

CRO Foundation Rally Skills Titling Program (revised July 06, 2026)



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General Information

The CRO Foundation Rally Skills Titling Program is open to dogs and handlers of all skill levels. The program is an optional adjunct to the CRO titling tracks and may be done at any time before, during, or after a dog has earned other CRO titles.

The skills demonstrated in this program pertain to rally but also serve as a foundation for other dog sports, boosting confidence and enhancing the relationship between dog and handler. The program is a structured and easy way to introduce an inexperienced handler and/or dog (whether puppy or adult) to the fun of training. It is also a way to enjoy low-stress training with an older dog.

The exercises can all be done at home. Most can be done in a very small space. No special equipment is needed.

ALL teams are welcome to enjoy this program. Dogs and/or handlers with disabilities will find CRO to be flexible and accommodating. In addition, although “dogs” are referenced throughout this document, other animals (cats, horses, sheep, goats, etc.) are welcome to participate.

Though CRO is based in the United States, it has always welcomed teams from other countries. We have titleholders as close to us as Canada and as far away as South Africa and Australia.

Registration

Dogs must be registered with CRO to participate in this program. You can register your dog online at the [CRO website](#).

Entry Fees

Entry fees and retry fees are the same as for other CRO entries. See the [CRO Rules and Guidelines](#) for details, including the multiple entry discount. Use the Entry Form on the [CRO website](#)

Levels, Qualifying, and Titles

There are four levels and four titles. Dogs may complete any or all levels in any order. There are no prerequisites for any level. More than one level may be entered with the same entry form. It is suggested that inexperienced handlers and/or dogs begin with Level 1 and complete each level in order.

To qualify for each title, the team must perform each exercise safely, skillfully, and with willingness on the dog's part.

Completion of the FRS Level 1 requirements earns the CRO-FS1 title.

Completion of the FRS Level 2 requirements earns the CRO-FS2 title.

Completion of the FRS Level 3 requirements earns the CRO-FS3 title.

Completion of the FRS Level 4 requirements earns the CRO-FS4 title.

Completion of all four FRS titles earns the FRS Super Star title, CRO-FS-SS.

Teams earning a title will receive a title certificate by email and a title ribbon by mail.

Entry by Video

All entries are by video only. Video your team doing each exercise. The entire team must be in view for the entire clip (a second or two of head or tail out of frame will not NQ the entry). Make a video compilation of the exercises or a YouTube playlist (or Vimeo showcase, etc.) of all ten clips. Number each exercise (1-10) based on its order in the compilation or playlist. Label each exercise by its correct name as used in the list of exercises for each level (pages 4-16) **followed by its level and exercise number**. For example, if Level 1 Exercise 2, Focus and Following, were the first clip in a Level 1 compilation or playlist, its numbering and label would be

“#1. Focus and Following L1-2” or “1. Focus and Following L1-2”.

Except where specified, each exercise must be on a single clip. See the CRO [Rules and Guidelines](#) for more video instructions (R&Gs page 9-1).

Scoring and Non-Qualifying Entries (NQs)

Scoring is pass/fail. Each exercise is judged separately. All exercises in the entry must be performed correctly for the entry to qualify.

The entry will NQ if the judge determines that any of the following has occurred:

- (a) the handler is treating the dog harshly in any clip
- (b) there are more than two instances of a tight leash in the entry; exceptions are exercises L1-1, L1-2, L3-8 and L4-12 where a single instance of a tight leash will NQ the entry
- (c) the dog has not completed each exercise skillfully and willingly
- (d) the dog is wearing disallowed equipment (see “Dog Equipment”, below)

Also see the CRO [Rules and Guidelines](#) for Non-Qualifying Runs (R&Gs page 15-1).

Non-qualifying entries may be retried within 30 days of the date of the results email at a reduced entry fee of \$10. After 30 days regular entry fees apply. The retry may include clips of any properly performed exercises taken from the original entry.

Dog Equipment

Collars, leashes, and harnesses are optional and not required at any level. Handlers are encouraged to use a leash when appropriate for safety or comfort, such as when working at a public park or near a busy street. In addition to the exercises, the entry video must show a separate picture or short clip of the dog’s equipment, either on or off the dog.

Harnesses are permitted, either front or rear clip. “Clothing” such as cool wraps, Thundershirts, bandanas, sweaters, etc., are permitted. Tags on collars/harnesses are permitted.

Certain equipment is not allowed. Use of any of these will NQ the entry: e-collars, pinch/prong collars, slip (“choke”) collars (whether chain or otherwise), and head halters.

Cueing

Unless otherwise stated in the exercise, the handler may give multiple cues (physical and verbal) during all exercises. Except for teams with dogs who are blind or deaf, handlers may not cue the dogs by touching them. Unlimited praise and/or use of a Keep-Going Signal is permitted.

Demonstration Videos

Demonstration videos for all FRS Exercises, Levels 1-4, are in the [CRO Foundation Rally Skills Exercise Demos playlist](#) on the [CRO youtube channel](#).

Handlers of all skill levels are encouraged to view the demonstration videos to ensure correct understanding of the exercises.

If questions remain, email info@cyberrally-o.com or post in the [Cyber Rally-O public facebook group](#).

Sample Entry Videos

Sample entry videos for all FRS Levels are in the [CRO Foundation Rally Skills Sample Entries playlist](#) on the [CRO youtube channel](#).

CRO FRS Level 1

Reinforcing and Luring: Reinforcing with food or toys, praising, and petting are permitted and encouraged even while doing an exercise. The handler may not physically manipulate the dog. Except where noted, luring is permitted for all exercises. Target sticks and hand targets may be used instead of or in addition to a food lure. Toy lures are not permitted. Platforms and barriers are not permitted (unless they are part of the exercise). Food (but not hands) may be kept in a pocket or a treat pouch (pocket is preferred).

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part.

FRS Level 1 Exercises:

1. Putting on the Equipment: The dog waits calmly while the handler puts a collar or harness on the dog and attaches a leash. Leash must remain loose. Any instance of a tight leash during this exercise will NQ the entry.

2. Focus and Following: The handler walks a few steps in one direction, then a few steps in the opposite direction, then a few steps in the first direction. The dog must focus on and move with the handler, changing directions when the handler does. This is not a heeling exercise (heeling will not NQ the entry). It is an exercise in attention and following the handler's lead when the handler changes direction. If working on leash, any instance of a tight leash during this exercise will NQ the entry.

NOTE: This exercise may not be done with a lure, but the handler may use verbal and body signals to keep the dog focused and following.

3. Mark and Reinforce: In this exercise, the handler shows how to mark and reinforce one of the following behaviors: Sit (from a stand or down), Down (from a sit or stand), or Stand (from a sit or down). Only one performance of one of these behaviors is required. Mark the instant the behavior occurs rather than marking for duration. The marker signal can be a click from a clicker, a word such as "Yes!" or any other type of signal. The reinforcer can be treats, toys, praise, and/or petting. It must be obvious to the judge that the reinforcer is something the dog likes and wants.

4. Voluntary Two-Way Eye Contact: Without giving any verbal or physical cue, the handler stands (or sits) with the dog beside or in front of the handler. When the dog makes eye contact, the handler marks then delivers a treat from a pocket or treat pouch (pocket is preferred). After five repetitions the exercise is complete.

NOTE: This exercise may not be done with a lure. Food may not be held in a hand or in the handler's mouth for this exercise.

5. Targeting with Four Paws: This exercise requires a flat stable, non-slip target, no higher than hock-height, such as a folded towel, small rug, bath mat, low platform. The

dog is cued to get on the target with all four paws and wait there (in a sit, down or stand) for at least 2 seconds with all paws stationary.

6. Backing on the Flat: The dog backs at least two steps on the ground. "Two steps" are counted as each of the dog's rear legs moves. So each back leg will move backwards at least once. This exercise may be done in approximate Heel, Side, or Front position. The line need not be straight as long as the steps are taken backwards. The handler may move with the dog if the handler is beside the dog. The handler may NOT move with the dog if the handler is in front of the dog. This exercise may be done using a lure, target stick, hand target, or target for the rear feet. It may also be done using gates or barriers to help the dog stay straight.

7. Stationary Heel/Side Position: The dog stands in Heel or Side position, shoulder next to handler's left leg (Heel) or right leg (Side), close to and facing the same direction as the handler. The team remains in this position for at least 2 seconds with all feet and paws stationary. The exercise is repeated facing a different direction and then repeated again facing the first direction.

8. Jump Stanchion Exercise: Using a jump stanchion, chair, or other object of a suitable size (use of a jump with jump bar is not permitted in this exercise), the team moves forward in Heel or Side position (accuracy of position is not required) towards the object and passes it with the dog going on one side and the handler on the other. The team then continues to move forward in Heel/Side position.

9. Position Changes in Heel/Side: The team stands in Heel or Side position (the dog must stand) with all team feet stationary. The handler cues the dog into a Sit from standing. The team pauses with all team feet stationary. Next, the handler cues the dog into a Down from the Sit. The team pauses with all team feet stationary. The handler may reinforce the dog after and during the position changes as well as at the end of the exercise. This exercise is performed in place without moving forward or backward between position changes.

10. Finding Front Game: The handler stands with feet apart, facing the dog, and tosses a treat between his/her (handler's) feet behind him/her (the handler). Simultaneously with the toss, the handler cues the dog to chase the treat. The dog runs between the handler's feet to get the treat, and the handler moves forward and turns to face the dog and tosses another treat between his/her (handler's) feet. After five repetitions the exercise is complete. For teams with very large dogs, the treat can be placed at the handler's feet and the handler then runs backwards several steps to repeat the exercise. This "large dog" option is open to any team, not just handlers with large dogs.

11. Hand Targeting: The dog targets the handler's left and right hands, alternately, twice on each side. The handler may reinforce between each hand target. The dog need not touch the hand to perform this correctly but must clearly move towards the hand each time.

12. Spins: Dog turns 360 degrees in each direction (CW and CCW). The dog may perform the turns beside or in front of the handler. It is recommended that the handler reinforce in between the two turns. The dog must do the turns in a controlled manner, without jumping or throwing his/her body around, and without the nose high in the air. The turns should be done with the dog's head slightly lowered, nearly level with the dog's back. Luring or targeting works well for this exercise. If working with a small dog, the handler may kneel, squat or sit on the floor or a chair or stool while luring the dog. The two spins may be shown on the same or separate video clips.

13. Do a Trick: Demonstrate any trick in which at least the two rear feet remain on the ground. Suggestions are a raised paw, crossing paws, Peek position (standing between handler's legs facing forwards or backwards), hand shake, bow, barking on cue, roll-over, catch (a treat or toy), and retrieve.

14. Speed Changes (Handler Only): The handler demonstrates the following speed change sequences: Normal, Slow, Normal and Normal, Fast, Normal. To accommodate working space and video view, the handler may turn around during the exercise but must maintain the pace during the turns. The handler must show at least three steps for each pace in each sequence. The sequences may be shown on the same or separate video clips.

15. Pivot for Hind End Awareness: The dog stands with two front paws on or in an object suitable for pivoting. Showing the dog's approach to the object is optional. The object should be stable, non-slip, and at or below hock-height. The dog pivots 180 degrees in each direction. The handler may move around next to or in front of the dog, remain stationary, and/or lure. Be sure the dog completes at least 180 degrees in each direction. The two directions may be shown on the same or separate video clips.

16. Targeting for Front Position: The dog places two front paws or all four paws on a flat or slightly raised target positioned in front of the handler so that upon targeting, the dog will be in accurate Front position (in either a stand or a sit). Front position is "accurate" if the dog is lined up with an imaginary line extending directly in front of the handler. The target should be stable, non-slip, and at or below hock-height. Begin the exercise by tossing a treat away in any direction. Call the dog to Front (the cue is your choice). You may lure the dog onto the target and into position. The dog must remain in accurate Front position, on the target, for at least 2 seconds with all paws stationary.

17. Transition (Dog Stationary): While standing in Heel or Side position, the team demonstrates the CRO Rally Division Level II "Transition" exercise using a transition in which the dog remains stationary and the handler moves from Heel to Side (or Side to Heel).

The exercise description can be found in the Appendix, see Rally L2-1.

FRS Level 1 Demonstration Videos are in the [CRO Foundation Rally Skills Exercise Demos playlist](#) on the [CRO youtube channel](#).

FRS Levels 1-4 Sample Entry Videos are in the [CRO Foundation Rally Skills Sample Entries playlist](#) on the [CRO youtube channel](#).

CRO FRS Level 2

Reinforcing and Luring: Reinforcing with food or toys, praising, and petting are permitted and encouraged, but only praising is permitted while doing an exercise (unless delivering a treat is part of the exercise). The handler may not physically manipulate the dog. Lures and target sticks are not permitted for any exercise except where noted. Hand targets are permitted for all exercises. Toy lures are not permitted. Platforms and barriers are not permitted (unless they are part of the exercise). Food (but not hands) may be kept in a pocket or a treat pouch (pocket is preferred).

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part.

FRS Level 2 Exercises:

1. Release Cue: The dog is cued to sit, down, or stand and may also be given a Wait cue. After a few seconds the handler gives a release cue (okay, release, free, etc.) and the dog leaves the position. Instead of using a release cue, the handler may cue another behavior to release the dog from the position. For example, if the dog is sitting, the handler may cue a down or stand.

2. Recall: The dog responds to a recall cue by going to the handler upon hearing or seeing the cue. This may be done while the dog is engaged in another activity, while the dog is waiting in a position cued by the handler, or while the dog and handler are moving around separately. No position is required when the dog reaches the handler.

3. Voluntary One-Way Eye Contact: Without giving any verbal or physical cue, the handler stands with the dog in Heel or Side position. The dog may sit or stand. The team needs to be facing a mirror or other reflective surface so the handler can look straight forward but still see the dog. When the dog looks at handler's eyes / face (not the mirror), the handler marks and delivers a treat from a pocket or treat pouch (pocket is preferred). The mark may be verbal, mechanical, visual or tactile. When the team has demonstrated five repetitions the exercise is completed.

NOTE: This exercise may not be done with a lure. Food may not be held in a hand or the handler's mouth for this exercise.

4. The Ready Game: In Heel or Side position, the handler calls out, "Are you ready?". The handler asks this as though at the Start sign of a rally run with the judge asking the handler "Are you ready?" The handler then calls out, "Ready!" (or other affirmative word of choice) as though answering the judge's question. Without cueing the dog, the handler waits for the dog to make eye contact. When the dog makes eye contact, the handler marks and delivers a treat from a pocket or treat pouch (pocket is preferred). The mark may be verbal, mechanical, visual or tactile. When the team has demonstrated five repetitions, the exercise is completed. The dog may sit or stand in Heel/Side position. The handler may be watching the dog during the exercise or may be looking straight ahead (a mirror or other reflective surface will be needed so the handler can see

the dog's response to "Ready!")

This game mimics the routine at the start line of a rally run. "Ready!" becomes a cue for attention and "Are you ready?" becomes a precursor to the Ready cue.

5. Schutzhund Turn (Left About Turn) Dissected: The team stands in Heel (or Side) position with the dog standing, not sitting. The handler cues the dog to wait and turns 180 degrees towards the dog so s/he is facing the opposite direction from the dog. The handler then cues the dog to come behind the handler and into Heel (or Side) position. The dog should (but is not required to) remain standing at the end of the exercise.

Note: Lures and target sticks may be used for this exercise, both to keep the dog stationary while the handler turns into position and to bring the dog around the handler into Heel (or Side) position.

6. Dog Circles Handler: The team begins in Heel or Side position with the dog sitting or standing. Using a lure, hand target, target stick, or hand signal, the handler cues the dog to circle the handler (CW from Heel position or CCW from Side position) until the dog returns to the initial Heel or Side position. The dog may stand or sit upon returning to Heel/Side.

Note: Lures and target sticks are permitted for this exercise.

7. Turns by Degrees (Handler Only): Using an actual rally station (any sign and holder) or a cone or other marker, the handler demonstrates the following turns: 45 (AKC "Diagonal"), 90, 180, 225 (AKC "Loop"), 270, 360, and 450 degrees. The handler approaches the "station", performs the turn in front of the station, and leaves the station moving in the new direction. Only one direction is required for each turn and a mixture of right and left turns is fine. Only a step or two is required for the approach and exit. The turns may be shown on a single or multiple video clips.

8. Single Cone: The team performs a 180 degree turn around a single cone (or other suitable object, such as a chair or box). The exercise is to be performed turning to the right and also turning to the left. Each direction may be shown on a single or separate video clips. Only a step or two is required for the approach and exit from the turn. The two performances must be performed in the same Heel or Side position

Note: Lures and target sticks are permitted for this exercise.

9. Figure 8 Around the Legs: Starting in either Heel or Side position, the dog does a figure 8 between/around the handler's legs. No speed is required and going more slowly is better for the dog's body and will create more body awareness. One complete figure 8 is all that is required (between the legs, around one leg, between the legs, around the other leg returning to the starting position).

Note: Lures and target sticks are permitted for this exercise.

10. Finish Loop/Circle (Finish Left/Right): The team begins with the dog standing or sitting in Front position. Without moving his/her feet during this exercise, the handler cues the dog to do a Loop finish - to the handler's left to Heel position or to the handler's right to Side position. (This is called a "Left" finish in most venues that only include left-

side heeling.) The team repeats the exercise, but this time the handler cues the dog to do a Circle finish - CW around handler to Heel position or CCW around the handler to Side position. (This is called a “Right” finish in most venues that only include left-side heeling.) Once in Heel or Side position, the dog may stand or sit. Each finish may be shown on a single or separate video clips.

Note: Lures and target sticks are permitted for this exercise.

11. Two Cone Recall: This exercise uses two cones (or other suitable objects) set side by side with a space between them of approximately four to eight feet. The team stands on one side of the cones in Heel or Side position facing the space between the cones. The handler cues the dog to wait and walks between the cones to the other side. The handler calls the dog between the cones. The dog moves between the cones to the handler (no particular position is required).

12. Walk Around: The team stands in Heel or Side position with the dog sitting or standing. The handler cues the dog to wait then walks around the dog (CCW from Heel, CW from Side). Handler may hold a treat or target stick at the dog’s nose to keep the dog in place during the walk around. Handler returns to the original position and gives the dog a treat. A marker is optional.

Note: Lures and target sticks are permitted for this exercise.

13. Position Changes in Heel/Side: The team stands in Heel or Side position (the dog must stand) with all team feet stationary. The handler cues the dog into a Sit from standing. The team pauses with all team feet stationary. Next, the handler cues the dog into a Down from the Sit. The team pauses with all team feet stationary. The handler may reinforce the dog only at the end of the exercise.

14. Pivot 180 into Position: The dog stands with two front paws on an object suitable for pivoting. Showing the dog’s approach to the object is optional. The object should be stable, non-slip and at or below hock-height. The handler faces the dog as though the dog were standing in Front position. The handler cues the dog to pivot (CCW to Heel position or CW to Side position). As the dog begins to pivot, the handler takes a step to the right for Heel or to the left for Side so the dog’s shoulder will be next to the handler’s leg when the dog completes the pivot into Heel or Side position. The handler may move forward slightly after stepping to the left or right in order to get a better Heel/Side position depending on the size of the dog. The dog’s front paws must remain on the object while pivoting.

15. First Step Reinforcement: The team stands in Heel or Side position. The dog may sit or stand. The handler gives the cue to move forward. The handler takes a step forward and the dog moves with the handler’s first step. The handler marks the first step and then reinforces. **Note: If the dog does not move with the handler, this exercise will not pass.**

16. Precision Cone Loops: Moving in Heel (or Side) position, the team approaches a cone offset to the right (or left) of their path. With as much precision as possible, the

team performs a single cone loop (a complete circle around the cone) with the dog on the outside curve. After performing the loop, the team completes the exercise by resuming their original direction and path. The team must heel several steps for the approach and exit from the loop. The exercise is then repeated with the cone offset to the left (or right) and the dog on the inside curve. The two performances may be on a single or separate clips.

Note: Lures and target sticks are permitted for this exercise.

17. Transition (Handler Stationary): While standing in Heel or Side position, the team demonstrates the CRO Rally Division Level II "Transition" exercise using a transition in which the handler remains stationary and the dog moves from Heel to Side (or Side to Heel). The exercise description is in the Appendix, see Rally L2-1.

FRS Level 2 Demonstration Videos are in the [CRO Foundation Rally Skills Exercise Demos playlist](#) on the [CRO youtube channel](#).

FRS Levels 1-4 Sample Entry Videos are in the [CRO Foundation Rally Skills Sample Entries playlist](#) on the [CRO youtube channel](#).

CRO FRS Level 3

Reinforcing and Luring: Reinforcing with food or toys, praising, and petting are permitted and encouraged, but only praising is permitted while doing an exercise (unless delivering a treat is part of the exercise). The handler may not physically manipulate the dog. Luring is not permitted. Target sticks are not permitted. Platforms and barriers are not permitted (unless they are part of the exercise). Hand targets are permitted for all exercises, where relevant. Food (but not hands) may be kept in a pocket or a treat pouch (pocket is preferred).

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part.

FRS Level 3 Exercises:

1. Wait/Stay with Release Cue: Dog is cued to a position (sit, down, or stand). Handler cues the dog to wait/stay, moves at least five feet away from the dog, and the dog holds the position for at least 2 seconds. Handler gives the release cue and the dog moves from the position.
2. Send to Target (Beginning Distance): From a distance of at least three feet, the dog targets a mat (or similar flat target) with **two front or four feet**. The target should be stable, non-slip, and at or below hock-height such as a folded towel, small rug, bath mat, low platform. The dog must remain on the target (in a sit, stand or down) for at least 2 seconds with all paws stationary. The handler must remain at least three feet from the nearest edge of the target.
3. Stop and Wait: The dog and handler walk forward in Heel (or Side) position. The handler cues the dog to stop, and both dog and handler stop (the dog may sit or stand). The handler cues the dog to wait and takes one or more steps forward. The dog must wait while the handler steps forward. The handler returns to the dog (no particular position is required) and gives a treat (or praises/pets). The handler again cues the dog to wait, moves forward one or more steps, pauses, and calls the dog to Heel (or Side). The dog comes to the cued position, and the team walks forward again. A pause is optional when the dog comes to the cued position.
4. Advanced Schutzhund Turn (Left About Turn) Dissected: The team stands in Heel (or Side) position with the dog standing, not sitting. The handler cues the dog to wait and turns 180 degrees towards the dog so s/he is facing the opposite direction from the dog. The handler then cues the dog to come behind the handler and into Heel (or Side) position. As the dog moves into position, the handler cues the dog to move forward and the team moves forward in Heel (or Side).
5. Dog Circles Handler (Sit and Stand): The team begins in Heel or Side position with the dog sitting. The handler cues the dog to circle the handler (CW from Heel position or CCW from Side position) until the dog returns to the initial Heel or Side position. The dog

must sit upon completing the exercise. The team repeats the exercise, but this time the dog must stand at the start and end of the exercise. The two performances may be on a single or separate video clips.

6. Moving in Heel or Side Position: The team moves in Heel or Side position in a straight line for 5-7 of the handler's steps. Perfect position is not required, but an observer should be able to easily recognize the team's position.

7. 3 Cone U-Turn: Facing a horizontal line of three cones (or other suitable objects) spaced approximately four to eight feet apart, the team moves in Heel or Side position to make a U-turn (180 degrees) around the center cone. This exercise is to be performed twice - once with the team turning around the cone to the right and once to the left. The two performances may be on a single or separate video clips. The two performances must be performed in the same Heel or Side position.

8. Distraction Bowl Exercise: In Heel or Side position, the team moves in a 360 degree (or more) circle around an open container containing at least 10 treats. The dog may look at the treats but must not move towards them. The dog must be on the inside curve of the circle, closest to the treats. The diameter of the circle must be small enough so the dog is no more than two dog lengths (tip of nose to base of tail) from the treats. The handler may give cues (heel/side, watch, leave it, etc.) at any time during this exercise. If working on leash, any instance of a tight leash during this exercise will NQ the entry.

9. Turns in Position: Moving in Heel or Side position, the team demonstrates 90 degree and 180 degree turns to the left and to the right. The four turns may be on a single or separate video clips.

10. Serpentine and Spirals (Handler Only): The handler will demonstrate the following four CRO Rally Division Level I cone exercises: Single Serpentine (also called Single Serpentine Weave Once), Double Serpentine (also called Straight Figure 8 Weave Twice), Spiral Right, and Spiral Left. Serpentine require four cones (or other suitable objects), Spirals require three. Each exercise must be labeled with a title on the clip or by the handler stating which exercise is going to be performed. The performances may be on a single or separate video clips.

Exercise descriptions are in the Appendix, see Rally L1-33 through 36.

11. Cone Figure 8: Moving in either Heel or Side position, the team approaches two cones (or other suitable objects) set approximately six to eight feet apart and performs the CRO Rally Division Level II Exercise "Figure 8". The handler may stop to reinforce the dog during the exercise but may not keep food in his/her hand or use a lure. There is no limit to the number of times the team can stop for the reinforcement, but no treats are to be given while the team is in motion. Food may be kept in a pocket or a treat pouch (pocket is preferred).

The exercise description is in the Appendix, see Rally L2-16.

12. Serpentine and Spirals (Dog and Handler): Moving in either Heel or Side position, the team approaches a set of cones (or other suitable objects) set approximately four to eight feet apart and performs two of the following exercises: Single Serpentine (also called Single Serpentine Weave Once), Double Serpentine (also called Straight Figure 8 Weave Twice), Spiral Right, and Spiral Left. Serpentine require four cones (or other suitable objects), Spirals require three.

Each of the two exercises must be labeled with a title on the clip or by the handler stating which exercise is going to be performed. The handler may stop to reinforce the dog during the exercise but may not keep food in his/her hand or use a lure. There is no limit to the number of times the team can stop for the reinforcement, but no treats are to be given while the team is in motion. Food may be kept in a pocket or a treat pouch (pocket is preferred).

The two performances may be on a single or separate video clips. Only a step or two is required for the approach and exit.

Exercise descriptions are in the Appendix, see Rally L1-33 through 36.

13. AKC Offset Serpentine (Handler Only): The handler will demonstrate the AKC Offset Serpentine Right and Offset Serpentine Left cone exercises. The handler may use cones or other suitable objects. Each exercise must be labeled with a title on the clip or by the handler stating which exercise is going to be performed. The performances may be on a single or separate video clips. The exercise description is on the [AKC site](#).

14. Foundation for Jumps: Two jump stanchions or similar items, including chairs, can be used for this exercise. The stanchions will be set approximately four to six feet apart. The jump bar (which can be a PVC pole, a broom, or any similar item) lays on the ground (no height is allowed) The handler and dog stand in Heel or Side position on one side of the “jump”. The handler cues the dog to wait and walks to the other side of the “jump”. The handler calls the dog and the dog moves between the jump stanchions and goes to the handler. No particular position is required when the dog reaches the handler.

15. Finishes with a Wait: The team begins with the dog standing or sitting in Front position. Without moving his/her feet during this exercise, the handler cues the dog to do a Loop finish - to the handler’s left to Heel position or to the handler’s right to Side position. (This is called a “Left” finish in most venues that only include left-side heeling.) The team repeats the exercise, but this time the handler cues the dog to do a Circle finish - CW around handler to Heel position or CCW around the handler to Side position. (This is called a “Right” finish in most venues that only include left-side heeling.) Once in Heel or Side position, the dog may stand or sit. The performances may be on a single or separate video clips.

16. Finishes with a Forward: The team begins with the dog standing or sitting in Front position. Without moving his/her feet, the handler cues the dog to do a Loop finish - to the handler’s left to Heel position or to the handler’s right to Side position. (This is called a “Left” finish in most venues that only include left-side heeling.) As the dog moves into Heel or Side position, the handler gives the cue to move forward and team moves forward in Heel or Side position. The team repeats the exercise, but this time the handler

cues the dog to do a Circle finish - CW around handler to Heel position or CCW around the handler to Side position. (This is called a "Right" finish in most venues that only include left-side heeling.) The performances may be on a single or separate video clips.

17. Single Weave Transitions: The team demonstrates the CRO Rally Division Level II Exercises "Call Front. Single Weave Transition. Wait." and "Call Front. Single Weave Transition. Forward". Exercise descriptions are in the Appendix, see Rally L2-28 and 29.

The handler may reinforce the dog only at the end of each exercise. The performances may be on a single or separate video clips. Only a step or two is required for the approach and exit for each exercise. The team may start each exercise in either Heel or Side position.

FRS Level 3 Demonstration Videos are in the [CRO Foundation Rally Skills Exercise Demos playlist](#) on the [CRO youtube channel](#).

FRS Levels 1-4 Sample Entry Videos are in the [CRO Foundation Rally Skills Sample Entries playlist](#) on the [CRO youtube channel](#).

CRO FRS Level 4

Reinforcing and Luring: Reinforcing with food or toys, praising, and petting are permitted and encouraged, but only praising is permitted while doing an exercise (unless delivering a treat is part of the exercise). The handler may not physically manipulate the dog. Luring is not permitted. Target sticks are not permitted. Platforms and barriers are not permitted (unless they are part of the exercise). Hand targets are permitted for all exercises, where relevant. Food (but not hands) may be kept in a pocket or a treat pouch (pocket is preferred).

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part.

FRS Level 4 Exercises:

1. Send to Target (Distance): From a distance of at least six feet, the dog targets a mat (or similar flat target) with **two front or four feet**. The target should be stable, non-slip, and at or below hock-height such as a folded towel, small rug, bath mat, low platform. The dog must remain on the target (in a sit, stand or down) for at least 2 seconds with all paws stationary. The handler must remain at least six feet from the nearest edge of the target.

2. 360 Degree Turns: The team, moving in Heel position or Side position, demonstrates 360 degree turns to the right and to the left. A few steps are required leading into and coming out of each turn. The performances may be on a single or separate video clips.

3. Stop and Wait (Right/Left Turns): The dog and handler walk forward in Heel (or Side) position. The handler cues the dog to stop, and both dog and handler stop (the dog may sit or stand). The handler cues the dog to wait and takes one or more steps to the right (90 degree turn for the handler). The dog must wait while the handler turns and steps to the right. The handler returns to the dog, stands in Heel (or Side) and gives a treat (or praises/pets). The handler again cues the dog to wait, takes one or more steps to the right, pauses, and calls the dog to Heel (or Side). The dog comes to the cued position, and the team walks forward again. A pause is optional when the dog comes to the cued position. The exercise is repeated with the handler turning and stepping left instead of right. The performances may be on a single or separate video clips.

4. Schutzhund Turns: The Team demonstrates a Schutzhund Turn and a Double Schutzhund Turn (also called Left About Turn and Double Left About Turn). The turns may be performed in Heel or Side. At least 2-3 steps are required leading into and coming out of each exercise. The performances may be on a single or separate video clips.

Exercise descriptions are in the Appendix, see Rally L1-17 and 41.

5. Figure 8 Cone Exercise: Using two cones or other suitable objects, the team demonstrates the CRO Rally Division Level II "Figure 8" exercise. The handler may

reinforce the dog only at the end of the exercise.

The exercise description is in the Appendix, see Rally L2-16.

6. Serpentine: Using four cones or other suitable objects, the team demonstrates the CRO Rally Division Level I Single Serpentine and the Double Serpentine (also called Serpentine Weave Once and Straight Eight Weave Twice) exercises. The handler may reinforce the dog only at the end of each Serpentine exercise. The performances may be on a single or separate video clips. Only a step or two is required for the approach and exit.

Exercise descriptions are in the Appendix, see Rally L1-35 and 36.

7. Spirals: Using three cones or other suitable objects, the team demonstrates the CRO Rally Division Level I Spiral Right and Spiral Left exercises. The handler may reinforce the dog only at the end of each Spiral exercise. The performances may be on a single or separate video clips. Only a step or two is required for the approach and exit.

Exercise descriptions are in the Appendix, see Rally L1-33 and 34.

8. AKC Offset Serpentine: Using three cones or other suitable objects, the team demonstrates the AKC Offset Serpentine Right and Offset Serpentine Left exercises. The handler may reinforce the dog only at the end of each Serpentine exercise. The performances may be on a single or separate video clips. Only a step or two is required for the approach and exit. The exercise description is on the [AKC site](#).

9. Hand Target Recall: The handler cues the dog to Wait and moves away at least 8 feet. The handler gives the hand target cue. The dog comes to the handler, targeting the hand. During this exercise the handler may only give a hand target cue, not any other type of recall cue. No particular position is required when the dog comes to the handler.

10. Position Changes in Heel/Side: The team stands in Heel or Side position with all team feet stationary. The dog may sit or stand. The handler cues the dog to the following five positions, making sure the team pauses in each position with all team feet stationary: Down, Stand, Down, Sit, and Stand. The position changes must be performed exactly as written and not include any intermediate positions. The handler may hold a paper with the sequence of positions rather than memorize them. The handler may reinforce the dog for each position before cueing the next position.

11. Backing in Heel/Side: Standing by a wall or other barrier in either Heel or Side position (the dog must stand at the start of the exercise), the team takes three steps (handler's steps, not the dog's steps) backwards. The dog is to be positioned between the handler and the barrier.

12. Distraction Exercise: The team begins in Heel or Side position. The dog may sit or stand. The handler tosses five treats a few feet in front of the team, one at a time, a few seconds apart. After five treats have been tossed, and the dog remains in position, the exercise is complete. The handler may give cues (wait, watch, leave it, etc.) at any time during this exercise. If working on leash, any instance of a tight leash during this

exercise will NQ the entry.

13. Spins in Front Position: The team begins with the dog in accurate Front position. Front position is “accurate” if the dog is lined up with an imaginary line extending directly in front of the handler. The dog may sit or stand, but standing is recommended. The handler cues a spin (CW or CCW). The dog executes the spin, returning to fairly accurate Front position (standing is preferred, but the dog may sit). Upon completion of the spin it is acceptable for the dog’s hind end to be up to 45 degrees off the imaginary line.

14. Spins in Heel/Side Position: The team begins with the dog in accurate Heel (or Side) position. The dog may sit or stand, but standing is recommended. The handler cues a spin (CW or CCW). The dog executes the spin, returning to Heel (or Side) position (standing is preferred, but the dog may sit). Upon completion of the spin it is acceptable for the dog’s hind end to be up to 45 degrees off the accurate Heel/Side position.

15. Call Front Sequence (Traditional Track): The team executes these three CRO Rally Division Level I exercises, in succession, as though on a rally course, without stopping to reinforce between exercises. At least 2-3 steps are required at the start and between exercises. The team may do the sequence in Heel or Side position. The last two exercises may be coupled. In small spaces, the team may do a 180 degree turn between exercises, as needed. Exercise descriptions are in the Appendix.

Call Front, Finish (Loop), Forward.	(CRO Rally Level I Exercise 28)
Call Front, Finish (Circle), Wait.	(CRO Rally Level I Exercise 25)
Stop. Down. Walk Around	(CRO Rally Level I Exercise 23)

16. Call Front Sequence (Performance Track): The team executes these three CRO Rally Division Level I and II exercises, in succession, as though on a rally course, without stopping to reinforce between exercises. At least 2-3 steps are required at the start and between exercises. The team may begin the sequence in Heel or Side position. The last two exercises may be coupled. In small spaces, the team may do a 180 degree turn between exercises, as needed. Exercise descriptions are in the Appendix.

Call Front, Finish (Loop), Forward.	(CRO Rally Level I Exercise 28)
Call Front, Single Weave Transition, Wait.	(CRO Rally Level II Exercise 28)
Stop. Down. Walk Around	(CRO Rally Level I Exercise 23)

17. Turn Sequence (Traditional Track): The team executes these three CRO Rally Division Level I exercises, in succession, as though on a rally course, without stopping to reinforce between exercises. At least 2-3 steps are required at the start and between exercises. The team may do the sequence in Heel or Side position. In small spaces, the team may do a 180 degree turn between exercises, as needed. Exercise descriptions are in the Appendix.

Schutzhund Turn	(CRO Rally Level I Exercise 17)
180 Right	(CRO Rally Level I Exercise 7)
360 Left	(CRO Rally Level I Exercise 16)

18. Turn Sequence (Performance Track): The team executes these three CRO Rally Division Level I and II exercises, in succession, as though on a rally course, without stopping to reinforce between exercises. At least 2-3 steps are required at the start and between exercises. The team may begin the sequence in Heel or Side position. In small spaces, the team may do a 180 degree turn between exercises, as needed. Exercise descriptions are in the Appendix.

Schutzhund Turn	(CRO Rally Level I Exercise 17)
Transition 180	(CRO Rally Level II Exercise 7)
360 Left	(CRO Rally Level I Exercise 16)

19. Transitions: The team demonstrates the following four CRO Rally Division Level II transition exercises (Transition, Transition 90 Right, Transition 90 Left, and Transition 180). Exercise descriptions are in the Appendix, see Rally L2-1, 3, 5, 7.

The handler may reinforce the dog only at the end of each exercise. The performances may be on a single or separate video clips. Only a step or two is required for the approach and exit for each exercise. The team may start each exercise in either Heel or Side position.

FRS Level 4 Demonstration Videos are in the [CRO Foundation Rally Skills Exercise Demos playlist](#) on the [CRO youtube channel](#).

FRS Levels 1-4 Sample Entry Videos are in the [CRO Foundation Rally Skills Sample Entries playlist](#) on the [CRO youtube channel](#).

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WE LOOK FORWARD TO RECEIVING YOUR ENTRY!



Appendix

CRO Rally Level I and II Exercise Descriptions referenced in FRS.

Demonstration videos of the following CRO Rally Level I and Level II Exercises are found at the [CRO Demo Videos webpage](#).

CRO Rally Level I Exercises referenced in FRS

Rally L1-7. 180 Right. Team turns 180 degrees right. (Referenced in FRS L4-17.)

Rally L1-16. 360 Left. Team turns 360 degrees left. (Referenced in FRS L4-17 and 18.)

Rally L1-17. Schutzhund Turn - While moving in Heel position towards the sign, the dog moves clockwise around the handler as the handler turns 180 degrees left. The team continues moving in Heel position away from the sign. (If the team is moving in Side position, the dog will move counterclockwise around the handler as the handler turns 180 degrees right.) (Referenced in FRS L4-4, 17 and 18.)

Rally L1-23. Stop. Down. Walk Around. The team stops. The dog downs at the handler's side. The handler walks around the dog counter-clockwise and returns to Heel position. (In Side position, the handler walks around the dog clockwise and returns to Side position.) This sign is correctly performed if the dog sits immediately upon the team stopping and is then cued to Down or if the dog stands upon stopping and then is cued to Down. The team must pause in the Down position before the handler walks around. (Referenced in FRS L4-15 and 16.)

Rally L1-25. Call Front. Finish (Circle). Wait. While moving forward, the handler stops forward motion and may back up several steps (optional), calling the dog 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. (Referenced in FRS L4-15.)

Rally L1-28. Call Front. Finish (Loop). Forward. While moving forward, the handler stops forward motion and may back up several steps (optional), calling the dog 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 to Heel position (or moves to the handler's right side and into Side position). The handler begins moving forward as soon as the dog moves out of Front position. The dog catches up to the handler and resumes Heel/Side position. (Referenced in FRS L4-15 and 16.)

Rally L1-33. Spiral Right. 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 moves in a clockwise direction around all three cones, then the first two cones, then the

first cone. **The entry is the same for teams working in Heel position or Side position.** (Referenced in FRS L3-10 and 12, and L4-7.)

Rally L1-34. Spiral Left. 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 moves in a counterclockwise direction around all three cones, then the first two cones, then the first cone. **The entry is the same for teams working in Heel position or Side position.** (Referenced in FRS L3-10 and 12, and L4-7.)

Rally L1-35. Single Serpentine. This station requires four 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, entering the station with the first cone on the left side of the team and exiting with the last cone on the right side of the team. **The entry is the same for teams working in Heel position or Side position.** (Referenced in FRS L3-10 and 12, and L4-6.)

Rally L1-36. Double Serpentine. This station requires four 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, entering the station with the first cone on the left side of the team. The team circles the fourth cone and continues weaving until returning to the first cone and exiting the station with the first cone on the left side of the team. **The entry is the same for teams working in Heel position or Side position.** (Referenced in FRS L3-10 and 12, and L4-6.)

Rally L1-41. Double Schutzhund Turn. The team executes two Schutzhund Turns in succession (see Rally L1-17 for the description). The handler may take several steps in between the turns. (Referenced in FRS L4-4.)

CRO Rally Level II Exercises referenced in FRS

Rally L2-1. Transition. The team will change position from Heel to Side (if approaching the sign in Heel position) or from Side to Heel (if approaching the sign in Side position). The dog and/or handler can transition with any move(s), either stationary or moving or both. (Referenced in FRS L1-17, L2-17, and L4-19)

Rally L2-3. Transition 90 Right. The team will transition from Heel to Side (or Side to Heel) while turning 90 degrees right. The dog and/or handler can transition with any move(s), either stationary or moving or both. (Referenced in FRS L4-19.)

Rally L2-5. Transition 90 Left. The team will transition from Heel to Side (or Side to Heel) while turning 90 degrees left. The dog and/or handler can transition with any move(s), either stationary or moving or both. (Referenced in FRS L4-19.)

Rally L2-7. Transition 180. The team will transition from Heel to Side (or Side to Heel) while turning 180 degrees. The dog and/or handler can transition with any move(s), either stationary or moving or both. (Referenced in FRS L4-18 and 19.)

Rally L2-16. 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, 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.** (Referenced in FRS L3-11 and L4-5.)

Rally L2-28. Call Front. Single Weave Transition. Wait. While moving forward, the handler stops forward motion and may back up several steps (optional), calling the dog to Front position. **The dog may stand or sit in Front position. The dog must pause in Front position, either standing or sitting.** The handler then re-positions his/her feet/legs and cues the dog to pass between the handler's legs to transition to Heel/Side position. **The dog may sit or stand in Heel/Side position. The team pauses before moving forward.** The handler must re-position feet/legs after the Call Front and before the Wait portion of this exercise; and this does not result in a scoring deduction. (Referenced in FRS L3-17, and L4-16.)

Rally L2-29. Call Front. Single Weave Transition. Forward. While moving forward, the handler stops forward motion and may back up several steps (optional), calling the dog to Front position. **The dog may stand or sit in Front position. The dog must pause in Front position, either standing or sitting.** The handler then re-positions his/her feet/legs and cues the dog to pass between the handler's legs to transition to Heel/Side position. The handler begins moving forward as soon as the dog completes the weave. The dog catches up to the handler and assumes Heel/Side position. (Referenced in FRS L3-17.)

Demonstration videos of the above CRO Rally Exercises are found at the [CRO Demo Videos webpage](#).

For complete lists of CRO Rally Exercise Descriptions (Levels I-V), see the [Rally Division webpage of the CRO website](#).