All Dogs Parkour
Exercises (Interactions)
updated to February 19, 2020

Table of Contents   Page Number

Notes

NOTE: Minimum/maximum dimensions refer to the Environmental Feature (EF) being used.

NOTE: The phrase "stable and focused" means the dog remains engaged in the work until the exercise is completed; it does not necessarily require eye contact with the handler.

NOTE: Unless specifically permitted in an exercise description, no treats or toys are permitted until the dog has approached and engaged with the EF, completed the exercise, and has disengaged (gotten off, moved away, etc.) from the EF. Toys may not be substituted for treats in those exercises allowing treats.

NOTE: Alternative exercises and modifications of the ADP exercises and rules will be made for dogs with limited physical capabilities who cannot otherwise participate in Special

Division. For example, dogs with shoulder problems and dogs missing a leg may jump below hock height. Contact ADP for help in making a program for your dog.

General Instructions

Each entry (except Sequence Track entries) must include 12 exercises. The required number of <u>different</u> exercises for Regular Track and Premier Track is

Level 1: six
Level 2: seven
Level 3: eight
Level 4: nine (at least one must be an Advanced Exercise for Open Division; at least one must be an Advanced Exercise or Advanced Special Division Exercise for Special Division)
Level 5: ten (at least two must be <u>different</u> Advanced Exercises for Open Division; at least two must be <u>different</u> Advanced Exercises or <u>different</u> Advanced Special Division Exercises for Special Division)

Grand Champion Track requires 12 <u>different</u> exercises for each entry, including sufficient <u>different</u> Advanced Exercises.
See Rules and Guidelines for Sequence Track entry requirements.
See Rules and Guidelines for sequence requirements for Grand Champion and Premier Tracks.

An exercise may be used no more than twice in a Regular or Premier entry. **Please use the entire bolded exercise name when you label your exercises in your entry video. Include the AS number for Special Division entries, as some exercises are the same as in the main list.**

Exercises 1-23
(may be used at all levels, in all Tracks, and in both Open and Special Divisions)

1. **Get On (2 Front Feet)** - dog puts two front feet on an EF; minimum height is dog's hock; dog remains stable and focused for 3+ seconds
2. **Get On (4 Feet)** - dog gets on an EF with all four feet; minimum height is dog's hock, dog remains stable and focused for 3+ seconds
3. **Get On (Moving)** - dog gets on an EF that moves when the dog puts either two front feet or all four feet on it; minimum height is dog's hock, dog remains stable and focused for 3+ seconds
4. **Walk On** - dog walks on an EF; no height requirement but EF must be above ground level and open on one or both sides of the dog's path; maximum width is 18" (rounded walking surfaces such as logs need only be 18" or less on the top/walking area); minimum length to walk is 3 times length of dog (nose to base of tail) which may include one or two turns to lengthen the path on a shorter EF; dog remains on the EF

until s/he has walked the entire 3 body lengths

5. **Go Under** - dog (nose to tip of tail) goes under an EF to the other side; maximum is shoulder/withers height for Open Division, head height for Special Division
6. **Jump (Clean)** - dog jumps over an EF; minimum height is dog's hock, maximum is top of dog's head; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division
7. **Jump (Assisted)** - minimum height is dog's hock, maximum is top of dog's head; while jumping over an EF, the dog momentarily puts feet on the EF as an aid in going over; ideally, all four feet touch the EF as the dog goes over, but it is acceptable if at least two feet touch the EF; no foot can touch the EF more than once
8. **Jump (Broad)** - minimum spread (width, not height) is dog's shoulder/withers height; dog must clear entire spread in a single jump; if take-off and landing surfaces are at different levels, dog must jump from lower level to higher level; dog must have two feet off the ground at all times for jumps in Open Division and Special Division
9. **Go Around** - dog leaves handler to go around an EF and returns to handler on other side of the EF; dog is required to go in both directions videoed sequentially in a single clip; a treat (not a toy) may be given after the dog completes the first direction as well as the second direction but hands must remain out of pockets and bait bags until the dog returns to handler
10. **Between** - dog (nose to end of tail) passes between two EFs; maximum width is twice dog's width across chest; video must clearly show that all parts of the dog's body are completely out from between the EFs at the start and finish of the exercise
11. **Between (Backwards)** - dog (base of tail to nose) goes backwards to pass between two EFs; maximum width is twice dog's width across chest (three times width for Special Division); video must clearly show that all parts of the dog's body are completely out from between the EFs at the start and finish of the exercise
12. **Back Up (Onto an EF)** - dog backs onto the top surface of an EF with rear feet (front feet following the rear are optional); minimum height is dog's hock; dog remains stable and focused for 3+ seconds; no ramp is to be used at any time, even if it is part of the EF; for uneven EFs, the dog's first step backwards and all subsequent steps backwards must be onto a surface parallel or approximately parallel to the ground that is at least hock height
13. **Novel Uses** - dog does a variety of exercises (interactions) with the same EF or a set of related EFs; requires a single EF or multiple, related EFs such as a picnic table and its benches or a line of fence posts or poles; minimum: 3 different Interactions for Levels 1 and 2, and 5 different Interactions for Levels 3, 4, and 5; Interactions may be recorded individually or in succession on a single clip; Interactions may include exercises not on this list of ADP exercises
14. **Get Inside** - dog gets all four feet (open top EF) or entire body (open side EF) into an EF and remains stable and focused for 3+ seconds; EF must be enclosed on all but one side; maximum length/width/diameter if the top is open is the length of the dog (nose to base of tail) and minimum height is dog's hock on both inside and outside of EF; maximum length/width if a side is open is twice the length of the dog (nose to base of tail) and the dog must be entirely enclosed by the EF except for the open side; for open side EFs the tail inside is optional and front paws may be out if the dog is lying down)
15. **Rebounds (45 degrees)**- dog bounces onto and off of an angled EF with each foot

touching the surface only once (twice for Special Division); all four feet must touch the surface, but only once (twice for Special Division); minimum angle is 45 degrees; dog is required to demonstrate the rebound in both directions videoed sequentially in a single clip; a treat (not a toy) may be given after the dog completes the first rebound as well as the second rebound but hands must remain out of pockets and bait bags until the dog returns to handler

16. **Straddle (Elevated)** - dog puts front paws on one elevated EF and rear paws on another elevated EF; the EF(s) may be the same or different types or separate parts of the same EF if there is a sufficient gap between the elevated surfaces; dog remains stable and focused for 3+ seconds; minimum straddle (measured parallel to the ground) is 3/4 the distance between dog's front and rear paws (1/2 the distance between front and rear paws for Special Division); minimum height is dog's hock

17. **Straddle (Side Pass)** - requires a long EF such as a log, minimum height and minimum width is 1/4 the distance between front and rear paws; dog puts front feet on one side of EF and rear feet on other side; dog moves sideways with all feet on the ground, straddling the EF, at least 2 times dog's body length (nose to base of tail); only one direction is required (moving right or moving left) or 1 body length in each direction is also acceptable

18. **Split Level (High)** - minimum height is dog's elbow; length must permit dog to move sideways at least twice body length (nose to base of tail) along the EF's surface; dog places front paws on an elevated surface and rear paws on the ground; dog moves front paws at least 2 body lengths (nose to base of tail) along the elevated surface with rear paws following on the ground; dog may move 2 body lengths in either direction or may move 1 body length in one direction and 1 in the other direction without taking the feet off the EF

19. **Split Level (Pivot)** - no height requirement but the EF must be elevated; EF's top surface must be suitably small to allow the dog to perform the exercise; the dog places both front (or both rear) feet on the EF and pivots at least a full 360 degrees in each direction (CW and CCW); 360 degrees is measured by the placement and direction of the dog's front and rear feet, not the head; handler may move around the EF and/or cue the dog to pivot around twice to be certain each direction has a pivot of at least 360 degrees; the handler may stand in front of the dog or on either side of the dog while cueing; the full interaction (both directions) must be done sequentially on a single video clip

20. **Platform Turns** - dog gets on an EF (with all four feet) and turns at least a full 360 degrees in each direction (CW and CCW); 360 degrees is measured by the placement and direction of the dog's front and rear feet, not the head; handler may move around the EF and/or cue the dog to turn twice to be certain each direction has a turn of at least 360 degrees; minimum height is dog's hock; maximum diameter or length of sides is length of dog (nose to base of tail); the full interaction (both directions) must be done sequentially on a single video clip; the EF must be open on all four sides (or entire circumference if circular) and freestanding so the dog can exit at any point without a barrier

21. **Landscape/Hardscape Patterns** (described below)

22. **Hill Patterns** (described below)

23. **Trick on a Platform** - dog gets on an EF (all four feet) and performs a trick (spin, sit pretty, high five, bow, bark, etc. - not a sit, stand, or down) on the EF; minimum height

4

is dog's hock; maximum diameter (if circular) or length of each of two of the sides (if rectangular) is twice the length of dog (nose to base of tail); the EF must be open on three sides so the dog could exit at any point along the three open sides (guard rails are okay on any of the three sides provided they only touch the platform at the corners); dog must maintain contact with the EF - no flips or jumps are permitted; **NOTE:** you may not do a spin as the trick if you are also doing Platform Turns (Exercise 20) on the same EF

Landscape/Hardscape Patterns (Exercise #21)

Limitations and "Repeat" restrictions

Only two uses of Landscape/Hardscape Patterns is permitted per entry, except for Special Division entries which may include three Landscape/Hardscape Patterns and Premier entries which have no limit.

Each use of Landscape/Hardscape Patterns must be a different exercise (except in Sequence Track entries). No repeats are allowed in the same entry for Regular, Grand Champion, or Premier Tracks.

Please use care not to damage any plants.

LH1. **Shrub Weaves** - dog (without handler) weaves in and out along a line (need not be a straight line) of shrubs in the manner of agility weave poles; minimum of 6 shrubs in the line (dog weaves one way) or 4 shrubs (dog weaves one way, circles the last shrub and weaves the other way); handler may not weave with the dog but may direct the dog through the weave sequence

LH2. **Tree Weaves** - dog (without handler) weaves in and out along a line (need not be a straight line) of trees in the manner of agility weave poles; minimum of 6 trees in the line (dog weaves one way) or 4 trees (dog weaves one way, circles the last tree and weaves the other way); handler may not weave with the dog but may direct the dog through the weave sequence

LH3. **Hardscape Weaves** - dog (without handler) weaves in and out along a line (need not be a straight line) of poles or other objects in the manner of agility weave poles; minimum of 6 objects in the line (dog weaves one way) or 4 objects (dog weaves one way, circles the last object and weaves the other way); handler may not weave with the dog but may direct the dog through the weave sequence

LH4. **Loops** - dog (without handler) loops (circles around) each EF (trees, shrubs, flower pots, poles, etc.) and crosses his/her loop entry path before starting the next loop; all loops in the exercise must be in the same direction (either clockwise or counterclockwise); minimum of 3 loops using 3 separate EFs; EFs need not be in a straight line and need not be the same type of EF; handler may not do the loops with the dog but may direct the dog through the loop sequence; the dog must be no more than two body lengths (tip of nose to base of tail) from each EF while looping it; the handler is never between the dog and the EF while the dog is looping the EF

LH5. **Figure 8** - dog (without handler) goes between 2 EFs (trees, shrubs, utility poles, flower pots, etc.) and circles one of them, goes between them again, and circles the other before returning to the handler; handler may direct the dog but cannot go with the dog through

the pattern; handler may not stand between the EFs; EFs need not be the same type

LH6. **Jump Sequence (Figure 8)** - minimum height is dog's hock, maximum is top of dog's head; dog goes between two EFs and jumps over one of them, circling around it to go between them again, and jumping over the other of them before returning to handler; the handler must direct the dog over the jumps without getting between the jumps; alternatively, using a single EF, the dog jumps over the EF, goes around one end of it to return to the starting position, and jumps over it again going around the other end of it before returning to the handler; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division

LH7. **Jump Sequence (3+ Jumps)** - minimum height is dog's hock, maximum is top of dog's head; dog jumps at least 3 EFs that are lined up or in proximity to each other; this exercise is similar to a dog doing agility jumps at the direction of the handler; the jumps are to be done sequentially without stopping to set up the dog for any but the first of the jumps; the handler may run with the dog from jump to jump; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division

LH8. **Jump Sequence (Assisted, 3+ Jumps)** - minimum height is dog's hock, maximum is top of dog's head; jumping with feet momentarily on each EF, the dog jumps at least 3 EFs that are lined up or in proximity to each other; this exercise is similar to a dog doing agility jumps at the direction of the handler except that the dog's feet will momentarily be on the surface of each jumped EF; the jumps are to be done sequentially without stopping to set up the dog for any but the first of the jumps; the handler may run with the dog from jump to jump; ideally, all four feet touch each EF as the dog goes over, but it is acceptable if at least two feet touch each EF; no foot can touch an EF more than once

LH9. **Jump Sequence (Serpentine)** - minimum height is dog's hock, maximum height is dog's shoulder/withers; using a long EF or a line of suitable EFs that are positioned end to end (like agility jumps for a serpentine would be positioned), the dog jumps over and back, serpentine fashion, jumping a minimum of two times in each direction (away from handler and towards handler) while progressing forward along the line of the EF or line of EFs; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division; this exercise is similar to a dog doing an agility jump serpentine; EFs used for LH7 may not be used for LH9 in the same entry unless the LH7 pattern is clearly NOT a serpentine

Hill Patterns (Exercise #22)

Limitations and "Repeat" Restrictions

The minimum incline for all Hill Patterns is 30 degrees.

Only two uses of Hill Patterns is permitted per entry, except for Special Division entries which may include three Hill Patterns.

Each use of Hill Patterns must be a different exercise (no repeats in the same entry).

H1. **Zig Zags (Vertical)**- dog moves in a zig zag pattern up the hill going at least 3 (2 for Special Division) times body length (nose to base of tail) towards the right (or left) and then 3 (2 for Special Division) times body length towards the left (or right) making a minimum of 4 lines (2 going upwards diagonally right and 2 going upwards diagonally left); after going

up, the dog will descend on the same path; NOTE: this is a long exercise so you may give food rewards (no toys) during the performance but <u>may not lure</u> the dog with a treat; for each treat delivery (limit of 4) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing)

 H2. **Peaks (Horizontal)**- dog moves up and down the hill in a zig zag pattern making a minimum of 2 peaks and then retracing the pattern to return to the starting point; the pattern is upwards towards the right (or left) and downwards towards the right (or left) for each peak; each line of the pattern must be at least 3 (2 for Special Division) body lengths (nose to base of tail); NOTE: this is a long exercise so you may give food rewards (no toys) during the performance but <u>may not lure</u> the dog with a treat; for each treat delivery (limit of 4) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing)

 H3. **Circles** - on the slope of the hill, the dog makes a minimum of 2 complete circles both clockwise and counterclockwise; the circles may be looped together like a phone cord or may be a single circle traced 2 times in each direction or may be a pair of attached circles run 2 times as circular (not infinity) figure eights; the minimum diameter of each circle is 2 times the dog's body length (nose to base of tail); if you prefer, for traced circles you may alternate between the CW and CCW until all 4 circles have been completed; NOTE: this is a long exercise so you may give food rewards (no toys) during the performance but <u>may not lure</u> the dog with a treat; for each treat delivery (limit of 4) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing)

 H4. **Backing** - without sitting at all, the dog backs straight (no more than 45 degrees off vertical) up a hill; minimum path is 3 times body length (nose to base of tail) for Open Division and 2 times body length for Special Division; aids to keep the dog on a straight line are permitted - such as a fence, curbs, logs, handler body and/or verbal cues, etc.; dogs are not permitted to back down a hill - only up

Advanced Exercises
(may be used at all levels, in all Tracks,
and in both Open and Special Divisions)

 A1. **Back Up (Onto Vertical EF)** - minimum angle is 75 degrees; dog backs into a handstand with rear legs supported by the EF; dog remains stable and focused for 3+ seconds

 A2. **Back Up (Onto High EF)** - minimum height is twice dog's hock; dog steps backwards onto the top surface of an EF with rear feet first and front feet following so all four feet are on the top surface of the EF; dog remains stable and focused for 3+ seconds; no ramp is to be used at any time, even if it is part of the EF; for uneven EFs, the dog's first step backwards and all subsequent steps backwards must be onto a surface parallel or approximately parallel to the ground that is at least twice hock height

 A3. **Rebounds (75 degrees)** - minimum angle is 75 degrees (45 degrees for Special Division); dog bounces onto and off of an angled EF with each foot touching the surface only once; all four feet must touch the surface, but only once; dog is required to demonstrate the rebound in both directions videoed sequentially in a single clip; a treat (not a toy) may be given after the dog completes the first rebound as well as the second rebound but hands must

remain out of pockets and bait bags until the dog returns to handler

A4. **Trick on a Platform (Small)** - dog gets on an EF (all four feet) and performs a trick (spin, sit pretty, high five, bow, bark, etc. - not a sit, stand, or down) on the EF; minimum height is dog's hock; maximum diameter (if circular) or length of each of sides (if rectangular) is the length of dog (nose to base of tail); the EF must be open on all four sides (or entire circumference if circular) and freestanding so the dog can exit at any point without a barrier; dog must maintain contact with the EF - no flips or jumps are permitted; **NOTE:** you may not do a spin as the trick if you are also doing Platform Turns (Exercise 20) on the same EF

A5. **Split Level (Low)**- maximum height is dog's hock; length must permit dog to move sideways at least 3 times body length (nose to base of tail) along the EF's surface; dog places front paws on an elevated surface and rear paws on the ground; dog moves front paws at least 3 body lengths (nose to base of tail) along the elevated surface with rear paws following on the ground; dog may move 3 body lengths in either direction or may move 1 1/2 body lengths in one direction and 1 1/2 in the other direction without taking the feet off the EF

A6. **Split Level (R/L)** - minimum height is one-half dog's hock; length must permit dog to move forward (or backward) at least one body length (nose to base of tail) along the EF's surface; dog places both right or left paws on an elevated surface and the other two paws on the ground; dog moves forward (or backward) at least a body length (nose to base of tail) keeping the feet on one side of the body on the elevated surface and the feet on the other side of the body on the ground; dog may move 1 body length forward or backward or may move 1/2 body length in one direction and 1/2 in the other direction without taking the feet off the EF; handlers are encouraged to teach the exercise so the dog is proficient with right legs on the EF and with left legs on the EF

A7. **Split Level (Advanced Pivot)** - no height requirement but the EF must be elevated; EF's top surface must be suitably small to allow the dog to perform the exercise; the dog places both front (or both rear) feet on the EF and pivots <u>at least</u> a full 360 degrees in each direction (CW and CCW) while the handler stands at least 5 feet away; <u>360 degrees is measured by the placement and direction of the dog's front and rear feet, not the head; handler may cue the dog to pivot around twice to be certain each direction has a pivot of at least 360 degrees;</u> the full Interaction (both directions) must be done sequentially on a single video clip; NOTE: the handler may send the dog to the EF or set up the dog on the EF and then move away (at least 5 feet); the handler may give unlimited verbal and/or body cues but must remain in approximately the same spot while the dog does the exercise and may not move around the EF as the dog pivots

A8. **Walk On (Backwards)** - maximum width is 18" or half the length of the dog (nose to base of tail), whichever is larger; dog walks backwards on EF at least one body length (nose to base of tail); no height requirement but EF must be above ground level and open on both sides of the dog's path

A9. **Go Around (Distance)** - dog leaves handler to go around an EF at least 10 feet away from the handler and returns to handler on other side of the EF; dog is required to go in both directions videoed sequentially in a single clip; a treat (not a toy) may be given after the dog completes the first direction as well as the second direction but hands must remain out of pockets and bait bags until the dog returns to handler

A10. **Get On (Send)** - dog leaves handler to get on a raised EF (no height requirement) that is at least 10 feet from the handler; dog may put two front feet or all four feet on the EF; dog remains stable and focused for 3+ seconds

A11. **Novel Uses (Advanced)** - dog does a variety of exercises (interactions) with the

same EF or a set of related EFs; requires a single EF or multiple related EFs such as a picnic table and its benches or a line of fence posts or poles; minimum: 7 different Interactions; Interactions may be recorded individually or in succession on a single clip; Interactions may include exercises not on this list of ADP exercises.

A12. **Straddle (Advanced Side Pass)** - requires a long EF such as a log, minimum height <u>and</u> minimum width is 1/4 the distance between front and rear paws; dog puts front feet on one side of EF and rear feet on other side; dog moves sideways with all feet on the ground, straddling the EF, and <u>remaining at a 90 degree horizontal angle</u> to the EF, moving at least 2 times dog's body length (nose to base of tail); only one direction is required (moving right or moving left) or one body length in each direction is also acceptable

A13. **Go Under (Long and Low)** - dog crawls under an elongated EF that is low enough to require the dog to crawl and long enough to require the dog to crawl at least one body length (nose to base of tail) to get from one side to the other; minimum EF length is 1/2 body length (nose to base of tail)

A14. **Go Under (Low and Backwards)** - dog (base of tail to nose) crawls backwards under an EF that is low enough to require the dog to crawl to get from one side to the other

A15. **Get Inside (Advanced)** - dog gets all four feet into an EF and remains stable and focused for 3+ seconds; EF must be enclosed on bottom and the four sides (top is open); maximum length/width/diameter is one-half the length of the dog (nose to base of tail) and minimum height is dog's elbow on both inside and outside of EF

A16. **Distance Figure 8+** - With the dog and handler at a distance of at least 10 feet from each EF, the dog will leave the handler and go between the two EFs, circle (or jump) one of them, go between the two EFs again, circle (or jump) the other EF, go between the two EFs a third time, circle (or jump) the first EF and return to the handler; the dog must remain at a distance of at least 10 feet from the handler at all times while circling or jumping each EF and before returning to the handler; the dog may not return to the handler until completing all three circles/jumps; **NOTE:** This exercise requires the dog to go between the EFs three times, not just two as in the other ADP Figure 8 patterns. The exercise may combine a jump and a non-jump EF; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division; **Single Jump option:** This exercise may also be done using a single jump. With the dog and handler at a distance of at least 10 feet from the EF, the dog will leave the handler and jump the EF, circle around one end of the EF, jump the EF again, circle the other end of the EF, jump the EF a third time, circle the first end of the EF and return to the handler; the dog must remain at a distance of at least 10 feet from the handler at all times while jumping and circling the EF and before returning to the handler; the dog may not return to the handler until completing all three jumps; dog must have two feet off the ground at all times for jumps in Open Division; dog may climb over one foot at a time for Special Division; **JUMP HEIGHT:** no minimum, maximum is top of dog's head

A17. **Get On (High)** - dog gets on an EF with all four feet; minimum height is one and a half times dog's height at the shoulder/withers; dog remains stable and focused for 3+ seconds. No steps or ramps may be used for this exercise when the dog gets on the EF. The dog must jump directly from the ground onto the EF without climbing. Ramps or steps may be used for coming off the EF. **NOTE:** Failure to properly spot the dog getting on and support the dog coming off the EF will result in an NQ for the entry. The EF must not be so high that the handler cannot spot and support the dog, so this exercise may not be suitable for teams with very large dogs and/or relatively short handlers.

Special Division Exercises
(only available for Special Division entries)

S1. **Parking Lot Patterns** (described below) - only three uses of Parking Lot Patterns is permitted per entry; each use of Parking Lot Patterns must be a different exercise (no repeats in the same entry)

S2. **Hill (Repeats)** - minimum incline 30 degrees; dog goes straight up a hill at least 5 times body length (nose to base of tail), turns around and goes straight down to the starting point, then repeats the pattern 2 more times (total of 3 times up and down); no specific speed is required; the dog should appear comfortable performing this exercise; handler should support the dog as needed on the way down, particularly if the grade is steep; this exercise does not count as a Hill Pattern so the dog may do this exercise as well as additional Hill Patterns in the non-Special exercise list; NOTE: this is a long exercise so you may give food rewards (no toys) during the performance but <u>may not lure</u> the dog with a treat; for each treat delivery (limit of 4) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing)

Parking Lot Patterns (Exercise #S1)
(only available for Special Division entries)

For all Parking Lot Patterns (PLPs) the handler will move with the dog and **where lines are relevant to the exercise it is the dog who will be moving on the line (not the handler)**; location of the parking spaces must be in an actual parking lot and not on a street; the parking lot area where the team is working must be nearly empty or the run will NQ (go to schools on the weekend, parks at off hours, the grocery store on Super Bowl Sunday, or industrial parks and offices when no one is working, etc.)

ADDITIONAL OPTIONS

For PL2, PL4, and PL5 a tennis court may be used or the handler may mark a paved area with chalk, tape, or a similar visible marker to create the same space(s) as would be on a parking lot. Where the dog must walk on a line (PL4), there must be a visible line on the ground (no cones).

PL1. **Speed Changes** - dog moves through a minimum of 6 (smaller dogs) or 12 (larger dogs) adjacent parking spaces, changing speeds (Slower, Faster, Slower, Faster, etc.) for every space (smaller dogs) or two spaces (larger dogs); the dog may start with either the slower speed or the faster speed and will change speeds as s/he crosses each line (smaller dogs) or alternating lines (larger dogs); <u>this exercise is judged by a loose leash throughout AND by the **contrast** between the two paces; the contrast must be completely obvious to the judge;</u> handlers may choose whether to consider their dog as "smaller" or "larger"; if there are fewer than 12 adjacent spaces the team may turn around (no more than once) during the exercise to use the same spaces again; **ADDITIONAL OPTION: Teams may do speed changes using a line of evenly spaced EFs, which could be parking spaces along a sidewalk (team moves on the sidewalk, not through the spaces), store front windows,**

utility poles, etc. The EFs must be evenly spaced and at least as far apart as the width of a parking space. The entry video or entry email must note which EFs are being used so it is clear to the judge.

PL2. **Figure 8** - minimum is 2 complete figure 8s starting from the center of the 8; dog does a figure 8 pattern in a single parking space without stepping outside the parking space; for larger dogs and dogs with difficulty making tight turns, the pattern can be executed using 2 spaces - either next to each other or end to end; handler chooses whether to use a single space or two spaces; the pattern may be perfect circles, egg-shaped, or rally/obedience style tear drop shapes

PL3. **Ups and Downs** - requires a line of spaces abutting a raised surface (such as a curbed grassy divider or sidewalk); dog passes through a minimum of 4 parking spaces, turns around and passes through the same parking spaces in the other direction; dog walks across the parking space near the curb/divider, steps up to the raised area at each line between the spaces, and then steps down into the next space; the dog will perform the Up and Down part of the exercise three times in each direction; the dog never steps on or over a line between the spaces; this exercise is done quite slowly, encouraging the dog to make sharp turns on the curbed area and to walk through as much of the parking space as possible without stepping on or over a line; NOTE: this is a long, slow exercise so you may give food rewards (no toys) during the performance but may not lure the dog with a treat; for each treat delivery (limit of 6) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing) NOTE: If you do Ups and Downs you may not do Ins and Outs in the same entry.

PL4. **On Line** - dog traces the 3 lines of a parking space in sequence (modified "U" shape), turns around then retraces his/her steps; try to keep the dog moving slowly and with reasonable accuracy on the line; if the spaces abut a curb you may have the dog walk on the curb or in the space next to the curb; NOTE: this is a long, slow exercise so you may give food rewards (no toys) during the performance but may not lure the dog with a treat; for each treat delivery (limit of 4) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing)

PL5. **Parked Dog** - dog sits, stands, or downs in the center of a parking space and remains in the chosen position (cannot change positions during the exercise) while the handler walks outside the entire perimeter of the parking space and then returns to the dog; this exercise must be done on a leash, for safety, so take a long leash/line or attach multiple leashes to get the length you need

PL6. **Ins and Outs** - requires a line of spaces with concrete (or another material) parking blocks at the end of each space; dog passes through a minimum of 4 parking spaces, turns around and passes through the same parking spaces in the other direction; dog walks along the edge of the parking space next to the block, steps outside the space past the block, turns 180 degrees to come into the next space and walks in that space next to its block; the dog will perform the In and Out part of the exercise three times in each direction; the dog never steps on or over the line between the spaces; this exercise is done quite slowly, encouraging the dog to make sharp turns between the blocks and to walk through as much of the parking space as possible without stepping on or over a line; NOTE: this is a long, slow exercise so you may give food rewards (no toys) during the performance but may not lure the dog with a treat; for each treat delivery (limit of 6) you should stop completely, give the treat, and then continue (it is fine to wait for the dog to finish the treat before continuing) NOTE: If you do Ins and Outs you may not do Ups and Downs in the same entry.

Special Division Advanced Exercises
(only available for Special Division entries)

Limitations and Restrictions

If an exercise in this Advanced Special Division list is the same as an exercise appearing elsewhere in the ADP list of exercises, you may not use it twice with the same EF and you may not use it more than twice in a single entry. This applies whether you label it with the AS number or the exercise's other number.

Special Division Advanced Exercises may be used at all levels and to fulfill the requirements of Levels 4 and 5 as well as the Grand Champion requirements).

AS1. Split Level (High) - same as Exercise 18 above

AS2. Split Level (Pivot) - same as Exercise 19 above

AS3. Platform Turns - same as Exercise 20 above

AS4. Long Solo Backing - dog backs away from the handler at least twice dog's body length (nose to base of tail) while handler remains stationary

AS5. Trick on a Platform (Send) - dog leaves handler to get on a raised EF that is at least 8 feet from the handler and while on the EF (all four feet) s/he performs a trick (spin, sit pretty, high five, bow, bark, etc. - not a sit, stand, or down) on the EF; minimum height is dog's hock; maximum diameter (if circular) or length of each of two of the sides (if rectangular) is twice the length of dog (nose to base of tail); dog must maintain contact with the EF - no flips or jumps are permitted; **NOTE:** This is similar to Exercise 23 above, but it has a distance feature added. For that reason, you MAY DO A SPIN as the trick even if you are also doing Platform Turns (AS3) on the same EF

AS6. Go Under (Low) - dog (nose to base of tail) goes under an EF to the other side; maximum is 1/2 shoulder/withers height

AS7. Go Under (Backwards - Shoulder/Withers Height) - dog (base of tail to nose) goes backwards under an EF to the other side; maximum is shoulder/withers height

AS8. Distance Figure 8 (2 EFs) - With the dog and handler at a distance of at least 8 feet from each EF and not between the EFs, the dog will leave the handler and go between the two EFs, circle one of them, go between the two EFs again, circle the other EF, and return to the handler; the dog must remain at a distance of at least 5 feet from the handler at all times while circling each EF and before returning to the handler; the dog may not return to the handler between circles

AS9. Hill Pattern Backing - without sitting at all, the dog backs straight (no more than 45 degrees off vertical) up a hill; minimum path is 3 times body length; aids to keep the dog on a straight line are permitted - such as a fence, curbs, logs, handler body and/or verbal cues, etc.; dogs are not permitted to back down a hill - only up; this exercise is the same as Exercise H4 below as described for Open Division dogs

AS10. Hill Pattern Circles - same as Exercise H3 below

AS11. SD Back Up (Onto High EF) - minimum height is twice dog's hock; dog backs onto the top surface of an EF with rear feet first and front feet following so all four feet are on

the top surface of the EF; dog remains stable and focused for 3+ seconds; dog may back up to the EF's top surface using a ramp that is part of the EF or is provided by the handler; the ramp may be no wider than 24" or twice the dog's width, whichever is wider; there is no restriction on the length of the ramp, but the dog must move backwards on it the entire time the dog is on the ramp

AS12. Get On (4 Feet, Narrow) - dog gets on an EF with all four feet and remains stable and focused for 3+ seconds; minimum height is dog's hock, maximum width on two parallel sides (or diameter) is 1/3 body length (tip of nose to base of tail). For rectangular EFs, the dog may get on the EF facing the wide or the narrow sides of the EF but must then position all four feet facing one of the wide sides, with the body perpendicular to the longer dimension, and remain stable and focused for 3+ seconds

AS13. Get Inside (Distance) - With the dog and handler at a distance of at least 8 feet from the EF, the dog leaves the handler and puts all four feet (open top EF) or entire body (open side EF) into an EF and remains stable and focused for 3+ seconds; EF must be enclosed on all but one side; maximum length/width/diameter if the top is open is the length of the dog (nose to base of tail) and minimum height is dog's hock on both inside and outside of EF; maximum length/width if a side is open is twice the length of the dog (nose to base of tail) and the dog must be entirely enclosed by the EF except for the open side; for open side EFs the tail inside is optional and front paws may be out if the dog is lying down)

13

All Dogs Parkour
EF Measurement Requirements for Each Exercise

Abbreviations:

Min. = Minimum
Hock = Height of dog's hock
Dog Length = Length from dog's nose to base of tail
Chest = Width of dog's chest

Max. = Maximum
Head = Height of dog's head
Shoulder = Height of dog's withers
Elbow = Height of dog's elbow

Exercises 1-23

Exercise	Height	Length/Width	Other
1 – Get On (2 Front Feet)	Min. – Hock	N/A	N/A
2 – Get On (4 Feet)	Min. – Hock	N/A	N/A
3 – Get On (Moving)	Min. – Hock	N/A	N/A
4 – Walk On	Above ground level	Width - Max. 18 inches Length – Min. 3X Dog Length	Open on one or both sides; Dog may turn once or twice to perform on shorter EF
5 – Go Under	Max. – Shoulder (Open) Max. – Head (Special)	N/A	N/A
6 – Jump (Clean)	Min. – Hock Max. – Top of Head	N/A	N/A
7 – Jump (Assisted)	Min. – Hock Max. – Top of Head	N/A	N/A
8 – Jump (Broad)	N/A	Min. Spread – Shoulder Height	N/A
9 – Go Around	N/A	N/A	N/A
10 - Between	N/A	Max. (between EFs) – Twice Chest Width	N/A
11 – Between (Backwards)	N/A	Max. (between EFs) – 2X Chest Width (Open) 3X Chest Width (Special)	N/A
12 – Back Up (Onto an EF)	Min. - Hock	N/A	N/A
13 – Novel Uses	N/A	N/A	If a standard Exercise is performed and measurements do not meet criteria,

Exercise	Height	Length/Width	Other
			Interaction must be renamed and identified as "Off-List"
Exercise	**Height**	**Length/Width**	**Other**
14 – Get Inside Open Top	Min. - Hock	Max.- Dog Length	Must be enclosed on all but top
14 – Get Inside Open Side	N/A	Max.- Twice Dog Length on all sides	Must be enclosed on all but one side
15 – Rebounds (45 Degrees)	N/A	N/A	Min. angle – 45 Degrees
16 – Straddle (Elevated)	Min. - Hock	Min. - Gap - ¾ Distance between front & rear paws (Open) ½ Distance between front & rear paws (Special)	Gap is measured parallel to the ground.
17 – Straddle (Side Pass)	Min. - ¼ Distance between front and rear paws	Min. - ¼ Distance between front and rear paws	Dog moves 2X Dog Length (one direction) or one Dog Length (two directions)
18 – Split Level (High)	Min. - Elbow	Min. - Twice Body Length	Dog moves 2X Dog Length (one direction) or one Dog Length (two directions)
19 – Split Level (Pivot)	Elevated – no Min.	N/A	Size must allow dog to pivot 360 degrees
20 – Platform Turns	Min. - Hock	Max.- Dog Length on all sides	Must be open on all sides
23 – Trick on a Platform	Min. - Hock	Max. - 2X Dog Length (two or more sides or diameter)	Must be open on three sides; post on corners OK

Landscape/Hardscape Patterns

Exercise	Height	Length/Width	Other
LH1 – Shrub Weaves LH2 – Tree Weaves LH3 – Hardscape Weaves	N/A	N/A	Min. EFs – 6 or 4 Need not be in straight line
LH4 - Loops	N/A	N/A	Min. EFs – 3 Need not be in

Exercise	Height	Length/Width	Other
			straight line
LH5 – Figure 8	N/A	N/A	2 EFs
LH6 – Jump Sequence (Figure 8)	Min. – Hock Max - Head	N/A	Min. 2 EFs or 1 EF
LH7 – Jump Sequence (3+ Jumps)	Min. – Hock Max. – Head	N/A	Min. 3 EFs
LH8 – Jump Sequence (Assisted, 3+ Jumps)	Min. – Hock Max. – Head	N/A	Min. 3 EFs
LH9 – Jump Sequence (Serpentine)	Min. – Hock Max. – Shoulder	N/A	Min. 1 (Long) EF or a line of multiple EFs

Hill Patterns

Exercise	Height	Length/Width	Other
H1 Zig Zags (Vertical)	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees
H2 – Peaks (Horizontal)	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees
H3 – Circles	N/A	Min. Diameter – 2X Dog Length	Min. Incline – 30 degrees
H4 – Backing	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees

Advanced Exercises

Exercise	Height	Length/Width	Other
A1 – Back Up (Onto Vertical EF)	N/A	N/A	Min. Angle – 75 degrees
A2 – Back Up (Onto a High EF)	Min. - Twice Hock	N/A	EF must allow for dog to step directly up to the surface height
A3 – Rebounds (75 Degrees)	N/A	N/A	Min. Angle – 75 degrees
A4 – Trick on a Platform Small	Min. - Hock	Max. - Dog Length on all sides	EF must be open on all sides
A5 – Split Level (Low)	Max. Hock	Min. - 3X Body Length (One Direction) or 1.5X	N/A

Exercise	Height	Length/Width	Other
		Body Length (Both Directions)	
A6 – Split Level (R/L)	Min. ½ Hock	Min. - 1X Body Length (One Direction) or ½ Body Length (Both Directions)	
A7 – Split Level (Advanced Pivot)	Elevated – No Min.	N/A	Size must permit dog to pivot 360 Degrees
A8 – Walk On (Backwards)	Elevated – No Min.	Min. - 18 inches or ½ Dog Length, whichever is larger (Width)	Dog moves backward min. one Dog Length; EF must be open on both sides
A9 – Go Around (Distance)	N/A	N/A	Min. Send - 10 Feet
A10 – Get On (Send)	Elevated – No Min.	N/A	Min. Send – 10 Feet
A11 – Novel Uses (Advanced)	N/A	N/A	If a standard Exercise is performed and measurements do not meet criteria, Interaction must be renamed and identified as "Off-List"
A12 – Straddle (Advanced Side Pass)	Min. - ¼ Distance between front and rear paws	Min. - ¼ Distance between front and rear paws (Width)	Min. – Dog moves 2X Dog Length (One Direction) or 1 dog length (Both Directions)
A13 – Go Under (Long and Low)	Max. - Low enough to require dog to crawl	Min. – ½ Dog Length	Dog must crawl at least one full Dog Length
A14 – Go Under (Low and Backwards)	Max. – Low enough to require dog to crawl backwards	N/A	N/A
A15 – Get Inside (Advanced)	Min. – Dog's Elbow	Max – ½ Dog Length	Must be enclosed on bottom and all sides
A16 - Distance Figure 8+	Jump Min. - none Max. - Head Height	N/A	Min. Send - 10 Feet
A17 - Get On (High)	Min. - 1.5 Shoulder	N/A	N/A

Special Division Exercises (S1-S2)

Exercise	Height	Length/Width	Other
S1 – Parking Lot Patterns	N/A	Included in description of	N/A

		Pattern	
S2 – Hill Repeats	N/A	Min.- 5x Dog Length	Min. Incline – 30 degrees

Special Division Advanced Exercises

Exercise	Height	Length/Width	Other
AS1 – Split Level (High)	Min. - Elbow	Min. - Twice Body Length	Dog moves 2X dog length (one direction) or one dog length (two directions)
AS2 – Split Level Pivot	Elevated – no Min.	N/A	Size must allow dog to pivot 360 degrees
AS3 – Platform Turns	Min. - Hock	Max.- Dog Length on all sides	Must be open on all sides
Exercise	**Height**	**Length/Width**	**Other**
AS4 – Long Solo Backing	N/A	Min. – 2X Dog Length	N/A
AS5 – Trick on a Platform (Send)	Min. - Hock	Max. – 2X Dog Length (two or more sides or diameter)	Min. Send – 8 Feet
AS6 – Go Under (Low)	Max. – ½ Shoulder	N/A	N/A
AS7 – Go Under (Backwards – Shoulder Height)	Max. – Shoulder	N/A	N/A
AS8 – Distance Figure 8 (2 EFs)	N/A	N/A	Min. Send – 8 Feet; Dog must remain at least 5 feet from handler
AS9 – Hill Pattern Backing	N/A	Min. – 3X Dog Length	N/A
AS10 – Hill Pattern Circles	N/A	Min. Diameter – 2X Dog Length	Min. Incline – 30 Degrees
AS11 – SD Back Up (Onto a High EF)	Min. – 2X Hock	N/A	Ramp, part of EF or provided by handler, may be used. Max. width of Ramp – 24 inches, or twice dog's width
AS12 - Get On (4 Feet, Narrow)	Min. - Hock	Max. - 1/3 Dog Length (two or more sides or diameter)	N/A
AS13 – Get Inside (Distance)	Min. - Hock	Max.- Dog Length	Must be enclosed on all but top

Open Top			Min. Send - 8 Feet
AS13 – Get Inside (Distance) Open Side	N/A	Max.- Twice Dog Length on all sides	Must be enclosed on all but one side Min. Send - 8 Feet