

ALL DOGS PARKOUR CREATIVE CHALLENGES
LADDERS TITLES
(updated October 1, 2025)

ADP CREATIVE CHALLENGES:

The ADP Creative Challenges are short tracks, each with five single-Q titles. Each track has a specific focus designed to challenge the handler's creativity and the team's skills.

CREATIVE CHALLENGES ENTRY LOCATIONS:

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

CREATIVE CHALLENGES AWARDS:

A title certificate will be e-mailed for each qualifying entry.

Flat title ribbons are free for all Creative Challenges titles

Overlay championship ribbons are free for all Creative Challenges tracks upon completion of Level 5.

An ADP Champion rosette is available (\$8) for any single Creative Challenges Champion title upon completion of Level 5

CREATIVE CHALLENGES CHAMPION TITLE AND ROSETTE:

Teams completing any five Creative Challenges tracks will be awarded the Creative Challenges Champion title: ADP-CCCH. The team will receive a certificate by e-mail and a Creative Challenges Champion rosette (free of charge, anywhere in the world).

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 Facebook group 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(La).

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

LADDERS:

Ladders is a simplified version of the ADP Sequence Track. Each step up the Ladder adds an additional exercise, from two exercises at the lowest step to six at the highest.

LOCATIONS:

There are no location requirements for Ladders titles. Multiple entries may be done in the same location.

EFs:

Handlers may use any EFs found at any location and/or brought to a location. EFs may be used for multiple exercises in a sequence or 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. 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 sequence. EFs may be used for multiple exercises in a sequence or entry, but each use in that sequence or 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 once in any sequence or 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.

Exercises that do not meet ADP exercise list criteria, modifications of on-list exercises, and handler created exercises must be labeled in your entry as "Off-List" or "OL".

ENTRIES:

Each entry must have the following:

A. The required number of sequences (either Traditional or Flow, or combinations of them, see Appendix E in the R&G), which are as follows:

- Level 1: 7 sequences (6 for Special Division)
- Level 2: 6 sequences (5 for Special Division)
- Level 3: 5 sequences (4 for Special Division)
- Level 4: 4 sequences (3 for Special Division)
- Level 5: 3 sequences (2 for Special Division)

B. The following number of different exercises in each sequence:

- Level 1: 2 exercises
- Level 2: 3 exercises
- Level 3: 4 exercises
- Level 4: 5 exercises
- Level 5: 6 exercises

C. A sufficient number of different exercises in each entry:

- at least 6 different exercises for Level 1
- at least 7 different exercises for Level 2
- at least 8 different exercises for Level 3
- at least 9 different exercises for Level 4
- at least 10 different exercises for Level 5

D. Each sequence must be different from every other sequence in that entry.

E. Each sequence must have some degree of flow. There will be pauses as required by certain exercises and to differentiate one exercise from the next in Flow Sequences, but do not stop and set your dog up between exercises. Practice the sequences as needed until you can show some degree of flow.

F. No treats, toys, or petting is permitted during any sequence, regardless of the exercise description. Treats, toys, and petting are permitted after the sequence is completed.

ENTRY FEE:

Entry fees are the same as in the ADP Rules and Guidelines. Retries are the same, too (\$10).

ENTRY FORM:

Use the regular entry form. Fill in the level, and write "Ladders" 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 LADDERS CHAMPION SLIP RIBBON:

A title certificate will be e-mailed for each qualifying entry. A "Ladders 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.