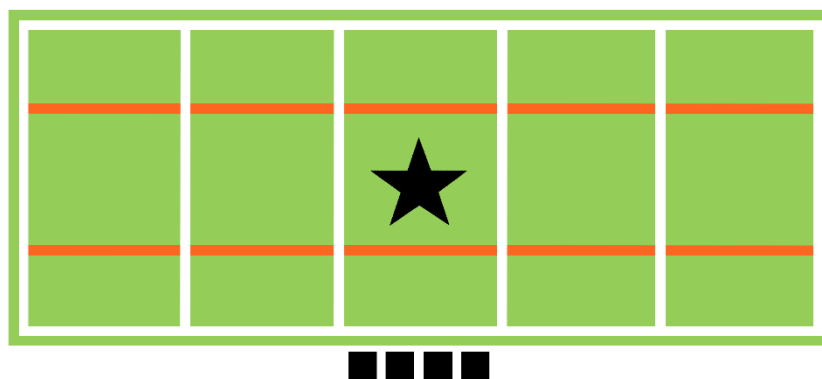
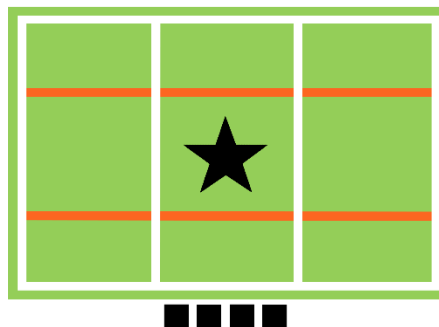


Freestyle Rules (Level 1)

The Scene:



Freestyle is designed and played best on the full UD field. It may, however, also be played on the smaller 3x3 (30yd by 20yd) field.

The Skinny:

- 105 seconds, 8 discs, your choice of music, show us your team’s coolest moves! UpDog believes that the “game” of freestyle is the ultimate conglomeration of a human handler and their canine pal’s skills. All of the other UpDog Challenge games (4 Way Play, Frizgility, Spaced Out, etc.) help to build a foundation of skills and creativity that can translate to the game of freestyle.

The Specs:

- The “complete” freestyle game involves two freestyle rounds: The Criterion round and the Performance round.
- The Criterion round is judged by four judges, each looking at an independent set of criteria in four categories: human performance, dog performance, teamwork, and success. The specific criteria that each judge will look for in these categories can be found in the rules below and in the judges’ worksheets.

- The Performance round of freestyle introduces an additional category: performance. The performance round is judged by three judges, each of them looking at all four categories: dog, human, team, and performance.
- At least one judge must be an UpDog certified freestyle judge. This judge will serve as the “head judge”.

Levels:

- There are two levels of UpDog freestyle: Level 1 and Level 2. Level 1 is the beginners’ level. Level 2 is the advanced level. Unlike most other UpDog games, a team may choose which level of freestyle they would like to enter. (Teams do not have to earn their way to Level 2 through achievements and UPs.) The general rules for each level are the same, although, at Level 2, the judge is evaluating twice the amount of sub-categories for dog, human, and team.
- UpDog encourages players to play Level 2 as soon as they feel comfortable. Playing Level 2 will provide players with enhanced feedback on their round (in 18 different sub-categories vs 9) which will help them improve their game more quickly and completely.
- Playing at L2 does not necessarily mean that a newer, less experienced team would have to play against the top level teams at the competition. Clubs may offer many divisions to accommodate for varying levels of competency, ensuring all competitors have a chance at placements.
 - Below are some examples of divisions that clubs may choose to offer at their events.

Dog Divisions:

- There are four divisions for dogs in UpDog freestyle based upon height: Mini, Midi, Maxi and Mega. These are the same divisions accounted for in UpDog agility crossover games. The divisions are defined as follows:
 - Mini Division: Under 15”
 - Midi Division: 15”-18”
 - Maxi Division: Over 18” and under 23”
 - Mega Division: 23” and over
- Depending upon the numbers of entries in each division, a club may decide to include all dogs within one division and provide placements (1st, 2nd, and 3rd) for only 3 teams. If a club decides to offer more than one dog division at their event, but less than four, they will need to accommodate for competitors with dogs at the missing level by allowing them to enter the level that most closely matches the height of their dog. For example: If a club offers the mini and the maxi divisions, but not the midi division, the club should allow a 16” dog to enter the maxi division.

Human Divisions:

- Clubs may decide to offer whatever human divisions they choose. Some examples are:
 - Junior: Must be 15 years of age or younger
 - Open: Open to all ages.
 - Senior: Must be 50 years of age or older

Competency Divisions:

- Clubs may decide to offer divisions based upon freestyle competency such as expert, intermediate, and novice divisions.

Freestyle Options:

- A club may offer any combination of freestyle levels and divisions they choose. The number of possible entries will most likely play a large role in deciding which levels and divisions a club will offer.
- Divisions allow for clubs to offer more placements/awards at 1st, 2nd, and 3rd
- All divisions may be offered at Level 1 or 2. Players are encouraged to enter Level 2 ASAP, and clubs are encouraged to offer L2 over L1 unless they have brand new Freestyle players.
- All achievements are open to teams regardless of the division they enter. (Achievements are specific to levels.)
- Clubs may choose to play one or two rounds of Freestyle during their event. If a club chooses to only play one round of Freestyle, they should let players and judges know ahead of time whether they will be offering the Criterion or Performance round.
 - If a club offers both rounds (Criterion/Performance) at an event and awards overall placements, the same set of judges should be utilized for both rounds.
 - Clubs should offer each type of round (Criterion/Performance) equally. If either is offered more, it should be the Criterion round since this round provides detailed feedback to the competitors for the purposes of improvement.

Discs Allowed: (Criterion and Performance Rounds)

- Competitors are allowed up to eight discs.
- Discs must be dog safe discs. For a list of dog safe discs approved by UpDog, consult the general rules document.
- Any size dog may use any size disc (as long as the safety of the dog is maintained).
- Competitors may mix discs of different sizes and types.
- Competitors may select different discs for different rounds.

Level 1: The Criterion Round Rules:

- A head judge should be appointed by the host club. The head judge must be a certified UpDog Freestyle judge.
- The head judge pairs three additional judges with one of the four criterion categories (dog, human, team, and success). The least experienced judge should be paired with the success category. UpDog suggests that the human judge has at least two years of recent experience playing freestyle.
- The dog, human, and team categories have been broken down into 3 subcategories. You may view these subcategories on each of the individual judge worksheets. A judge may award up to 10 points in each subcategory and may award quarter point increments. The highest combined score possible for the dog, human, or team category is 30 points.
 - You may see a breakdown of the skills in each category by looking at the judges' worksheets. Links for the worksheets can be found further on in this document under, "Judges' Notes"
 - Freestyle judges are encouraged to take the official online Freestyle Judge Training offered throughout the year by UpDog.

- If only three judges are available, a club may choose to utilize the three judge format. In this format, the team category is split between the human and dog judge. The teams will be judged on the same criteria as in the four judge format and will have the opportunity to earn the same amount of points. In the three judge format, the human and dog judge will each be evaluating three additional sub categories. In a three judge format, it is required that both the human and dog judge be certified UpDog freestyle judges.
- The success category is worth ten points. The success judge records the number of throws (air and rollers) during a round and the number of catches. At the end of the round the judge should divide the number of catches by the number of throws. This will yield a decimal that the judge will multiply by 10 (move the decimal 1 place to the right) and round to the nearest quarter point.

For example:

If the handler threw 24 throws and the dog caught 20 of them, the judge would do the following calculation $20 \div 24 = 0.83333\dots$. If you multiply the decimal by 10 (move the decimal 1 space to the right) the result is $8.33333\dots$. The judge will round the value $8.333\dots$ to the nearest quarter point which is 8.25. The team would receive an 8.25 as their success score.

- The total number of points that can be awarded during the criterion round is 100.
 - Human performance category = 30 points
 - Dog performance category = 30 points
 - Teamwork = 30 points
 - Success = 10 points
- Scores from each individual judge's worksheets will be entered on to the head judge's score sheet. The judges' worksheets should be made available to the handlers at the end of the event for them to take with them. This allows the handlers to review the judges scores and notes as they plan their practice sessions.
- Teams should view the 100 points more as a percentile score rather than a typical percentage score that they might receive on a school test out of 100.
 - 90 – 100 points is **not** an "A" and a score below 60 points does **not** denote a "failing" score.
- A team receiving 50 total points (or 15 possible points out of 30 for one category) should be considered an "average" freestyle team for that level. A team scoring between 80 – 100 points is performing at an extremely high level, fulfilling almost all of the criteria at a very high difficulty level. It is possible, however, that at an event such as the UpDog Challenge International finals (where many of the top teams in the world are performing) that many teams could score between 80-100 points.
- No props or dog costumes (other than a bandana) are allowed during the Criterion round of freestyle.
- The time for the Criterion round begins when the player signals to the announcer that they are ready for their music to begin. (Music and time begin together.)
- A player may decide to utilize a portion of their 105 seconds to conduct a "pre-routine" with their dog. Judging for the criterion round, however, does not begin until the first disc is thrown to the dog.
 - Teams performing at least 60 seconds of judged material will receive a score.

Level 1: Performance Round

- The Performance round encourages teams to break out of a typical competitive routine and demonstrate their most creative, innovative, and entertaining disc dog moves. **With this said, the above should be done with the safety of the dog in mind.** During this round, handlers should feel free to engage and interact with the crowd for maximum entertainment value. The judges will be looking for outstanding tricks and moves, showmanship, and quality disc play with the safety of the human and Canine as a priority.
- Four judges are needed for this round. Three judges will award overall points in four categories: dog, human, team, and performance. The fourth judge (success) will record the catch percentage.
 - At least one judge must be a certified UpDog Freestyle judge.
- If running both rounds (Criterion/Performance) the same judge (must be certified) will be head judge for both rounds.
- Each of three judges will award the team an overall score between 0-5 in each of four categories: dog, human, team, and performance. The judges will use the five-point rubric at the top of their recording sheet to guide their scores (shown below).

Awarded Score	Description
0 -.5	NO evidence of the skills were observed
.75 – 1.75	Only brief flashes of evidence of the skills could be observed
2 – 2.75	The majority of these skills (4/6 skills) were observed but NOT throughout the majority of the routine.
3 – 3.75	The majority of these skills (4/6) were observed throughout the majority of the routine. Multiple, different examples of these skills were observed.
4-5	Mastery of all skills were observed throughout the entire routine and demonstrated at a high level of difficulty. There may have been <u>brief</u> moments where one or two skills lapsed, but then were quickly back to mastery level.

- The success judge will calculate the catch percentage using the same formula as mentioned in the Criterion scoring section.
 - The catch percentage will be recorded on the score sheet, but will not be calculated in the players’ score. The catch percentage is provided to the three main judges as additional data to consider when awarding points.
 - You can reference a sample of a completed score sheet in the “Judges Notes” section below.
- If a club is utilizing the three judge format (as noted in the criterion section above), the calculated average of the two judges (rounded to the nearest quarter point) will serve as the missing third judge’s score.
- The Performance round begins when the music begins and lasts 105 seconds. A team may decide to do some “pre-routine” flatwork or dog tricks. Judging begins when the music begins. If a disc is not thrown until 30 seconds into the round, that is fine, but judging begins when the music begins.
- “Costumes” are allowed during the Performance round of freestyle as long as they are safe for the competitor and dog. If at any time during the round the judges deem that the costumes are unsafe, the judges will stop the round and the team will receive no score for the Performance round.
- “Props” are allowed during the Performance round, but must be off the field prior to a disc being thrown. For example: The music is started, competitor enters the field on a unicycle with their dog following. Prior to the first disc being thrown, the unicycle must be off the field.

- A non-team member may assist in prop removal.



The Fine Print:

Tiebreaker:

- In the event that two or more teams in the top three are tied, the teams will participate in a 15 second “trick off”. Each team will have 15 seconds to showcase their best freestyle moves. The announcer will begin the round with “Ready, set, go”. The announcer will announce “10 seconds” and “5,4,3,2,1,time”. After each team has performed their 15 seconds worth of material, the judges will huddle up, converse with each other, and (based upon the 15 seconds of freestyle moves they just watched) decide who wins the tiebreaker.



The Goods:

There are two levels of freestyle: Level 1 and 2

- Players may move up at any time. They do not have to level up to move to Level 2

Criterion Round Achievements:

Players may earn achievements in each of the three main categories: Human, Dog, and Team

- Excellent Human: Score between 18 and 23.75 points in the human category
- Excellent Dog: Score between 18 and 23.75 points in the dog category
- Excellent Team: Score between 18 and 23.75 points in the team category
- Superior Human: Score between 24 and 27.25 points in the human category
- Superior Dog: Score between 24 and 27.25 points in the dog category
- Superior Team: Score between 24 and 27.25 points in the team category
- Elite Human: Score 27.5 points or higher in the human category
- Elite Dog: Score 27.5 points or higher in the dog category
- Elite Team: Score 27.5 points or higher in the team category

Players earning 3 of the same achievement will earn the Up for that achievement

Performance Round Achievements:

- Excellent Performance: Score between 70 and 79.75 points
- Superior Performance: Score between 80 and 89.75 points
- Elite Performance: Score between 90 and 100 points

Ups:

- Bronze: 500 cumulative freestyle points

- Silver: 1000 cumulative freestyle points
- Gold: 1500 cumulative freestyle points
- Titanium: 2000 cumulative freestyle points
- Unobtainium: 2500 cumulative freestyle points



Judges Notes:

Locations:

- Four judges are desired. In a pinch a club may use only three as long as two of them are certified.
- Judges should be positioned outside of the field centered around the SweetSpot.
- Refer to the field icon at the top of this rules document. (Judges' required locations are indicated with black squares.)

Calling the Game:

- The judges do not call the game in Freestyle, however, the head judge does indicate to the player when they are ready for them to begin their round. At that time, the player may give a thumbs up to the timer/sound person, letting them know they are ready.


Documenting the Scoresheet (Criterion)

- Use the [judges' cheatsheet](#) to guide the number of points awarded in each sub-category.
- Judges' worksheets are handed to the head judge after the round.
 - Head judge transfers scores from the worksheets to the head judge score sheet.
 - Judges' worksheets are made available to handlers at the end of the event.

Judges worksheets: [Dog](#), [Human](#), [Team](#)

UpDog Challenge Freestyle Showcase Judges Worksheet: Human (Level 1)		
Dog: <u>Jitterbug</u>		Handler: <u>Kat</u>
Skill	Description	Score (0-10)
Care of Dog	<ul style="list-style-type: none"> Handler's throws, tricks, and movement are completed in a manner that demonstrates a high level of care for the dog's safety. 	9
Throw Placement and Flight	<ul style="list-style-type: none"> Handler delivers throws that showcase their dog's strengths (leaping, quick turns, speed, etc.) Handler places discs in flight that allow the dog to "intercept" the flight of the disc, rather than a simple linear pursuit path Disc plate is approximately parallel to ground during flight. Disc should not be careening to one side or another in flight unless purposely thrown that way. A poorly thrown, difficult toss should not be rewarded over a well thrown backhand. Just because a catch was made by the canine, does not necessarily indicate that the disc was thrown well by the handler Throws are delivered so as to maximize the number of catches 	6.25
Tricks	<ul style="list-style-type: none"> Handler executes movement and throws allowing for a number of "tricks" Tricks may include: Vaults, overs, stalls, flips, dog catches, fishes, etc. More points will be awarded for handlers exhibiting a high level of trick diversity, success, and difficulty 	5.5
Highlights:	Improvement:	Total:
<u>Your one legged foot stall juggle was amazing!</u>	<u>Throwing your vault tosses earlier will provide Bug with a clear target to leap towards.</u>	20.75

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Documenting the [Scoresheet \(Performance\)](#)

- Use the five-point rubric at the top of the score sheet to guide the number of points awarded in each category.
- The Performance round sheets do not need to be given to the handlers at the end of the event.

Performance Round Recording Sheet	
Award each team up to 5 points (.25 point increments) in Dog, Human, Team, and Performance	
Awarded Score	Description
0 - .5	NO evidence of the skills were observed
.75 - 1.75	Only brief flashes of evidence of the skills could be observed
2 - 2.75	The majority of these skills (4/6 skills) were observed but NOT throughout the majority of the routine .
3 - 3.75	The majority of these skills (4/6) were observed throughout the majority of the routine . Multiple, different examples of these skills were observed.
4-5	Mastery of all skills were observed throughout the entire routine and demonstrated at a high level of difficulty . There may have been brief moments where one or two skills lapsed, but then were quickly back to mastery level.
Team Name: <u>Kat / Jitterbug</u>	Score
Dog: Catch, Drive, Tempo	2.75
Human: Care of Dog, Throw Placement/Flight, Tricks	3
Team: Flatwork, Shapes, Team Connectedness	2.25
Performance: Theme, Music, Unique/Big Tricks, Crowd Appeal, Energy, Creativity, Costume, etc.	2.5
Catch Ratio (Percentage): <u>60%</u>	Total: <u>10.5</u>

Documenting the Scoresheet ([Head Judge Sheet](#))

Date: 2/11/2026 Hosting Club: Kingdom of Discs
 Event: Freestyle Fest Head Judge: Bryan B.

Player:					
Round 1: Criteria	Dog	Human	Team	Success	D+H+T+S = Total
 	22.5	20.75	21	7.25	71.5
Round 2: Performance		Judge 1	Judge 2	Judge 3	(J1 + J2 + J3)/60 x 100 = Total (Round to the nearest .25)
 		10.5	11	11	54.25
Performance Catch Percentage (Success): <u>60%</u> (Not part of score calculation, but needed for data entry sheet.)			Two Round Total: <u>125.75</u>		