

## Getting Started with Rally:

### *A Rally Primer with Practice Sequences and Level 1 Exercises*

#### **Rally: Real-Life Skills for You and Your Dog!**

In Rally, you and your dog heel through a timed course of stations and perform the specific obedience exercises indicated on each sign. Various signs direct a dog and handler team to turn left or right, and guide them through moves like sit and down, stay, come, fast or slow, and heeling maneuvers. The courses are unique each time. Rally exercises and movements are real-life skills that you can use in everyday life!

#### **WCRL (World Cynosport Rally Limited): One of the Most Accessible and Friendly Dog Sports**

WCRL registration is open to all dogs, purebred and mixed, at least six months old. Additionally, both physically challenged dogs and handlers are encouraged to participate. Exercise modifications are allowed to help dogs and handlers with special needs manage the courses and compete on a level playing field. Since Level 1 is performed on leash, dogs with some behavior issues that might preclude them from other dog sports can participate and even do well in this sport; teams can continue competing on-lead in Level 1 indefinitely or move up to higher, off-leash levels.

Rally is one of the most dog and handler friendly dog sports because handlers are not restricted from praising and communicating with their dogs. There's no better way to turn a ring experience around than WCRL! In WCRL, you can talk to your dog, and use food and touch rewards after the correct behavior; you can compete the same way you train.

#### **Basic Rally Skills**

Skills to get started in Rally Level 1 are as follows. Feel free to teach these skills to your dog using positive reinforcement training techniques or take a basic manners group training class:

- Heeling: **The core foundation of Rally is heeling with your dog—the dog moves with the handler, on the handler's left side, on a loose leash**
- Sit in Heel Position
- Down in Heel Position
- Stand in Heel Position
- Front Position (sitting and facing the handler)
- Finish Right (dog returns to heel position by circling behind the handler)
- Finish Left (dog returns to heel position by swinging around on the handler's left side)
- Stay (both sit and down) and walk-around your dog
- Desire to learn more and have fun!

#### **Equipment Needed**

To practice Rally, you will need the following:

- leash (no longer than 6') and standard collar (buckle, snap, or Martingale collar) or body harness
- set of exercise signs [Free download of all WCRL exercise signs \(Levels 1, 2, and 3\)](#)
- station numbers (a small, removeable sign to number each sign of the course, from 1 – 20)
- cones or other similar object (for exercises involving cones)
- bar jump (Levels 2 and 3 only)
- food bowls with covers (Levels 2 and 3 only)

#### **Course Performance Basics** ([Click to view the complete Official WCRL Rules and Regulations](#))

The following general rules apply when performing a Rally course:

- The course begins when the dog and handler pass the Start sign, and ends when passing the Finish sign.
- The dog should be in heel position at all times unless otherwise required by an exercise.
- The team performs each exercise in the order indicated by the station numbers.
- The course path is generally to the left of each sign, though some signs (such as change of direction exercises) will be directly in front of you.

- For courses performed on leash (Intro and Level 1), the leash shall be held so that there is no tension on the dog's collar while performing exercises and moving through the course; there should be no steering or pulling of your dog with the leash. The leash may be held in one or both hands, and hand position may change during the course.
- You may retry any exercise, per the retry rules in the [Official Regulations](#).
- The handler may reward with food and/or touch after the completion of a stationary exercise, however, the following rules apply:
  - Handler may not use food or touch to lure or entice the dog to perform the desired behavior.
  - Food must be concealed in the handler's pocket until it is to be used.
  - Treat pouches/fanny packs are not allowed during the course.

## Next Steps: Performing Exercises and Courses (can be done at home!)

### 1. Learning the Exercise Signs

Go through each of the exercise signs to practice performing each sign with your dog. [See the exercise description and video of each Level 1 exercise below in this document](#). Practice these in various locations to proof the behavior.

### 2. Short Course Segments

Once you and your dog have learned each individual sign, you can practice some short course sequences of 2 to 3 exercises at a time. Note that each sign should generally be placed at least 10 feet apart.

#### Level 1 practice course segments:

- Start → Halt, Sit (100) → Halt, Sit, Stand (102) → 180° Left Turn (164)
- Start → 360° Right Turn (170) → Halt, Sit, Walk Around (106) → 270° Left Turn (168)
- Start → Halt, Sit, Down (104) → 360° Left Turn (172) → 180° Right Turn (162)
- Start → Halt, Sit, Down, Walk Around (114) → 360° Left Turn (172) → 90° Right Turn (158)
- Start → Halt, Sit, Stand (102) → 360° Right Turn (170) → 90° Left Turn (160)
- Start → 360° Left Turn (172) → Halt, Sit (100) → 270° Right Turn (166)
- Start → 90° Right Turn (158) → Call Front, Finish Right (116) → 180° Right Turn (162)
- Start → Call Front, Finish Left (118) → 270° Right Turn (166) → Fast Pace (154)
- Start → Halt, Sit, Down, Sit (112) → 90° Left Turn (160) → Call Front, Forward Right (178)
- Start → Serpentine (188) → 180° Left Turn (164) → Serpentine (188)
- Start → Figure 8 (186) → 180° Left Turn (164) → 270° Right Turn (166)
- Start → Mini Spiral Right (182) → 180° Right Turn (162) → Mini Spiral Left (184)
- Start → Mini Spiral Left (184) → 180° Left Turn (164) → Mini Spiral Right (182)

### 3. Complete Courses

After practicing various short course segments, you can practice performing full courses. There are some practice Intro courses (10 exercise signs) and Level 1 courses (14 – 16 exercise signs) in this document.

You'll need a space of at least 40 feet by 50 feet for a minimum-sized standard course, but if practicing at home, feel free to set up your own courses in the space available.

#### *Bonus Exercise*

Each complete WCRL course includes a bonus exercise, and it allows a team to earn up to 10 additional points. In Level 1 and Intro, the bonus exercise is any Level 2 exercise other than the exercises performed at a distance and jumping exercises, as Level 1 must be performed on leash.

### *Shared Stations*

Also, WCRL courses may contain Shared Stations, which are stations where two or more exercise signs are presented and which share a common stationary position. As an example, exercise 112 (Halt, Sit, Down, Sit) and exercise 106 (Halt, Sit, Walk Around) may be presented on a course as Shared Stations, and the handler can “share” the Sit at the end of exercise 112 with the Sit at the start of exercise 106, rather than having the dog sit both times.

## **Introduction to Rally Competitions**

Competing in Rally allows you to test your Rally skills in the ring with a judge scoring your performance. Competing in Rally as a goal can help you focus your training to attain a certain level of confidence and proficiency. Many people enjoy the challenges of testing at trials, and all teams entered in WCRL trials are eligible to be awarded qualifying legs and titles. Plus, the trials can be a lot of fun!

WCRL is open to all dogs of any breed and any mixed breeds. If you are interested in competing in WCRL trials, your dog must be registered with WCRL. To get a registration number, there is a [one-time registration fee with WCRL](#). This number will allow WCRL to recognize your accomplishments with title certificates and annual rankings.

Rally trials tend to be a fun and supportive environment where the competitors cheer each team on after their run and while awards are presented. In the beginning levels of competition, the dog competes in the ring while on-leash. The upper levels of competition have more complicated exercises and the dog is required to be off-leash.

Depending on your and your dog’s skill level and personality, some dogs are ready to compete in Rally trials quickly, while others require more time training before being ready to compete.

See the [Rally Event Calendar](#) for upcoming WCRL Trials near you—enter the Intro class to get some ring experience with a judge, or attend a trial to observe, meet people, and/or volunteer to help.

If you have the space for holding trials, consider becoming a Trial Host to run your own WCRL Trial; any individual or group may host a WCRL Trial. Contact [info@rallydogs.com](mailto:info@rallydogs.com) for more information about becoming a Trial Host and/or WCRL Judge. Judges may judge their own students at trials, providing the Judge did not personally train the dogs. See the [Hosting a Trial document in the Forms & Documents](#) page of the Rally website.

## **WCRL Judging and Scoring Basics**

- A perfect score is 200; a qualifying score (Q) is 170 or above.
- You can earn up to 10 additional points with the Bonus Exercise, so a score of 210 is possible.
- Points are deducted from a team’s performance for completing any of the exercises incorrectly. As examples (not a complete list), 1 point is deducted for each tight leash or not moving in unison, 2 points for additional cues, 3 points for retrying an exercise, 5 points for incorrect performance of a Primary Element of an exercise.
- The following conditions will result in an Elimination, in which the round is scored zero (not a complete list): food rewards given at an incorrect place, missing a station (whether on purpose or unintentionally), eliminating in the ring (poop, pee, or vomit), exceeding the maximum course time (3 minutes for Intro and Level 1, 3:30 minutes for Level 2, 4 minutes for Level 3 and Veteran)

See the [Official Regulations](#) for a complete list of Performance and Scoring Rules.

## **Advancing in Rally**

Keep training! If you enjoy Level 1 Rally exercises, you can continue in Level 1, as every course is unique, or check out the exercises in Level 2 and Level 3 in the [Official Regulations](#). You may enjoy an intermediate or advanced Rally class. Level 2 and Level 3 courses are performed off-leash, and include exercises for working with your dog at a distance, advanced stays, jumps, and longer courses. There is also a Veteran class designed to enable older dogs to remain active into their later years.

# LEVEL 1 EXERCISE SIGNS & VIDEO DEMONSTRATIONS

## Level 1 Stationary Exercises and Videos

Stationary exercises are exercises that conclude with a stationary position; they may include a moving element as part of the exercise.

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### 100—HALT, SIT

*To demonstrate the sit on halt.*

**Primary Element(s):**

SIT

**Requirements:**

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.



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### 102—HALT, SIT, STAND

*To demonstrate the stand from sit.*

**Primary Element(s):**

STAND FROM SIT POSITION

**Requirements:**

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to stand in heel position.
- Dog shall stand unassisted.
- Handler and dog heel forward with the dog moving from the stand position when proceeding to next station.



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### 104—HALT, SIT, DOWN

*To demonstrate the down from sit.*

**Primary Element(s):**

DOWN FROM SIT POSITION

**Requirements:**

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to down in place.
- Dog downs in heel position.
- Handler and dog heel forward with the dog moving from the down position when proceeding to next station.



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### 106—HALT, SIT, WALK AROUND

*To demonstrate the stay in sit position with handler movement.*

**Primary Element(s):**

STAY IN SIT POSITION

**Requirements:**

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to stay and walks counterclockwise around the dog and returns to heel position.
- Dog shall stay in sit position and stay in place until handler returns to heel position.



## 108—HALT, TURN RIGHT, 1 STEP, HALT

*To demonstrate movement with abbreviated handler movement.*

### Primary Element(s):

INITIATE HEELING AS HANDLER TURNS RIGHT AND TAKES ONE STEP

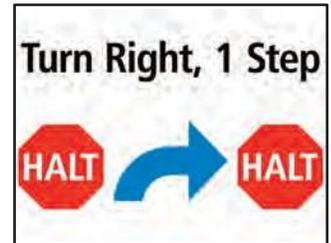
[Video](#)

### Requirements:

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to heel and turns 90° to the right and takes one full step and halts.
- Dog shall initiate heeling as the handler rotates and shall move in unison with handler.
- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.

### Note(s):

- A dog that is still sitting when the handler has completed the turn and one step to the right has not performed the Primary Element.



## 110—HALT, 90° RIGHT PIVOT, HALT

*To demonstrate movement with handler in place.*

### Primary Element(s):

INITIATE HEELING AS HANDLER PIVOTS RIGHT

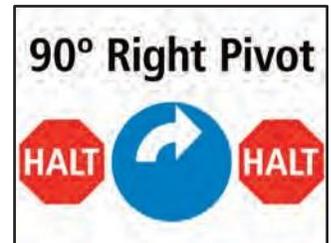
[Video](#)

### Requirements:

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to heel and pivots in place 90° to the right.
- Dog shall initiate heeling as the handler pivots and shall move in unison as handler pivots.
- At end of pivot, handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.

### Note(s):

- A dog that is still sitting when the handler has completed the pivot has not performed the Primary Element.
- Dog is not required to actually pivot.



## 112—HALT, SIT, DOWN, SIT

*To demonstrate stationary movements of sits and down.*

### Primary Element(s):

SIT FROM DOWN POSITION

[Video](#)

### Requirements:

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to down.
- Dog shall down in place.
- Handler cues the dog to sit.
- Dog shall sit in place.



## 114—HALT, SIT, DOWN, WALK AROUND

*To demonstrate stay in the down position with handler movement.*

### Primary Element(s):

STAY IN DOWN POSITION

[Video](#)

### Requirements:

- Handler and dog halt in unison, and handler cues the dog to sit.
- Dog sits in heel position.
- Handler cues the dog to down.
- Dog shall down and stay in place.
- Handler cues the dog to stay and promptly walks counterclockwise around the dog, returning to heel position.
- Dog shall stay in down position and stay in place until handler returns to heel position.



## 116—CALL FRONT, FINISH RIGHT

*To demonstrate front position with sit.*

### Primary Element(s):

FRONT WITH SIT

[Video](#)

### Requirements:

- Handler stops their forward motion and simultaneously cues the dog to sit at front.
- Dog comes to front and sits.
- Handler cues the dog to finish right.
- Dog performs a finish right, and sits in heel position.

### Note(s):

- Handler may take up to 4 steps backward while calling the dog to front, but is not required to do so.
- Handler shall not step forward to dog on dog's approach to front.



## 118—CALL FRONT, FINISH LEFT

*To demonstrate front position with sit.*

### Primary Element(s):

FRONT WITH SIT

[Video](#)

### Requirements:

- Handler stops their forward motion and simultaneously cues the dog to sit at front.
- Dog comes to front and sits.
- Handler cues the dog to finish left.
- Dog performs a finish left, and sits in heel position.

### Note(s):

- Handler may take up to 4 steps backward while calling the dog to front, but is not required to do so.
- Handler shall not step forward to dog on dog's approach to front.



## Moving Exercises

Moving exercises are exercises that conclude with an action element; they may include one or more stationary elements but do not conclude with a stationary position.

In this level, a number of the exercises are basic instructions, such as pace or change of direction. These exercises lay the foundation for course work in all levels.

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### 150—NORMAL PACE

*To demonstrate basics of heeling at a normal pace.*

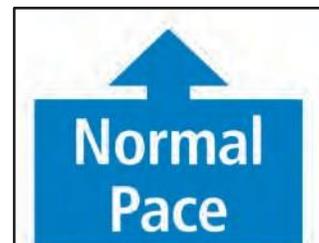
**Primary Element(s):**

NORMAL PACE

**Requirements:**

- Handler and dog move in unison, maintaining a natural movement at a normal pace.
- Handler shall not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

[Video](#)



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### 152—SLOW PACE

*To demonstrate heeling at a slow pace.*

**Primary Element(s):**

SLOW PACE

**Requirements:**

- Handler and dog move in unison while decreasing their heeling pace to a slow pace.
- Handler shall not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

[Video](#)



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### 154—FAST PACE

*To demonstrate heeling at a fast pace.*

**Primary Element(s):**

FAST PACE

**Requirements:**

- Handler and dog move in unison while increasing their heeling pace to a fast pace.
- Handler shall not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- This exercise is performed for a distance of 20' – 24' (6m – 7.5m).

[Video](#)



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### 156—MOVING SIDESTEP RIGHT

*To demonstrate attentiveness while heeling.*

**Primary Element(s):**

DOG MAINTAINS HEEL POSITION THROUGH HANDLER SIDESTEP

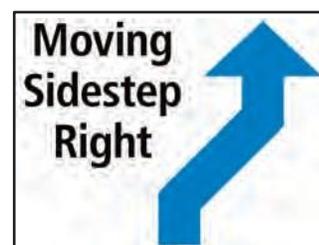
**Requirements:**

- Handler takes one distinctive diagonal sidestep to the right with the right foot and continues heeling forward along a parallel path.
- Dog shall continue to move in unison through the diagonal sidestep with the handler, maintaining heel position at all times without bumping, forging, lagging, or drifting wide.
- Handler continues to heel forward along a line parallel to their original path without adapting pace to the dog.

**Note(s):**

- Judge may sometimes place the sign in handler's path, requiring that the handler sidestep to the right of sign on approach.

[Video](#)



## 158—90° RIGHT TURN

*To demonstrate heeling through a right turn.*

### Primary Element(s):

RIGHT TURN

### Requirements:

- Handler and dog move in unison while making a turn 90° to the right.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.

[Video](#)



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## 160—90° LEFT TURN

*To demonstrate heeling through a left turn.*

### Primary Element(s):

LEFT TURN

### Requirements:

- Handler and dog move in unison while making a turn 90° to the left.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.

[Video](#)



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## 162—180° RIGHT TURN

*To demonstrate heeling through a 180° turn to the right.*

### Primary Element(s):

180° RIGHT TURN

### Requirements:

- Handler and dog move in unison while making a turn 180° to the right.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.
- Handler's turn may be a pivot or turn of no more than approximately a 2' – 3' (60cm – 90cm) radius.

[Video](#)



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## 164—180° LEFT TURN

*To demonstrate heeling through a 180° turn to the left.*

### Primary Element(s):

180° LEFT TURN

### Requirements:

- Handler and dog move in unison while making a turn 180° to the left.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.
- Handler's turn may be a pivot or turn of no more than approximately a 2' – 3' (60cm – 90cm) radius.

[Video](#)



## 166—270° RIGHT TURN

*To demonstrate heeling through a 270° right turn.*

### Primary Element(s):

270° TURN TO THE RIGHT

[Video](#)

### Requirements:

- Handler and dog move in unison while making a turn 270° to the right with an approximate radius of no more than 2' – 3' (60cm – 90cm) to effect the equivalent of a 90° left turn.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.



## 168—270° LEFT TURN

*To demonstrate heeling through a 270° left turn.*

### Primary Element(s):

270° TURN TO THE LEFT

[Video](#)

### Requirements:

- Handler and dog move in unison while making a turn 270° to the left with an approximate radius of no more than 2' – 3' (60cm – 90cm) to effect the equivalent of a 90° right turn.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn in order to define the angle of the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.



## 170—360° RIGHT TURN

*To demonstrate heeling through a 360° circle clockwise.*

### Primary Element(s):

360° TURN TO THE RIGHT

[Video](#)

### Requirements:

- Handler and dog move in unison while making a turn 360° to the right with an approximate radius of no more than 2' – 3' (60cm – 90cm).
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.



## 172—360° LEFT TURN

*To demonstrate heeling through a 360° circle counterclockwise.*

### Primary Element(s):

360° TURN TO THE LEFT

[Video](#)

### Requirements:

- Handler and dog move in unison while making a turn 360° to the left with an approximate radius of no more than 2' – 3' (60cm – 90cm).
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

### Note(s):

- Handler should take 2 – 3 steps after the turn before veering towards the next station, should it not be in direct line of handler's path following the turn.



### 174—VEER 45° RIGHT

*To demonstrate a diagonal heeling maneuver to the right.*

[Video](#)



#### Primary Element(s):

45° RIGHT TURN

#### Requirements:

- Handler and dog move in unison while making a turn 45° diagonally to the right either in front of or following the sign.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

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### 176—VEER 45° LEFT

*To demonstrate a diagonal heeling maneuver to the left.*

[Video](#)



#### Primary Element(s):

45° LEFT TURN

#### Requirements:

- Handler and dog move in unison while making a turn 45° diagonally to the left either in front of or following the sign.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

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### 178—CALL FRONT, FORWARD RIGHT

*To demonstrate front position with sit.*

[Video](#)



#### Primary Element(s):

FRONT WITH SIT

#### Requirements:

- Handler stops their forward motion and simultaneously cues the dog to sit at front.
- Dog comes to front and sits.
- Handler will cue the dog to perform the forward right, as follows:
  - Handler will cue the dog to circle the handler and return to heel position.
  - Dog will circle behind handler's back and proceed directly to heel position.
  - Handler and dog heel forward without hesitation as the dog comes into heel position.
  - Dog, without sitting or stopping, shall heel forward in unison without the handler adapting to the dog's pace.

#### Note(s):

- Handler may take up to 4 steps backward while calling the dog front, but is not required to do so.
- Handler shall not step forward to dog on dog's approach to front.

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### 180—CALL FRONT, FORWARD LEFT

*To demonstrate front position with sit.*

[Video](#)



#### Primary Element(s):

FRONT WITH SIT

#### Requirements:

- Handler stops their forward motion and simultaneously cues the dog to sit at front.
- Dog comes to front and sits.
- Handler will cue the dog to perform the forward left, as follows:
  - Handler will cue the dog to move directly to heel position at the handler's left side without circling behind the handler.
  - Dog will move directly to heel position rotating left or right to face forward on a parallel path with the handler.
  - Handler and dog heel forward without hesitation as the dog comes into heel position.
  - Dog, without sitting or stopping, shall heel forward in unison without the handler adapting to the dog's pace.

#### Note(s):

- Handler may take up to 4 steps backward while calling the dog front, but is not required to do so.
- Handler shall not step forward to dog on dog's approach to front.

## 182—MINI SPIRAL RIGHT

*To demonstrate variations in turns to the right.*

### Primary Element(s):

[Video](#)

HEELING AROUND CONES IN DEFINED PATTERN TO THE RIGHT

### Requirements:

- Handler and dog perform a spiral heeling pattern as follows:
  - Team heels clockwise in an oval pattern around both cones, with cones on the team's right side.
  - Team continues heeling clockwise without any hesitation in a circular or oval pattern around the first cone, passing the second cone on the team's left side.
- Handler and dog move in unison while performing the spiral.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- Team performs exercise without splitting or displacing a cone.

### Note(s):

- The exercise is performed using two cones positioned 6' – 8' (1.8m – 2.4m) apart, as measured between the facing edges of each cone.
- The exercise may be placed at any angle (i.e., placed parallel, perpendicular, or diagonally to the course path) at judge's discretion. The first cone is to be clearly indicated on the course map and by placement of the sign on the course.
- Team's movement is similar to the shape of a standard paperclip.



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## 184—MINI SPIRAL LEFT

*To demonstrate variations in turns to the left.*

### Primary Element(s):

[Video](#)

HEELING AROUND CONES IN DEFINED PATTERN TO THE LEFT

### Requirements:

- Handler and dog perform a spiral heeling pattern as follows:
  - Team heels counterclockwise in an oval pattern around both cones, with cones on the team's left side.
  - Team continues heeling counterclockwise without any hesitation in a circular or oval pattern around the first cone, passing the second cone on the team's right side.
- Handler and dog move in unison while performing the spiral.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- Team performs exercise without splitting or displacing a cone.

### Note(s):

- The exercise is performed using two cones positioned 6' – 8' (1.8m – 2.4m) apart, as measured between the facing edges of each cone.
- The exercise may be placed at any angle (i.e., placed parallel, perpendicular, or diagonally to the course path) at judge's discretion. The first cone is to be clearly indicated on the course map and by placement of the sign on the course.
- Team's movement is similar to the shape of a standard paperclip.



## 186—FIGURE 8

*To demonstrate heeling around objects.*

### Primary Element(s):

HEELING AROUND CONES IN DEFINED PATTERN

[Video](#)



### Requirements:

- Handler and dog perform the Figure 8 pattern, as follows:
  - Team heels in unison past the first cone on the team’s left side.
  - Team crosses between the cones with second cone on team’s right side.
  - Team continues heeling around the second cone on team’s right side.
  - Team crosses again between the two cones with first cone on team’s left side.
- Handler and dog move in unison while performing the Figure 8.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- Team performs exercise without splitting or displacing a cone.

### Note(s):

- The exercise is performed using two cones positioned 6’ – 8’ (1.8m – 2.4m) apart, as measured between the facing edges of each cone.
- The team crosses the center (i.e., between the cones) twice.
- The exercise may be placed at any angle (i.e., placed parallel, perpendicular, or diagonally to the course path) at judge’s discretion. The first cone is to be clearly indicated on the course map and by placement of the sign on the course.

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## 188—SERPENTINE

*To demonstrate multiple variations in stride.*

### Primary Element(s):

HEELING AROUND CONES IN DEFINED PATTERN

[Video](#)



### Requirements:

- Handler and dog perform a continuous Serpentine heeling pattern, as follows:
  - Team passes the first cone on the team’s left side.
  - Team maneuvers directly through the sequence of cones by crossing between the first and second cones to the left, then right between the second and third cones, then left between the third and fourth cones, and if a fifth cone is utilized, then right between the fourth and fifth cones.
- Handler and dog move in unison while performing the serpentine.
- Handler does not adapt pace to the dog.
- Dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- Team performs exercise without splitting or displacing a cone.

### Note(s):

- The exercise is performed using four or five cones at judge’s discretion, positioned 6’ – 8’ (1.8m – 2.4m) apart, as measured between the facing edges of each cone.
  - The exercise may be placed at any angle (i.e., placed parallel, perpendicular, or diagonally to the course path) at judge’s discretion. The first cone is to be clearly indicated on the course map and by placement of the sign on the course.
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