

THE “Does your dog know sit” CHALLENGE

PRIZE: TWO free half-hour sessions on the Canine Confidence Course to be used within 12 months of winning. No cash value substitutions.

Winner will be the dog that has the most exercises completed/submitted correctly (following all the rules below) as determined by Chris Puls. Ties broken by quality of the behaviors.

DEADLINE for submissions is 11:59 pm on June 30th, 2025

Submissions for the challenge will be by video only. It is preferred that all clips be edited into 2-3 videos for submission with the exercises marked or accompanied by a time stamp list, but alternatively, you can submit a link to a Youtube playlist of multiple clips. I have a limited number of GB per month of internet data and a slow connection, so I greatly appreciate having the clips trimmed to just the relevant parts! Winner announced once I get through all the submissions. :-)

No in-person testing, but I’m happy to operate your video camera/phone or use my tripod if you want to use the Confidence Course for part of your submissions.

One entry per dog (don’t combine 2 dogs in the same entry/video/clip). Send the complete collection of clips all at one time (either edited into one video or as a youtube playlist).

Once you submit your entry, you can’t add more videos/clips for that dog!

If you have questions on how an exercise should be performed, watch this example video:

<https://youtu.be/tIRgkoO13l0> or contact Chris Puls. **If it’s not correct, it doesn’t count!**

“Landscape”/horizontal orientation is preferred over “Portrait”/vertical orientation

Contest open to **GCOC members only** (need to be an active member at the time of the video submission)

What to video: You will need to show the dog waiting a few seconds in a stand or down (or sometimes moving) until the cue is given for a sit. The dog should demonstrate fluency (as described below) with the sit cue given and hold the sit position for at least 3 seconds. Be sure all of the dog and all of the handler are in frame for each exercise.

Only 1 position change showing fluency will be needed for each exercise. Sit from a stand, OR sit from a down.

When giving a cue, use EITHER verbal OR body/signal cues (not both at the same time)

BE SURE I CAN SEE OR HEAR THE CUE ON THE VIDEO OR IT DOESN’T COUNT!

Fluency means:

- No hesitation after the cue is given. Dog responds immediately (multiple cues not needed)
- No confusion. The dog doesn't do a different behavior than what is asked for.
- Precise- The dog does the behavior the same way each time (as much as possible)
- Generalized- dog can do the behavior anywhere
- Speed- for any behavior involving movement, the dog performs at the desired speed
- Ignores distractions
- Has duration- Dog can maintain the position or do several repetitions
- Distance- Dog can perform correctly even when away from the handler
- Handler in any position- What the handler is doing is irrelevant to the dog's response to a cue

| One cue only (verbal OR signal)- can be done inside or outside, on or off leash unless specified | | |
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| Dog responds to the sit cue: | | |
| 1 | | Leash on, dog facing you AND ALSO Leash on with dog maintaining heel position (stationary) |
| 2 | | Leash off, dog facing you AND ALSO leash off with dog maintaining heel position (stationary) |
| 3 | | Dog maintains right side heel position (stationary) |
| 4 | | Dog starts and remains between your feet/legs |
| 5 | | Sit from a stand AND ALSO Sit from a down |
| 6 | | When cue is given while dog is already sitting, the dog doesn't change position. |
| 7 | | Verbal cue only, handler doesn't move (mimic a statue) |
| 8 | | Only a hand signal - that lasts 2 seconds or less (not a lure, not used with a verbal) |
| 9 | | Handler not looking at the dog in front position (look over your left or right shoulder) |
| 10 | | While handler maintains hand contact with the dog's head |
| 11 | | While handler maintains hand contact over the dog's shoulders |
| 12 | | While in at least 3 different outside locations (that are driving distance apart) |
| 13 | | While walking, cue sit, then handler stops – ideally the dog stops before the handler does |
| 14 | | While handler maintains a walking pace, cue sit. Dog should stop/sit while handler keeps going |
| 15 | | During a recall- dog starts at least 10' away and be in cued position at least 5' from the handler |
| 16 | | During a treat scatter or while actively playing tug (can let go of the toy to sit but doesn't have to) |
| 17 | | When the handler is using playground equip- swing or slide |
| 18 | | Waiting in line for lure coursing/agility/herding/dock diving or any other activity the dog loves |
| Handler in several different positions: | | |
| 19 | | Sitting |
| 20 | | Back turned to the dog (handler sitting or standing) |
| 21 | | Lying on the floor (can use a cushion) |
| 22 | | Handler high stepping in place while waving arms |
| 23 | | Around the dog- Stationary- Handler stands beside of the dog facing the dog's body to give the cue and behind the dog (dog/handler both facing same direction) Can use a target or platform to keep the dog from turning around |
| 24 | | Moving- Give cue while remaining in motion- handler keeps walking in circles around the dog |
| 25 | | Out of sight (use helper or mirror/reflection/camera for handler to see the dog) |
| 26 | | Use a food lure straight down in front of the dog, but give the verbal cue for sit simultaneously |
| 27 | | Dog in stand stay as far from handler as you can manage, then cue sit |

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| With props or a helper: | | |
| 28 | | The dog knows another person is holding its leash and handler is at least 5' away from them |
| 29 | | On a raised surface/platform (at least 1.5" high) just big enough to fit the dog |
| 30 | | While on the top of a sturdy table at least 18" high (can use a non-skid mat/can help the dog on) |
| 31 | | On top of a crate sized for the dog (can use a non-skid mat) (Dogs over 60 lbs. can use a similarly sized sturdy raised surface) |
| 32 | | On an exercise ball or fitness peanut, or fitness egg |
| 33 | | On a wobble board, teeter, or other solid surface that moves |
| 34 | | As handler and dog are walking down a flight of stairs (handler can stop or keep going) |
| 35 | | In a tight space (inside a deep box, between 2 crates placed a dog width apart, between handler and another person, between handler and a wall, etc.) |
| Sit on unusual surfaces: | | |
| 36 | | Dog sits onto the handler's hand (dog can be on a raised surface or handler can be on the floor) |
| 37 | | In a tub meant for humans |
| 38 | | On a partially filled feed bag or dog food bag that crinkles when stepped on (not a full bag) |
| 39 | | In water/puddle |
| 40 | | On a tire laying on the ground (on the side of the tire) (Tire shops have old tires you can use) |
| 41 | | On a log/fallen tree that is about the same width as the dog or narrower |
| Dog maintains the sit while: (you can use one stay/wait cue and/or 'leave it' cue once per exercise) | | |
| 42 | | Dog in a stand stay or held back, food bowl is put down in front of dog, then handler cues sit |
| 43 | | An exterior door of your house is opened and the handler steps out- dog sits next to the door |
| 44 | | Waiting in a vehicle while the door is fully opened, crate door opened & until release cue is given |
| 45 | | The handler says non-cue words as though they are exciting cues (Blender! Tree! Book!) |
| 46 | | Handler puts steady pressure on the leash (pull on the dog a little bit) |
| 47 | | A collar or harness is removed and replaced and while a leash is attached |
| 48 | | Another person pets the dog and tells them how beautiful/handsome they are |
| 49 | | Riding on a cart being pulled or in a wheelbarrow being pushed |
| 50 | | Dog remains in heel position next to the handler while the dog's favorite reinforcer (food or toy) is tossed away – should land about 5' in front of the dog/handler |
| 51 | | Dog facing handler- toss favorite reinforcer past or over the dog (can say a 'leave it' cue once) |
| 52 | | Favorite reinforcer (food or toy) is dropped near the dog (can say a leave-it cue once) |
| 53 | | Favorite reinforcer is dropped on the dog's back or head (can say a leave-it cue once) |
| 54 | | Another person walks up to the dog, steps over the dog's butt, and continues walking |
| 55 | | Another dog trains something exciting with their person in proximity of your dog |
| 56 | | Near unknown kids that are playing (playground/ball game) |
| 57 | | Near a dog park where dogs are playing or while dogs not living with you play near your dog |
| 58 | | Dog maintains heel position- handler opens an umbrella and puts it in position over their head |