

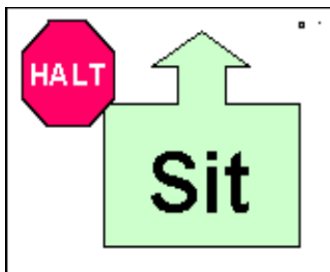
### Section 3      LEVEL 1

A Level 1 course consists of 18 – 20 exercise signs, exclusive of the Start and Finish signs and the Bonus Exercise sign(s). Level 1 is divided into two classes: A and B. The A class is for teams who are working towards earning their Level 1 title. The B class is for teams that have earned their Level 1 title in the A class. Once a team has earned their Level 1 title in the A class, they may continue to compete in Level 1, but must do so in the B class.

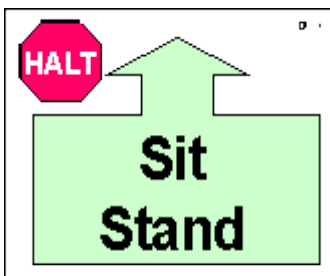
Level 1 is performed on-leash. The leash should be held so that there is no tension on the dog's collar when in heel position. It may be held in one or both hands. Hand position may change during the course. Hand and body position should be relaxed and natural. While heeling, the handler may not appear to be luring the dog. For the Bonus Exercises #1 and #3 the handler may remove the leash or have the dog drag it.

Refer to the General Scoring Guidelines for scoring that applies to all exercises.

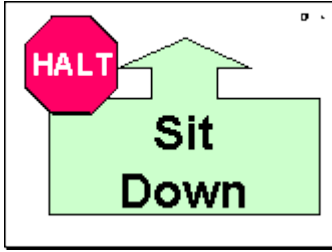
Refer to the Course Design Guidelines for further details of the requirements of Level 1 course design.



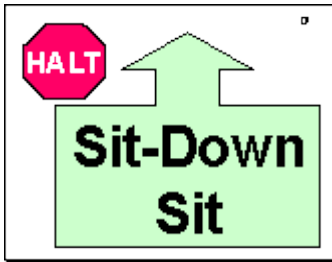
**1. HALT – Sit.** The handler approaches to within approximately 2 to 4 feet of the exercise sign. The handler halts, and the dog sits in heel position. This can be an automatic sit, or the handler may cue the dog to sit. When completed, handler cues dog forward and proceeds to the next exercise station. [Stationary exercise](#)



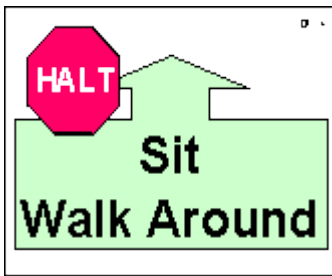
**2. HALT – Sit – Stand.** While heeling, the team comes to a halt and the dog sits in heel position. The handler then cues the dog to stand. Handler may leave heel position to “stack” or pose the dog as in conformation and may touch the dog to help position the stand. The handler may not physically force the dog to stand. When the dog is standing, the handler resumes a proper heel position and cues the dog to heel forward from the stand. [Stationary exercise](#)



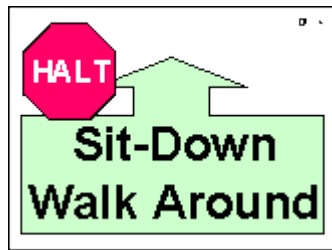
**3. HALT – Sit – Down.** While heeling, the handler comes to a halt and the dog sits in heel position. The handler cues the dog to lie down. When the dog is down, the handler resumes a proper heel position and cues the dog to heel forward from the down. *Stationary exercise*



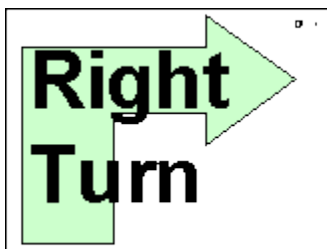
**4. HALT – Sit – Down – Sit.** The first part of this exercise is performed as described in Exercise 3. When the dog is lying down, the handler cues the dog to rise into a sit position. When the dog is sitting, the handler cues the dog to heel and moves toward the next exercise station. *Stationary exercise.*



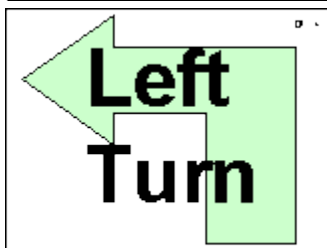
**5. HALT – Sit – Walk Around.** While heeling, the team comes to a halt with the dog sitting in the heel position. The handler gives the dog a stay or wait cue and walks forward around the dog counterclockwise and back to heel position. *The handler may pause upon returning to heel position or may immediately cue the dog to heel forward. This exercise may not be retried. Stationary exercise*



**6. HALT – Sit – Down – Walk Around.** While heeling, the team halts and the dog sits in heel position. The handler cues the dog to lie down, gives a wait or stay cue, then walks forward around the dog counterclockwise, and back to heel position. *The handler may pause upon returning to heel position or may immediately cue the dog to heel forward. This exercise may not be retried. Stationary exercise.*



**7. Right Turn.** The team heels forward making a 90-degree turn to the right. *Moving exercise*



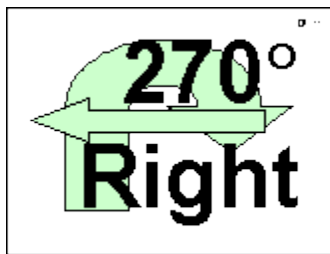
**8. Left Turn.** The team heels forward making a 90-degree turn to the left. *Moving exercise*



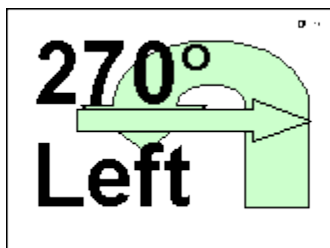
**9. About Turn – Right.** The team performs a 180-degree turn to the right. *Moving exercise*



**10. About "U" Turn.** While heeling, the team makes a 180-degree about turn to the handler's left. When dog and handler are facing the opposite direction, they move forward with the dog in heel position. *Moving exercise*



**11. 270-Degree Right (Turn).** While heeling, the team makes a 270-degree turn that begins to the handler's right. However, the final direction taken toward the next exercise station is to the left of the team's original position. *Moving exercise*



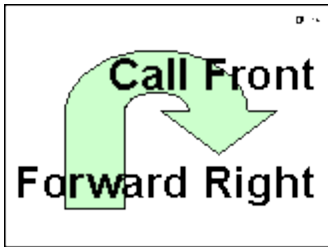
**12. 270-Degree Left (Turn).** While heeling, the team makes a 270-degree turn that begins to the handler's left. However, the final direction taken toward the next exercise station is to the right of the team's original position. *Moving exercise*



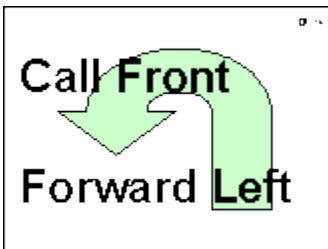
**13. 360-Degree Right (Turn).** While heeling, the team makes a 360-degree turn (a complete circle) that begins to the handler's right. *The circle should be roughly the size of a hoola hoop.* The final direction is the same as that of the team before starting the exercise. *Moving exercise*



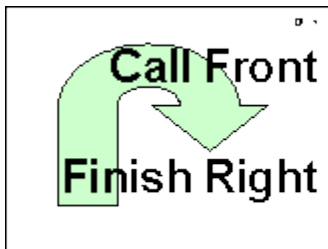
**14. 360-Degree Left (Turn).** While heeling, the team makes a 360-degree turn (a complete circle) that begins to the handler's left. **The circle should be roughly the size of a hoola hoop.** The final direction is the same as that of the team before starting the exercise. **Moving exercise**



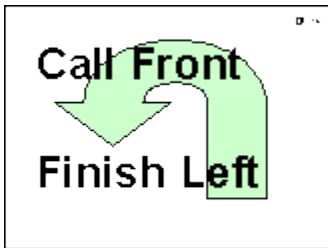
**15. Call (Dog) Front – Forward Right.** While heeling the handler stops his/her forward motion and calls the dog to the front position. The dog continues to move during this portion of the exercise. He/she does not sit and then go to the front position. The handler may take three to four steps taken straight back as the dog turns and moves to sit in front of and facing the handler. The handler is not to move to the side to position him/herself in front of the dog; the dog must move to sit directly in front of the handler. For the second part of the exercise, the handler cues the dog to move from the front position to the handler's right, around behind the handler, and into heel position as the handler continues forward. The dog does not sit in heel position at completion of this exercise. **Moving exercise**



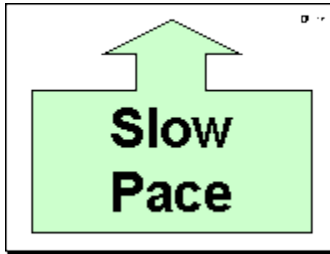
**16. Call (Dog) Front – Forward Left.** The Call Dog Front part of this exercise is performed as in Exercise 15. For the second part, the handler cues the dog to move from the front position to the handler's left, moving into heel position as the handler continues forward. The dog does not sit in heel position at completion of this exercise. **Moving exercise**



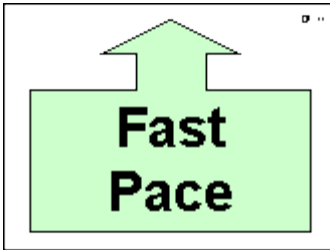
**17. Call (Dog) Front – Finish Right.** The Call Dog Front portion of this exercise is performed as in Exercise 15. For the second part, the handler cues the dog to Finish by moving from the front position to the handler's right, around behind the handler, and finally sitting in heel position. The handler then cues the dog to heel and moves forward towards the next exercise station. **Stationary exercise.**



**18. Call (Dog) Front – Finish Left.** The Call Dog Front portion of this exercise is performed as in Exercise 15. For the second part, the handler cues the dog to Finish, moving from the front position to the handler's left, and sitting in heel position. The handler then cues the dog to heel and moves forward towards the next exercise station. **Stationary exercise.**



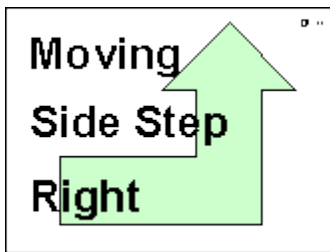
**19. Slow Pace.** The team decreases its pace so that there is a noticeable difference from the team's normal pace. The slow pace should be maintained until the team reaches the Normal sign. [Moving exercise](#).



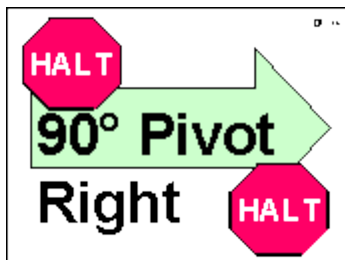
**20. Fast Pace.** The team increases its pace so that there is a noticeable difference from the team's normal pace. The pace should be fast enough that the dog at least breaks into a trot. The fast pace should be maintained until the team reaches the Normal sign. [Moving exercise](#)



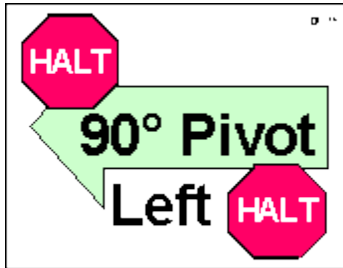
**21. Normal Pace.** The team moves forward at a normal pace that is comfortable for dog and handler. [Moving exercise](#)



**22. Moving Side Step Right.** While heeling past the sign, the handler takes one diagonal step with his/her right foot, forward and to the right with the exercise sign on the right. The handler then steps with the left foot, also forward and to the right, along the newly established line. (Alternatively, the station sign may be placed directly in the team's path, in which case the exercise is performed two to four feet in front of the sign. In this case the sign is on the handler's left as the team passes it). The dog must move with the handler. The dog is not required to side step. [Moving exercise](#)



**23. HALT – 90 Degree Pivot Right – HALT.** With the dog sitting in the heel position, the handler pivots 90 degrees in place to his/her right and halts. The handler's feet should remain close to or touching each other. The handler's pivot should take place in a space roughly the size of a paper plate. The dog moves with the handler and resumes a sit in the heel position when the handler halts. The handler then cues the dog to heel and moves forward toward the next exercise station. [Stationary exercise](#).



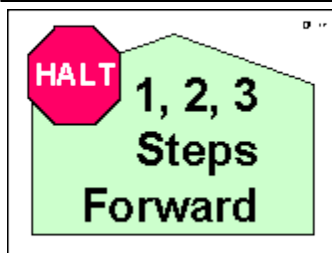
**24. HALT – 90 Degree Pivot Left – HALT.** With the dog sitting in heel position, the handler pivots 90 degrees in place to his/her left and halts. The handler’s feet should remain close to or touching each other. The handler’s pivot should take place in a space roughly the size of a paper plate. The dog moves with the handler and resumes a sit in the heel position when the handler halts. The handler then cues the dog to heel and moves forward toward the next exercise station. **Stationary exercise.**



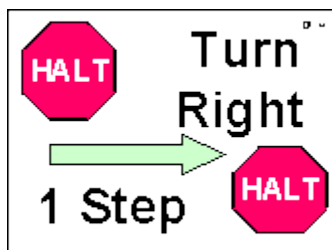
**25. Spiral Right – Dog Outside.** Three cones (pylons) are placed in a straight line approximately 5 feet apart. The “Right” direction indicates that the handler turns to his/her right when moving around each of the cones (clockwise). This places the dog on the outside of the turns. The exercise sign is placed next to the first cone facing the direction of the team’s approach. Dog and handler pass the first cone and proceed to and around the third one, then loop the first cone, proceed to and around the second, then loop the first cone one last time. Each of the three spirals circles the first cone. **Moving exercise**



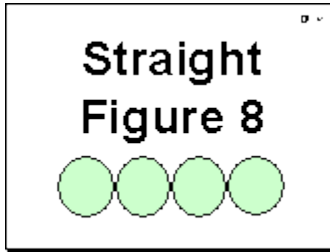
**26. Spiral Left – Dog Inside.** Performed as in Exercise 25, except that the turns of the spiral are to the handler’s left (counterclockwise) and the dog is on the inside of the turns. **Moving exercise**



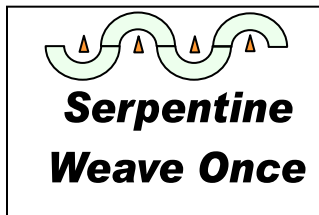
**27. HALT – 1, 2, 3 Steps Forward.** The team halts at the exercise sign. With the dog sitting in heel position, the handler cues the dog to move and takes one step forward, then halts. This is followed by two steps and a halt, then three steps and a halt. The dog moves with the handler and sits each time the handler halts. **Stationary exercise.**



**28. HALT – Turn Right – 1 Step – HALT.** With the dog sitting at heel, the handler turns to the right and takes one full step in that direction, then halts. The dog moves with the handler and sits at heel after the handler has turned and taken one step. **Stationary exercise**



**29. Straight Figure 8.** Four cones (pylons) are placed in a straight line approximately 5 feet apart. The exercise sign is placed near the first cone in the line. Entry into the weaving pattern is between the first and second cone with the first cone on the team's left. Dog and handler weave through the cones, loop the end cone, and weave back to the beginning of the pattern. Exit direction from the pattern is dependent on the placement of the next exercise station. *Moving exercise*



**30. Serpentine.** This exercise uses four cones, approximately 5 feet apart in a straight line. The team enters with the first cone on their left, weaves through the cones, and exits at the last cone. The team does not weave back through the cones. *Moving exercise*


**Bonus exercises are available to earn extra points. Performance variations that would be scored as an NQ in the main portion of the course will cause the Bonus to be scored as a 0. Teams may only NQ their entire run while performing the Bonus for behaviors that would result in an excusal.**



**Bonus Exercise 1**  
**BONUS EXERCISE: HALT, LEAVE DOG, CALL TO HEEL.**  
 This exercise requires two signs.  
 At the first sign, the handler will halt and the dog must sit. The handler may drop the leash or take it off and carry it. The handler will leave the dog in a sit stay and proceed to sign 2. The handler will come to a stop and, without turning to face the dog but instead standing with his/her back to the dog, call the dog to heel position. The handler may turn his/her head slightly, but shoulders must remain in line with the body. The dog must come promptly and sit at heel position. Once sitting, the handler will pick up/put on the leash, and the exercise is considered complete. *Stationary exercise*

**BONUS**

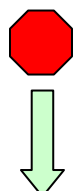
**Call Front  
Sidestep R/L**



**Bonus Exercise 2**  
**CALL DOG FRONT: SIDE STEP RIGHT OR LEFT**  
 While moving, handler calls dog to front and may take several steps back as dog comes and sits in front position. Once the dog is sitting in front position, the handler takes 1 full step to either the right or left. The handler may not step backwards while doing the side step. The dog is not required to side step but must move with the handler and sit straight in the front position when the handler stops. Once the dog is sitting for the second front, the exercise is complete. Stationary exercise

**BONUS**

**Halt  
Leave Dog  
Recall**



**Bonus Exercise 3**  
**HALT LEAVE DOG RECALL – TURN AND CALL – FINISH R/L**  
 At the first sign the team halts and the handler leaves the dog in a sit stay. The handler may drop the leash or take it off and carry it. The handler walks to the Turn- Call- Finish R/L sign and turns from a stationary position. The handler calls the dog to sit in front position. The handler cues the dog to finish – right or left, at the handler’s discretion. Stationary exercise

**BONUS**

**Turn and Call  
Finish R/L**

