

**ALL DOGS PARKOUR SEMI-ANNUAL SPECIAL EVENT
OPPOSITES TITLES
(document date: January 31, 2025)**

DATES:

This event will run semi-annually during the months of February, March, July, and August. Entries may be submitted only during those months. Retries may be submitted after the event has ended.

ELIGIBILITY:

Dogs must be registered with All Dogs Parkour to participate. The Registration Form is on the Get Started page of the website. www.alldogsparkour.com

ADP RULES AND GUIDELINES:

If you are new to ADP, please read the Rules and Guidelines (Get Started page on the website). Except as stated otherwise in this document, all the ADP rules and guidelines apply and entries will be judged accordingly. Please be especially aware of the equipment and leash rules as well as the rule limiting jump heights and when to support the dogs coming off an EF.

If the off leash options apply (see last two paragraphs of the Off Leash Options section of the R&G, page 7-2), you must hold the harness handle or a leash tab to spot and/or support your dog in all situations in which a leash is otherwise required. If the judge deems the exercise was not done safely and/or in accordance with the R&G, the entry will be an NQ. If you have questions, please post to the MeWe or Facebook groups or ask at adptitling@gmail.com.

TITLES:

There are five titles, Level 5 also being a Championship title. Each title requires a single qualifying entry. Titles must be earned in order, beginning with ADP-L1(Op). ***However, entries for higher levels may be submitted at any time during the event. Retries may be submitted after the end of the event, if necessary.***

ADP-L1(Op)
ADP-L2(Op)
ADP-L3(Op)
ADP-L4(Op)
ADP-L5(Op) and ADP-CH(Op)

OPPOSITES:

Each Opposites entry consists of pairs of "opposite" exercises. Each pair must consist of two distinct exercises that

- (a) are different from each other
- (b) are in some way the opposite of each other, and
- (c) are related to each other in some obvious way.

Each pair may be done with a single EF or with more than one EF.

Each pair must be performed in a single video clip with the two exercises done in succession. No food or toy reinforcement is permitted between the two exercises. All EFs used in a pair must be visible in the video frame throughout the clip.

OPPOSITES CATEGORIES:

These are the Opposites Categories that may be used in an entry. No category may be used more than twice in any entry. At the end of this document are descriptions for each category and examples of suitable pairs of exercises for each.

Around (2+ EFs) and Through/Between (2+ EFs)
Clockwise/Counter Clockwise
Forward and Backward
High and Low
Level and Uneven
Near and Far
On and Off
Over and Under
Regular and Advanced
Still and Moving (EF)
Stop and Go (Dog)
Top and Bottom
Wide and Narrow

LOCATIONS:

There are no location requirements for Opposites titles. Multiple entries may be done in the same location. Multiple locations may be used for one entry.

EFs:

Handlers may use any EFs found at any location and/or brought to a location. EFs may be used for multiple exercises in each entry, but each use must be a different exercise and must look different from the other exercises with that EF. If you have multiple dogs, they may use the same EFs and do the same exercises.

EXERCISE CRITERIA:

Exercises need not meet the ADP exercise list criteria (except in the Easy and Difficult category). Jumps may be lower than hock height, for example. Exercises may

be original creations, such as backing over an EF. Unlimited Landscape/Hardscape exercises may be used, but only once each in any entry. EFs may be used for multiple exercises in an entry, and each use of that EF in that entry must be a different exercise and must look different from the other exercises with that EF. If you have multiple dogs, they may use the same EFs and do the same exercises. No exercise may be done more than four times in any entry.

Doing more of the same exercise is not a "different" exercise. For example, if you do a Go Between, you may not do "Go Between Two Times" as a separate exercise, even with different EFs. If you do a LH Figure 8, you may not do "Triple Figure 8", even with different EFs. If you do a Get On (4 Feet), you may not do "Wait On an EF for 10 Seconds", even with different EFs.

Original exercises and exercises that do not meet criteria (such as a jump over an EF that is not hock height) must be labeled as "OL" or "Off-List".

ENTRIES:

Each entry must have the following:

A. Sufficient pairs of exercises that qualify as opposite (see Opposites Categories list above).

6 pairs for Level 1

6 pairs for Level 2

6 pairs for Level 3

7 pairs for Level 4 (6 for Special Division)

8 pairs for Level 5 (6 for Special Division)

B. A sufficient number of different exercises.

at least 5 different exercises for Level 1

at least 6 different exercises for Level 2

at least 7 different exercises for Level 3

at least 8 different exercises for Level 4

at least 9 different exercises for Level 5

NOTE: No exercise may be done more than four times in any entry. Each pair must be labeled with the Opposites Category and the exercise name. See **EXERCISES**, above, for what constitutes "different" exercises.

C. A sufficient number of different categories.

at least 3 different categories for Level 1

at least 4 different categories for Level 2

at least 5 different categories for Level 3

at least 6 different categories for Level 4 (5 for Special Division)

at least 7 different categories for Level 5 (5 for Special Division)

ENTRY FEE:

Each entry is \$15. Retries are \$10.

ENTRY FORM:

Use the regular entry form. Fill in the level, and write "Opposites" in the Track section. The location can be left blank. The entry form is on the Get Started page of the website. www.alldogsparkour.com

CERTIFICATES and OPPOSITES CHAMPION SLIP RIBBON:

A title certificate will be e-mailed for each qualifying entry. An "Opposites Champion" slip ribbon will be sent to teams finishing all 5 titles. There are no other ribbons available for these titles, but teams may order a matching ADP Champion rosette (\$8) and the slip ribbon can be attached to it.

DEFINITIONS AND SAMPLE EXERCISE PAIRS FOR OPPOSITES CATEGORIES

Around (2+ EFs) and Through/Between (2+ EFs) - This category requires sets of EFs that are spaced apart (the dog will go around the entire set of EFs at once) with sufficient space between them for the dog to go between at least two of them.

LH Figure 8 and Around 2 Cones (OL)

LH Loops and Go Around Three EFs (OL)

Clockwise/Counter Clockwise - The dog does one exercise CW and the other CCW. Go Around CW (OL) and Go Around CCW (OL) may not be used since Go Around in both directions is an actual exercise. The two exercises must be different

Multiwrap CW (OL) and Multiwrap CCW (OL)

Back Around an EF CW (OL) and Multiwrap (CCW)

Go Around CW (OL) and Distance Go Around CCW (OL) **NOTE: This pair is fine since Go Around and Go Around (Distance) are distinct exercises.**

Forward and Backward - The dog does one exercise moving forward and one exercise moving backwards.

Between and Between (Backwards)

Go Under and Go Under (Backwards)

Go Around and Back Around an EF (OL)

High and Low - The dog performs one exercise on an elevated EF and one that is at, or almost at, ground level. There must be obvious high/low contrast between the two exercises. For safety reasons, less contrast is expected from Special Division dogs.

Ramps and intermediate level EFs may be used for SD dogs to achieve the high/low contrast.

Trick On a High Platform (OL) and Trick Inside an EF (OL)

Straddle (Elevated) and Ground Straddle (OL)

Split Level (High) and Split Level (Low)

Level and Uneven - The dog performs one exercise remaining level to the ground and one that incorporates a slant or level change.

Trick on a Level Platform (OL) and Trick on a Slanted EF (OL)

Straddle (Elevated) and Multi-Level Straddle (OL)

Jump (Clean) and Clean Jump Between Different Levels (OL) **NOTE: If doing this OL exercise, the dog must jump from low to high for safety reasons.**

Near and Far - In this category the dog does one exercise in close proximity to the handler. The handler must be close enough to touch the EF at any time during the exercise. For the other exercise, the dogs must be at least five feet from the handler during some part of the exercise.

Get On (4 Feet) and Get On (Send)

Jump (Clean) and Jump Clean at a Distance (OL)

Trick on a Platform and Trick on a Distant Platform (OL)

On and Off - The dog performs one interaction on an EF and one with feet on the ground throughout.

Half Turns on a Platform (OL) and Go Around

Get On (2 Front Feet) and 2 Feet Inside an EF (OL)

Straddle (Elevated) and Ground Straddle (OL)

Over and Under

Jump (Clean) and Go Under

Walk On and Long Go Under (OL)

Back Up Over and EF (OL) and Back Up Under an EF (OL)

Regular and Advanced - This category is limited to exercises that have are on the Regular and Advanced ADP exercise lists and which are versions of the same exercise. SD dogs may also use SD exercises and/or SD Advanced exercises for this category.

Get On (4 Feet) and Get On (High)

Rebound (45°) and Rebound (75°)

Back Up (Onto an EF) and Back Up (Onto a High EF)

Get Inside and Get Inside Distance) - for SD only

Still and Moving (EF) - This category requires one exercise with the dog using a still EF and another with the dog using a moving EF.

Get On (2 Front Feet) and Get On Moving
One Paw on an EF (OL) and Paw on a Soccer Ball (OL)
Walk On and Walk on a Swaying EF (OL)

Stop and Go (Dog) - This category requires one exercise with the dog remaining in a stationary position and another with the dog moving throughout the exercise.

Get On (2 Front Feet) and Jump (Assisted)
Walk On a Short EF (OL) and Get On (4 Feet)
Get Inside and Bound Through an EF (OL)

Top and Bottom - This category refers to the top and bottom surfaces of the EFs. One exercise will be performed on the top surface of an EF and the other exercise will be performed using the bottom surface of the EF.

Trick on a Platform and Trick Inside an EF (OL)
Get On (4 Feet) and Get Inside
Jump (Assisted) and Bounce In and Out of a Box (OL)

Wide and Narrow - There must be significant wide/narrow contrast between the two exercises, shown either by the EFs used or the dog's movements..

Between and Wide Backwards Between (OL)
Jump (Broad) and Jump (Clean)
Go Under (Long and Low) and Go Under a Narrow EF (OL)
Get On (4 Feet) and Get On (Narrow)
Walk Backwards on a Wide EF (OL) and Walk on a Narrow EF (OL)