



New FLASH Exercises

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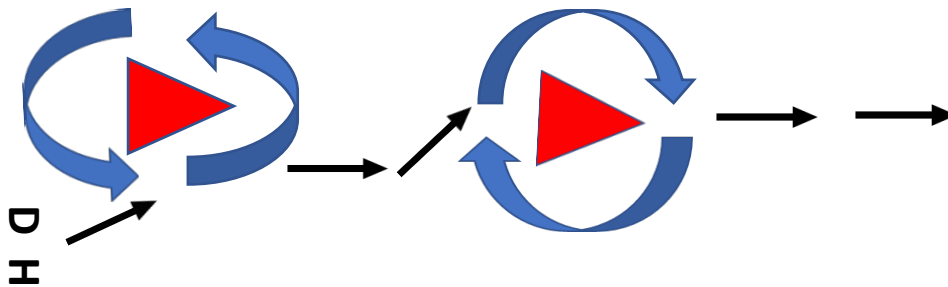


New FLASH Exercises

<u>Category</u>	<u>Exercise</u>	<u>Level 2 - Exercise Name</u>	<u># Used on Course</u>	<u>Page</u>	<u>Introduced</u>
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F101 - CIRCLES WITH CONES - (2/23/2022)

To demonstrate variations in heeling.



Primary Element(s):

HEELING AROUND CONES IN DEFINED PATTERN

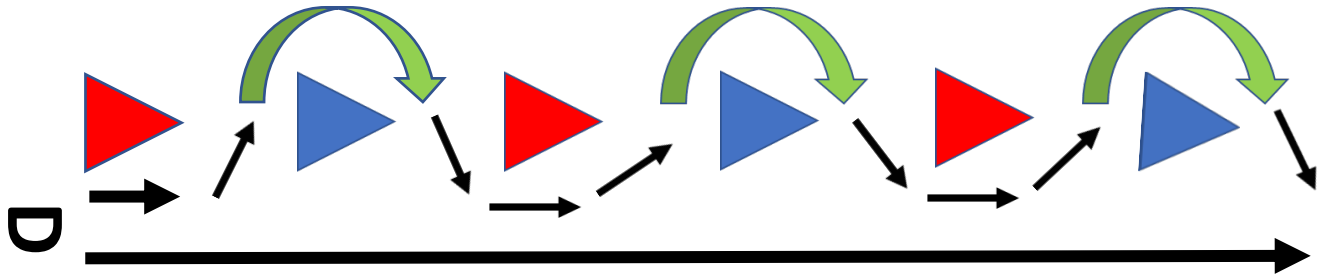
- The handler and dog perform the pattern, as follows:
 - Team passes the first cone on the team's left side.
 - Team heels counterclockwise around the first cone with the first cone on the team's left side.
 - Team heels forward and crosses between the cones with the cone on the team's right side.
 - 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 the 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:

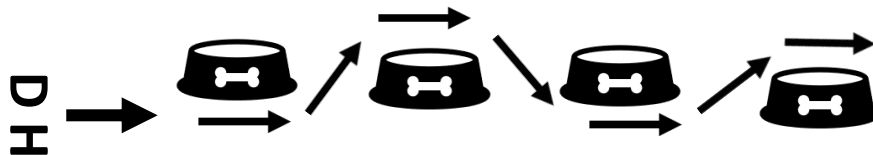
- The handler and dog perform the Single Cone Weaves pattern, as follows:
 - The handler and dog heel past the first cone on the team's left.
 - The handler sends the dog to circle the second cone. The handler keeps the cone on the handler's left. The dog moves immediately into heel position after circling 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 splitting or 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:

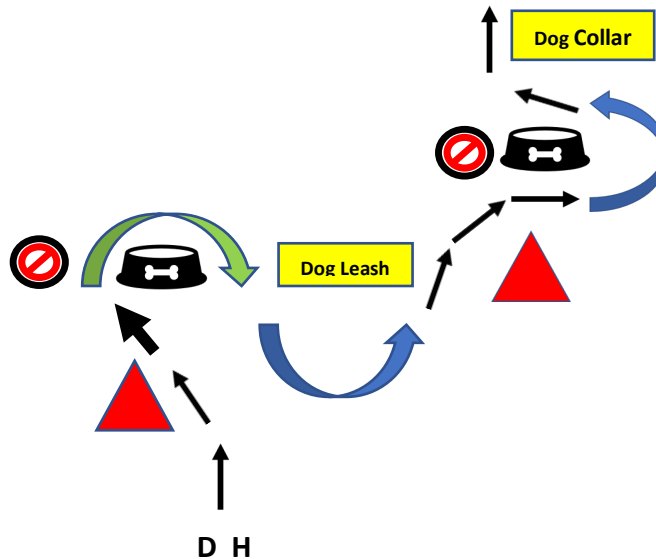
- The handler and dog perform the Distraction Serpentine pattern, as follows:
 - The team passes the first distraction on the team's left side.
 - The team maneuvers directly through the sequence of distraction by crossing between the first and second distraction to the left, then right between the second and third distraction, then left between the third and fourth distraction.
- The handler and the dog move in unison while performing the serpentine, without the dog deviating from the path toward the distractions ("deviation"), without the dog touching or deviating from the path to sniff distractions (the "distraction"), and without the team splitting or displacing a distraction.
- The handler does not adapt pace to the dog.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

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.

F107 BROKEN SERPENTINE WITH FOOD BOWLS (2 EMPTY)

To demonstrate focused work habit with distractions.



Primary Element(s):

HEELING AROUND DISTRACTIONS IN DEFINED PATTERN

Requirements:

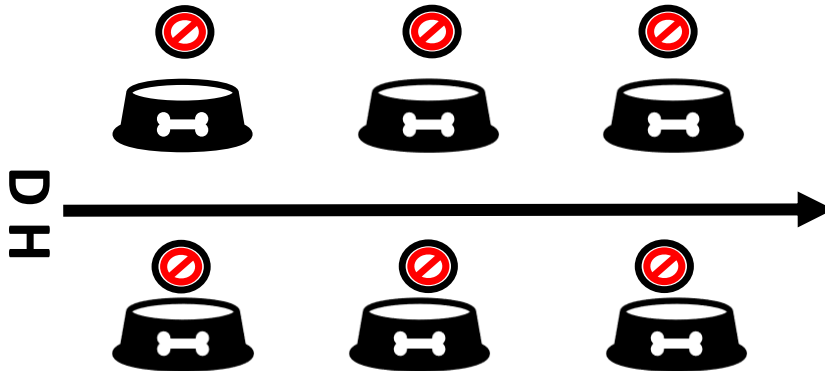
- The handler and the dog heel past the first distraction on the team's left.
- The team continues along the line of distractions, crossing right between the second and third distraction, then crossing left between the third and fourth distraction, then crossing right between the fourth and fifth distraction, and then crossing left between the fifth and final distraction.
- The handler and the dog move in unison while performing the serpentine, without the dog deviating from the path toward the distractions ("deviation"), without the dog touching or deviating from the path to sniff distractions (the "distraction"), and without the team splitting or displacing a distraction.
- The handler does not adapt pace to the dog.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

Note(s):

- Two empty, uncovered food bowls are placed in the pattern along with two cones, one dog leash, and one dog collar. Each food bowl shall generally be at least 6" (15 cm) in diameter.
- The distractions are positioned 5' (1.5 m) apart. The judge may place items in any order to offer variety in courses.
- 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 exercise sign on the course.

F109 HEEL THROUGH FOOD BOWLS (NO FOOD)

To demonstrate variations in heeling with mild distractions.



Primary Element(s):

HEELING THROUGH FOOD BOWLS

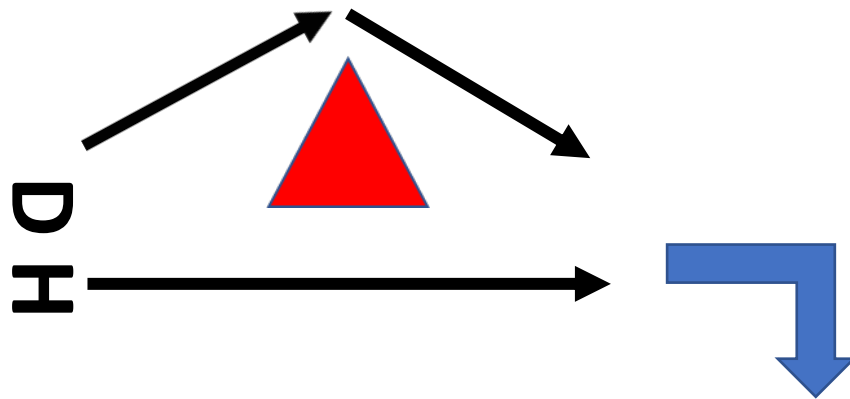
- The handler and dog perform the pattern, as follows:
 - Team heels between a double line of two empty uncovered food bowls.
- The handler and dog move in unison while performing the exercise, without the dog deviating from the path toward the bowls (“deviation”), without the dog touching or deviating from the path to sniff the bowls (the “distraction”), and without the team splitting or displacing a bowl.
- The handler does not adapt pace to the dog.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

Note(s):

- The exercise is performed using six empty, uncovered food bowls arranged in two rows of 3 bowls each—the empty food bowls are positioned 2’ – 3’ (0.6 m to 0.9 m) apart, as measured between the facing edges of each distraction.
- The two rows of empty food bowls will be positioned 5’ (1.5 m) apart, as measured between the edges facing each other.
- 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 food bowl is to be clearly indicated on the course map and by placement of the sign on the course.

F111 SEND AROUND CONE, 90° RIGHT TURN

To demonstrate directional cues.



Primary Element(s):

DOG PASSES THE LEFT SIDE OF THE CONE IN CORRECT DIRECTION

Requirements:

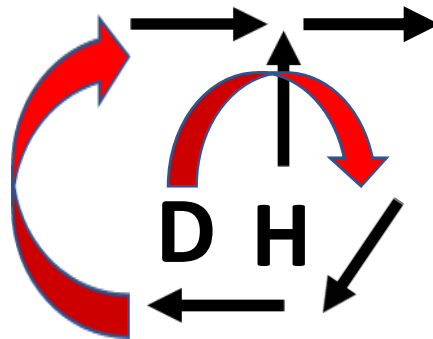
- The handler cues the dog to pass by the left side of the cone, and then the handler walks along the right of the cone at a normal pace.
- The dog passes by the left side of the cone.
- As the dog returns to heel position, the handler and dog move in unison while making a turn 90° to the right.
- The team continues heeling to the next station.
- The handler does not adapt pace to the dog.

Note(s):

- There is no deduction for a handler who chooses a fast pace instead of normal pace.
- 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.

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:

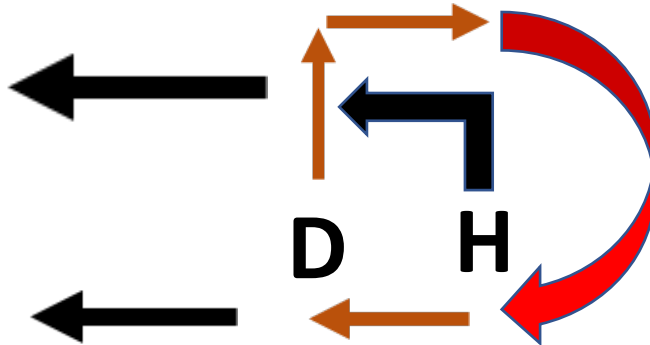
- While moving forward with the dog in heel position, the handler pauses while cuing the dog to cross in front of the handler.
- The handler turns right 90 degrees immediately after the dog clears the handler's path in front*.
- The dog performs a 270° right turn behind the handler.
 - The dog immediately 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:

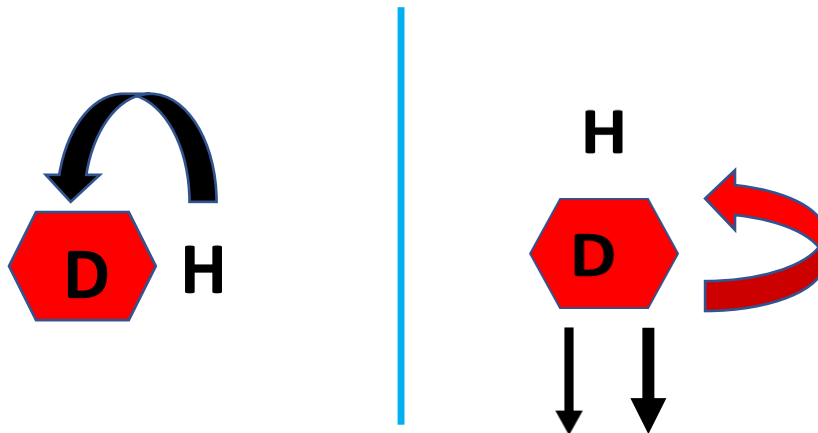
- While moving forward with the dog in heel position, the handler performs a 90-degree left turn while cuing the dog to cross in front of the handler.
- The dog performs a 270° right turn behind the handler.
 - The dog immediately returns to heel position.
- The handler and dog continue heeling forward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

Note(s):

- The handler's turns may be pivots.

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

To demonstrate understanding of heel position with handler in motion.



Primary Element(s):

DOG REMAINS IN POSITION AND IN PLACE

Requirements:

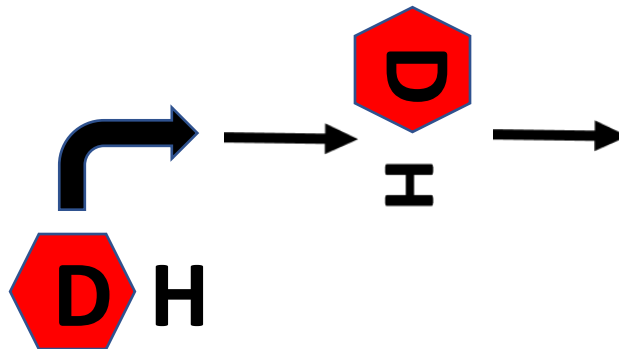
- While remaining in heel position, the handler pauses momentarily and cues the dog to stand and stay.
- The dog stands unassisted in heel position without attempting to sit or down.
- The handler pivots in front of the dog and pauses momentarily, facing the dog.
 - The dog stays in place and in position.
- 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.

F137 STAND, 90° RIGHT TURN, 1 STEP, STAND

To demonstrate movement with abbreviated handler movement.



Primary Element(s):

INITIATE HEELING AS HANDLER TURNS RIGHT AND TAKES ONE STEP

Requirements:

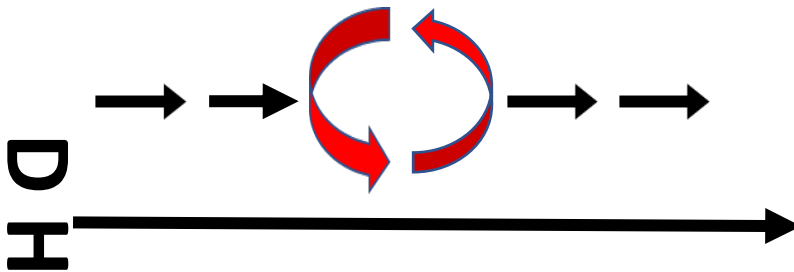
- Handler pauses momentarily and cues the dog to stand.
- Dog stands unassisted in heel position without attempting to sit.
- Handler cues the dog to heel and turns 90° to the right, takes one full step, and halts.
- Dog shall initiate heeling as the handler rotates and shall move in unison with handler.
- 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 right has not performed the Primary Element.

F161 SPINNING WHEEL

To demonstrate variations in heeling.



Primary Element(s):

(DOG) 360° TURN TO THE LEFT

Requirements:

- While moving forward with the dog in heel position, the handler cues the dog to perform a 360° turn to the left.
- The dog performs a 360° turn to the left next to the handler without bumping, forging, lagging, or drifting wide.
 - The dog returns to heel position after completing the turn.
- The handler and dog continue heeling forward in unison to the next station.
- The handler does not pause or adapt pace to the dog.

Note(s):

- -Dog maintains a reasonable distance from handler while performing the 360° turn to the left.

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

To demonstrate attentiveness while heeling.



Primary Element(s):

DOG MAINTAINS HEEL POSITION THROUGH HANDLER SIDESTEPS TWICE

Requirements:

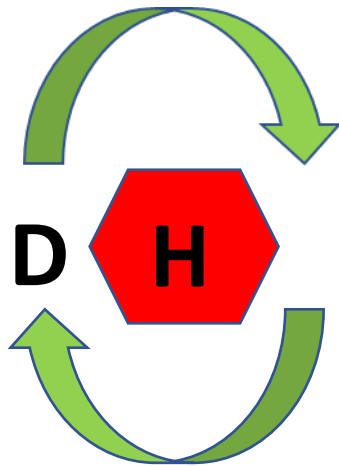
- The handler takes one distinctive diagonal sidestep to the right with the right foot and continues heeling forward along a parallel path.
 - The dog shall continue to move in unison through the diagonal sidestep with the handler while maintaining heel position at all times without bumping, forging, 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:

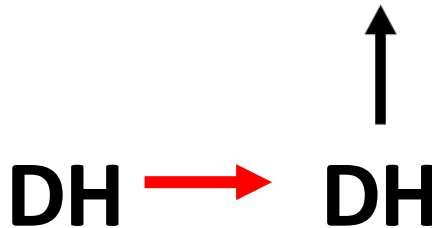
- The handler pauses and cues the dog to circle clockwise around the handler.
- As the dog comes into heel position, the handler cues the dog to heel.
- Without attempting to sit, the dog moves forward in unison with the handler.

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:

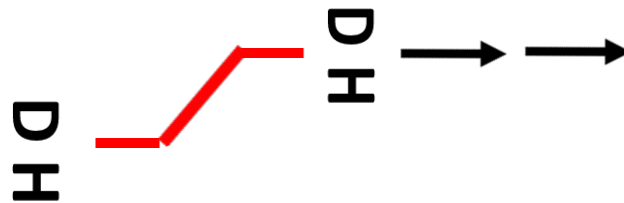
- The handler and dog pauses momentarily and cues the dog to stand.
 - The dog stands unassisted in heel position without attempting to sit or down.
- The handler cues the dog to heel and while continuing to face forward, sidesteps to the right, and pauses momentarily.
- The dog shall initiate movement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

F169 MOVING SIDESTEP LEFT

To demonstrate attentiveness while heeling.



Primary Element(s):

DOG MAINTAINS HEEL POSITION THROUGH HANDLER SIDESTEP LEFT

Requirements:

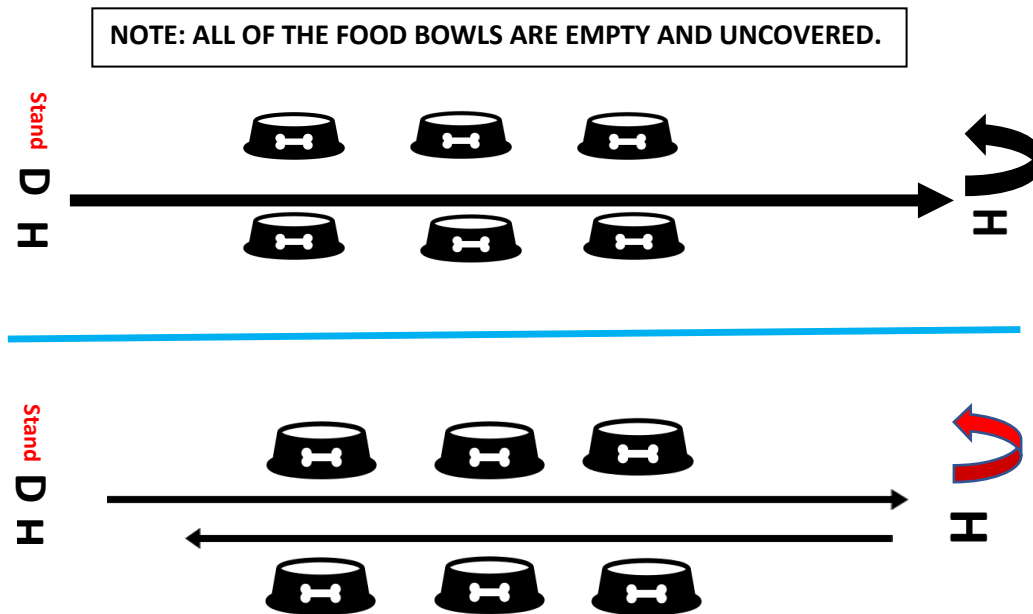
- The handler takes one distinctive diagonal sidestep to the left with the left foot and continues heeling forward along a parallel path.
-The dog shall continue to move in unison through the diagonal sidestep with the handler while maintaining heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler 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 left of the sign on approach.

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.



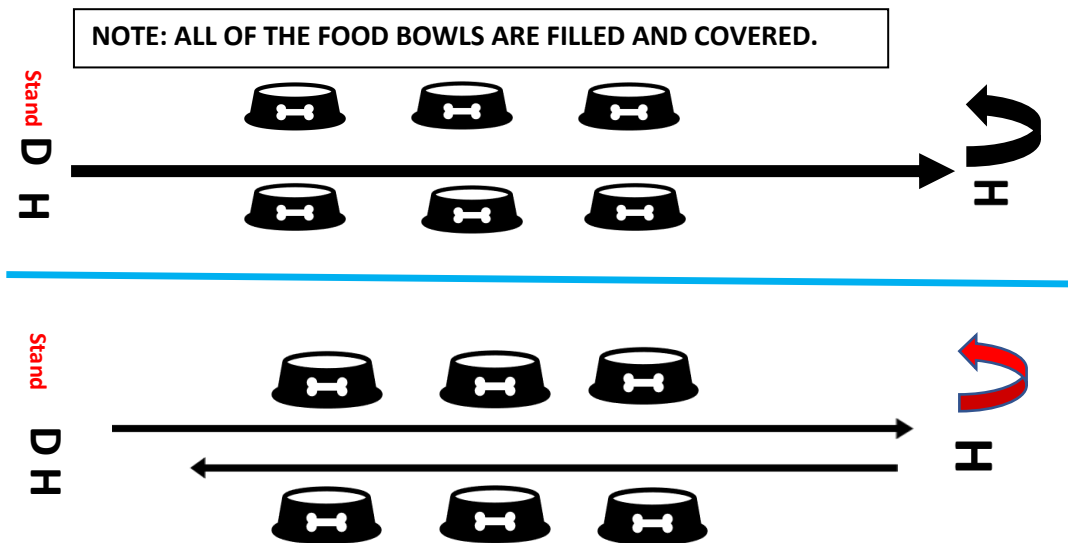
New FLASH Exercises

Note(s):

- The empty food bowls are arranged in two lines approximately 5 feet apart. The empty food bowls are positioned approximately 2' (0.9 m) apart, as measured between the facing edges of each distraction. The food bowls in each line should be evenly spaced and aligned.
- Each empty 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.



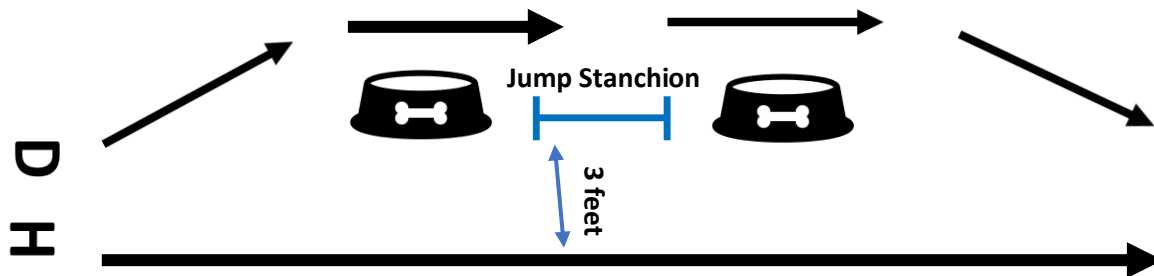
New FLASH Exercises

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 are positioned approximately 2' (0.9 m) apart, as measured between the facing edges of each distraction. The food bowls in each line should be evenly spaced and aligned.
- 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 (1 STANCHION) - (2/23/2022)

To demonstrate directional cues with distraction.



Primary Element(s):

DOG PASSES THE LEFT SIDE OF JUMP STANCHION IN CORRECT DIRECTION

Requirements:

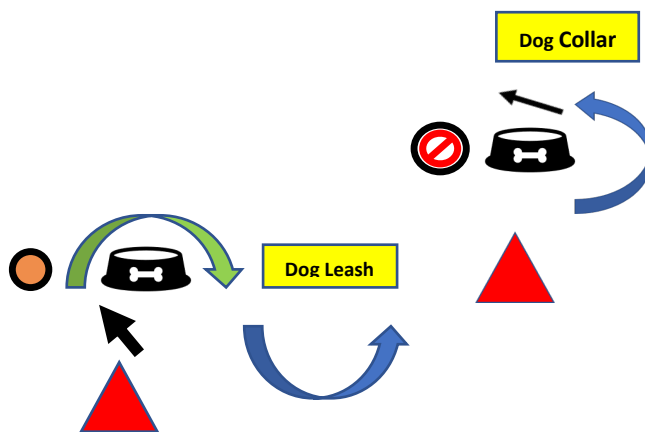
- The handler cues the dog to pass by the left side of the jump stanchion, and then the handler walks along a handling line of 3' (1 m) to the right of the stanchion at a normal pace.
- The dog passes by the left side of the jump stanchion without touching or sniffing the bowls.
- The team continues 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.
- There is no deduction for a handler who chooses a fast pace instead of normal pace.
- 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.

F207 BROKEN SERPENTINE WITH FOOD BOWLS (1 EMPTY, 1 FILLED)

To demonstrate focused work habit with distractions.



D H

Primary Element(s):

HEELING AROUND DISTRACTIONS IN DEFINED PATTERN

Requirements:

- The handler and the dog heel past the first distraction on the team's left.
- The team continues along the line of distractions, crossing right between the second and third distraction, then crossing left between the third and fourth distraction, then crossing right between the fourth and fifth distraction, and then crossing left between the fifth and final distraction.
- The handler and the dog move in unison while performing the serpentine, without the dog deviating from the path toward the distractions ("deviation"), without the dog touching or deviating from the path to sniff distractions (the "distraction"), and without the team splitting or displacing a distraction.
- The handler does not adapt pace to the dog.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.

Note(s):

- One of the two food bowls is covered and filled with approximately ¼ cup each of dried dog food. The other food bowl is uncovered and empty. The food bowls are placed in the pattern along with



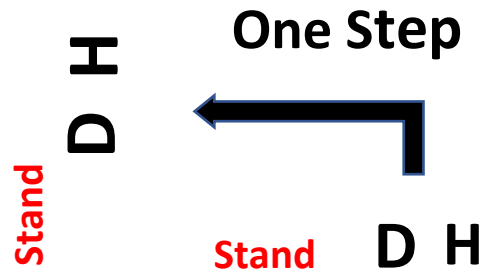
New FLASH Exercises

two cones, one dog leash, and one dog collar. Each food bowl shall generally be at least 6" (15 cm) in diameter.

- The distractions are positioned 5' (1.5 m) apart. The judge may place items in any order to offer variety in courses.
- 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 exercise 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:

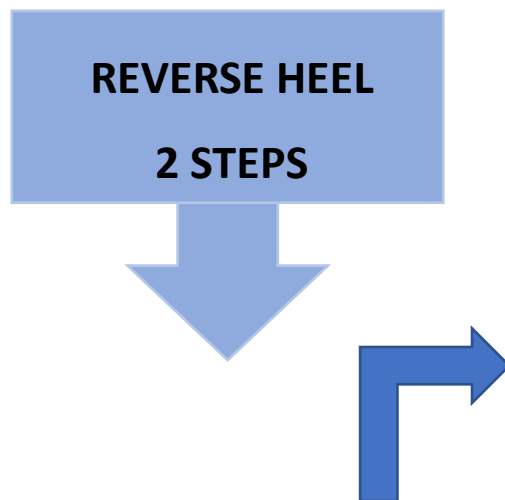
- The handler pauses momentarily and cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit.
- The handler cues the dog to heel and turns 90° to the left, takes one full step, and halts.
- The dog shall initiate heeling as the handler rotates and shall move in unison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

F233 REVERSE HEEL, 90° RIGHT TURN

To demonstrate position control while heeling.



Primary Element(s):

REVERSE HEEL 2 STEPS
90° RIGHT TURN FROM STAND

Requirements:

- While moving forward with the dog in heel position, the handler and dog pause momentarily and heel backwards for a minimum of two full steps (approximately 4' – 5', or 1.2m - 1.5m).
- After two steps of reverse heeling, the handler and dog will execute a turn 90° to the right without pausing.
- The handler and dog continue heeling forward in unison to the next station.
- The dog shall reverse direction of heeling while maintaining heel position, without turning significantly and without attempting to sit or down.
- The handler and dog moving in unison while making a turn 90° to the right.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler does not adapt pace to the dog.

Note(s):

- The handler may cue a stand with the pause for initiation of heel backwards and may cue heel on initiating the turn 90° to the right.

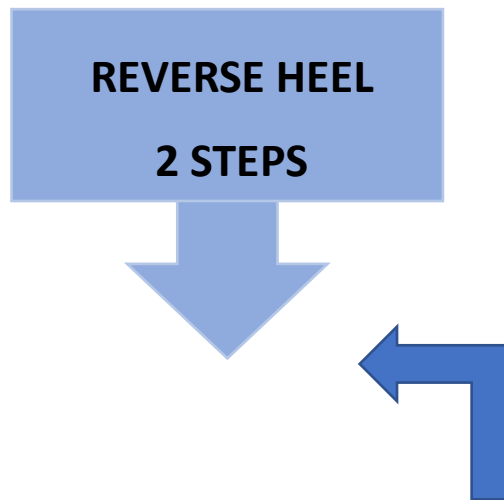


New FLASH Exercises

- The pause for reversal of direction are transitions, not halts, and 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.

F235 REVERSE HEEL, 90° LEFT TURN

To demonstrate position control while heeling.



Primary Element(s):

REVERSE HEEL 2 STEPS
90° LEFT TURN FROM STAND

Requirements:

- While moving forward with the dog in heel position, the handler and dog pause momentarily and heel backwards for a minimum of two full steps (approximately 4' – 5', or 1.2m - 1.5m).
- After two steps of reverse heeling, the handler and dog will execute a turn 90° to the left without pausing.
- The handler and dog continue heeling forward in unison to the next station.
- The dog shall reverse direction of heeling while maintaining heel position, without turning significantly and without attempting to sit or down.
- The handler and dog moving in unison while making a turn 90° to the right.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler does not adapt pace to the dog.

Note(s):

- The handler may cue a stand with the pause for initiation of heel backwards and may cue heel on initiating the turn 90° to the left.
- The pause for reversal of direction are transitions, not halts, and should not be abrupt.

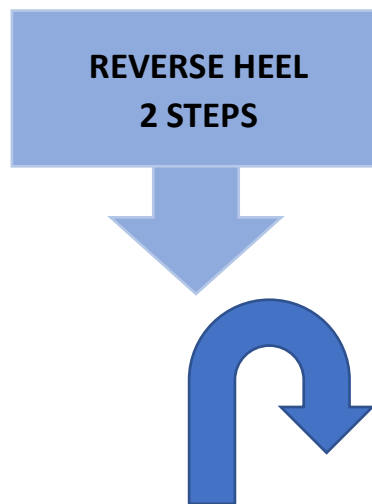


New FLASH Exercises

- "Reverse heeling" should be smooth and fluid at near normal pace. Extra steps in reverse shall not be penalized.
- Heeling penalties apply.

F237 REVERSE HEEL, 180° RIGHT TURN

To demonstrate position control while heeling.



Primary Element(s):

REVERSE HEEL 2 STEPS
180° RIGHT TURN FROM STAND

Requirements:

- While moving forward with the dog in heel position, the handler and dog pause momentarily and heel backwards for a minimum of two full steps (approximately 4' – 5', or 1.2m - 1.5m).
- After two steps of reverse heeling, the handler and dog will execute a turn 180° to the right without pausing.
- The handler and dog continue heeling forward in unison to the next station.
- The dog shall reverse direction of heeling while maintaining heel position, without turning significantly and without attempting to sit or down.
- The handler and dog moving in unison while making a turn 180° to the right.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler does not adapt pace to the dog.

Note(s):

- The handler may cue a stand with the pause for initiation of heel backwards and may cue heel on initiating the turn 180° to the right.
- The pause for reversal of direction are transitions, not halts, and should not be abrupt.

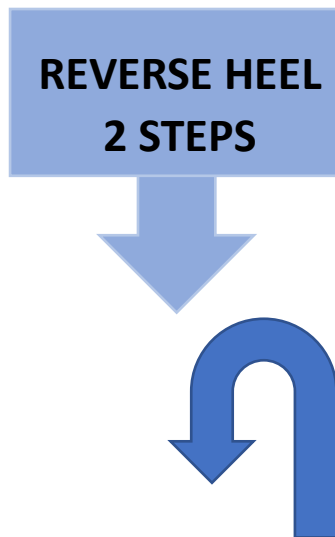


New FLASH Exercises

- “Reverse heeling” should be smooth and fluid at near normal pace. Extra steps in reverse shall not be penalized.
- Heeling penalties apply.

F239 REVERSE HEEL, 180° LEFT TURN

To demonstrate position control while heeling.



Primary Element(s):

REVERSE HEEL 2 STEPS
180° LEFT TURN FROM STAND

Requirements:

- While moving forward with the dog in heel position, the handler and dog pause momentarily and heel backwards for a minimum of two full steps (approximately 4' – 5', or 1.2m - 1.5m).
- After two steps of reverse heeling, the handler and dog will execute a turn 180° to the left without pausing.
- The handler and dog continue heeling forward in unison to the next station.
- The dog shall reverse direction of heeling while maintaining heel position, without turning significantly and without attempting to sit or down.
- The handler and dog moving in unison while making a turn 180° to the left.
- The dog maintains heel position at all times without bumping, forging, lagging, or drifting wide.
- The handler does not adapt pace to the dog.

Note(s):

- The handler may cue a stand with the pause for initiation of heel backwards and may cue heel on initiating the turn 180° to the right.
- The pause for reversal of direction are transitions, not halts, and should not be abrupt.

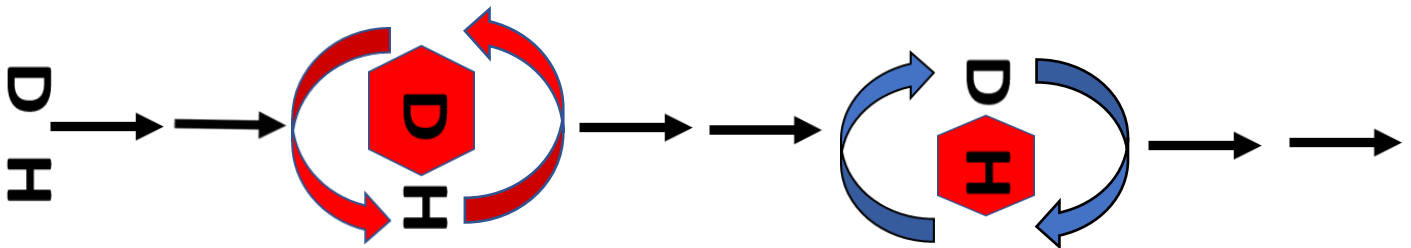


New FLASH Exercises

- “Reverse heeling” should be smooth and fluid at near normal pace. Extra steps in reverse shall not be penalized.
- Heeling penalties apply.

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:

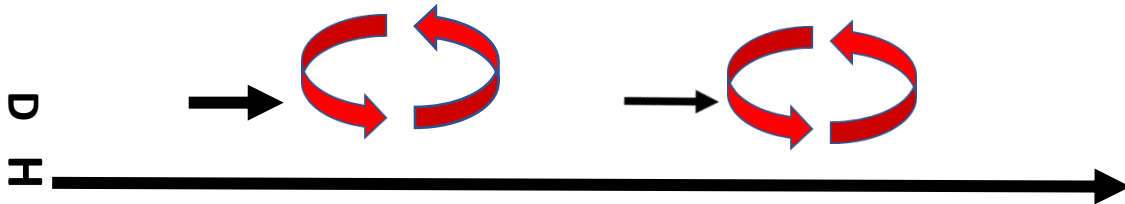
- While moving, the handler cues the dog to stand.
- The dog stands unassisted in heel position without attempting to sit or down.
- The handler walks counterclockwise direction around the dog without the dog changing positions or moving out of place
- Upon returning to heel position, the handler cues 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.

F263 DOUBLE SPINNING WHEEL

To demonstrate variations in heeling.



Primary Element(s):

360° TURN TO THE LEFT TIMES 2

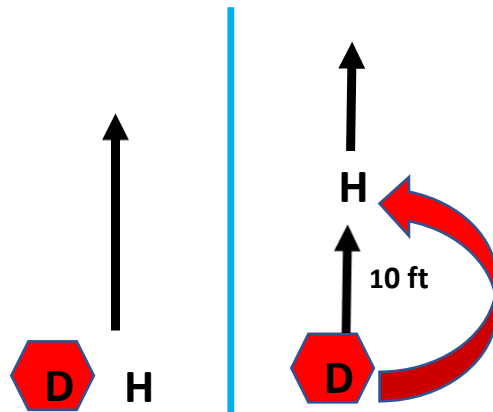
Requirements:

- While moving forward with the dog in heel position, the handler cues the dog to perform a 360° turn to the left.
- The handler continues to move forward in a straight line.
- The dog performs a 360° turn to the left next to the handler without bumping, forging, lagging, or drifting wide.
 - The dog returns to heel position after completing the turn.
- The handler and the dog continue to heel forward in unison for 3-4 steps.
- While moving forward with the dog in heel position, the handler cues the dog to perform a 360° turn to the left.
- While moving forward with the dog in heel position, the handler cues the dog a second time to perform a 360° turn to the left.
- The handler continues to move forward in a straight line.
- The dog performs a second 360° turn to the left next to the handler without bumping, forging, lagging, or drifting wide.
 - The dog returns to heel position after completing the turn.
- The handler and dog continue heeling forward in unison to the next station.
- The handler does not pause or adapt pace to the dog.

Note(s):

- Dog maintains a reasonable distance from handler while performing the 360° turn to the left.

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 side 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):

- Second sign is placed approximately 10' (3m) away, continuing in the same direction as the approach to the first sign.

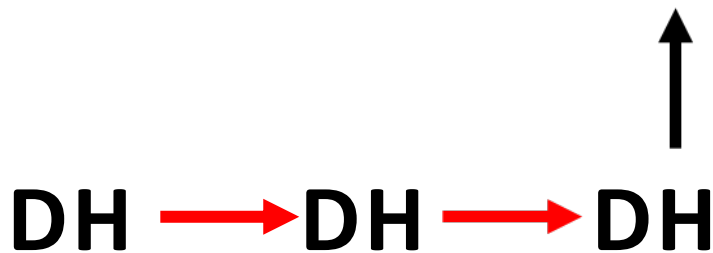


New FLASH Exercises

- 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:

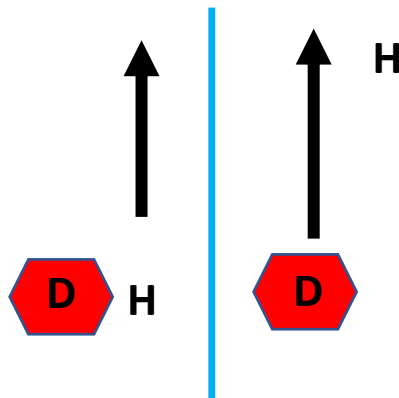
- The handler and the dog pause momentarily while the handler cues the dog to stand.
 - The dog stands unassisted in heel position without attempting to sit or down.
 - The handler cues the dog to heel and, while continuing to face forward, sidesteps to the right, and halts.
- The handler and the dog 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.

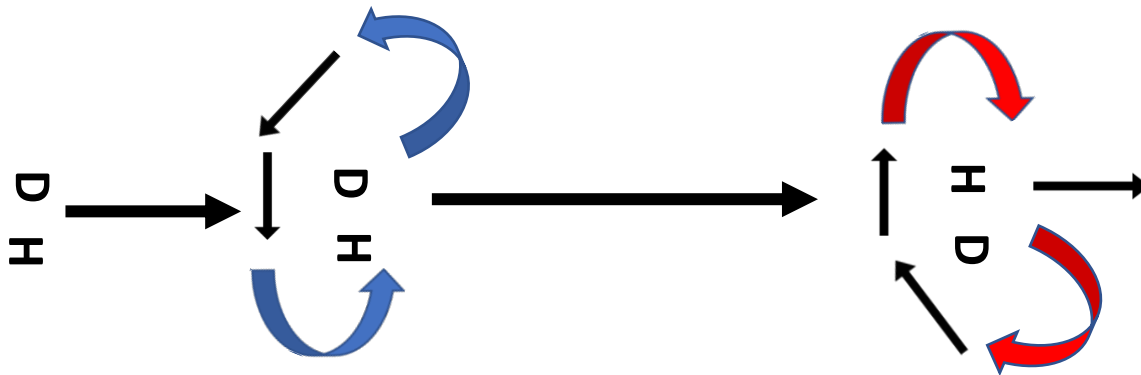
- The handler continues to face forward.
- Without pausing, the handler calls the dog to come to heel position as the handler continues to walk to the next station.
- The dog moves promptly into heel position on the handler's left side.
- The team continues to heel forward in unison to the next station.

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.

F291 SWITCH SIDE HEELING TIMES 2

To demonstrate proficiency in heeling on both sides.



Primary Element(s):

DOG PERFORMS A SIDE SWITCH TIMES TWO

Requirements:

- While moving forward with the dog in heel position, the handler cues the dog to turn 180° to the left and move behind the handler.
 - The dog will circle behind the handler's back and move directly to right side heel position.
- The handler and the dog continue heeling in unison with the dog on the handler's right side for 2-3 steps.
- The handler and the dog continue to heel forward in unison for 5 -6 steps.
- While moving forward with the dog in right side heel position, the handler cues the dog to turn 180° to the right and move behind the handler.
 - The dog will circle behind the handler's back and move directly to heel position.
- The handler and dog continue heeling forward in unison to the next station.
- The handler does not pause or adapt pace to the dog.

Note(s):

- Dog maintains a reasonable distance from handler while performing the 180° turn to the left and to the right.