

International Dog Parkour Association Rulebook



Updated: 6 January 2026

General Parkour Rules:

These are guidelines that **should be followed whenever training any Dog Parkour** regardless of if you are working on titles. Not following any of these rules in a title submission will automatically result in a non-passing score. We reserve the right to give a dog a non-passing score if a dog seems overly fearful or stressed, or if we feel that there is a safety risk at any time.

Dog parkour is intended to be an accessible sport for both dogs and humans. Dogs of all ages and breeds (or mixes!) are welcome. Dogs with disabilities of any kind are able to participate as long as they can do so safely.

Dog Equipment

Leashes:

- If off leash:
 - Must be in a safe area.
 - Dog must be focused and under control.
 - Proper spotting must still occur at all times.
- If on leash:
 - The leash must be attached to the back clip of an appropriately fitted harness
 - The leash should be 4-6 ft (1-2 meters) in length.
 - Leash must be managed to prevent the risk of getting caught or causing a tripping hazard.
 - Long lines may be used for sends occurring in busy areas, but must be appropriately and carefully managed to avoid dangers to people and dogs.

Harnesses:

- Must be wearing a harness with leash (if using) clipped to back to facilitate spotting
- Harness must be well fitted and allow dog free movement.
- Harness straps must be wide enough to provide comfortable support.
- The harness may be removed for obstacles that are done at ground level (under, through, etc) when off leash.

Other Equipment:

- No prong collars, choke/slip collars, shock collars, slip leads or head halters.
- Properly fit limited slip and martingale style collars are acceptable.
- Basket-style muzzles are permitted as long as the dog is comfortable and fit is appropriate.
- Coats and boots are permitted as long as they still allow the dog to safely perform the movements and do not interfere with safe spotting.

Obstacle Performances

Shoulder Height Rule

- This is ALWAYS in effect.
- No dog should jump down, unassisted, to hard surfaces (concrete, rock, asphalt, etc) from anything higher than their shoulder height.
- If jumping down to soft surfaces (dirt, rubber, etc) this may be increased to twice shoulder height or no more than 42" (1.1 meters).
- Dogs may be spotted with a harness on landing or carried down from taller obstacles if this can be done so safely and comfortably.
- If they can't be carried or spotted on landing, an alternate route down must be found.
- Dogs under the age of 18 months (Training level only) should not jump down from anything higher than their stopper pad unassisted.

Spotting

- Dogs should be supported with a harness and leash when landing on dismount from taller obstacles.
- Handler should be able to support or lower dog to safety if needed when working at heights over the Shoulder Height Rule.
- If you would like more assistance with spotting, check out our [Spotting Webinar](#).

Confidence and Independence

- Dogs must perform all obstacles independently and with confidence.
- Handlers may touch their dog at any time in order to ensure safety, but they may not lift or pick up a dog to put them on an obstacle. The only time picking up a dog is allowed is to safely remove a dog from an obstacle.

Obstacles

Appropriate Locations

- Playgrounds may be used if playground rules permit and no children are present. Exception: children in the dog's family are permitted, but must be noted on submission!
- Artwork, memorials, cemeteries, etc are to be off-limits unless express permission has been granted to the team or it is an obstacle that is accessible and permitted to be used for parkour like activities for the public. In which case, it should be treated like a playground.
- If dog agility equipment is used, the use must be minimal and it must be used in a novel or non-traditional manner

Safety and Respect

- Respect for the public, the environment and the obstacles must be demonstrated at all times.
 - Inspect all obstacles for safety and only ask dogs to interact with safe obstacles. Extra care must be taken for slippery surfaces of those with hazardous areas.
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Title Specific Rules:

These are guidelines that should be followed when performing behaviors that are to be used for titling purposes. It is assumed that these behaviors are fully trained and the performances should reflect that.

Title Performance:

- Treats may be used in any level, but cannot be used as a lure.
- Corrections may not be used at any time.
- Multiple cues may be given, but if a handler has to give more than 2 cues, more training is needed and a non passing score will be given.
- All behaviors must be intentionally cued.
- All dogs must be 18 months of age or older unless participating in Training Level or a speciality title that only requires a Training Level title.
- Each time a specific behavior is performed with the same handler, it MUST be with a different obstacle. This applies to ALL titles.
- The exact same obstacle may not be used twice for the same behavior (for example, 2 ft on a specific bench may not be used as part of creativity and then again as 2 ft on).

Video Requirements:

Content Guidelines

- Dogs must be seen getting safely and confidently onto and off of all obstacles (this is from ground level to ground level)
- Judges must be able to see what type of equipment a dog is wearing in all videos. This means that items such as bandanas or collar covers are not allowed.
- Handlers do not need to be visible but judges need to be able to clearly determine that guidelines were followed (no luring, spotting, etc).
- The video framing should allow judges to easily determine the obstacle meets the size requirements. A still picture from a different angle can be included before or after if needed to demonstrate size.

Editing

- Videos should only include one unedited repetition of the behavior and should be 30 seconds or less in length unless otherwise noted.
- You may trim the beginning and end of the video, but must still include the full performance including getting onto and off of the obstacle.
- Videos must have their original audio.

Miscellaneous

- Videotaping may occur on separate days at separate locations.
- The same video may not be used twice for different parts of a submission or used for other titles.

Obstacle Modification and Exceptions:

- Senior dogs (defined as dogs in the last 1/3 of expected lifespan for breed or size of dog) and dogs with a medical disability (veterinary note may be required) may request exemption from one title requirement and modification of one requirement. International Dog Parkour Association must approve all accommodations before titles are submitted.