

## **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**

**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

**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