



Official US Canine Parkour Rulebook

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US Canine Parkour Philosophy. Dog parkour builds confidence, strengthens the bond between dog and owner, and turns any environment into a playground of fun and adventure. Urban landscapes and natural settings become outlets for creativity and self-expression, where dogs learn to jump, climb, balance, and maneuver around various environmental obstacles. The sport of dog parkour celebrates the joy of discovery, promotes physical well-being, and is accessible to every dog regardless of age, breed, or skill level.

Exhibitor Guidelines. It is the responsibility of all exhibitors to know the rules before entering and be ready to abide by them.

Licensed Evaluators and Events. No person may represent themselves as a USCP Evaluator or hold a US Canine Parkour meet or class unless they hold a current USCP Evaluator's license and are in good standing with USCP.

Finality of Evaluators' Decisions. By entering a US Canine Parkour meet or class or submitting a video for evaluation, the exhibitor of any dog agrees to accept the decision of the Evaluator as final. The decision of an Evaluator is the opinion of the Evaluator and not that of the US Canine Parkour.

Chapter 1 – General Rules

Section 1. Jurisdiction. The following rules and regulations governing US Canine Parkour licensed Evaluators and titles issued by USCP are uniform and not given on a local or geographical basis. All USCP titles shall be governed by this Official US Canine Parkour Rulebook.

Section 2. Eligibility of Dogs. Dogs of all ages, sizes, and breeds or breed mixes are eligible to participate in US Canine Parkour. Bitches in season are also eligible to participate without restriction. To be eligible to earn any regular US Canine Parkour title a dog must be at least 6 months old at the time of evaluation and registered with USCP or include the one-time registration fee with their new title submission. Puppies under 6 months old but at least 8 weeks old are eligible to participate in the Baby Puppy Parkour Program and/or earn the Parkour Puppy title.

Growing puppies, senior dogs, and dogs with disabilities. All USCP tracks and titles give handlers the option to select exercises that accommodate the age and physical ability of their dog, and dogs with limitations may participate at all levels if they are independently mobile and can safely perform the required parkour exercises. Dogs with open wounds, stitches, bandages, or who are showing signs of pain, injury, or stress such as lameness, apprehension, fear, or reluctance to work are ineligible and will be excused or their video submission rejected.

Dogs owned or handled by Evaluators and immediate family/household of Evaluators. Evaluators may not evaluate a dog that they or an immediate family/household member owns or co-owns. Evaluators may not evaluate any dog handled by themselves or by an immediate family/household member regardless of ownership.

Section 3. Eligibility of Owners/Handlers. Handlers may be of any age provided the handler is able to control and spot the dog. An Evaluator may excuse an exhibitor or reject their video submission if they believe the dog is not under control or safely spotted and supported.

Handlers with disabilities. Only one person may handle a dog for a parkour exercise (except for assistant spotters). Handlers may use a wheelchair, crutches, cane, or any other means of mechanical assistance during the exercise. If necessary, assistance may be given to spot and support the dog. The assistant spotter is prohibited from interacting with the dog in any way except to ensure it safely engages and disengages from the obstacle. The Evaluator at a meet may also make reasonable modifications to the extent that it assists the handler. No modification may be made that gives any advantage to the handler's dog or that changes the dog's part of the required exercise in any way.

Section 4. Eligibility of Evaluators. US Canine Parkour licensed Evaluators submit an application for approval and are assigned an evaluator number. Evaluators must be in good standing with USCP and be at least 18 years old. Further, they must have at least two years of experience working with other owners and their dogs in a professional or educational capacity. Applicants are required to take a course on USCP rules and regulations and pass an exam with video examples of parkour exercises and obstacles before being fully licensed. USCP reserves the right to grant, withhold, or revoke Evaluator licenses at its discretion.

Section 5. Dog Registration. A one-time lifetime registration fee is \$20 per dog and is non-refundable and non-transferable. Participants who meet the requirements for a USCP title with an unregistered dog will have 60 days to complete their dog's registration with USCP. Dogs who are not registered within 60 days will have their qualifying scores invalidated. A discounted registration fee of \$10 is offered for dogs who enrolled in the Baby Puppy Parkour Program.

Section 6. Entry Limits. Traveling meets shall be limited to 8 dogs per Evaluator, one entry per dog per title track or game, and one dog per handler. Stationary meets shall be limited to 15 dogs per Evaluator, one entry per dog per title track or game, and no limit on the number of dogs per handler. There is no limit to the number of video submissions an Evaluator may accept.

Section 7. Refusing an Entry. Evaluators may refuse the entry of an otherwise eligible dog and/or exhibitor. An Evaluator's decision is subject to review by USCP; in most cases, it will not be overturned except where there is strong evidence that the Evaluator's decision is based on prohibited categories of discrimination. Evaluators who choose not to accept any entry of an otherwise eligible dog and/or exhibitor must notify the owner/exhibitor in writing, with the reason their entry will not be accepted, and must send a copy of the notification to USCP.

Section 8. Entries and Refunds. Entry fees are determined by the Evaluator. There will be no refunds for bitches in season as they are allowed to enter. All other decisions regarding refunds and cancellations are at the discretion of the Evaluator.

Section 9. Submission of Results. Upon meeting the requirements for a US Canine Parkour title, the owner must submit the new title application, Evaluator score sheets from each qualifying evaluation, and a \$25 title recording fee to USCP to receive the title. The one-time registration fee must also be included for dogs without a USCP number. Upon finishing all of the basic training in the Baby Puppy Parkour Program, the owner must submit the Evaluator proof of completion sheet and a \$10 enrollment fee to USCP to enroll and receive the certificate.

Section 10. Evaluator Submissions. Following the completion of any meet or video evaluation, the Evaluator is required to submit the results to USCP within 7 days. This information is necessary for processing any USCP title applications. Failure to submit the results in an accurate and timely manner may result in revocation of Evaluator status.

Section 11. Certificates, Ribbons, and Rosettes. A digital certificate and an optional title ribbon will be awarded by US Canine Parkour for each title earned and recorded with USCP. Digital certificates will be available online automatically. The ribbon may be requested when submitting results and will be sent by post at no additional charge. All dogs earning the Parkour Champion title will automatically receive a special title rosette at no charge.

Chapter 2 – Rules Applying to Exhibitors

Section 1. Summary. US Canine Parkour exhibitors are expected to display good behavior and good sportsmanship at meets, on public forums and social media, and in video submissions. Any rule that applies to meet grounds also applies to a parkour class held by a USCP Evaluator. The Evaluator may expel any person from the meet grounds, excuse any exhibitor, or reject any video submission for violations of these rules. No entry fees will be refunded for any such violations by either the Evaluator or USCP.

Section 2. Poor Sportsmanship. Poor sportsmanship refers to disrespectful, unsportsmanlike conduct that undermines fair competition and mutual respect among participants. It includes but is not limited to cheating, taunting, verbal or physical abuse of dogs or people, or disruptive behaviors. The Evaluator will excuse an exhibitor or reject their video submission for displaying poor sportsmanship. The Evaluator has sole discretion over whether or not to allow the dog of an excused handler to continue to participate in a meet with a substitute handler.

Section 3. Dog Abuse. A handler who abuses their dog anywhere on the meet grounds or in a video submission must be excused immediately or have their video submission rejected by the Evaluator and reported to USCP. Any person witnessing a dog being abused on the meet grounds may file a complaint in writing to USCP. The handler shall not be permitted to exhibit any dog until a hearing has been held.

Section 4. Prohibited Equipment. Electronic collars, bark collars, head halters, prong collars, and retractable leashes are not allowed to be used on meet grounds or during a parkour exercise. Any exhibitor who refuses to remove the prohibited equipment from their dog will be expelled from the meet grounds by the Evaluator. Choke collars, slip leads, cloth leashes, dangling items (e.g., tags, poop bag holders, GPS tracker), and any clothing that impedes a dog's movement or behavior are additionally prohibited during a parkour exercise and the exhibitor will be excused or their video submission rejected by the Evaluator.

Section 5. Performance-Altering Drugs. The use of performance-altering drugs or supplements is strictly prohibited. Owners and handlers are presumed to know the condition of their dogs and risk disciplinary action for exhibiting dogs under the influence of performance-altering drugs.

Section 6. Control of the Dog. Exhibitors are expected to keep their dogs under control at all times. The Evaluator may excuse and expel from the meet grounds any person whose failure to control a dog interferes with their evaluation, other dogs and/or exhibitors, or the public at large. Evaluators may reject the video submission of any dog who appears to be out of control in any parkour exercise.

Section 7. Meet Grounds Cleanup. Exhibitors are required to clean up after their dog if it fouls an obstacle or anywhere on the meet grounds. Any exhibitor who fails to clean up after their dog will be excused by the Evaluator and expelled from the meet grounds. Evaluators will reject the video submission of any dog who is shown fouling an obstacle.

Section 8. Double Handling. Persons other than the handler are prohibited from any intentional actions designed to affect the performance of a dog. This prohibition shall apply equally to persons attempting to improve or impair performance. The Evaluator may expel from the meet grounds any person they reasonably believe is double handling. Evaluators may excuse an exhibitor or reject their video submission for benefiting from double handling.

Section 9. Luring. Handlers are prohibited from luring with food, squeakers, or toys or having any of these items visible to the dog during a parkour exercise. The handler's hands and mouth must be empty except for the leash for the duration of the exercise and fully visible throughout a video submission. The Evaluator may excuse an exhibitor or reject their video submission for luring. Food, squeakers, and toys may be carried hidden by the handler and used to reward the dog after completing the exercise and fully disengaging from the obstacle.

Section 10. Prohibited Contact. Handlers may not deliberately touch the dog at any time during a parkour exercise before disengaging from an obstacle, including petting, body blocking with contact, or nudging the dog with the hip, knee, leg, or foot. Physical contact is allowed to safely spot and support the dog, but never to forcibly pull them off. The Evaluator may excuse an exhibitor or reject their video submission for physical contact. Petting is permitted to reward the dog after fully disengaging from an obstacle. Physical contact is unrestricted during travel towards or away from an obstacle, including between obstacles in a sequence.

Section 11. Use of Force or Corrections. Handlers may not pull, manipulate, or force a dog to perform a parkour exercise or engage with an obstacle and may not give a physical or verbal correction during an exercise. The Evaluator may excuse an exhibitor or reject their video submission for use of force or corrections.

Section 12. Interfering with the Evaluator. No person may interfere with the Evaluator in any way while they are evaluating a parkour exercise. The Evaluator may expel from the meet grounds any person who is interfering with them.

Section 13. Complaints About Scoring or Placements. By entering a USCP meet or submitting a video of their dog, the exhibitor is inviting the opinion of an Evaluator and must accept the Evaluator's decision as final. The decision of the Evaluator is their opinion and not that of US Canine Parkour. Exhibitors are encouraged to discuss their parkour exercises with evaluators but may not argue about the Evaluator's scores or placements.

Section 14. Complaints About an Evaluator. Complaints about an Evaluator's demeanor or adherence to USCP rules must be filed in writing with USCP. The complaint must address specific details and provide the name of the Evaluator and the date of the incident. Electronic audio or video recordings of the Evaluator may be included only if directly relevant to the complaint. Screenshots of electronic posts or emails by the Evaluator will not be considered unless it is publicly available and verifiable. No anonymous complaints will be considered.

Section 15. Inappropriate Attire. There is no specific dress code for parkour. Handlers may wear gloves or any other protective clothing during a parkour exercise. However, they must have their hands free to spot and support the dog and may not carry any items in their hands such as a phone, umbrella, or flashlight. Additionally, clothing or gear which is obscene, offensive, or depicts racist sentiments or hate speech is not allowed and the wearer will be expelled from the meet grounds if they refuse to change or cover up. Evaluators will reject a video submission for inappropriate attire.

Chapter 3 – Location Regulations

Section 1. Summary. Locations can be any place where there are obstacles available for the dog to perform parkour exercises on and that follow these regulations. To encourage creativity and exploration, exhibitors are required to use new locations as they progress.

Section 2. Defining a Location. For video submissions, the exhibitor defines one or more locations for their routine. For parkour meets, the Evaluator defines the meet grounds as the location. A place with distinct areas, such as the living room and back yard of a house, may be divided into separate locations. However, obstacles may not be moved between these locations to be reused.

Section 3. Private Property. Private property may not be used as a location unless explicitly invited to use it for dog parkour by the property owner. Places where the public is invited are preferred.

Section 4. Prohibited Locations. Places that expressly prohibit dogs, including but not limited to hospitals, schools, police stations, restaurants, museums, and places of worship may not be utilized for dog parkour. Cemeteries and abandoned buildings may never be utilized, regardless of rules or permission from the owner.

Section 5. Indoor Locations. Indoor locations should be used sparingly and any furniture or items which are not built-in will be considered placed items, even if not set up by the handler. See [Chapter 4.7 Placed Items](#).

Section 6. Location Etiquette. If the location is a store or other place of business which allows dogs, the handler should patronize that business and avoid interrupting or bothering any other patrons with parkour exercises. This is to avoid any conflict which might be prejudicial to the sport of dog parkour.

Section 7. Using Multiple Locations. If a single location does not provide enough obstacles to complete the required parkour exercises, the exhibitor may use one additional location. Some levels or title tracks may allow more than two locations for a routine. Every location used must be recorded on the video submission form.

Section 8. Reusing Locations. A location may only be used once in a given title track. The location may be used again for a different title track with that same dog, but the obstacles within it might not be eligible for some exercises. See [Chapter 4.8 Reusing Obstacles](#).

Section 9. Specific Regulations for Locations. Parkour exercises or title tracks may define specific regulations for the type or number of locations used. Such rules are in addition to these location regulations.

Chapter 4 – Obstacle Regulations

Section 1. Summary. Obstacles are the things that a dog interacts with while performing a parkour exercise. Obstacles may be anything occurring at the meet grounds or location where a team is working, as long as it follows these regulations.

Section 2. Agility and Obedience Equipment. Agility or obedience equipment should be used sparingly and must be used in a novel or non-traditional manner. In addition, agility or obedience equipment is always considered a placed item, even if not set up by the handler.

Section 3. Playground Equipment. Playgrounds may be utilized if the playground rules permit, but not when there are children present. This is for the safety of both dogs and children and to avoid any conflict which might be prejudicial to the sport of dog parkour.

Section 4. Unstable or Fragile Items. An obstacle must be strong enough to resist damage or collapse as a result of the dog interacting with it. The item must not be significantly or permanently changed by a parkour exercise.

Section 5. Safety Hazards. The obstacle must be free of hazards and allow the dog to interact safely with it. Hazards include but are not limited to insect nests, barbed wire, a nearby precipice, or slippery surfaces.

Section 6. Obstacle Height. Dogs under 12 months old may not be on any obstacle higher than elbow height unless two feet are on the ground, which also prohibits them from doing jumps and rebounds. Dogs may not jump down to a hard surface from any obstacle higher than shoulder height. Dogs may not jump down to a soft surface from any obstacle higher than double shoulder height or 42 inches, whichever is lower. Additionally, dogs jumping from an obstacle higher than elbow height must be spotted and supported by a leash and harness. Unless otherwise prohibited, a ramp, step, or other aid may be used to assist a dog off of any obstacle, but it must be obvious the dog is getting off voluntarily. See [Chapter 25 Dog Measurements Chart](#).

Section 7. Placed Items. Most parkour exercises must be done outside on “naturally occurring” obstacles that were not placed there for the exercise. Each level and title will have limits on the number of placed items allowed. A placed item may be used for at most two exercises by the same dog in addition to any other limitations. An obstacle set up by an Evaluator as part of a meet is considered naturally occurring except for agility or obedience equipment. At an indoor location, all obstacles which are not built-in are considered placed items.

Section 8. Reusing Obstacles. Obstacles may not be reused for multiple exercises within the same title track unless each exercise looks different from any other exercise by the same dog using that obstacle. Obstacles may be reused for a different title track or by a different dog, even if it is the same or similar exercise or the same handler.

Section 9. Specific Regulations for Obstacles. Parkour exercises or title tracks may define specific regulations for the dimensions, material, or movement of an obstacle. Such rules are in addition to these obstacle regulations.

Chapter 5 – Parkour Exercise Regulations

Section 1. Summary. A parkour exercise is a physical maneuver that moves the dog through its environment by traversing obstacles with speed and agility. Exercises are categorized as either basic or advanced. Two additional special types, ground moves and skill checks, can be used in limited circumstances. See [Chapter 24 Index of Parkour Exercises](#) for a complete list of all exercises.

Section 2. Basic and Advanced Exercises. Basic exercises are the essential moves and fundamental behaviors of canine parkour. These core techniques cannot be broken down into simpler behaviors, but they may be further developed into advanced ones. Each basic exercise is followed by a list of its advanced forms.

Section 3. Ground Moves. Ground moves are exercises that move the dog across the ground while maintaining contact with it. Most ground moves can be performed without an obstacle and are good options for puppies or dogs with mobility issues that prevent them from getting on or over obstacles. A ground move counts as a basic exercise but cannot be used in games. When performed on top of an obstacle, a ground move qualifies as an advanced exercise. Each non-advanced ground move may only be used once per title.

Section 4. Skill Checks. Skill checks are not parkour exercises by themselves, but they modify other exercises and show that the dog has achieved higher levels of parkour training. A skill check counts as a separate advanced exercise from the exercise it modifies but can only be used in level track routines. Each skill check may only be used once per title.

Section 5. Sequences. Sequences consist of three or more parkour exercises that naturally flow into one another in succession. No exercise may be repeated twice in a row in a sequence but otherwise may be any exercise of the handler's choice. The team should not stop in between exercises except to move between obstacles as necessary.

Section 6. Innovations. Innovations consist of three or more different parkour exercises performed with the same obstacle. The exercises do not need to be performed in a flowing sequence and the team may stop or reset the obstacle as needed in between exercises. Innovations may be recorded as separate clips and edited together for video submissions.

Section 7. Novel or Custom Exercises. Exhibitors may create their own novel parkour exercises. The exercise must be described to and approved by the Evaluator, who will determine if it is basic or advanced, prior to using it in a routine. Parkour exercises are different from tricks; they must somehow move the dog through its environment and interact with obstacles therein.

Section 8. Reusing Exercises. Basic and advanced exercises may be reused an unlimited number of times, as allowed by the specific rules for each track and title. Ground moves and skill checks may only be used once per title. Ground moves performed on top of obstacles qualify as advanced exercises and may be reused the same as any other advanced exercise.

Chapter 6 – Spotting and Support Requirements

Section 1. Summary. The handler's most important role in the team is to spot their dog while performing a parkour exercise by using proper equipment, inspecting obstacles and gear for danger, and using support and physical contact to keep the dog safe at all times.

Section 2. Required Spotting and Support. All parkour exercises require spotting to ensure the safety of the dog. Support is required for exercises that are performed on obstacles higher than elbow height and during which all four feet leave the ground, except for jumps and rebounds. Dogs under 12 months old must be supported for all exercises during which all four feet leave the ground regardless of height. An assistant spotter is permitted to support the dog if the handler is physically unable to do so.

Section 3. Leash Regulations. When a parkour exercise is performed on-leash, the leash must be at least 1/2 inch wide, 4 to 6 feet long, securely clipped to the back of the dog's harness, and be strong enough to support the dog's weight. Climbing rope leashes may be slightly under 1/2 inch wide provided they are

strong enough to support the dog's weight. Long lines may not be used to support. Leashes may not be attached to the body of the handler or have any dangling items. A dog supported with a tab leash is considered off-leash.

Section 4. Harness Regulations. A harness is required for all obstacles requiring support and all parkour exercises performed on-leash. The harness must have at least 1-inch straps for all but the smallest dogs, have a vertical strap that passes between the dog's front legs and connects the neck and girth straps together, be fastened with side release or tongue buckles (no Velcro), and have a sturdy back clip for the leash. It must also be able to support the dog's weight, be properly fit, have no tears or frayed straps, have no straps that rest on the dog's upper arm or shoulder, and not impede the dog's natural range of motion. If the exercise is performed off-leash, the harness must have a handle or be used with a tab leash to support the dog. See [Chapter 26 Harness Style and Fit Diagrams](#).

Section 5. Other Equipment. A dog may wear additional equipment that is not otherwise prohibited such as a buckle collar, long line, boots, or clothing for comfort and protection. This gear must not be attached to the leash used to support the dog, interfere with the leash or harness, or prevent either the spotter or Evaluator from being able to see if the leash and harness meet all regulations. See [Chapter 2.4 Prohibited Equipment](#).

Section 6. Off-Leash Exercises. Parkour exercises may be done off-leash where it is both legal and safe. The area must not be busy with other people, animals, or traffic and must be fully enclosed or the dog under verbal control. Exercises may not be done off-leash when there are children present, except for those who are with the handler or other exhibitors at a meet. Even while off-leash, the spotter must support a dog with a handle or tab leash on obstacles requiring support.

Section 7. Safety Inspections. The handler must inspect all obstacles and equipment before asking a dog to perform any parkour exercise, ensuring that it is safe to do so. The obstacle must meet all of the regulations, be free from any hazards, and be within the allowed height range for the exercise and dog. If worn, the leash and harness must meet all of the regulations and be rechecked to make sure no clips or straps have come loose or gotten tangled. A dog must never be asked to perform in unsafe conditions.

Section 8. Leash Handling to Support. As the dog engages with an obstacle that requires support, the spotter must securely hold the leash in the hand closest to the dog, without bundling any excess leash in the hand, centered over the harness clip but not too high above its back. The spotter must not lift the dog onto the obstacle, but prevent a fall by moving their hand smoothly along with the dog so that there is constant tension on the leash. The spotter must be prepared to support the dog if it slips or comes off early by keeping the leash held directly over the dog's back for as long as it remains on the obstacle, though the leash need not be taut. As the dog disengages from the obstacle, the spotter must again keep tension on the leash as they move with the dog to support it and reduce the impact with the ground.

Section 9. Physical Contact. The spotter may touch the dog at any time to ensure safety, including catching the dog if it falls, giving the dog purchase if its foot slips, or lifting the dog down from an obstacle that is too high to jump from. The dog's safety must always be the highest priority and failure to keep the dog safe with physical contact when it is warranted will always result in a non-passing score. A dog's score will not be penalized for physical contact necessary to keep it safe if the exercise is still completed within the rules and the dog is actively engaged and working. See [Chapter 2.10 Prohibited Contact](#).

Chapter 7 – Video Submission Procedures

Section 1. Summary. Dog parkour is a highly individualized sport and can be done anywhere and everywhere, without the need for local clubs, trials, or equipment. Exhibitors may film their parkour routines and submit them online to an Evaluator to have their routine scored and earn USCP titles.

Section 2. Eligibility Criteria. Level, Sequence, Innovation, and Specialty routines are all eligible for video submission. Games are not eligible for video submission and can only be entered at a meet.

Section 3. Videography Requirements. Videos should be shot in landscape mode in at least 720p resolution and 24 fps framerate. The dog should be well framed within the video and neither so close that parts of its body are cropped out nor so far away that it is hard to make out details. The dog's entire head and body must be visible while approaching, engaging, and disengaging from an obstacle. The handler does not need to be entirely in the frame but must show that their hands are empty of any other items and that they are not luring the dog. The type of leash and harness attachment must be clearly visible in on-leash exercises. Obstacles requiring support must be shot in a way that shows the handler spotting and supporting the dog.

Section 4. Editing and Combining Clips. Video clips may not be altered in any way except to trim extraneous footage, add the name of the exercise to the clip, or splice multiple exercises together for one submission. Videos must be in full color and with original audio at normal volume and have no special effects, transitions, or music added. Altering video clips is considered cheating and may result in all titles being revoked.

Section 5. Reusing Videos. Video submissions from qualifying scores may not be reused in whole or in part for other routines or titles. Video clips filmed for the Fundamentals title are the exception to this rule and may be resubmitted once for a different title. Video clips from non-qualifying submissions may always be reused.

Section 6. Tips for Good Videos. Use a tripod on a level, stable surface and get an assistant to start, stop, and pan the camera as needed. Film the exercise so that the sun is at the videographer's back. Make sure there is sufficient lighting to evaluate the exercise. Exhibitors are not required to splice multiple clips together, but it can make evaluation much easier and faster. Review your video clips and redo any which do not meet the above requirements.

Section 7. Uploading Videos. Video submissions must be uploaded to YouTube and marked public or unlisted so that they can be reviewed by a USCP Evaluator. Each submission must either be a single video or a playlist with one clip per exercise, clearly labeled with the dog name, title and/or level, and exercise(s) in the name of the video. Videos may be downloaded and stored by USCP so that they can be reviewed at a later date.

Section 8. Submitting a Video to an Evaluator. When all required exercises have been filmed and uploaded to YouTube, the exhibitor may submit them to an Evaluator. A list of all USCP licensed Evaluators accepting video submissions is available on the US Canine Parkour website. Each Evaluator sets their own entry fee and some may offer discounts for resubmission of a non-qualifying score.

Section 9. Applying for a Title. If a dog receives a qualifying score, the Evaluator will email the exhibitor a signed score sheet and a new title application to send to USCP to request their dog's title(s). The Evaluator

must also submit their evaluation form to USCP within 7 days of reviewing the video submission so that the scores can be processed and titles awarded.

Chapter 8 – Parkour Meet Procedures

Section 1. Summary. US Canine Parkour seeks to build a community and camaraderie among dog parkour enthusiasts by encouraging meets where exhibitors can come together with their dogs to play the sport. Parkour meets are casual affairs and have a few procedures that differ from typical video submissions.

Section 2. Eligibility Criteria and Meet Objectives. All title tracks are eligible for meets. Before organizing a meet, the Evaluator must set an objective for the meet and which title track(s) and/or game(s) they will evaluate. Dogs are limited to one entry per meet objective and may only enter and earn qualifying scores towards title tracks and games specified in the meet objectives.

Section 3. Types of Meets. USCP offers two types of meet: traveling and stationary. A traveling meet takes place over the course of a structured walk or hike along an official path. A stationary meet takes place in an area with defined borders such as a local park or specific stretch of beach. See [Chapter 1.6 Entry Limits](#) for entry limits for each meet type. In both cases, the Evaluator will guide exhibitors on a route that ensures every potential obstacle is passed at least twice and wrap up the meet where it began. Before the meet, the Evaluator must publish the type of meet, the total length and elevation gain of the route, and whether it is handicap accessible.

Section 4. Checking In. The exhibitor is expected to know the scheduled meet start time and to be present and ready to go when it begins. Upon arrival, the exhibitor should check in to confirm their dog's measurements. The Evaluator may require that any dog be measured before beginning the meet. The Evaluator will provide a proper measuring device, such as a wicket or yardstick, for determining the dog's stopper height, elbow height, shoulder height, body length, or chest width as needed.

Section 5. Handler's Meeting. The Evaluator shall conduct a handler's meeting after check-in before beginning the meet. The Evaluator will go over the defined area of the meet grounds and any hazards or prohibited obstacles and any details that may not be obvious concerning the location. An estimated total time and walking distance shall also be provided. The handlers will have an opportunity to ask questions at this time.

Section 6. Environment Familiarization. Immediately following the handler's meeting, handlers will be allowed at least 10 minutes to explore the meet grounds with their dog and interact with any objects therein. The handler should use this time to consider which obstacles and parkour exercises they will incorporate into their routine and how to have their dog safely engage with those obstacles. The dog shall be allowed close contact with objects that may be of unfamiliar materials, colors, or designs from previous experiences. It provides an opportunity for the dog to get comfortable in a strange environment so that it can work when requested. The dog may go over or through obstacles at the handler's behest, but only once per exercise per obstacle.

Environment familiarization is not to be used as a training session or practice routine. The Evaluator must observe the environment familiarization to enforce the rules and provide direction. There will only be one familiarization period for all dogs at the meet. Participating in this familiarization period is not mandatory and anyone absent when it takes place will forfeit the opportunity.

Section 7. Running Order. Parkour meets are freestyle with no strict running order. The Evaluator will facilitate walking through the meet grounds and allowing teams to attempt obstacles one at a time. Each team may do the exercises in their routine in any order and with breaks or other teams running in between exercises. Every obstacle must be passed by at least twice. If a team chooses not to use an obstacle when it is available, it is up to the discretion of the Evaluator and the size of the meet grounds whether it can be returned to later on during the meet.

Section 8. Crating. At the discretion of the Evaluator, dogs may be crated or otherwise confined between exercises as the location permits. Crating is generally not available at traveling meets.

Section 9. Asking to be Excused. A handler may ask to be excused from any exercise they have started for any reason. The Evaluator will grant the excusal and record it as a failed attempt. See [9.2 Failed Attempts and Redos](#).

Section 10. Wrap Up. After passing by each obstacle at least twice and returning to the start point, the meet is concluded. The Evaluator shall finish and sign off total score sheets for each team and award placements as appropriate.

Section 11. Leaving Early and Partial Credit. A team that finishes their required exercises early during the meet may request that their score sheet be completed and leave at any time but are ineligible for placements if they do not stay for the wrap-up. If an exhibitor wishes to leave early before they have completed all of the required exercises, the Evaluator has the option to give them partial credit for their progress so far and finish the exercises by video or at a future meet with the same Evaluator. Routines completed in this matter are ineligible for placements or Excellent awards.

Chapter 9 – Evaluation Procedures at Meets

Section 1. Who May Evaluate a USCP Licensed Meet. No person may evaluate a USCP licensed parkour meet unless they hold a current USCP Evaluator's license and are in good standing with USCP.

Section 2. Evaluator's Authority at the Meet. The Evaluator may use whatever reasonable procedures are necessary to evaluate each dog's performance effectively and efficiently. The same procedures will be used to evaluate each dog at the meet. The Evaluator is responsible for ensuring that the meet grounds and obstacles comply with the USCP rules and is safe for all handler and dog teams.

Section 3. Evaluator's Decisions. The Evaluator's decisions on the day of the meet are final. All questions or disputes occurring at a parkour meet shall be resolved by the Evaluator. Evaluators are encouraged to speak to exhibitors about their dog's performance. Evaluators are not required to maintain a conversation with angry or upset exhibitors.

Section 4. Evaluator's Summary Form. Evaluators are responsible for the accuracy of the information in their summary form. The Evaluator must submit their summary form to USCP within 7 days of the meet so that the scores can be processed and titles awarded. Failure to submit this form or give signed score sheets to exhibitors in an accurate and timely manner may result in revocation of Evaluator status.

Section 5. Exhibitor Score Sheets. If a dog receives a qualifying score, the Evaluator will provide the exhibitor with their signed score sheet and a new title application to send to USCP to request their dog's title(s). If

the dog does not qualify, the Evaluator should keep the score sheet without signing it. Score sheets are not valid without a USCP Evaluator's license number and signature.

Section 6. Staging. Exhibitors are required to follow appropriate staging guidelines and instructions from the Evaluator. "On course" refers to the dog and handler team currently attempting an exercise on an obstacle. "On deck" refers to the dog and handler team next in line to attempt the same obstacle. Exhibitors are responsible for putting themselves in the correct position as the order progresses. The on-deck team may not approach an obstacle until the on-course team has fully disengaged and walked away from it.

Section 7. Approaching an Obstacle. Only one dog is allowed on course at a time. Dogs may not be carried on approach and must walk towards the obstacle in a free-moving manner so the Evaluator can check for lameness. For the safety of all participants, dogs must perform all parkour exercises on-leash and wearing a harness at a meet. The handler's hands and mouth must be free of all other items, and the handler must have no toys or treats visible to the dog. See [Chapter 6.3 Leash Regulations](#) and [Chapter 6.4 Harness Regulations](#).

Section 8. Performing the Exercise. The Evaluator will give the "Ready" order once the team is in position. The handler may not cue the dog nor may the dog engage with the obstacle before the Evaluator is ready. Evaluation does not begin until the handler gives the dog a cue, but the Evaluator may reduce the dog's score for a handler's inability to control the dog or for misbehavior from the moment the team comes on course until they fully disengage with and walk away from the obstacle.

Section 9. Exercise Evaluation. Evaluators must score each exercise to an ideal in which the dog performs confidently and eagerly for a handler who is calm and supportive. Any sign of reluctance or stress must be penalized, as must harshness or safety violations on the part of the handler. Each exercise is scored and recorded as the team performs, with feedback from the Evaluator as they disengage from the obstacle. See [Chapter 10.1 Scoring Exercises](#).

Section 10. Excusals and Disqualifications. Any excusal by the Evaluator or disqualification during an exercise immediately ends a team's routine. They may not attempt any further exercises at the meet. See [Chapter 2 Rules Applying to Exhibitors](#) and [Chapter 10.1 Scoring Exercises](#).

Chapter 10 – Scoring and Placements

Section 1. Scoring Exercises. Every parkour exercise the dog performs is rated by the Evaluator using a scale that goes from 0 to 4. The scoring system is identical for video submissions and meets.

4 – Super. The dog is confident and eager to do the exercise on the first cue (0-2 seconds) and waits to leave the obstacle until cued.

3 – Good. The dog performs the exercise on the first cue but slowly (3-5 seconds); the dog does the exercise before being cued; the dog shows signs of discomfort on the obstacle; the dog leaves the obstacle without being cued but after the minimum time has elapsed.

2 – Minor Fault. The dog needs a second cue before it does the exercise; the dog performs the exercise with reluctance (6-15 seconds); the dog does the exercise in the wrong direction; the handler uses body

blocking to keep the dog on the obstacle; the dog leaves the obstacle before the minimum time has elapsed.

1 – Major Fault. The dog needs a third cue before it does the exercise; the dog performs the exercise with extreme reluctance (16-30 seconds); the dog jumps from an unsafe height for the ground surface or its age; the leash is tangled or the handler otherwise does not support the dog; the handler touches the dog while on the obstacle (except to lift down, always permitted); the handler's mouth and hands cannot be seen by the Evaluator; the handler has treats or toys on their person visible to the dog.

0 – Disqualification. The dog refuses to do the obstacle after three cues or 30 seconds; the dog fouls the obstacle or anywhere on course; the obstacle is out of regulation; the leash or harness is out of regulation; the handler lures or corrects the dog; the handler rewards the dog with petting, treats, or toys before it has left the obstacle.

Section 2. Failed Attempts and Redos. A handler may stop an attempted parkour exercise at a meet at any time if they feel their dog is stressed, confused, or unwilling to work. The failed attempt does not count towards their required exercises. If there is time left in the meet, the team may have the opportunity to redo or make up the missed exercise. For the purposes of qualifying scores and Excellent awards at meets, each failed attempt counts as a minor fault.

Section 3. Qualifying Scores. For a qualifying score, a dog must have mostly Super or Good scores. A dog shall not qualify with more than one major fault or more than three faults total in any combination.

Section 4. Excellent Awards. At meets only, a dog that qualifies with mostly Super scores, no more than one Good score, and zero faults shall be awarded Excellent. Any number of dogs may be awarded Excellent at a meet.

Section 5. Placements. At meets only, the Evaluator shall give up to four placements for qualifying scores in each title track, subdivided by level or game if applicable. Dogs that qualify with a major fault are not eligible for placements. Dogs that qualify with one or more minor faults will always be placed after dogs with fewer faults. A dog's total score is calculated from the sum of each exercise score, excluding any failed attempts. First place is awarded to the dog with the highest total score and no faults; second place to the dog with the next highest total score and no faults; and so forth. If two or more dogs have the same total score and faults, the winner shall be the one with the most Super scores. If the dogs remain tied, the tie shall stand.

Chapter 11 – Ribbons, Rosettes, and Awards

Section 1. Awards for Video Submissions. Evaluators are not required or expected to provide ribbons or awards for video submissions. US Canine Parkour will mail title ribbons at no charge if requested when a new title is recorded. See [Chapter 1.11 Certificates, Ribbons, and Rosettes](#).

Section 2. Required Awards at Meets. All ribbons and rosettes must include the USCP logo. Evaluators may choose to offer rosettes in place of ribbons at their discretion. All ribbons must be the designated color and must measure a minimum of 2 inches in width by 6 inches in length. Any additional streamers may be any color.

Parkour Meet Ribbon Colors:

1st place – blue

2nd place – red

3rd place – green

4th place – yellow

Excellent – purple

Qualifying – any other color

Ribbons or rosettes for any award not indicated above (e.g. New Title, High in Meet) may be offered at the discretion of the Evaluator and may be of any color or color combination not stipulated.

Section 3. Other Awards and Trophies. Evaluators may give such awards and trophies as they choose at meets; however, awards and trophies given by an Evaluator must be given consistently to all winners of the same placement. Awards and trophies must not be substituted for required ribbon awards.

Section 4. Cash Prizes. Evaluators may offer cash prizes at meets without prior written authorization from USCP. Cash prizes include, but are not limited to, cash awards, gift cards, and gift certificates.

Chapter 12 – Summary of Tracks and Titles

Section 1. Tracks. There are five tracks each with their own rules and title progression. The tracks are Level, Sequence, Innovation, Specialist, and Games. A dog may work towards titles from multiple tracks simultaneously and in any order. Only the Level Track titles must be completed sequentially. All track titles are repeatable and may be recorded as Excellent (EX) when earned at parkour meets.

Section 2. Non-Track Titles. There are three additional titles outside of the track system. The optional Fundamentals title can be earned at any time before the dog completes its championship. The Parkour Champion title is awarded to dogs who earn titles in all five tracks. Puppies may earn the Puppy title by completing the Baby Puppy Parkour Program or by video submission. Non-track titles are not repeatable and not eligible for Excellent awards.

Section 3. USCP Title List.

Level Track Titles:

PKN – Parkour Novice

PKA – Parkour Adept

PKS – Parkour Senior

PKM – Parkour Master

PKE – Parkour Elite

Games Track Titles:

PKDBL – Parkour Doubles (Doubles Tournament)

PKSYN – Parkour Synergy (Follow the Leader)

PKIMP – Parkour Improv (Iron Parkour Challenge)

PKTEN – Parkour Tenacity (Simon Says)

PKSPD – Parkour Speed (Musical Parkour)

PKMEM – Parkour Memory (Recall and Repeat)

Sequence Track Titles:

PKSEQ – Parkour Sequencer

Innovation Track Titles:

PKINV – Parkour Innovator

Specialist Track Titles:

PKSPC – Parkour Specialist

Non-Track Titles:

PKPUP – Parkour Puppy

PKFUN – Parkour Fundamentals

PKCH – Parkour Champion

Section 4. Title Order and Replacement. All parkour titles except Parkour Champion are suffixes that go after the name. Parkour Champion is a prefix that comes before the name. Lower-level titles are not replaced by higher-level ones.

Chapter 13 – Fundamentals Title and Requirements

Section 1. Summary. The fundamentals title is earned by demonstrating correct spotting and support, knowledge of obstacle regulations, basic exercise performance, and capable videography. A fundamentals routine consists of 5 predetermined exercises and one sequence suitable for dogs of all ages. There is no limit on the number of locations or placed items. Videography is one of the fundamental skills; if performed at a parkour meet or class, the handler must record a video of all of the exercises and the Evaluator must review the clips for a qualifying score.

Section 2. Fundamentals Routine. Fundamentals routines must include the following exercises and sequence.

Front Feet On

Get On

Walk On

Go Under

Get Inside

Sequence (in any order): Front Feet On, Go Between, Go Over

Section 3. Scoring and Qualifying Scores. Each exercise is pass or fail, passing if the dog performs the exercise with only minor faults. The dog must pass all exercises for a qualifying score. If a dog does not pass one or more exercises, the team may make up and resubmit those exercises (at no additional fee) as many times as it takes for a qualifying score. The Parkour Fundamentals title is not eligible for an Excellent award.

Section 4. Reusing Fundamentals Videos. After completing the Fundamentals title, the handler will have six video clips with passing exercises which they may reuse as part of a video submission for any other title. These clips may only be reused once.

Section 5. Fundamentals Title Requirements.

Title	Abbrev	Max Placed Items	Exercises	Sequences	Qualifying Scores
Parkour Fundamentals	PKFUN	No Limit	5	1	1

Chapter 14 – Level Track Titles and Requirements

Section 1. Summary. The levels are Novice, Adept, Senior, Master, and Elite. Level routines must include 12 individual exercises of the exhibitor's choice, one sequence, and one innovation. A level routine is limited to two locations. Specific exercise requirements, the allowed number of placed items, and the required number of qualifying scores vary by level. Dogs must earn the previous level title before entering the next level of competition. All level titles are repeatable.

Section 2. Individual Exercises. Each level routine must include 12 individual exercises of the exhibitor's choice. Each exercise may only be repeated once in a routine and the routine must include a minimum of six different exercises, plus one additional different exercise per level above novice.

Section 3. Advanced Exercises. At Senior level and higher, one or more of the individual exercises in a routine must be an advanced exercise. Each of the required advanced exercises must be different. An advanced exercise may be repeated, but the repetition will not count toward the required number of advanced exercises. Advanced exercises performed as part of a sequence or innovation will count for this requirement.

Section 4. Sequences. See [Chapter 5.5 Sequences](#) for general sequence requirements. Each routine must include one sequence with a minimum of three exercises, plus one additional exercise per level above Novice.

Section 5. Innovations. See [Chapter 5.6 Innovations](#) for general innovation requirements. Each routine must include one innovation with a minimum of three exercises, plus one additional exercise per level above Novice.

Section 6. Repeating Level Titles. The level titles may be earned multiple times. The requirements are the same. The title will have numeric designations to signify the number of times the title has been completed.

Section 7. Level Title Requirements.

Title	Abbrev	Max Placed Items	Exercises	Different Exercises	Advanced Exercises	Sequence or Innovation Length	Qualifying Scores
Parkour Novice	PKN	6	12	6	0	3	1
Parkour Adept	PKA	4	12	7	0	4	1
Parkour Senior	PKS	2	12	8	1	5	1
Parkour Master	PKM	1	12	9	3	6	3
Parkour Elite	PKE	0	12	10	5	7	3

Chapter 15 – Sequence Track Titles and Requirements

Section 1. Summary. The Sequence track is open to all levels. Sequence routines must include 5 sequences with three or more exercises each. A sequence routine is limited to two locations. Three qualifying scores are required to earn the Parkour Sequencer title. This title is repeatable.

Section 2. Sequences. See [Chapter 5.5 Sequences](#) for general sequence requirements. Only one placed item is allowed per sequence in a routine. Obstacles may not be reused for another sequence in the same title. Each sequence must be different from every other sequence in the routine.

Section 3. Repeating Sequence Titles. The Parkour Sequencer title may be earned multiple times. The minimum number of exercises in a sequence increases by one for each time the dog has already

completed the title. The title will have numeric designations to signify the number of times the title has been completed.

Section 4. Sequence Title Requirements.

Title	Abbrev	Max Placed Items	Sequences	Sequence Length	Qualifying Scores
Parkour Sequencer	PKSEQ	1/Sequence	5	3 (+1 each repeat)	3

Chapter 16 – Innovation Track Titles and Requirements

Section 1. Summary. The Innovation track is open to all levels. Innovation routines must include 5 innovations with three or more exercises each. An innovation routine is limited to two locations. Three qualifying scores are required to earn the Parkour Innovator title. This title is repeatable.

Section 2. Innovations. See [Chapter 5.6 Innovations](#) for general innovation requirements. Placed items are not allowed. Obstacles may not be reused for another innovation in the same title. Each innovation must be different from every other innovation in the routine.

Section 3. Repeating Innovation Titles. The Parkour Innovator title may be earned multiple times. The minimum number of exercises in an innovation increases by one for each time the dog has already completed the title. The title will have numeric designations to signify the number of times the title has been completed.

Section 4. Innovation Title Requirements.

Title	Abbrev	Max Placed Items	Innovations	Innovation Length	Qualifying Scores
Parkour Innovator	PKINV	0	5	3 (+1 each repeat)	3

Chapter 17 – Specialist Track Titles and Requirements

Section 1. Summary. The Specialist track is open to all levels. The exhibitor chooses a parkour exercise to specialize in and all routines must be for the same specialty to qualify. Specialist routines must include one exercise performed on 15 different obstacles that meet additional requirements. A specialist routine is limited to five locations. Three qualifying scores are required to earn the Parkour Specialist title. This title is repeatable.

Section 2. Obstacle Requirements. The obstacles used must be varied in form, with at least 3 different materials, 3 different structures, 3 different sizes, and 1 complication. Each obstacle may only count towards one of those four categories, chosen by the exhibitor. If an obstacle is made of multiple parts or substances, only that which the dog interacts with counts for this requirement. No more than five placed items are allowed.

Section 3. Repeating Specialist Titles. The Parkour Specialist title may be earned multiple times. Each time a new specialty must be selected for a different exercise but otherwise the requirements are the same. The title will have numeric designations to signify the number of times the title has been completed.

Section 4. Obstacle Category Examples. These are examples of different types of obstacles. The Evaluator has the final say on whether a material, structure, size, or complication not in the table qualifies as a different type of obstacle.

Materials	Structures	Sizes	Complications
Plastic	Circular	Narrow	Moving
Metal	Rectangular	Wide	Loud/Noisy
Stone	Natural	Short/Low	Slippery
Wood	Man-Made	Tall/High	Raised Up
Dirt	Spherical	Tiny	Far Away (>10 ft)
Grass	Uneven Surface	Tight Fit	Hanging
Ice	Slanted Surface	Short/Near	Straddle 2 Objects
Water	Slats or Holes	Long/Far	Partially Obscured

Section 5. Specialist Title Requirements.

Title	Abbrev	Max Placed Items	Exercises	Obstacle Materials	Obstacle Structures	Obstacle Sizes	Complications	Qualifying Scores
Parkour Specialist	PKSPC	5	15	3	3	3	1	3

Chapter 18 – Games Track Titles and Requirements

Section 1. Summary. The Games track is open to all levels. Games involve teamwork and coordination with other dogs and handlers or obstacles and exercises chosen by the Evaluator. Games can only be played at meets and are not eligible for video submissions. A game is played at a single location. Each game has its own unique adjustments to standard scoring and what counts as a qualifying score. All game titles are repeatable. The requirements are the same.

Section 2. Game Meet Types. Doubles Tournament and Follow the Leader may be played at traveling or stationary meets. All other games must be played at stationary meets. See [Chapter 1.6 Entry Limits](#) for entry limits for each meet type. Even at stationary meets, handlers are limited to only one dog for games in which teams do exercises simultaneously.

Section 3. Exercise Substitution. For games in which parkour exercises are selected by the Evaluator or another person, the handler may make a substitution for any exercise which their dog is unable to perform due to age or physical limitations. The handler may not make substitutions for simple lack of training. The substitution should be as close as possible to the original exercise and the Evaluator has the final say whether a substitution is appropriate. The handler must inform the Evaluator of potential substitutions before the game begins. Failure to do so will result in a minor fault for each substitution.

Section 4. Game: Doubles Tournament. A team of two dogs and two handlers are on course at the same time. The dogs are cued simultaneously, performing either the same exercise, using the same obstacle, or otherwise performing in concert. If the exercises are performed off-leash, the dogs may switch handlers as part of the exercise. Each dog must take its cue from its handler and will receive a minor fault if it looks to the other handler for its cue instead. Intentional double-cuing is a major fault. Both dogs earn the lower of their two scores for the exercise. For each exercise, teams may earn 1 bonus point for style and 1 bonus point for choreography. Doubles routines must include 9 individual exercises for a qualifying score and

no dog may qualify unless its teammate qualifies. Three qualifying scores are required to earn the Parkour Doubles title.

Section 5. Game: Follow the Leader. A team of three dogs and three handlers, one pair of which is designated the leader, attempt to perform similar exercises. First, the leader attempts a parkour exercise of their choosing. Then one at a time each of their teammates attempt the same exercise on the same obstacle. Each dog on the team is scored individually. For each exercise, teams may earn 1 bonus point if all three dogs pass and 1 bonus point for an advanced exercise if at least two dogs pass. Follow the Leader routines must include 6 individual exercises for a qualifying score and no dog may qualify unless its whole team qualifies. Three qualifying scores are required to earn the Parkour Synergy title.

Section 6. Game: Iron Parkour Challenge. The Evaluator selects and announces a 'mystery obstacle'. Each team of one dog and one handler takes turns performing sequences of three or more exercises using the mystery obstacle. For each sequence, teams may earn 1 bonus point for creativity and 1 bonus point for using the mystery obstacle more than once in a sequence. Mystery Obstacle routines must include 3 sequences for a qualifying score. Three qualifying scores are required to earn the Parkour Improv title.

Section 7. Game: Simon Says. Each team of one dog and one handler is stationed near 2-3 obstacles that can be used for most basic parkour exercises. The Evaluator calls out a basic exercise, which all teams attempt simultaneously. Each exercise is pass or fail, earning 1 point if the dog performs the exercise with only minor faults. When a dog fails an exercise they are eliminated from the game. Play continues a minimum of 5 rounds until only one team is left standing or all teams are eliminated. The last team(s) standing shall earn 1 bonus point and each team that earns at least 6 points shall be awarded Excellent. Simon Says uses point accumulation from multiple games instead of qualifying scores. 18 points total are required to earn the Parkour Tenacity title.

Section 8. Game: Musical Obstacles. The Evaluator or an assistant plays music while each team of one dog and one handler walks in a large circle around a central area filled with obstacles. When the music stops, all teams must move to an obstacle and perform a parkour exercise of their choice on it. Each exercise is pass or fail, earning 1 point if the dog performs the exercise with only minor faults. If a dog fails an exercise they are eliminated from the game. If more than one team remains and no others are eliminated in a round, the last team to engage with their obstacle is eliminated. There is no minimum wait time on obstacles and no penalty for the time it takes to safely disengage from an obstacle. Play continues a minimum of 5 rounds until only one team is left standing or all teams are eliminated. The last team(s) standing shall earn 1 bonus point and each team that earns at least 6 points shall be awarded Excellent. Musical Obstacles uses point accumulation from multiple games instead of qualifying scores. 18 points total are required to earn the Parkour Speed title.

Section 9. Game: Recall and Repeat. Each team of one dog and one handler takes turns in randomized order reciting and performing an increasingly long sequence of exercises. The Evaluator names a basic exercise to start the game. On their turn, a handler must recite all of the exercises that came before them, add one basic exercise of their choice, and then attempt to perform the sequence. When all teams have had a turn, the turn order repeats with the team that went first. Handlers must not talk when it is not their turn and may not use any recording or writing implements (including cell phones) during the game. If the handler's recital is incorrect, the Evaluator will correct them before they begin their exercises. The dog is still given the chance to play the game and perform the parkour exercises for points. Each exercise in the sequence

is pass or fail, earning 1 point if the dog performs the exercise with only minor faults. When a dog does not pass all of the exercises or if the handler did not correctly recite the list beforehand they are eliminated from the game. Play continues a minimum of 5 rounds until only one team is left standing or all teams are eliminated. The last team(s) standing shall earn 1 bonus point and each team that earns at least 6 points shall be awarded Excellent. Recall and Repeat uses point accumulation from multiple games instead of qualifying scores. 18 points total are required to earn the Parkour Memory title.

Section 10. Games Title Requirements.

Title	Abbrev	Game	Requirements Summary	Qualifying Scores
Parkour Doubles	PKDBL	Doubles Tournament	Teams of 2 perform together Use the lowest score for both teammates 9 exercises in total to qualify	3
Parkour Synergy	PKSYN	Follow the Leader	Teams of 3 copy their leader Scored individually but qualifies together 6 exercises in total to qualify	3
Parkour Improv	PKIMP	Iron Parkour Challenge	Sequences of 3 or more exercises Must use mystery obstacle in each sequence 3 sequences in total to qualify	3
Parkour Tenacity	PKTEN	Simon Says	Evaluator calls out exercises to perform Score 1 point for a pass, eliminated on fail Play until one dog remains, min 5 rounds	N/A (18 total points)
Parkour Speed	PKSPD	Musical Obstacles	Perform a quick exercise when music stops Score 1 point for a pass, eliminated on fail Play until one dog remains, min 5 rounds	N/A (18 total points)
Parkour Memory	PKMEM	Recall and Repeat	Memorize and perform increasing sequence Score 1 point per exercise, eliminated on fail Play until one dog remains, min 5 rounds	N/A (18 total points)

Chapter 19 – Excellent Awards and Titles

Section 1. Qualifying for an Excellent Title. A dog that meets a new title requirement with mostly Excellent qualifying scores and no more than one qualifying score that is not Excellent shall have the title recorded as Excellent with -EX appended to it (e.g. Parkour Novice Excellent, PKN-EX).

Section 2. Recording All Qualifying Scores. Evaluators are required to report all qualifying scores to USCP within 7 days of evaluation. Exhibitors may not withhold or conceal a non-Excellent score when applying for a new title in order to qualify for an Excellent title. Attempting to do so may be subject to disciplinary action.

Section 3. Repeating Excellent Titles. When a dog repeats a title, the numeric designation for the regular title shall indicate the total number of times the dog has earned that title, including Excellent awards. This total is used for title repeat requirements. The numeric designation for the Excellent suffix shall indicate separately the number of titles recorded as Excellent. For example, if a dog earned the Parkour Sequencer title five times, two of which were Excellent, his title would be PKSEQ5-EX2 and for his next repeat, he would need to do sequences of 7 or more exercises.

Chapter 20 – Champion Title and Requirements

Section 1. Summary. The Parkour Champion title is awarded to dogs that earn each Level, Sequence, Innovation, and Specialist title and at least four Games titles. The requirements may be completed in any order and the title shall be awarded automatically without application or fee by the exhibitor. The Parkour Champion title is not eligible for an Excellent award.

Section 2. Required Titles for Champion. Earn each of the following titles.

Track	Level	Title	Abbrev	Qualifying Scores
Level	Novice	Parkour Novice	PKN	1
Level	Adept	Parkour Adept	PKA	1
Level	Senior	Parkour Senior	PKS	1
Level	Master	Parkour Master	PKM	3
Level	Elite	Parkour Elite	PKE	3
Sequence	N/A	Parkour Sequencer	PKSEQ	3
Innovation	N/A	Parkour Innovator	PKINV	3
Specialist	N/A	Parkour Specialist	PKSPC	3

Section 3. Elective Titles for Champion. Earn any 4 of the following titles.

Track	Game	Title	Abbrev	Qualifying Scores
Games	Doubles Tournament	Parkour Doubles	PKDBL	3
Games	Follow the Leader	Parkour Synergy	PKSYN	3
Games	Iron Parkour Challenge	Parkour Improv	PKIMP	3
Games	Simon Says	Parkour Tenacity	PKTEN	N/A (18 total points)
Games	Musical Obstacles	Parkour Speed	PKSPD	N/A (18 total points)

Games	Recall and Repeat	Parkour Memory	PKMEM	N/A (18 total points)
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Chapter 21 – Equivalent Title Recognition Program

Section 1. Summary. US Canine Parkour welcomes parkour enthusiasts to compete at their own level rather than having to ‘start over’ if the dog has already earned titles in another organization. Where an equivalency can be drawn, USCP will recognize titles from All Dogs Parkour (ADP) and International Dog Parkour Association (IDPKA) for a \$25 title recording fee, allowing the dog to meet the requirements to enter higher levels or to earn credit towards their Parkour Champion title. The owner submits a copy of the title certificate along with a new title application and recording fee directly to USCP. See [Chapter 1.9 Submission of Results](#).

Section 2. Using Videos From Other Organizations. Exhibitors may submit videos that were filmed for another organization, provided that the video meets all USCP requirements and is not used for equivalent title recognition. For example, if an exhibitor has applied to recognize their Novice Level (PKD-N) from IDPKA, they may not use any videos which were filmed for PKD-N. If an exhibitor submits a video to USCP and later uses that video to earn Regular Level 2 (ADP-L2) from ADP, they may not apply for equivalent title recognition for ADP-L2. It is safest to only reuse videos from titles that have no equivalent in USCP.

Section 3. ADP Title Equivalents.

ADP Title	ADP Abbrev		USCP Title	USCP Abbrev
Regular Level 1	ADP-L1	>>	Parkour Novice	PKN
Regular Level 2	ADP-L2	>>	Parkour Adept	PKA
Regular Level 3	ADP-L3	>>	Parkour Senior	PKS
Regular Level 4	ADP-L4	>>	Parkour Master	PKM
Regular Level 5	ADP-L5	>>	Parkour Elite	PKE
Sequence Level 1	ADP-L1(Se)	>>	Parkour Sequencer	PKSEQ
Sequence Level 2	ADP-L2(Se)	>>	Parkour Sequencer 2	PKSEQ2
Sequence Level 3	ADP-L3(Se)	>>	Parkour Sequencer 3	PKSEQ3

Section 4. IDPKA Title Equivalents.

IDPKA Title	IDPKA Abbrev		USCP Title	USCP Abbrev
Training Level	PKD-T	>>	Parkour Novice	PKN
Novice Level	PKD-N	>>	Parkour Adept	PKA
Intermediate Level	PKD-I	>>	Parkour Senior	PKS
Expert Level	PKD-E	>>	Parkour Master	PKM
Any Specialty Level 1	PKD-FF PKD-UN PKD-WB PKD-AR PKD-TF PKD-IN PKD-TT PKD-GJ	>>	Parkour Specialist	PKSPC

Chapter 22 – Puppy Title and Requirements

Section 1. Summary. The Puppy title is open to all puppies at least 8 weeks of age and under 6 months of age. Graduates of the Baby Puppy Parkour Program who choose to register with USCP will automatically earn the Puppy title at no extra charge. Alternatively, puppies that meet the age requirements may submit a video of the 16 puppy parkour test items to earn the title without completing the program. See [Chapter 23.3 Puppy Parkour Test Items](#).

Section 2. Luring and Rewards. This title is designed for puppies still in training. Handlers are permitted and encouraged to use praise, food, toys, and petting to lure or reward their puppies during any exercise or activity. Clickers and targeting sticks are also permitted. Use of force or physically manipulating the puppy is never allowed. See [Chapter 2.11 Use of Force or Corrections](#).

Section 3. Age Restrictions. Puppies must be at least 8 weeks of age and under 6 months old to be eligible. Older graduates of the Baby Puppy Parkour Program are still eligible as long as they were under 6 months old at the start of the class.

Section 4. Puppy Title Requirements.

Title	Abbrev	Requirements Summary
Parkour Puppy	PKPUP	At least 8 weeks old, less than 6 months old Pass all 16 puppy parkour test items

Chapter 23 – Baby Puppy Parkour Program

Section 1. Summary. The Baby Puppy Parkour Program is the USCP program designed to introduce puppies and their owners to canine parkour in a safe, fun, age-appropriate way. Baby Puppy Parkour participants attend a 6-week class with their puppies to work on fundamental skills, confidence building, and training to set them up for success in parkour when they are older.

The program is open to all puppies at least 8 weeks of age and under 6 months of age at the start of the class. To qualify, the class must be taught by a USCP licensed Evaluator. The Evaluator will administer the Baby Puppy Parkour graduation test at the end of the course. Each graduate will be given an application to enroll in the USCP Baby Puppy Parkour Program, which comes with a certificate of completion as well as discounted USCP registration for that dog. See [Chapter 1.5 Dog Registration](#).

Graduates of the Baby Puppy Parkour Program who choose to register with USCP will automatically earn the Parkour Puppy title at no extra charge. See [Chapter 22 Puppy Title Requirements](#).

Section 2. Graduation Requirements. To graduate, the puppy must attend all 6 classes and make up for any absences. Ideally, the same handler attends class each time, but another family member the puppy is comfortable with may handle the puppy if necessary. The puppy must also earn a passing score in each of the 16 test items. Many of the test items will be evaluated during class at different times throughout the 6 weeks, but testing is not finalized until the last class. They are listed in approximate order of difficulty to give a sample curriculum for the class. Luring and rewards are not only permitted but encouraged throughout the class and the test. See [Chapter 22.2 Luring and Rewards](#).

Section 3. Puppy Parkour Test Items.

1. **Put on a back-clip harness.** The puppy tolerates having a harness put on and waits calmly while the straps are buckled and the leash is clipped on. Some wiggling and excitement are permitted as long as the puppy is not fighting, avoidant, or stressed.
2. **Walk comfortably in a harness.** The puppy will walk with its normal gait while wearing the harness and doesn't freeze in place, fight against the leash, or lift its legs in an exaggerated way. The puppy should ignore the harness and leash and not try to play with, chew on, or wiggle out of it.
3. **Follow with encouragement.** The puppy will follow the handler when encouraged to do so, and pay attention if the handler stops and changes direction. The handler must do two direction changes when instructed by the Evaluator. Luring is not allowed for this test item.
4. **Come when called from 10 feet away.** The puppy will come when the handler calls. The handler must be at least 10 feet away from the puppy, who may be placed in a waiting position, held by a helper, or walking around freely. This test must be done in an enclosed area or on a long line.
5. **Walk near obstacles that make noise.** The puppy will walk or play near obstacles that make noise on their own such as clinking chains, flapping canvas, or splashing water. Obstacles that make noise triggered by the puppy's approach, such as animatronic yard decorations or remote controlled garage doors, are also acceptable. The noise must not seem to come from a person and the obstacle must be usable for a parkour exercise. If the puppy is spooked it must not be forced to approach. The handler may engage and distract the puppy to make it more comfortable.

6. **Put two feet on an obstacle.** The puppy will place its front feet on an obstacle and keep them there for 3+ seconds. The obstacle must have a horizontal surface, and slightly raised objects like books, small boxes, and fitness discs are easier for puppies to distinguish than flat items like targeting circles.
7. **Get onto an obstacle with all four feet.** The puppy will get onto an obstacle with all of its feet and stay there for 3+ seconds. The obstacle must be flat on the ground like a rug, mat, or bumper bed and large enough to fit the puppy but easy to distinguish as different from the ground itself.
8. **Wait for a cue before stepping off of an obstacle.** The puppy will remain on an obstacle when told to wait and step off of it when called. The handler may do this following #7 after the 3-second wait is up. Baby puppies must never jump off obstacles and only one foot may leave the ground at a time.
9. **Go through a narrow or low space.** The puppy will go through a narrow or low space such as through a tunnel, underneath a chair, or between a large box and a wall. The handler should drop the leash to allow the puppy to go through the space unhindered if this exercise is done on-leash.
10. **Get inside an obstacle with all four feet.** The puppy will get into an obstacle that is solid on all sides and has an open top such as a cardboard box, plastic tub, or car tire with all four feet and stay there for 3+ seconds. The sides must be low enough for the puppy to easily step into without jumping.
11. **Go around an obstacle in both directions.** The puppy will approach an obstacle such as a traffic cone or post, make a sharp 180-degree turn around it, and walk back in the direction it came from. The puppy must do this with both clockwise and counterclockwise turns. The handler may walk with the puppy through the turns.
12. **Step over low obstacles on the ground.** The puppy is willing to walk over a set of 4 PVC pipes laid out on the ground spaced a half body length apart. The puppy is allowed to accidentally step on or investigate the pipes but should not be afraid of them. The handler may walk with the puppy or call them from the other side.
13. **Balance on an unstable surface.** The puppy will put at least two paws on an unstable surface such as a wobble board, air mattress, skateboard, or bean bag chair and maintain its balance for 3+ seconds. The puppy should not be stressed out by the movement and able to adjust itself as needed.
14. **Walk straight on a low-raised obstacle.** The puppy will walk on a raised obstacle such as a board laid on the ground that is at least as wide as its shoulders and twice as long as its body. The puppy must not step off of the sides of the obstacle. The handler must show proper spotting and support throughout the exercise.
15. **Be lifted off of an obstacle.** The puppy will calmly accept being lifted off of an obstacle instead of jumping down on its own. The handler may do this following #14 when they reach the end of the obstacle. The puppy should not be stressed by being lifted and the handler must hold it safely and securely.
16. **Practice body and rear-end awareness.** The handler chooses one of the following based on the puppy's comfort and skill level:
 - **Do a 360-degree spin in both directions.** The puppy completes a full circle in one direction and then does it in the opposite direction. The handler may pause to reward and reset between spins.
 - **Back up for three steps.** The puppy will take two steps backward, moving each of its rear legs at least once. The handler may move with the puppy as it backs up and barriers may be used to keep it straight.
 - **Do a pivot with two feet on an obstacle.** The puppy pivots 180 degrees around a slightly raised obstacle such as a book, small box, or fitness disc while keeping two feet on it.

Chapter 24 – Index of Parkour Exercises

Section 1. Common Advanced Forms. Any basic exercise can be made advanced by adding distance or movement. Some basic exercises may also be made advanced with increased duration or by performing them backward.

Distance. The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.

Moving. The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.

Duration. The dog waits on, inside, or under the obstacle for at least 10 seconds while the handler steps back 5 feet before returning to the dog to spot and support it.

Backwards. The dog performs the exercise backward, leading with its back feet.

Section 2. Basic and Advanced Exercises.

Basic: Back Feet On. The dog backs onto the obstacle with only its back feet and holds its position for at least 5 seconds. The obstacle surface angle must be flat (parallel to the ground) and at least as high as the dog's hock height. The dog must place its feet directly on the obstacle without the aid of a ramp or slope.

- **Advanced: Back Feet On, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Back Feet On, Duration.** The dog waits on, inside, or under the obstacle for at least 10 seconds while the handler steps back 5 feet before returning to the dog to spot and support it.
- **Advanced: Back Feet On, High.** The obstacle is at least twice as high as the dog's hock height.
- **Advanced: Back Feet On, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Back Feet On, Vertical.** The obstacle angle is vertical (at least 75 degrees) to the ground.

Basic: Front Feet On. The dog places only its front feet on the obstacle and holds its position for at least 5 seconds. The obstacle may have a flat or vertical surface but must be at least as high as the dog's shoulder height. The dog must place its feet directly on the obstacle without the aid of a ramp or slope.

- **Advanced: Front Feet On, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Front Feet On, Down.** The dog steps down to an obstacle that is lower than the ground level by at least the dog's hock height.

- **Advanced: Front Feet On, Duration.** The dog waits on, inside, or under the obstacle for at least 10 seconds while the handler steps back 5 feet before returning to the dog to spot and support it.
- **Advanced: Front Feet On, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.

Basic: Get Inside. The dog gets inside the obstacle with all of its feet and remains inside for at least 5 seconds. The obstacle must be fully enclosed on all sides and open on top. The sides must be at least as high as the dog's hock height and the opening must be no wider than the dog's body length in any direction.

- **Advanced: Get Inside, Backwards.** The dog performs the exercise backward, leading with its back feet.
- **Advanced: Get Inside, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Get Inside, Duration.** The dog waits on, inside, or under the obstacle for at least 10 seconds while the handler steps back 5 feet before returning to the dog to spot and support it.
- **Advanced: Get Inside, From Below.** The obstacle is open on the bottom but not the top and the dog must go under first to get inside it.
- **Advanced: Get Inside, High.** The obstacle is raised higher than the dog's head, preventing it from seeing inside before getting in. The inside must not be any deeper than the dog's elbow height.
- **Advanced: Get Inside, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Get Inside, Narrow.** The sides of the obstacle are at least as high as the dog's shoulder height and the opening is no wider than half of the dog's body length in any direction.
- **Advanced: Get Inside, Split.** The dog puts its front and back feet in different obstacles.

Basic: Get On. The dog gets on the obstacle with all of its feet and remains on it for at least 5 seconds. The obstacle must either be at least as high as the dog's shoulder height or must be at least as high as the dog's hock height and no longer than the dog's body length in any direction.

- **Advanced: Get On, Backwards.** The dog performs the exercise backward, leading with its back feet.
- **Advanced: Get On, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Get On, Duration.** The dog waits on, inside, or under the obstacle for at least 10 seconds while the handler steps back 5 feet before returning to the dog to spot and support it.
- **Advanced: Get On, High.** The obstacle is at least twice as high as the dog's shoulder, up to a max of 50".

- **Advanced: Get On, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Get On, Narrow.** The obstacle is no longer than a third of the dog's body length from front to back.

Basic: Go Around. The dog leaves the handler to go around the obstacle at least 3 feet away, making a 180-degree turn to return to the handler. The dog must go around the obstacle sequentially in both directions for a single exercise.

- **Advanced: Go Around, Backwards.** The dog performs the exercise backward, leading with its back feet.
- **Advanced: Go Around, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Go Around, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Go Around, Suspended.** The obstacle is suspended off the ground above the dog's shoulder height.

Basic: Go Between. The dog goes between two obstacles that are no further apart from each other than twice the dog's chest width. The dog must pass all the way through (nose to tail) and cannot turn around or go around the obstacle.

- **Advanced: Go Between, Backwards.** The dog performs the exercise backward, leading with its back feet.
- **Advanced: Go Between, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Go Between, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.

Basic: Go Under. The dog goes under an obstacle that is lower than the dog's shoulder height. The dog must pass all the way through (nose to tail) and cannot turn around or go around the obstacle.

- **Advanced: Go Under, Backwards.** The dog performs the exercise backward, leading with its back feet.

- **Advanced: Go Under, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Go Under, Long.** The obstacle is at least as long as the dog's body length.
- **Advanced: Go Under, Low.** The dog must crawl to go under the obstacle.
- **Advanced: Go Under, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.

Basic: Jump Over. The dog jumps over an obstacle without touching it. The obstacle must be at least as high as the dog's hock height. Dogs under 12 months of age must keep two feet on the ground at all times and may only step over the obstacle one foot at a time. Dogs with disabilities have the option to step over the obstacle if the handler chooses.

- **Advanced: Jump Over, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Jump Over, Gap.** The dog jumps over a gap between two obstacles instead of jumping over an obstacle.
- **Advanced: Jump Over, Long.** The obstacle is at least as long as a third of the dog's body length.
- **Advanced: Jump Over, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Jump Over, Multiple Gaps.** The dog jumps three gaps in a row between four obstacles.
- **Advanced: Jump Over, Serpentine.** The dog jumps back and forth over three obstacles in a row.

Basic: Pivot. The dog places its front feet on the obstacle and, keeping its feet on the obstacle, pivots around it in a circle. The obstacle must be at least as high as the dog's stopper height and suitably small enough for the dog to go around it. The dog must pivot a full 360 degrees sequentially in both directions for a single exercise.

- **Advanced: Pivot, Back Feet.** The dog pivots with its back feet on the obstacle.
- **Advanced: Pivot, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Pivot, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.

Basic: Rebound. The dog approaches and bounces off the obstacle with a tight turn, each foot touching it exactly once. The obstacle must be at an angle of at least 45 degrees to the ground. The dog must rebound off the obstacle sequentially in both directions for a single exercise.

- **Advanced: Rebound, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Rebound, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Rebound, Vertical.** The obstacle angle is vertical (at least 75 degrees) to the ground.

Basic: Side Shuffle. The dog straddles an obstacle with front and back feet on opposite sides and shuffles sideways along it. The obstacle must be at least as wide and as tall as the dog's hock height and at least as long as twice the dog's body length. The dog may move two body lengths in one direction or one body length in each direction.

- **Advanced: Side Shuffle, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Side Shuffle, Gap.** The dog shuffles over a gap between two obstacles instead of straddling an obstacle on the ground.
- **Advanced: Side Shuffle, Elevated.** The dog shuffles with its front feet on an elevated or vertical obstacle instead of straddling an obstacle on the ground. The elevated surface must be at least as high as the dog's shoulder height.
- **Advanced: Side Shuffle, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Side Shuffle, Parallel.** The dog shuffles perfectly parallel with the length of the obstacle, at a 90 angle to the dog's forward motion.

Basic: Walk On. The dog walks and maintains its balance on an elevated obstacle with open sides. The obstacle must be at least as high as the dog's elbow height, at least as long as three times the dog's body length, and no wider than the dog's chest width. The dog may not step off of the obstacle at any point during the exercise.

- **Advanced: Walk On, Backwards.** The dog performs the exercise backward, leading with its back feet.
- **Advanced: Walk On, Distance.** The handler sends the dog to the obstacle from at least 10 feet away. Distance may not be added when spotting and support are required.
- **Advanced: Walk On, High.** The obstacle is at least twice as high as the dog's shoulder, up to a max of 50".

- **Advanced: Walk On, Moving.** The dog performs the exercise on an unstable obstacle that shifts, tilts, rotates, rolls, squishes, or otherwise changes form when the dog interacts with it or the exercise is performed over, under, or around an obstacle that is rolling, sliding, running, drifting, or otherwise moving across the course when the handler gives the cue.
- **Advanced: Walk On, Narrow.** The obstacle is no wider than half of the dog's chest width.
- **Advanced: Walk On, Split.** The dog walks with its left feet and right feet on different obstacles.
- **Advanced: Walk On, Turn Around.** The dog makes a U-turn while on the obstacle without stepping off.

Section 3. Ground Moves.

Ground Move: 360 Degree Spin. The dog turns in a 360-degree circle, with or without an obstacle at the center of the circle. The dog must spin sequentially in both directions for a single exercise. The handler may not move with the dog.

Ground Move: Accurate Pathing. The dog walks with the handler along a marked path or line on the ground without deviating more than half of the dog's chest width to either side. The path must include at least two 90-degree turns or three 60-degree turns totaling 180 degrees.

Ground Move: Alternating Speeds. The dog walks with the handler in a straight line with evenly spaced markers and alternates between a slow and fast gait each time it passes a marker. The dog must use each pace three times (six total) and the contrast in speeds must be obvious. The markers must be identical and spaced 10 to 20 feet apart depending on the dog's size and gait.

Ground Move: Back Up. The dog backs up at least three steps in a straight line. Barriers may be used to keep the dog straight. The handler may not move with the dog.

Ground Move: Figure 8. The dog walks in a figure 8 pattern, with or without an obstacle at the center of each circle. The handler may not move with the dog.

Ground Move: Loops. The dog makes three loops, with or without obstacles at the center of each circle, while walking along a path. Each loop must be a full 360-degree circle ending with the dog continuing in the same direction it was headed before. The handler may not move with the dog.

Ground Move: Split Level Zigzags. The dog walks along a zigzag or serpentine path that regularly intersects a change in ground level, such as the sidewalk curb to the street. The level change should be at least as high as the dog's stopper height but no higher than the dog's hock height. The dog must make four steps up and four steps down to or from the split level (eight total) on the course of the path. The handler may walk alongside the path but may not step up and down with the dog.

Ground Move: Weaves. The dog weaves in and out between obstacles along the path, similar to agility weave poles. The path must include at least six obstacles all of the same type of object. The handler may walk alongside the path but may not weave with the dog.

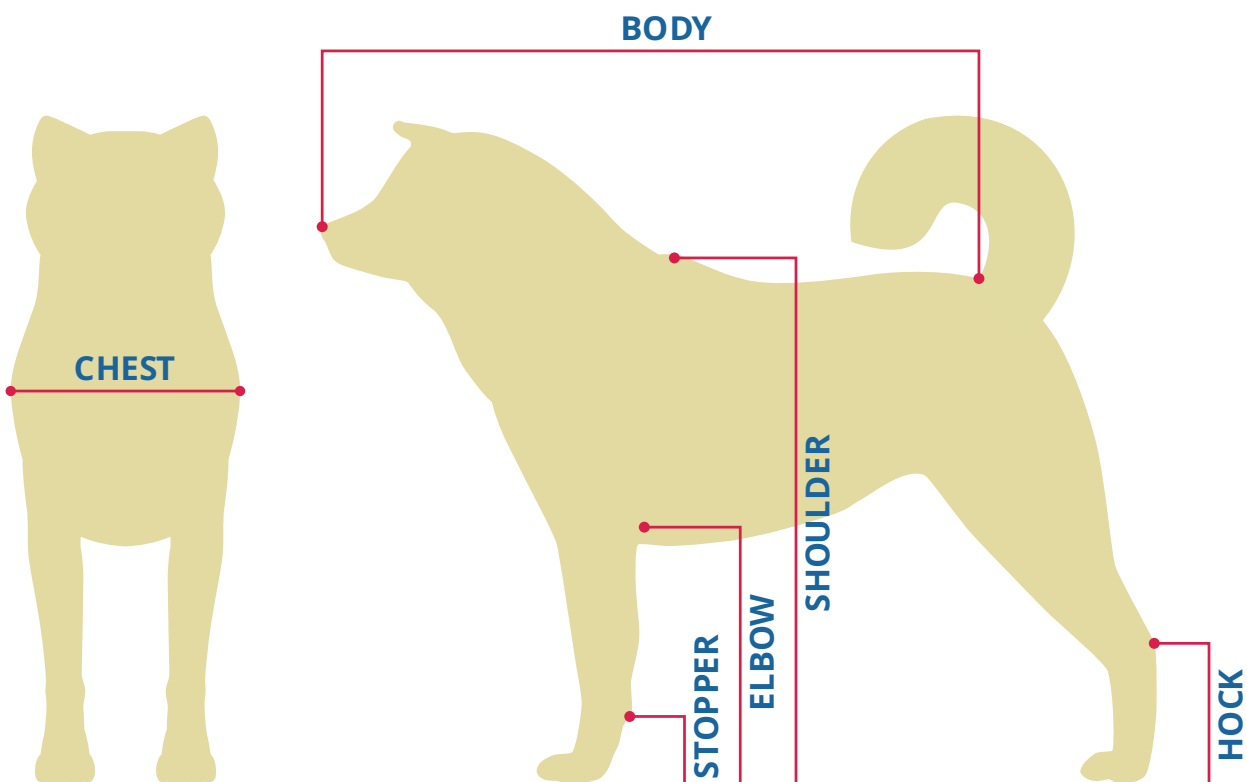
Section 4. Skill Checks.

Skill Check: Cue Discrimination. The handler cues the dog to do multiple different exercises back to back with the same obstacle and the dog can discriminate and perform the correct behavior. The handler may choose to do Front Feet On and Get On, Go Under and Go Around, Go Under and Jump Over, or any advanced forms thereof. The dog must be cued a total of three times, using each exercise at least once.

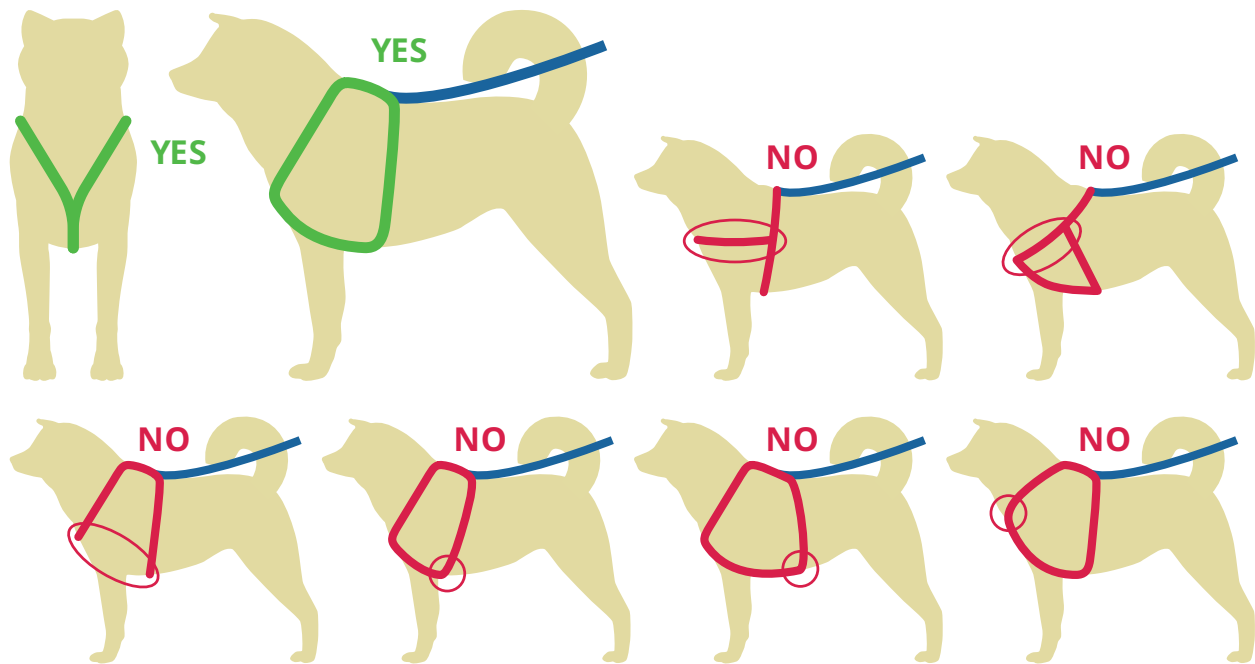
Skill Check: Emergency Stop. The handler cues the dog to perform an exercise on an obstacle at least 10 feet away and cues an emergency stop before the dog reaches the obstacle. The dog must appear intent on performing the exercise before the cue is given and immediately stop and stay in a stand, sit, or down. The dog must stay in that position until either the handler returns to the dog or recalls it.

Skill Check: Obstacle Discrimination. The handler cues the dog to perform exercises on multiple different obstacles from at least 10 feet away and the dog can discriminate and perform the exercise on the correct obstacle. The obstacles must be no further than 5 feet apart from each other. The handler may choose to do any basic or advanced exercise. The dog must be cued a total of three times, using each obstacle at least once.

Chapter 25 – Dog Measurements Chart



Chapter 26 – Harness Style and Fit Diagrams



Chapter 27 – Definitions

Award. A recognition or honor given to a dog for outstanding achievement; all titles are awards, but not all awards are titles.

Body Length. The distance from the tip of the dog's nose to the base of its tail when standing in its normal posture.

Chest Width. The distance between the points of the dog's shoulders or width of its ribcage, whichever is larger.

Double Handling. Actions by any person other than the handler designed to impair or improve a dog's performance while it is on course.

Elbow Height. The distance from the ground to the point of the dog's elbow.

Evaluator. A licensed individual who assesses the performance of the dog; Evaluators are responsible for ensuring the meet is run according to USCP rules and regulations.

Excellent. An award given to a dog for performing a routine almost perfectly.

Exercise. A single parkour behavior performed on or around an obstacle.

Exhibitor. The person primarily responsible for the dog (typically the owner) at a meet.

Handler. The person handling the dog during its parkour exercises.

Hock Height. The distance from the ground to the dog's hock joint.

Innovation. Three or more different parkour exercises performed with the same obstacle.

Level. The tier at which a dog performs parkour exercises for the Level title track; the five levels are Novice, Adept, Senior, Master, and Elite.

Location. The specific site where the meet occurs or the dog's routine is performed; new locations must be used as the dog progresses in the sport.

Luring. Using a lure such as food or a toy to guide the dog through a parkour exercise.

Meet. A parkour event where dogs and handlers come together in person to showcase their routines; alternative to video submission.

Meet Grounds: The location of a meet or class held by a USCP Evaluator.

Meet Objectives. The specific title tracks or games that will be offered for evaluation at a meet.

Obstacle. The object or environmental feature that the dog interacts with to perform a parkour exercise; new obstacles must be used as the dog progresses in the sport.

Qualifying Score. An entry that meets the minimum requirements for the title track or game.

Routine. All of the parkour exercises a dog performs for a single entry in a given title track or game; each routine must be on a separate score sheet.

Sequence. Three or more parkour exercises performed in succession with no pause in between.

Shoulder Height. The distance from the ground to the top of the dog's withers.

Stationary Meet. A type of meet that takes place in a single defined area.

Stopper Height. The distance from the ground to the bottom of the dog's carpal pad (stopper).

Title. An award given to a dog for meeting specific requirements, and which is abbreviated to a few initials added on to the dog's name.

Title Track. A grouping of USCP titles that follow the same rules for advancement and repetition;

the five title tracks are Level, Sequence, Innovation, Specialist, and Games.

Traveling Meet. A type of meet in which all participants walk the same route together.

Video Submission. An online entry consisting of filmed parkour exercises submitted to an evaluator for review; alternative to meet.