

Cyber Rally - O
Level V 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 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 V, these are Signs 18 and 19. 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.**

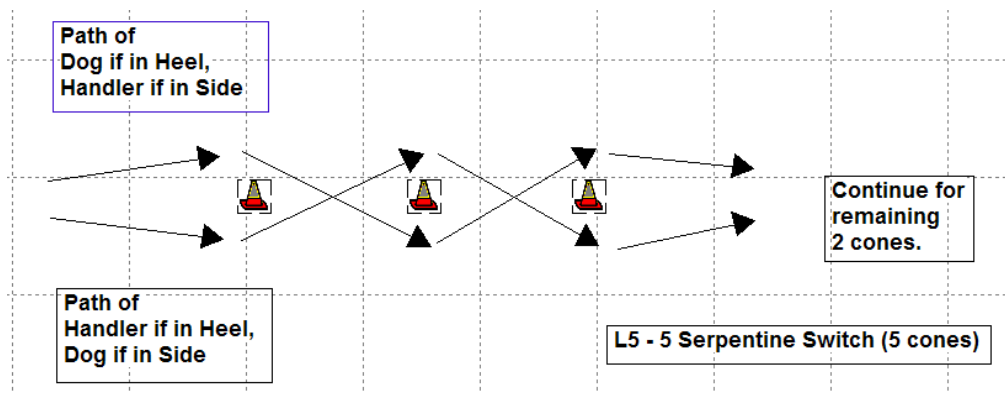
For every position change (Sit, Stand, etc.), the dog must pause before doing the next part of the exercise and/or before leaving the station. Say, "Good dog!" after each position change and you will always have your pause built into the exercise!

1. **Sit in Motion (5-10 Steps). Face Away. Call to Heel/Side.** – 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 remains facing away from the dog and calls the dog to the position in which the team entered the station (Heel/Side). The dog may sit or stand in Heel/Side position. Pausing is optional. The exercise is now complete.
2. **Down in Motion (5-10 Steps). Face Away. Call to Heel/Side.** – 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 remains facing away from the dog and calls the dog to the position in which the team entered the station (Heel/Side). The dog may sit or stand in Heel/Side position. Pausing is optional. The exercise is now complete.
3. **Stand in Motion (5-10 Steps). Face Away. Call to Heel/Side.** - 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 remains facing away from the dog and calls the dog to the position in which the team entered the station (Heel/Side). The

dog may sit or stand in Heel/Side position. Pausing is optional. The exercise is now complete.

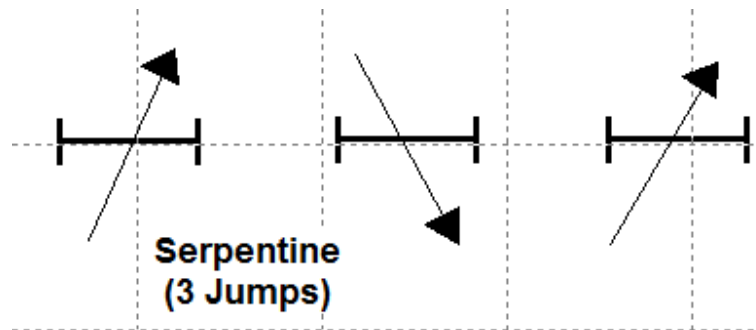
4. **Rear Cross Transition** - The team will change position from Heel to Side (or Side to Heel) as the handler crosses behind the dog. During the transition, dog and handler continue to face the direction in which they are moving forward. This is a moving exercise. The team does not stop but may slow or hesitate as the handler crosses behind the dog.
5. **Serpentine Switch (5 Cones)** - This station requires five 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), etc. 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, third and fifth cones in Heel position, but each cone will be between the handler and dog as they pass it. At the second and fourth cones, the team passes in Side position with each cone between the handler and dog. For teams working in Side position, the first, third, and fifth cones would be passed in Side position and the second and fourth cones in Heel position. The teams will transition positions in the area between the cones.

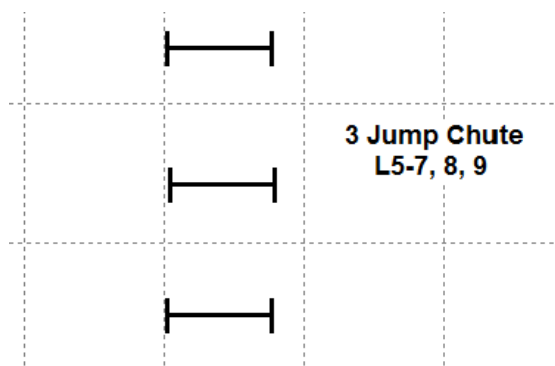


6. **Serpentine (3 Jumps)** - The team approaches a line of three jumps set next to each other but far enough apart for the dog to comfortably perform the exercise. The dog takes each jump in serpentine fashion, as diagramed below, without knocking down any bars. The exercise is now complete. The team leaves the station in the position in which they approached (Heel/Side). If the dog takes a jump as the team is leaving the station, there is no penalty. The team may pass between jumps to reach the next station. **When performing this exercise, the handler may move from one side of the jumps to the other in order to direct the dog over the jumps in the correct sequence.**

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



NOTE: Signs 7, 8, 9 use a 3 jump chute, which looks like this:



7. **Stop. Leave Dog. Call Dog Over 3 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 three 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 three 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 3 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 three 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 the 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.)

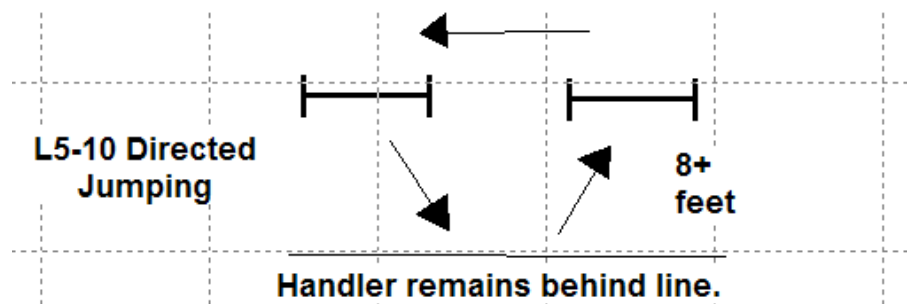
9. **Retrieve Over 3 Jumps** – To set up for this station, an object is placed by the sign during course set up. At the sign, the team stops in front of the jump chute (a pause is optional). The jump chute consists of three jumps, which need not be identical. The jumps must be set far enough apart for 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 sign 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.)

- Directed Jumping (2 Jumps)** – The team approaches two jumps set next to each other but at least one jump width apart. The team stops at a distance of at least 8 feet from the jumps (a pause is optional). **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 jump and keeps his/her feet within a square yard of space.** The handler sends the dog over either jump and calls the dog over the other jump. The dog may not knock down any bars. The exercise is now complete. The team leaves the station in the position in which they approached (Heel/Side). If the dog takes a jump as the team is leaving the station, there is no penalty. The team may pass between the jumps or go around them to reach the next station.

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

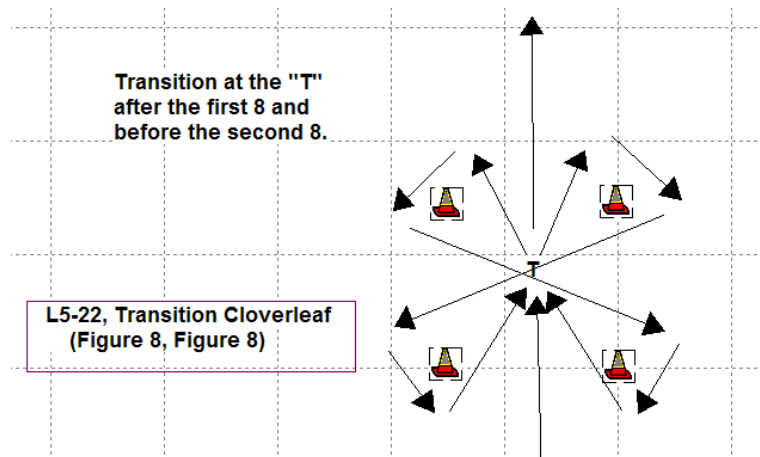


- Stop. Side Pass 3 Steps Each Direction** – The team stops. **The dog may stand or sit at the handler's side but will perform the side passes from standing position.** The dog and handler will move together three steps to the right (or the left) and then to the left (or the right) back to their original place, while maintaining their Heel/Side position. The exercise is now complete. Pausing at the end of this exercise is optional.
- Stop. Tandem Turns (360°) Same Direction.** – The team stops. **The dog may stand or sit at the handler's side but will perform the turns from standing position.** The dog and handler each turn 360° in the same direction (clockwise or counterclockwise). Pausing at the end of this exercise is optional.

13. **Stop. Tandem Turns (360°) Opposite Directions.** – The team stops. **The dog may stand or sit at the handler's side but will perform the turns from standing position.** The dog and handler each turn 360° in opposite directions (clockwise for one team member and counterclockwise for the other). Pausing at the end of this exercise is optional.
14. **Moving Tandem Turns (360°) Same Direction.** – While moving, the dog and handler each turn 360° in the same direction (clockwise or counterclockwise).
15. **Moving Tandem Turns (360°) Opposite Directions.** – While moving, the dog and handler each turn 360° in opposite directions (clockwise for one team member and counterclockwise for the other).
16. **Stop. Single Weave to Front. Tandem Turns.** – The team stops. **The dog may sit or stand 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 turns.** The dog and handler each perform a 360° turn at the same time. The turns need not be in the same direction. The exercise is now complete. The team resumes their former position (Heel or Side) to move to the next station.
17. **Transition with Single Reverse Weave** - The team may stop or may continue moving for this exercise. The dog will do a single backwards weave to transition from Heel to Side (or Side to Heel). From Heel position the dog will back behind the handler's left leg (in front of handler's right leg) to Side position. From Side position the dog will back behind the handler's right leg (in front of handler's left leg) to Heel position. Pausing at the end of this exercise is optional.
18. **Stop (Stand). Back up 7 Steps** – The team stops. **The dog remains standing at the handler's side.** The team backs up at least seven steps (handler's steps), remaining in position (Heel or Side). Pausing at the end of this exercise is optional.
19. **Stop (Stand). Back Around Handler** - The team stops. **The dog remains standing at the handler's side.** The dog backs around the handler until s/he returns to the position in which s/he started (Heel or Side). In Heel position, the dog will back around counterclockwise. In Side position, the dog will back around clockwise.
20. **Long Call Front. Dog 360° CW & CCW (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° clockwise and 360° counterclockwise (either direction may be first). 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.

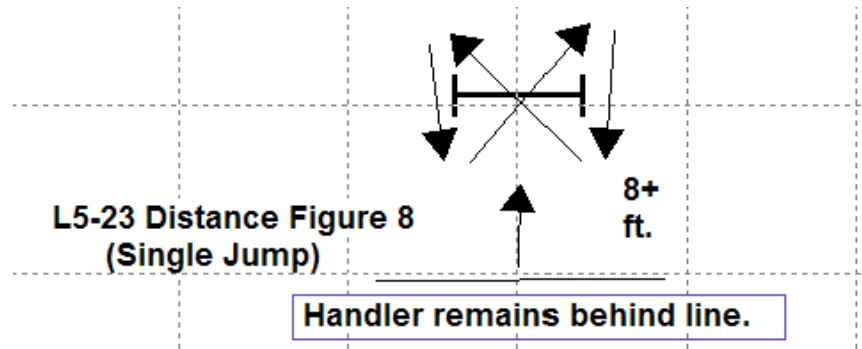
21. **Long Call Front. Tandem Turns (6-10+ Steps)** – While moving forward, the handler stops forward motion and backs up calling the dog to Come Fore position. The handler backs up a total of six to ten (or more, if desired) steps and, as the team is moving, the dog and the handler each turn 360° at the same time. The turns need not be in the same direction. 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. **Transition 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, **transitions from Heel to Side (or Side to Heel)**, then 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).



23. **Distance Figure 8 (Single Jump)** - The team stops at a distance of at least 8 feet from the jump. **The dog may stand or sit at the handler's side.** Pausing is optional. **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 jump and keeps his/her feet within a square yard of space.** The dog goes over the jump and

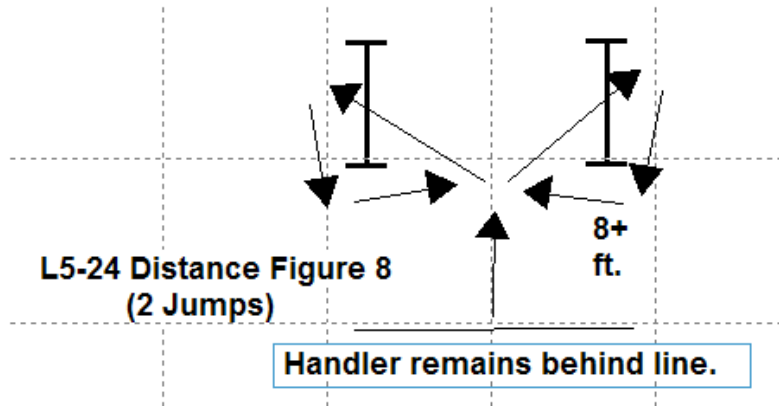
around the outside of one jump standard (no penalty for returning to the handler), goes over the jump again and around the outside of the other jump standard, completing a figure 8. The dog may not knock down the jump bar. The exercise is now complete. The team leaves the station in the position in which they approached (Heel or Side). If the dog takes the jump while leaving the station there is no penalty.

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



24. **Distance Figure 8 (2 Jumps)** – This exercise requires two bar jumps set facing each other. The team stops at a distance of at least 8 feet from each jump. **The dog may stand or sit at the handler's side.** Pausing is optional. **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 jumps and keeps his/her feet within a square yard of space.** The handler sends the dog over either jump. The dog will jump from between the two jumps outward (and not from the outside into the area between the two jumps). After completing the first jump, the dog will go around the outside of the station moving towards the handler (no penalty for returning to the handler) and will again enter the area between the two jumps and jump over the other jump. The dog may not knock down any bar. 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.

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



25. **Sit. Stand. Down. Handler Steps Over. (Repeat).** - The team stops. **The dog may stand or sit at the handler's side.** Pausing is optional. The handler cues the dog to Sit (the dog may have sat at the stop), then Stand, then Down. While the dog is in Down position, the handler steps over the dog to Side position (or to Heel position if the team was working in Side position). The handler then cues the dog to Sit, then Stand, then Down. While the dog is in Down position, the handler steps over the dog to the original position (Heel or Side). If stepping over the dog is unsafe for the handler or dog, the handler will walk around the dog in either direction to get to the other position. The handler will determine whether or not it is safe to step over the dog. Pausing at the end of this exercise is optional.