

# FSGP Rules for the 2026 Season

## **Florida Southern Ground Pounders Vintage Racing Club (FSGP)**

### **Mission Statement**

FSGP aims to represent and preserve vintage racing heritage in a competitive yet fun environment. All drivers and car owners must read, understand, and follow all club rules regarding safety, car specifications, and general requirements. Members are expected to respect these rules to maintain a positive atmosphere.

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### **New Cars**

1. All new cars must be approved by the President before participating in any event.
2. The President may invite new cars to practice with FSGP on race nights.

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### **Safety Rules**

1. Modifieds must have front-wheel tethers on spindles.
2. Door plates on the driver's side must be welded.
3. Fuel shutoff and electrical shutoff must be clearly labeled within the driver's compartment.
4. Seatbelts must be no older than three years.
5. Window nets must be no older than five years.
6. Modified cars must weigh at least 2,650 lbs.
7. Stock cars must weigh at least 2,800 lbs.
8. Sportsman cars must weigh at least 2,650 lbs.
9. Weights must be painted white and labeled with the race car number.
10. All seats must be aluminum containment seats.
11. Drivers must wear a full race suit, gloves, racing shoes, and a SNELL 2020-rated helmet. A neck collar or HANS restraint is recommended.
12. All cars must have a fire extinguisher or suppression system within reach of the driver.

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13. Bodywork must be riveted or welded—no sheet metal screws.
14. Windshields can be made of half Lexan, half screen (with holes no larger than 1-inch squares), or fully Lexan.
15. No aluminum factory bell housings; they must be scatter shields.
16. A SFI-rated flywheel is required.
17. The fuel cell must have a rollover check valve and positive fuel pressure check valve.
18. Bodies must be at least 18-gauge aluminum or steel.
19. Transmissions must be enclosed with at least 18-gauge steel.
20. Roll cage tubing must be 1 ¾ inch DOM or better; no seamed tubing.
21. Drivers must listen to race control via a Raceceiver or similar radio during practice and races.

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## **Vintage & Body Requirements**

1. Cars must be at least 30 years old but not models still used in current racing (e.g., no '84-'86 Monte Carlos unless all panels match the old NASCAR cars).
2. Modified and late-model chassis must be from 1996 or earlier.
3. Car bodies must be from 1985 or earlier and era-appropriate.

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## **Motor**

1. Allowed motors:
  - Chevrolet 18 and 23 degrees
  - Ford motors up to 1986
  - Dodge (302, 351, 351M, 360, 390, 300, 340, 318)
2. Allowed engine types: 4, 6, 8 cylinders, and big blocks.
3. No LS or SB2 engines.
4. Only wet sump motors are allowed (no external or dry sump pumps).

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5. No hemispherical heads.

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## Transmission

1. Manual or automatic transmissions are allowed.
2. Any clutch type is acceptable.

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## Rear End

1. Any rear end style is allowed.

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## Tires

1. Modified and Sportsman cars may run 10-inch or 15-inch tires.
2. Stock cars may run 8-inch or 10-inch tires.
3. Each car is allowed 4 new tires per season. All other tires must be used take-offs or scuffs from any manufacturer.
4. "Scuffs" are tires that have completed at least one heat cycle, including practice, heats, or feature races.

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## Modified and Sportsman Nerf Bar

1. Single bar nerf bars must be used.

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## FSGP Race Start Rules

1. There is no racing until after turn 2 on the initial start.
2. For restarts, start at the turn 4 line.
3. On the initial race lineup, cars must be door-to-door and bumper-to-bumper. If this is not followed, the driver behind may fill the gap. If you cannot maintain the lineup, you must start at the back.

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## **Administrative Rules**

1. Drivers are responsible for their pit crew and group members.
2. Cars with obvious rule violations may race but will not receive points or trophies.  
The car must be brought to compliance before future participation.
3. No driver may dominate a race excessively—maintain a competitive race. The lead car must slow, not exceeding a 1/4-1/2 lap lead.
4. FSGP drivers/owners are not to address track officials directly with complaints. All issues should be directed to the President.
5. Aggressive driving, intentional contact or poor sportsmanship will not be tolerated.
6. Fighting will result in suspension for the aggressor, and possibly both parties.
7. Alcohol consumption is not allowed until after the final checkered flag.
8. Club business should not be discussed during race events.
9. Concerns should be addressed with the President, who will attempt to resolve the issue. Scoring issues must be raised within one week after the race in question.
10. The FSGP President can amend the rules for safety or the betterment of the club.
11. Any rule exceptions must be made in writing by the President, with a clear end date.

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## **General Notes**

Failure to adhere to any of these rules may result in disciplinary action, including but not limited to warnings, exclusion, or suspension.

These rules may be amended to ensure safety and fair competition. Members are responsible for their cars' construction and safety.

## **Membership Dues**

Are \$100 per year, non-refundable, and due no later than April 1st. Drivers must request text receipt.