

Pro 4 Modifieds Additional Safety Rules:

1. **Seats:** All cars must have an aluminum or carbon fiber (Monadnock Speedway Officials approved) racing seat. Monadnock Speedway recommends seats be full containment type, designed to include comprehensive head surround, shoulder and torso support, with energy impact foam. No holes permitted. Four (4) bolts on the floor of the seat and two (2) on the back of the seat. All seat frames must be mounted securely to the roll cage. Right side headrest is mandatory. Choice of left side headrest or auxiliary net mandatory.
2. **Seat belts** must be a minimum five-point, two (2) inch wide system with a metal-to-metal central quick release latch. All five (5) points must be securely mounted by manufacturer's specifications and must be approved by Monadnock Speedway Officials. Belts must be no older than five (5) years from the date of manufacture, unless they have an expiration date. No expired belts permitted. Belts with visible wear and/or tears will not be permitted.
3. **Window Nets** An SFI rated nylon window net is required on all cars. The window net must be rib type, no string type nets allowed. The minimum window net size is approximately 22" wide by 16" high. Date stamps must be visible and must indicate that the net is no more than three (3) years old from the date of manufacture. Window nets with no dates or window nets that show signs of wear will not be eligible for use. All window net mounts must be a minimum ½" diameter solid steel rod on the bottom and a minimum 1" wide by 3/16" thick flat steel bar or a minimum ½" diameter solid steel round bar on the top, with mounts welded to the roll cage. The window net must be installed in the left side door window opening and be positioned to cover the driver. The window net, when in position, must fit tight and be secured with a lever-type quick release acceptable to Officials. The release point must be clearly marked with a "ARROW" for Track Safety Officials.