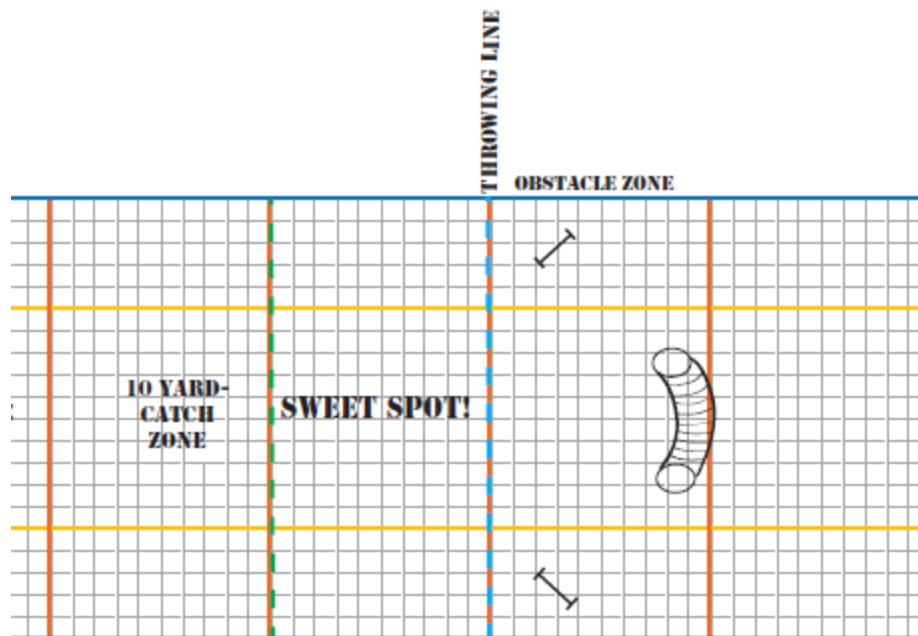


Frizgility Rules: Levels 1



Object of the game:

- The object of the game is for the dog to successfully maneuver through 3 obstacles and then make a catch in the catch zone, return, go back through the same set of obstacles and make a catch in the catch zone. The field above is 1 field set out of 3 options.
- As time permits, the team will continue to move back and forth through the obstacles and catch zones until the 60 second time expires racking up points as they go.

Frizgility Rules:

- Dogs over 12 months may play this game. Lower jump heights are available in each height division so that young dogs (12-18 months) and Veteran dogs may play. Please use wise judgment before asking your dog to perform jump heights or obstacles they may not be ready for.
 - Note: Host clubs may allow dogs under the age limits listed above to play for exhibition only (FEO). Those scores should not be sent to UpDog with the final results. Allowance of FEO entries and determination of FEO entry fees are at the discretion of the Host Club.
- Dog must start behind the ten yard field line closest to the first obstacle. Handler may lead out if they choose, however, false starts will result in a re-set of the time if the time has begun. If the team false starts more than three times regardless of whether time has begun, the team forfeits their round and scores zero points.
- Discs thrown by the handler prior to the “g” in Go (Ready, Set, Go) are not “in play” and will not be scored.
- Catch zones are 3-10 yards, and 10 + yards from the throwing line.

- A maximum of 3 attempts can be made to complete a catch with a minimum attempt of at least 1 catch before moving back through the obstacles. A throw attempt that is ruled a “foot fault” (human’s foot crossed the throwing line prior to releasing the disc) still counts as one of three attempts.
- No penalties for missed catches are assessed however time keeps running.
- The atmosphere above the field is not part of the field. Objects (humans, discs, or humans) occupying the atmosphere above the field will be marked and scored in the zone in which they land.
- If the dog lands while straddling two catch zones, (“straddling two zones” is defined as some paws landing in one zone and some paws landing in another zone.) the judge will mark the catch as being made in the zone where the disc was at time of catch.
- Objects (discs and dogs) under control of the human handler will be considered in the zone that the handler occupies.
- There is no out of bounds in level 1. If the dog catches the disc straddling two zones (“straddling two zones” is defined as some paws landing in one zone and some paws landing in another zone.), the zone where the leading edge of the disc lands will be the scored zone.
 - There is an invisible honor line three yards from the throwing line. Players are on the honor system to not “abuse” the first zone by tossing the disc a few feet into their dog’s mouth just past the throwing line to accumulate points. If the judge determines that the team is not attempting to pass the “honor line” the throw will not count as an attempt and the handler will need to throw the disc another time before being allowed to navigate the obstacles again.
- Obstacles must be completed in the direction of the team movement towards the catch zone. If a jump or tunnel is completed in the wrong direction no points are awarded, no penalties are assessed, but time continues to elapse.
- If a jump bar is knocked over, that obstacle is no longer “in play”. The jump with the knocked bar can be run past or ignored, but no points will be awarded.
- **If a hoop is knocked over that obstacle is no longer “in play”. The hoop can be run past or ignored, but no points will be awarded.**
- No penalties are assessed for missed obstacles or refusals (knocked bars or dog runs around an obstacle), however the dog must successfully navigate a minimum of one obstacle before being allowed an attempt at the catch zone.
- With the safety of the dog in mind, dogs may not complete obstacles with a disc in their mouth. Any obstacles the dog might complete with a disc in its mouth will not be considered “complete” and no points will be awarded. The dog will need to drop the disc and complete an obstacle without the disc in its mouth to move forward in the game. If this occurs once, the team will receive a warning from the judge. At this point, the handler should make every effort to ensure their dog drops the disc before attempting further obstacles. If the dog continues to attempt obstacles with a disc in its mouth the judge may stop the round if he/she feels the situation is unsafe. If the judge stops the round, the team will receive a score of zero.
- Only one disc may be used to “play the game” of Frizgility.
- Toys may be used in level 1 to assist in the handling of the dog. A second disc may be used as a “toy”, but may never be thrown as the disc in play. If a second disc is used as a toy it must be a different color than the disc that is in play. If the second disc used as a toy is thrown purposefully or accidentally by the handler, their round of Frizgility is over and the score they have at that point in the round becomes their final score.
- No treats are allowed on the field.
- Time continues running during any nature breaks.

Handler Proximity to Obstacles:

- The handler may run with the dog and as close to the dog as they need to so long as the handler does not touch any of the obstacles. The handler may not step on or cross the throwing line when making the throw.

Scoring:

5 points are awarded for every obstacle successfully completed, 3 points are awarded for every throw or roller caught between the 3 and 10 yard line, 10 points are awarded for every throw or roller caught beyond the 10 yard catch line.

10 points are awarded if the handler, dog, and disc are in the “Sweet Spot” when time expires.

Missed catches should be marked on the scoresheet as these are used for tie-breaking purposes.

Missed obstacles should be marked on the scoresheet as these are used for determining achievements such as Speedy Feet and High Five. As the intention of the game is for the team to complete 3 obstacles any of the 3 obstacles not completed shall be marked as a miss on the score sheet regardless of the team’s intended strategy.

Tie Breaking: In the event of a tie, placements will be determined in the following manner: The team with the fewest missed catches breaks the tie, then the team with the most 10 point catches. If both of these are the same, the two teams will be timed as they run through the “course” one time each (1 direction). Time is stopped after the dog makes the catch in the catch zone. The team with the most points wins. If both teams achieve the same amount of points, the team with the fastest time wins. A disc flip will determine which team runs through the course first.

Frizgility Ups and Achievements

Level 1 Achievements:

Nifty Fifty: 50-99

Century Achievement: 100 – 124

Frizgility Freak: 125 - 149

Friz Whiz: 150 – 174

Frizgility Phenom: 175+

Speedy Feet : 4 flawless runs through the course in one round. (all 3 obstacles successfully completed and all catches made on first attempt. Catches must be beyond the ten yard mark.)

High Five: 5 flawless runs through the course in one round. (all 3 obstacles successfully completed and all catches made on first attempt. Catches must be beyond the ten yard mark.)

Level 1 Ups:

Bronze Up: 200 Cumulative Lifetime Points

Silver Up: 400 Cumulative Lifetime Points

Gold UP: 600 Cumulative Lifetime Points

Platinum Up: 1000 Cumulative Lifetime Points

Unobtanium Up: 2000 Cumulative Lifetime Points

Nifty Fifty Up: Five Nifty Fifty Achievements

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Last update – December 2021

Centurion Up: Three Centurion Achievements
Frizgility Freak UP: Two Frizgility Freak Achievements
Speedy Feet UP: Three Speedy Feet Achievements
High Five UP: Three High Five Achievements

Leveling Up to Level 2: Teams earning a Gold Up have the option of playing Frizgility at level 1 or level 2.

Equipment required and course setup:

Combinations of the following:

- Agility competition quality jumps (no metal jump cups allowed) with available heights of 4", 8", 12", 16", 20" and 24".
- Tunnels with length of 15' to 20', with a preference for 15' tunnels. (Regulation tunnels used for dog agility 24" width +/- 2" with a 4" pitch preferred)
- If using the tunnel, the tunnel must be secured in a way that it does not move in any significant way when the dog runs through the tunnel. Additionally the tunnel should not be secured in a way such that the tunnel is compressed smaller than its original diameter. Agility competition quality tunnel bags or holders should be used to secure the tunnel (no bungees, gallon jugs, etc.). The strongly preferred minimum set up is 1 set of bags/holders on each end of the tunnel and 1 set of bags/holders offset on each side of the middle of the tunnel (4 securement points total). Please contact UpDog with any questions prior to your first event if any questions remain about proper tunnel set up.
- Hoops (eff 1/1/25) – Height of hoop = 36" (+/- 1"), width of hoop base = 34"-36", feet must be 12" (+/- 2") and the uprights 16" (+/- 1"). Hoops may be ordered through any company that supplies agility equipment or made by an individual.
- Obstacles should be placed on a curved arc and aligned so that the path between each obstacle is in line with the next. Obstacles should be 18-20 feet apart, measured in a curved path as the dog would run.

*UpDog may introduce additional obstacles into the game of Frizgility at a later date

Jump Heights:

There are four height divisions for the agility-based games in UpDog. It is at the host club's discretion as to whether to award by height division. Host clubs may combine height divisions for awards if so desired. Example: Maxi and Mega placed together and Mini and Midi placed together, etc.

Mini - Under 15" Can opt to jump 4", 8", 12" or 16"

Midi - 15" - 18" Can opt to jump 8", 12", 16" or 20"

Maxi – Over 18" to under 23" Can opt to jump 12", 16", 20" or 24"

Mega - 23" and over Can opt to jump 12", 16", 20" or 24"

Conversion for metric based countries:

Mini Division: Under 381mm – Can opt to jump 101.6mm, 203.2mm, 304.8mm or 406.4mm

Midi Division: 381mm-457.2mm – Can opt to jump 203.2mm, 304.8mm, 406.4mm or 508mm

Maxi Division: Over 457.2mm-Under 584.2mm – Can opt to jump 304.8mm, 406.4mm, 508mm or 609.6mm

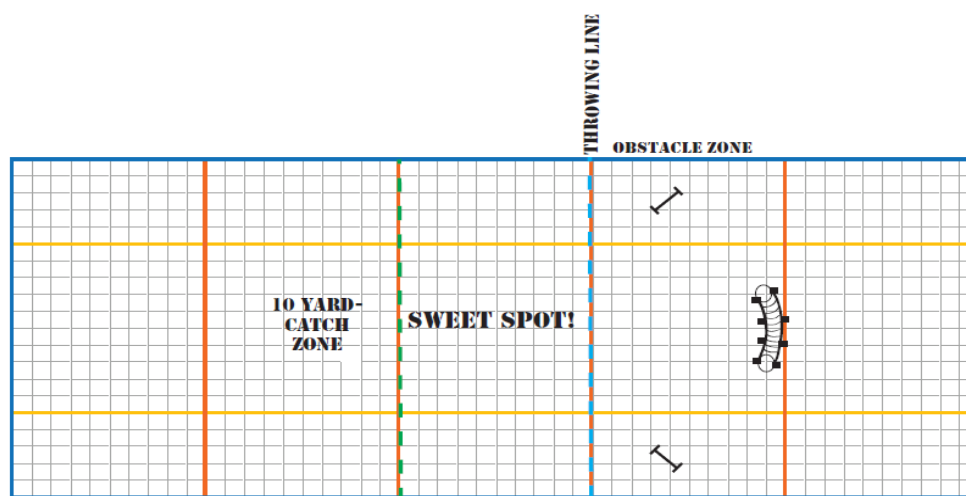
Mega Division: 584.2mm and Over – Can opt to jump 304.8mm, 406.4mm, 508mm or 609.6mm

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Last update – December 2021

Height cards from officially sanctioned agility venues are accepted. Accepted venues for height cards: AKC, USDAA, AAC. If a height card from ASCA, CPE or NADAC can be used to determine eligibility it will be allowed. Because these venues do not print the dog's exact height on the card these will be accepted on a case-by-case basis. If the dog has no pre-existing height card from an accepted agility venue official measuring will occur at UPDIF via PVC wickets set at 13", 17.1" and 23". The dog's withers must fit under the wicket (when standing on a level hard surface) without touching. Clubs may wicket dogs to determine height division but the measurement taken at UPDIF (or via an accepted agility height card) will be considered the dog's official UpDog height.

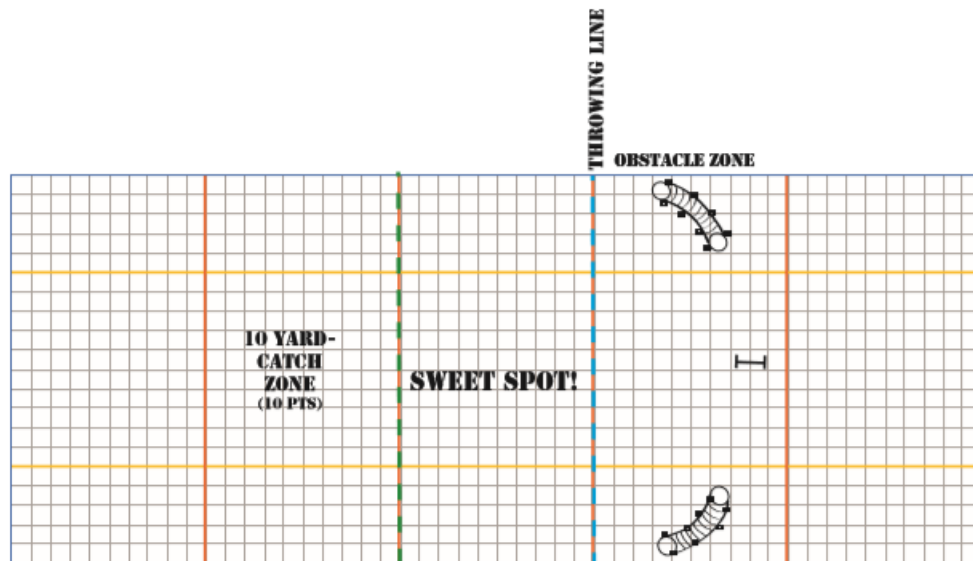
Frizgility Level 1 Course Options – downloadable full size versions are found on the UpDog website and Google Drive. Clubs should vary their course set up from event to event. **Effective January 1st, 2025 hoops may be substituted in place of the tunnel for any course set up that includes tunnels. Hoops should be placed where the midpoint of the tunnel would have been if in use. It is strongly recommended that for 2025, hosts let competitors know if hoops will be in use during the registration process for the event. Hosts will not specify which specific course, only that a hoop or hoops will be in use.**



Obstacles should be placed approx. 18ft apart and the tunnel entrances should line up with the jumps.

It is recommended that the tunnel be secured in at least four places. Both entrances and one on each side of the middle curve.

Frizgility Level 1 Course Option 1-14

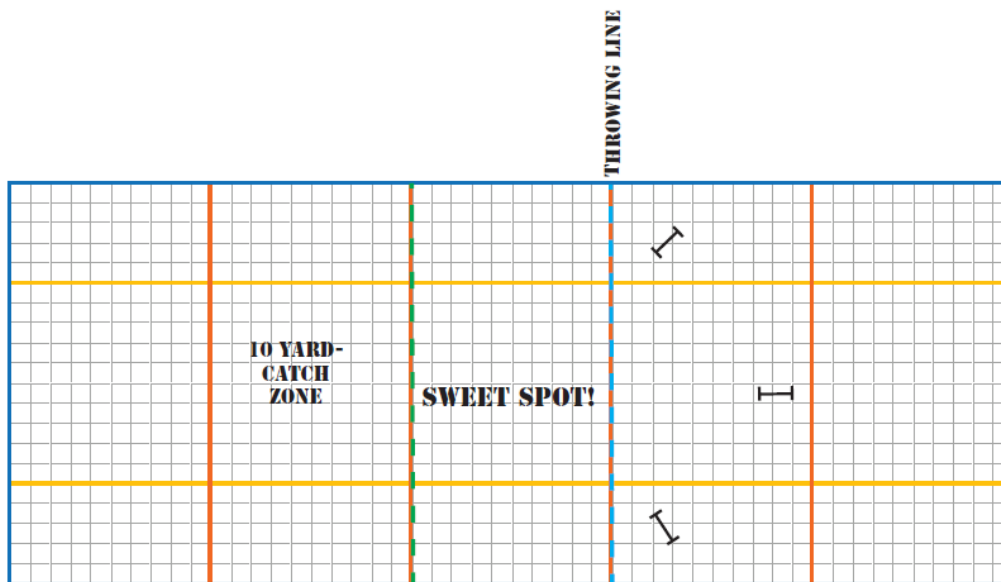


Jump 2 should be 3 feet off of the 10 yard line

Allow 18 feet between tunnels and jump. Tunnel exits should roughly be in line with the jump.

It is recommended that the tunnel be secured in at least four places. Both entrances and one on each side of the middle curve.

Frizgility Level 1 Course Option 2-14



Jump 2 should be 3 feet from the 10 yard line

Allow approx 20ft between jumps.

Frizgility Level 1 Course Option 3-14