

## **Barkour Canine Fitness – where fun and fitness rule!**

### **Barkour Rules and Regulations Version 2.3 Effective January 6, 2025**

Barkour Canine Fitness was started by Veterinarian Regina R. Allen DVM because the majority of canine patients she saw in practice were overweight or obese. Additionally, she observed dogs participating in canine sports that were unfit, predisposing them to injury. Barkour improves balance, coordination, and confidence by combining overall fitness with parkour to ensure that dogs don't just participate in sports, they excel!

Barkour has multiple levels from Beginner to Superb where you and your dog can explore fitness together. There are two tracks – one for Fitness (walking/running) and one for Parkour, and your dog can earn titles for completing each level. Submissions for Parkour titles are via video and some can be done at home while others require you to “take it on the road” with your dog. But most importantly, this program shows you that canine and human fitness can be fun!

#### **Changes from Version 1.2 to 2.0:**

- Splitting the program into the Parkour Track and the Fitness Track
- Elimination of 1 and 2 levels for Starter – Excellent in the Parkour Track
- Addition of Fitness Track titles
- Addition of a title charm to be included with a certificate when titles are earned
- Elimination of the custom title rosette
- Elimination of the Barkour Educational titles
- Addition of the Introduction section
- Clarified wording for some of the Parkour Track exercises

#### **Changes from Version 2.0 to 2.1:**

- Elimination of the Starter level with incorporation of some of its elements into the Beginner and Novice levels for both the Parkour and Fitness Tracks

#### **Changes from Version 2.1 to 2.2:**

- Clarification of language involving reuse of obstacles and addition of information about Specialty titles exemptions

#### **Changes from Version 2.2 to 2.3:**

- Revision of language regarding videoing and the allowance of body-mounted cameras so long as the hands are shown

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## **1) Introduction:**

What actually is parkour? Parkour is seeing one's environment in a new way, viewing objects not as obstacles to get around, but rather as features to interact with. Typical moves involve over, under, on, across, and through. Human parkour became a distinct discipline in the 1990's but traces its roots back to martial arts and military obstacle course training. Canine parkour is much newer and modifies many of the moves to make them safer for our four-footed friends. It is fun for both the dog and human halves of the team, and requires no special equipment other than a harness, leash, and human imagination to create physical challenges with the environment.

Training canine parkour skills utilizes many different muscles, including those rarely exercised by traditional dog sports. In fact, the cross-training effects of parkour are the perfect complement to other dog sports such as agility, lure coursing, FAST CAT, Nosework, and even Obedience and Rally. And combining this with endurance training (walking/running) creates a sounder, overall fitter canine athlete that can excel at any sport. Your dog will be in the best shape of their life with Barkour!

### **a) How It Works – the Parkour Track:**

Each level, from Beginner through four levels of Superb, has ten to twenty parkour exercises per level. Introductory-level exercises may seem very easy but are designed to build strength and confidence to lead up to more difficult ones. Read through the requirements for each level and ask any questions to the Barkour Canine Fitness Facebook group or via email at [info@barkourcaninefitness.com](mailto:info@barkourcaninefitness.com). There is also a printable exercises list for quick reference while you are training. Teach each of the exercises to your dog using positive reinforcement such as luring, shaping, clicker-training, or any combination thereof. When your dog can perform an exercise with one or two verbal commands and no treats, you are ready to video. Make a video recording of you and your dog completing each exercise (these can be done as the dog learns them and not all on the same day) and upload your videos to YouTube, Vimeo, or Dropbox. Please read the Video Rules section to ensure your videos meet the requirements before submission. After you have completed the videos for all the exercises at that level, you are ready to submit your application and earn your Barkour title. Your dog must be registered with Barkour before we can process your title, but there is no fee for registration and it can be submitted along with your title application.

### **b) How It Works – the Fitness Track:**

The Fitness Track has the same levels as the Parkour Track, and the two complement each other. This track has required walking/running distances per week that increase with each level to help build your dog's endurance. There is a printable Fitness Track Summary Sheet for quick reference and an Excel spreadsheet to help track your walks/runs. Each distance must be documented using a smart watch, phone, activity tracker, etc. and this proof (screenshots or pictures) submitted with your title application. Read the Fitness Track Walk/Run Rules for additional information. Your dog must be registered with Barkour before we can process your title, but there is no fee for registration and it can be submitted along with your title application.

## **2) General Rules for the Parkour Track:**

### **a) Safety:**

Safety is paramount in this sport as the exercises have the potential to cause injury if not done correctly. Please take the time to read the rules and requirements before starting the Barkour program. Train each exercise at an appropriate pace for your dog and don't be in a rush – sloppy work will result in an NQ (non-qualifying) and require you to resubmit the exercise(s). The goal of each exercise is for the dog to perform them safely and confidently on their own. At no time should a dog be lifted onto an obstacle – they must ascend under their own power via jumping, climbing, etc. This sport is completely optional for the dog and pressure or compulsion from the human half of the team is strictly forbidden.

### **b) Assistance:**

Assistance is defined as “the action of helping with a job or task.” In Barkour, the goal of assistance is to transfer some of the impact of obstacle dismount to the human half of the team to prevent excessive or repeated concussive forces to the dog's front half. This is especially important for puppies, senior dogs, and tripod dogs who are missing a front leg. Assistance is important for injury (both acute and chronic) prevention and to ensure your dog a long fitness career. Assistance is also why we require a harness instead of just a collar for exercises performed above the ground – the harness handle is used to support the dog and transfer some of their weight to the human half of the team, thus lessening impact.

When necessary, assist the dog down from the obstacle by either holding up the harness handle to reduce impact or by lifting the dog completely to the ground. When assistance is required, it is listed with the exercise. However, when in doubt, assist! Failure to follow assistance rules as written for any exercise will result in an NQ and the need to re-do the exercise.

### **c) Spotting:**

Spotting is as important as assistance in injury prevention. The goal of spotting is to be able to catch or assist your dog to the ground if they lose their footing to prevent an awkward fall. It is required when four feet are on any obstacle above elbow height. This involves staying close to and observing your dog while performing the exercise, ready to provide help down if needed. Failure to properly spot will result in an NQ and the need to re-do the exercise.

### **d) Surfaces:**

Before having your dog attempt any obstacle, be sure to evaluate the obstacle, landing (ground) surface, and surrounding area for any potential hazards. Watch for protruding nails, sharp corners, etc. that could cause injury to your dog's feet when they attempt the obstacle. Wet or slippery surfaces can cause dogs to lose their balance and fall, even with proper spotting. Ground exercises (Under, Around, etc.) can be done on wet days, but save your obstacle work for dry days. Always check landing surfaces for broken glass, sharp rocks, etc. and avoid using obstacles with these hazards around them. Additionally, make sure the surrounding area permits dogs and is far enough away from roads, pedestrian traffic, off-leash dog areas, etc. to keep your dog safe.

### **e) Ground Surfaces:**

Definitions:

Hard surface – concrete, blacktop, gravel, and similar

Soft surface – grass, dirt, mulch, matting, carpet, and similar

### **f) Harness and Leash:**

All Barkour exercises, unless otherwise specified, must be performed on a harness, preferably with a handle, and a four to six-foot leash. Flexi leads are not acceptable. Harnesses must fit the dog correctly and snugly. Exceptions include exercises performed on the ground and are noted with each. The dog may wear a buckle collar or work naked, but training collars are not permitted. However, the walk/run requirements for the Fitness Track may be completed with the dog wearing equipment of your choice. Please follow all leash laws and pick up after your dog, along with respecting private property.

### **3) Measuring for Parkour Obstacles:**

When reviewing your videos for titling purposes, we will not be measuring your dog. Additionally, you will not be required to measure your dog before performing specific obstacles. However, you may want to in order to better size obstacles that require one-half elbow height, elbow height, shoulder height, etc.

#### **a) Definitions:**

All measurements are with the dog standing in a relaxed natural pose. See diagrams for examples.

Head Height – the distance from the ground to the top of the dog's head (does not include ears) while held in its natural carriage (Diagram 1)

Body Length – the distance from the tip of the nose to the base of the tail while the head is held in its natural carriage (Diagram 1)

Shoulder Width – the width of the body between the widest part of each shoulder when measured from above (Diagram 2)

One-Half Shoulder Width – one half the width of the body between the widest part of each shoulder when measured from above

Shoulder Height – the distance from the ground to the withers (highest point of shoulder) (Diagram 1)

Elbow Height – the distance from the ground to the point of the elbow (Diagram 3)

One-Half Elbow Height – one-half the distance from the ground to the point of the elbow

Wrist Height – the distance from the ground to the top of the carpal (wrist) pad (Diagrams 3 and 4)

Paw Length – the distance from the center of the back of the large paw pad to the tip of the longest toe, nails not included (Diagram 5)

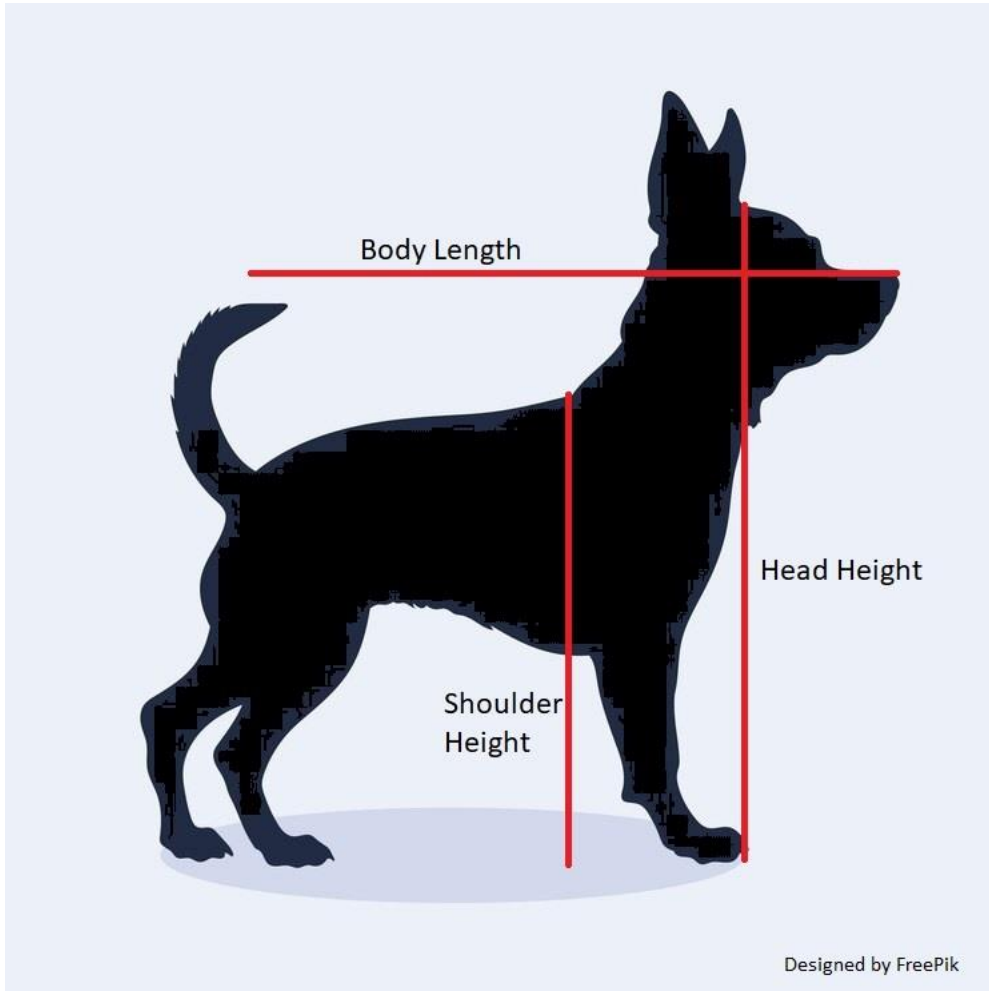


Diagram 1



Designed by Freepik

Diagram 2

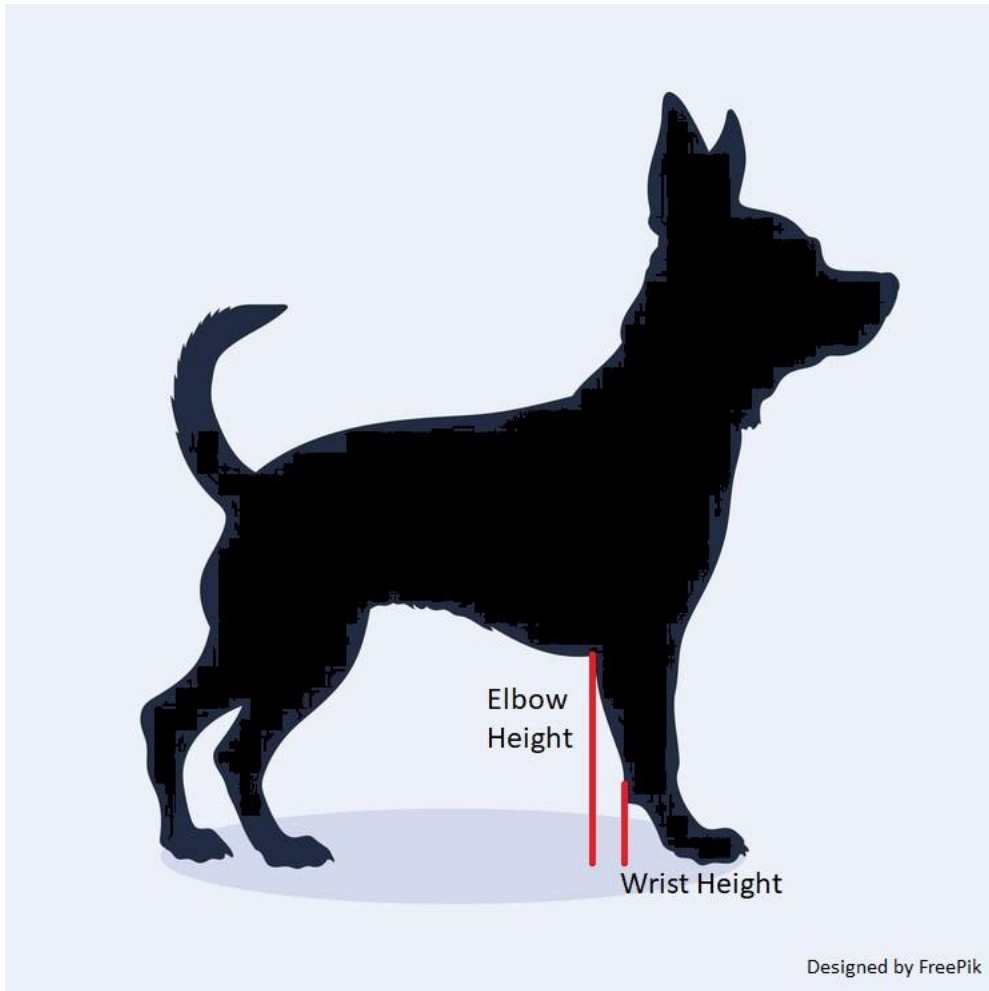


Diagram 3





Diagram 4

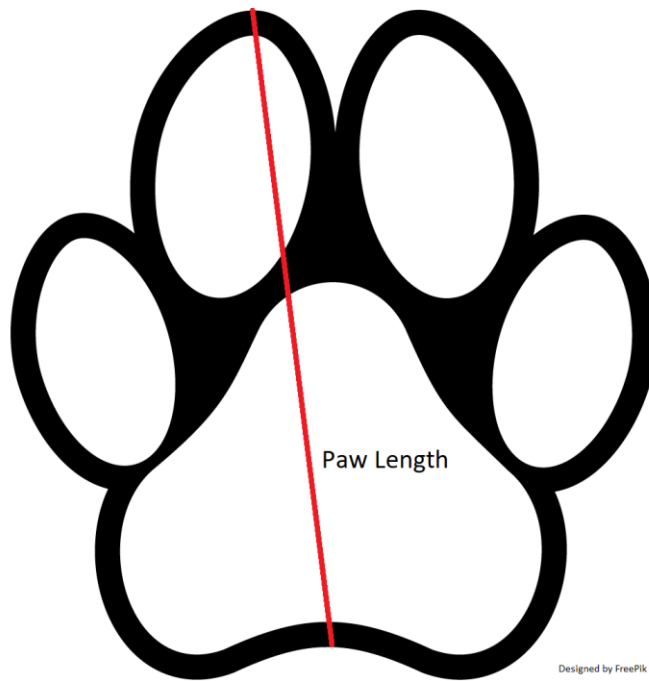


Diagram 5

#### **4) Definitions of Parkour Obstacles and Reuse:**

Parkour obstacles are everywhere in the environment and as creative as you make it. You are not limited to picnic tables, benches, and playground equipment, although these are common choices. In fact, we limit the use of playground equipment in order to prevent conflict between dogs and children. If children are present, do not use the playground – pack up and take your dog elsewhere for training. If the playground is empty, then you are free to use it unless prohibited by signage, but be prepared to leave if children show up. There are plenty of other areas to train. Additionally, using graveyards is prohibited, and please respect private property.

##### **a) Definitions:**

**Natural** – found in the environment (not placed for Barkour purposes) and created by nature, examples include stumps, tree trunks, rocks, etc. Landscaping objects (rocks, shrubs, etc.) can count as Natural if they have not been significantly modified. For example, a naturally-shaped rock is a Natural Obstacle even if found on a bed of mulch, but not a rock that has been carved into a specific shape.

**Constructed** – created or used for dog training purposes, examples include platforms, balance beams, wobble boards, step stools, etc. Dog sport equipment may be used only if disassembled from its original form. For example, one board of the agility dogwalk may be used for a Balance exercise, but not the entire dogwalk.

**Urban** – found in the environment (not placed for Barkour purposes) but built by humans, examples include benches, playground equipment, picnic tables, etc. Urban obstacles may be made of natural materials but have been significantly modified by humans. For example, a rock wall or railroad tie are considered Urban obstacles.

It is possible that an obstacle could fit into more than one category or be nebulous as to which category it belongs. Please email or ask on the Facebook group if you are unsure or have questions.

Since one of the goals of Barkour is to get out with your dog and create new experiences, obstacles cannot be reused by the same dog for a similar exercise at any level. For example, a set of bleachers used for a Novice Balance exercise cannot also be used for an Intermediate Balance, but they could be used for an Intermediate Two Feet On. Additionally, for a second dog, they cannot be reused for the same exercise. For example, a bench used for Four Feet On by your first dog cannot also be used for Four Feet On by your second dog, but could be used for Under by your second dog. \*An exception to this rule is the Specialty titles - the same obstacles may be used by more than one dog for the same exercise.

#### **5) Registration and Titles:**

##### **a) Registration:**

Registration is free but is required so you can apply for titles. Fill out the Dog Registration Form and email it to us at [info@barkourcaninefitness.com](mailto:info@barkourcaninefitness.com). Alternatively, you can print and fill out the registration form and mail it to Barkour Canine Fitness, c/o Regina R. Allen DVM, 427 Wess Rd., Mineral Point, PA

15942. There is no membership or registration for handlers, and the dog's registration is good for life, including through ownership transfers.

**b) Other Species:**

Other species (cats, rats, miniature horses, etc.) are welcome to register and earn titles as long as they are capable of meeting the titling requirements. Please email [info@barkourcaninefitness.com](mailto:info@barkourcaninefitness.com) with any questions.

**c) Titles and Title Certificates:**

Barkour Canine Fitness awards the following titles for the **Parkour Track**:

Barkour Beginner – BARK-B

Barkour Novice – BARK-N

Barkour Intermediate – BARK-I

Barkour Advanced – BARK-A

Barkour Excellent – BARK-E

Barkour Superb Bronze – BARK-SB

Barkour Superb Silver – BARK-SS

Barkour Superb Gold – BARK-SG

Barkour Superb Platinum – BARK-SP

Natural Challenge Designation – -N

Urban Challenge Designation – -U

First for Breed Designation – \*

Barkour Canine Fitness awards the following titles for the **Fitness Track**:

Fitness Beginner – FIT-B

Fitness Novice – FIT-N

Fitness Intermediate – FIT-I

Fitness Advanced – FIT-A

Fitness Excellent – FIT-E

Fitness Superb Bronze – FIT-SB

Fitness Superb Silver – FIT-SS

Fitness Superb Gold – FIT-SG

Fitness Superb Platinum – FIT-SP

Backpacker Challenge Designation – -B

First for Breed Designation – \*

Upon meeting and submitting the title requirements (see next section), your dog will be awarded a title certificate and title charm (see photo). A List of Titleholders will be maintained on the Barkour Canine Fitness Website. Title submissions will generally be processed and title certificates sent out within two weeks of submission, but please allow extra time around holidays. Certificates are sent by email and title charms will be mailed.



Example of a title charm. It will have your dog's Barkour title on it.

## 6) Barkour Levels for the Parkour Track:

**Beginner** – This is an optional level for dogs under 18 months (Puppies) or over 7 years (Seniors). Dogs over 7 may participate in higher levels if their current level of fitness is appropriate, but we recommend any Senior beginning a new fitness regime start here. Puppies must start at this level and cannot progress to Starter until they turn 18 months of age. This is to help ensure growth plate closure to avoid injury. Additionally, any dog can start at this level if they are just beginning a fitness regime.

Requirements – All ten Beginner Barkour exercises. At least three of the obstacles must be Natural or Urban.

Beginner Exercises:

1. **Four Feet On** an obstacle approximately wrist height for at least 5 seconds.
2. **Two Feet On** an obstacle at least one-half elbow height for at least 5 seconds.
3. **Two Feet On** an obstacle at least elbow height for at least 5 seconds.
4. **Under** an obstacle that is head height or lower. Leash may be dropped or detached if in a safe area.
5. **In** an obstacle where all four sides measure at least the dog's wrist height, and the width or length measure approximately the dog's body length for at least 5 seconds.
6. **Around** – Starting near either of the handler's sides, the dog must travel at least two body lengths away and make a 180-degree turn around an object in either direction before returning to the handler. Leash may be detached if in a safe area.

7. **Balance** – Dog walks on an obstacle at least two body lengths long, no wider than twice the dog’s width at the shoulders, at approximately wrist height. Dog must complete the obstacle in one attempt without stepping off.
8. **Through** – Dog must pass between two obstacles at least the dog’s body length long that are no wider than twice the dog’s shoulder width apart. Dog must pass completely though without hesitating or turning around.
9. **Creativity** – Perform two different Beginner behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
10. **Three Obstacle Sequence** – Perform a minimum of two different Beginner behaviors on three new obstacles in a row; no two behaviors may be repeated back-to-back. Exercises with a time requirement only require a noticeable pause instead of the full 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

**Novice** – All dogs must start at this level except for those opting or required to start at Beginner. The Novice title must be completed before beginning the Intermediate title.

Requirements – All twelve Novice Barkour exercises. At least four of the obstacles must be Natural or Urban.

Novice Exercises:

1. **Four Feet On** an obstacle at least elbow height for at least 5 seconds; dog may climb or jump onto it. If the ground surface is hard, assist the dog down.
2. **Four Feet On** an obstacle shoulder height or higher for at least 5 seconds; dog may climb or jump onto it. You must assist the dog down regardless of ground surface.
3. **Two Feet On** an obstacle shoulder height or higher for at least 5 seconds.
4. **Under** an obstacle shoulder height or lower. Leash may be dropped or detached if in a safe area.
5. **In** an obstacle where all four sides measure at least one-half the dog’s elbow height, and the width and length measure the dog’s body length or less for at least 5 seconds.
6. **Through** – Dog must pass between two obstacles at least the dog’s body length long that are no wider than 1.5 times the dog’s shoulder width apart. Dog must pass completely though without hesitating or turning around.
7. **Balance** – Dog walks on an obstacle at least three body lengths long, no wider than the dog’s width at the shoulders, at least one-half elbow height. Dog must complete the obstacle in one attempt without stepping off.
8. **Around (Both Directions)** – Starting near either of the handler’s sides, the dog must travel at least two body lengths away and make a 180-degree turn around an object in either direction before returning to the handler. This must be completed in both clockwise and counter-clockwise directions, but can be done at separate times and edited into one sequence. Leash may be detached if in a safe area.
9. **Over** – Dog jumps over an obstacle at least one-half elbow height. Landing surface must be soft.
10. **Moving Obstacle** – Dog must place at least two feet on an obstacle below elbow height that moves under their weight for at least 3 seconds.

11. **Creativity** – Perform three different Novice behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
12. **Three Obstacle Sequence** – Perform three different Novice behaviors on three new obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

**Intermediate** – Open to dogs who have earned the Novice title. The Intermediate title must be completed before beginning the Advanced title.

Requirements – All twelve Intermediate Barkour exercises. At least four of the obstacles must be Natural or Urban.

Intermediate Exercises:

1. **Four Feet On** an obstacle shoulder height or higher for at least 5 seconds; dog may climb or jump onto it. You must assist the dog down regardless of ground surface.
2. **Two Feet On** an obstacle shoulder height or higher for at least 5 seconds.
3. **In** an obstacle where all four sides measure approximately the dog's elbow height, and the width and length measure the dog's body length or less for at least 5 seconds.
4. **Balance** – Dog walks on an obstacle at least four body lengths long, no wider than the dog's width at the shoulders, at approximately elbow height. Dog must complete the obstacle in one attempt without stepping off.
5. **Over (Different Surfaces)** – Dog jumps over an obstacle at least elbow height tall. The surfaces on each side of the jump must be different, and the landing surface must be soft. Leash may be detached if in a safe area.
6. **Moving Obstacle** – Dog must place all four feet on an obstacle at least wrist height that moves under their weight for at least 3 seconds.
7. **Straddle** – Dog places front two feet on one obstacle and back two feet on another obstacle for at least 3 seconds. Obstacles must be the same height, at least wrist height, and placed at least one-third the dog's body length apart.
8. **Pivot (One Direction)** – Dog places two feet on an obstacle and makes a complete 360-degree pivot in either direction. There is no restriction on handler movement.
9. **Back up on to Low Obstacle** – Dog starts at least one body length away from an obstacle no higher than wrist height and backs up to stand with two hind feet on the obstacle for at least 3 seconds.
10. **Gap Jump** – Dog jumps from one obstacle to another; obstacles must be the same height, at least wrist height, and at least two-thirds the dog's body length apart. Leash may be detached if in a safe area.
11. **Creativity** – Perform two different Intermediate behaviors on a single new obstacle. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

12. **Three Obstacle Sequence** – Perform three different Intermediate behaviors on three new obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

**Advanced** – Open to dogs who have earned the Intermediate title. The Advanced title must be completed before beginning the Excellent title.

Requirements – All ten Advanced Barkour exercises. At least five of the obstacles must be Natural or Urban.

Advanced Exercises:

1. **Four Feet on a Small Obstacle** – Dog places all four feet on an obstacle where the width and length measure less than the dog's body length for at least 5 seconds.
2. **Two Feet on a Vertical Surface** – Dog places two front feet on a vertical surface such as a wall and stays in position for at least 3 seconds.
3. **Crawl** – Dog goes under a low obstacle that requires them to crawl; harness and leash not required if performed in a safe area.
4. **In** an obstacle where all four sides measure at least the dog's elbow height, and the width and length measure the dog's body length or less for at least 5 seconds.
5. **Narrow Balance** – Dog walks on an obstacle at least three body lengths long, no wider than one-half the dog's width at the shoulders, at approximately elbow height. Dog must complete the obstacle in one attempt without stepping off.
6. **Long and Narrow Through** – Dog must pass between two obstacles at least four body lengths long that are no wider than 1.5 times the dog's shoulder width apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area.
7. **Send** – Dog goes directly to an obstacle of elbow height or below at least three body lengths away, puts all four feet on the obstacle, and stays for at least 3 seconds.
8. **Pivot (Both Directions)** – Dog places two feet on an obstacle and makes a complete 360-degree pivot in each direction. This must be completed in both clockwise and counter-clockwise directions, but can be done at separate times and edited into one sequence. There is no restriction on handler movement.
9. **Creativity** – Perform two different Barkour behaviors on a single new obstacle; may be one Intermediate and one Advanced behavior or two Advanced behaviors. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
10. **Three Obstacle Sequence** – Perform three different Advanced behaviors on three new obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

**Excellent** – Open to dogs who have earned the Advanced title. The Excellent title must be completed before beginning the Superb Bronze title.

Requirements – All fourteen Excellent Barkour exercises. At least six of the obstacles must be Natural or Urban.

Excellent Exercises:

1. **Split Balance** – Dog walks on adjacent obstacles at least one-half the dog's width at the shoulders apart, for at least three body lengths, at least wrist height high. Obstacles must be approximately the same height, but there are no width requirements. Dog must complete in one attempt without stepping off.
2. **Two Feet On Sideways Walking** – Dog puts two front feet on an obstacle and moves sideways with two back feet on the ground for at least five steps. Dog must complete in one attempt without stepping off.
3. **Command Discrimination** – Pick three different from the following exercises and perform them on a single obstacle in succession; no height, length, or width rules apply. No more than one command per exercise is allowed and must be one unedited video sequence; all spotting and assistance rules apply. Leash may be detached if in a safe area. Choose from: Two Feet On, Four Feet On, Under, Around (one direction), Through, Balance, In, and Over.
4. **Backwards Through** – Dog walks backwards between two obstacles at least one-half body length long and no more than two body widths apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area. Exercise is not complete until the dog's nose is past both obstacles; there are no restrictions on handler's body position.
5. **Balance (Two 180-Degree Turns)** – Dog walks on an obstacle at least three body lengths long, no wider than the dog's width at the shoulders, at least elbow height. Dog must perform two 180-degree turns (one in each direction) and complete the obstacle in one attempt without stepping off.
6. **In (Small)** – Dog climbs or jumps in an obstacle where all four sides measure one-half the dog's elbow height or higher, and the width and length measure approximately one-third less than the dog's body length for at least 3 seconds.
7. **Weaves** – Dog travels at least 180-degrees around six obstacles in a straight line each no further than 9 feet (3 meters) apart, alternating sides. This must be done in one attempt; handler may move along with dog but cannot switch sides of the obstacles. Obstacles need not be all the same distance apart, but agility weave poles **cannot** be used. Obstacles may be separate (for example, a line of shrubs) or part of one larger obstacle (for example, posts that are all part of the same split rail fence).
8. **Figure 8** – Starting in the center between two obstacles, the dog makes approximately a 360-degree loop and returns to the starting location for each obstacle. Obstacles must be no further than 9 feet (3 meters) apart, and need not be the same type. This must be done in one attempt; handler may move along with dog but cannot switch sides of the obstacles.
9. **Rebound Jump (Tic-Tac)** – Dog leaps quickly on a stable, slanted (45 degrees or more) or vertical object and immediately bounces off in a tight turn similar to a flyball box turn. All four paws must touch the obstacle once and not the ground until completed. Only one direction is required, and training props (jump, cone, etc.) may not be used. Leash must be detached for this exercise.



10. **Back up on to High Obstacle** – Dog starts at least three body lengths away from an obstacle at least one-half elbow height and backs up to stand with two hind feet on the obstacle for at least 3 seconds.
11. **Balance (Two 360-Degree Turns)** – Dog walks on an obstacle at least three body lengths long, no wider than the dog’s width at the shoulders, at approximately elbow height. Dog must perform two 360-degree turns, one in each direction, and complete the obstacle in one attempt without stepping off.
12. **Two Feet On Split** – Dog places each front foot on separate obstacles where the width and length are no longer than one paw length for at least five seconds. Obstacles must be at least one-half elbow height high, and no more than 1.5 times the dog’s width at the shoulders apart.
13. **Creativity** – Perform three different Barkour behaviors on a single new obstacle; must be one Intermediate, one Advanced, and one Excellent behavior. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
14. **Three Obstacle Sequence** – Perform three different Excellent behaviors on three new obstacles in a row. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

**Superb** – Open to dogs who have earned the Excellent title. Each Superb level must be completed before beginning the next.

Superb Bronze Requirements – Twelve (your choice, no repeats) of the Superb Barkour exercises.

Superb Silver Requirements – Fourteen (your choice, no repeats) of the Superb Barkour exercises.

Superb Gold Requirements – Sixteen (your choice, no repeats) of the Superb Barkour exercises.

Superb Platinum Requirements – All twenty Superb Barkour exercises.

Superb Exercises:

1. **Two Obstacle Sequence Excellent Natural** – Pick any two Excellent exercises and perform them in a row using two Natural obstacles. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
2. **Two Obstacle Sequence Excellent Urban** – Pick any two Excellent exercises and perform them in a row using two Urban obstacles. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
3. **Sequential Arouds** – Starting near either of the handler’s sides, the dog must travel at least three body lengths away and make a 180-degree turn around an obstacle in either direction before returning to the handler. This must immediately be repeated twice more with two additional obstacles in one unedited video sequence. All three obstacles must be Natural or Urban or a mix thereof; leash may be detached if in a safe area.

4. **In (Tiny)** – Dog climbs or jumps in an obstacle where all four sides measure one-half the dog's elbow height or higher, and the width and length measure one-half the dog's body length or less for at least 3 seconds.
5. **4 Feet on a Tiny Obstacle** – Dog places all four feet on a Natural or Urban obstacle where both the width and length measure less than the one-half dog's body length for at least 3 seconds.
6. **Rebound Jumps (Tic Tacs)** – Dog leaps quickly on a stable, slanted (45 degrees or more) or vertical object and immediately bounces off in a tight turn similar to a flyball box turn. All four paws must touch the obstacle once and not the ground until completed. Both directions are required in one unedited video sequence, and training props (jump, cone, etc.) may not be used. Leash must be detached for this exercise.
7. **Command Discrimination** – Pick four different from the following exercises and perform them on a single Natural or Urban obstacle in succession; no height, length, or width rules apply. No more than one command per exercise is allowed and must be one unedited video sequence; all spotting and assistance rules apply. Leash may be detached if in a safe area. Choose from: Under, Around (one direction), Through, Balance, In, Over, Back Up, Send, Straddle, and Gap Jump.
8. **Backwards Through** – Dog walks backwards between two Natural or Urban obstacles at least one body length long and no more than two body widths apart. Dog must pass completely through without hesitating or turning around; leash may be detached if in a safe area. Exercise is not complete until the dog's nose is past both obstacles; no restrictions on handler's body position.
9. **Double Pivot** – Dog places two feet on a Natural or Urban obstacle and makes a complete 360-degree pivot in each direction in succession. Both directions are required in one unedited video sequence; handler must remain in position and not move with or across from the dog.
10. **Split Moving Obstacles** – Dog places each front foot on two separate obstacles that move under the dog's weight for at least 3 seconds. Obstacles need not be the same but both must be at least one-half elbow height high.
11. **Long Under (Closed Sides)** – Dog passes underneath an obstacle shoulder height or lower that is at least two body lengths long where the sides are primarily closed. Leash may be dropped or detached if in a safe area.
12. **Moving Straddle** – Dog places two front feet on one obstacle and two back feet on another for at least 3 seconds; both obstacles must move under the dog's weight. Obstacles need not be the same but both must be at least one-half elbow height high, and cannot be the same as those used in Exercise 10 – Split Moving Obstacles.
13. **Natural Creativity** – Perform three different Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural obstacle. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
14. **Urban Creativity** – Perform three different Advanced, Excellent, and/or Superb Barkour behaviors on a single new Urban obstacle. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

15. **Color Creativity (Yellow)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% yellow in color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
16. **Color Creativity (Blue)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% blue in color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
17. **Color Creativity (Red)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is greater than 75% red in color. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
18. **Texture Creativity (Concrete and/or Stone)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is primarily (75% or greater) or entirely made of concrete. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
19. **Texture Creativity (Wood)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Natural or Urban obstacle that is primarily (75% or greater) or entirely made of wood. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.
20. **Texture Creativity (Plastic)** – Perform five different Intermediate, Advanced, Excellent, and/or Superb Barkour behaviors on a single new Urban obstacle that is primarily (75% or greater) or entirely made of plastic. Exercises cannot be all from the same level. Must be a noticeable transition between exercises, such as dismounting and reattempting the obstacle. Exercises with a time requirement only require a noticeable pause instead of the full 3 – 5 seconds. Must be one unedited video sequence; all spotting and assistance rules apply.

\*Barkour Canine Fitness reserves the right to modify or change these exercises as needed.

**Natural Challenge** – In order to earn this additional designation for Starter through Excellent titles, the dog must complete all the exercise requirements using only Natural obstacles (see definition). The Natural designation (-N) can be earned when initially earning the title or afterwards by re-doing the requirements using Natural-only obstacles and submitting the videos.

**Urban Challenge** – In order to earn this additional designation for Starter through Excellent, the dog must complete all the exercise requirements using only Urban obstacles (see definition). The Urban designation (-U) can be earned when initially earning the title or afterwards by re-doing the requirements using Urban-only obstacles and submitting the videos.

**First for Breed Designation** – The first dog of their registered breed will receive an asterisk (\*) special designation with their title signaling that they were the first of that breed to earn that specific title. This designation will appear on the List of Titleholders as well.

## **7) Video Rules:**

In order to receive credit for the Parkour Track titles, you must submit videos of your dog performing each exercise as stated per level. Videos may be uploaded to YouTube, or Vimeo or Dropbox links included with your Title Application. Rules for proper videos are as follows:

1. A tripod or second person to video is recommended. Videos taken with a chest-mounted camera on the handler are acceptable as long as you show your hands so we can determine no luring is taking place.
2. No luring with food or toys. Hand gestures are acceptable, but pretending to have food is not.
3. The handler's hands must be visible at some point, preferably most of the time, to ensure luring is not taking place. Turning away from the camera to support your dog getting on and off an obstacle is fine, but having your hands hidden the entire time is not.
4. The majority of the dog must be visible at all times during the exercise, from start (before attempting the obstacle) to finish (after completion of the obstacle). It does not matter if the handler is partially out of the picture or their head is cut off, but it essential to see the dog to ensure correct execution of the exercise.
5. Verbal commands are limited to three per exercise, and the dog's name counts if it is used on its own. For example, "Fido, paws up," is one command, but "Fido, Fido, Fido, pay attention," is more than three. If you have to beg your dog to attempt the exercise, you need to train more before videoing.
6. The video must show the entire execution of the exercise including mounting and dismounting the obstacle to ensure that assistance and spotting rules are followed.
7. Rewards (food, toys, play, etc.) are encouraged, but cannot be used until the exercise is complete.
8. The dog does not have to be handled by the same person for each video, but only one handler is permitted per exercise.
9. Videos are limited in length (see Title Application for specifics) and may be trimmed at both the beginning and the end to meet these requirements as long as the other conditions are met.

If you have questions as to if a video is correct before submission, please email or post it on the Facebook group and we are happy to help.

Errors in Videoing:

If your application videos earn an NQ (non-qualifying) because of one error, you will be allowed to resubmit your application with a corrected video at no charge within a two-week period. If there is more

than one error, you will have to resubmit your application with the corrected videos and pay the application fee a second time. In either case, the correct videos will not need to be re-done.

### **8) Fitness Track Walk/Run Rules:**

The required distances for each level do not need to be part of a formal race or community activity. However, they **must** be documented with a smart watch, phone, activity tracker, or other wearable that shows the milage completed. Screenshots or photos of this documentation must be submitted with the application in order to receive credit for the miles/kilometers completed. Above the Starter level, the weeks do not need to be consecutive – it is okay to take a break one week and then pick up with your walks/runs the next. Additionally, the dog does not have to be handled by the same person for each walk/run.

No matter how the distances are completed, the dog **must** walk or run the entire distance. Being pushed in a stroller or riding in a wheelchair or carried in a backpack is not acceptable. This requirement of the program is to demonstrate that the dog is increasing their level of fitness. If you are in a safe area where off-leash dogs are permitted, you are allowed to have your dog off-leash, but will only receive credit for the miles the handler walked as documented with the activity tracker.

Please be cognizant of the surface while exercising your dog. There are no ground requirements beyond those at the Beginner level, but “pounding the pavement” every day is not beneficial to either the human or canine half of the team. While some walks/runs on hard surfaces may be unavoidable, please make an effort to use softer surfaces (dirt trails, etc.) for longer distances, especially while running.

#### **a) Humans and Dogs with Special Needs:**

We strive to be inclusive of those with disabilities or special needs (both human and canine) so please contact us if you need to modify the program in order to participate and we will come up with alternatives. For example, the distances for each level may be walked, ran (except for Beginner which must be walked), or rolled in a wheelchair by the human half of the team. Those with mobility issues (in a wheelchair, utilizes a walker or cane, etc.) or tripod dogs may split any of the distances in half (except the 0.25 mile) and complete them in two walks instead of one. These two walks also do not need to be completed on the same day. For example, the two 0.5 - 1.0 mile walks/runs per week at the Novice level may be completed in four or more 0.25 mile walks per week instead for those with special needs.

### **9) Barkour Levels for the Fitness Track**

Beginner – This is an optional level for dogs under 18 months (Puppies) or over 7 years (Seniors). Dogs over 7 may participate in higher levels if their current level of fitness is appropriate, but we recommend any Senior beginning a new fitness regime start here. Puppies must start at this level and cannot progress to Starter until they turn 18 months of age. This is to help ensure growth plate closure to avoid injury. Additionally, any dog can start at this level if they and/or their owner are just beginning a fitness regime.

– Two 0.25-mile walks per week for four consecutive weeks on a soft surface.

Novice – Two 0.5 to 1-mile walks/runs per week for four weeks.

Intermediate – Two 1.5-mile walks/runs per week for four weeks.

Advanced – Three 1-mile walks/runs per week for four weeks.

Excellent – Two 2-mile walks/runs per week for four weeks.

Superb Bronze – Two 2.5-mile walks/runs per week for four weeks.

Superb Silver – One 3.1-mile (5k) walk/run per week for four weeks.

Superb Gold – Four additional 3.1-mile (5k) walks/runs done on your timeline.

Superb Platinum – Either Two 6.2-mile (10k) walks/runs OR one 6.2-mile (10k) and two 3.1-mile (5k) walks/runs done on your timeline.

\*Barkour Canine Fitness reserves the right to modify or change these exercises as needed.

**Backpacker Challenge** – In order to earn this additional designation for Starter-level titles and above, the dog must wear a backpack containing 5-10% of their body weight for all walks/runs. The Backpacker designation (-B) can be earned either when initially earning title(s) or afterwards by re-walking/running and resubmitting the required distances with the dog wearing a backpack.

**First for Breed Designation** – The first dog of their registered breed will receive an asterisk (\*) special designation with their title signaling that they were the first of that breed to earn that specific title. This designation will appear on the List of Titleholders as well.