

**All Dogs Parkour  
Measurement Requirements for Each Interaction**

**Abbreviations:**

Min. = Minimum

Hock = Height of dog's hock

Dog Length = Length from dog's nose to base of tail

Chest = Width of dog's chest

Max. = Maximum

Head = Height of dog's head

Shoulder = Height of dog's shoulder

Elbow = Height of dog's elbow

**Regular Exercises**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
1 – Get On (2 Front Feet)	Min. – Hock	N/A	N/A
2 – Get On (4 Feet)	Min. – Hock	N/A	N/A
3 – Get On (Moving)	Min. – Hock	N/A	N/A
4 – Walk On	Above ground level	Width - Max. 18 inches Length – Min. 3X Dog Length	Open on one or both sides; Dog may turn once or twice to perform on shorter EF
5 – Go Under	Max. – Shoulder (Open) Max. – Head (Special)	N/A	N/A
6 – Jump (Clean)	Min. – Hock Max. – Top of Head	N/A	N/A
7 – Jump (Assisted)	Min. – Hock Max. – Top of Head	N/A	N/A
8 – Jump (Broad)	N/A	Min. Spread – Shoulder Height	N/A
9 – Go Around	N/A	N/A	N/A
10 - Between	N/A	Max. (between EFs) – Twice Chest Width	N/A
11 – Between (Backwards)	N/A	Max. (between EFs) – 2X Chest Width (Open) 3X Chest Width (Special)	N/A
12 – Back Up (Onto an EF)	Min. - Hock	N/A	N/A
13 – Novel Uses	N/A	N/A	If a standard Exercise is performed and measurements do not meet criteria, Interaction must be renamed and

			identified as "Off-List"
<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
14 – Get Inside Open Top	Min. - Hock	Max.- Dog Length	Must be enclosed on all but one side
14 – Get Inside Open Side	N/A	Min.- Dog Length on all sides	Must be enclosed on all but one side
15 – Rebounds (45 Degrees)	N/A	N/A	Min. angle – 45 Degrees
16 – Straddle (Elevated)	Min. - Hock	Min. - Gap - $\frac{3}{4}$ Distance between front & rear paws (Open) $\frac{1}{2}$ Distance between front & rear paws (Special)	Gap is measured parallel to the ground.
17 – Straddle (Side Pass)	Min. - $\frac{1}{4}$ Distance between front and rear paws	Min. - $\frac{1}{4}$ Distance between front and rear paws	Dog moves 2X Dog Length (one direction) or one Dog Length (two directions)
18 – Split Level (High)	Min. - Elbow	Min. - Twice Body Length	Dog moves 2X Dog Length (one direction) or one Dog Length (two directions)
19 – Split Level (Pivot)	Elevated – no Min.	N/A	Size must allow dog to pivot 360 degrees
20 – Platform Turns	Min. - Hock	Max.- Dog Length on all sides	Must be open on all sides
23 – Trick on a Platform	Min. - Hock	Max. - 2X Dog Length (two or more sides or diameter)	Must be open on three sides; post on corners OK

### **Special Division Only – Regular Exercises**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
S1 – Parking Lot Patterns	N/A	Included in description of Pattern	N/A
S2 – Hill Repeats	N/A	Min.- 5x Dog Length	Min. Incline – 30 degrees

### **Landscape/Hardscape Patterns**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
LH1 – Shrub Weaves LH2 – Tree Weaves LH3 – Hardscape	N/A	N/A	Min. EFs – 6 or 4 Need not be in straight line

Weaves			
LH4 - Loops	N/A	N/A	Min. EFs – 3 Need not be in straight line
<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
LH5 – Figure 8	N/A	N/A	2 EFs
LH6 – Jump Sequence (Figure 8)	Min. – Hock Max - Head	N/A	Min. 2 EFs or 1 EF
LH7 – Jump Sequence (3+ Jumps)	Min. – Hock Max. – Head	N/A	Min. 3 EFs
LH8 – Jump Sequence (Assisted, 3+ Jumps)	Min. – Hock Max. – Head	N/A	Min. 3 EFs
LH9 – Jump Sequence (Serpentine)	Min. – Hock Max. – Shoulder	N/A	Min. 1 (Long) EF or a line of multiple EFs

### **Hill Patterns**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
H1 Zig Zags (Vertical)	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees
H2 – Peaks (Horizontal)	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees
H3 – Circles	N/A	Min. Diameter – 2X Dog Length	Min. Incline – 30 degrees
H4 – Backing	N/A	Min. - 3X Dog Length (Open) 2X Dog Length (Special)	Min. Incline – 30 degrees

### **Advanced Exercises**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
A1 – Back Up (Onto Vertical EF)	N/A	N/A	Min. Angle – 75 degrees
A2 – Back Up (Onto a High EF)	Min. - Twice Hock	N/A	EF must allow for dog to step directly up to the surface height
A3 – Rebounds (75 Degrees)	N/A	N/A	Min. Angle – 75 degrees
A4 – Trick on a Platform Small	Min. - Hock	Max. - Dog Length on all sides	EF must be open on all sides
A5 – Split Level (Low)	Max. Hock	Min. - 3X Body Length (One	N/A

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
		Direction) or 1.5X Body Length (Both Directions)	
A6 – Split Level (R/L)	Min. ½ Hock	Min. - 1X Body Length (One Direction) or ½ Body Length (Both Directions)	
A7 – Split Level (Advanced Pivot)	Elevated – No Min.	N/A	Size must permit dog to pivot 360 Degrees
A8 – Walk On (Backwards)	Elevated – No Min.	Min. - 18 inches or ½ Dog Length, whichever is larger (Width)	Dog moves backward min. one Dog Length; EF must be open on both sides
A9 – Go Around (Distance)	N/A	N/A	Min. Send - 10 Feet
A10 – Get On (Send)	Elevated – No Min.	N/A	Min. Send – 10 Feet
A11 – Novel Uses (Advanced)	N/A	N/A	If a standard Exercise is performed and measurements do not meet criteria, Interaction must be renamed and identified as “Off-List”
A12 – Straddle (Advanced Side Pass)	Min. - ¼ Distance between front and rear paws	Min. - ¼ Distance between front and rear paws (Width)	Min. – Dog moves 2X Dog Length (One Direction) or 1 dog length (Both Directions)
A13 – Go Under (Long and Low)	Max. - Low enough to require dog to crawl	Min. – ½ Dog Length	Dog must crawl at least one full Dog Length
A14 – Go Under (Low and Backwards)	Max. – Low enough to require dog to crawl backwards	N/A	N/A
A15 – Get Inside (Advanced)	Min. – Dog’s Elbow	Max – ½ Dog Length	Must be enclosed on bottom and all sides
A16 - Distance Figure 8+	Jump Min. - none Max. - Head Height	N/A	Min. Send - 10 Feet

### **Advanced Special Division Exercises**

<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
AS1 – Split Level (High)	Min. - Elbow	Min. - Twice Body Length	Dog moves 2X dog length (one direction) or one dog length

			(two directions)
AS2 – Split Level Pivot	Elevated – no Min.	N/A	Size must allow dog to pivot 360 degrees
AS3 – Platform Turns	Min. - Hock	Max. - Dog Length on all sides	Must be open on all sides
<b>Exercise</b>	<b>Height</b>	<b>Length/Width</b>	<b>Other</b>
AS4 – Long Solo Backing	N/A	Min. – 2X Dog Length	N/A
AS5 – Trick on a Platform (Send)	Min. - Hock	Max. – 2X Dog Length (two or more sides or diameter)	Min. Send – 8 Feet
AS6 – Go Under (Low)	Max. – ½ Shoulder	N/A	N/A
AS7 – Go Under (Backwards – Shoulder Height)	Max. – Shoulder	N/A	N/A
AS8 – Distance Figure 8 (2 EFs)	N/A	N/A	Min. Send – 8 Feet; Dog must remain at least 5 feet from handler
AS9 – Hill Pattern Backing	N/A	Min. – 3X Dog Length	N/A
AS10 – Hill Pattern Circles	N/A	Min. Diameter – 2X Dog Length	Min. Incline – 30 Degrees
AS11 – SD Back Up (Onto a High EF)	Min. – 2X Hock	N/A	Ramp, part of EF or provided by handler, may be used. Max. width of Ramp – 24 inches, or twice dog's width