



## 2026 Chain and Go Demo Rules

**NEW FOR '26 METRIC / SEMI STOCK DERBY**

**1980\* & Newer ONLY**

**Updated January 5, 2026**

**Evergreen Speedway, Monroe, WA**

**\*Exception for cars allowed to these rules:**

*Full Size GM 1977. Monte Carlo & Malibu 1978 & newer*

*Ford-Lincoln-Mercury cars must be 1979 & newer*

*Dodge- Plymouth- Chrysler must be 1979 & newer*

**NO EXPRESSED OR IMPLIED WARRANTY OF SAFETY SHALL RESULT FROM PUBLICATIONS OF OR COMPLIANCE WITH THESE RULES AND/OR REGULATIONS**

These rules are intended as a guide for the conduct of the sport and are in no way a guarantee against injury or death to a participant, spectator, official or others. Track Officials shall be empowered to permit minor deviations from any of the specifications or impose further restrictions that, in their opinion do not alter the minimum acceptable requirements.

**NO EXPRESSED OR IMPLIED WARRANTY OF SAFETY SHALL RESULT FROM SUCH ALTERATIONS OF SPECIFICATIONS.**

Interpretation of or deviation from these rules is left to the discretion of the officials. Their decision is final. It is the responsibility of the driver to ensure their car conforms to all rules and regulations at all times.

### **Explanation**

The Chain and Go Demo Derby Class is designed to be an entry level class to promote greater interest in demo derbies and to give new people a class to compete in on a limited budget. The cars in this class are meant to be stripped, prepped with safety gear and brought to the track to demo. These rules specifically state what can be done to the vehicle. **There are no gray areas. If it doesn't say you can, then you can't. NO EXCEPTIONS**

### **A. Competing Models**

1. OPEN to ANY MAKE of CAR\*.
2. 8 cylinders maximum.

- 3.** No mini vans, SUVs, Pickups, Hearses or pre-1974 imperials\*.

## General Preparation

4. All Glass must be removed. All loose glass must be cleaned out.
5. Car exterior must be stripped of all molding, headlights, trim, tail lights etc.
6. All Flammable material must be removed from interior. Head liner, rear seats, door panels, carpet etc.
7. All vehicles must have a roof sign showing their number on both sides. Minimum of 15" x 15". Must not strengthen the car in any way.
8. Front seat must be securely fastened to the floor. These bolts may not go through the frame.
9. 5-point safety harness is required.
10. No welding other than what is specifically stated in these rules.
11. May use aftermarket gas pedal, brake pedal, shifter, steering column, pinion brake and sliding driveshaft. All backing washers must be no bigger than 3" OD and must be flat plate and no angels.

## B. Cages

1. Door Bars must meet the following criteria:
  - a. **Exterior door bars:** You may use channel door bars. They must be a minimum of 8" wide 1/4" thick iron, wide NO guard rail or grader blade. Total length is not to exceed 78" max. This bar may not be more than 6" past front door seam. Must be mounted in at least 3 places with min. 3/4" bolts and extend through the inner panels with washers and plates (at least 1 bolt must attach to rear cross bar). The ends of the side iron must be cut at a 45-degree angle.
  - b. **Interior door bars:** Must stay 1" off of the firewall and extend back no more than 15" past the rear cross bar. Must stay 4" off the floor and be no higher than the lower window seam. Must be connected to the rear cross bar and dash bar. This door bar MAY be inside the door structure to allow more room for driver's safety. **REAR CROSS BAR MUST BE WITHIN 4" BEHIND THE SEAT. PLEASE CALL IF THERE ARE ANY QUESTIONS ABOUT INTERIOR DOOR BARS!**
2. Dash bar must go from window post to window post in the former position of the dashboard above the steering column. Must be bolted or welded in, or BOTH (preferably to door bars). Must be use a minimum of 2" tube, 1/4" thick. May NOT be mounted to or touch the fire wall, floorboard or frame in any way.
3. A rear cross bar must be installed behind the seat from door skin to door skin as close to the B-pillar as possible and at least half way up from the floor, must be a minimum of 3" pipe or square tubing with plates welded on the ends. The plates may not extend more than 15" past cross bar toward rear of car, the cross brace must be mounted with a minimum of 2 bolts on each side extending the side Iron.
4. **NO DOWN BARS TO BE TIED INTO THE FRAME OR BODY.**
5. A rollover bar is required. **Minimum** of 3" x 1/4" thick pipe or square tubing be mounted directly in line with the driver's seat. Must have a 4" x 4" plate welded top and bottom bolted to the floor and roof with 4x4 backing plates. This bar must be attached to the rear cross bar. An "H" style rollover/rear spreader bar is highly recommended (2 uprights from floor to roof). A halo style rollover bar may also be used, and must be directly in line with rear cross bar with 2 attachment points. **PLEASE CALL IF THERE ARE ANY QUESTIONS ABOUT HALO BARS!**
6. All cage material may be no bigger than 8" OD, with exception of door bars.
7. Gas tank protector may be no wider than 36" (and centered in the car), and extend rearward no more than 36". May only be attached to the rear cross bar. Must stay 1" off of all sheet metal. **No sheet metal may be removed, tank protector must be strapped in rear seat area.**
8. All cage material must stay 4" off the floor and only touch or be connected to the floor and/or frame where specified.

### C. Hood & Trunk

1. Hoods and trunks may be chained or wired shut only. **8** places maximum. 3/8" chain or 2 wraps of #9-gauge wire maximum.
2. 2 of the hood and trunks chains or wire may be looped around the front and rear bumper. All others must be sheet metal to sheet metal.
3. Trunk lids may be dimpled or tucked into the trunk area. You may beat the trunk lid down ("Dove") it, but no more than 6" below the top of the fenders. No wedging or "V"ing the trunk.

### D. Doors & Windows

1. You must have 1 front windshield bar (max 2) and may have max 1 rear window bar. Must meet the following criteria:
  - a. 3" x 3" OD material max.
  - b. May not extend more than 6" past either window seam.
  - c. Must be a minimum of 16" from either pillar.
  - d. May not be attached to trunk lid, hood, or any cage component. Sheet metal only.
  - e. Front bars may have 2 cross attachments.
  - f. **May be bolted. Max 1/2" bolts and 3" washers**
  - g. **NO WELDING on doors EXCEPT Drivers Door may have 4 welds at 2" each. (No flat bar or filler)**
2. All doors must be chained, wired, or bolted shut only. Minimum 4 spots, max 6 spots each door, using a loop of 3/8" chain, 2 wraps of #9-gauge wire maximum, or 1" bolt with 3" washer. Sheet metal to sheet metal attachments only.
3. May use expanded metal over driver's side windshield area for safety. Must be bolted to sheet metal only.

### E. Body & Frame

1. **No body creasing of the fenders OR doors.**
2. Body shaping is ONLY aloud behind the rear wheel well opening on the quarter panels only. Quarter panels must stay vertical, may not be pulled inward to create a wedged or "V"ed trunk shape, and the tops may not be beaten down.
3. May trim sheet metal around wheel areas.
4. **No welding on the frame is allowed**, unless specified.
5. Must use stock body bolts and bushings (no removing body spacers).
6. No extra body bolts.
7. You may dimple or notch the frame anywhere within 36" of the rear bumper on each frame rail.
8. No frame tilting. (trunk pre-bending allowed within 36" of rear bumper)
9. **ONLY 1 window bar must be bolted to speaker/pgk. Cannot touch gas tank protector or trunk lid tray.**

### F. Brakes

1. All cars must be able to demonstrate the ability to stop at any time. If your brakes do not work, you will not compete.
2. Pinion brakes are allowed. **(As long as they are bolted on) Can not strengthen the rear end.**

### G. Wheels & Tires

1. Any tire allowed. Dot, Forklift, Skidsteer etc.
2. Must be mounted on stock style rim.
3. No solid tires.
4. **Max 8"** wheel centers allowed (no full centers or lip guards)
5. Tubes are allowed.
6. Valve stem protectors are allowed.

**H. Bumpers and Brackets- OEM BUMPER SHOCKS ONLY! No aftermarket shocks or brackets – No shortening the FRAME RAILS. You are allowed to hard nose the bumper – 1 4x6 1/4 plate each frame rail to attach bumper.**

- 1. Front bumper allowed to weld bumper shock brackets. No welding to the bumper shock to frame. No other welding to the frame other stock motor mounts OEM**
2. May use any factory car bumper and bracket from within the class.
3. Bumper and bracket bolts must be OEM or replaced with max 1/2" bolt and 1.5" washer.
4. May use a 5"x5", 3/16" thick (or smaller) piece of tubing as a bumper. Must be straight from side to side, no wider than the body, open ends, no forming or modifications to the tube.
5. Bumper and brackets may be bolted and/or chained to the frame only. **NO WELDING!**
6. Bumper ends may be cut for tire clearance.
7. Bumper heights: **MEASURED at the bottom of the bumper.**
  - a. Front 16" min and 21" max
  - b. Rear 13" min and 25" max

**I. Rear end and Driveshaft**

1. Rear end may be swapped to a non-C-Clip style axle. But MUST BOLT IN using factory style brackets. No excessive size brackets, just enough to mount trailing arms/leafs.
2. No full floaters, trusses, axle savers, or any type of bracing at all.
3. You may weld the rear end spider gears.
4. Sliding driveshaft's aloud.
- 5. IF running an aftermarket tail shaft you must cut the firewall from valve to valve cover and slit transmission tunnel a minimum of 18".**

**J. Engine and Transmission**

1. You may use any engine/transmission in any car, but must use **stock-style** engine mounts. If it doesn't fit cleanly than don't do it.
2. Lower engine mounts may be welded to the engine K-member only. May not strengthen the car in any way. Lower mounts may be no bigger than 8"x8". **May use 2x2 standoff custom mounts for LS engines.**
3. Must still use a through bolt style engine mount, no solid mounting.
4. Absolutely NO engine cradles, pulley protectors, distributor protectors, mid plates, transmission braces, aftermarket bellhousings, or pan protectors.
5. Transmission may be bolted to the transmission cross member with a factory transmission mount, or may rest on the cross member freely and tied down with rope or a strap.
- 6. Must use factory transmission cross member for the car you are running, or 2"x2"x 1/4 square tubing that can be welded in with 6" of welding**
7. May use a 1/4" thick, 6" long piece of 2"x2" angle or 4" flat bar to help mount the transmission cross member. This may be welded to the frame only.
8. You must run a properly installed air cleaner at all times.
9. May use 1 chain on each side of the engine, **OR a 4x4 1/4" PLATE each side welded to motor mount & to K-Member only.** It may only go from the engine to the factory engine K-member (2 links may be welded to K-member). Not the frame rails.
- 10. Aftermarket style transmission tail shaft allowed, or tail shaft slide plate that mounts only to tail shaft bolts and be no longer than the tail shaft.**

**K. Batteries**

1. Battery must be relocated to inside the cab, in a fully enclosed metal box with a lid.
- 2. Battery box must be securely fastened to the floor sheet metal only. Max 3" flat washers cannot touch or mounted through the frame.**
3. No bungee cords or ratchet straps may be used to secure battery box or lid.
4. **2 Batteries Maximum allowed.**

## **L. Fuel System**

1. Stock fuel tank must be removed from OEM Location.
2. **No plastic tanks. No metal boat tanks and no metal fuel lines inside the car.**
3. Maximum 8-gallon tank.
4. Tank may be mounted to the cage inside the gas tank protector area or to the floor sheet metal, but not both. May not be mounted to frame.
5. Tank must as be centered in the car from side to side as possible.
6. Rubber fuel hose ran inside the cab is required to be ran inside a larger diameter hose.
7. Hydraulic hose is highly recommended for all in cab fuel lines.
8. All fuel lines must be double clamped.
9. Electric fuel pumps are allowed. Switch must be clearly marked

### **PRE-RAN OR FIX IT CAR SECTION**

- a. May use 4 – 4x6 x ½" plates – Transmission Cross Member forward and behind cross member***
- b. Bumper can be welded back on. No added plates, and cannot strenghen frame Can be hard-nosed.***
- c. Torn Frame can weld 1" on 1" off so we tell if it's a repair.***

## M. Cooling system

1. Water only. No antifreeze or ethylene glycol allowed.
2. Radiator (if used) must remain in the factory installed location.
3. If the radiator is removed, you can loop the hoses together. No added expansion tanks.
4. No other cooling system modifications allowed.
5. **An A/C condenser may be mounted in front of the radiator with up to 4 – 3/8" bolts.**

## N. Suspension

1. Front suspension may not be modified in any way.
2. May use a coil spring spacer, this spacer must be visible and not go into or be inside the coil pocket. (homemade spacers ok as long as it does not reinforce the frame)
3. You may use 1 wrap of 3/8" chain around each upper control arm. No welding.
4. Rear suspension must be stock for the vehicle you are using.
5. No reinforced trailing arms.
6. You may use 1 wrap of 3/8" chain on each side of the rear end that goes around the frame "hump", then around the rear end.
7. No coil to leaf conversions.
8. Leaf spring cars must use factory leaf springs for the car you are running. May use 4 leaf clamps. 1"x4" clamps 1/4" thick with 2ea 3/8" bolts per clamp

## O. Safety

1. Driver must wear helmet, seat belt and eye protection at all times during competition. **Only Single Seats allowed. No passengers.**
2. Driver must remain in vehicle with all safety equipment on until directed by a track official to exit the vehicle. (fire is the only exception)
3. Driver's door hits are illegal. Any driver's door hit deemed intentional will be cause for disqualification. Repeated unintentional or careless driver's door hits will be cause for disqualification. Official's determination is final.
4. Intentional or repeated unintentional use of your driver's door as a defense may result in disqualification.
5. No hot rodding in the pits
6. You are allowed 2 fires. The third fire will be cause for disqualification

## P. Technical Inspection

1. It is your responsibility to show up with a legal car.
2. **Must be in line for Tech no later than 5pm OR start of Pit Meeting whichever is first.**
3. It is your responsibility to report to tech. Failure to report to tech or competing in any event with a car that has not been inspected will result in immediate disqualification and a monetary fine.
4. Hood and trunk lid must be able to open for inspection.
5. Protests are not allowed. Official's decisions are final.

## Q. Competition Rules

1. No sandbagging. You must make a competitive hit every 60 seconds
2. Intentional or repeatedly exiting the defined area of competition may result in disqualification
3. Obey the Officials commands.
4. **Have Fun and Put on a Great Show for the Crowd!**

Please call or text any car building questions to:

**MIKE NORDSTROM 253.381.4062**

**THANK YOU!**