Level 4 Level 1 Level 2 Level 3 Level 5 Level 6 Veteran Min 10, max 12 Number of Min 12, max 15 Min 12, max 15 Min 15, max 17 Min 15, max 17 Min 16, max 18 Min 10, max 15 exercises All From L1 From L2 4 or 5 Min 1, max 4 From L3 4 or 5 Min 1, max 4 From L4 Min 1, max 4 Min 1, max 4 Min 1, max 4 From L5 Min 1, max 4 From L6 Exercises from any level Veteran Max. no of Statics 6 8 8 12 12 Between 2 & 8 16 **Statics checklist** 2. 3. 5. 9. 6. 7. 8. 10. 11. 12. 13. 14. 15. 17. 18. 1. 4. 16. Notes Same markers Max 2 exercises More than 1 More than 1 More than 1 No more than 2 downs. may be shared for may be linked. distraction ex may Linked exercises my contain distraction distraction execution of 2 be used. exercise may be exercise may be no more than 3 changes of Max 1 distraction exercises only, in a used. position. No more than 2 used. exercise, including Markers may be cone/distractions. No more straight line the Bonus. Markers may be Markers may be re-used. than 1 backup including re-used. re-used. Max 2 jump bonus. Only max 1 jump, Max 2 jump Max 2 jump exercises. 10cm lower. exercises. exercises. Sign numbers 23 - 35 46 - 56 57 - 62 1 - 22 36 - 45 63 - 68 Levels checklist

## KC Rally grid for course design 2024

kcrally.uk/downloads/rallly\_summary\_grid.pdf

