

**Cyber Rally - O**  
**Level IV Exercise Descriptions (8/2/2016)**

**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/exercise 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 IV, these are Signs 4, 5, and 20. 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 (1, 2, 3) and V (1, 2, 3). All other exercises require a pause at each change of position including the initial Sit or Stand position.**

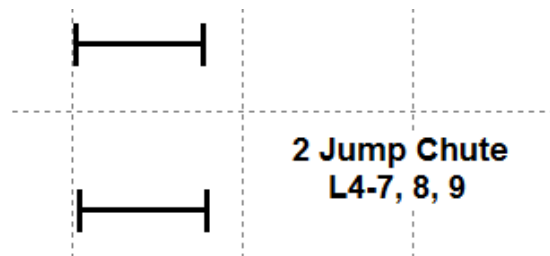
**For every position change (Sit, Stand, etc.), the dog must pause before doing the next part of the exercise and/or before leaving the station. Say, "Good dog!" after each position change and you will always have your pause built into the exercise!**

1. **Sit in Motion (5-10 Steps). Face Dog. Call Front. Finish** – While moving forward **and without stopping**, the handler cues the dog to Sit. The dog sits as the handler continues moving forward 5-10 (or more) steps. The handler turns to face the dog and calls the dog to Front position. **The dog may sit or stand in Front position. The dog must pause in Front position, either standing or sitting.** The handler cues the dog to finish, which may be a Loop or Circle, Wait or Forward finish. If a Wait finish, the dog may stand or sit at the handler's side. The team continues in the position in which they entered the station (Heel or Side).
2. **Down in Motion (5-10 Steps). Face Dog. Call Front. Finish.** – While moving forward **and without stopping**, the handler cues the dog to Down. The dog downs as the handler continues moving forward 5-10 (or more) steps. The handler turns to face the dog and calls the dog to Front position. **The dog may sit or stand in Front position. The dog must pause in Front position, either standing or sitting.** The handler cues the dog to finish, which may be a Loop or Circle, Wait or Forward finish. If a Wait finish, the dog may stand or sit at the handler's side. The team continues in the position in which they entered the station (Heel or Side).
3. **Stand in Motion (5-10 Steps). Face Dog. Call Front. Finish.** - While moving forward **and without stopping**, the handler cues the dog to

Stand. The dog stands as the handler continues moving forward 5-10 (or more) steps. The handler turns to face the dog and calls the dog to Front position. **The dog may sit or stand in Front position. The dog must pause in Front position, either standing or sitting.** The handler cues the dog to finish, which may be a Loop or Circle, Wait or Forward finish. If a Wait finish, the dog may stand or sit at the handler's side. The team continues in the position in which they entered the station (Heel or Side).

4. **Stop (Stand). Leave Dog (8-10 Steps). Cue Down, Sit, Stand. Return to Dog.** - The team stops. **The dog remains standing at the handler's side.** The handler leaves the dog, moving 8 to 10 (or more) steps in any direction. The handler may turn to face the dog. The handler cues the dog to Down, then Sit, then Stand. The handler returns to the dog and assumes the position in which they entered the station (Heel or Side position). Pausing at the end of this exercise is optional.
5. **Stop (Stand). Leave Dog (8-10 steps). Cue Down. Call Front. Finish.** – The team stops. **The dog remains standing at the handler's side.** The handler cues the dog to stay. The handler leaves the dog, moving 8 to 10 (or more) steps in any direction. The handler may turn to face the dog. The handler cues the dog to Down. The handler calls the dog to Front position. **The dog may sit or stand in Front position. The dog must pause in Front position, either standing or sitting.** The handler cues the dog to finish, which may be a Loop or Circle, Wait or Forward finish. If a Wait finish, the dog may stand or sit at the handler's side. The team continues in the position in which they entered the station (Heel or Side).
6. **Stop. 360° in Place. Dog Inside.** – The team stops. **The dog may stand or sit at the handler's side. If the dog is sitting next to the handler, the dog will stand to do the pivot.** Without moving forwards or backwards, the team pivots in place 360 degrees with the dog on the inside of the pivot. **In Heel position, the team will pivot counterclockwise. In Side position, the team will pivot clockwise.** During the pivot, the team will maintain position (Heel or Side). **In the Level II Sign 15 (Stop. 360° in Place. Dog Outside.), the pivot occurs around the handler's feet, as though the handler is on a pie plate. This sign is a pivot around the dog's front feet, as though the dog's front feet are on the pie plate.** Pausing at the end of this exercise is optional.

**Signs 7, 8, and 9 use a 2 jump chute, which looks like this:**



7. **Stop. Leave Dog. Call Dog Over 2 Jumps.** – The team stops in front of a jump chute. **The dog may sit or stand at the handler's side.** The jump chute consists of two jumps, which need not be identical. The jumps must be set far enough apart for the dog to comfortably take each jump separately. The handler cues the dog to stay. The handler leaves the dog and goes to the opposite side of the two jumps. The handler calls the dog over the jumps. The dog goes over each jump without knocking down any bars and returns to the handler. The dog may sit or stand in Front position and/or finish without waiting in Front position. Pausing is optional. 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.)**

8. **Stop. Send Over 2 Jumps. Dog Waits.** – The team stops in front of a jump chute. **The dog may sit or stand at the handler's side.** The jump chute consists of two jumps, which need not be identical. The jumps must be set far enough apart for the dog to comfortably take each jump separately. The handler sends the dog over both jumps, and the dog takes the jumps without knocking down any bars. The dog waits on the far side of the jumps until the handler goes around the jumps. 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.

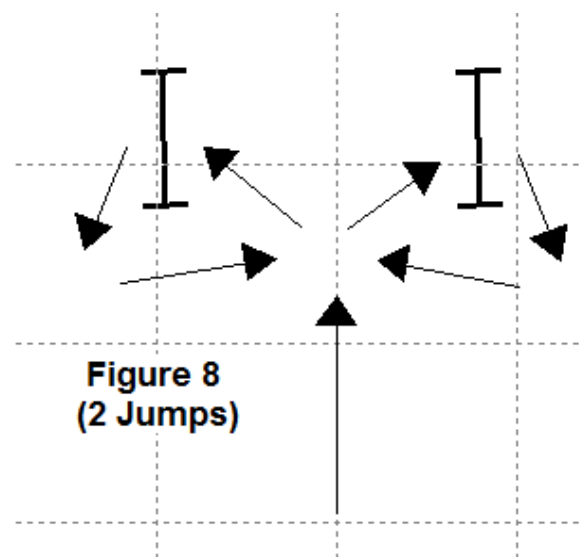
**(See the Rules and Guidelines for jump height options.)**

9. **Retrieve Over 2 Jumps** – 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 chute (a pause is optional). The jump chute consists of two jumps, which need not be identical. The jumps must be set far enough apart for the dog to comfortably take each jump separately. While the dog waits **(in a sit, down, or stand)**, the handler picks up the object and either tosses it over the jumps or walks around and places the object on the opposite side of the jump chute. The handler returns to the dog and cues the dog to retrieve the object. The dog goes over the jumps without knocking down any bars, takes the object, returns over the jumps and comes to Front

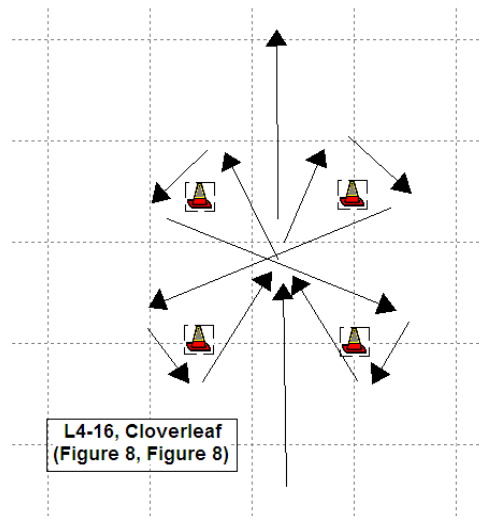
position. **The dog may sit or stand in Front position and remains in position until the handler takes the object.** The handler takes the object from the dog and then cues the dog to Heel or Side (the same position in which the team approached the sign). **The dog may sit or stand in Heel/Side.** The 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.)**

10. **Figure 8 (2 Jumps)** – This exercise requires two bar jumps set facing each other. The team approaches the station and may either stop or begin the exercise immediately. The handler sends the dog over either jump. The dog will jump from between the two jumps and not from the outside into the area between the two jumps. After completing the first jump, the dog will return towards the handler going around the outside the station and will again enter the area between the two jumps and jump over the other jump. The dog may not knock down any bars. The dog will then return to the handler around the outside of the station. The team may leave the station passing either outside or between the two jumps. The team will leave the station in the position (Heel or Side) in which they approached the station. If the dog takes a jump while leaving the station, there is no penalty.



11. **Front Cross Transition** – The team will change position from Heel to Side (or Side to Heel) as the handler crosses in front of the dog momentarily facing the dog while crossing the dog's path. This is a moving exercise. The team does not stop but may slow or hesitate as the handler crosses the dog's path.
12. **Blind Cross Transition** – The team will change position from Heel to Side (or Side to Heel) as the dog crosses behind the handler. During the transition, dog and handler continue to face the direction in which they are moving forward. This is a moving exercise. The team does not stop but may slow or hesitate as the dog crosses behind the handler.
13. **Call Front. Side Pass 3 Steps Each Direction** – While moving forward, the handler stops forward motion and backs up several steps, calling the dog to Front position. **The dog may stand or sit in Front position, but the dog will perform the side passes from standing position. The dog must pause in Front position, either standing or sitting.** The dog and handler will move together three steps to the right (or the left) and then to the left (or the right) back to their original place, while maintaining Front position. The exercise is now complete. The team resumes their former position (Heel or Side) to move to the next station. Pausing at the end of this exercise is optional.
14. **Stop. Single Weave to Front. Dog Backs 3 Steps.** – 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, but must stand to do the backwards steps. The dog must pause in Front position, either standing or sitting.** The dog walks backwards as the handler walks forward (three or more steps of the handler). The exercise is now complete. The team resumes their former position (Heel or Side) to move to the next station. Pausing at the end of this exercise is optional.
15. **Cloverleaf (Figure 8, Figure 8)** – This exercise requires four cones, posts, or other markers set as corners of a square. The team will perform two Figure 8s using diagonal cones for each figure 8. The team moves to the center of the square, circles one cone, returns to the center of the square and circles the opposite diagonal cone, returns to the center, circles a third cone, returns to the center and circles the fourth (opposite diagonal) cone, **returns to the center** to exit the station from the center of the square moving in the same direction in which they entered the station (unless the course map indicates a different exit direction).



16. **Dog Only Serpentine (6 Cones)** – This station requires six cones (or other markers) placed in a straight line with spaces between them of approximately one to four feet. The dog performs the serpentine, entering the station with the first cone on the dog's left side and exiting with the sixth cone on the dog's right side. The handler remains next to the dog but does not pass between the cones. If the team wishes, agility weave poles may be used for this exercise. **The entry is the same whether the team is working in Heel or Side position. This station is performed as in agility with 6 weave poles.**
17. **Do 2 Different Tricks.** – The team may stop, slow down, or immediately execute the tricks. The dog will do any two tricks (wave, bow, spin, roll over, etc.). The team may move out of Heel or Side position for execution of the tricks and the handler may position the dog for the tricks but not by physically moving the dog. The handler may have a prop by the station to use for either or both tricks (cane, hoop, etc.).
18. **Pivot Right 270°** – The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 270° 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.
19. **Pivot Left 270°** – The team stops. **The dog may stand or sit at the handler's side.** The handler pivots (in place) 270° 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.

20. **Stop (Stand). Back up 5 Steps** – The team stops. **The dog remains standing at the handler's side.** The team backs up at least five steps (handler's steps), remaining in position (Heel or Side). Pausing at the end of this exercise is optional.
21. **Long Call Front with Dog 360° (6-10+ 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 and, as the team is moving, the dog turns 360° either clockwise or counterclockwise. 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.
22. **Double Leg Circles (LL, RR or RR, LL)** – The team may stop or may slow down. The dog may stand or sit at the handler's side. The dog will circle around each of the handler's legs twice (left leg twice then right leg twice OR right leg twice then left leg twice) and then return to the position (Heel or Side) in which the team entered the station. An extra circle or half circle of either leg is not penalized and may be needed to set up for the other leg circles or to return to Heel or Side position. To perform this station correctly, the dog must pass through the handler's legs at least four times. Pausing at the end of this exercise is optional.
23. **Distance Figure 8** – This exercise requires two cones, posts, or other markers set a distance of approximately 5-10 feet apart. The team stops at a distance of at least 8 feet from each marker. **Please mark this distance with a cone or jump bar or other marker that will be visible in the video clip. The handler remains at this distance from the markers and keeps his/her feet within a square yard of space. The dog may stand or sit at the handler's side.** The handler sends the dog to the figure 8 and the dog passes between the two markers, circles one of the markers (either side), passes between the two markers again, and partially circles the marker on the opposite side to return to the handler. The exercise is now complete. The team may leave the station passing either outside or between the two markers. The team will leave the station in the position (Heel or Side) in which they approached the station.

