adjustment. If you are running them, they NEED to be in all 4 corners, not 2, all 4.

6. Leaf springs must be the same arch and rate from left to right. OEM shackles only in the rear. NO adjustment

7. There will be no mechanical tie downs or any other mechanical/suspension device that limits or binds any suspension travel.

8. Camber: 1 ½" inches of negative camber is allowed on the right front wheels and ¾" inch positive camber is allowed on the left front. Metric cars are allowed two (2) inches negative right front camber. You may obtain this by slotting the upper strut mount.

### Drivetrain

1. **Drive shaft** safety loop or under sling is required within 12" of the front universal joint. **The drive shaft must be painted white**
2. **Transmission:** Any Stock OEM automatic 3 or 4 speed transmission with a stock 12" torque converter.
3. **Rear End:** Must be original for year, make and model. Max 3.73 rear end gears. May lock the rear-end.

**Brakes:** Four wheel brakes in proper working order are mandatory at all times. Brake shoes or pads must be mounted and operating on all four wheels.

### **Engine Electrical**

Starters must be in the stock location on the block.

### **Engine Cooling**

1. **No anti-freeze allowed** in cooling systems. Water and KEEP KOOL™ quick cool only.
2. Electric Fan Allowed
3. Radiator: Only one (1) radiator may be used and must fit under the hood. Radiator Support must remain and in stock location.
4. Overflow can: An overflow can connected by hose to the radiator and mounted in the engine compartment is mandatory.

### **Exhaust & Mufflers**

Must pass the drivers compartment but may exit the side; but recommended to exit at the rear of the car. Downspout towards track surface.

### **Ground Clearance**

Minimum ground clearance is (6)inches with the driver in the car. Will be measured from the lowest part of the unaltered subframe.

### **Mirror Mandatory**

Maximum 4" spot mirror on driver's side only. Maximum 17" rear mirror.

### **Lettering & Appearance**

All cars must be numbered. All numbers must be confirmed with tour officials. All cars must have numbers on both doors and roof minimum of 18" and one small one on the windshield or front bumper. Roof numbers must face the passenger's side. All numbers must be distinctly contrasting to the color of the car.

### **Wheels & Tires**

**Tread-width** of 71 ½" inches measured from outside of wheel bead to outside of wheel bead.

**Wheels** are limited to seven (7)"inch. Backspace not less than 3 inches. All 4 wheels must match. Must remain on the inside of the stock intended wheel well. No lightweight racing wheels.

One (1)" lug nuts, and 5/8" wheel studs allowed. Mandatory on all steel wheels.

**Wheelbase** All cars must have a minimum of 101" inches as OEM manufactured. No shortening, lengthening, or widening of ANY part of the chassis allowed. Car's "MUST" maintain an OEM wheelbase.

**Tires** - All wheels must be DOT approved. 55 series tire minimum. (updated 12/15/2025) 5/8/2024 Shaving & Buffing are allowed. Minimum tread wear of 400. Must display on tires.

**Weight (new 12/31/2025)** Cars will be scaled to determine overall weight pre or postrace with the driver in the seat. *(This rule is new as of 12/31/2025 and will be adjusted accordingly through the season) This will be a trial run but if the cars get out of hand they'll be a more formal rule but understand we will get a base weight and monitor this as the season continues. Weights can be adjusted at any time in fairness of competition.*

- Cars must weigh no less than 2900lbs
- **Left Side:** Maximum is fifty four percent (54%) before, during, and after the race. GM full frame cars are fifty five (55%) Maximum with driver in the seat, before, during, and after the race.
- **Win (3) Penalty Weight:** Weight must be located outside of the driver compartment on the right front side of the car at least 8 inches from the tunnel. Each piece is attached with a minimum of two (2) three eighths (3/8) inch grade eight bolts, washers and locking nuts. All weight must be lead with each piece painted white and display car number.

### Transponders/Scanners/Radios/Electronics/Cellular Phones

**Transponder-** Certain speedways require use of transponders and all cars must be equipped with a transponder and must be operational at all times during practice, qualifying, and features. If at any time your transponder isn't working, you will be black flagged off the track. Transponder must be mounted 90" from the forward most point of the front bumper to the center of the transponders. The transponder must be at the lowest point possible and can be centered in a two inch hole in the right side floorboard.

**This location will not be changed from track to track! 12/22/2024 updated location**

**Receivers** - Each competitor MUST have at all times during practice, qualifying, and feature event, so Track Official/Race Control/Scoring can stay in contact.

Cars will not be allowed to carry "ANY" on board computers, micro-controllers, processors, recording devices, electronic memory chips, traction control devices, or digital readout gauges.

**Cellular phones** - are not allowed in cars at any time.

**Go-Pro** - devices may be used for the purposes to better you as a driver and review with your pit crew. At no given time will the video be used for purposes of validating your finish.

No 2-Way Radios allowed. No 2-Way Communication allowed.

*For the purpose of rule interpretation, the definition of OEM is a part specified by the manufacturer as being for a specific make, year, model of automobile or a commonly available replacement parts supplier such as an auto parts store. These rules are subject to change at the discretion of the tour management as the season takes place. Any updates will be documented.*