1. HALT – Sit. The handler approaches to within approximately two to four 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. Failure to sit is scored as non-qualifying
3. HALT – Sit – Down. While heeling, the handler comes to a halt and the dog sits in heel position. The handler then cues the dog to lie down. When the dog is down, the handler resumes a proper heel position, then cues the dog to heel forward from the down.
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. Handler then cues the dog to heel and moves toward the next exercise station. Breaking the sit before the handler returns to heel position and cues the dog to heel is to be scored as non-qualifying.
7. Right Turn. This is a 90-degree right turn performed as in AKC Novice Obedience.
9. About Turn – Right. This is a 180-degree turn to the handler's right as performed in the AKC Novice Obedience "About Turn."

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.	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.
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 final direction is the same as that of the team before starting the exercise. A tight circle is ideal.	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 final direction is the same as that of the team before starting the 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 moves forward while cueing the dog to move from the front position to the handler's left, then turning toward the handler and moving to heel position as the handler continues forward. The dog does not sit, but catches up to the heel position as the handler moves forward.	15. Call (Dog) Front – Forward Right. While heeling the handler stops his/her forward motion and calls the dog to the front position. []. The handler may take several steps backward as the dog turns and moves in to sit in front of and facing the handler. T. []. For the second part of the exercise, the handler moves forward while cueing 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 catches up to the heel position without first sitting at heel as the handler moves forward.
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 by moving from the front position to the handler's left, then turning toward the handler and sitting in heel position. The handler then cues the dog to heel and moves forward towards the next exercise station.	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.
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.	19. Slow Pace. The team decreases its pace so that there is a noticeable difference from the team's normal pace.

22. Moving Side Step Right. While heeling, the handler takes one 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 .Failure of the dog to maintain heel position is a 2 point deduction	21. Normal Pace. The team moves forward at a normal pace that is comfortable for dog and handler.
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 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.	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 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. Pivots are done in place.
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.	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.
28. HALT – Turn Right – 1 Step – HALT. With the dog sitting at heel, the handler pivots to the right (in place), and takes one full step (with each foot) in that direction, then halts. At the same time, he/she cues the dog to heel. AS the handler halts, the dog moves into heel position and sits. The dog does not sit until the handler halts after taking the one step.	27. HALT – 1, 2, 3 Steps Forward. With the dog sitting in heel position, the handler cues the dog to heel and takes one step forward, then halts. This is followed by two steps and a halt, then three steps and a halt. The dog heels with the handler and sits each time the handler halts. Each failure to sit is a 5 point deduction
30. Off-Set Figure 8. This exercise requires four bowls with tempting dog treats. [] The two "end" bowls are 10 feet apart; the two "side" bowls are five feet apart. The team enters the Figure 8 with the exercise sign to their left and turns either to the left or the right, proceeds toward the "end" bowl in that direction, loops that bowl and completes the Figure 8 around the other end bowl and exits the Figure 8 as indicated by the placement of the next exercise station. []. A dog who breaks from heel position to sniff a bowl and then returns to heel shall be given a substantial (3 point) deduction. Biting at the screen or tipping the bowl over shall be scored as non-qualifyin	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.

31. HALT – Stand – Exam – Leave. Two exercise signs (access 32. Return & Forward From Stand. This exercise sign is placed numbers 31 and 32) are needed for this exercise. The handler so that it can be observed by the handler after he/she has moved halts and the dog sits at heel. Handler may leave the heel away and turned to face the dog (Exercise 31). After the judge position and "stack" the dog as done in conformation, or may has completed the examination of the dog, the handler returns to simply cue the dog to stand. Handler may touch the dog to help heel position by passing the dog on the handler's right (the dog's position the stand, but may not physically force the dog to stand. left), turning behind the dog and moving up into heel position. Handler then returns to heel position, cues the dog to wait or The handler then cues the dog to heel and moves forward stay, then leaves the dog, walks six feet away, and turns to face without instruction from the judge. the dog. The judge steps forward and examines the dog briefly by petting or touching him/her on the head, and steps away. 34. Turn & Call (Dog) Front. As the handler approaches this sign, he/she turns to face the dog, leaving ample room behind for 33. HALT – Recall – Leave Dog. Two exercise signs (access the dog to complete a finish. Without further instruction from the numbers 33 and 34) are needed for this exercise. The first sign judge, handler calls the dog to the front position. Dog must sit (access number 33) directs the handler to halt and have the dog sit at heel. The handler cues the dog to stay, and then leaves the close enough to the handler to be touched on the head or the collar. This exercise is completed with the dog sitting in the front dog from heel position without instruction from the judge. Handler position, thus must be followed by either Exercise 35: Finish proceeds to the next sign (access number 34). Right, or 36: Finish Left. 36. Finish Left. With the dog sitting in the front position, handler cues the dog to finish to the left. The dog moves to the handler's 35. Finish Right. With the dog sitting in front of the handler, left, turns toward the handler and moves into a sit in the heel handler cues the dog to finish to the right. The dog moves to the position. The "flip" finish, where the dog leaps up and to the left of handler's right, continues around the handler and sits in the heel the handler, turns in the air and lands in a sit in heel position, is position. also acceptable. 37. HALT – 180 Degree Pivot Right – HALT. The team comes to 38. HALT – 180-Degree Pivot Left – HALT. The team comes to a a halt and the dog sits in heel position. The handler cues the dog halt and the dog sits in heel position. The handler cues the dog to to heel and pivots 180 degrees in place to his/her right. The dog heel and pivots 180 degrees to his/her left. The dog moves with moves with the handler and resumes a sit in heel position at the the handler and resumes a sit position at the second halt. second halt. 40. HALT - From Sit - About "U" Turn & Forward. This exercise 39. HALT – From Sit – About Turn Right & Forward. This is performed as in Exercise 38 except that there is no halt exercise is performed as in Exercise 37, except that there is no following the turn. The handler cues the dog to heel, pivots 180 halt following the turn. The handler cues the dog to heel, turns degrees to his/her left, and immediately moves forward with the 180 degrees to his/her right, and immediately moves forward with dog in heel position. the dog in heel position.

42. Send Over Jumps – Handler Runs By. The jump may be 41. Call (Dog) Front – 1, 2, 3 Steps Backward. After calling the either a solid or bar jump – the broad jump shall not be used. dog to front as described in Exercise 15, the handler takes one This exercise begins approximately 20 feet in front of and six feet step backward and halts. This is followed by two steps and a halt, to the right of the jump. The handler cues the dog to jump, then then three steps and a halt. The dog moves toward the handler runs along a line 6 feet to the right of the jump. When the dog and resumes a sit in the front position each time the handler has completed the jump, the handler calls the dog to heel halts. Because this exercise concludes with the dog sitting in position and the team continues to the next exercise station. If front of the handler, it must be followed by Exercise 35 (Finish the dog is much faster than the handler, the dog may be called Right) or 36 (Finish Left). The dog must sit at least once during back to the handler. No deductions are to be made if the dog the three series of steps in order for the exercise to be returns directly to the heel position regardless of where the considered successfully completed. Each failure to sit shall be handler is along the line of travel when that occurs. Failure of the scored as a substantial (3-point) deduction. dog to take the jump shall be scored as non-qualifying 44. Moving Down — & Forward. While moving forward with the 43. HALT – Leave – Call (Dog) Front While Running. The team dog in heel position, the handler cues the dog to drop directly comes to a halt and the dog sits in heel position. The handler into a down position without first coming to a halt. The handler gives the dog a stay or wait cue and starts running forward. After may (but is not required to) break the heel position and turn in 2 or 3 running steps, the handler calls the dog front. The dog front of the dog to accomplish this exercise. When the dog is must immediately start running to overtake the handler. As the down, the handler returns to heel position, cues the dog to heel, dog approaches heel position, the handler slows down, and stops and moves forward. Failure of the dog to down promptly, or to allow the dog to come to the front position. The handler may failure of the dog to remain in the down position until given the take 3-4 steps backwards to accomplish the front. [...] The cue to heel forward shall be a substantial deduction. (3-7 points exercise should be completed in approximately 30 feet. Failure of depending on how slowly the dog goes down). Complete failure the dog to remain sitting until cued to front shall be scored as to down shall be scored as non-qualifying. non-qualifying. 46. HALT – Side Step Right – HALT. The team comes to a halt and the dog sits in heel position. The handler takes one side step 45. HALT - Fast Forward From Sit. The team comes to a halt directly to his/her right with the right foot. The handler then cues and the dog sits in heel position. The handler cues the dog to the dog to heel and moves the left foot over to the right foot and heel and moves immediately into a fast pace from the halt. This halts. Ideally, the dog side-passes to the right into heel position exercise must be followed by Exercise 21 (Normal Pace), or it and sits. Handler then cues the dog to heel and moves forward may be placed as the last exercise on the course, in which case toward the next exercise station. Movement of the dog to the the exercise and performance are concluded as the team right into heel position that is not a side-pass but results in a sit in crosses the FINISH Line. heel position shall be scored as a minor deduction (1-2 points). 47. Left About Turn. While moving forward with the dog in heel position, the handler does an about turn to his/her left, while the dog turns to the right, moving around the handler and back to heel position to continue moving with the handler in the new (opposite) direction. That is, the dog and handler do "opposite" about turns and then come back together as a heeling unit.