



NZKC RALLY-O

SIX WEEK COURSE PLAN

INTRODUCTION

This six week syllabus is a suggested format for instructors wishing to run Rally-O classes. It can be followed exactly or it can be used simply as a guide and a starting point. It is designed as an introduction to Novice level NZKC Rally-O, covering all the Novice level signs and introducing a few higher level signs for students who are ready to move to the next stage.

The plan is based on a structure of six one hour classes. Times are only approximate – the actual time the various stages take will of course depend on the ability of your students and the number of students in the class.

COURSE PRE-REQUISITES

Basic Skills

It is assumed that your students have already taught their dogs some basic skills. It is essential that the dogs are already reasonably good at:

- walking on a loose lead on the handler's left side.
- paying attention to the handler.
- performing a sit, a down and a short stay.
- behaving in an acceptable manner in class – excessive barking or whining, uncontrollable lunging or aggressive behaviour will bring your class to a grinding halt and drive your good students away.

If your students do not have these skills they will not be able to perform any of the Rally-O exercises and there is no point having them in the class. They may need to attend a basic obedience course before joining your Rally-O classes.

Higher Level Skills

This Rally-O course also assumes that dogs have learned some higher level Obedience skills, namely:

- how to sit at heel
- how to sit in front (“present” position)
- how to perform a finish to the right (as for Obedience) and to the left (a “continental” finish)

Teaching these skills is not included in this particular syllabus, but it is possible to teach them during the class. This will obviously involve a little more time. If you don't want to have to teach these as you go, you may like to run a foundation course where all the necessary basics can be taught before starting Rally-O.

A Word About Rally-O and Obedience.....

Turns, heelwork and sits in Rally-O do not need to be as precise or as tight as they do for Obedience. However, if you have students who are competing in, or training for, Obedience, you should encourage them to maintain the same standards of footwork and precision in Rally-O. A dog doesn't know the difference between Rally-O and Obedience and it is important that expectations are completely consistent. As a Rally-O instructor you are not expected to critique or improve anyone's Obedience heelwork, but you should make them aware of the fact that they mustn't allow their standards to slip.

BASIC RALLY-O RULES

Apart from the actual signs, there are some other general Rally-O rules that you need to teach and work within for the purposes of this course:

- The dog always walks on the handler's left.
- The team must walk at a brisk pace – not excessively slowly and not at a run.
- Handlers may talk to their dogs and use hand signals as much as they like.
- The lead must always be loose – the handler can't use it to control or correct the dog at all.
- The team must not touch or knock over any cone, sign or other item on the course.
- Turn signs, or any sign that results in a change of direction, must be performed directly in front of the sign. These signs are usually placed directly in the team's path.
- All other signs, including the Start and the Finish, must be performed to the left of the sign. These signs are usually placed to the right of the team's path.
- Cone exercise signs and jump signs may be placed wherever the judge thinks best. The team does not need to approach these signs in any particular way, but the cones and jumps themselves must be approached correctly.
- For the two cone weaving exercises, the team must always enter the weave with the first cone on its left.
- Whenever the handler comes to a halt, they must not then move their feet unless the exercise they are performing specifically requires them to do so.
- Dogs under 12 months of age are not allowed to jump any higher than their wrist joints (and may not enter Advanced classes). Dogs that are unable to jump their regulated height for physical reasons can be given permission by the judge to jump a lower height. A vet's certificate may be required.

RALLY-O EVENT RULES

Once your students are ready to begin entering events, there are a few extra rules they will need to know:

- Dogs may only wear a normal flat buckle or clip collar in the ring – check chains, slip or semi-slip collars, harnesses, head collars, muzzles and studded collars are not permitted.
- Food, toys and other training aids such as clickers cannot be taken into the ring, even in a pocket.
- The judge is required to be in the ring during the course walk through and handlers are encouraged to ask any questions they may have at that time. The judge can't assist them once they are actually running the course with their dog.
- Handlers are allowed to talk to and signal the dog as much as they like, but they may not touch the dog. Any shouting, harsh tone of voice, rough handling or intimidating signals will be penalised. A deliberate leash jerk is disqualification.
- If their attempt at a particular exercise goes completely wrong, they may have one retry per station. They will lose far less points by making a second attempt (assuming they are successful) than by carrying on without completing the station correctly.

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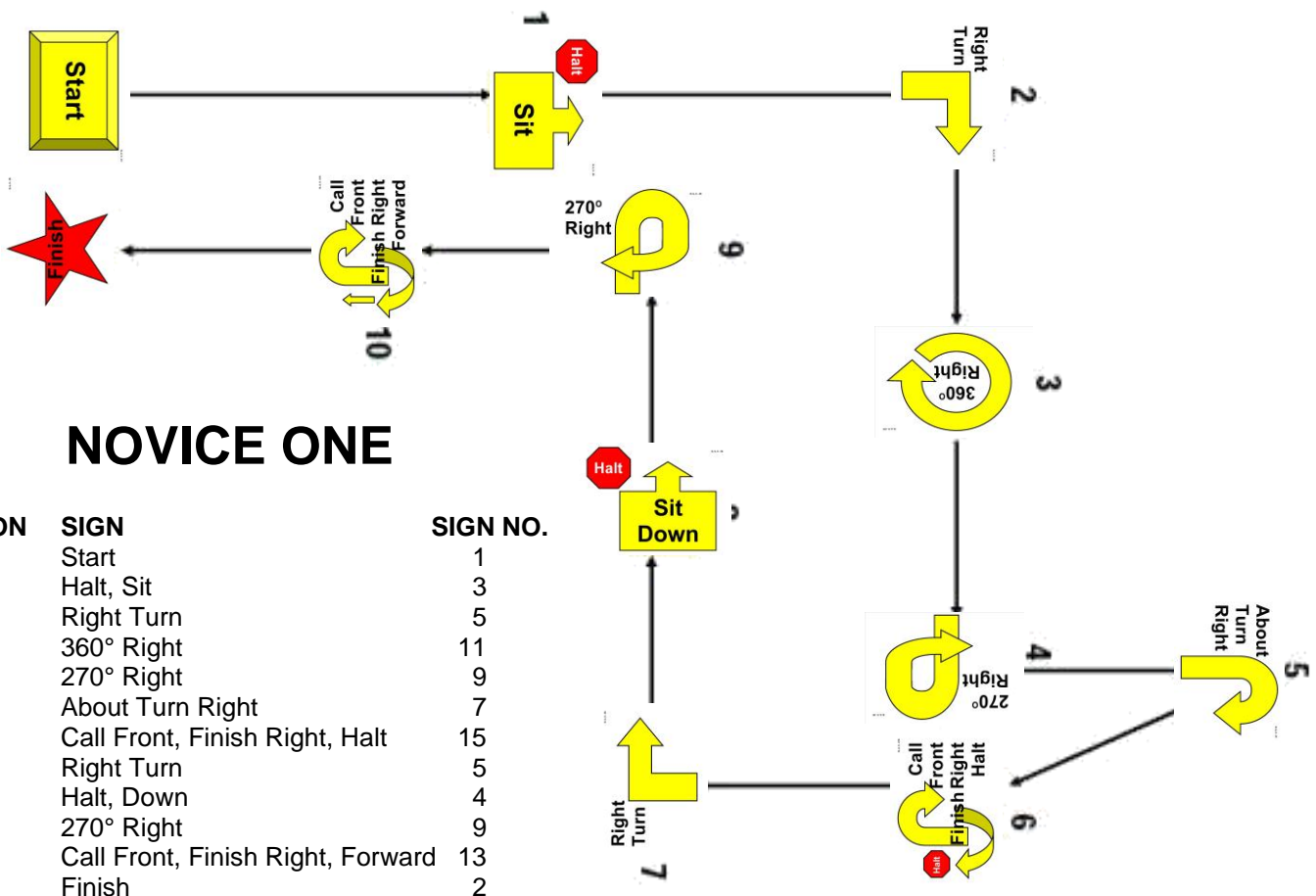
Week One

Set up the Novice One course.

1. Explanation and brief demonstration of Rally-O. A helper is useful here as the instructor can then continue to explain while the class watch a trained team working. Too much detailed information can be confusing and off-putting, so keep it simple at this stage. (10 minutes)
2. Heeling warm-ups with sits at heel, emphasise “talking to the dog” and maintaining the dog’s focus. If your students have not already learned sit at heel, you will need to spend longer on this part. (10 minutes)
3. Teach right turns, working with students individually. (10 minutes)
4. Walk the course with the students – this is much easier and more effective without dogs. Demonstrate how to do the signs using a trained dog, either yourself or a helper (5 – 10 minutes)

Make sure they understand:

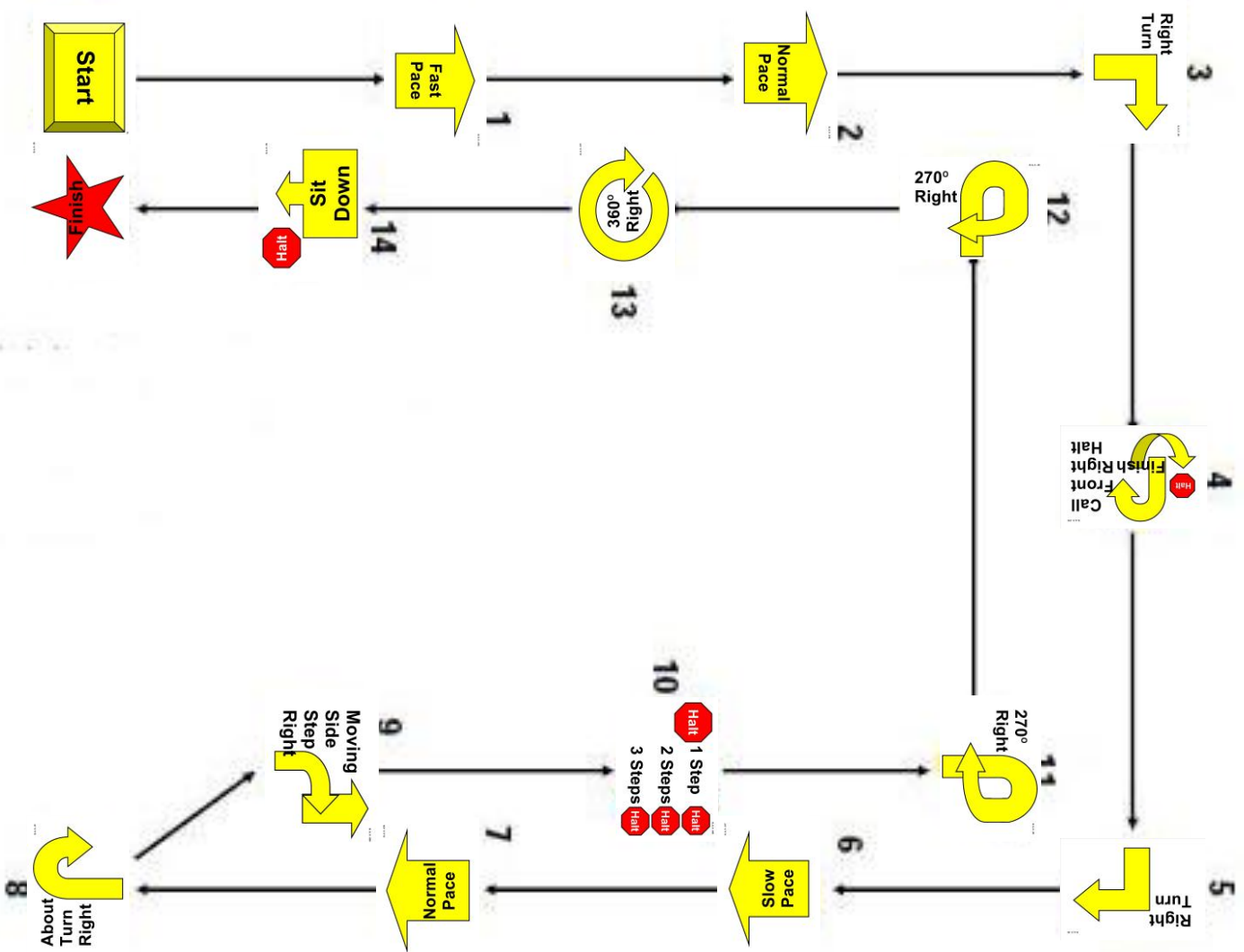
- how to perform each station.
 - that they must perform the turns directly in front of the signs.
 - that they must perform the Halt Sit, the 360° Right, the Call Front exercises and the Halt Sit Down to the left of the signs – just before the sign is best.
 - that they must pass the Start and Finish to the left of the sign.
5. Spend the rest of the class working the course. (20 – 25 minutes)



Week Two

Set up the Novice Two course.

1. Dogs and handlers do heeling warm-up with right turns (10 minutes).
2. Walk the course, explaining and demonstrating how to do the changes of pace, the moving side step and the 123 steps exercise. (5 – 10 minutes).
3. Work the course (20 – 25 minutes).
4. Begin teaching left turns (15 minutes)



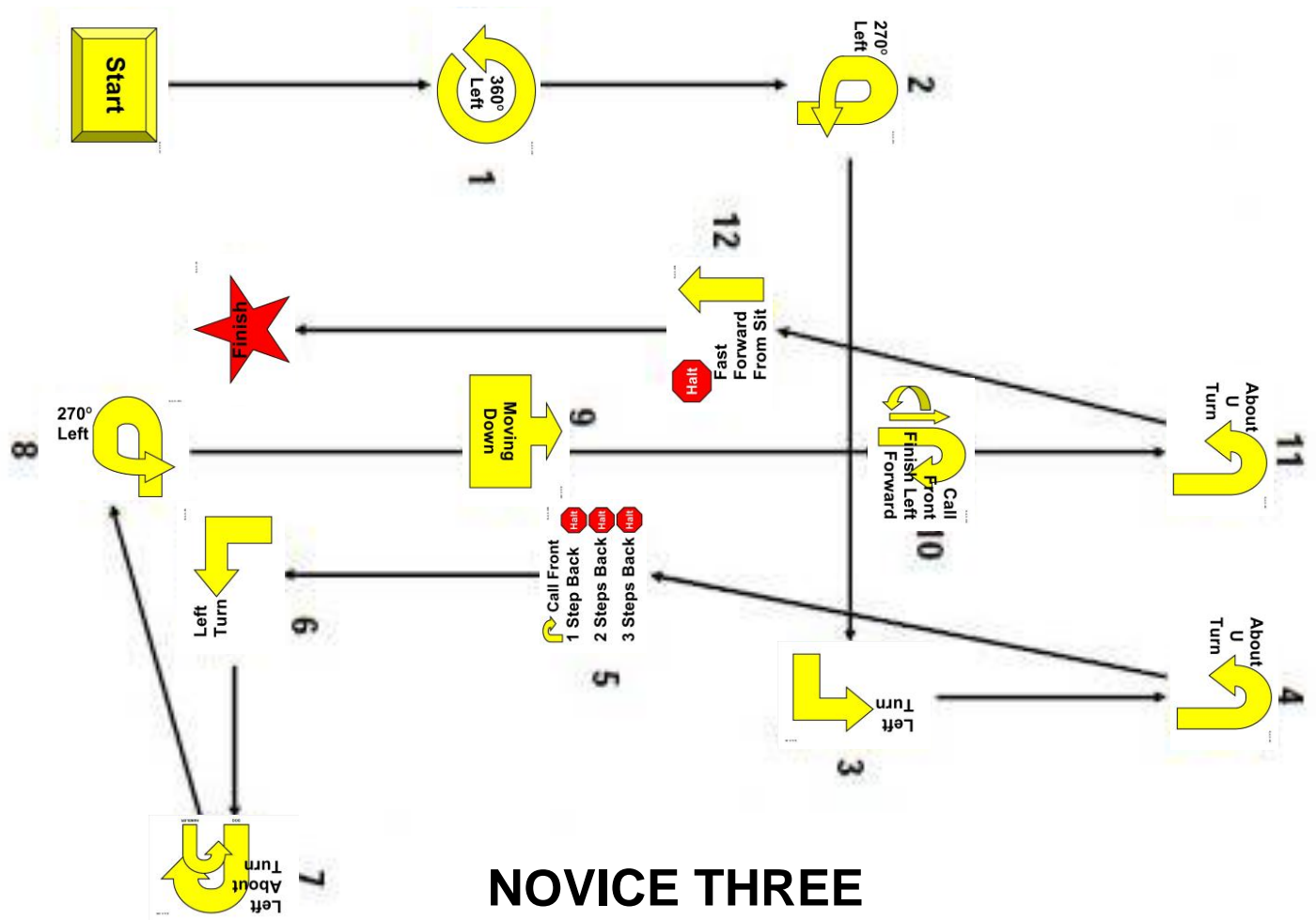
NOVICE TWO

STATION	SIGN	SIGN NO.
	Start	1
1	Fast Pace	18
2	Normal Pace	19
3	Right Turn	5
4	Call Front, Finish Right, Halt	15
5	Right Turn	5
6	Slow Pace	17
7	Normal Pace	19
8	About Turn Right	7
9	Moving Side Step Right	20
10	Halt, 1, 2, 3 Steps	25
11	270° Right	9
12	270° Right	9
13	360° Right	11
14	Halt, sit, Down	4
	Finish	2

Week Three

Set up the Novice Three course.
Set up cones for weaving and spirals.

1. Dogs and handlers do heeling warm-up with left turns (10 minutes).
2. Walk the course, explaining and demonstrating how to do the signs where necessary, particularly Call Front 123 Back, Left About Turn, Moving Down and Fast Pace From Halt. Work the course when ready. (30 minutes).
3. Teach the cone exercises – Spiral Right and Left, Straight Figure Eight and Serpentine. (10 minutes).
4. Work on the five Novice level Call Front exercises. (10 minutes).



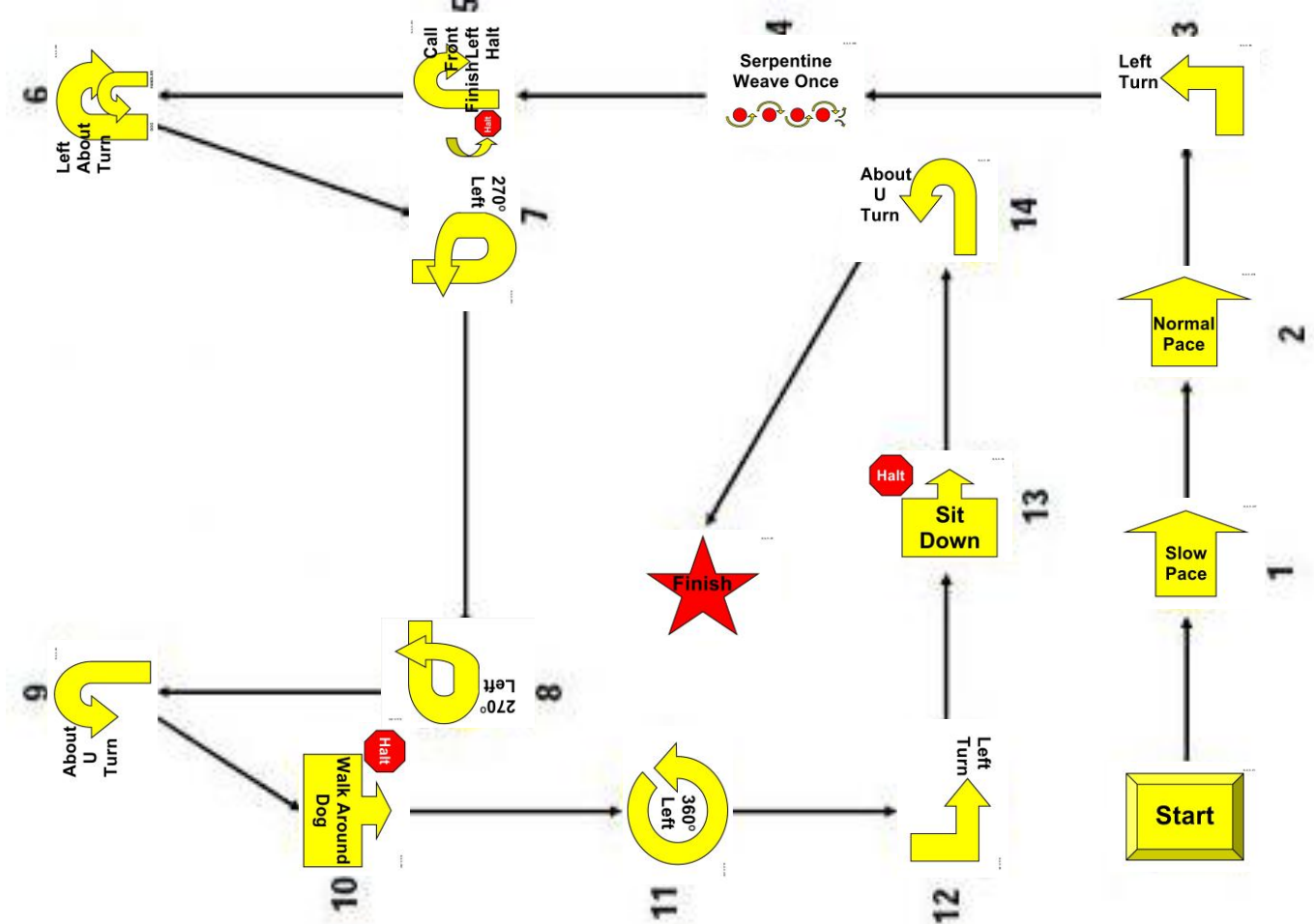
NOVICE THREE

STATION	SIGN	SIGN No.
	Start	1
1	360° Left	12
2	270° Left	10
3	Left Turn	6
4	About U Turn	8
5	Call Front, 123 Back	26
6	Left Turn	6
7	Left About Turn	29
8	270° Left	10
9	Moving Down	27
10	Call Front, Finish Left, Forward	14
11	About U Turn	8
12	Fast Forward from Halt	28
	Finish	2

Week Four

Set up the Novice Four course.

1. Dogs and handlers do heeling warm-up with left turns (10 minutes).
2. Walk and then work course (30 minutes).
3. Teach Moving Down, Call Front 123 Steps Back, Halt Walk Around Dog and Halt Down Walk Around Dog (10 minutes).
4. Work on any exercises students are having problems with, otherwise review the exercises learned so far using the Rally-O signs as flash cards. (10 minutes).



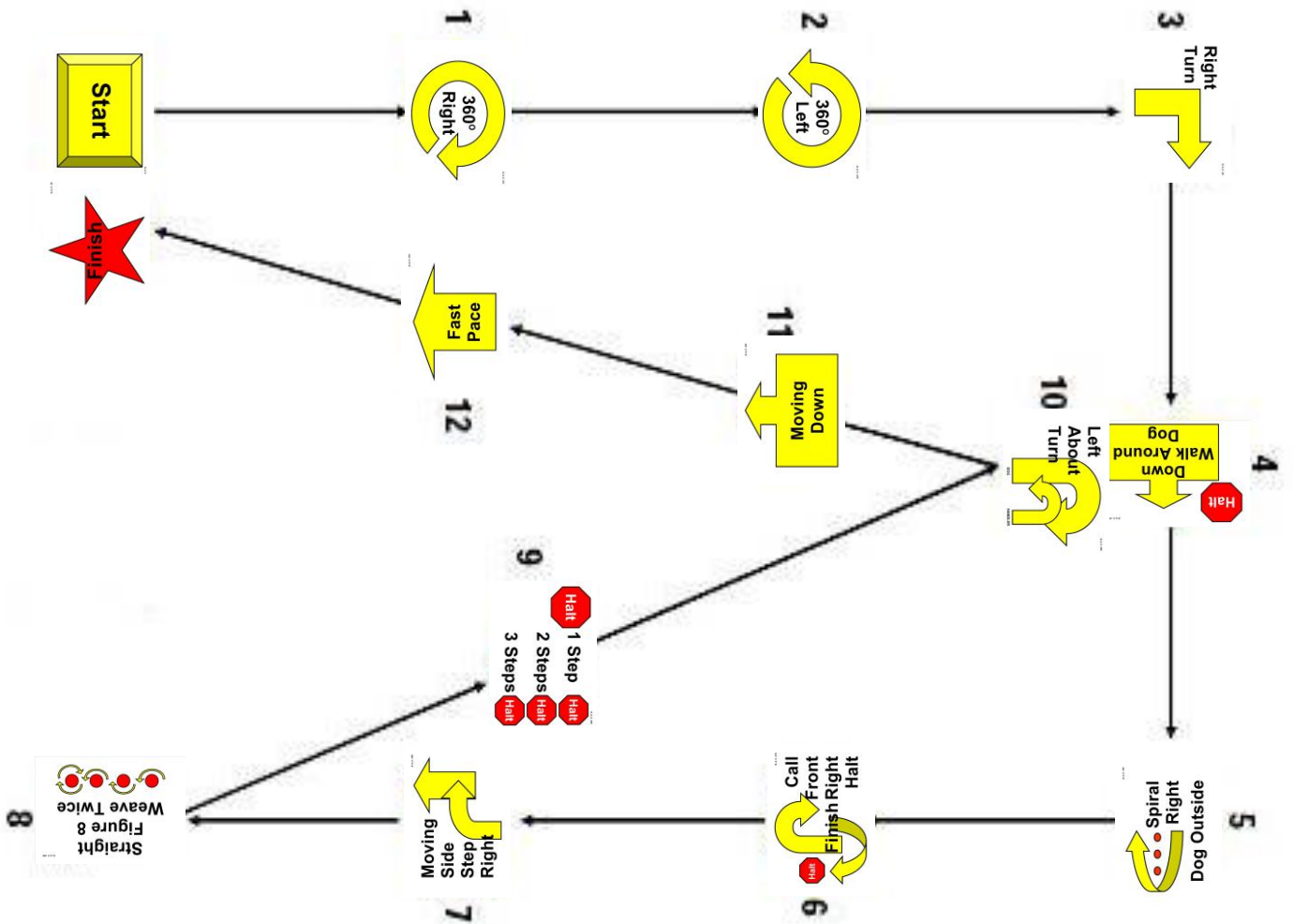
NOVICE FOUR

STATION	SIGN	SIGN NO.
	Start	1
1	Slow Pace	17
2	Normal Pace	19
3	Left Turn	6
4	Serpentine Weave Once	24
5	Call Front, Finish Left, Halt	16
6	Left About Turn	29
7	270° Left	10
8	270° Left	10
9	About U Turn	8
10	Halt, Walk Around Dog	30
11	360° Left	12
12	Left Turn	6
13	Halt, Sit, Down	4
14	About U Turn	8
	Finish	2

Week Five

Set up the Novice Five course.

1. Walk through the course. Ensure that students understand all the signs. (15 minutes).
2. Students work course. If they are confident enough and doing well enough, score and time their runs to give them a taste of the event environment. (30 minutes).
3. If students are ready, introduce some Advanced signs – Pivots, Offset Figure 8, Advanced Call Fronts, Halt Sidestep Right Halt, and Halt Turn Right One Step Call Halt. If students are not ready for this, work on problem areas instead. (15 minutes).



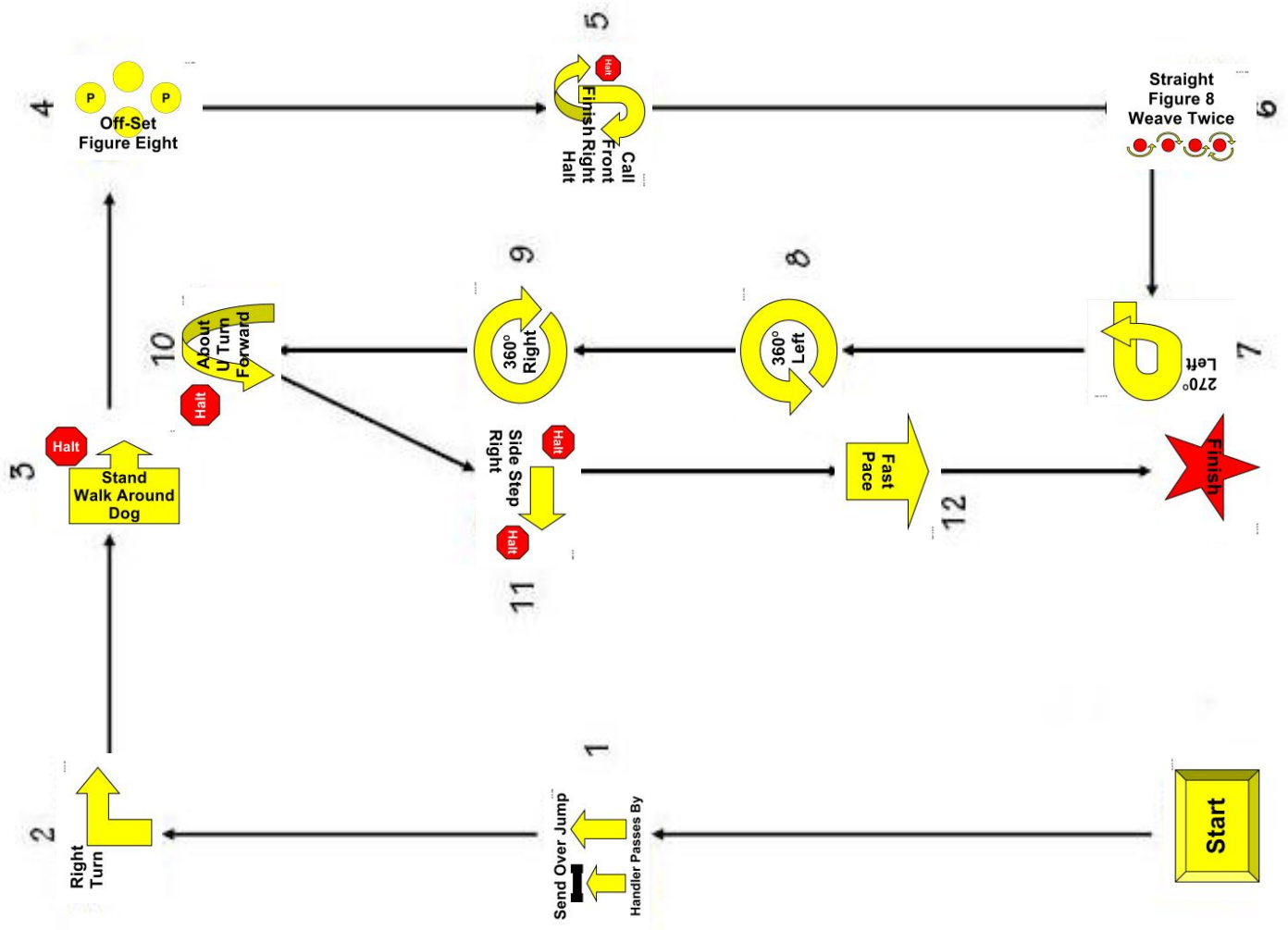
NOVICE FIVE

STATION	SIGN	SIGN NO.
	Start	1
1	360° Right	11
2	360° Left	12
3	Right Turn	5
4	Halt, Down, Walk Around Dog	31
5	Spiral Right, Dog Outside	21
6	Call Front, Finish Right, Halt	15
7	Moving Side Step Right	20
8	Straight Figure Eight	23
9	Halt, 1, 2, 3 Steps Forward	25
10	Left About Turn	29
11	Moving Down	27
12	Fast Pace	18
	Finish	2

Week Six

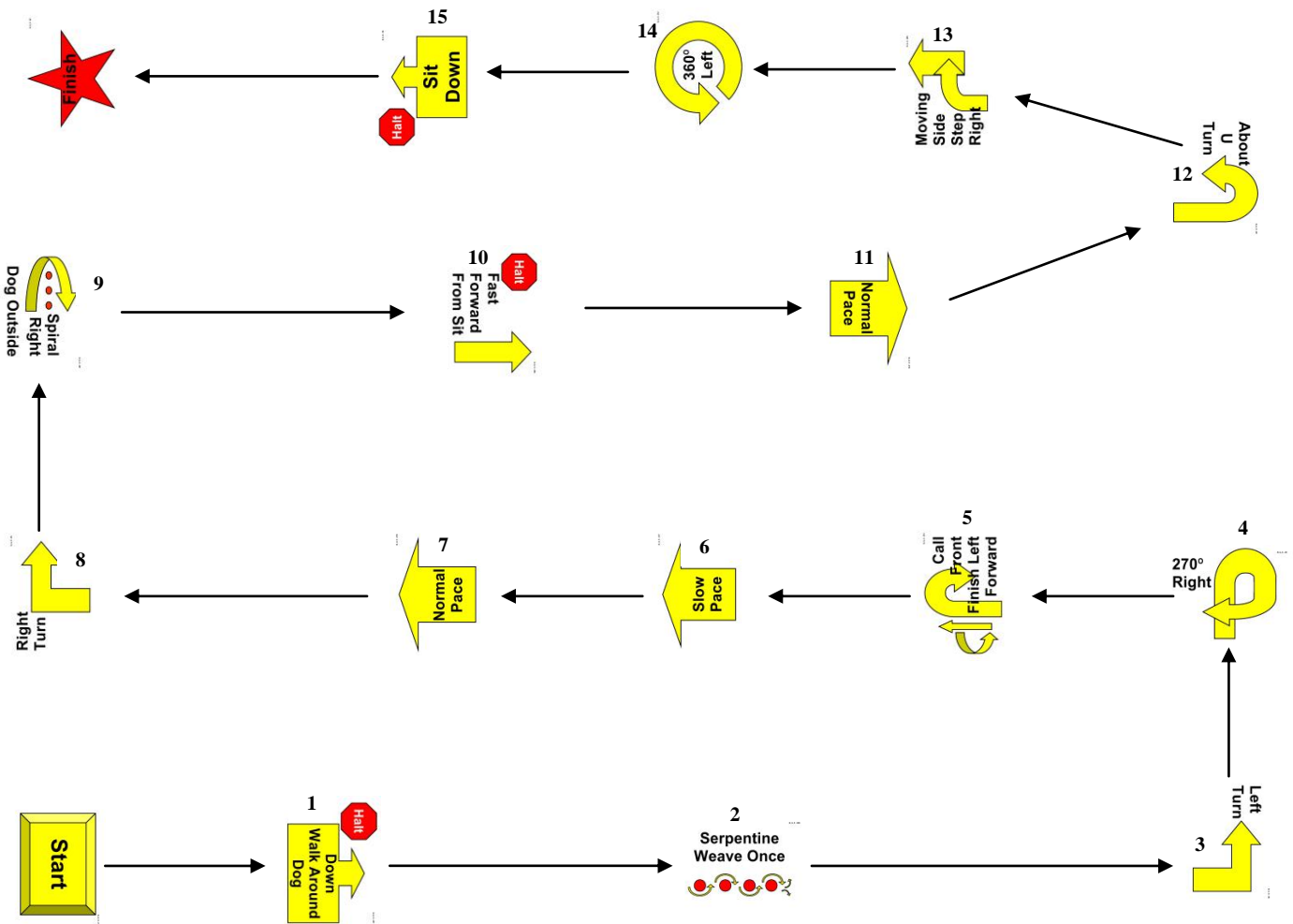
Set up the Advanced One course if students are ready, or the Novice Six course if they need more time on Novice signs.

1. Introduce the jump – keep it very low and easy for dogs that have no experience with jumps.
2. Walk through the course, ensuring students understand all the signs, how to negotiate the course and demonstrate where necessary. Students work the course – judge and time if appropriate.
3. Review working as a team, maintaining focus and keeping the overall performance smooth and flowing.



ADVANCED ONE

STATION	SIGN	SIGN NO.
	Start	1
1	Send Over Jump	34
2	Right Turn	5
3	Stand, Walk Around Dog	36
4	Offset Figure Eight	39
5	Call Front, Finish Right. Halt	15
6	Straight Figure Eight	23
7	270° Left	10
8	360° Left	12
9	360° Right	11
10	Halt, About U Turn, Forward	33
11	Side Step Right	40
12	Fast Pace	18
	Finish	2



NOVICE SIX

STATION	SIGN	SIGN NO.
	Start	1
1	Halt, Down, Walk Around Dog	31
2	Serpentine Weave Once	24
3	Left Turn	6
4	270° Right	9
5	Call Front, Finish Left, Forward	14
6	Slow Pace	17
7	Normal Pace	19
8	Right Turn	5
9	Spiral Right	21
10	Fast Forward from Sit	28
11	Normal Pace	19
12	About U Turn	8
13	Moving Side Step Right	20
14	360° Left	12
15	Halt, Sit, Down	4
	Finish	2