

## **ALL DOGS PARKOUR ANYWHERE TRACKS** **(updated November 8, 2025)**

### **ADP ANYWHERE TRACKS:**

The ADP Anywhere Tracks follow the format of the Core Regular, Grand Champion, Premier, and Sequence Tracks; but they have different requirements. Differences applying to all Anywhere Tracks are as follows:

**A. Location:** There are no location requirements for Anywhere entries. You may video anywhere and mix locations within an entry. Entries may be in the same location for all entries in all levels of all tracks.

**B. EFs:** Handlers may use any EFs found at or brought to the location(s) used for each entry. EFs may be assembled in one place or may be used in a variety of places. EFs may be used for multiple exercises, 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.

**C. 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 (Exercise 21 in the Exercise Descriptions document on the Get Started page on the site) may be used. EFs may be used for multiple exercises, 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.

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 done Clockwise and then Counterclockwise count as two different exercises. For example, you may do Go Around CW (OL) and Go Around CCW (OL) with the same EF and use those as two different exercises in the same entry.

**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”.**

**D. Titles:** Anywhere title tracks are the same as in the core All Dogs Parkour Tracks – Regular, Grand Champion, Premier, and Sequence, but they will be preceded with "A-" on the title certificates.

#### **ELIGIBILITY:**

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

Dogs must be at least eight months old to participate, but they may not submit entries with jumps until the age of one year and may not be on EFs higher than elbow height in any video clip unless two feet are on the ground.

#### **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](mailto:adptitling@gmail.com).

#### **ENTRY FEE:**

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

#### **ENTRY FORM:**

The entry form is on the Get Started page of the website.

**ENTRY CRITERIA:**

The criteria for each Anywhere Track are in the sections below. The tracks are Anywhere Regular, Anywhere Grand Champion, Anywhere Premier, and Anywhere Sequence.

## ANYWHERE REGULAR TRACK

### Eligibility:

All teams begin at Level 1. Titles must be earned in order of the Levels (1, then 2, then 3, etc.). After completing all five levels, teams may go through the Anywhere Regular Track again, beginning with Level 1.

### Titles:

The Anywhere Regular Track titles are as follows:

- 1 Q at Level 1 earns this title: A-ADP-L1
- 1 Q at Level 2 earns this title: A-ADP-L2
- 3 Qs at Level 3 earns this title: A-ADP-L3
- 3 Qs at Level 4 earns this title: A-ADP-L4
- 3 Qs at Level 5 earns this title: A-ADP-L5 and A-ADP-CH

### Requirements:

In addition to the General Requirements (see **General Requirements for a Qualifying Entry**, Section 9 of the ADP Rules & Guidelines), the entry must meet the following requirements:

A. 8 exercises (no exercise can be repeated more than once in any entry)

B. EFs may be used for multiple exercises in an entry, but each use must be a different exercise and must look different from the other exercises with that EF

C. Eight total exercises are required in your entry. The number of different exercises for each level are

- Level 1: four
- Level 2: five
- Level 3: six
- Level 4: seven
- Level 5: eight

## Anywhere Grand Champion Track

### Eligibility:

Teams are eligible for the Anywhere Grand Champion Track after titling in all five levels of the Anywhere Regular Track or the Core Regular Track. Titles must be earned in order of the Levels (1, then 2, then 3, etc.). After completing all five levels of the Anywhere Grand Champion Track, teams may go through the Anywhere Grand Champion Track again, beginning with Level 1.

### Titles:

The Anywhere Grand Champion Track titles are as follows:

- 1 Q at Level 1 earns this title: A-ADP-L1(GC)
- 1 Q at Level 2 earns this title: A-ADP-L2(GC)
- 3 Qs at Level 3 earns this title: A-ADP-L3(GC)
- 3 Qs at Level 4 earns this title: A-ADP-L4(GC)
- 3 Qs at Level 5 earns this title: A-ADP-L5(CG) and A-ADP-GrCH

### Requirements:

In addition to the General Requirements (see **General Requirements for a Qualifying Entry**, Section 9 of the ADP Rules & Guidelines), the entry must meet the following requirements:

A. 8 exercises

B. Each of the 8 exercises must be different. No repeated exercises are permitted at any level.

C. EFs may be used for multiple exercises

D. Required Advanced Anywhere Exercises as follows:

one Advanced Exercise for Levels 1, 2, and 3

two Advanced Exercises (each must be different) for Levels 4 and 5.

There is a list of Advanced Anywhere Exercises at the end of this document. Advanced Exercises from the ADP Exercise Descriptions list and all Special Division Advanced Exercises may be used in Anywhere entries, as well.

E. One sequence. The Sequence is a 9th clip showing a sequence of two different exercises (for Levels 1, 2, and 3) and three different exercises

(for Levels 4 and 5) done in succession with one or more EFs. The EFs may be those used for other exercises, even if the exercises are the same as are used in the Sequence clip. There are two types of sequences: the Traditional Sequence and the Flow Sequence. You may do either one in any entry in which a sequence is required. Descriptions and requirements for the two types of sequences are in Appendix E of the Rules & Guidelines.

## Anywhere Premier Track

### Eligibility:

A team is eligible to submit Anywhere Premier Track entries at any level for which the team has earned an Anywhere Regular Track title (or the corresponding level title in the Core Regular Track). For example, a team with an A-ADP-L3 (or an ADP-L3 or S-ADP-L3) may work towards an Anywhere Premier title at Level 3 or 2 or 1, since the team has those Anywhere (or Core) Regular Track titles. A team with a Level 1 Anywhere Regular Track entry may immediately submit entries for Anywhere Premier Level 1.

### Titles:

Premier Track titles are as follows:

5 Qs at Level 1 earns this title: A-ADP-L1(Pr)  
5 Qs at Level 2 earns this title: A-ADP-L2(Pr)  
10 Qs at Level 3 earns this title: A-ADP-L3(Pr)  
10 Qs at Level 4 earns this title: A-ADP-L4(Pr)  
10 Qs at Level 5 earns this title: A-ADP-L5(Pr)

Qs from the Anywhere Regular Track count towards the required number of Qs for Anywhere Premier Track titles. Core Regular Track Qs count towards the required number of Qs for Anywhere Premier Track titles as follows: the first Q in Levels 1 and 2, the first three Qs in Levels 3, 4, and 5.

### Requirements:

In addition to the General Requirements (see **General Requirements for a Qualifying Entry**, Section 9 of the ADP Rules & Guidelines), the entry must meet the following requirements:

A. 8 exercises (no exercise can be repeated more than once in any entry)

B. Eight exercises total are needed in an entry. The required number of different exercises, or more, for the level entered. (The number of different exercises for each level are the same as in the Regular Track.)

Level 1: four  
Level 2: five  
Level 3: six

Level 4: seven

Level 5: eight

C. EFs may be used for multiple exercises in an entry, but each use must be a different exercise and must look different from the other exercises with that EF (See sequence exception in D).

D. Sequence. A Sequence must be included in **three entries** for each of the lower levels (Level 1 and Level 2) and in **five entries** for each of the higher levels (Level 3, Level 4, and Level 5). The Sequence is a 13th clip showing a sequence of **two different exercises** (for Levels 1, 2, 3) and **three different exercises** (for Levels 4 and 5) done in succession with one or more EFs. The EFs may be those used for other exercises in the entry, even if the exercises are the same as are used in the Sequence clip. There are two types of sequences: the Traditional Sequence and the Flow Sequence. You may do either one in any entry in which a sequence is required. Descriptions and requirements for the two types of sequences are in Appendix E of the Rules & Guidelines.

## Anywhere Sequence Track

### Eligibility:

A team is eligible to submit Anywhere Sequence Track entries after earning the Anywhere Regular Track Level 1 title (or the Core Regular Track Level 1 title). Titles must be earned in order of the Levels (1, then 2, then 3, etc.).

### Titles:

Anywhere Sequence Track titles are as follows:

3 Qs at Level 1 earns this title: A-ADP-L1(Se)

3 Qs at Level 2 earns this title: A-ADP-L2(Se)

5 Qs at Level 3 earns this title: A-ADP-L3(Se)

5 Qs at Level 4 earns this title: A-ADP-L4(Se)

5 Qs at Level 5 earns this title: A-ADP-L5(Se)

Qs from other Anywhere Tracks do not count towards the required number of Qs for Anywhere Sequence Track titles.

### Requirements:

In addition to the General Requirements (see **General Requirements for a Qualifying Entry**, Section 9 of the ADP Rules & Guidelines), the entry must meet the following requirements:

A. The Anywhere Sequence Track entries consist entirely of sequences showing a series of different exercises done in succession with one or more EFs. There are two types of sequences: the Traditional Sequence and the Flow Sequence. You may do either one in any entry. Descriptions and requirements for the two types of sequences are in Appendix E of the Rules & Guidelines.

The required number and length of sequences for each entry are as follows:

Level 1: 2 sequences of 2 exercises each

Level 2: 2 sequences of 3 exercises each

Level 3: 2 sequences of 4 exercises each

Level 4: 3 sequences of 4 exercises each

Level 5: 3 sequences of 5 exercises each

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

C. Each exercise in each sequence must be different from every other exercise in that sequence. Exercises may be repeated in an entry, but not in a sequence.

D. 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.

E. Each entry must include a minimum number of different exercises.

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 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 done Clockwise and then Counterclockwise count as two different exercises. For example, you may do Go Around CW (OL) and Go Around CCW (OL) with the same EF and use those as two different exercises in the same entry.

The minimum number of different exercises in each entry is

Level 1: 3

Level 2: 3

Level 3: 4

Level 4: 4

Level 5: 4

F. Anywhere Sequence entries may include unlimited Landscape/Hardscape (LH) exercises (Exercise 21 in the Exercise Descriptions document on the Get Started page on the site). LH exercises may be repeated in different sequences in the same entry, but they may not be repeated in the same sequence and must be done with different EFs.

G. Teams may use numbered cones, signs, written notes, or other memory aids to help the handler remember a sequence while running it.

## **CHAMPIONSHIP TITLES**

Teams earning a title at all five levels of the Anywhere Regular Track will earn the title of Champion: A-ADP-CH.

Teams earning a title at all five levels of the Anywhere Grand Champion Track will earn the title of Grand Champion: A-ADP-GrCH.

Teams earning a title at all five levels of the Anywhere Premier Track will earn the title of Premier Champion: A-ADP-PrCH.

Teams earning a title at all five levels of the Anywhere Sequence Track will earn the title of Sequence Champion: A-ADP-SeCH.

Teams earning both the A-ADP-PrCH and the A-ADP-GrCH titles will earn the title of Anywhere Premier Grand Champion: A-ADP-PrGrCH.

Teams earning both the A-ADP-SeCH and the A-ADP GrCH titles will earn the title of Anywhere Sequence Grand Champion: A-ADP-SeGrCH.

Teams earning the A-ADP-PrCH, the A-ADP-SeCH, and the A-ADP-GrCH titles will earn the title of Anywhere Premier Sequence Grand Champion: A-ADP-PrSeGrCH.

## **CERTIFICATES AND RIBBONS**

A certificate and an optional flat title ribbon will be awarded for each title earned. Anywhere titles earn the same title ribbons as those awarded in the Core Tracks. Certificates will be e-mailed. Title ribbons will be snail mailed. At this time there is no surcharge for mailings outside the USA for the flat title ribbons.

There is a charge for the optional Champion, Grand Champion, Premier Champion, and Sequence Champion rosettes that are available. The amount depends on whether the team is in the USA or not. Email Kristine at [ADPTitling@gmail.com](mailto:ADPTitling@gmail.com) for prices.

Teams earning the Anywhere Premier Grand Champion title (A-ADP-PrGrCH), the Anywhere Sequence Grand Champion title (A-ADP-SeGrCH) or the Anywhere Premier Sequence Grand Champion title (A-ADP-PrSeGrCH) will receive a special title rosette at no charge. There will be no surcharge for mailings outside the USA.

## ADVANCED ANYWHERE TRACK EXERCISES (AATs)

These Advanced Anywhere Track exercises (AATs) may be for Anywhere Track entries requiring advanced exercises. In addition, teams may do any Open Division Advanced or Special Division Advanced exercises from the ADP Exercise Description document.

**1. AAT Novel Uses** - dog does a variety of exercises (interactions) with the same EF or a set of related EFs; requires a single EF or multiple, related EFs such as a table and chairs or a set of jump stanchions; minimum: 5 different Interactions. Interactions may be recorded individually or in succession (but not as a flow sequence) on a single clip; NOTE: The dog must disengage completely from the EF(s) between each exercise. Do not show the exercises as a flow sequence.

**2. AAT Distance** - dog does any exercise at a distance of 5' or more from the handler. You may do the Anywhere Distance exercise more than once in an entry if the dog does different exercises at a distance. For example, the dog gets on a platform more than 5' from the handler in one clip and then gets in a box more than 5' from the handler in another clip. That counts as two separate, different Anywhere Advanced exercises.

**3. AAT Split Level (Pivot)** - no height requirement but the EF must be elevated; EF's top surface must be suitably small to allow the dog to perform the exercise; the dog places both front (or both rear) feet on the EF and pivots at least a full 360 degrees in each direction (CW and CCW); 360 degrees is measured by the placement and direction of the dog's front and rear feet, not the head; handler may move around the EF and/or cue the dog to pivot around twice to be certain each direction has a pivot of at least 360 degrees; the handler may stand in front of the dog or on either side of the dog while cueing; the full interaction (both directions) must be done sequentially on a single video clip

**4. AAT Platform Turns** - dog gets on an EF (with all four feet) and turns at least a full 360 degrees in each direction (CW and CCW); 360 degrees is measured by the placement and direction of the dog's front and rear feet, not the head; handler may move around the EF and/or cue the dog to turn twice to be certain each direction has a turn of at least 360 degrees; no height requirement but the EF must be elevated; maximum diameter or length of sides is twice the length of dog (nose to base of tail); the full interaction (both directions) must be done sequentially on a single video clip; the EF must be open on all four sides (or entire circumference if circular) and freestanding so the dog can exit at any point without a barrier

**5. AAT Long Solo Backing** - dog backs away from the handler at least twice dog's body length (nose to base of tail) while handler remains stationary; a platform, mat or other target may be used for the dog to back towards or onto

**6. AAT Trick on a Platform (Small)** - dog gets on a raised EF and while on the EF (all four

feet) s/he performs a trick (spin, sit pretty, high five, bow, bark, etc. - not a sit, stand, or down) on the EF; no minimum height, but the EF must be elevated; maximum diameter (if circular) or length of each of two of the sides (if rectangular) is twice the length of dog (nose to base of tail); dog must maintain contact with the EF - no flips or jumps are permitted;

**7. AAT Go Under (Low)** - dog (nose to base of tail) goes under an EF to the other side; maximum is 1/2 shoulder/withers height

**8. AAT Go Under (Backwards - Shoulder/Withers Height)** - dog (base of tail to nose) goes backwards under an EF to the other side; maximum is shoulder/withers height