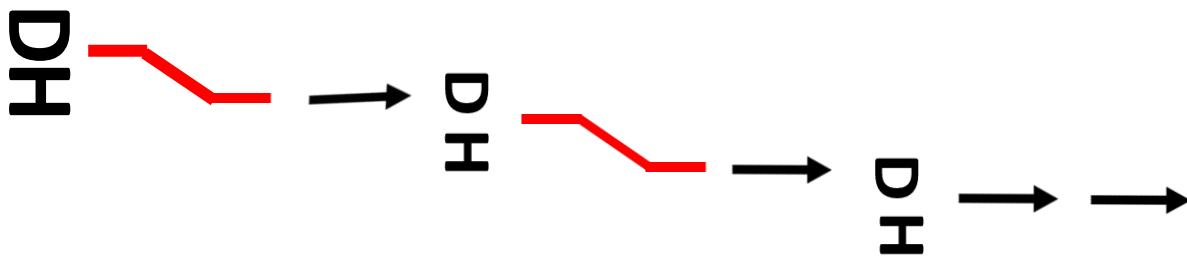


Level 1 Exercises

157 DOUBLE SIDESTEP

To demonstrate attentiveness while heeling.



Primary Element(s):

DOG MAINTAINS HEEL POSITION THROUGH HANDLER SIDESTEPS TWICE

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 while maintaining heel position at all times without bumping, forging, lagging, or drifting wide.
- Handler and dog heel forward 1 step along a line parallel to their original path and perform a second sidestep.
-Dog shall continue to move in unison through the second diagonal sidestep with the handler while 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 the handler's path, requiring that the handler sidestep to the right of the sign on approach.

173 Circle

To demonstrate variations in heeling.

Primary Element(s):

CIRCLE HANDLER IN CLOCKWISE DIRECTION
COME TO HEEL POSITION

Requirements:

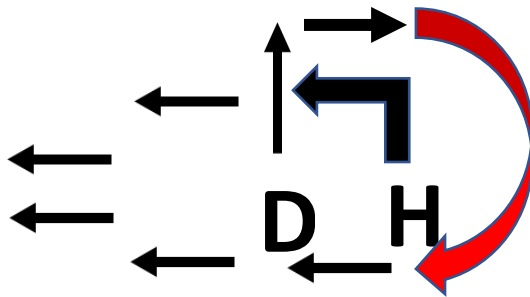
- Handler momentarily pauses and cues the dog to circle clockwise around the handler.
- As the dog comes into heel position, the handler cues the dog to heel.
- Without attempting to sit, the dog moves forward in unison with the handler.

Note(s):

- “Come to heel position” (Primary Element) means moving directly to heel position without pausing.

179 HANDLER 90° LEFT/DOG 270° RIGHT

To demonstrate understanding of heel position with counter-movements.



Primary Element(s):

DOG RETURNS TO HEEL AFTER CIRCLING THE HANDLER AS THE HANDLER TURNS LEFT.

Requirements:

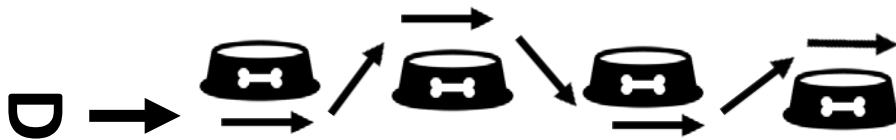
- While moving forward with the dog in heel position, the handler performs a 90-degree left turn while cuing the dog to cross in front of the handler.
- The dog performs a 270° right turn behind the handler.
 - Dog immediately returns to heel position.
- Handler and dog continue heeling forward in unison to the next station.

Note(s):

- Handler’s turns may be pivots.

189 Distraction Serpentine

To demonstrate multiple variations in stride.



Primary Element(s):

HEELING AROUND DISTRACTIONS IN DEFINED PATTERN

Requirements:

- Handler and dog perform the Distraction Serpentine pattern, as follows:
 - Team passes the first distraction on the team's left side.
 - Team maneuvers directly through the sequence of distractions by crossing between the first and second distraction to the left, then right between the second and third distraction, then left between the third and fourth distraction.
- Handler and dog move in unison while performing the serpentine
- Handler does not adapt pace to the dog
- The team performs exercise without splitting or displacing any distractions

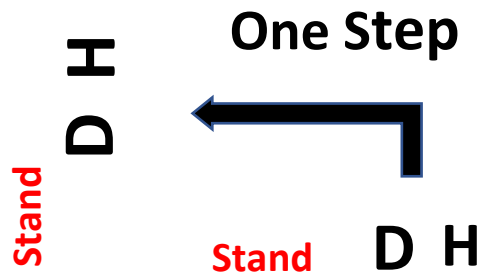
Note(s):

- The exercise is performed using four distractions, positioned 6' – 8' (1.8 m to 2.4 m) apart, as measured between the facing edges of each distraction.
- Distractions may be empty bowls, non-metal dog collars or 4–6-foot non-metal dog leashes. Any combination of distractions is acceptable.
- The exercise may be placed at any angle (i.e., placed parallel, perpendicular, or diagonally to the course path) at the judge's discretion. The first cone is to be clearly indicated on the course map and by placement of the sign on the course.

Level 2 Exercises

201 STAND, 90° LEFT TURN, 1 STEP, STAND

To demonstrate movement with abbreviated handler movement.



Primary Element(s):

INITIATE HEELING AS HANDLER TURNS LEFT AND TAKES ONE STEP

Requirements:

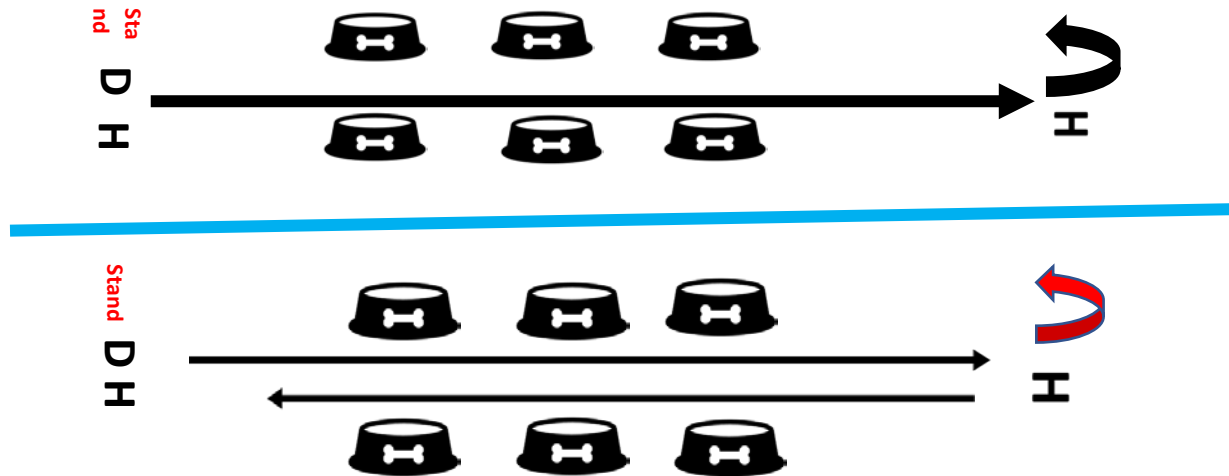
- Handler pauses momentarily and cues the dog to stand.
- Dog stands unassisted in heel position without attempting to sit.
- Handler cues the dog to heel and turns 90° to the left, takes one full step, and halts.
- Dog shall initiate heeling as the handler rotates and shall move in unison with handler.
- Handler and dog halt in unison, and handler cues the dog to stand.
- Dog stands in heel position.
- Handler cues the dog to heel; dog heels forward in unison with handler.

Note(s):

- A dog that is still standing in place when the handler has completed the turn and one step to the left has not performed the Primary Element.
- The second stand position at the end of the exercise is rewardable.

273 MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL THROUGH FOOD BOWLS, FORWARD (NO FOOD)

To demonstrate a distance stay and a call to heel with distractions.



Primary Element(s):

STAY IN PLACE
COME TO HEEL POSITION

Requirements:

A:

- Handler pauses momentarily and cues the dog to stand.
- Dog stands unassisted in heel position without attempting to sit.
- Handler cues the dog to stay and walks to the second sign by passing through the middle of the lines of food bowls.
- Dog stays in place and in stand position until called by the handler.
- Dog moves through the middle of the two lines of bowls without deviation from the path toward the bowls (“deviation”) and/or without the dog touching or deviating from the path to sniff the bowls (“distraction”).

B:

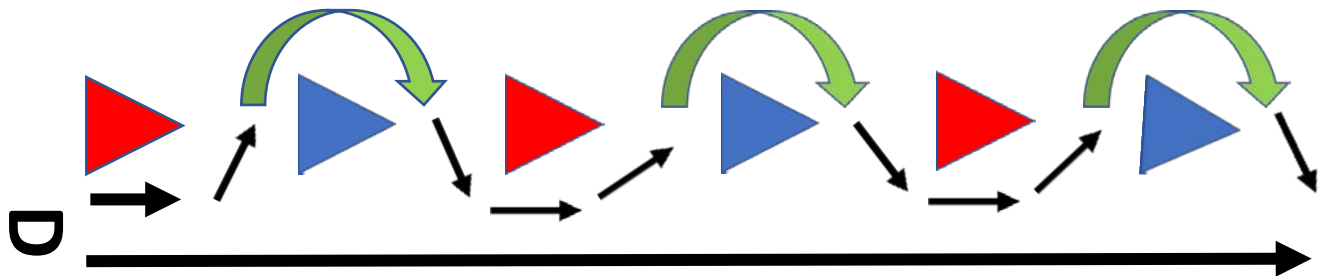
- Handler turns about and halts, facing the dog.
- Handler immediately calls the dog to come to heel (either direction).
- Dog comes to heel position.
- As the dog comes into heel position, the handler cues the dog to heel
- Without attempting to sit, the dog moves forward in unison with the handler.
- Handler and dog heel back through the two lines of food bowls.

Note(s):

- The empty food bowls are arranged in two lines approximately 5 feet apart. The three food bowls in each line should be evenly spaced.
- Each food bowl shall generally be at least 6" (15 cm) in diameter.
- Second sign is placed approximately 12' – 14' (3.6 m – 4.2m) away.
- "Come to heel position" (Primary Element) means moving directly to heel position without coming to front position.
- Dog may go directly to the handler's left side or circle around behind the handler.
- The first bowl of each line are to be clearly indicated on the course map and by placement of the exercise sign on the course.

275 SINGLE CONE WEAVES

To demonstrate multiple variations in stride.



Primary Element(s):

HEELING THROUGH CONES IN DEFINED PATTERN

Requirements:

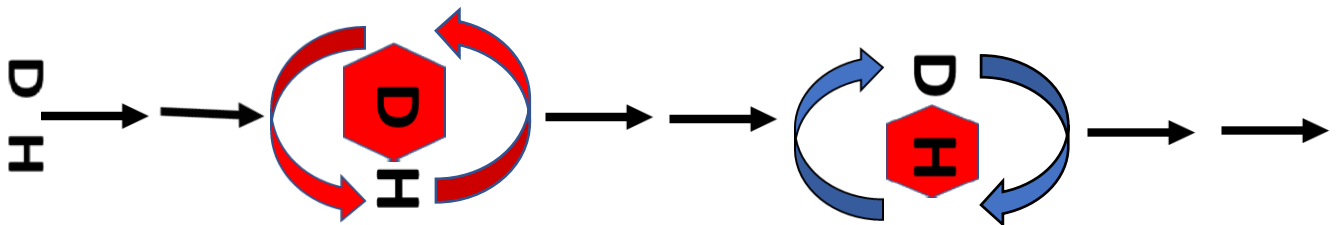
- Handler and dog perform the Single Cone Weaves pattern, as follows:
 - Handler and dog heel past the first cone on the team's left.
 - Handler sends dog to circle the second cone. Handler keeps the cone on the handler's left. Dog moves immediately into heel position after circling the cone.
 - Handler and dog heel past the third cone on the team's left.
 - Handler sends dog to circle the fourth cone. Handler keeps the cone on the handler's left. Dog moves immediately into heel position after circling the cone.
 - Handler and dog heel past the fifth cone on the team's left.
 - Handler sends dog to circle the sixth cone. Handler keeps the cone on the handler's left. Dog moves immediately into heel position after circling the cone.
- Team performs the exercise without displacing the cone.
- Handler may not change pace or adapt pace to the dog

Note(s):

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

267 DOUBLE WALKAROUND

To demonstrate a reliable stand in place and a reliable response to move around the handler to find heel position.



Primary Element(s):

Dog does not sit or down

Primary Element(s):

DOG RETURNS TO HEEL AFTER CIRCLING THE HANDLER AS THE HANDLER TURNS LEFT.

Requirements:

- While moving, the handler cues the dog to stand.
- Dog stands unassisted in heel position without attempting to sit or down.
- Handler walks counterclockwise direction around the dog without the dog changing positions or moving out of place
- Upon returning to heel position, the handler cues the dog to heel forward for **2 steps** while continuing to move forward.
- After two steps, the handler stops and cues the dog to circle the handler in a clockwise direction.
 - Handler remains facing forward without changing position or moving out of place
- When the dog returns to heel position, the dog and handler heel forward in unison

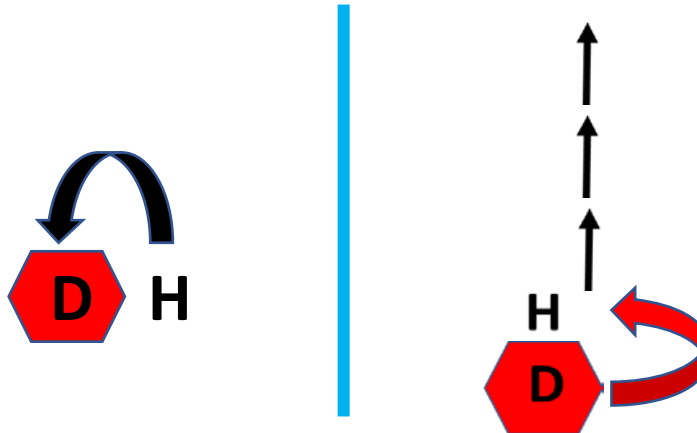
Note(s):

- Handler shall not adapt pace at any point in the exercise.

Level 3 Exercises

353 STAND, DOG PIVOTS INTO HEEL, REVERSE HEEL 3 STEPS, FORWARD

To demonstrate differentiation of front versus heel and position control while heeling.



Primary Element(s):

- A. STAY IN STAND POSITION
- B. REVERSE HEEL 3 STEPS

Requirements:

- While remaining in heel position, the handler pauses momentarily and cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit.
- The handler pivots in front of the dog without the dog changing position or moving out of place.
- The handler cues the dog to move directly to heel position at the handler's left side without circling behind the handler.
 - Once the dog is in heel position, the handler and dog heel backwards for a minimum of three full steps (approximately 5' – 6', or 1.5m – 1.8m)
 - The handler and dog then reverse direction and resume heeling forward.
 - The dog shall reverse direction of heeling while maintaining heel position, without turning significantly, and without attempting to sit or down.

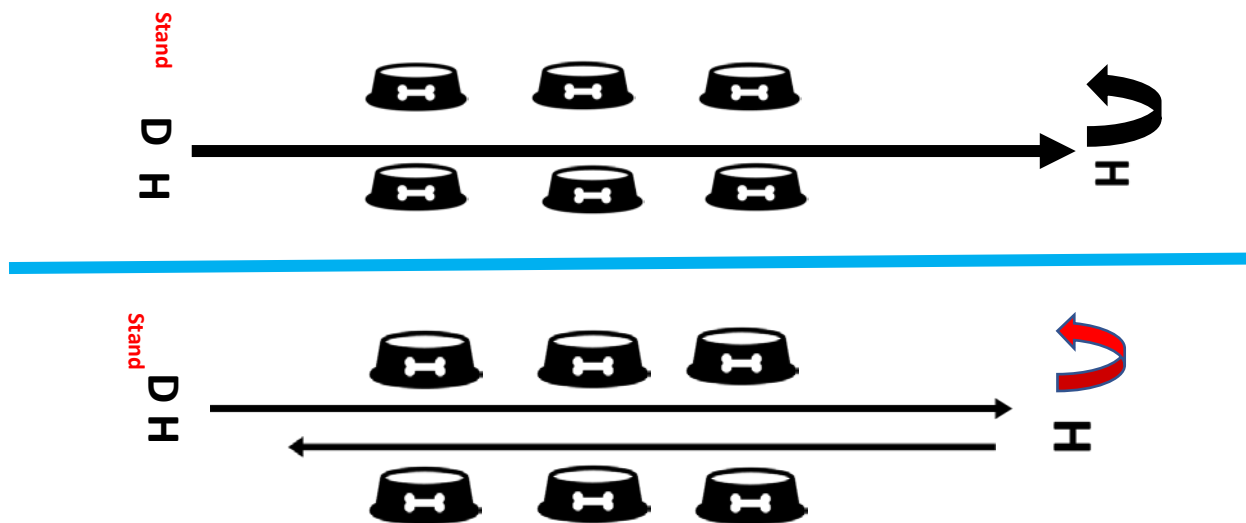
Note(s):

- The handler may cue a stand with the pause for initiating heel backwards and may cue heel on initiating heeling forward following reversal.
- The pause for reversals of direction at beginning and end of the heeling section are transitions for change of diction and not halts. The pause(s) should not be abrupt.
- "Reverse heeling" should be smooth and fluid at near normal pace. Extra steps in reverse shall not be penalized.

- Heeling penalties apply in both directions.
- the dog to move directly to heel position at the handler's left side without circling behind the handler.

377 MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL THROUGH FOOD BOWLS, FORWARD (WITH FOOD)

To demonstrate a distance stay and a call to heel with distractions.



Primary Element(s):

STAY IN PLACE
COME TO HEEL POSITION

Requirements:

A:

- Handler pauses momentarily and cues the dog to stand.
- Dog stands unassisted in heel position without attempting to sit.
- Handler cues the dog to stay and walks to the second sign by passing through the middle of the lines of food bowls.
- Dog stays in place and in stand position until called by the handler.
- Dog moves through the middle of the two lines of bowls without deviation from the path toward the bowls (“deviation”) and/or without the dog touching or deviating from the path to sniff the bowls (“distraction”).

B:

- Handler turns about and halts, facing the dog.
- Handler immediately calls the dog to come to heel (either direction).
- Dog comes to heel position.
- As the dog comes into heel position, handler cues the dog to heel
- Without attempting to sit, the dog moves forward in unison with the handler.
- Handler and dog heel back through the two lines of food bowls.

Note(s):

- Each of the three covered food bowls are filled with approximately $\frac{1}{4}$ cup each of dried dog food.
- The food bowls are arranged in two lines approximately 5 feet apart. The food bowls in each line should be evenly spaced.
- Each food bowl shall generally be at least 6" (15 cm) in diameter.
- Second sign is placed approximately 12' – 14' (3.6 m – 4.2m) away.
- "Come to heel position" (Primary Element) means moving directly to heel position without coming to front position.
- Dog may go directly to the handler's left side or circle around behind the handler.
- The first cones of each line are to be clearly indicated on the course map and by placement of the exercise sign on the course.