

**Cyber Rally - O**  
**Level III Exercise Descriptions (4/29/2021)**

**Note: The team may begin any course in either Heel or Side position. In the Performance Track, every Transition sign requires a change of position from Heel to Side or Side to Heel. The team will continue working in the transitioned position until the next transition when the team will change again from Side to Heel or Heel to Side.**

**Where the sign says "Stop." it means the team stops with the dog either standing OR sitting at the handler's side. The choice is yours. Only for signs that say "Stop (Stand)." does the dog need to stand at the handler's side. In Level III, this is Sign 5. Please note that both team members **MUST** pause in either the Sit or the Stand each time a sign says "Stop." Do not proceed with the next part of the exercise until you have paused. The only "moving" exercises are in Levels IV and V. All other exercises require a pause at each change of position including the initial Sit or Stand position.**

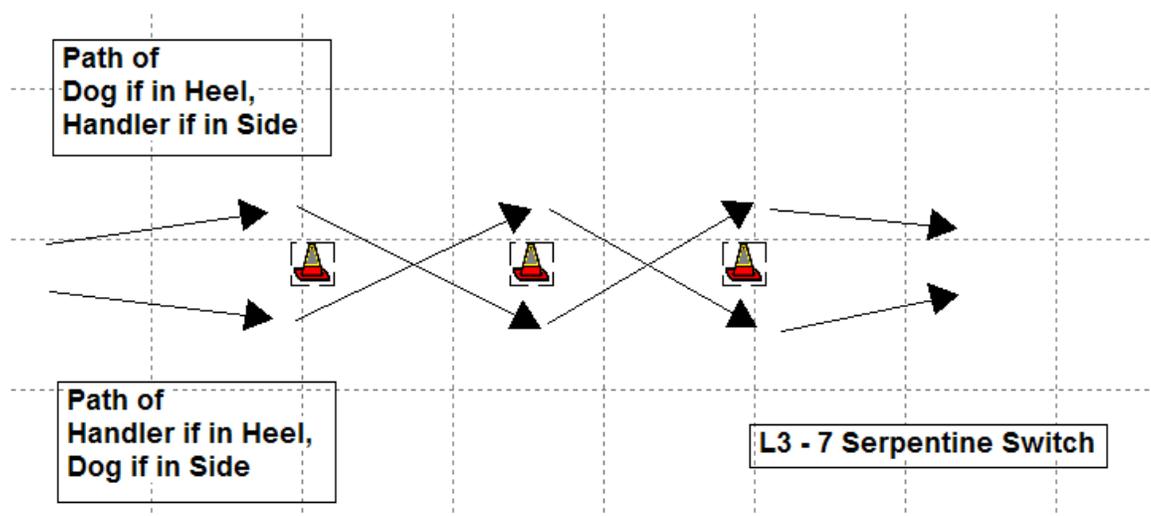
**For every position change (Sit, Stand, etc.), the dog must pause before doing the next part of the exercise and/or before leaving the station. Say, "Good dog!" after each position change and you will always have your pause built into the exercise!**

1. **Pivot Right 90°** – The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 90° to the right and stops. The dog must move with the handler as the handler pivots. Ideally, the dog maintains Heel/Side position during the pivot. At the completion of the pivot, the dog may stand or sit at the handler's side. The team pauses before leaving the station.
2. **Pivot Left 90°** – The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 90° to the left and stops. The dog must move with the handler as the handler pivots. Ideally, the dog maintains Heel/Side position during the pivot. At the completion of the pivot, the dog may stand or sit at the handler's side. The team pauses before leaving the station.
3. **Pivot Right 180°** – The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 180° to the right and stops. The dog must move with the handler as the handler pivots. Ideally, the dog maintains Heel/Side position during the pivot. At the completion of the pivot, the dog may stand or sit at the handler's side. The team pauses before leaving the station.
4. **Pivot Left 180°** - The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 180° to the left and

stops. The dog must move with the handler as the handler pivots. Ideally, the dog maintains Heel/Side position during the pivot. At the completion of the pivot, the dog may stand or sit at the handler's side. The team pauses before leaving the station.

5. **Stop (Stand). Back up 3 Steps** – The team stops. **The dog remains standing at the handler's side.** The team backs up at least three steps (handler's steps), remaining in position (Heel or Side). Pausing at the end of this exercise is optional.
6. **Stop. Leave Dog (5-10 steps). Face Dog. Recall. Finish.** – The team stops. **The dog may stand or sit at the handler's side.** The handler cues the dog to stay. The handler leaves the dog and moves five to ten steps away in any direction. The handler turns to face the dog and calls the dog. The dog returns to the handler and may sit or stand in Front position and/or finish without waiting in Front position. If the team was working in Heel position, the dog returns to Heel. If the team was working in Side position, the dog returns to Side. Pausing at the end of this exercise is optional.
7. **Serpentine Switch (3 Cones)** - This station requires three cones (or other markers) placed in a straight line with spaces between them of approximately four to eight feet. The team weaves between the cones, but on opposite sides of each cone, entering the station with the first cone on the left side of the handler and right side of the dog (right side of handler and left side of dog if the team is in Side position), switching between the first and second cone so the second cone is on the right side of the handler and left side of the dog (left side of the handler and right side of the dog if the team was in Side position), switching between the second and third cone to exit with the last cone on the left side of the handler and right side of the dog (right side of handler and left side of dog if the team is in Side position). The position switches between the cones can be done any way the team chooses as long as the team remains in the approximate area between the cones.

Another way of describing this sign is the team passes the first cone and the third cone in Heel position, but the cone will be between the handler and dog as they pass it. At the second cone, the team passes in Side position with the cone between the handler and dog. For teams working in Side position, the first and third cones would be passed in Side position and the second cone in Heel position. All teams will transition positions in the area between the cones.



8. **Stop. Dog Circles Handler.** – The team stops. **The dog may stand or sit at the handler's side.** The dog circles around the handler (clockwise if from Heel position and counterclockwise if from Side position) and returns to Heel/Side position. Pausing at the end of this exercise is optional.
9. **Dog Circles Handler While Moving.** – This exercise is performed as the team passes the sign and moves towards the next sign. While moving forward, the dog circles around the handler (clockwise if from Heel position and counterclockwise if from Side position) and returns to Heel/Side position as the team continues moving forward. Handlers may step to the side or slightly backwards during the exercise to accommodate the dog's circle. There is no pause at the end of this exercise - the team continues moving forward.
10. **Stop. Figure 8 Leg Weave.** – The team stops. **The dog may stand or sit at the handler's side.** The dog weaves between the handler's legs entering in front of the handler, circling the far leg (right leg if from Heel, left leg if from Side) then weaving around the near leg, returning to the dog's original position (Heel or Side). Pausing at the end of this exercise is optional.
11. **Stop. Single Weave to Front. Finish (Circle). Wait.** – The team stops. **The dog may stand or sit at the handler's side.** The dog weaves through the handler's far leg (right leg if from Heel, left leg if from Side) and comes to Front position. **The dog may stand or sit in Front position. The dog must pause in Front position, either standing or sitting.** The dog then moves clockwise around the handler to Heel position (or counterclockwise to Side position). **The dog may sit or stand in Heel/Side position. The team pauses before moving forward.**

12. **Stop. Single Weave to Front. Finish (Loop). Wait.** - The team stops. **The dog may stand or sit at the handler's side.** The dog weaves through the handler's far leg (right leg if from Heel, left leg if from Side) and comes to Front position. **The dog may stand or sit in Front position. The dog must pause in Front position, either standing or sitting.** The dog then moves to the handler's left side and into Heel position (or moves to the handler's right side and into Side position). **The dog may sit or stand in Heel/Side position. The team pauses before moving forward.**
13. **Stop. Toss. Dog Retrieves. Leave Object.** – To set up for this station, an object is placed by the sign during course set up. At the sign, the team stops. **The dog may stand or sit at the handler's side.** While the dog waits, the handler picks up the object and tosses it at least five feet away in any direction. When the object has landed, the handler cues the dog to retrieve the object. The dog retrieves the object and comes to Front position. **The dog may sit or stand in Front position and remains in that position until the handler takes the object.** Pausing in Front position is optional. The handler takes the object from the dog and then cues the dog to Heel or Side (the same position in which the team approached the sign). **The dog may sit or stand in Heel/Side.** The handler leaves the object at the sign before the team moves on towards the next station. **To perform this exercise correctly, the dog must bring the object close enough to the handler so the handler can take the object from the dog without stepping forward. The dog may drop and pick up the object on the way back to the handler without penalty. The object may be anything, including a toy. But the dog may not pick up the object except during this exercise. Taking the object at any other time while running the course is an NQ.**
14. **Triple About Turn (Dog Outside)** - The team turns 180° three times in succession (a total of 540 degrees) in place. In Heel position, the turns are towards the right. In Side position, the turns are towards the left. Teams may move a few steps between each turn.
15. **Triple About Turn (Dog Inside)** – The team turns 180° three times in succession (a total of 540 degrees) in place. In Heel position, the turns are towards the left. In Side position, the turns are towards the right. Teams may move a few steps between each turn.
16. **Stop. Leave Dog. Call Dog Over Jump.** – The team stops in front of the jump. **The dog may stand or sit at the handler's side.** The handler cues the dog to stay. The handler leaves the dog and goes to the opposite side of the jump. The handler calls the dog over the jump. The dog goes over the jump without knocking down the bar and returns to the handler. The

dog may sit or stand in Front position and/or finish without waiting in Front position. If the team was working in Heel position, the dog returns to Heel. If the team was working in Side position, the dog returns to Side.

**(See the Rules and Guidelines for jump height options.)**

17. **Stop. Send Over Jump. Dog Waits.** – The team stops in front of the jump. **The dog may stand or sit at the handler's side.** The handler sends the dog over the jump, and the dog takes the jump without knocking down the bar. The dog waits on the far side of the jump until the handler goes around the jump. The dog may sit, down, or stand while waiting but must remain on the far side of the jump standards. The handler and dog resume Heel position if the team was working in Heel position or Side position if the team was working in Side position.

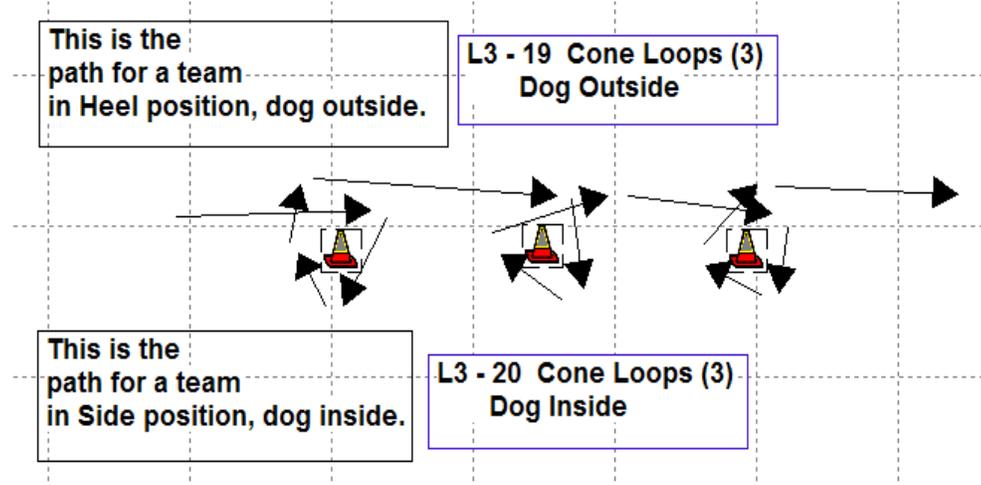
**(See the Rules and Guidelines for jump height options.)**

18. **Retrieve Over Single Jump** – To set up for this station, an object is placed by the sign during course set up. At the sign, the team stops in front of the jump (a pause is optional). While the dog waits (**in a sit, down, or stand**), the handler picks up the object and either tosses it over the jump or walks around and places the object on the opposite side of the jump. The handler returns to the dog and cues the dog to retrieve the object. The dog goes over the jump without knocking down the bar, takes the object, returns over the jump and comes to Front position. **The dog may sit or stand in Front position and remains in that position until the handler takes the object.** The handler takes the object from the dog and then cues the dog to Heel or Side (the same position in which the team approached the sign). **The dog may sit or stand in Heel/Side.** The handler leaves the object at the sign before the team moves on towards the next station. **To perform this exercise correctly, the dog must bring the object close enough to the handler so the handler can take the object from the dog without stepping forward. The dog may drop and pick up the object on the way back to the handler without penalty. The object may be anything, including a toy. But the dog may not pick up the object except during this exercise. Taking the object at any other time while running the course is an NQ.**

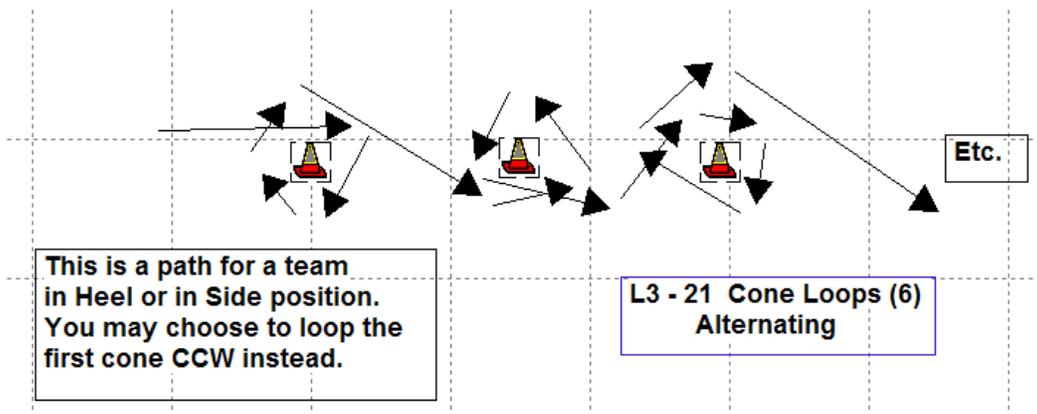
**(See the Rules and Guidelines for jump height options.)**

19. **Cone Loops (3) Dog Outside** – This station requires three cones (or other markers) placed in a straight line with spaces between them of approximately four to eight feet. The team approaches the first cone and loops around it with the dog on the outside (clockwise for Heel position, counterclockwise for Side position). The team approaches the second

cone and loops around it, then loops around the third cone and exits the station.



20. **Cone Loops (3) Dog Inside** – This station requires three cones (or other markers) placed in a straight line with spaces between them of approximately four to eight feet. The team approaches the first cone and loops around it with the dog on the inside (counterclockwise for Heel position, clockwise for Side position). The team approaches the second cone and loops around it, then loops around the third cone and exits the station.
  
21. **Cone Loops (6) Alternating** – This station requires six cones (or other markers) placed in a straight line with spaces between them of approximately four to eight feet. The team approaches the first cone and loops around it either clockwise or counterclockwise (your choice). At the second cone, the team loops around in the other direction. At the third cone, the team loops around in the first direction, etc. until the team exits the station after looping the sixth cone. The first, third, and fifth cones will be looped in the same direction. The second, fourth, and sixth cones will be looped in the opposite direction. *TIME SAVING OPTION: Instead of six cone loops, teams may do only four cone loops, without penalty. All six cones must be set out as shown on the CRO course maps, but the team may skip either the first two or the last two, if desired. For Handler Created Courses, this exercise may be done with either four or six cones and only those cones need be set out on the course.*



22. **Long Call Front (6 to 10+ Steps)** – While moving forward, the handler stops forward motion and backs up calling the dog to Come Fore position. The handler backs up a total of six to ten (or more, if desired) steps. The exercise is now complete and the team resumes forward motion in the position (Heel or Side) in which they approached the station. Pausing before resuming Heel/Side position is optional.
23. **Transition Figure 8** – This exercise requires two cones, posts, or other markers. The team passes between the two markers, circles one of the markers (either side), passes between the two markers again **while transitioning from Heel to Side (or Side to Heel)**, circles the marker on the opposite side and passes between the two markers again while exiting the station. **Depending on the location of the next station, the team may exit towards the left, the right, or forward. Note that if the team entered the station in Heel, they will exit in Side. If the team entered in Side, they will exit in Heel.**

