



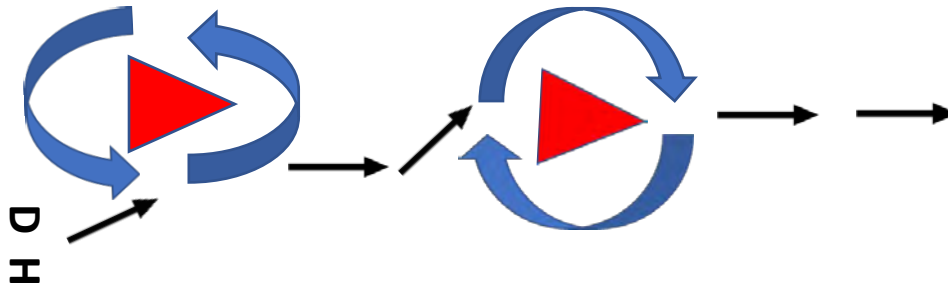
New FLASH Exercises

S

<u>Category</u>	<u>Exercise</u>	<u>Level 1 - Exercise Name</u>	<u>Page</u>	<u>Introduced</u>
CONES	F101	CIRCLES WITH CONES	2	2/23/22
	F103	SINGLE CONE WEAVES	3	1/25/22
	F105	DISTRACTION SERPENTINE	4	1/25/22
TURNS	F131	HANDLER 90° RIGHT/DOG 270° RIGHT	5	1/25/22
	F133	HANDLER 90° LEFT/DOG 270° RIGHT	6	2/23/22
	F135	STAND, HANDLER PIVOTS TO FRONT, FORWARD LEFT	7	2/23/22
HEELING	F161	Exercise to be introduced in the future		TBD
	F163	DOUBLE SIDESTEP	8	1/25/22
	F165	CIRCLE	9	1/25/22
	F167	LATERAL HEELING TO THE RIGHT (1 STEP)	10	2/23/22
<u>Category</u>	<u>Exercise</u>	<u>Level 2 - Exercise Name</u>	<u>Page</u>	<u>Introduced</u>
CONES	F201	CALL TO HEEL THROUGH FOOD BOWLS, FORWARD (no food)	11-12	1/25/22
	F203	CALL TO HEEL THROUGH FOOD BOWLS, FORWARD (w/food)	13-14	1/25/22
	F205	SEND BY DISTRACTIONS	15	2/23/22
TURNS	F231	STAND, 90° LEFT TURN, 1 STEP, STAND	16	1/25/22
HEELING	F261	DOUBLE WALKAROUND	17	1/25/22
	F263	Exercise to be introduced in the future		TBD
	F265	MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL, REVERSE HEEL 2 STEPS, FORWARD	18-19	2/23/22
	F267	Exercise to be introduced in the future		TBD
	F269	LATERAL HEELING TO THE RIGHT (2 STEPS)	20	2/23/22
	F271	MOVING CALL TO HEEL	21	2/23/22

F101 - CIRCLES WITH CONES - (2/23/2022)

To demonstrate variations in heeling.



Primary Element(s):

HEELING AROUND CONES IN DEFINED PATTERN

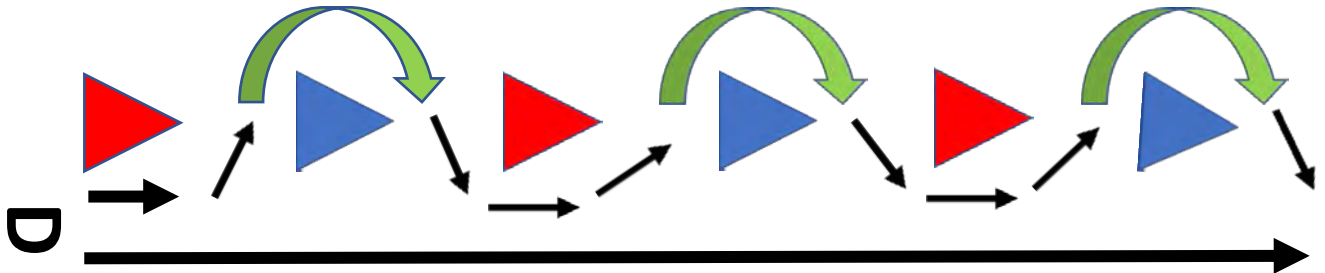
- The handler and dog perform the pattern, as follows:
 - Team passes the first cone on the team's left side.
 - Team heels counterclockwise around the first cone with the first cone on the team's left side.
 - Team heels forward and crosses between the cones with the cone on the team's right side.
 - Team heels clockwise around the second cone with the second cone on the team's right side.
- The handler and dog move in unison while performing the exercise.
- The handler does not adapt pace to the dog.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- The team performs exercise without splitting or displacing any cones.

Note(s):

- The exercise is performed using two cones, positioned 4' – 6' (1.2 m to 1.8 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.

F103 - SINGLE CONE WEAVES - (1/25/2022)

To demonstrate multiple variations in stride.



Primary Element(s):

HEELING THROUGH CONES IN DEFINED PATTERN

Requirements:

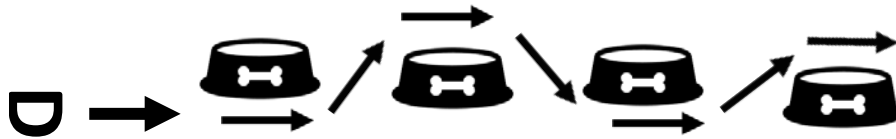
- The handler and dog perform the Single Cone Weaves pattern, as follows:
 - The handler and dog heel past the first cone on the team's left.
 - The handler sends the dog to circle the second cone. The handler keeps the cone on the handler's left. The dog moves immediately into heel position after circling the cone.
 - The handler and dog heel past the third cone on the team's left.
 - The handler sends the dog to circle the fourth cone. The handler keeps the cone on the handler's left. The dog moves immediately into heel position after circling the cone.
 - The handler and dog heel past the fifth cone on the team's left.
 - The handler sends the dog to circle the sixth cone. The handler keeps the cone on the handler's left. The dog moves immediately into heel position after circling the cone.
- The team performs the exercise without displacing the cone(s).
- The 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.

F105 - DISTRACTION SERPENTINE - (1/25/2022)

To demonstrate multiple variations in stride.



Primary Element(s):

HEELING AROUND DISTRACTIONS IN DEFINED PATTERN

Requirements:

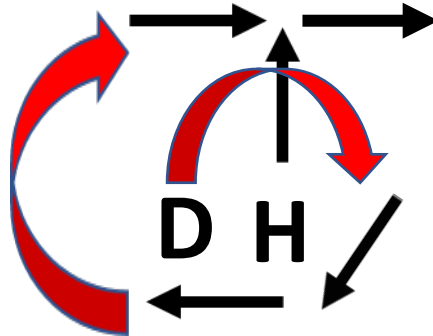
- The handler and dog perform the Distraction Serpentine pattern, as follows:
 - The team passes the first distraction on the team's left side.
 - The team maneuvers directly through the sequence of distraction by crossing between the first and second distraction to the left, then right between the second and third distraction, then left between the third and fourth distraction.
- The handler and dog move in unison while performing the serpentine.
- The 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.

F131 - HANDLER 90° RIGHT/DOG 270° RIGHT - (2/23/2022)

To demonstrate understanding of heel position with handler in motion.



Primary Element(s):

DOG PASSES CLOCKWISE AROUND HANDLER TO FIND HEEL POSITION AS HANDLER TURNS RIGHT

Requirements:

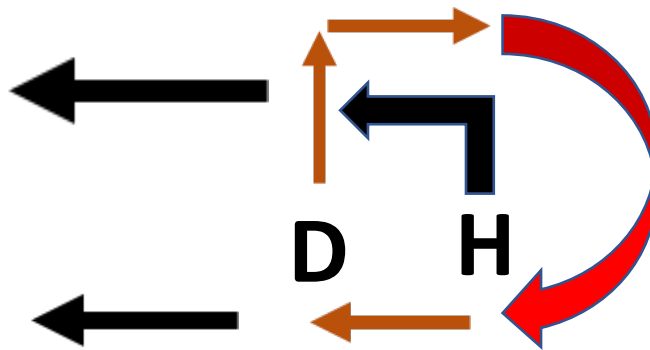
- While moving forward with the dog in heel position, the handler pauses while cuing the dog to cross in front of the handler.
- The handler turns right 90 degrees immediately after the dog clears the handler's path in front*.
- The dog performs a 270° right turn behind the handler.
 - The dog immediately returns to heel position.
- The handler and dog continue heeling forward in unison to the next station.
- The handler does not adapt pace to the dog.

Note(s):

- *Failure of the handler to initiate the turn later than the dog clearing the handler's path is a DESC deduction.

F133 - HANDLER 90° LEFT/DOG 270° RIGHT - (1/25/2022)

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:

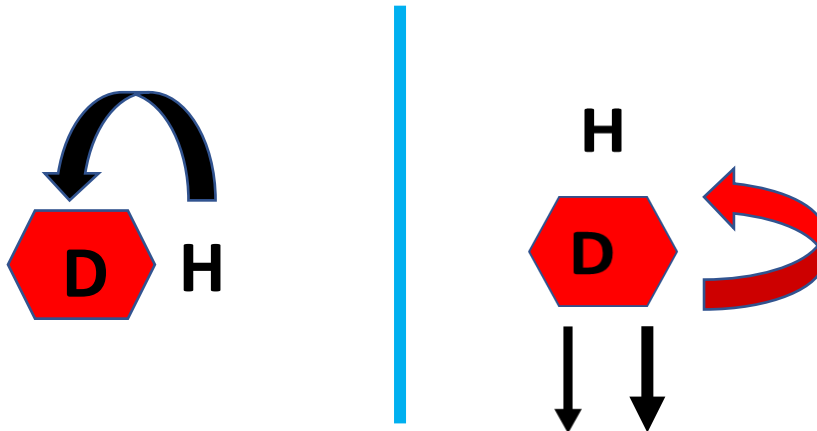
- While moving forward with the dog in heel position, the handler performs a 90-degree left turn while cuing the dog to cross in front of the handler.
- The dog performs a 270° right turn behind the handler.
 - The dog immediately returns to heel position.
- The handler and dog continue heeling forward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

Note(s):

- The handler's turns may be pivots.

F135 - STAND, HANDLER PIVOTS TO FRONT, LEFT, FORWARD - (2/23/2022)

To demonstrate understanding of heel position with handler in motion.



Primary Element(s):

DOG REMAINS IN POSITION AND IN PLACE

Requirements:

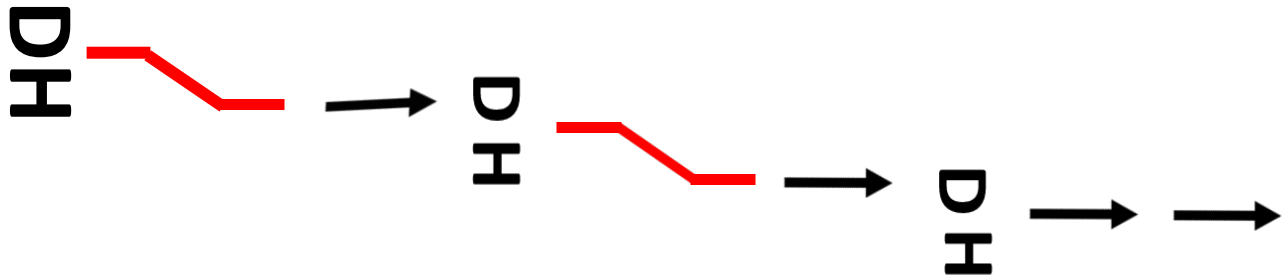
- While remaining in heel position, the handler pauses momentarily and cues the dog to stand and stay.
- The dog stands unassisted in heel position without attempting to sit or down.
- The handler pivots in front of the dog and pauses momentarily, facing the dog.
 - The dog stays in place and in position.
- The handler cues the dog to perform the forward left as follows:
 - The handler cues the dog to move directly to heel position at the handler's left side without circling behind the handler.
 - The dog moves directly to heel position, rotating left or right to face forward on a parallel path with the handler.
 - The handler and dog heel forward without hesitation as the dog comes into heel position.
 - Without sitting or stopping, the dog shall heel forward in unison without the handler adapting to the dog's pace.

Note(s):

- The handler pivots in front of the dog, as close to the dog as possible.

F163 - DOUBLE SIDESTEP - (1/25/2022)

To demonstrate attentiveness while heeling.



Primary Element(s):

DOG MAINTAINS HEEL POSITION THROUGH HANDLER SIDESTEPS TWICE

Requirements:

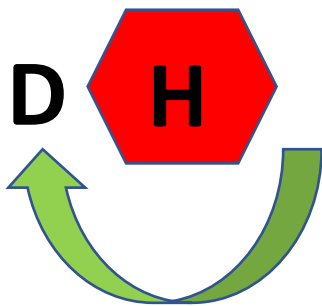
- The handler takes one distinctive diagonal sidestep to the right with the right foot and continues heeling forward along a parallel path.
 - The dog shall continue to move in unison through the diagonal sidestep with the handler while maintaining heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler and dog heel forward 1 step along a line parallel to their original path and performs a second sidestep.
 - The 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.
- The handler continues to heel forward along a line parallel to their original path without adapting pace to the dog.

Note(s):

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

F165 - CIRCLE - (1/25/2022)

To demonstrate variations in heeling.



Primary Element(s):

CIRCLE HANDLER IN CLOCKWISE DIRECTION
COME TO HEEL POSITION

Requirements:

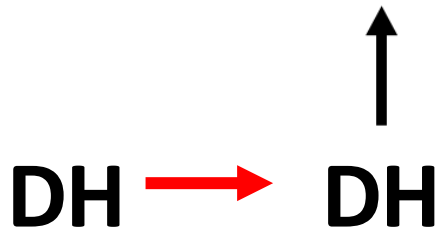
- The handler pauses and cues the dog to circle clockwise around the handler.
- As the dog comes into heel position, the handler cues the dog to heel.
- Without attempting to sit, the dog moves forward in unison with the handler.

Note(s):

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

F167 - LATERAL HEELING TO THE RIGHT (1 STEP) - (2/23/2022)

To demonstrate stand in heel position after handler sidesteps.



Primary Element(s):

DOG STAYS IN STAND POSITION AFTER HANDLER SIDESTEPS.

Requirements:

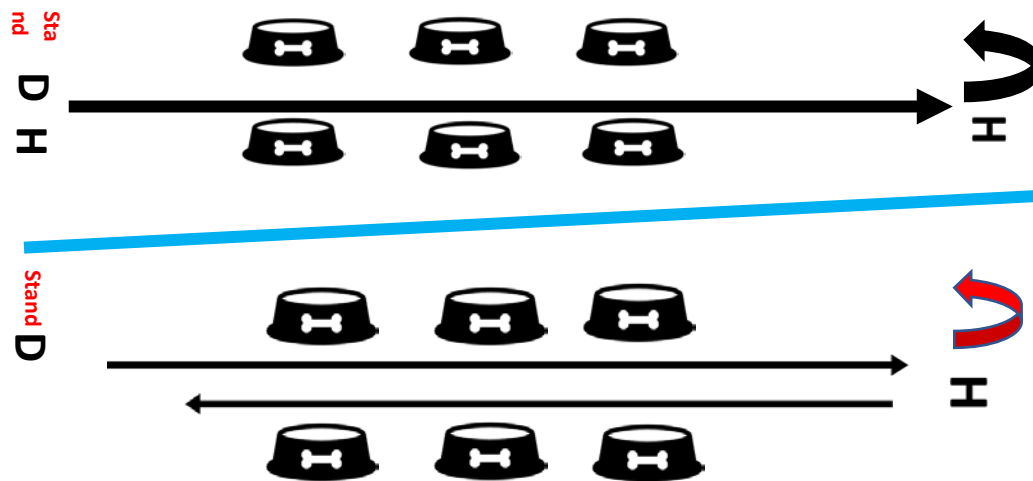
- The handler and dog pauses momentarily cues the dog to stand.
 - The dog stands unassisted in heel position without attempting to sit or down.
- The handler cues the dog to heel and while continuing to face forward, sidesteps to the right, and pauses momentarily.
- The dog shall initiate movement to heel as the handler sidesteps one step to the right.
- The dog stands in heel position.
- The team shall heel forward in unison to the next station.

Note(s):

- The handler may not move backwards while performing the sidestep.
- The sidestep shall be approximately double the handler's normal stance (i.e., 18" – 24" or 45cm – 60cm).
- The dog is not required to actually sidestep when moving laterally, but the dog is required to move when the handler moves.

F201 - CALL TO HEEL THROUGH FOOD BOWLS FORWARD (NO FOOD) - (1/25/2022)

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



Primary Element(s):

STAY IN PLACE
COME TO HEEL POSITION

Requirements:

A:

- The handler pauses momentarily and cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit.
- The handler cues the dog to stay and walks to the second sign by passing through the middle of the lines of food bowls.
- The dog stays in place and in stand position until called by the handler.
- The 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:

- The handler turns about and halts, facing the dog.
- The handler immediately calls the dog to come to heel (either direction).
- The 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.
- The handler and dog heel back through the two lines of food bowls.



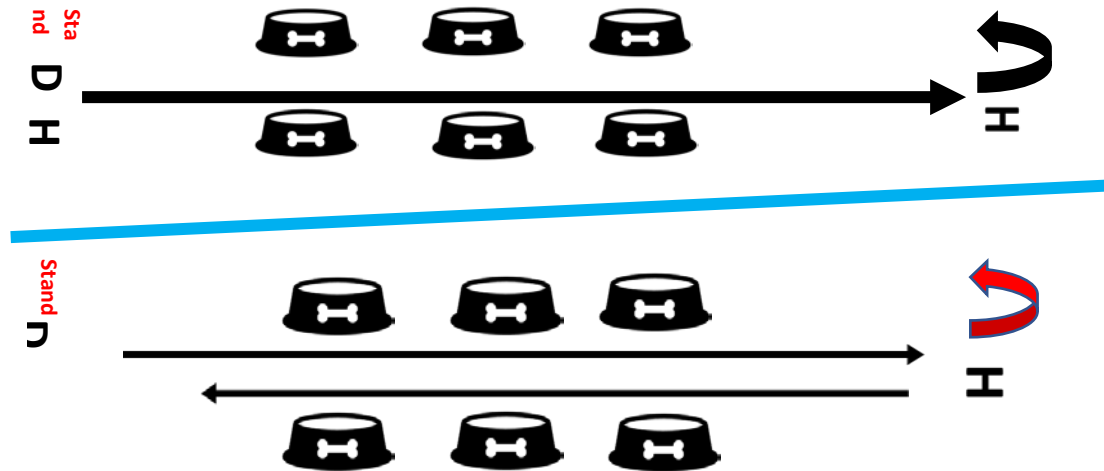
New FLASH Exercises

Note(s):

- The empty food bowls are arranged in two lines approximately 5 feet apart. The four 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.
- The 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.

F203 - CALL TO HEEL THROUGH FOOD BOWLS, FORWARD (WITH FOOD) - (1/25/2022)

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



Primary Element(s):

STAY IN PLACE
COME TO HEEL POSITION

Requirements:

A:

- The handler pauses momentarily and cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit.
- The handler cues the dog to stay and walks to the second sign by passing through the middle of the lines of food bowls.
- The dog stays in place and in stand position until called by the handler.
- The 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:

- The handler turns about and halts, facing the dog.
- The handler immediately calls the dog to come to heel (either direction).
- The 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.
- The handler and dog heel back through the two lines of food bowls.



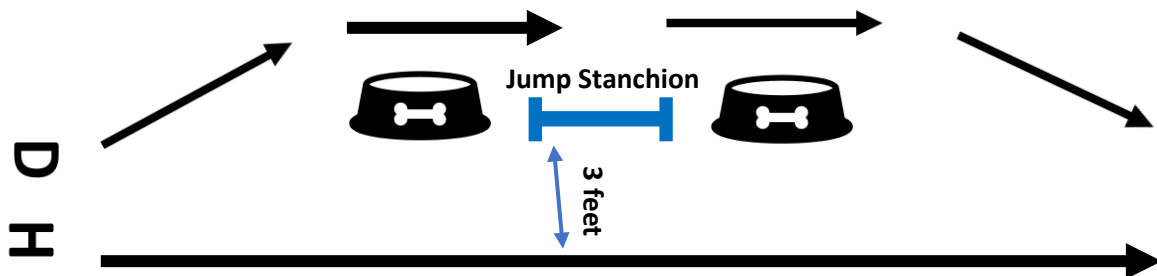
New FLASH Exercises

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.
- The 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.

F205 - SEND BY DISTRACTIONS - (2/23/2022)

To demonstrate directional cues with distraction.



Primary Element(s):

DOG PASSES THE LEFT SIDE OF JUMP STANCHION IN CORRECT DIRECTION

Requirements:

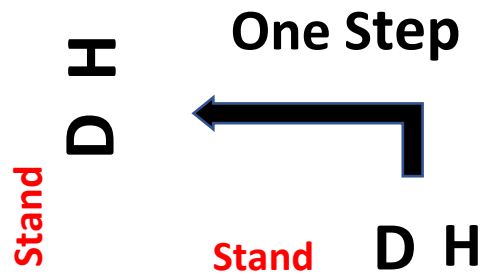
- The handler cues the dog to pass by the left side of the jump stanchion, and then the handler walks along a handling line of 3' (1 m) to the right of the stanchion.
- The dog passes by the left side of the jump stanchion without touching or sniffing the bowls.
- The team continues heeling to the next station.
- The dog shall return to heel position before the handler begins the next station.

Note(s):

- Two empty, uncovered dog food bowls are placed on the ends of the jump stanchion, approximately 1' – 2' (0.3 m to 0.6 m) apart.
- Each food bowl shall generally be at least 6" (15cm) in diameter.
- The handling line may be drawn on the ground to indicate the 3' (1m) minimum distance that the handler must maintain from the distractions. The line may alternatively be defined by sign placement. This line shall be generally perpendicular to the plane of the distractions, beginning no less than 5' (1.5m) before the first distraction and extending to a point no less than 5' (1.5m) beyond the last distraction.
- If the dog is faster than the handler, the dog may be called back to the handler without penalty.
- 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 distraction is to be clearly indicated on the course map and by placement of the sign on the course.

F231 - STAND, 90° LEFT TURN, 1 STEP, STAND - (1/25/2022)

To demonstrate movement with abbreviated handler movement.



Primary Element(s):

INITIATE HEELING AS HANDLER TURNS LEFT AND TAKES ONE STEP

Requirements:

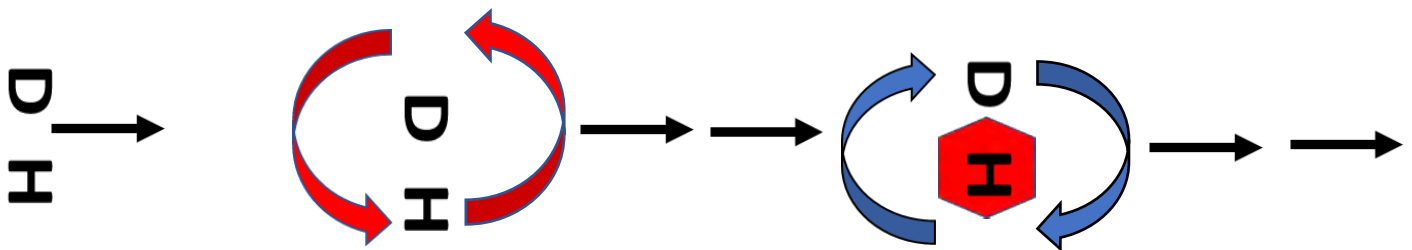
- The handler pauses momentarily and cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit.
- The handler cues the dog to heel and turns 90° to the left, takes one full step, and halts.
- The dog shall initiate heeling as the handler rotates and shall move in unison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

F261 - DOUBLE WALKAROUND - (1/25/2022)

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:

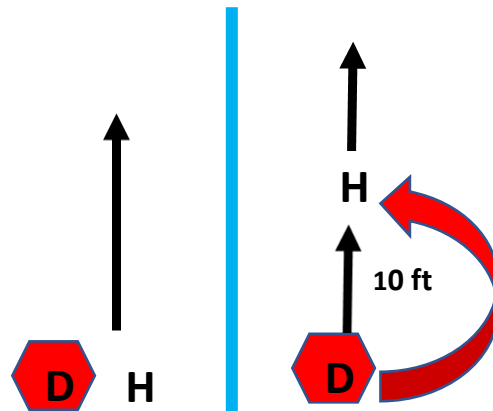
- While moving, the handler cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit or down.
- The handler walks counterclockwise direction around the dog without the dog changing positions or moving out of place
- Upon returning to heel position, the handler cues the dog to heel forward for **2 steps** while continuing to move forward.
- After two steps, the handler pauses and cues the dog to circle the handler in a clockwise direction.
 - The 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):

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

F265 - MOVING STAND, LEAVE DOG, TURN, CALL TO HEEL, REVERSE HEEL 2 STEPS, FORWARD

(2/23/2022)



Primary Element(s):

STAY IN PLACE AND POSITION
COME TO HEEL POSITION

Requirements:

A.

- While moving, the handler cues the dog to stand and stay.
- The dog stands unassisted in heel position without attempting to sit or down.
- The handler leaves the dog and walks to the second sign.
- The dog stays in place and in stand position until called to heel by the handler.

B.

- The handler turns to face the dog.
- The handler immediately calls the dog to come to left side heel.
- The dog comes to left heel position without circling around the handler.
- As the dog comes into heel position, the handler cues the dog to heel backwards for a minimum of two full steps (approximately 3' – 4', or .9 m – 1.2 m) and then the team reverses direction and resumes heeling forward.
- The dog shall heel backwards in unison with the handler while maintaining heel position, without turning significantly and without attempting to sit or down.

Note(s):

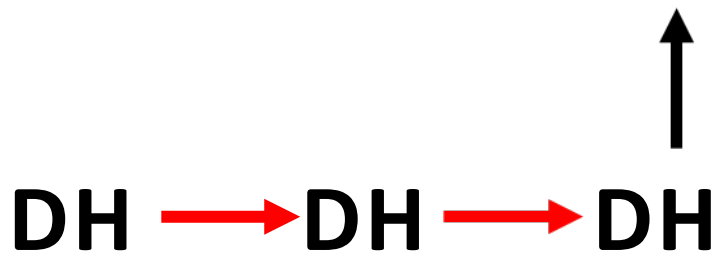


New FLASH Exercises

- Second sign is placed approximately 10' (3m) away, continuing in the same direction as the approach to the first sign.
- The handler may cue heel on initiating heeling forward following the reversal.
- "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.

F269 - LATERAL HEELING TO THE RIGHT (2 STEPS) - (2/23/2022)

To demonstrate stand in heel position after handler sidesteps.



Primary Element(s):

DOG STAYS IN STAND POSITION AFTER HANDLER SIDESTEPS.

Requirements:

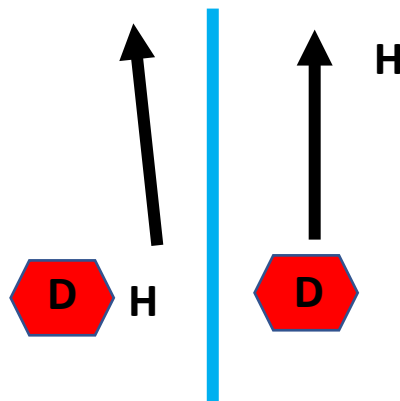
- The handler and the dog pause momentarily while the handler cues the dog to stand.
 - The dog stands unassisted in heel position without attempting to sit or down.
 - The handler cues the dog to heel and, while continuing to face forward, sidesteps to the right, and halts.
- The handler and the dog pause momentarily while the handler cues the dog to stand.
 - The dog stands unassisted in heel position without attempting to sit or down.
 - The handler cues the dog to heel and, while continuing to face forward, takes a second sidestep to the right, and halts.
- The dog shall initiate movement to heel as the handler sidesteps step to the right.
- The dog stays in stand and in heel position.
- The team shall heel forward in unison to the next station.

Note(s):

- The handler may not move backwards while performing the side steps.
- The sidestep shall be approximately double the handler's normal stance (i.e., 18" – 24" or 45cm – 60cm).
- The dog is not required to actually sidestep when moving laterally, but the dog is required to move when the handler moves.

F271 - MOVING CALL TO HEEL - (2/23/2022)

To demonstrate reliable stand in place and responsiveness at a distance.



Primary Element(s):

- A. STAY IN POSITION AND IN PLACE
- B. COME TO HEEL POSITION

Requirements:

A.

- While moving, the handler cues the dog to stand and stay.
 - The dog stands unassisted in heel position without attempting to sit or down.
- The handler leaves the dog in a stand/stay and walks to the second sign.

B.

- The handler continues to face forward.
- Without pausing, the handler calls the dog to come to heel position as the handler continues to walk to the next station.
- The dog moves promptly into heel position on the handler's left side.
- The team continues to heel forward in unison to the next station.

Note(s):

- Second sign is placed approximately 8 feet (2.4 m) away, continuing in the same direction as the approach to the first sign.
- The handler may turn head slightly when calling the dog to heel position.