

ALL DOGS PARKOUR CREATIVE CHALLENGES
OPPOSITES 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(Op).

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 Weave/Loop (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

NOTE: If you are new to Opposites, it is strongly recommended that you choose pairs from the list provided. Once you have more Opposites experience, you may want to create pairs that are not on the list. Those pairs must meet criteria, so if you are not sure whether your created pair(s) will be acceptable, send an email to adptitling@gmail.com or ask for feedback on the All Dogs Parkour Facebook Group before submitting your entry. No one is required to create original pairs, but the option is there for those who wish to do so. It is perfectly fine to do all entries using only pairs from the list provided at the end of this document.

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. 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 (including LH exercises) 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.

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. 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)

NOTE: Each pair in an entry must be different from the other pairs in the entry, regardless of the order in which exercises in a pair are performed.

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)

NOTE: No category may be done more than two times in any entry.

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 "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

DEFINITIONS AND APPROVED EXERCISE PAIRS FOR OPPOSITES CATEGORIES

For all suggested exercise pairs, the first exercise listed does not have to be done first. The order of exercises may be reversed, if desired.

Around (2+ EFs) and Weave/Loop (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 weave through or loop each of them. Each exercise in the pair must have the dog interacting with the same number of cones.

Around 2 EFs (OL) and Single Weave (OL)

Around 3 EFs (OL) and 3 Leaf Clover Pattern (OL)

Around 3 EFs (OL) and Weave Through 3 EFs (OL)

Around Line of 4 EFs (OL) and Serpentine Weave (OL)

Around Square of 4 EFs (OL) and 4 Leaf Clover Pattern (OL)

Go Around 2 EFs (OL) and Double Figure 8 (OL) **NOTE: The dog goes around the 2 EFs in both directions and then does a Double Figure 8 (OL) to interact with 2 EFs twice.**

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. The handler may choose which exercise is performed CW and which is performed CCW. For each of these exercise pairs, the number of turns or loops can vary within the pair, but please try to be as consistent as possible. **Note that Go Around CW (OL) and Go Around CCW (OL) may not be used** since Go Around in both directions is an actual ADP exercise and this pair would only consist of one exercise. There must be two exercises and they must be different from each other.

½ CW Turn on a Narrow EF (OL) and ½ CCW Turn Inside an EF (OL)

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

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

LH Loops CW and LH Loops CCW [number of EFs may vary]

Multiwrap CW (OL) and Multiwrap CCW (OL)

Platform Turns CW (OL) and CCW Turns Around an EF (OL)

Platform Turns CW (OL) and Turns Inside an EF (OL)

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

Between and Between (Backwards)

Get On (2 Front Feet) and Back Up (Onto an EF) [2 rear paws only, not 4]

Get On (4 Feet) and Back Up (Onto an EF) [all 4paws, not 2]

Go Around and Back Around an EF (OL)

Go Under and Go Under (Backwards)

Ground Straddle (OL) [shown moving forward into it] and Back Up Over an EF with Rear Feet (OL)

Low Cavaletti Jumps (OL) and Back Up Over an EF (OL)

Run Across an EF (OL) and Back Up Across an EF (OL)

Walk On and Walk On (Backwards)

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.

2 Feet on a High EF (OL) and 2 Feet in an EF (OL)

4 Feet on a High EF (OL) and Get Inside

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

Jump (Assisted) and Bounce Through an EF (OL)

Platform Turns and Turns Inside an EF (OL)

Split Level (High) and Split Level (Low)

Split Level (High) and Split Level (L/R)

Straddle (Elevated) and Ground Straddle (OL)

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

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

Back Up (Onto an EF) [2 rear paws only, EF must be level on top] and Back Up onto a slanted EF (OL) [2 rear paws only]

Back Up Onto a Low EF (OL) and Back Up (Onto a Vertical EF)

Elevated Multi-Level Broad Jump [must jump from Lower EF to Higher EF] and Jump (Broad) [over EF(s) on the ground]

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.**

Rebound on a Slanted EF (OL) and Get On Quick (4 Feet) (OL)

Rebound on a Slanted EF (OL) and Jump (Assisted)

Straddle (Elevated) and Multi-Level Straddle (OL) **NOTE: The EFs for the Straddle (Elevated) must be level with each other.**

Trick on a Level Platform (OL) and Trick on a Slanted EF (OL) **NOTE: The slanted EF must be touching the ground at one end.**

Near and Far - In this category the dog does one exercise in close proximity to the handler. For the other exercise, the dog must be at least five feet from the handler during some part of the exercise. There must be a significant contrast in the distances at which the two exercises are performed. In addition, for this category, any ADP exercise or OL exercise can be performed close to the handler and again with the dog being at least 5 feet away from the handler at some point during the exercise. Some examples include: Jump (Clean) and Jump Clean at a Distance (OL), Between and Between Send (OL), Go Under and Go Under Send (OL), Get Inside and Get Inside Distance (OL), etc.

Get On (2 Front Feet) and Get On (Send) [Dog must place only 2 feet on the distant EF]

Get On (4 Feet) and Get On (Send) [Dog must place all 4 feet on the distant EF.]

Go Around and Go Around (Distance)

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

LH Figure 8 and Distance Figure 8+

LH Figure 8 and Distance Figure 8 (OL)

Split Level (Pivot) and Split Level (Advanced Pivot)

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

Trick on a Platform and Trick on a Platform (Send) [SD Advanced or OL] **NOTE:**

For Opposites entries, the distance requirement for the distance exercise can be reduced to 5 feet, if desired. If the distance is reduced, please label the distance exercise as OL.

On and Off - The dog performs one interaction with all feet on an EF and one with all feet on the ground (or on the bottom of an EF that is on the ground).

Get On (4 Feet) and Get Inside

Half Turns on a Platform (OL) and Go Around

Platform Turns and Turns Inside an EF (OL)

Straddle (Elevated) and Ground Straddle (OL)

Trick on a Platform and Trick Inside an EF (OL)

Walk On and Long Between (OL)

Over and Under

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

Get On 4 Feet Quick (OL) and Go Under

Jump (Assisted) and Go Under

Jump (Clean) and Go Under

LH Jump Sequence (Figure 8) and Go Under Figure 8 (OL)

LH Jump Sequence (3+ Jumps) and Go Under Sequence 3+ EFs (OL)

Walk On and Go Under (Long and Low)

Walk On and Long Go Under (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. They must be performed according to the on-list criteria. SD dogs may also use SD exercises and/or SD Advanced exercises for this category.

- Back Up (Onto an EF) and Back Up (Onto a High EF)
- Get On (2 Front Feet) and Get On (Send) [2 Feet]
- Get On (4 Feet) and Get On (Send) [4 Feet]
- Get On (4 Feet) and Get On (High)
- Go Around and Go Around (Distance)
- Go Under and Go Under (Long and Low)
- LH Figure 8 and Distance Figure 8+
- LH Jump Sequence (Figure 8) and Distance Figure 8+ [using the jump option]
- Rebounds (45°) and Rebounds (75°)
- Split Level (High) and Split Level (Low)
- Split Level (High) and Split Level (L/R)
- Split Level (Pivot) and Split Level (Advanced) Pivot
- Straddle (Side Pass) and Straddle (Advanced Side Pass)
- Trick on a Platform and Trick on a Platform (Small)
- Walk On and Walk On (Backwards)

Pairs for Special Division Only::

- Get Inside and Get Inside (Distance)
- Get On (4 Feet) and Get On 4 Feet (Narrow)
- Go Under and Go Under (Low)
- LH Figure 8 and Distance Figure 8 (2 EFs)
- Trick on a Platform and Trick on a Platform (Send)

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) [with 2 front paws only]
- Get On (4 Feet) and Get On (Moving) [with all 4 Paws]
- One Paw on an EF (OL) and One Paw on a Moving EF (OL) [Example: Soccer Ball]
- Straddle Elevated and Straddle Elevated Moving (OL) [For safety, the front paw EF should move, not the rear paw EF]
- Walk On and Walk Across a Moving 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 Inside and Bounce Through an EF (OL)
- Get On (2 Front Feet) and Jump (Assisted)
- Get On (4 Feet) and Jump (Assisted)

Get On (4 Feet) and Walk On a Short EF (OL) **NOTE: The EF for the Walk On should be short to match the aspect of the Get On exercise. A short EF corresponds to a Get On (4 Feet) more closely.**

Ground Straddle and Straddle (Side Pass)

Jump (Clean) and Ground Straddle (OL)

Single Rebound (OL) and Get On (4 Feet)

Straddle (Elevated) and Elevated Broad Jump (OL)

Top and Bottom - This category refers to the top and bottom surfaces of the EFs. On 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.

1 Paw on an EF (OL) and 1 Paw Inside an EF (OL)

3 Paws on an EF (OL) and 3 Paws Inside an EF (OL)

Back Up (Onto an EF) and Back Into an EF (OL)

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

Get On (2 Front Feet) and 2 On 2 Off (OL)

Get On (4 Feet) and Get Inside

Jump (Assisted) and Bounce In and Out of a Box (OL)

Platform Turns and Turns Inside an EF (OL)

Split Level (Pivot) and Pivot With Two Paws Inside an EF (OL)

Trick on a Platform and Trick Inside an EF (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)

Get On (4 Feet) and Get On (Narrow) **NOTE: For Opposites entries, Get On (Narrow) can be used by Open teams. For an Open team, please label Get On (Narrow) as OL.**

Go Under and Go Under a Wide EF Backwards (OL)

Go Under (Long and Low) and Go Under [using a narrow EF]

Ground Straddle and Straddle (Side Pass)

Jump (Broad) and Jump (Clean)

Straddle Elevated and Ground Straddle (OL) [Using a narrow EF]

Walk Backwards on a Wide EF (OL) and Walk on a Narrow EF (OL)

Walk On and Back Up Over a Wide EF (OL)