

Rallylydighet 1.1.2023  
Skilt for banebygging

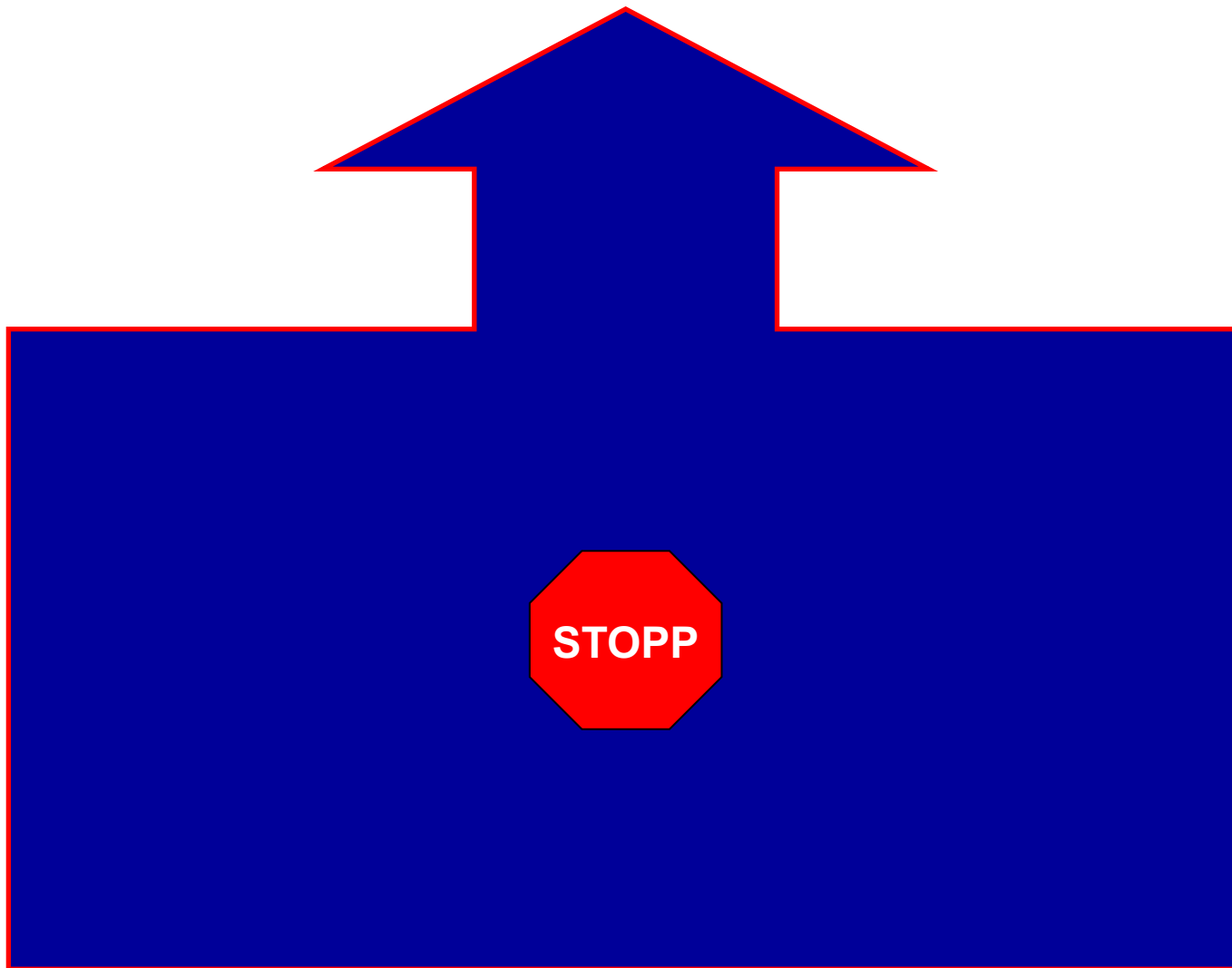


101	102	103	104	105	106	107	108	109	110	111	112	113	114
	Dekk	Dekk	Gå foran Frem	Gå foran Frem Dekk	Høyre sving	Venstre sving	180° høyre	180° venstre	Loop høyre	Loop venstre	270° Høyre	270° Venstre	360° Høyre
115	116	117	118	119	120	121	122	123	124	125	126	127	128
360° Venstre	Helomvending	Snurr	Foran Høyre Frem	Foran Venstre Frem	Foran Høyre	Foran Venstre	Vri 90° høyre, frem	Vri 90° venstre, frem	Vri 90° høyre, 1 steg	Vri 90° venstre, 1 steg	Foran 1 steg bak 2 steg bak Frem	Sakte marsj	Springmarsj
129	130	131	132	133	201	202	203	204	205	206	207	208	209
Vanlig marsj	Spiral høyre	Spiral venstre	Enkel slalåm	8-tall kjegles	Stå	Gå rundt	Dekk Gå rundt	180° høyre, 180° venstre	180° venstre, 180° høyre	2 x helomvending	360° rundt fører	Vri 180° høyre, frem	Vri 180° venstre, frem
210	211	212	213	214	215	216	217	218	219	220	221	222	223
Vri 180° høyre	Vri 180° venstre	Løp i fra Kall inn foran i fart	Gå i fra	Snu Kall inn foran	Springmarsj	Sidesteg høyre	Foran 1 steg bak, stå 2 steg bak 3 steg bak, dekk	Dekk	Dekk Høyre	Dekk Venstre	Stå	Stå Høyre	Stå Venstre
224	225	226	227	228	229	301	302	303	304	305	306	307	308
Helt om mot hverandre	Sidebyte mellom ben	Sidebyte	8-tall matskåler	Rett tunnel	Send over hopp	Stå	Stå Dekk	Vri 90° høyre, 1 steg	Vri 90° venstre, 1 steg	Dekk under marsj Gå rundt	Stå under marsj Gå rundt	Snurr under marsj	Sikk-sakk
309	310	311	312	313	314	315	316	317	318	319	320	321	322
1 steg, stå 2 steg, dekk 3 steg, dekk	Rygg 1 steg	Inn i front Rygg	Synkron høyre	Synkron venstre	Sidebyte bak	8-tall mellom ben	Stå Kall inn i fart	Gå i fra Kall inn over hinder i fart	Gå i fra Snu Kall inn	8-tall fristelser	8-tall med sidebyte bak	Lengdehopp	Tunnel
323	401	402	403	404	405	406	407	408	409	410	411	412	413
Send over 2 hopp	Dekk Stå	Vri 90° høyre, stå Vri 90° høyre, dekk Vri 90° høyre, dekk	Vri 90° venstre, stå Vri 90° venstre, dekk Vri 90° venstre, dekk	Sitt under marsj Gå rundt	Dekk under marsj Avstandskommando	Stå under marsj Avstandskommando	Sitt under marsj Kall inn i fart	Dekk under marsj Kall inn i fart	Stå under marsj Kall inn i fart	360° rundt fører under marsj	Sidebyte foran	Helt om fra hverandre	Send rundt kjele Sving høyre
414	415	416	417	418	419								
Send rundt kjele Sving venstre	Rygg 3 steg	Inn i front Rygg	Rygg 1 steg, stå Rygg 2 steg, dekk Rygg 3 steg, dekk	Fremadsending med stå	Slalåm	START							

Laget av Ghita Fossum

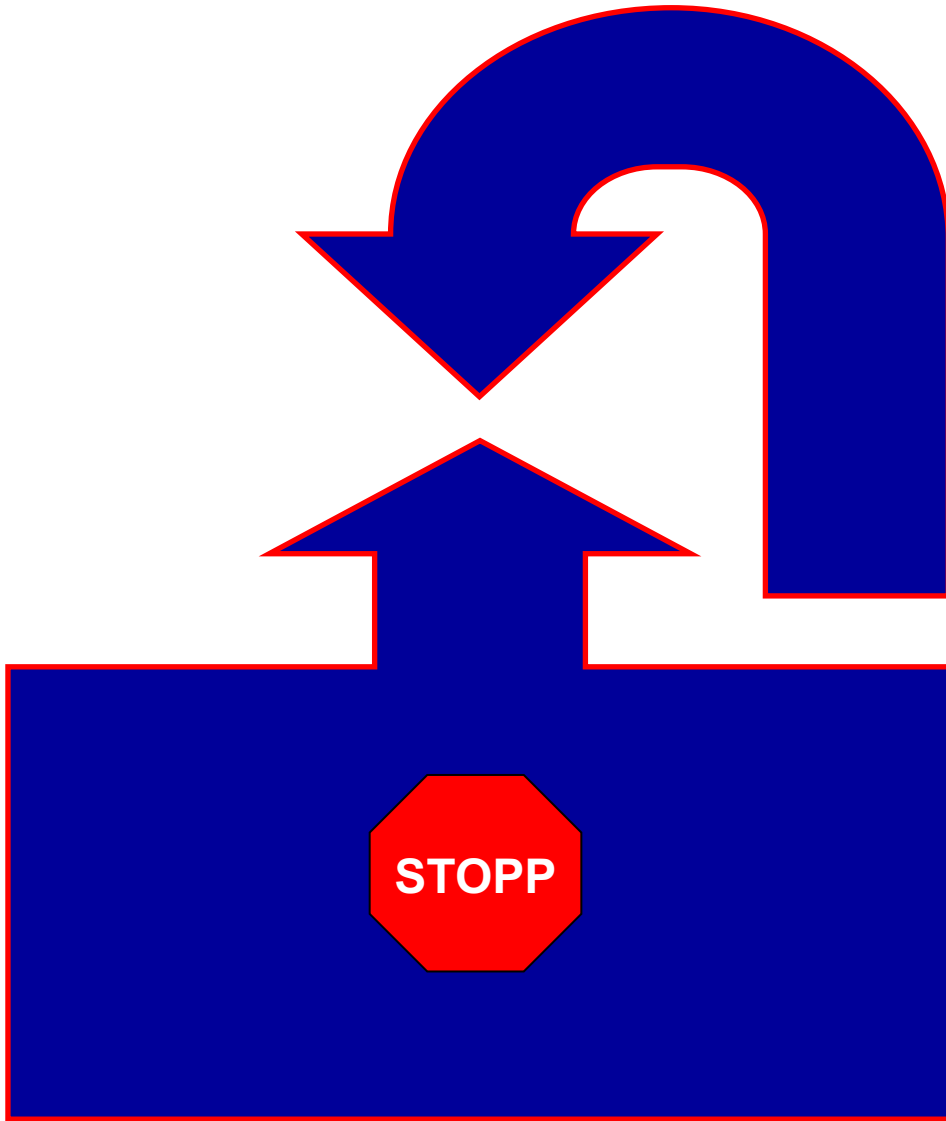
A 3D rectangular sign with a blue face and a red border. The word "START" is written in large, white, bold, sans-serif capital letters in the center of the blue face. The sign has a slight perspective, showing the top and side surfaces.

**START**









**Gå foran  
Frem**



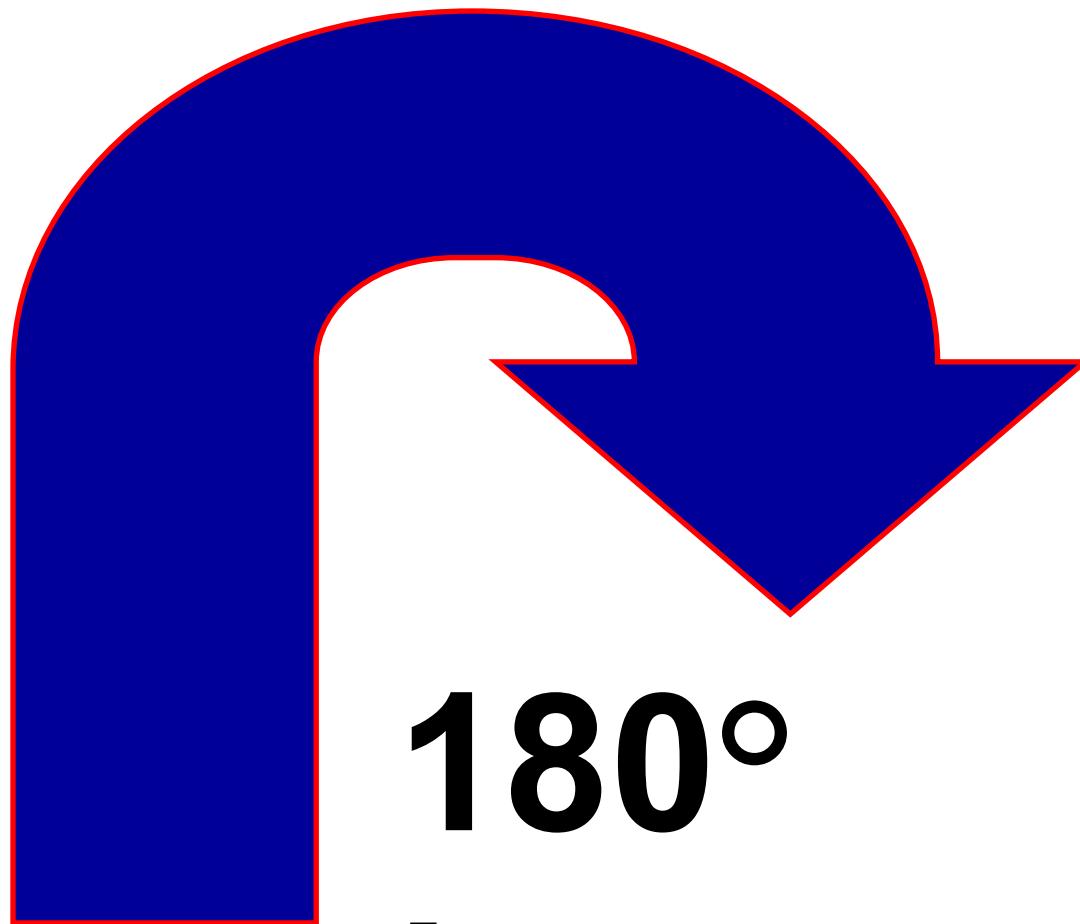
**Gå foran  
Frem**



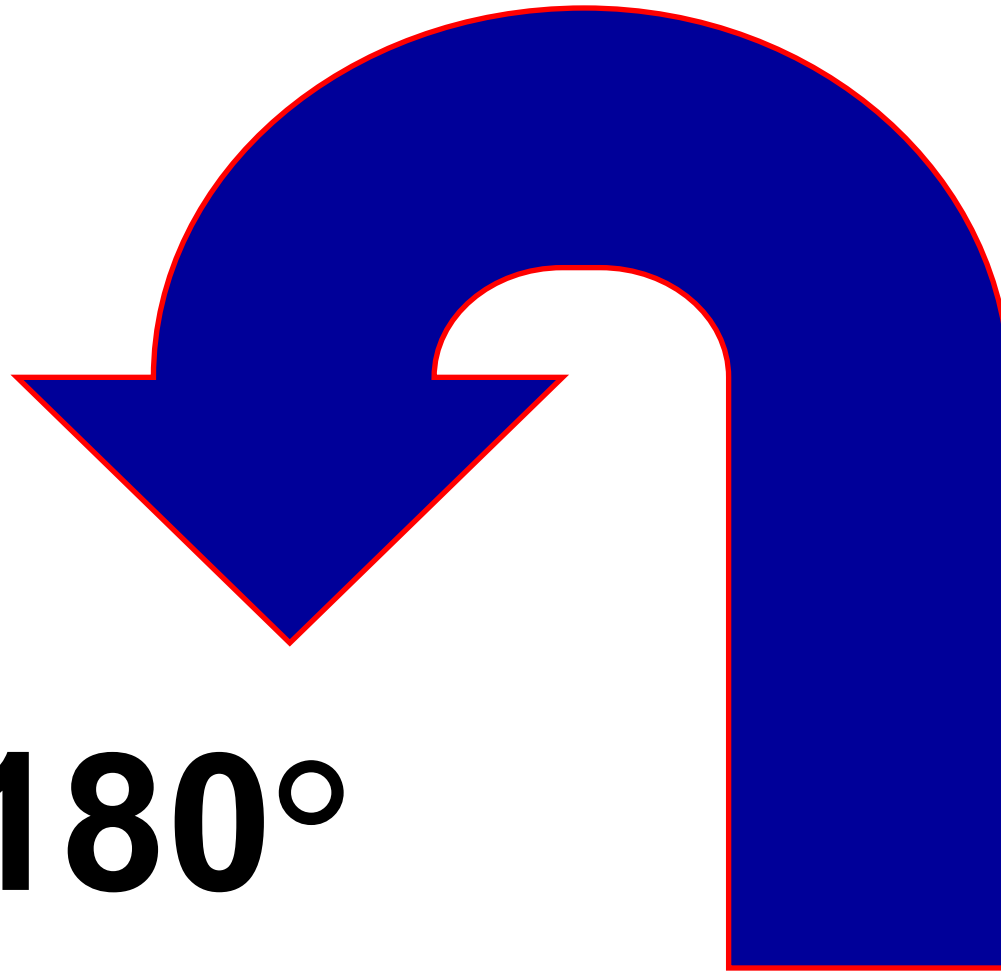




# Venstre sving

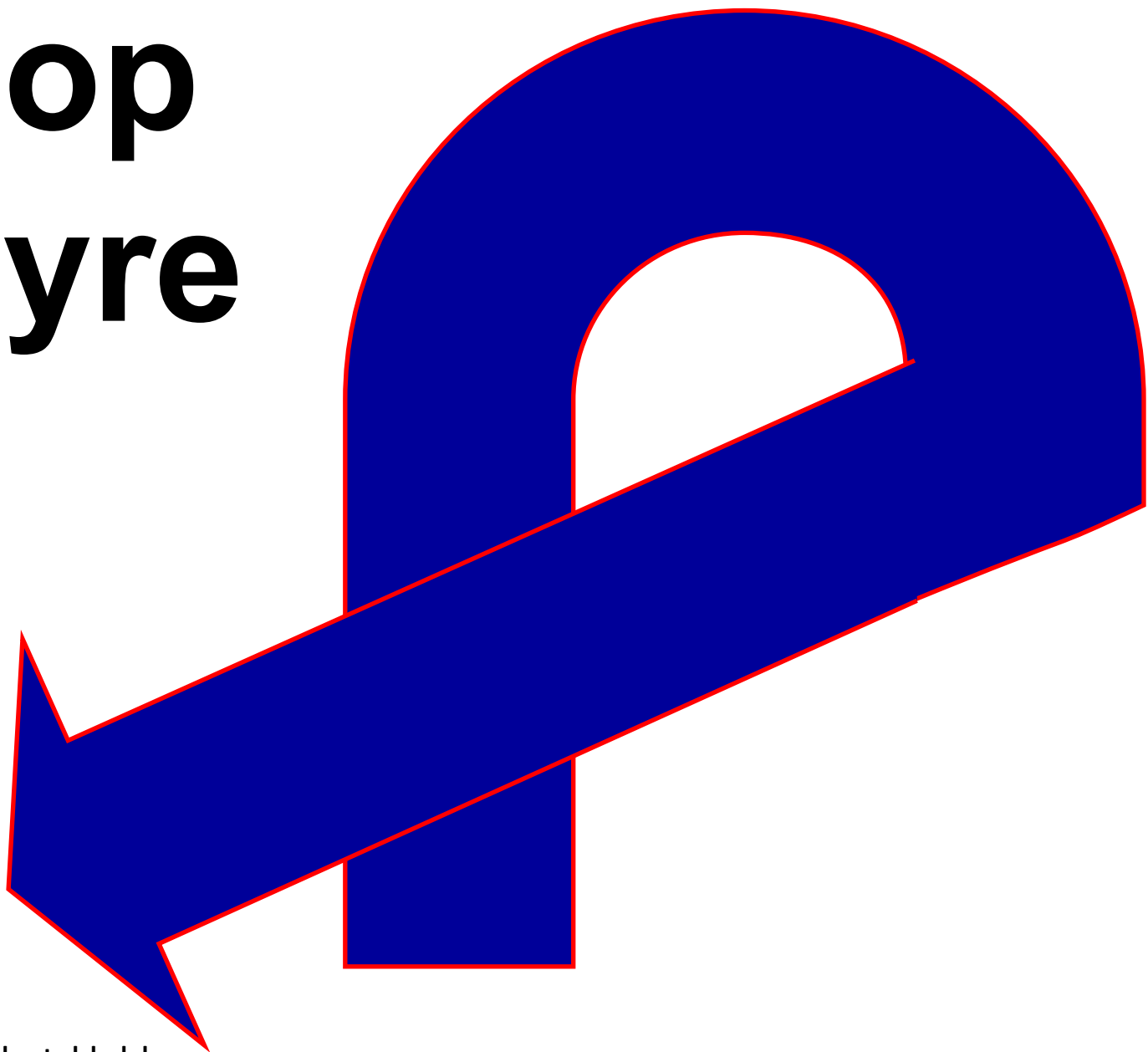


**180°  
høyre**

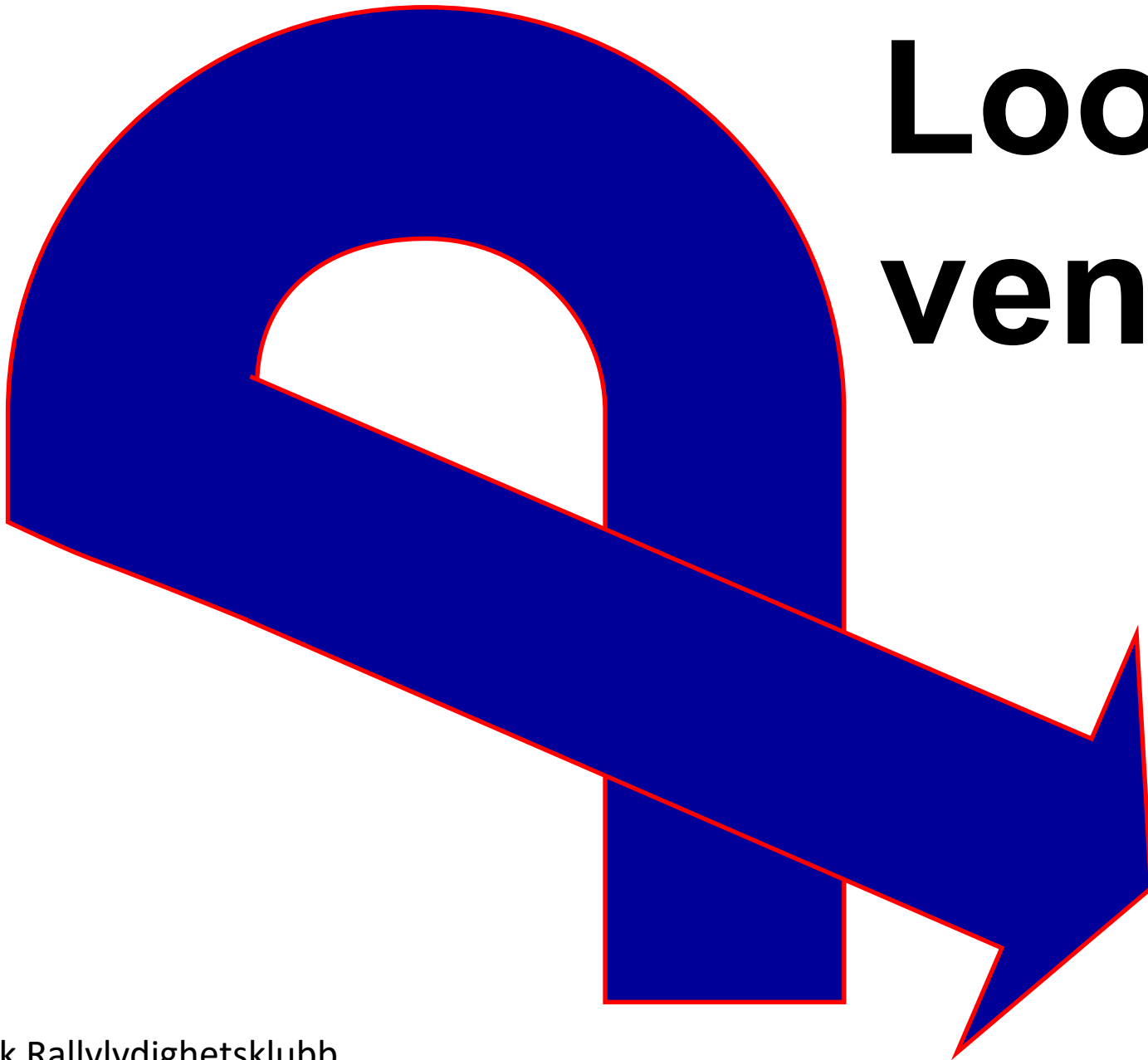


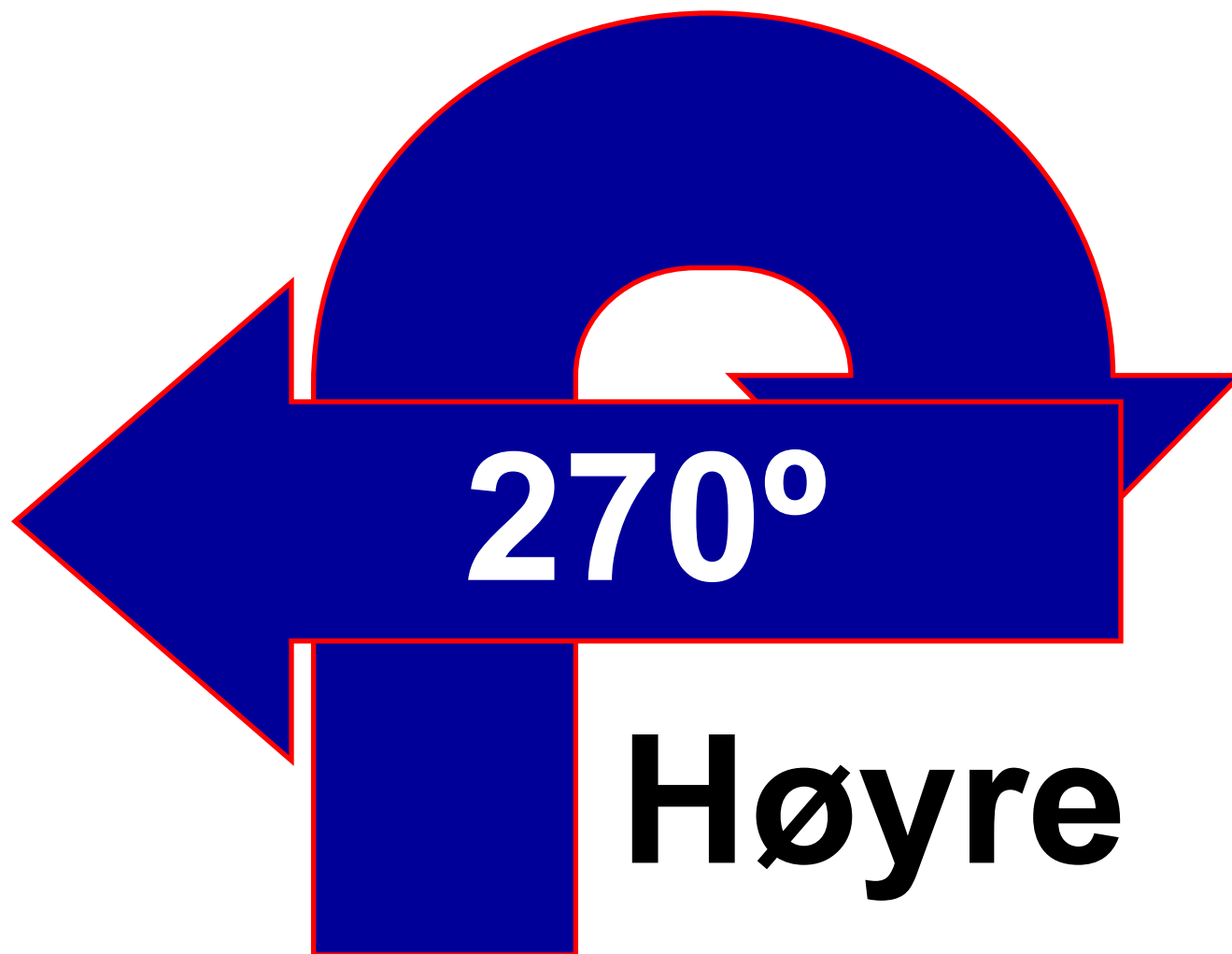
**180°**  
**venstre**

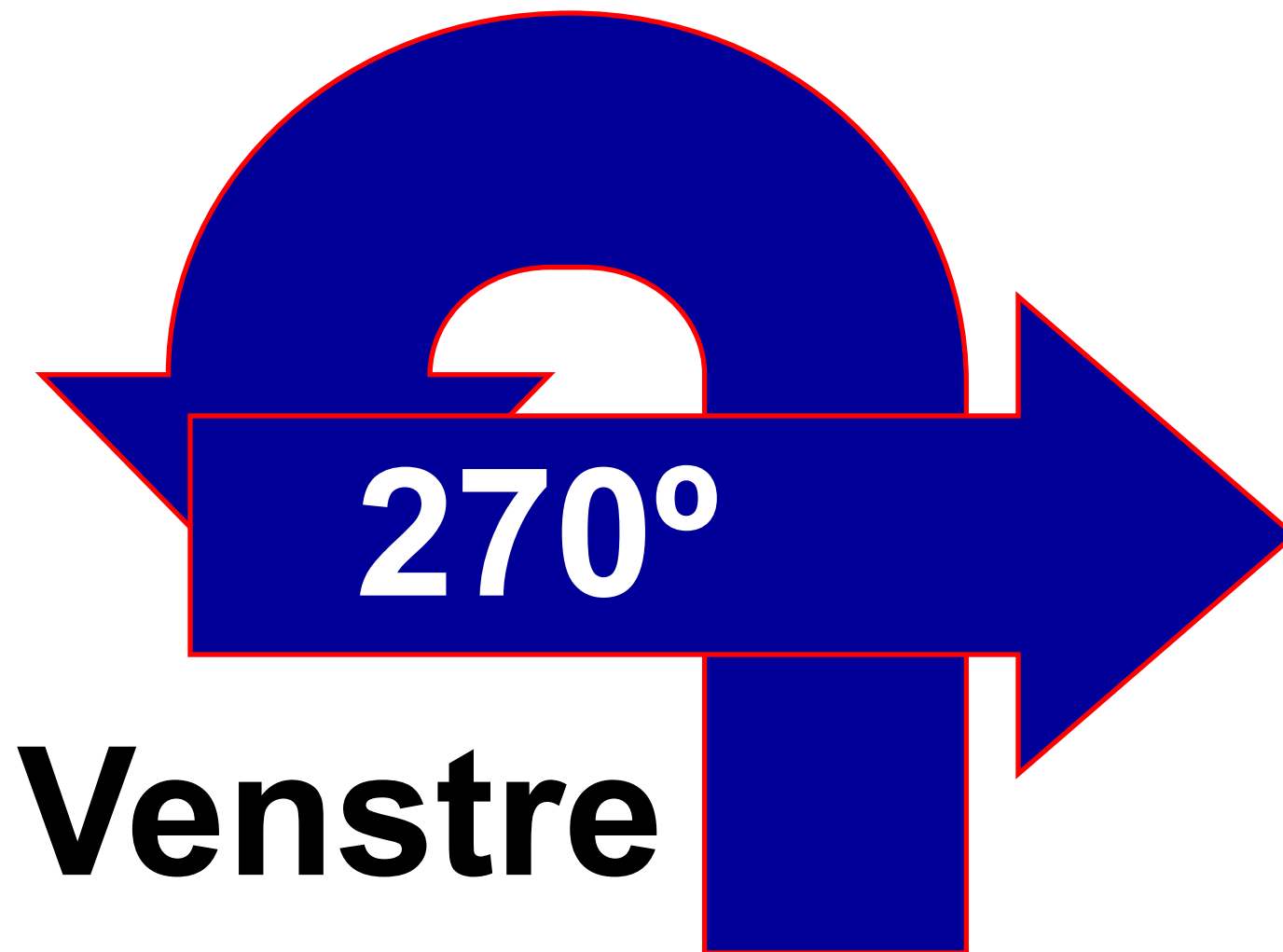
**Loop  
høyre**

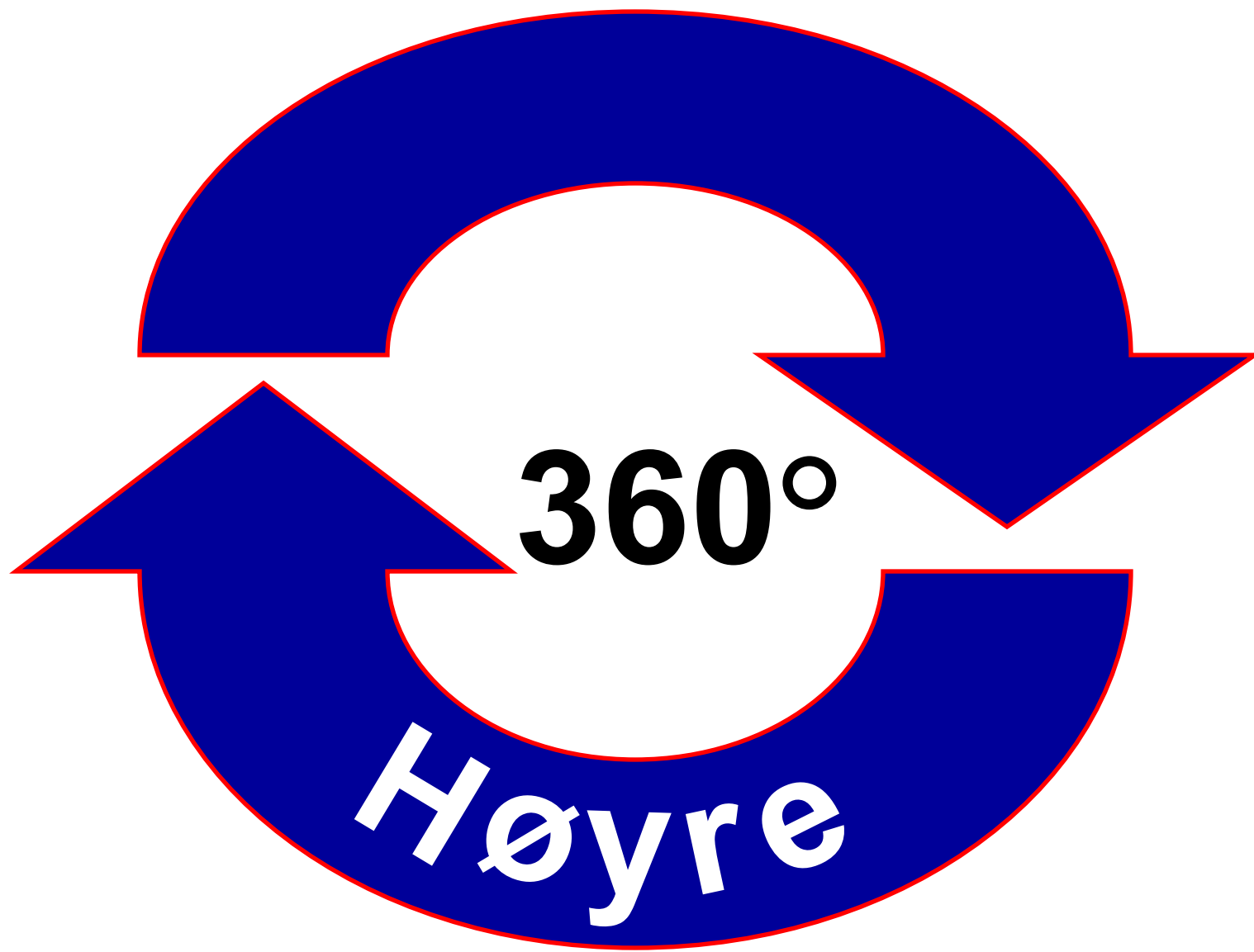


# Loop venstre





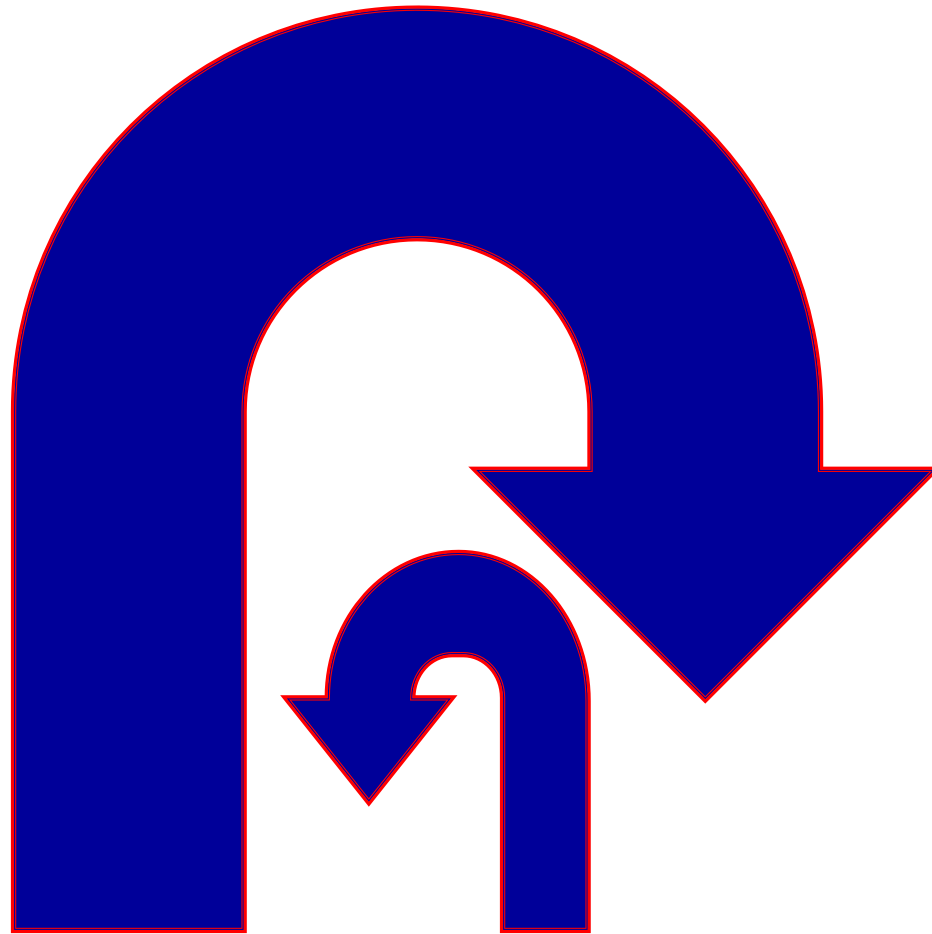


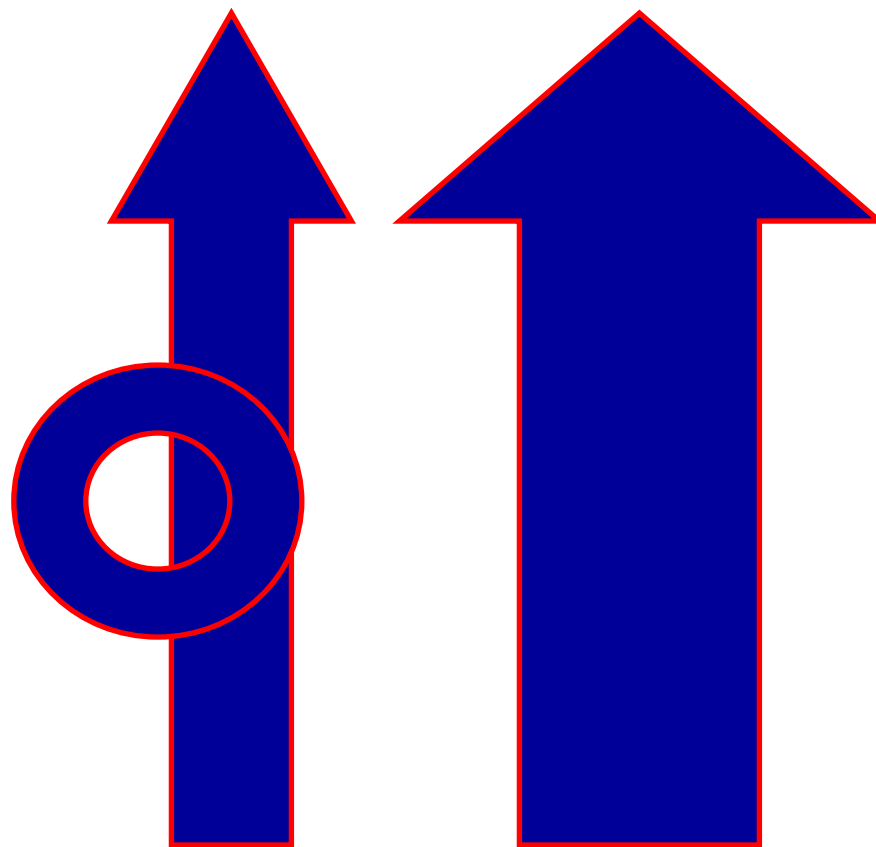




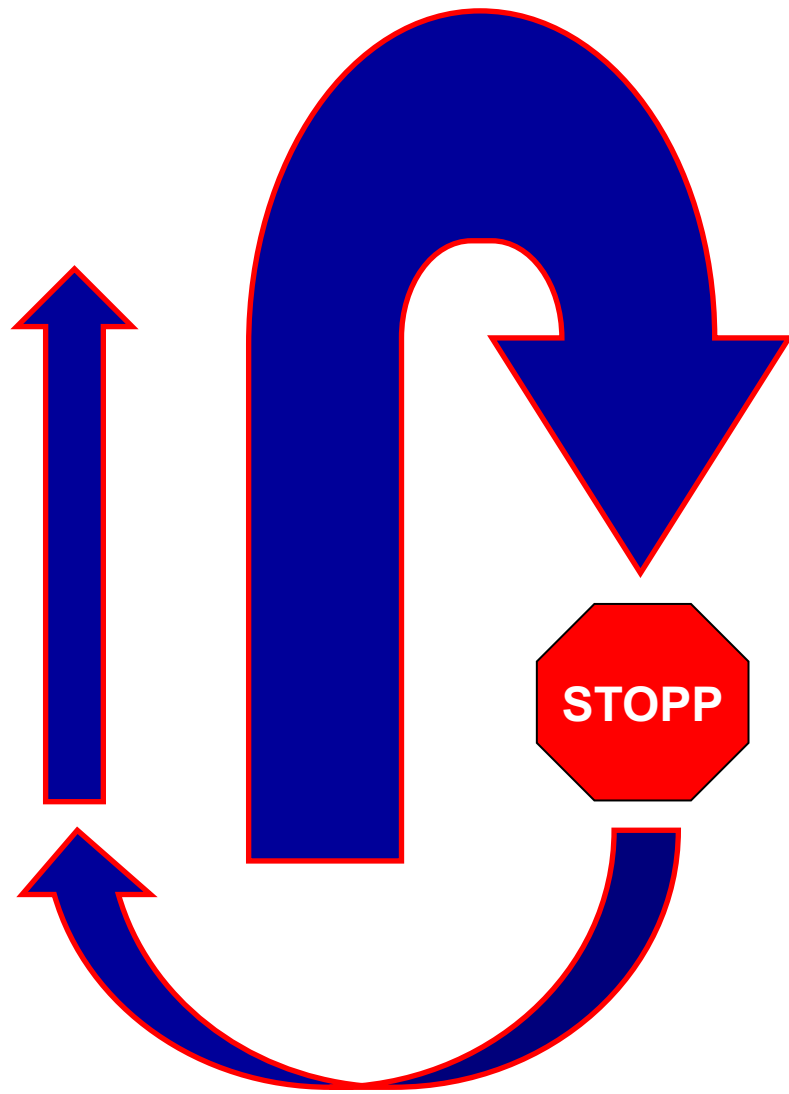


# Helomvending

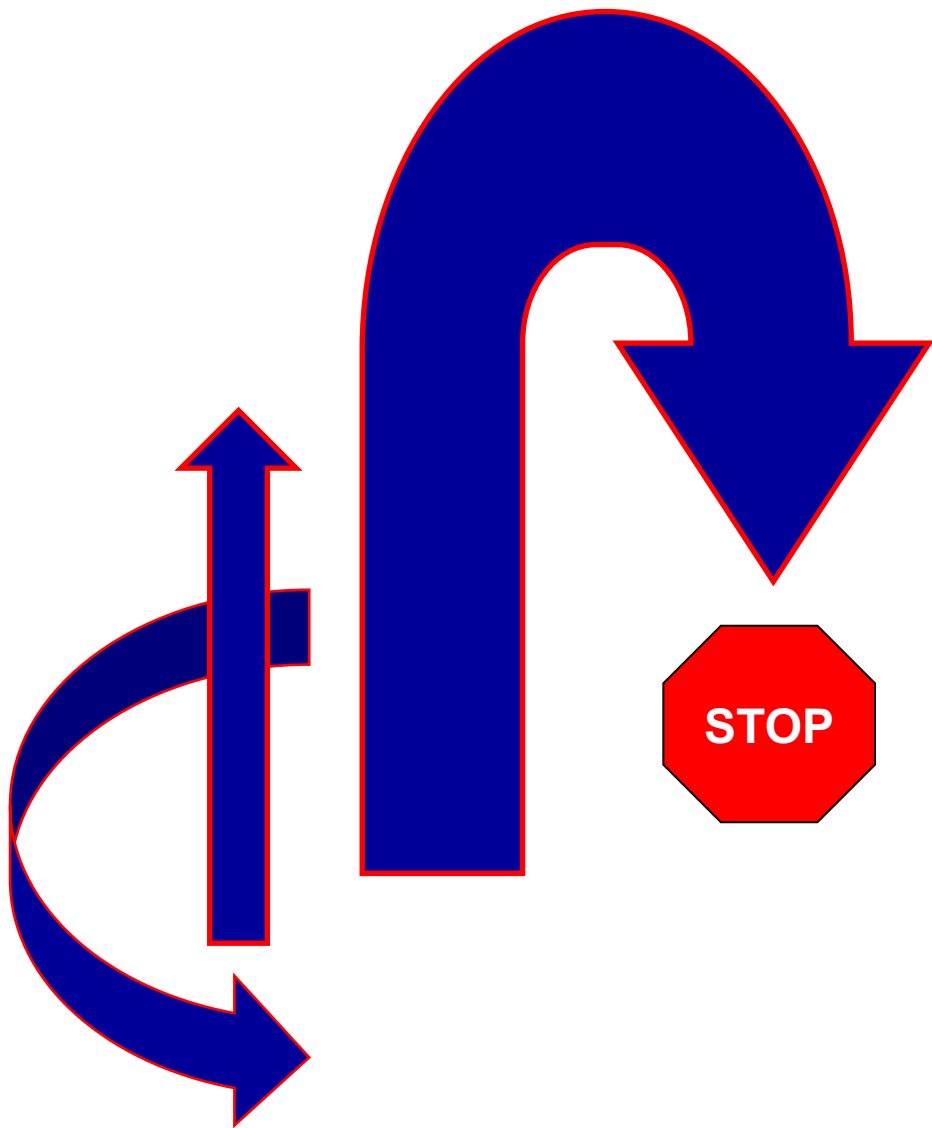




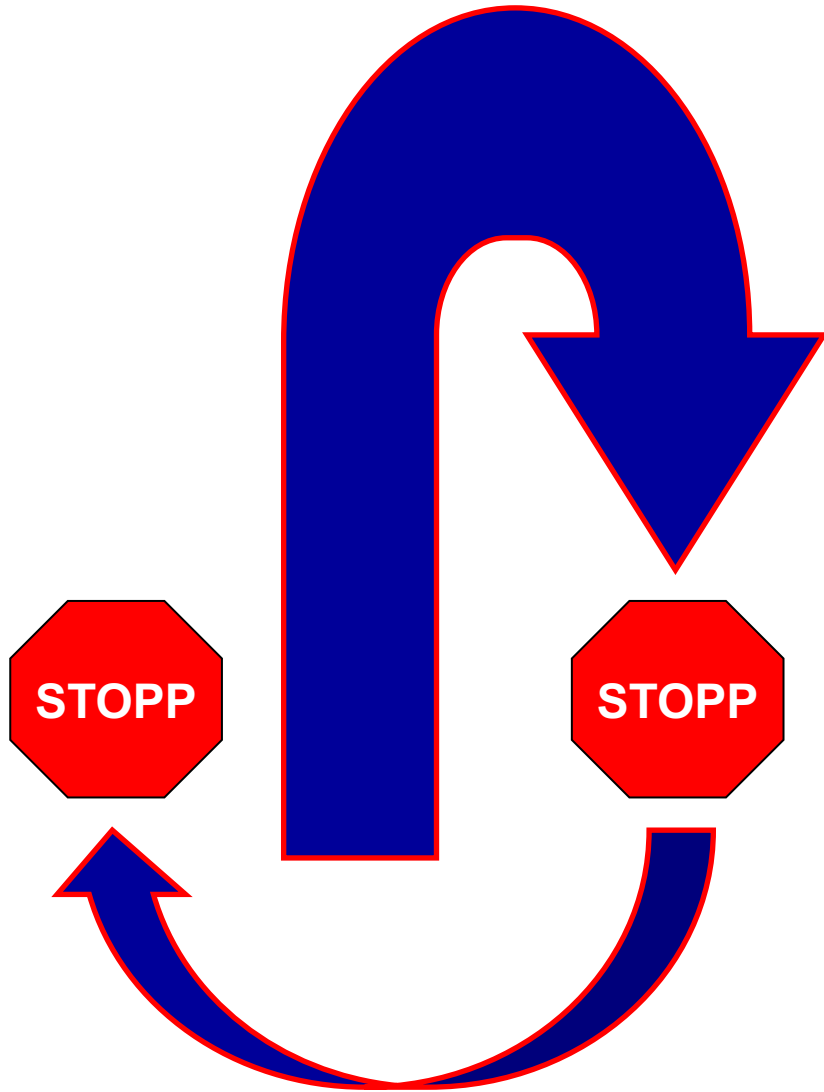
**Snurr**



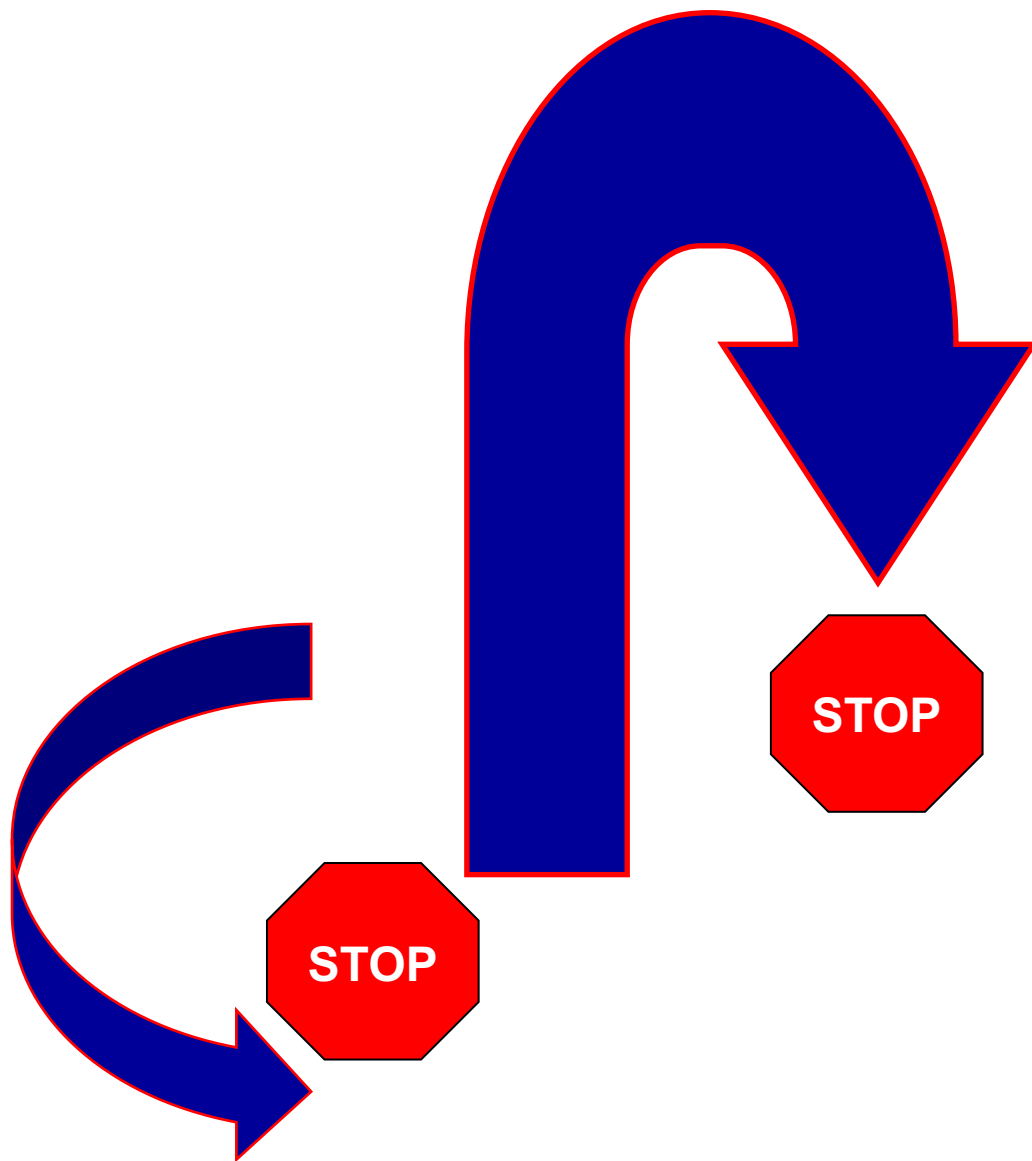
**Foran**  
**Høyre**  
**Frem**



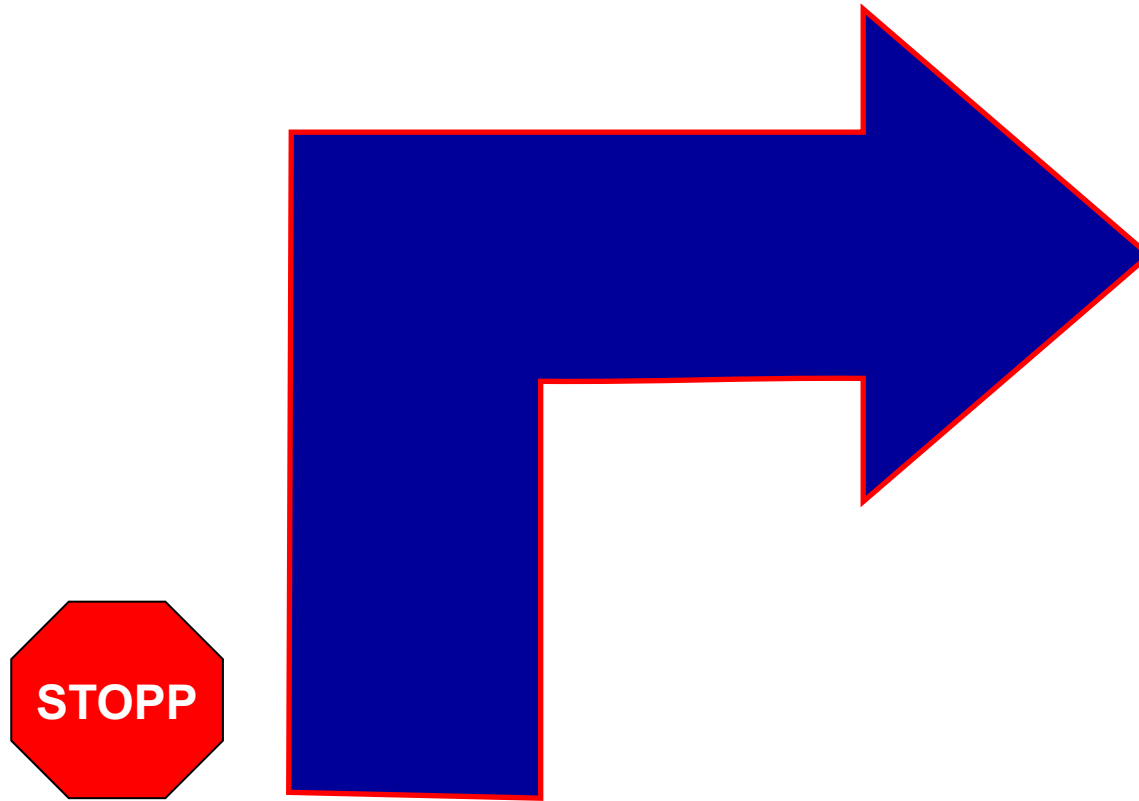
**Foran**  
**Venstre**  
**Frem**



**Foran  
Høyre**

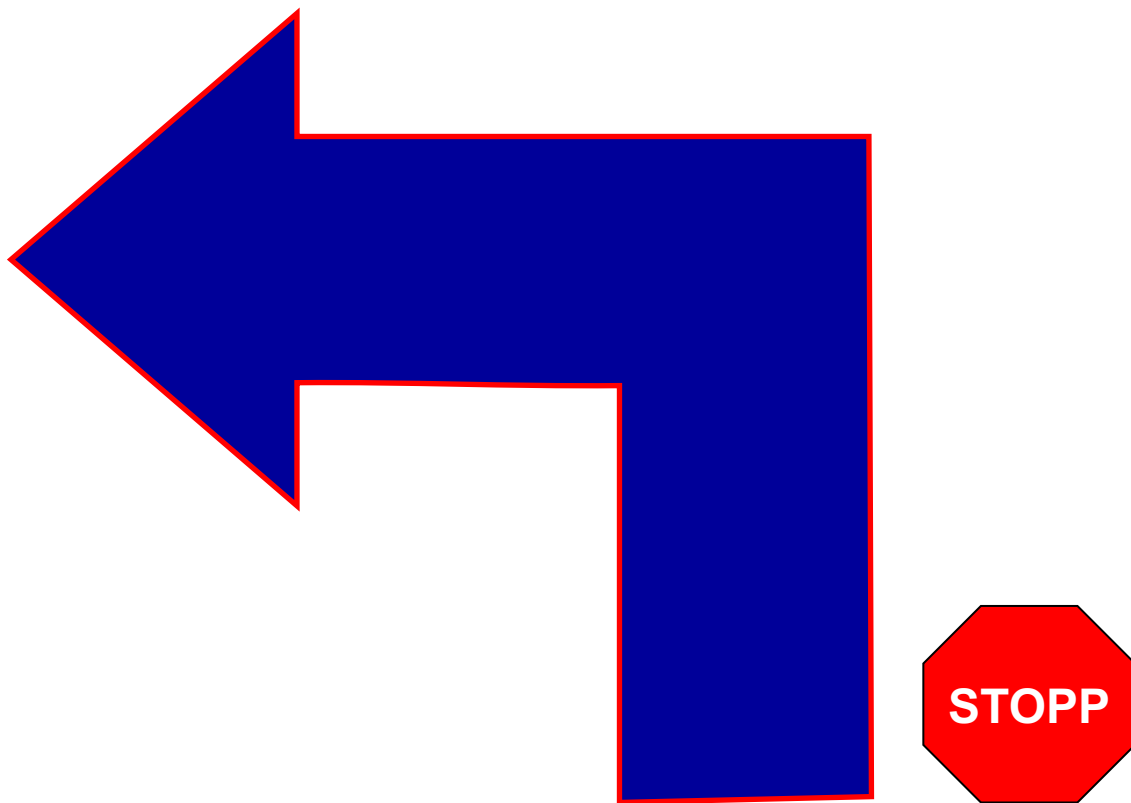


**Foran  
Venstre**

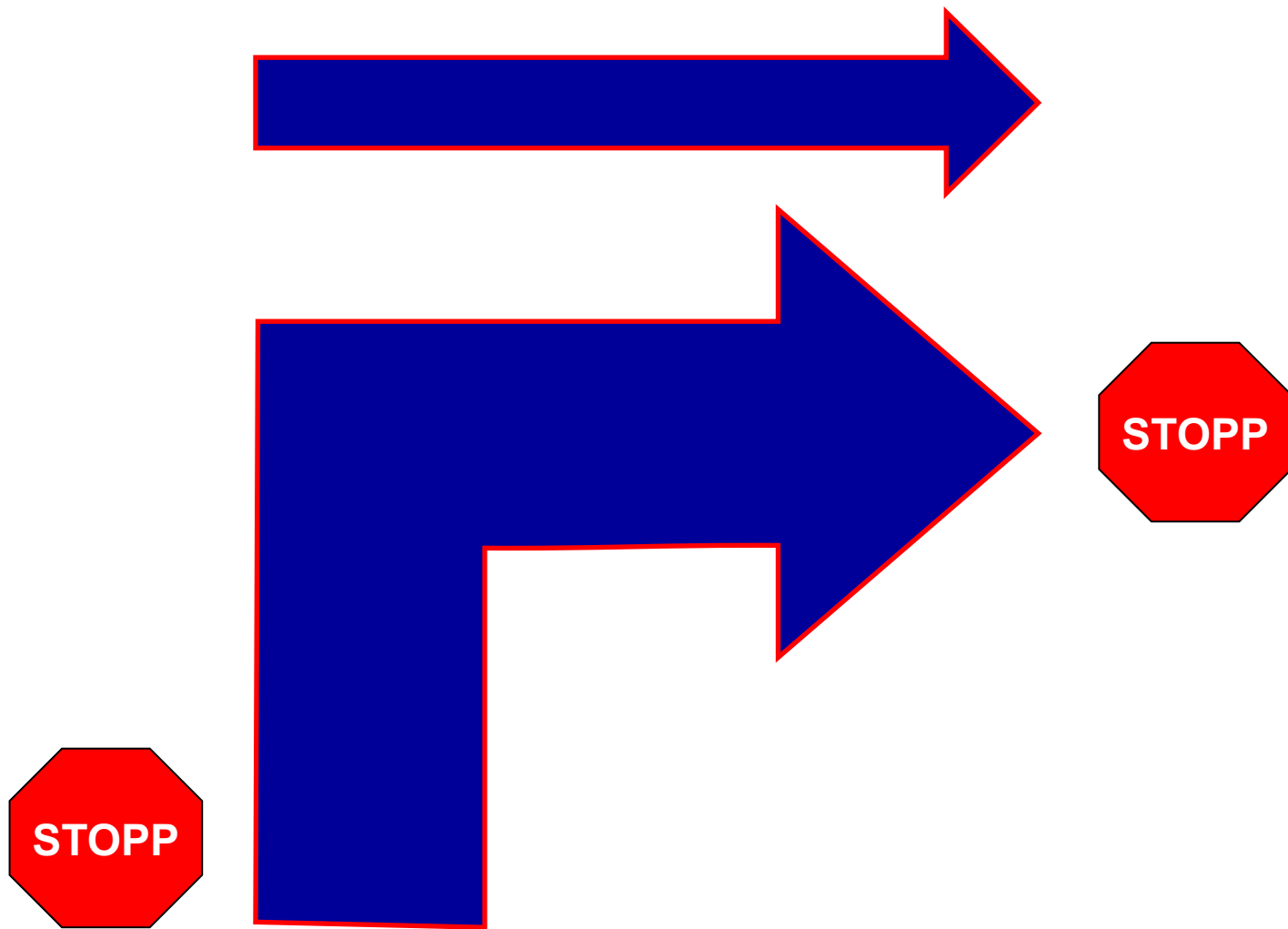


# Vri 90° høyre, frem

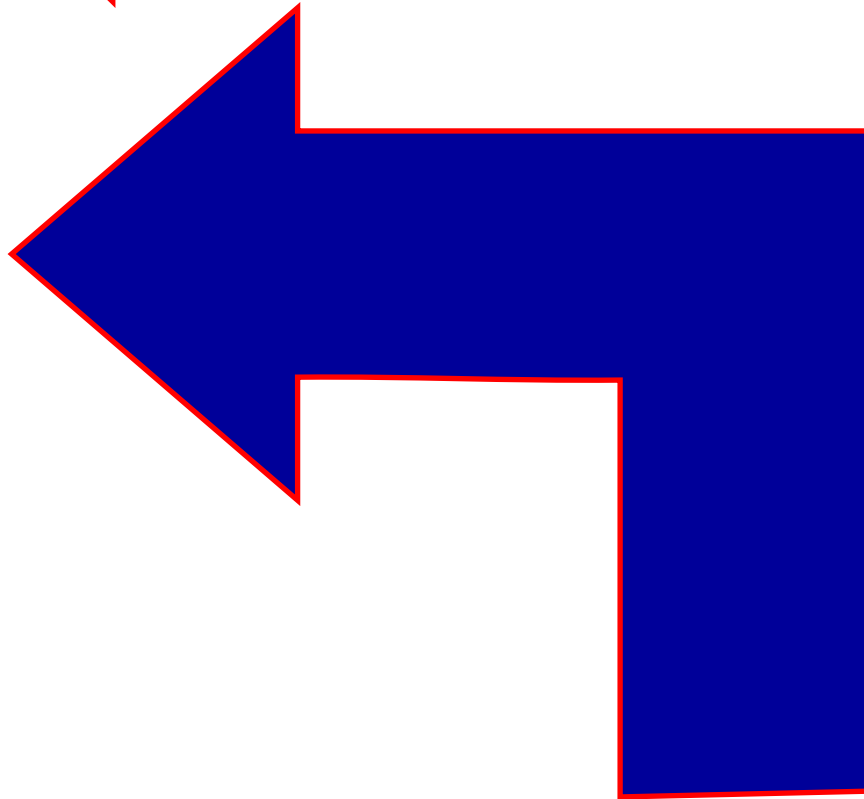
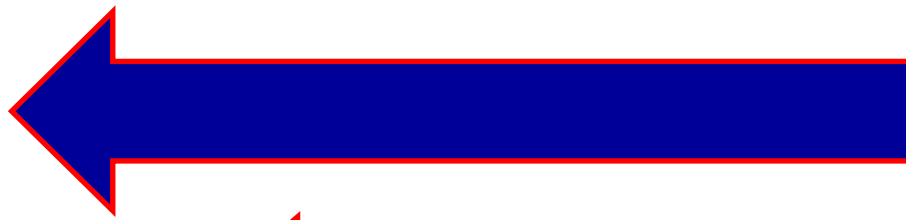




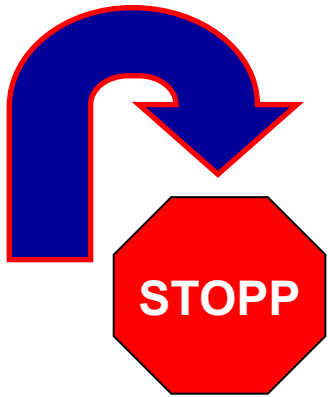
# Vri 90° venstre, frem



**Vri 90° høyre, 1 steg**



# Vri 90° venstre, 1 steg



**Foran**

**1 steg bak**



**2 steg bak**



**Frem**



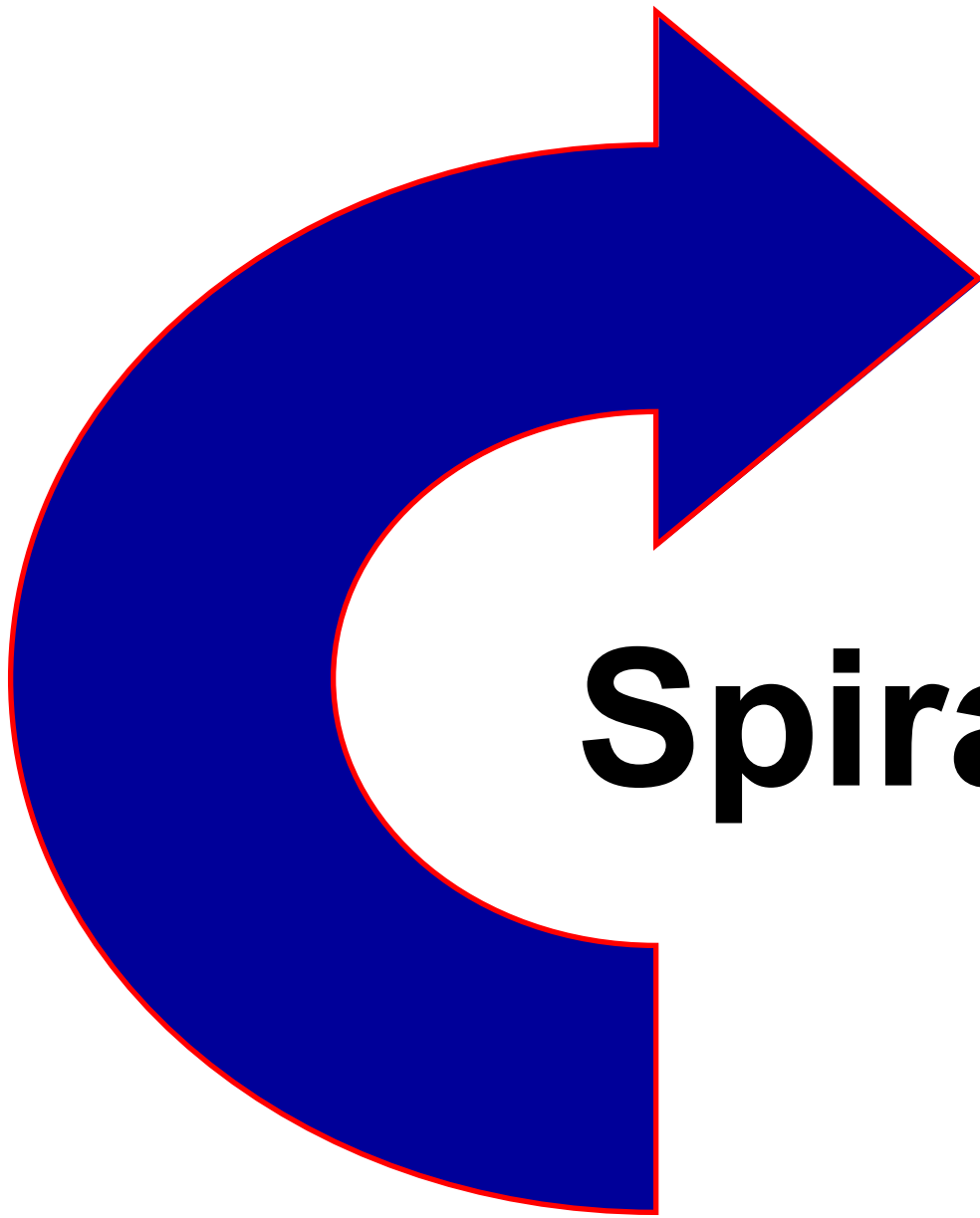
**Sakte marsj**

The logo consists of a dark blue shape with a red outline. The shape is a rectangle with a triangular roof on top, resembling a house or a stylized arrow pointing upwards. The word "Springmarsj" is written in white, bold, sans-serif font across the center of the blue area.

# Springmarsj



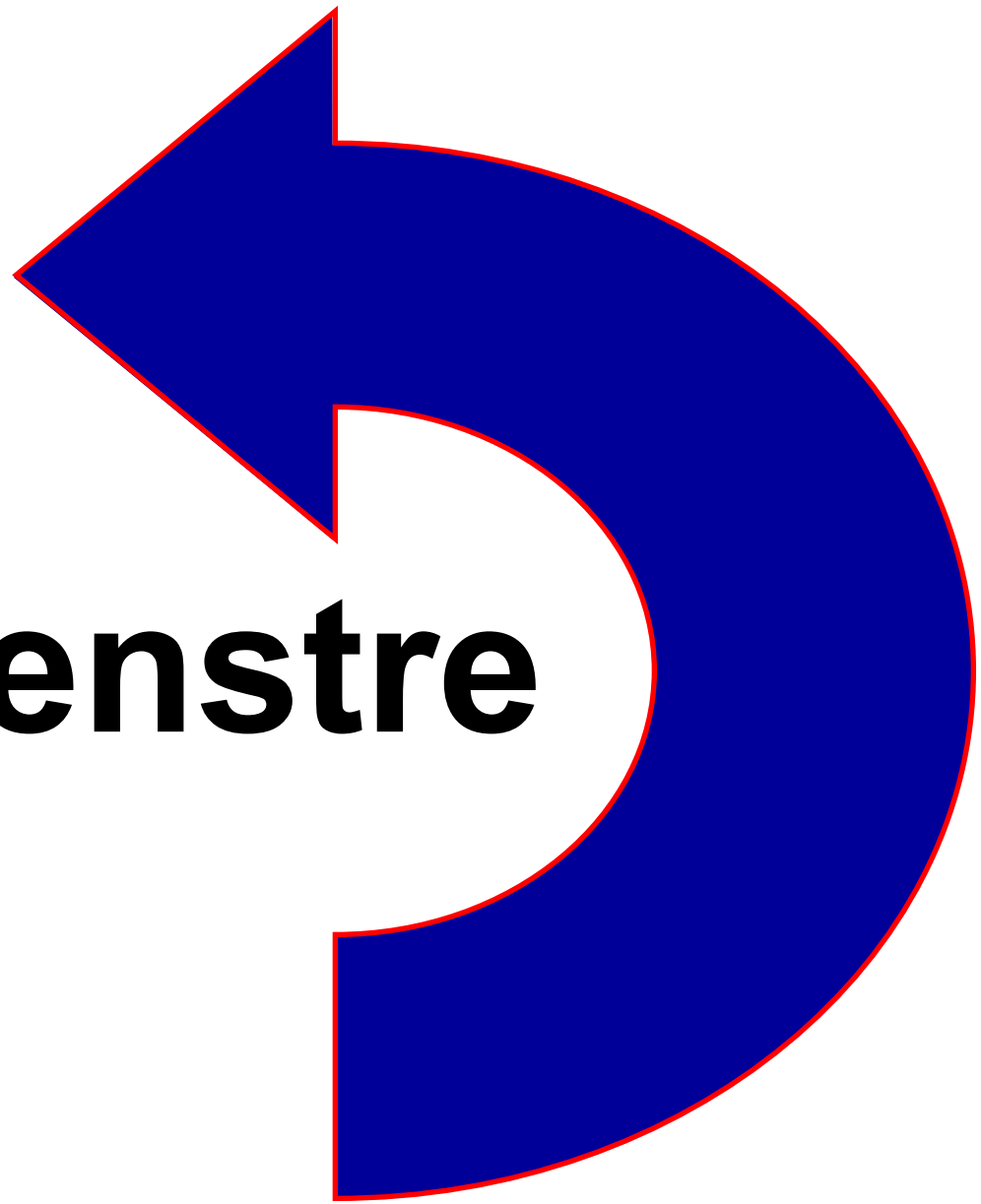
**Vanlig marsj**



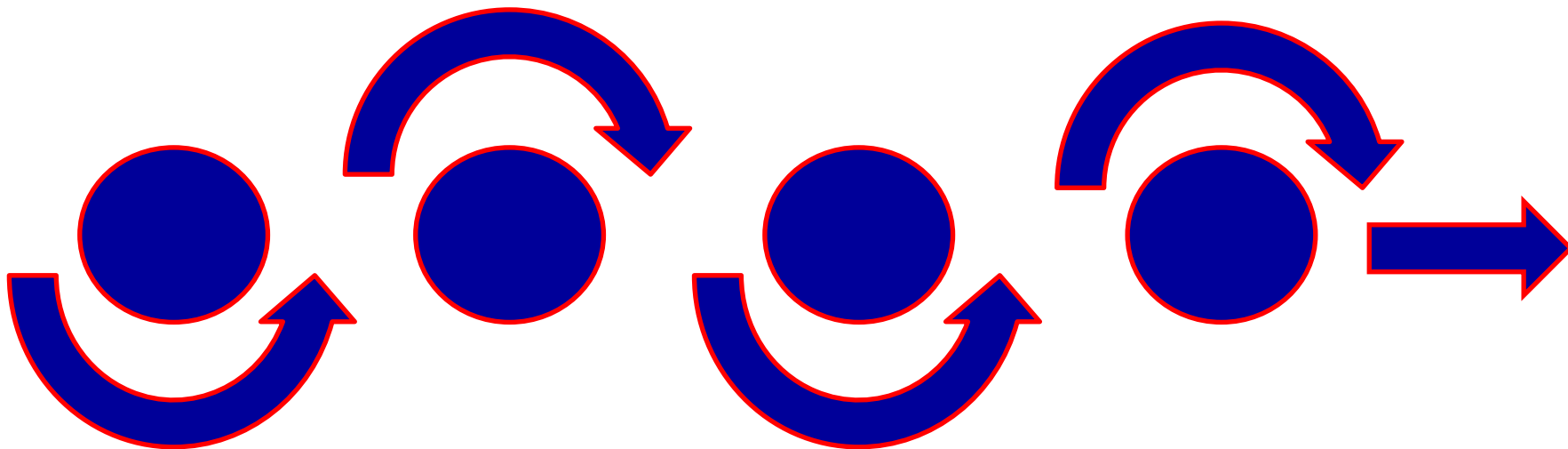
**Spiral høyre**



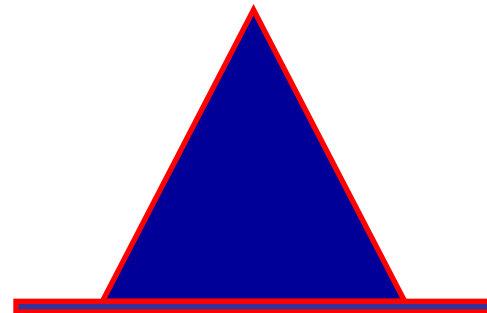
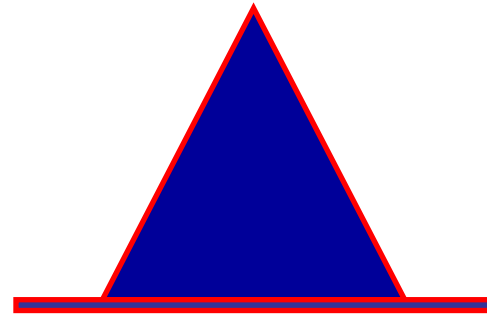
# Spiral venstre

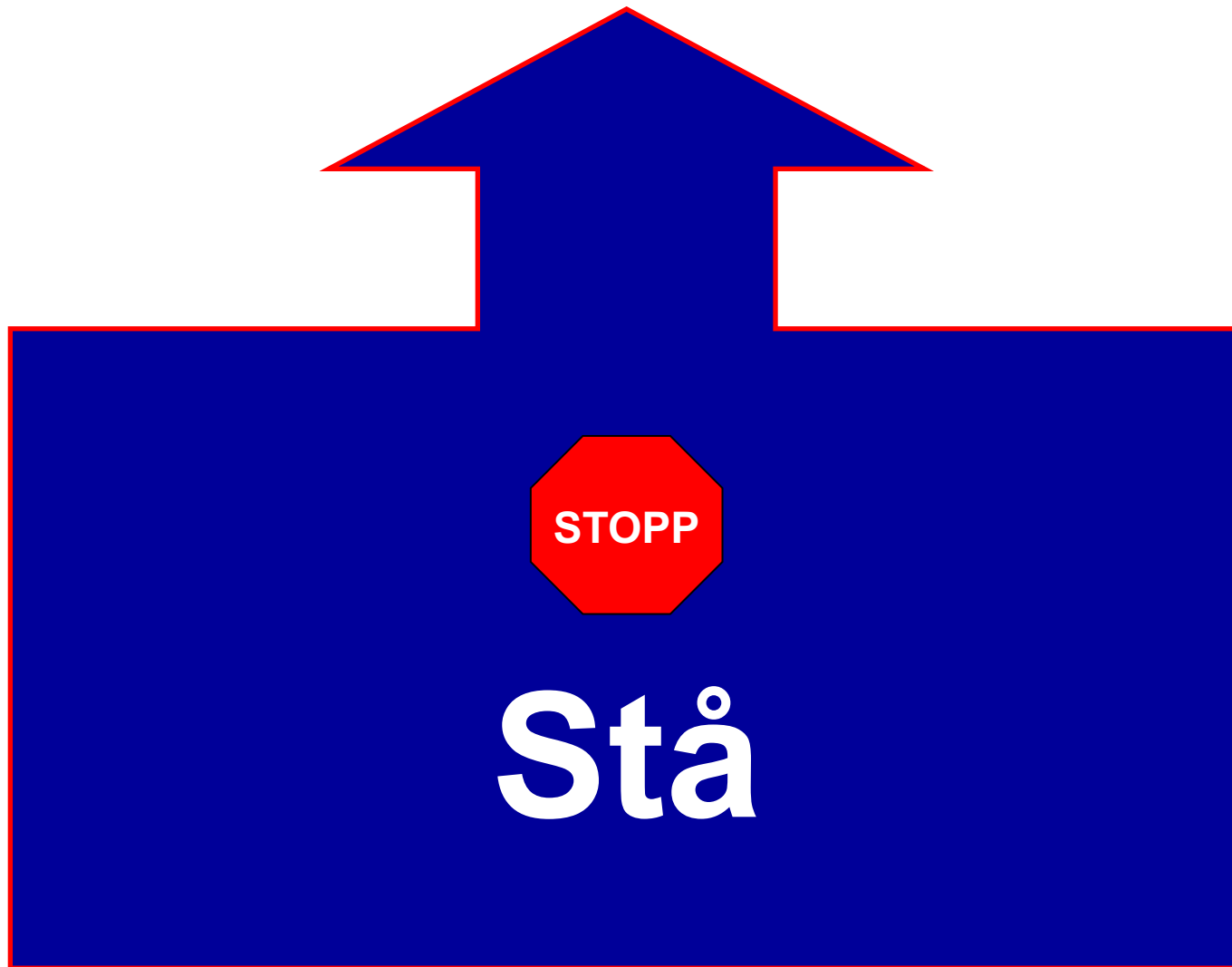


# Enkel slalåm



# 8-tall kjebler





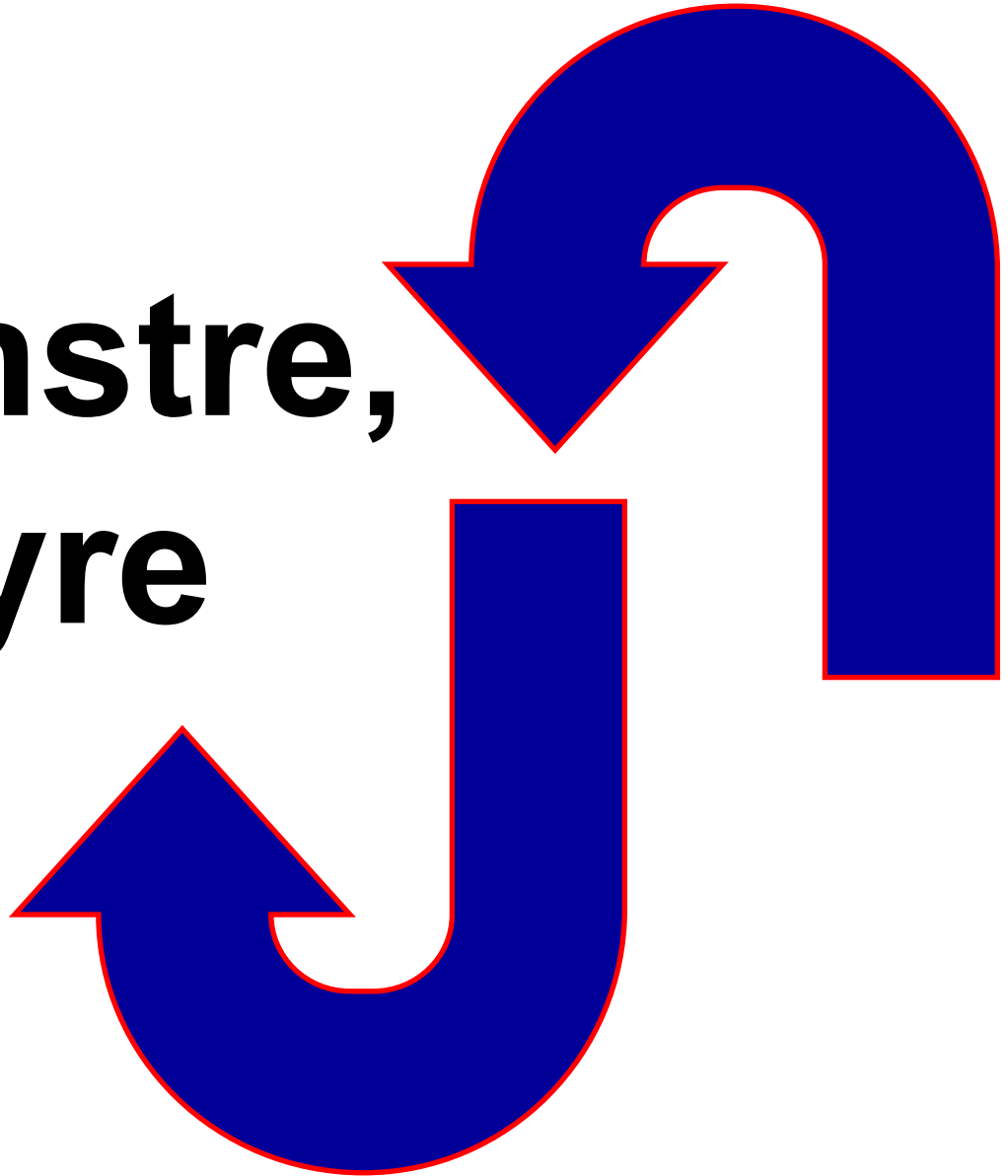




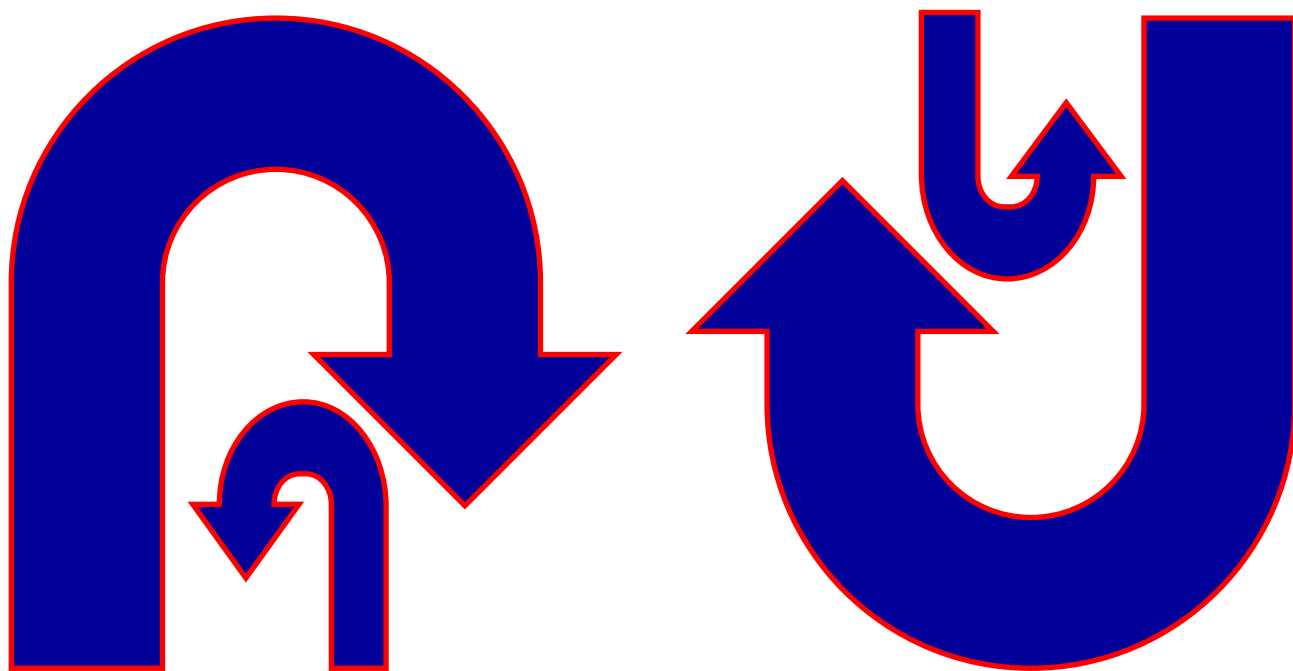


**180° høyre,  
180° venstre**

**180° venstre,  
180° høyre**

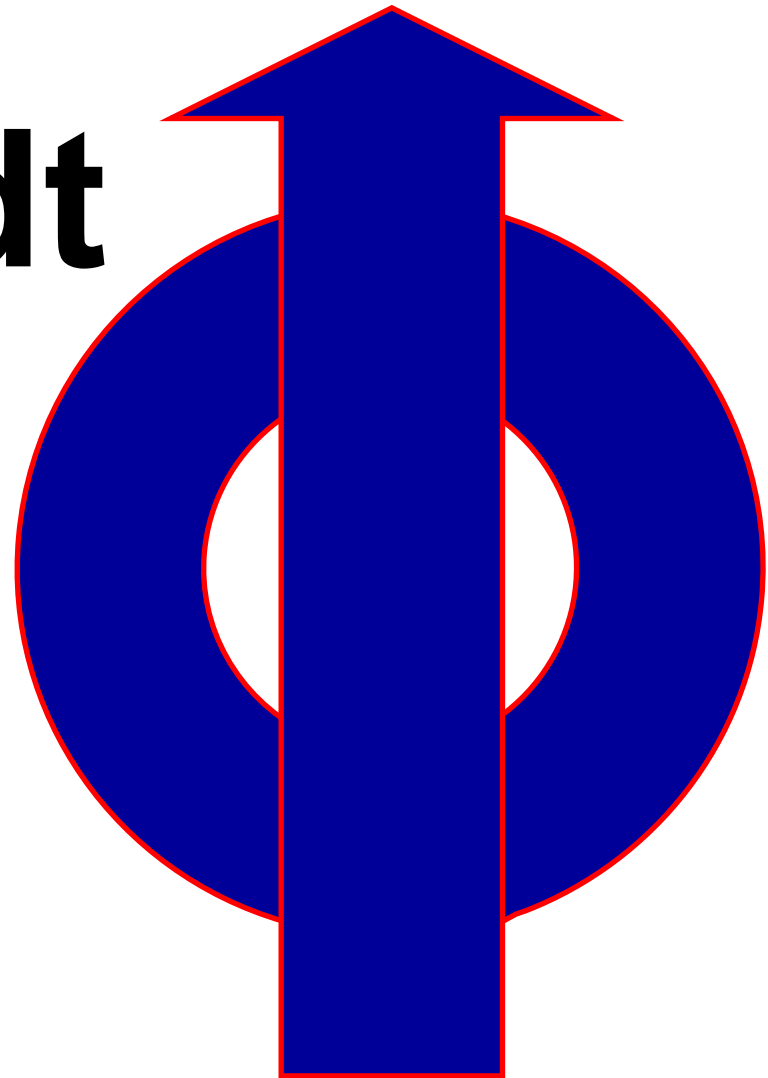


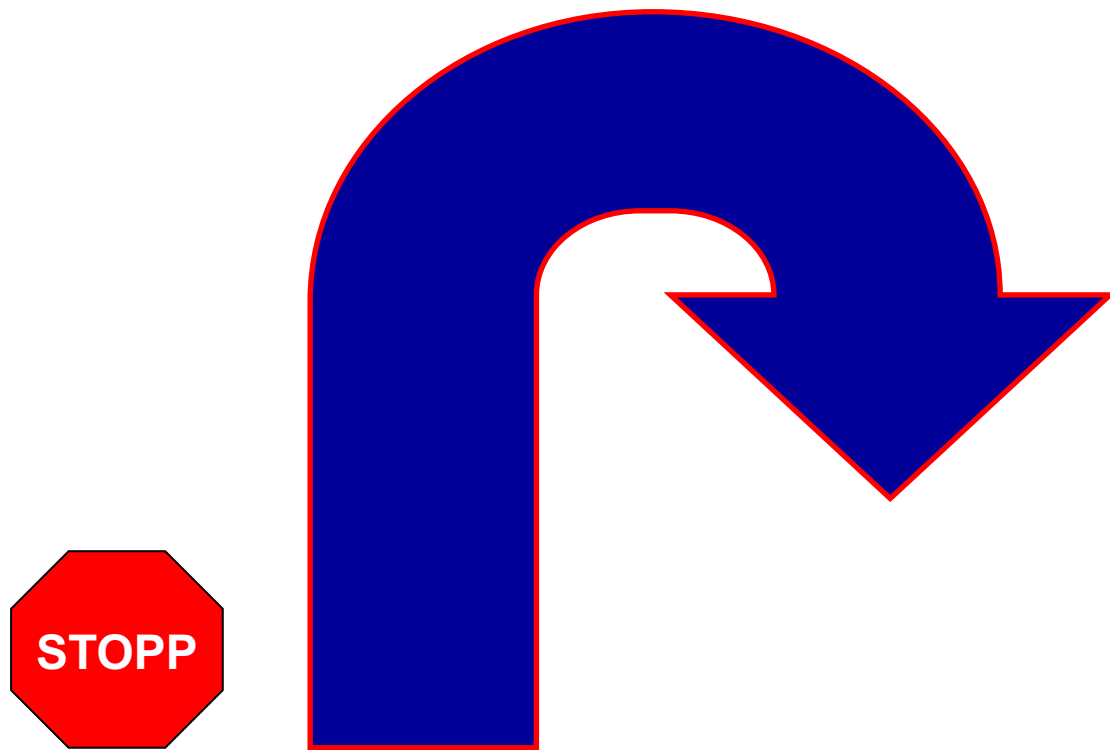




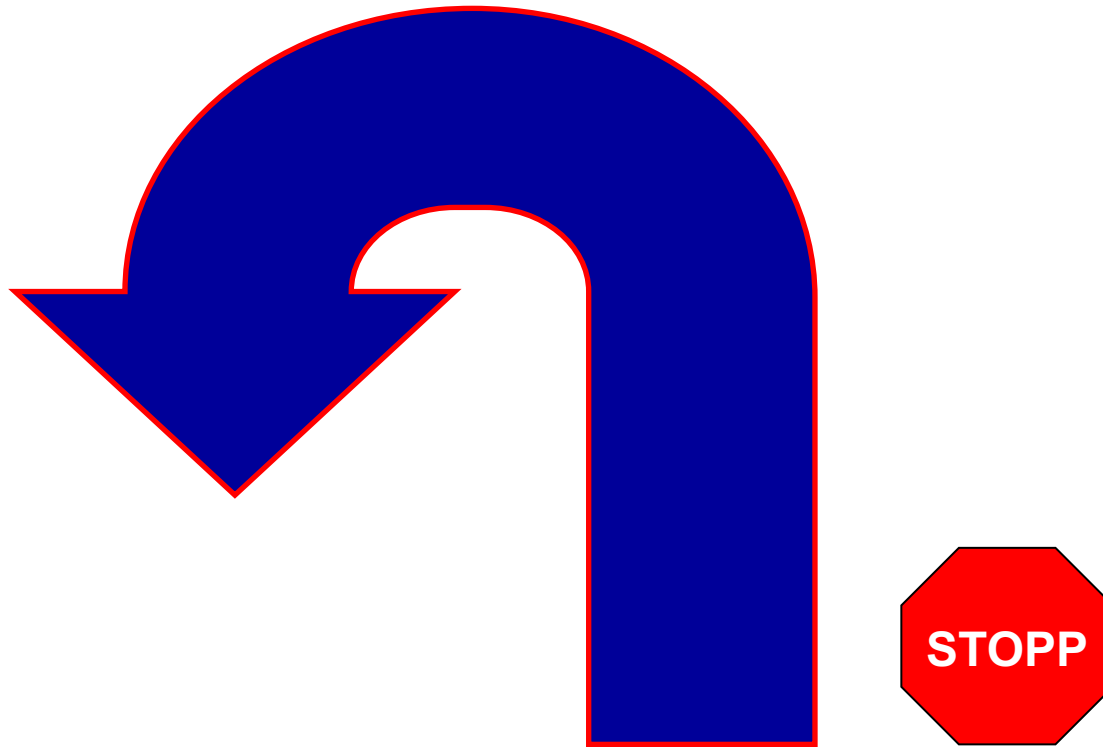
**2 x helomvending**

**360° rundt  
fører**

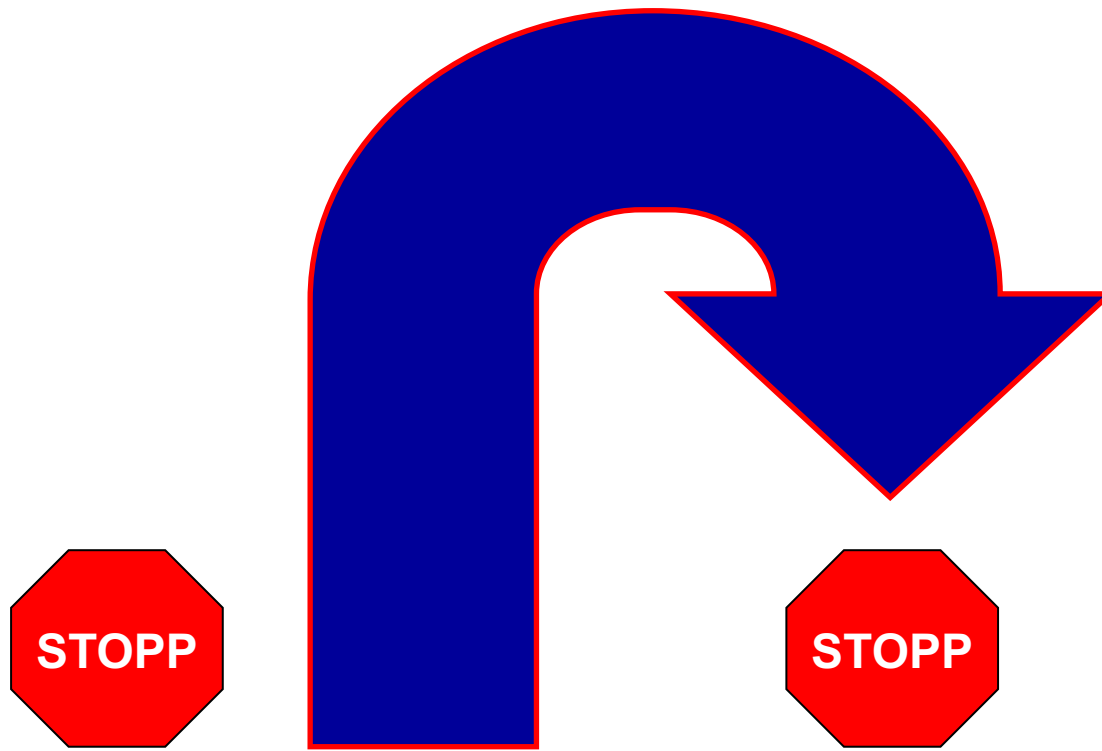




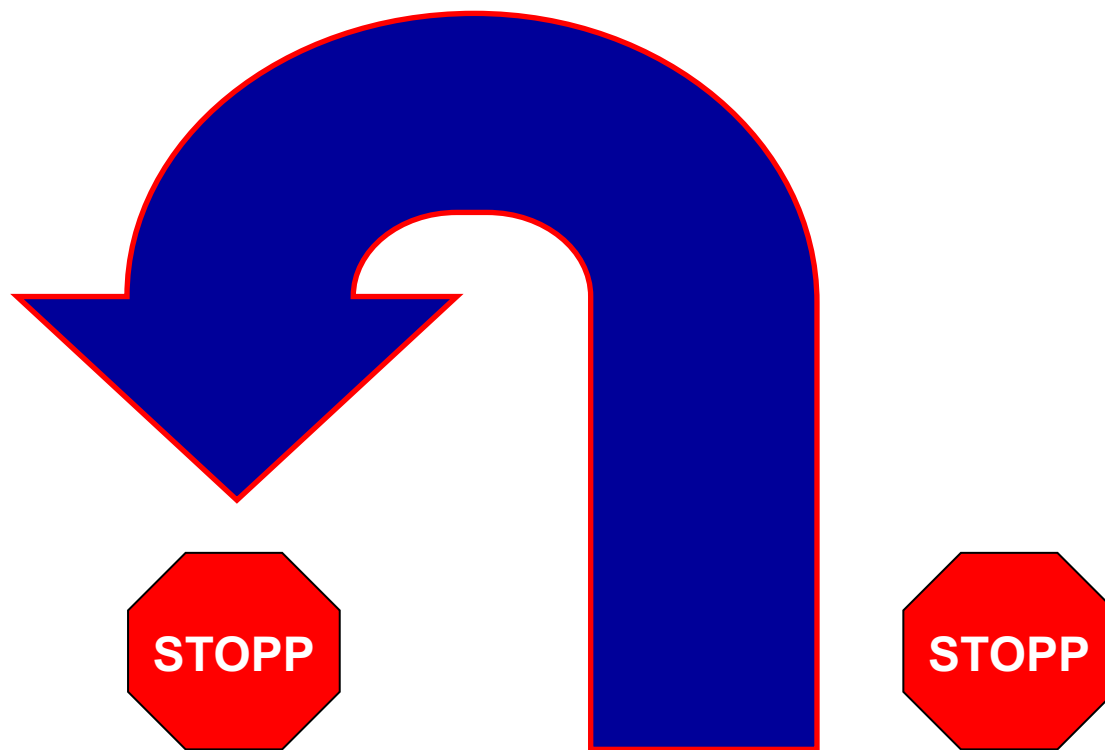
# Vri 180° høyre, frem



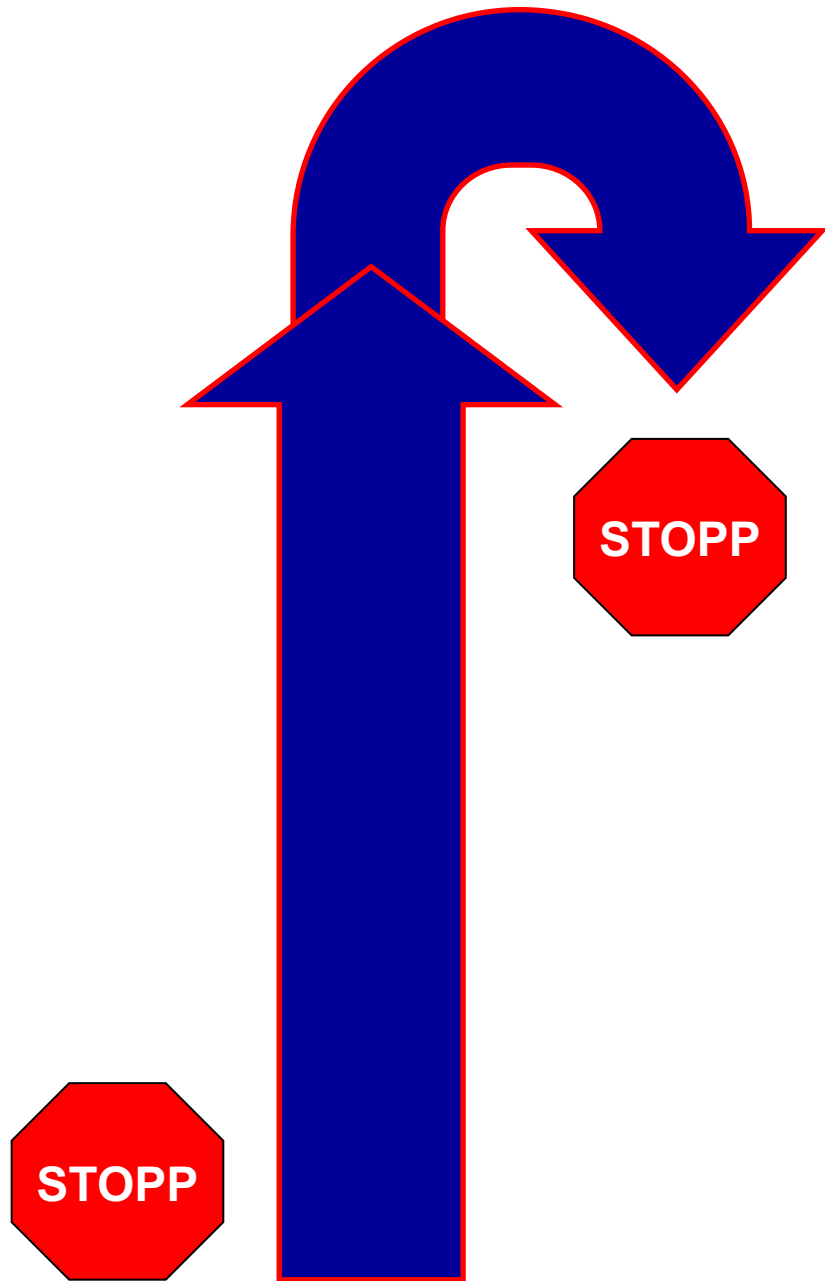
# Vri 180° venstre, frem



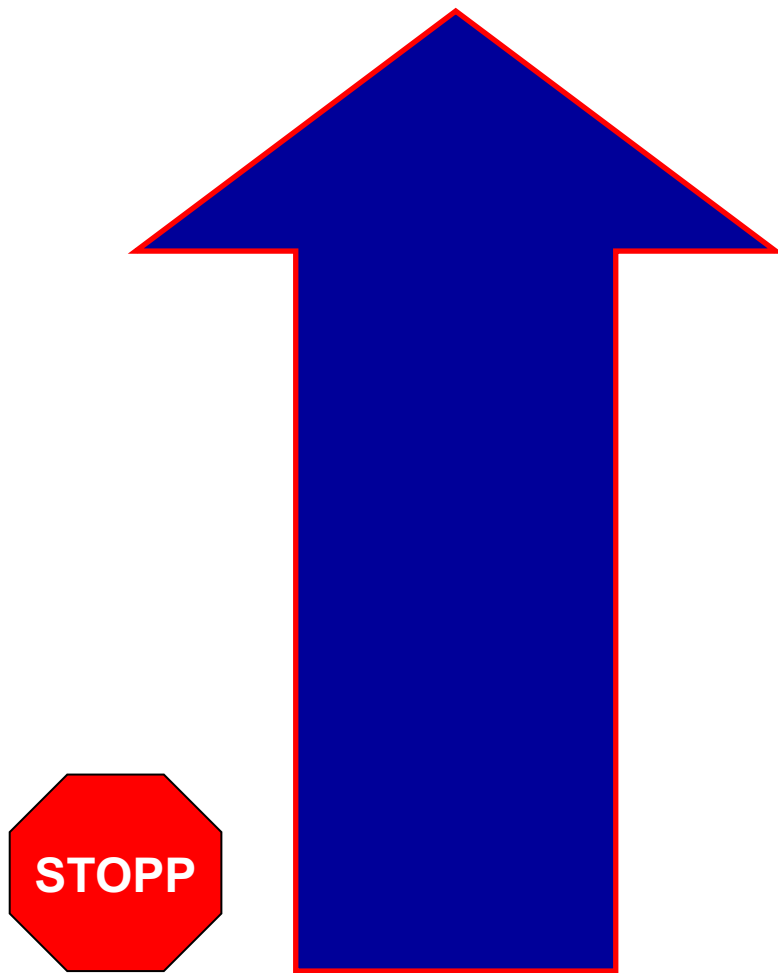
**Vri 180° høyre**



# Vri 180° venstre



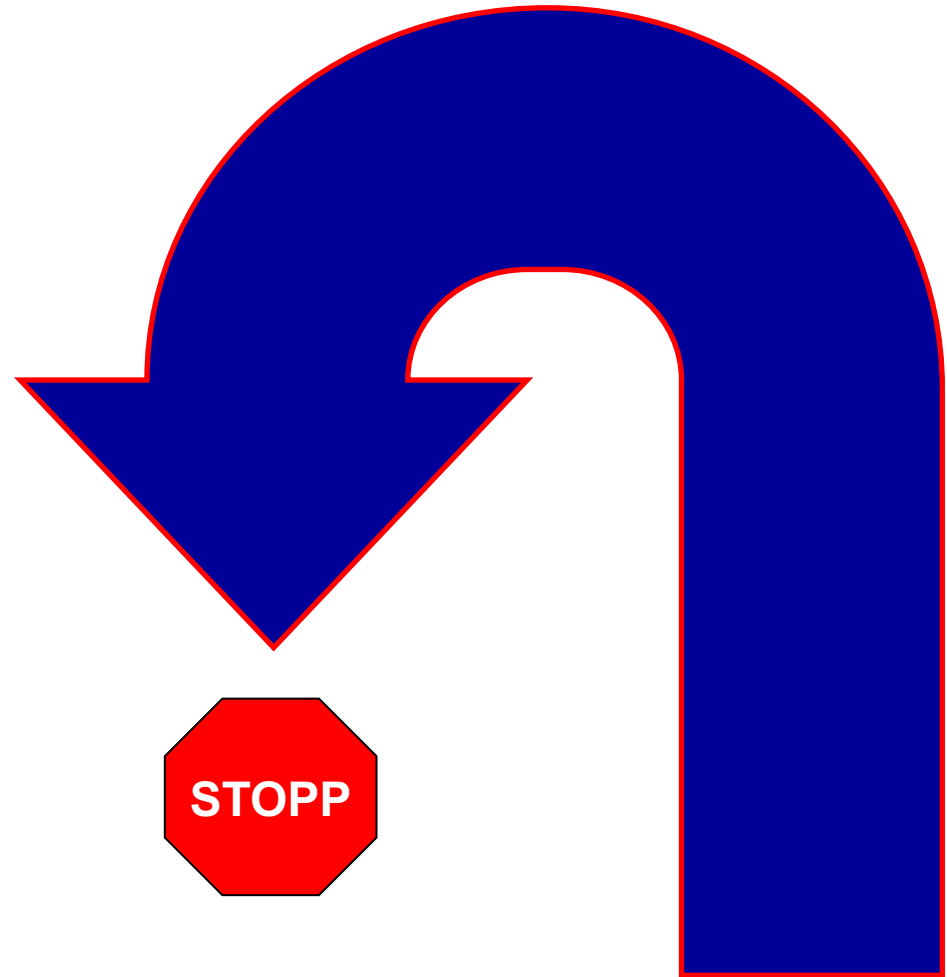
**Løp i fra  
Kall inn  
foran i fart**



**Gå i fra**

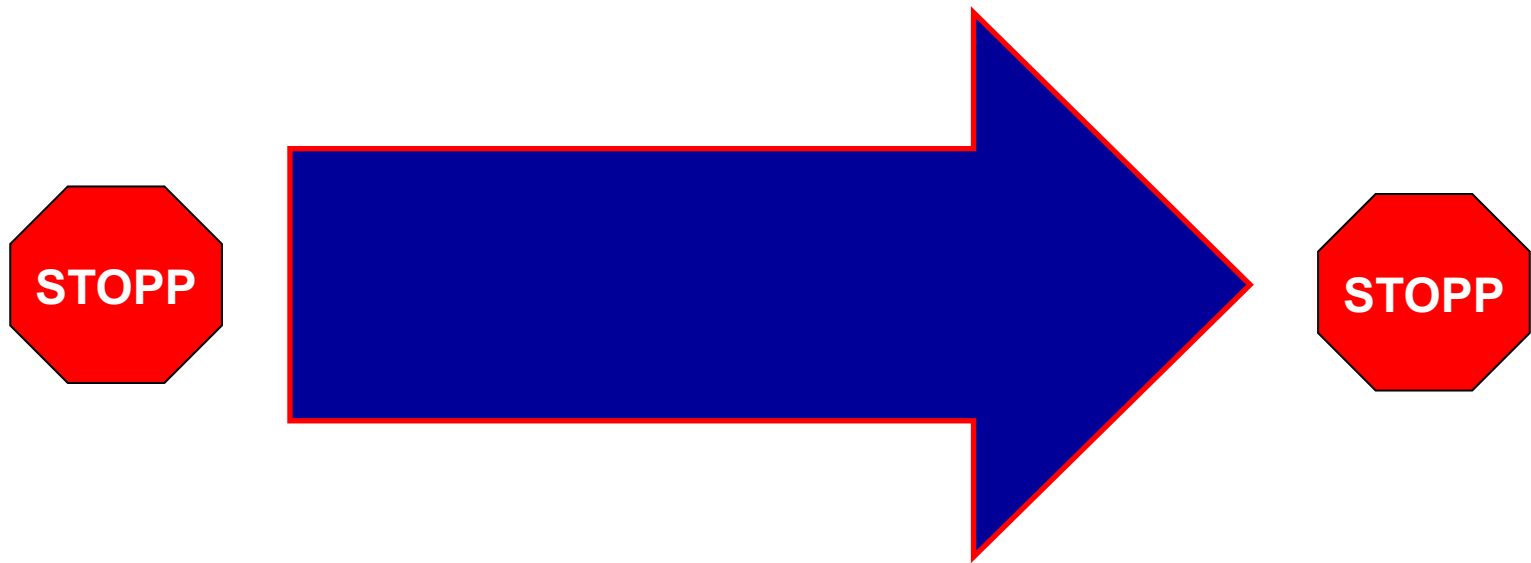


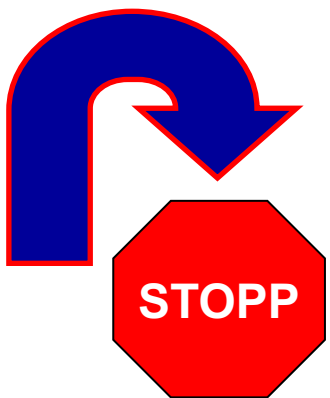
**Snu  
Kall inn  
foran**





# Sidesteg høyre





# Foran

**1 steg bak, stå**

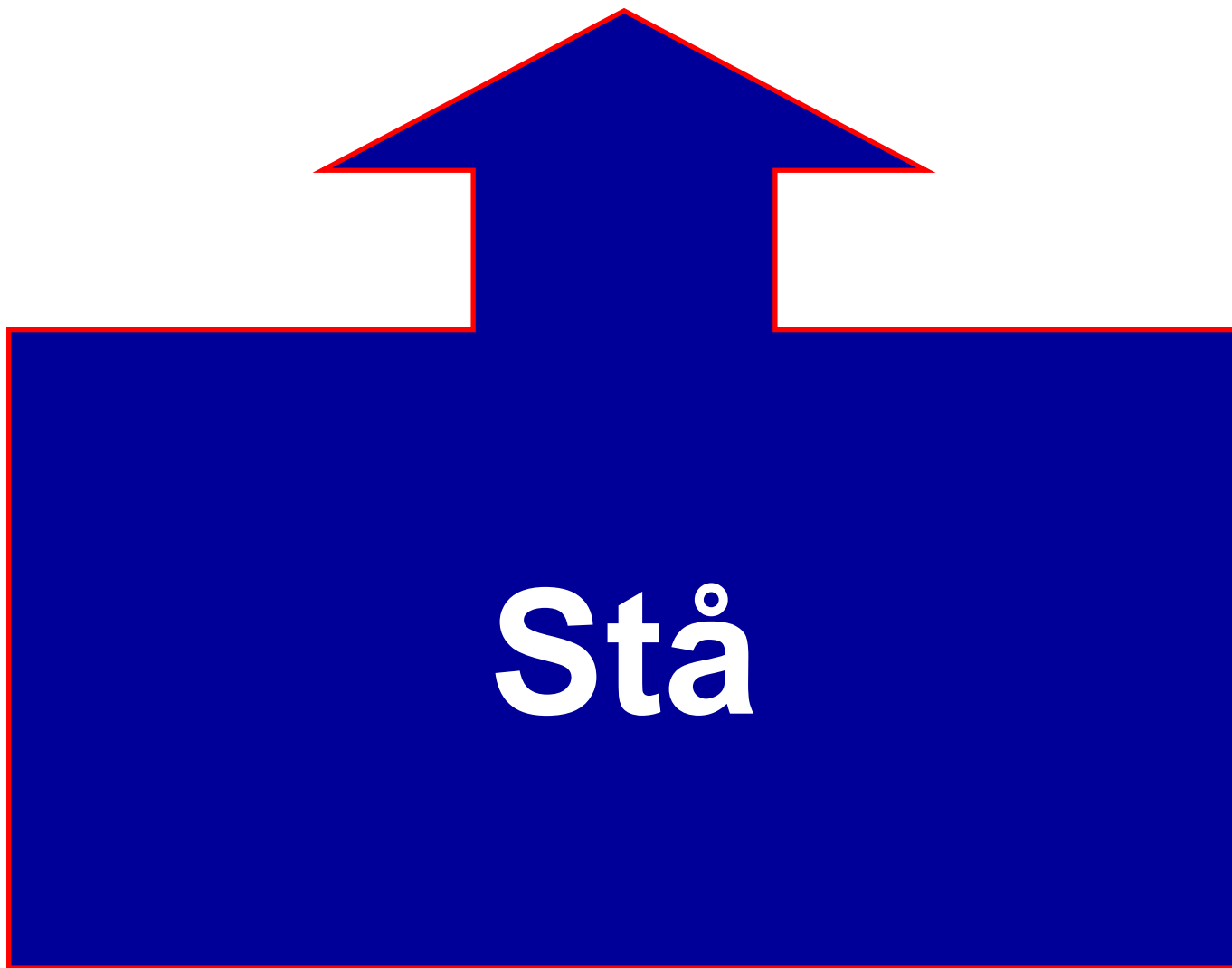
**2 steg bak** 

**3 steg bak, dekk**

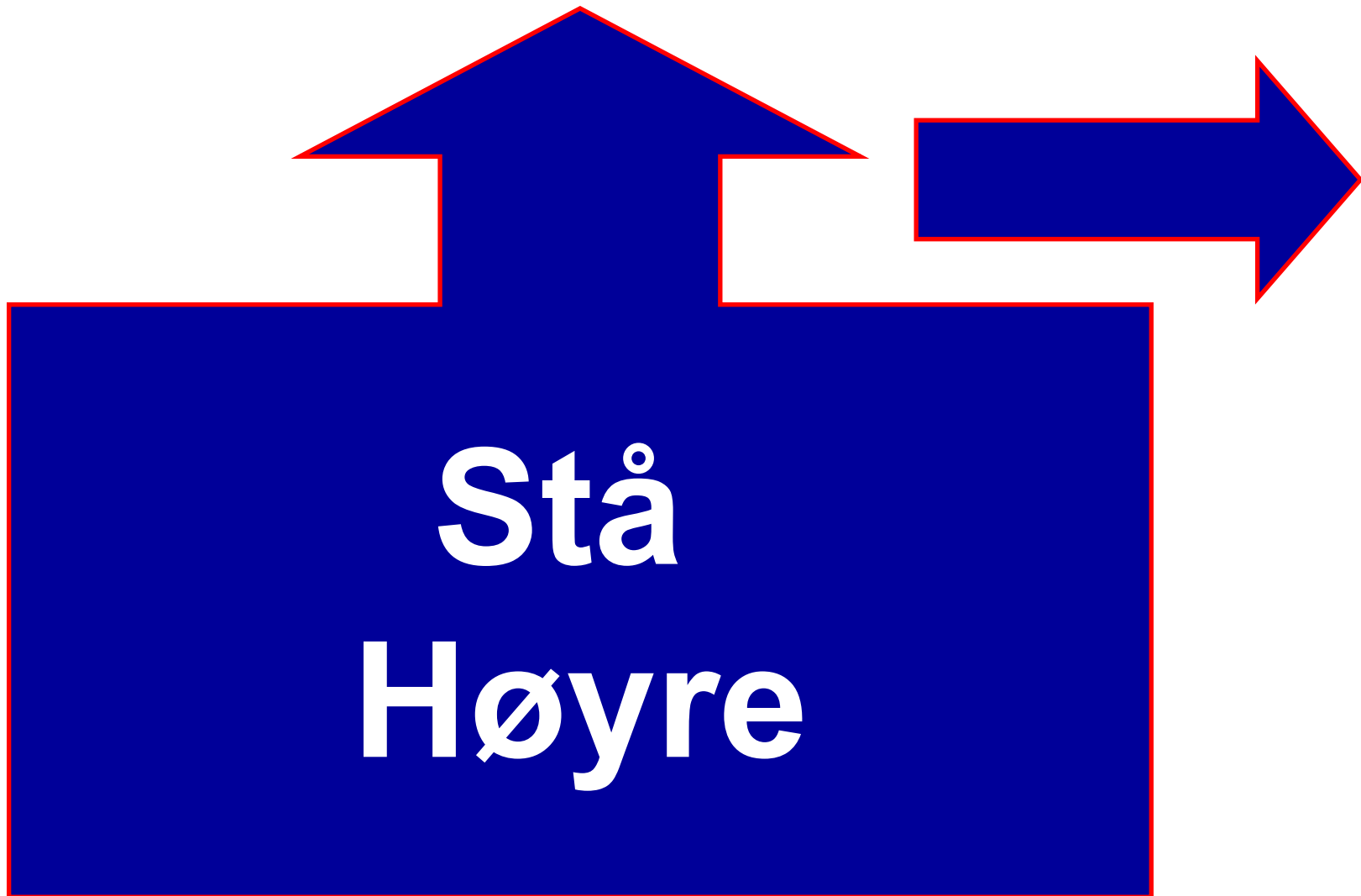


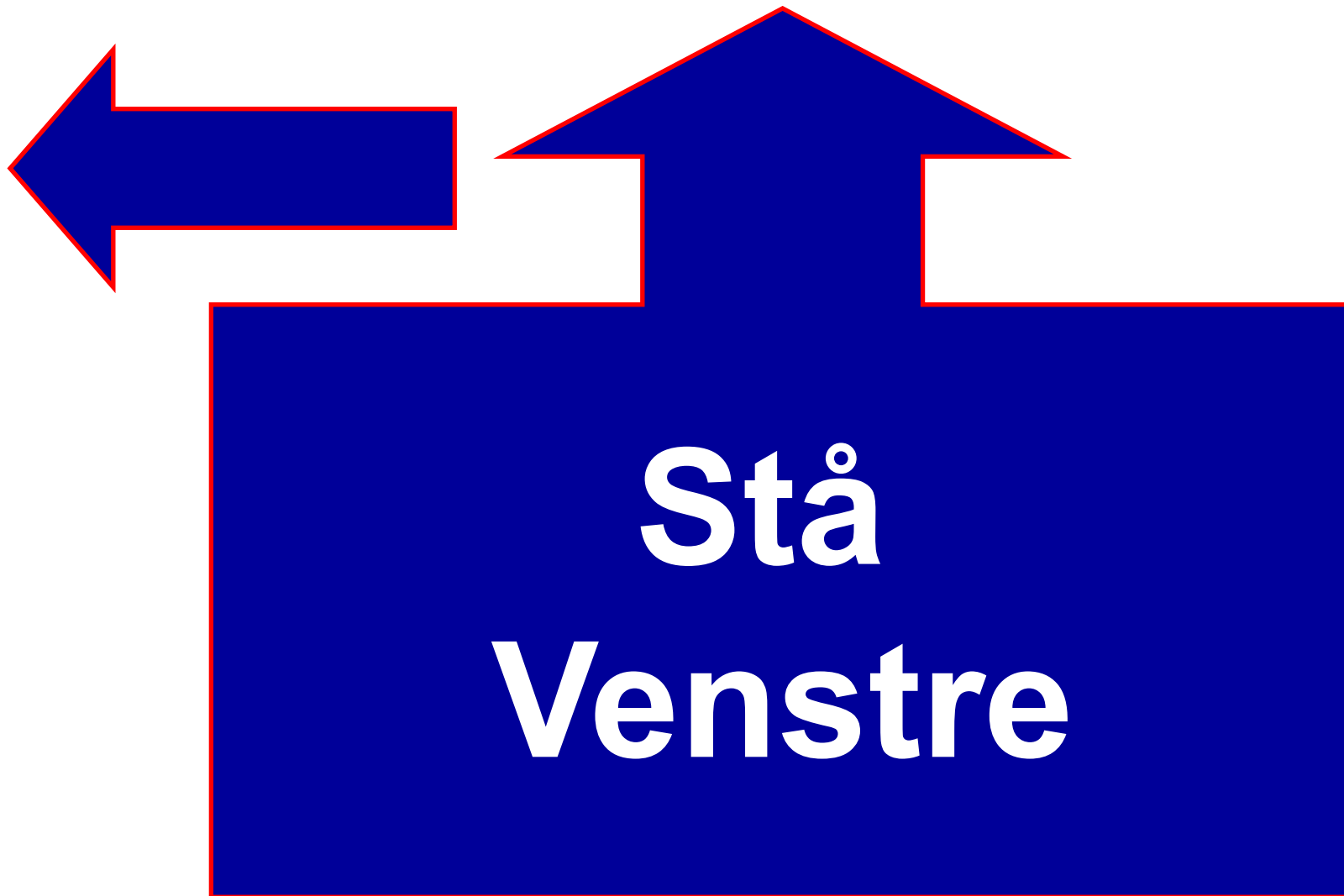


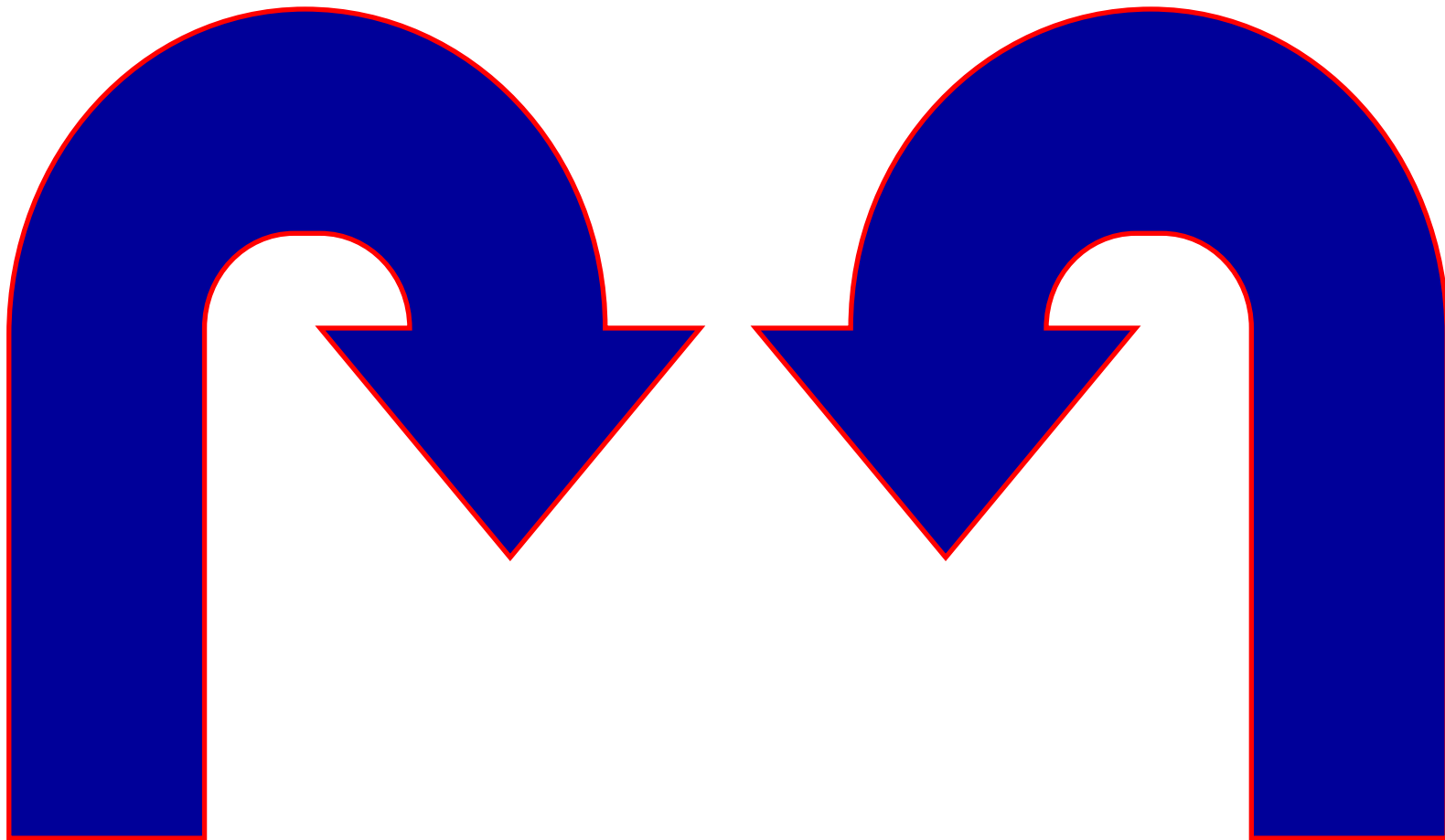




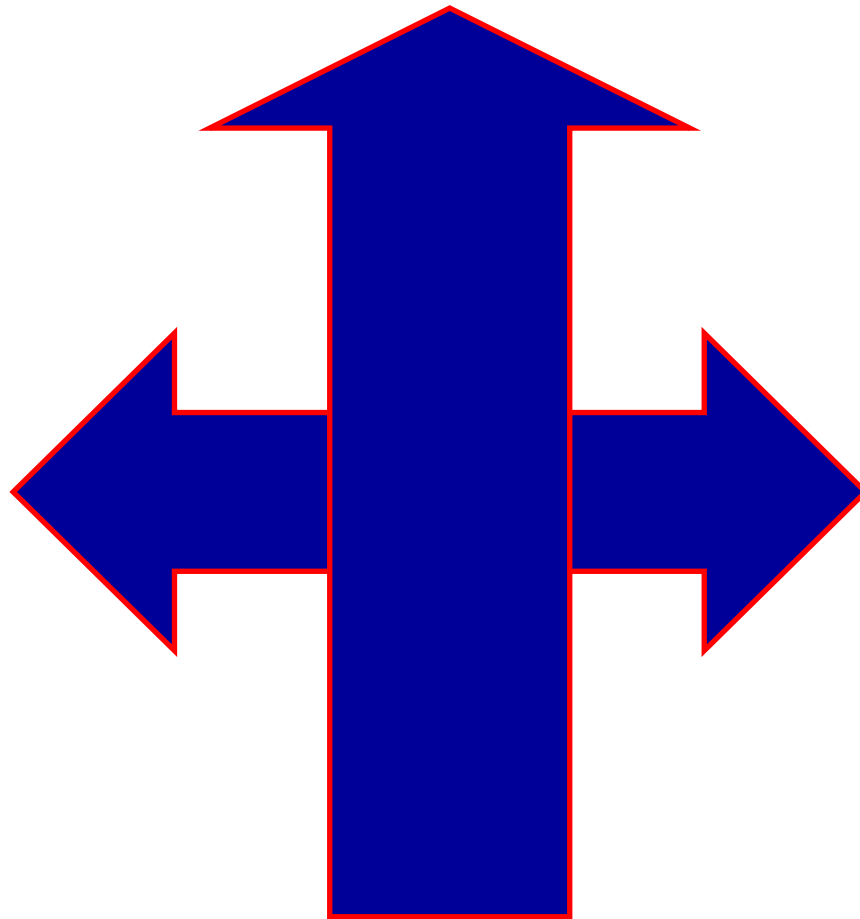






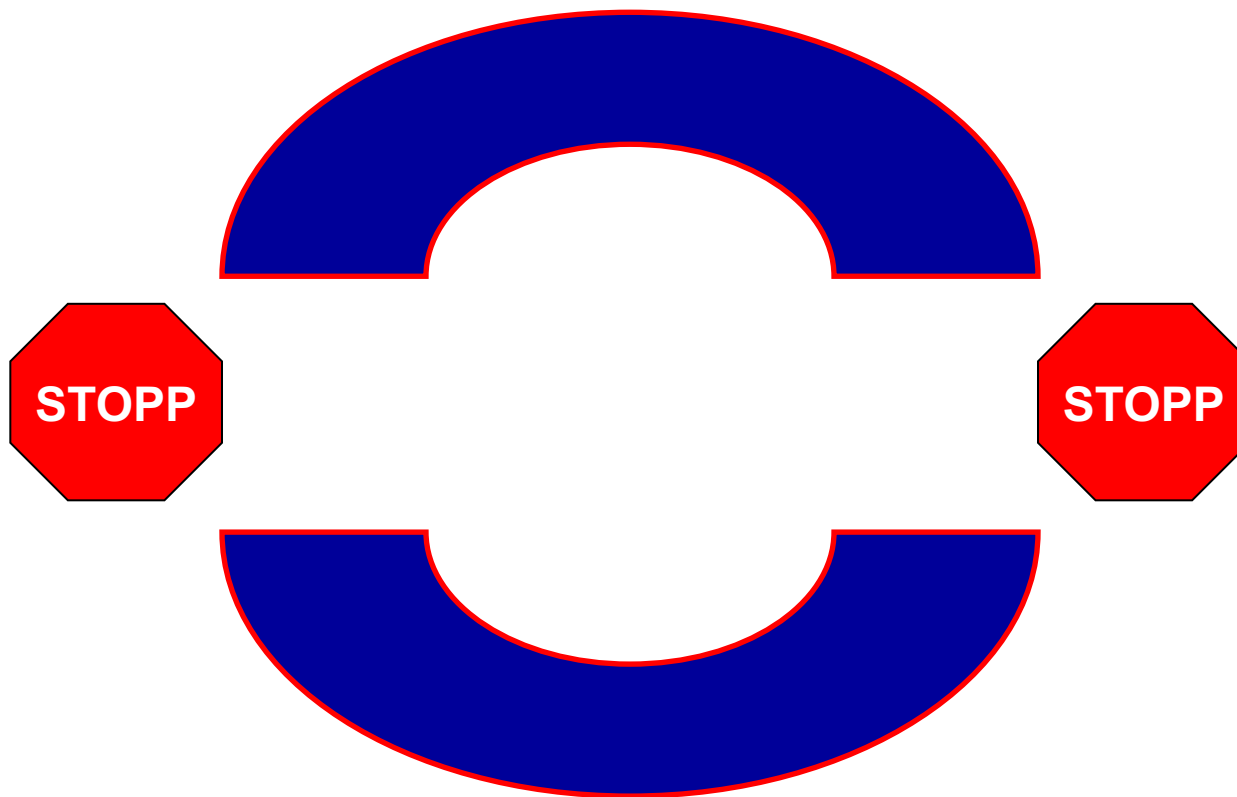


# Helt om mot hverandre

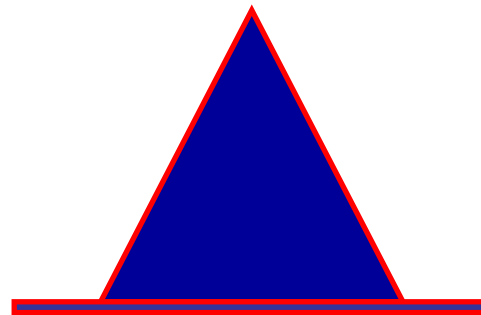
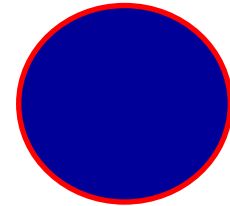
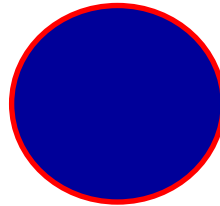
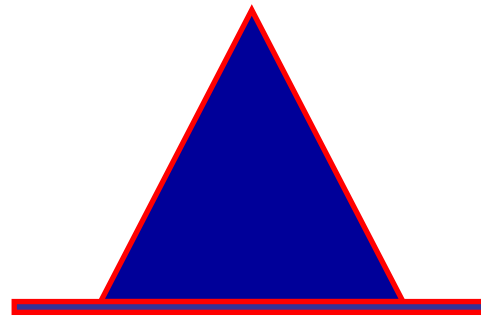


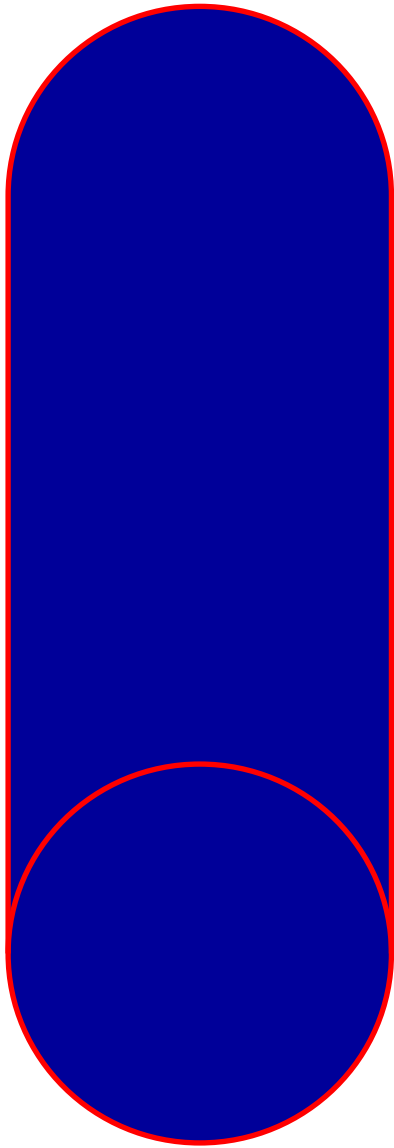
# Sidebytte mellom ben

# Sidebytte

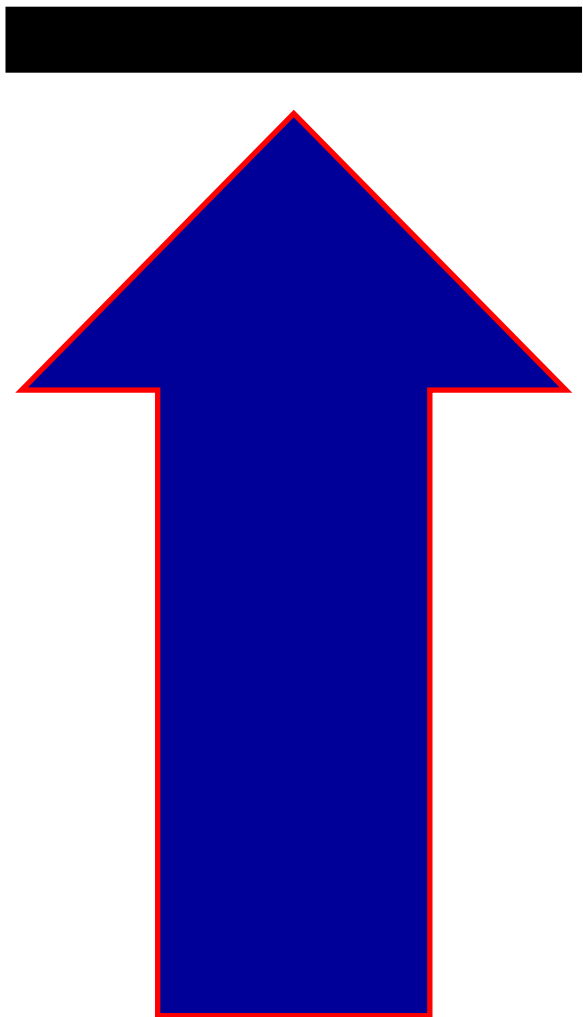


# 8-tall matskåler



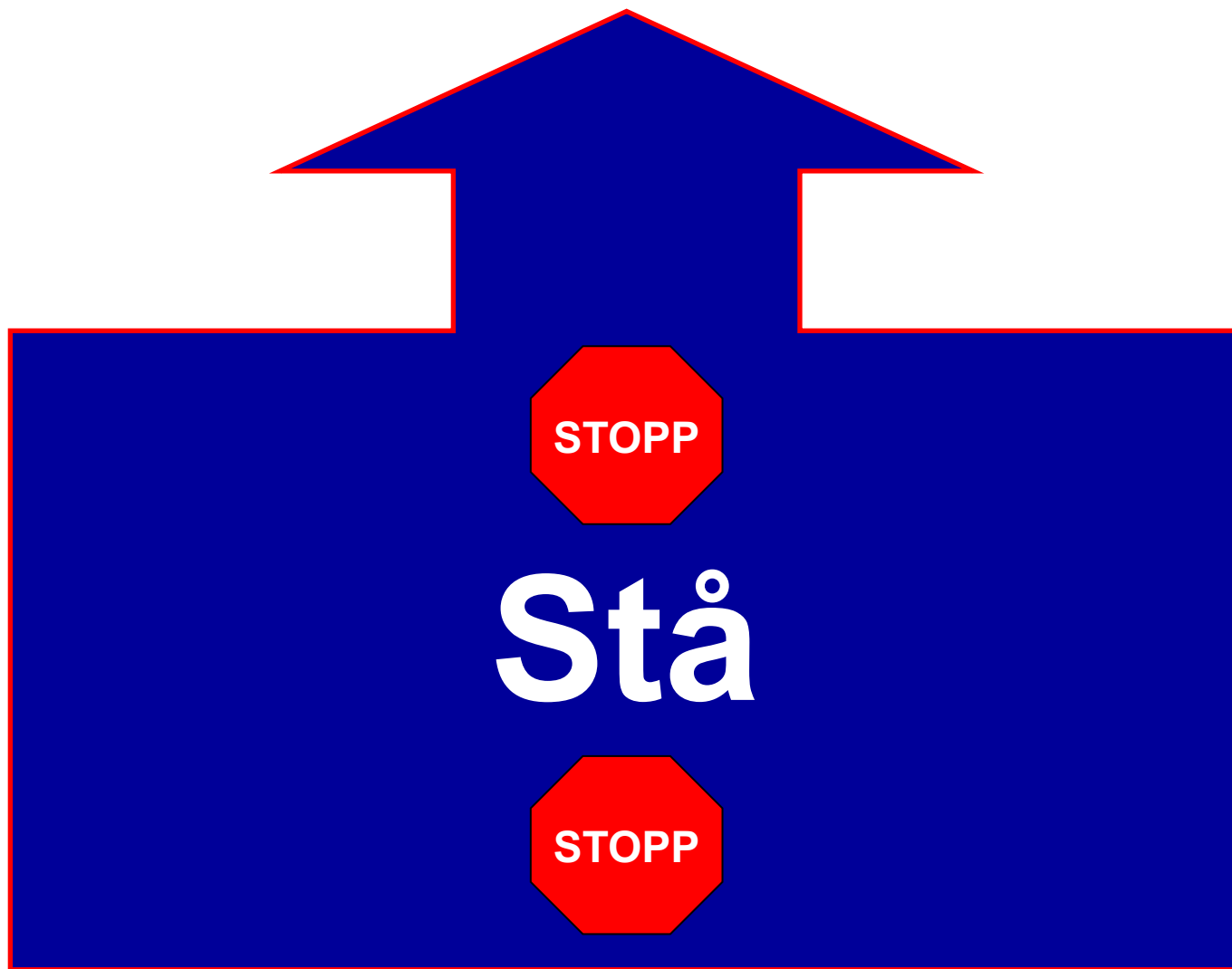


# Rett tunnel



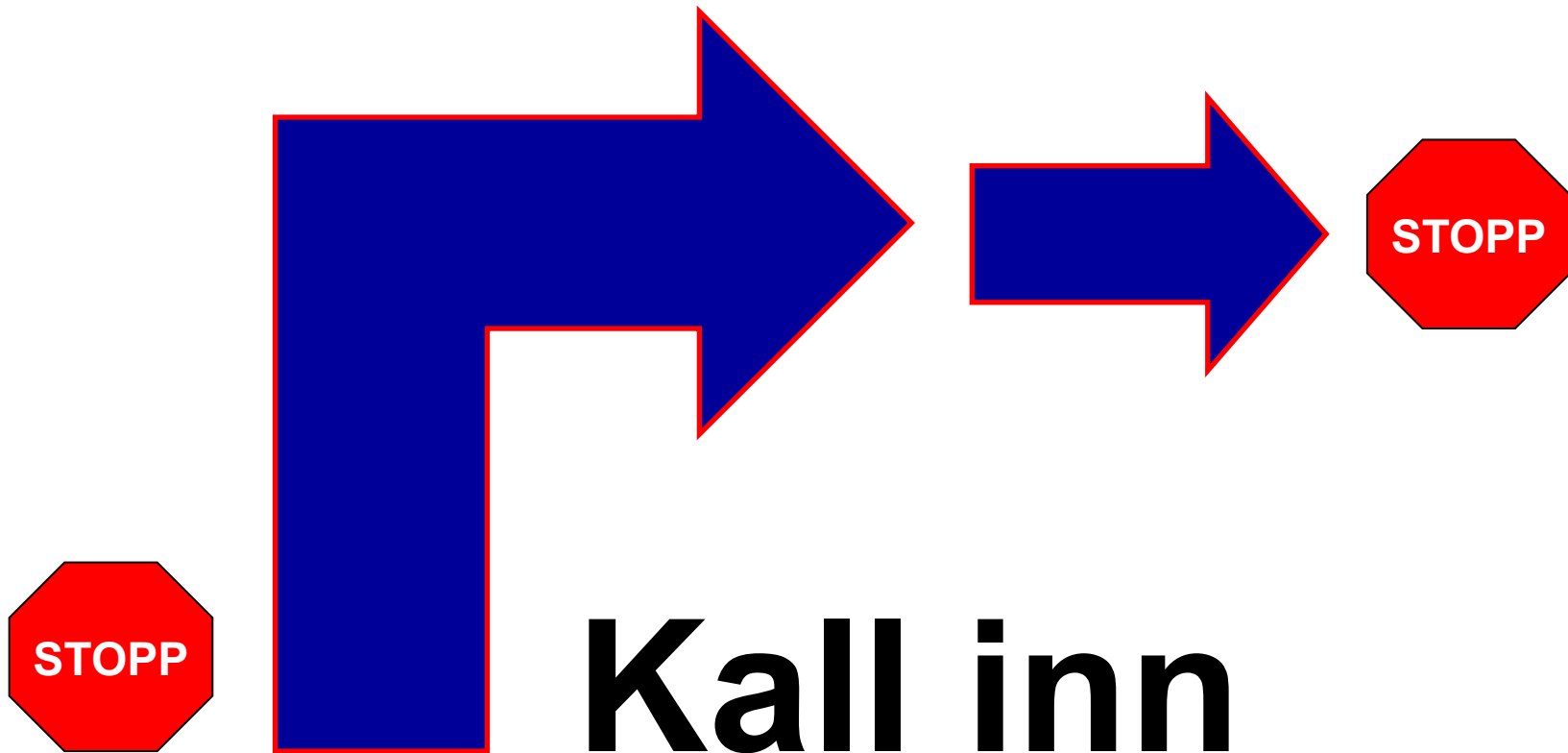
**Send  
over  
hopp**



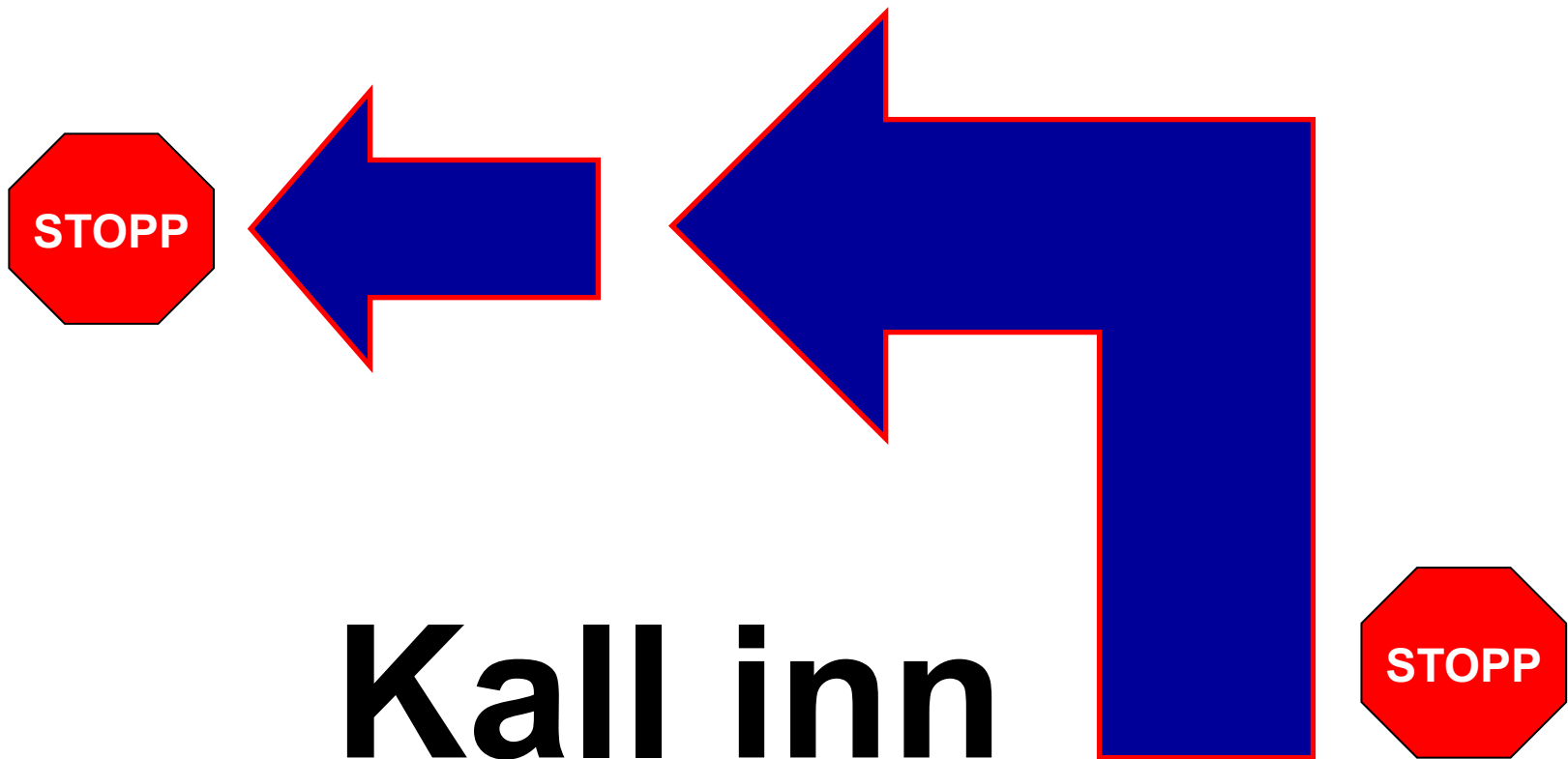




# Vri 90° høyre, 1 steg



# Vri 90° venstre, 1 steg

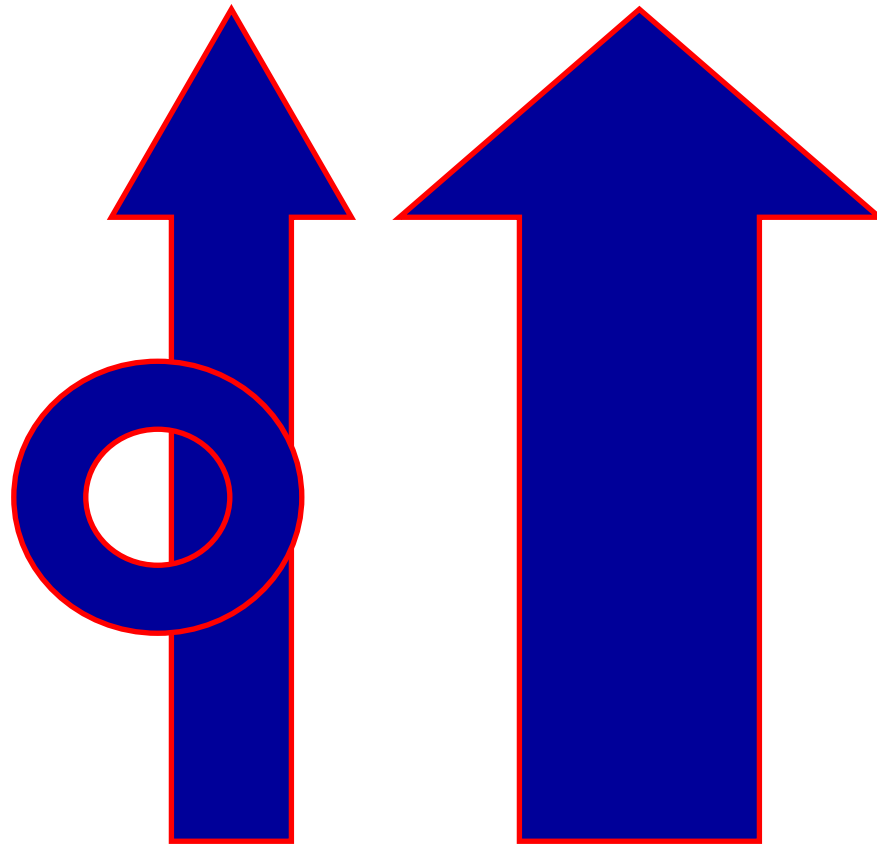




**Dekk under marsj**  
**Gå rundt**

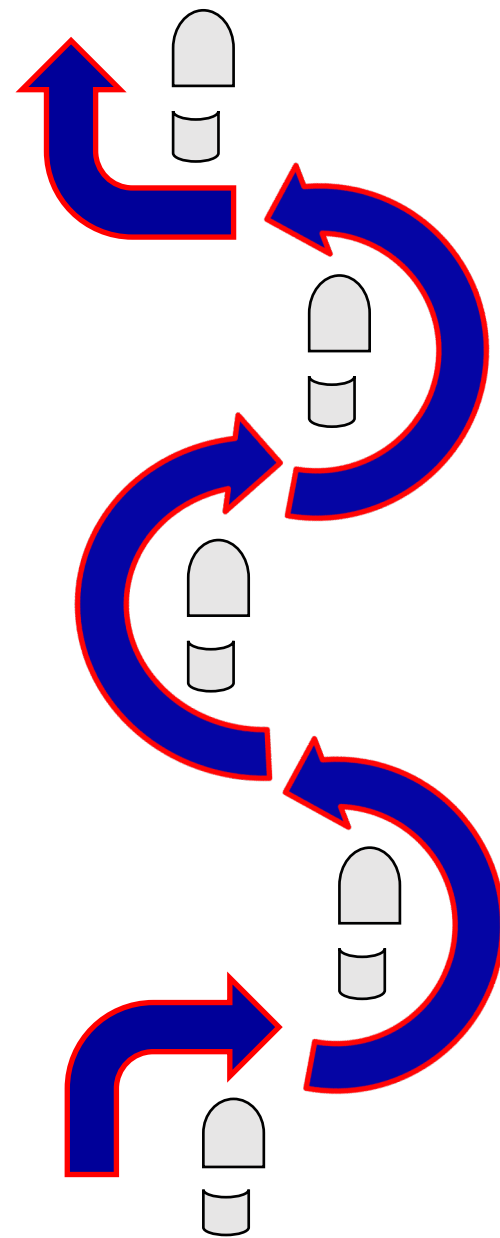


**Stå under marsj**  
**Gå rundt**



# Snurr under marsj

# Sikk-sakk



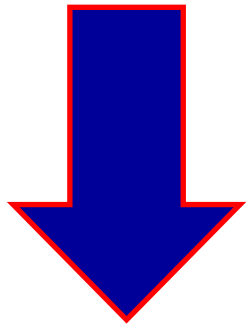




**1 steg, stå**

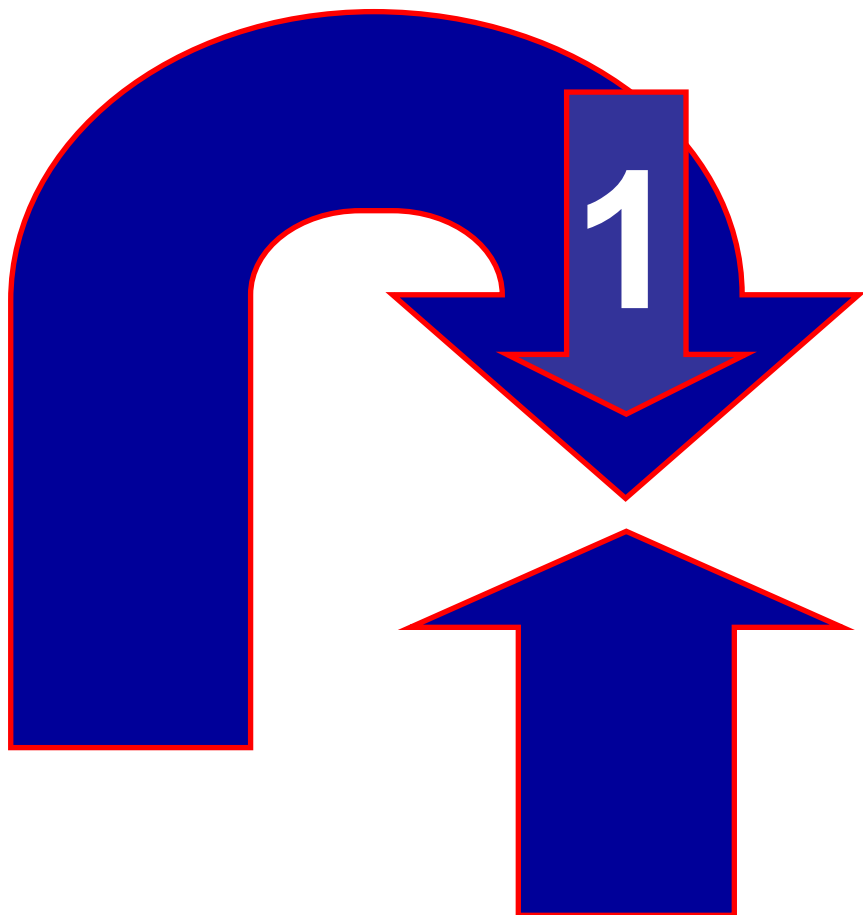
**2 steg** 

**3 steg, dekk**

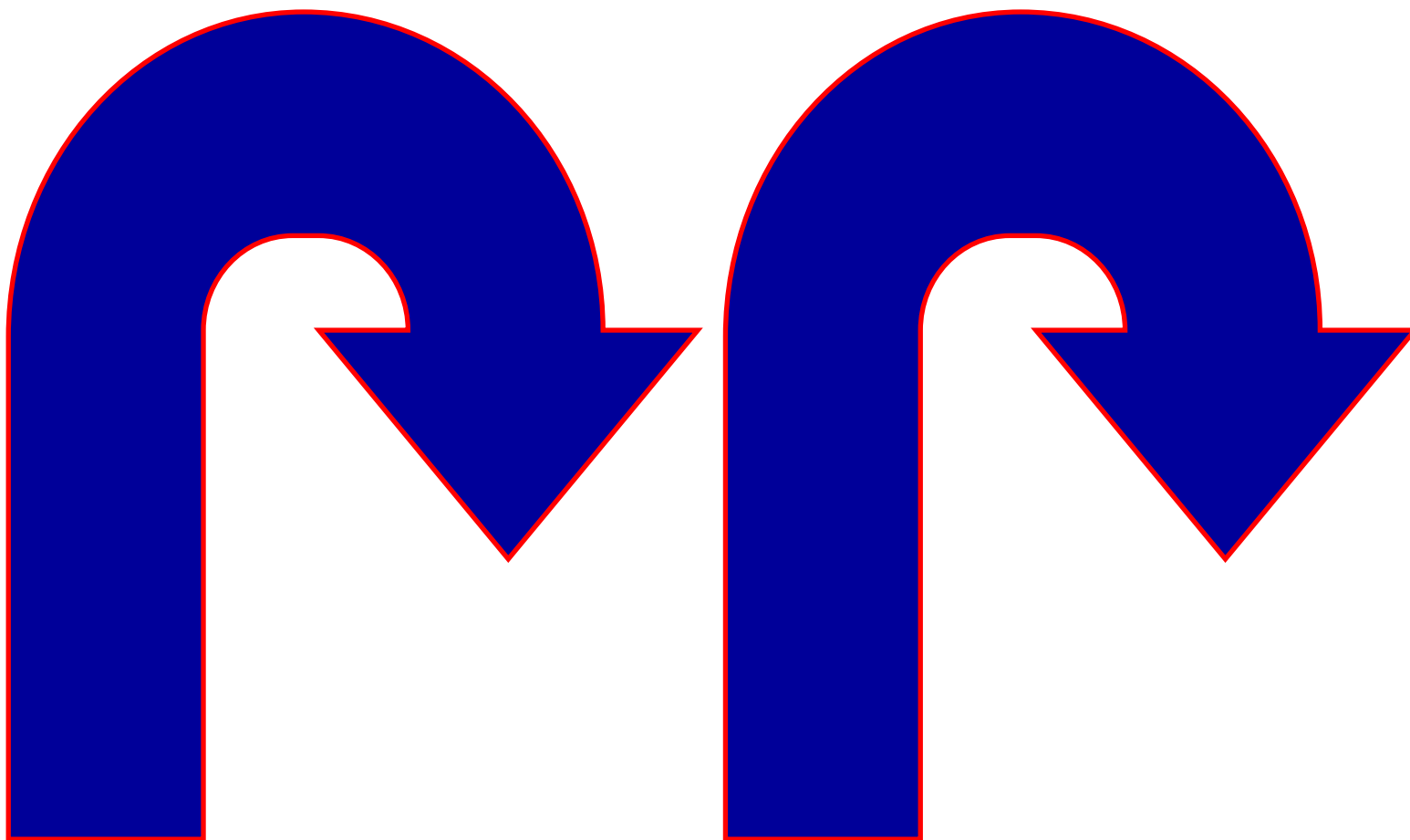


**Rygg 1 steg**

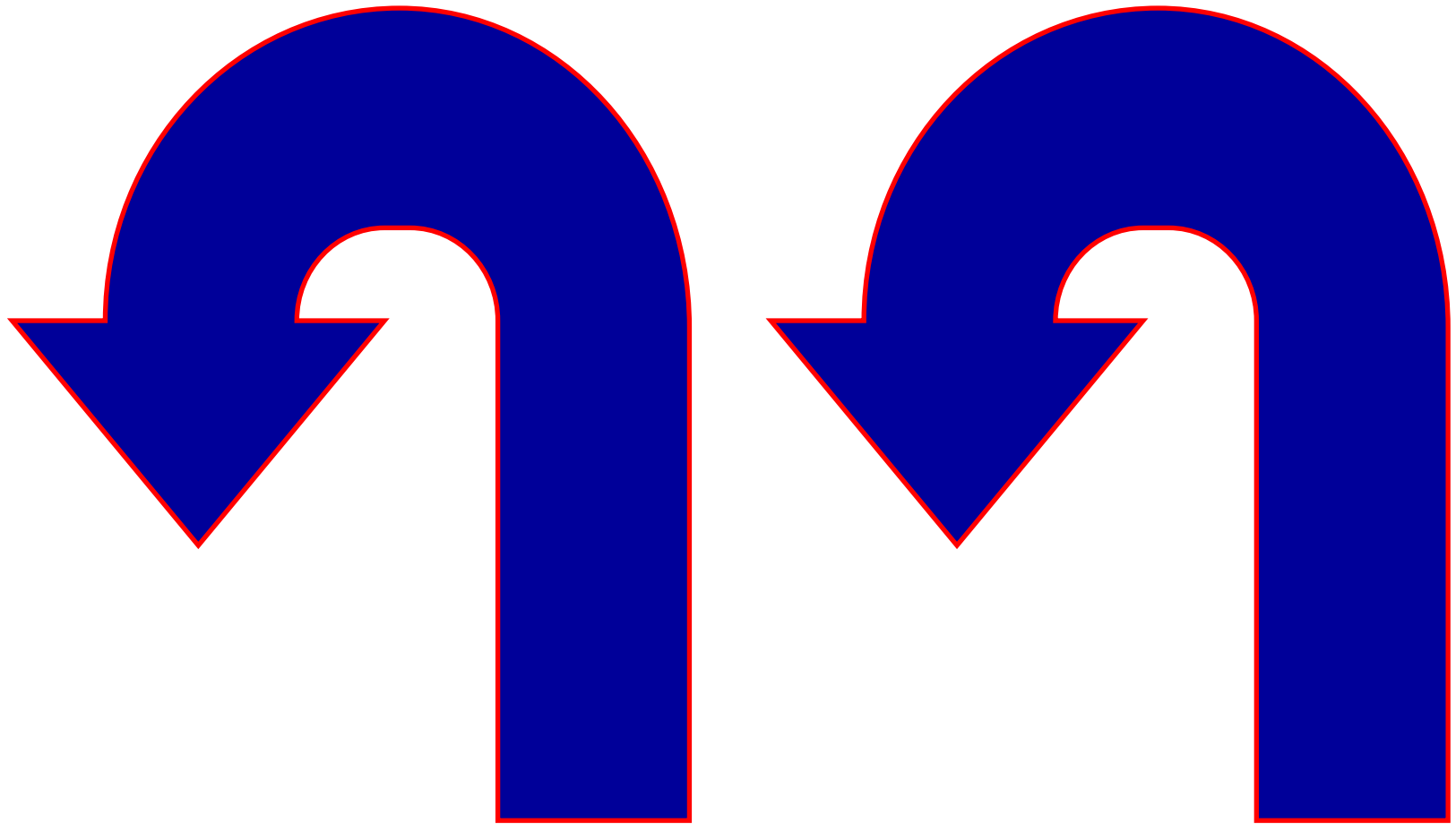




**Inn i front**  
**Rygg**

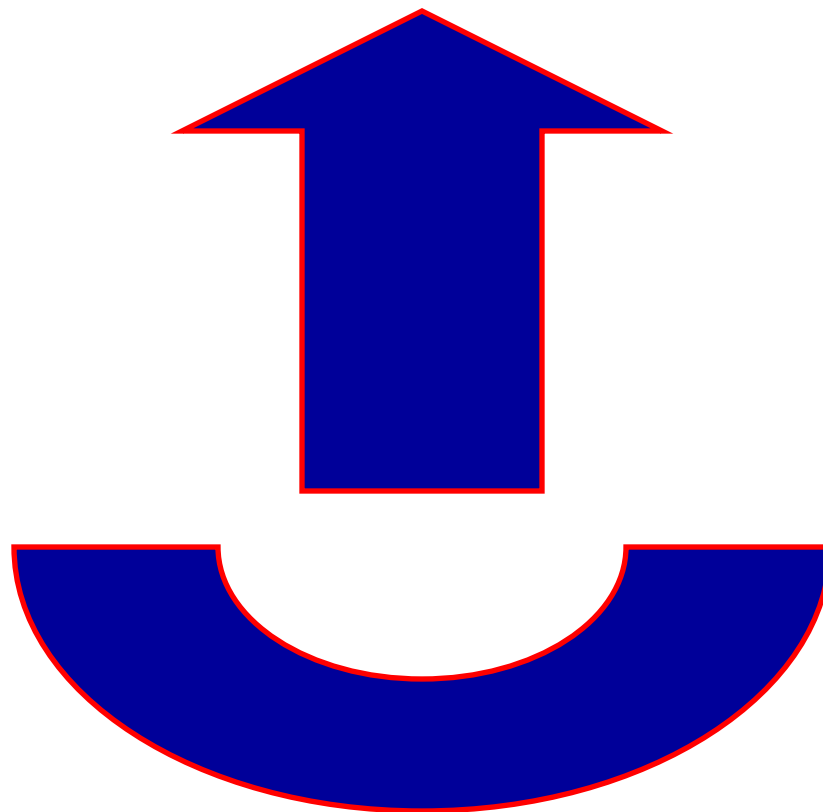


# Synkron høyre



# Synkron venstre

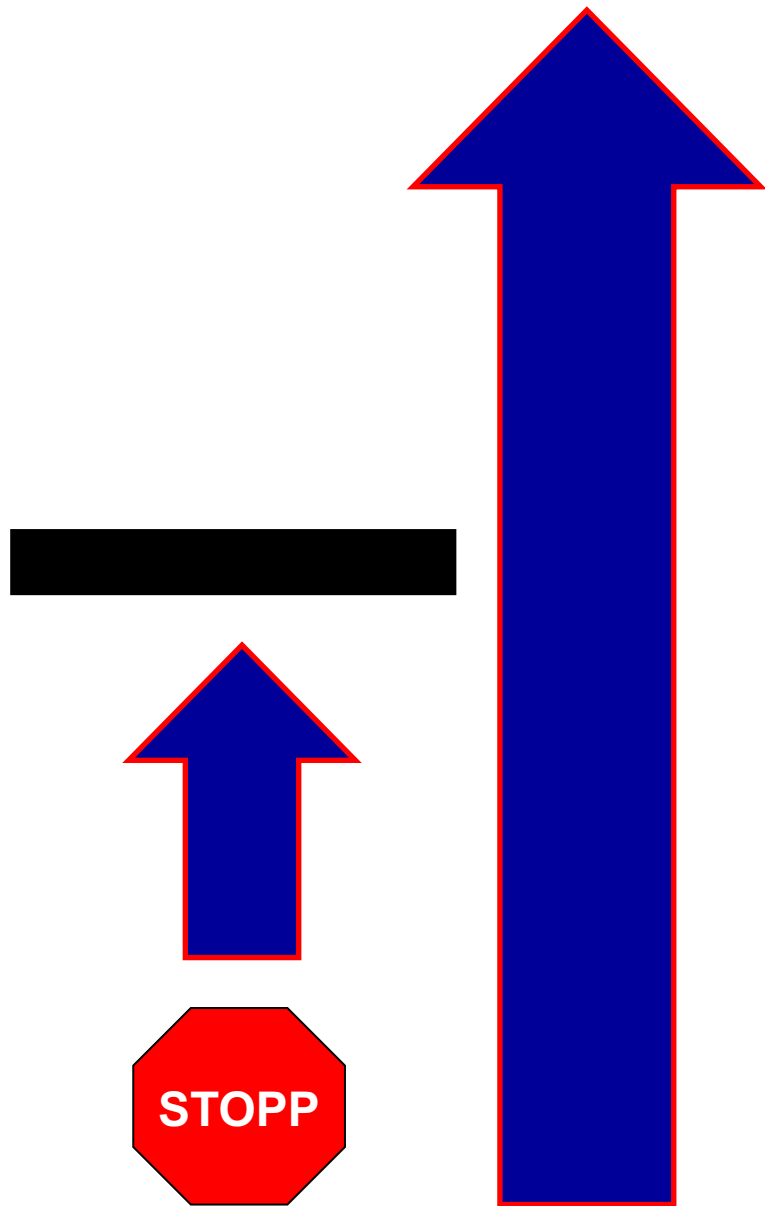
# Sidebytte bak



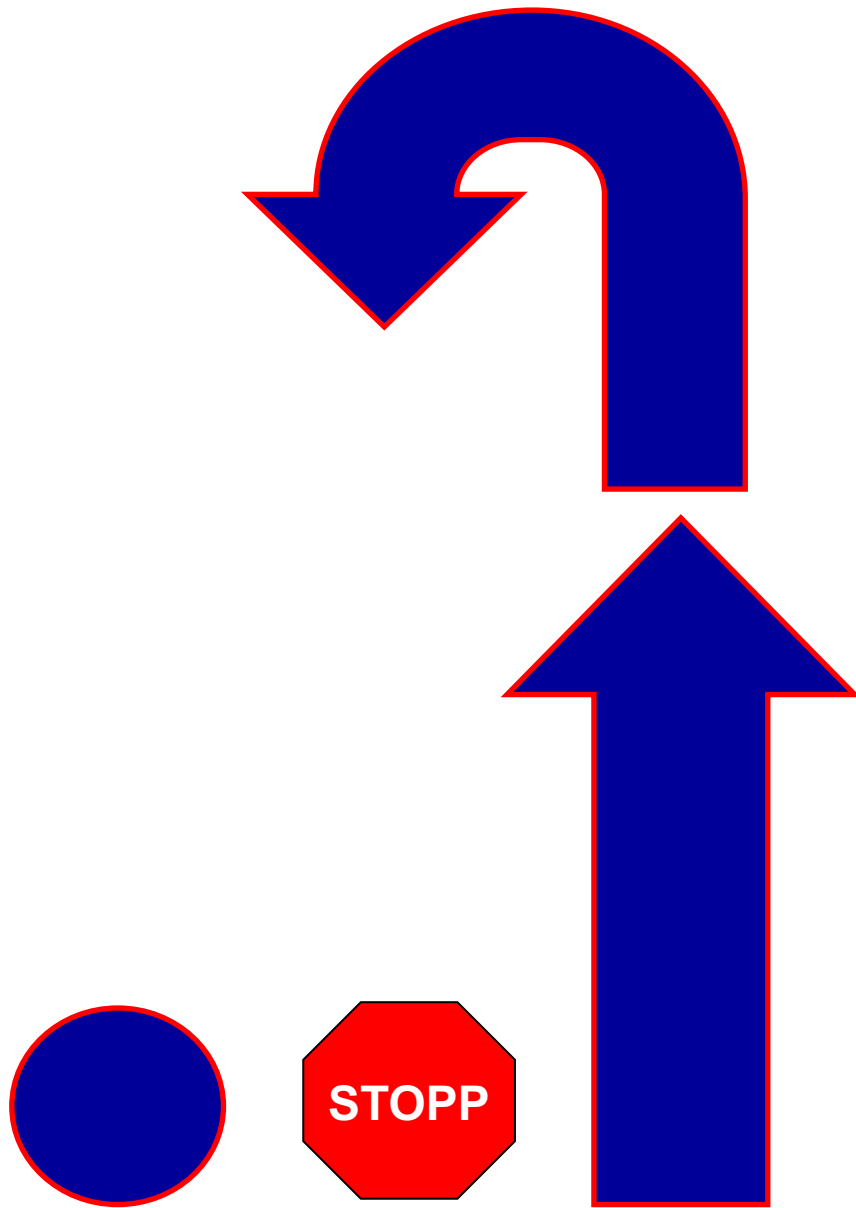




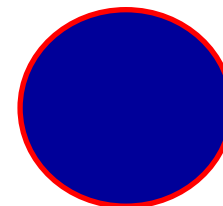
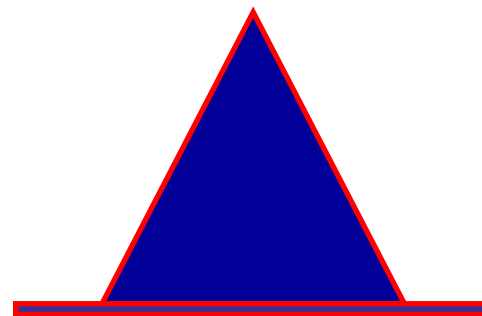




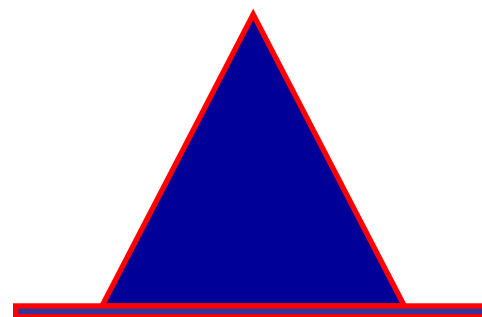
**Gå i fra  
Kall inn  
over hinder  
i fart**



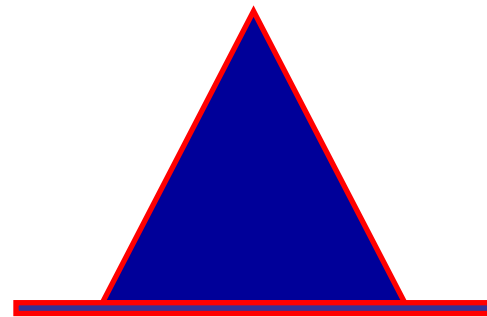
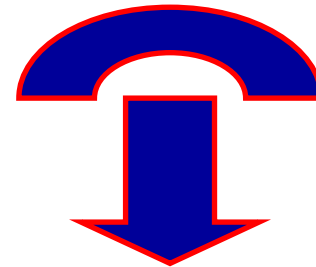
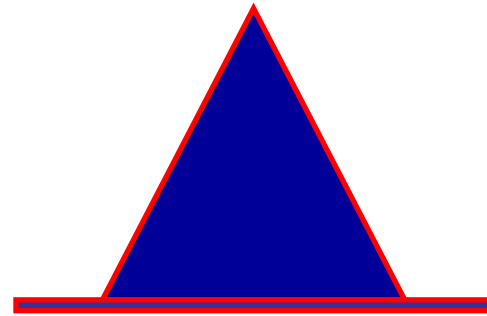
**Gå i fra**  
**Snu**  
**Kall inn**

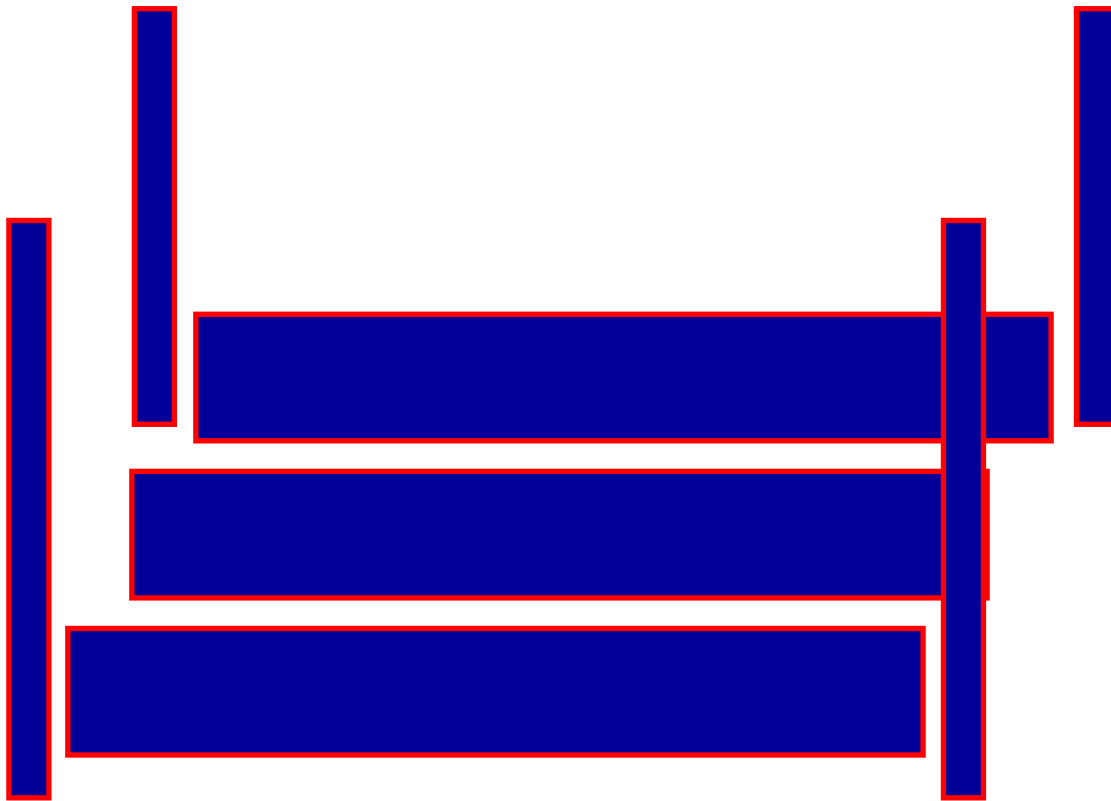


# 8-tall fristelser

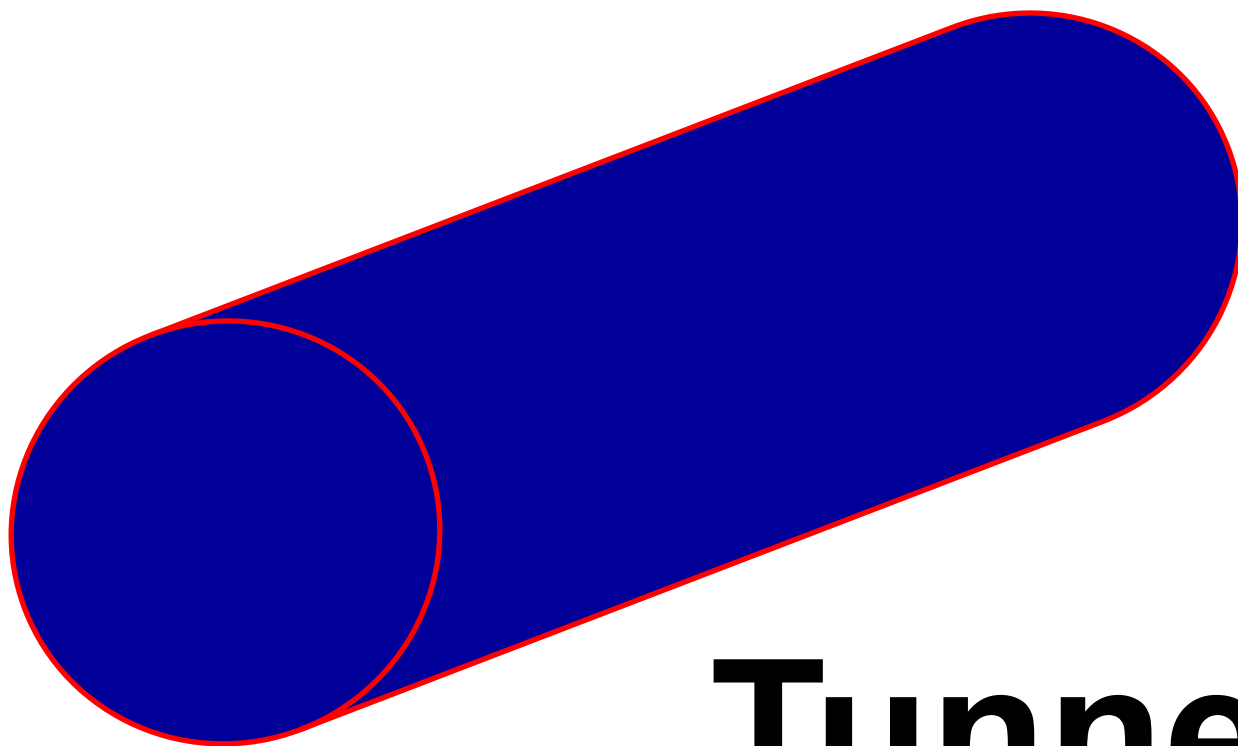


# 8-tall med sidebytte bak

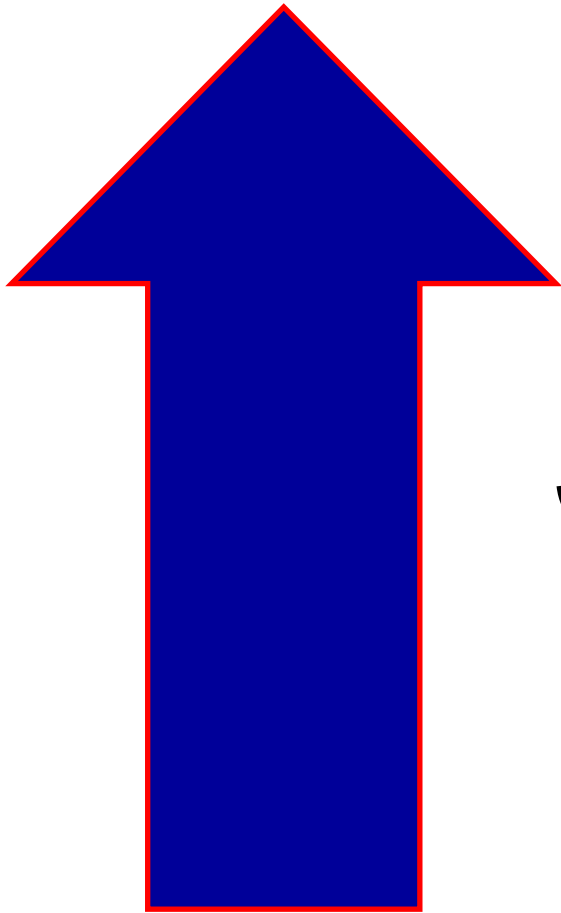




# Lengdehopp



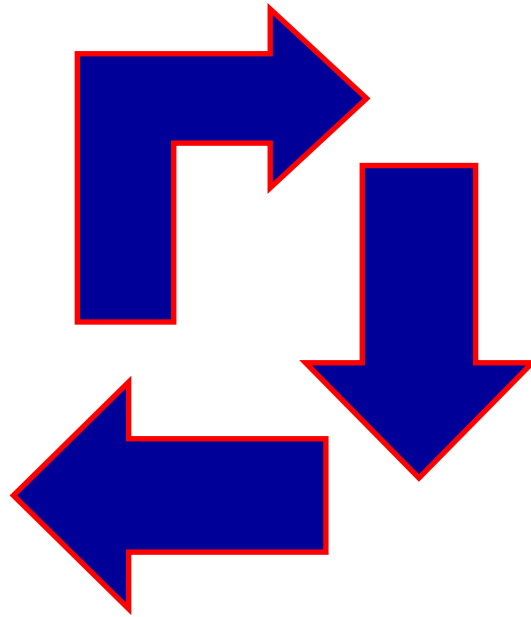
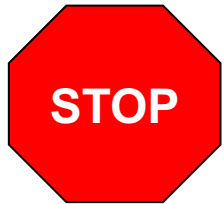
# Tunnel



**Send over  
2 hopp**



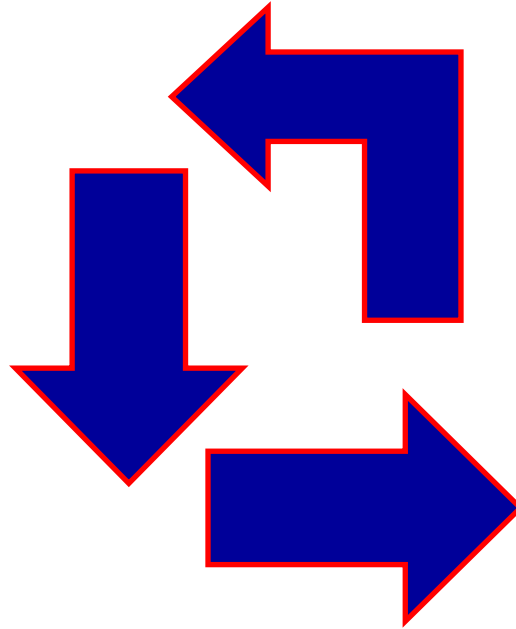




**Vri 90° høyre, stå**

**Vri 90° høyre** 

**Vri 90° høyre, dekk**



**Vri 90° venstre, stå**

**Vri 90° venstre** 

**Vri 90° venstre, dekk**



**Sitt under marsj**  
**Gå rundt**



**Dekk under marsj**  
**Avstandskommando**



**Stå under marsj**  
**Avstandskommando**



**Sitt under marsj**  
**Kall inn i fart**



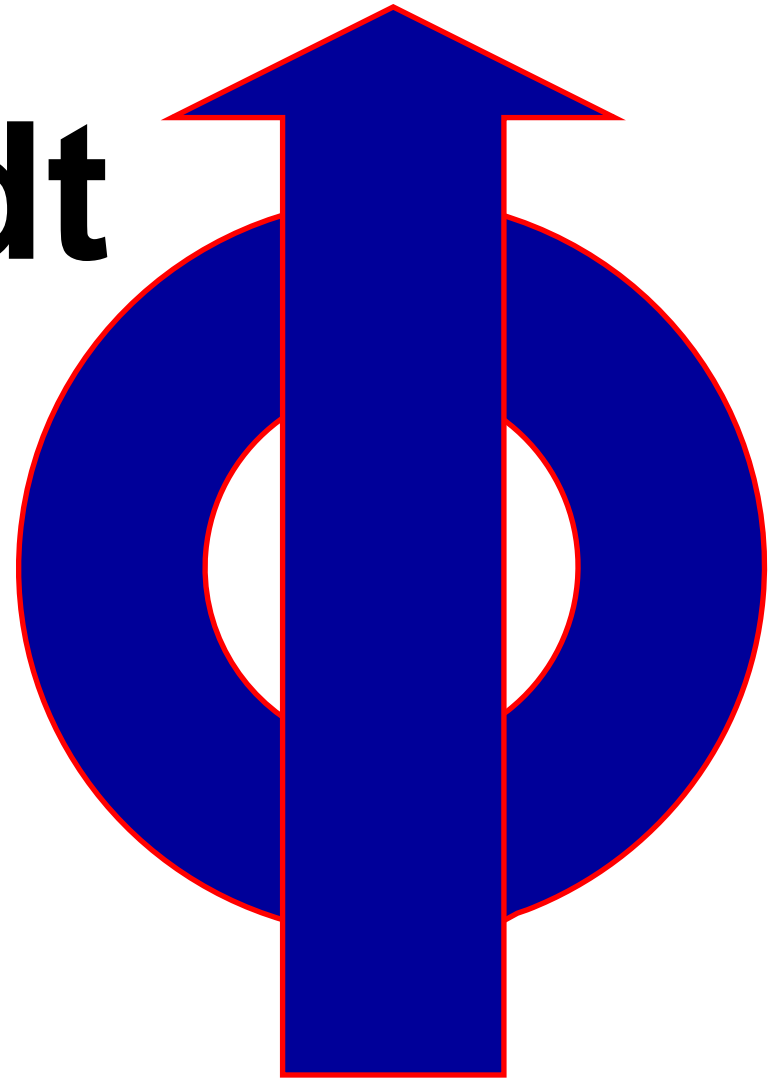
**Dekk under marsj**  
**Kall inn i fart**



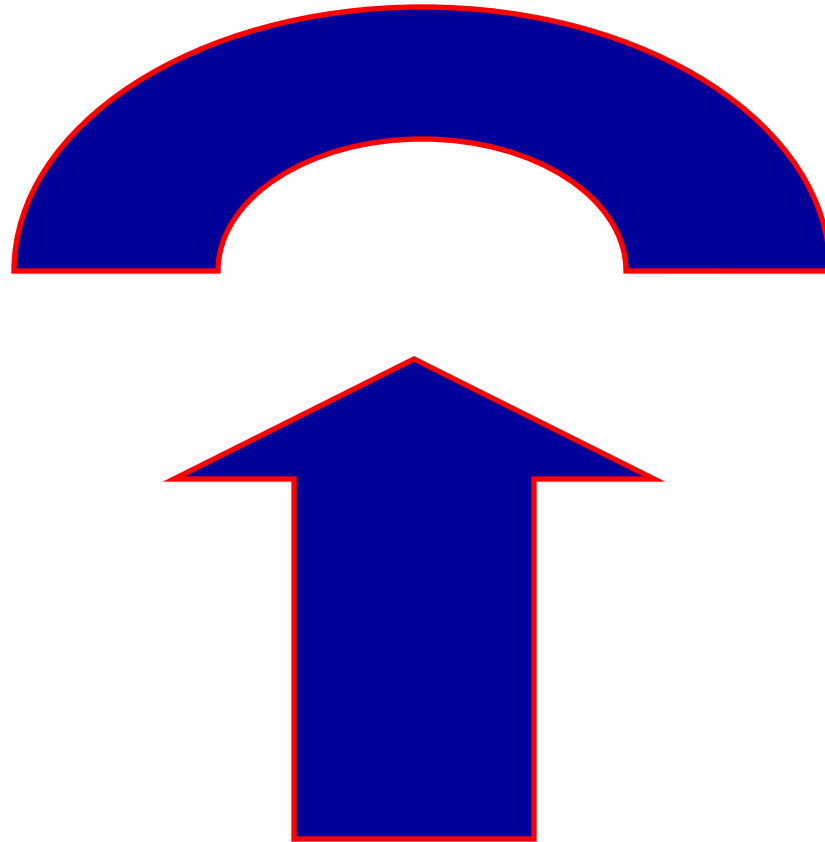
**Stå under marsj**  
**Kall inn i fart**

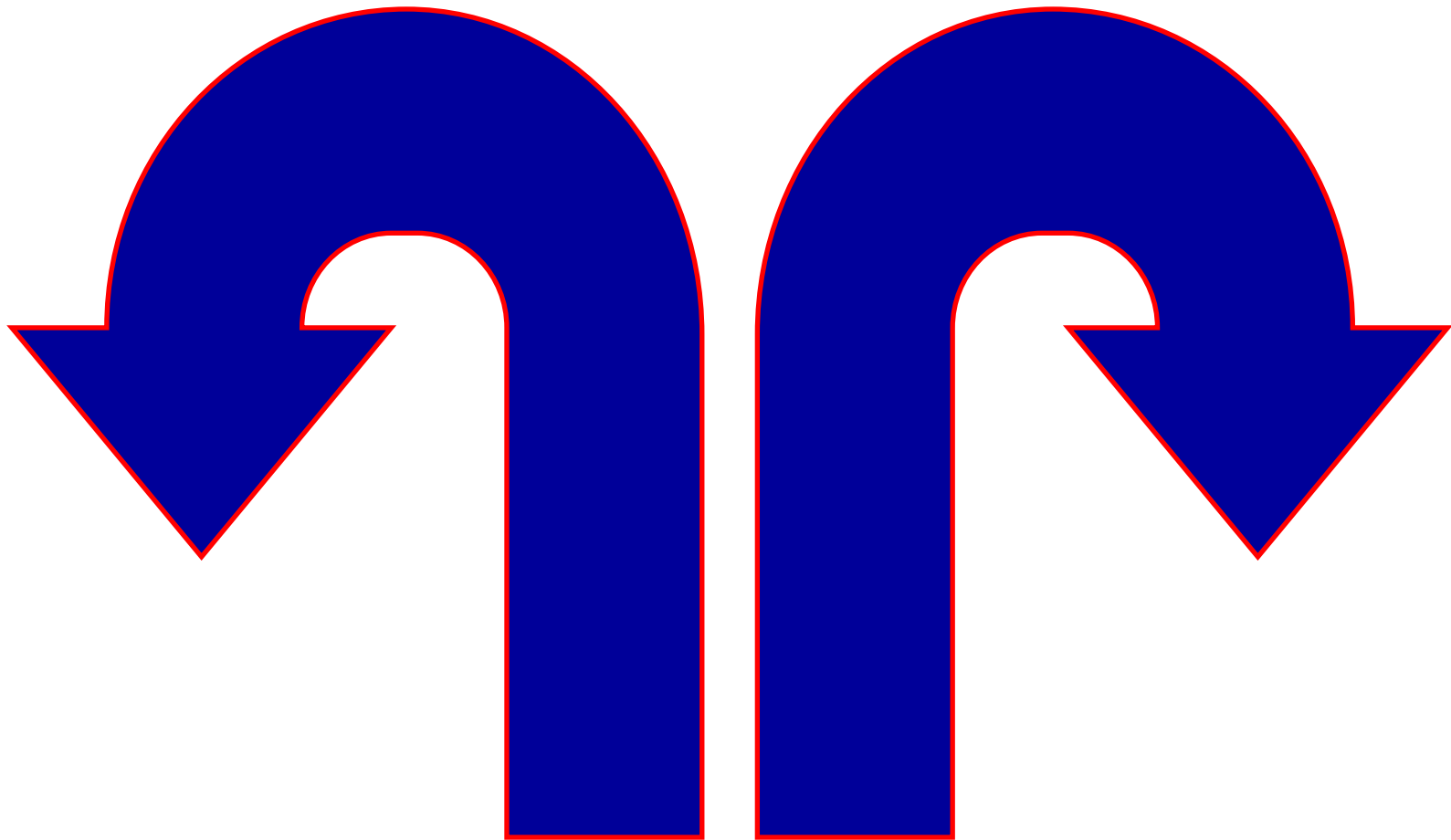


**360° rundt  
fører  
under  
marsj**

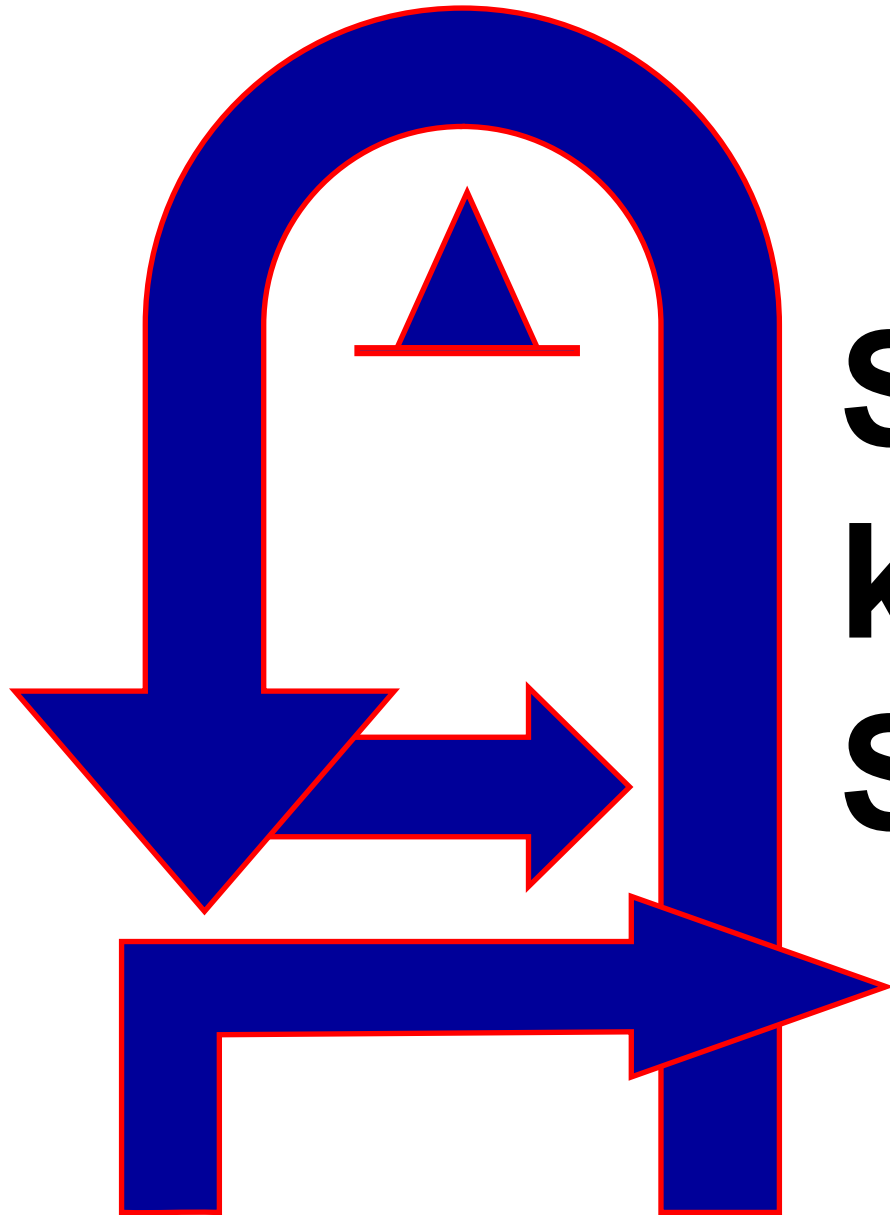


# Sidebytte foran

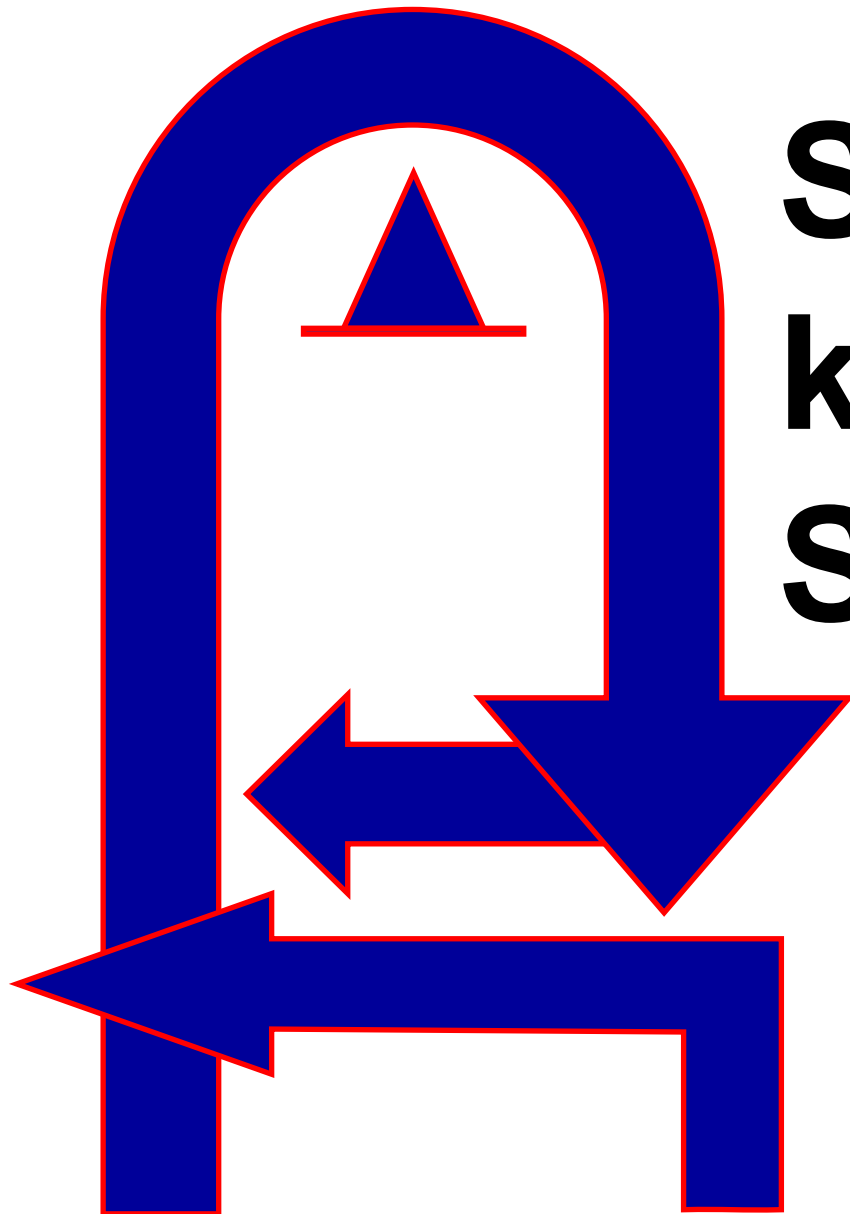




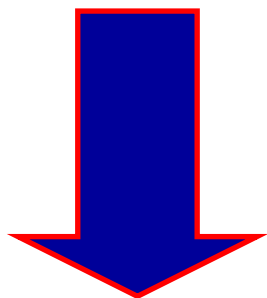
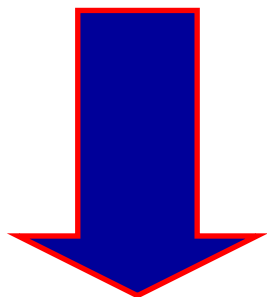
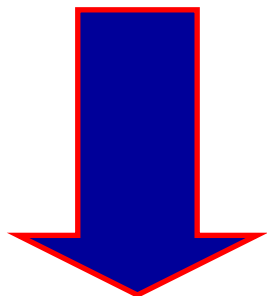
**Helt om fra hverandre**



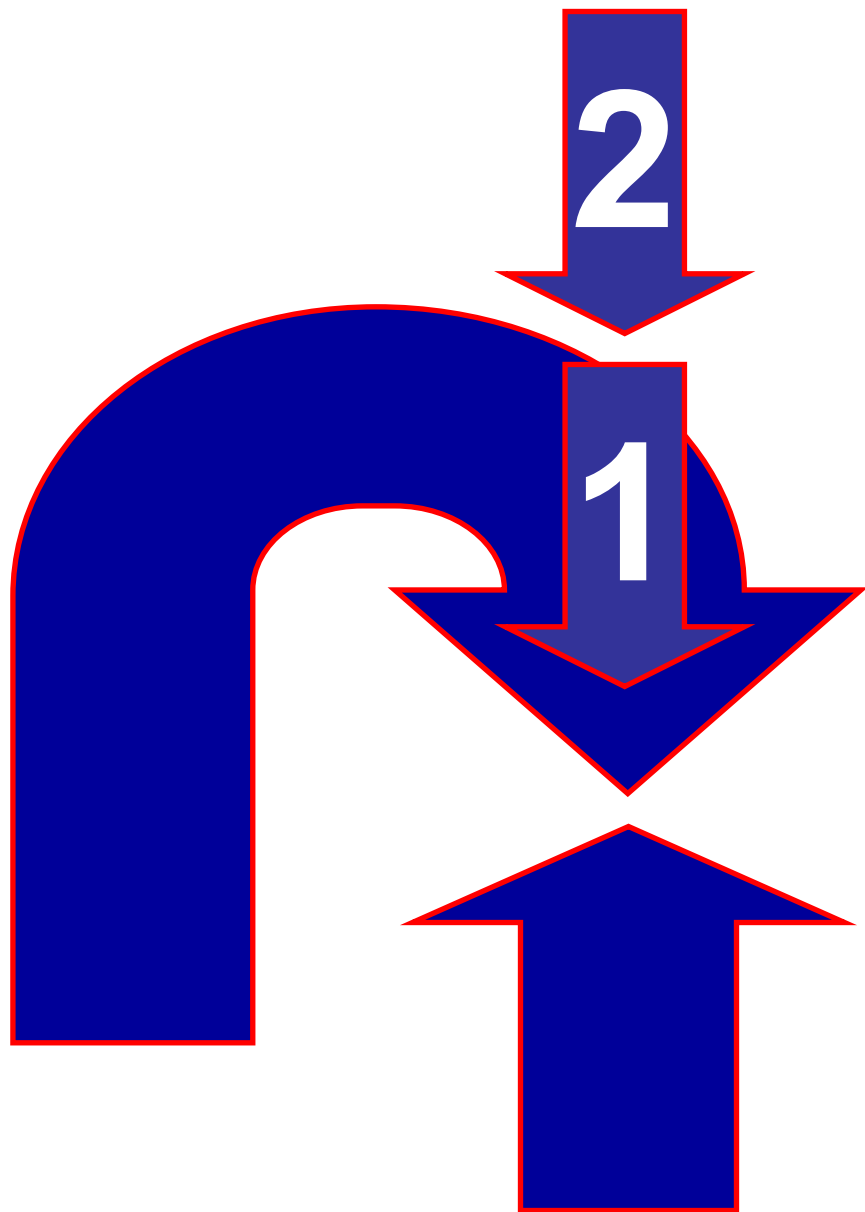
**Send rundt**  
**kjegle**  
**Sving høyre**



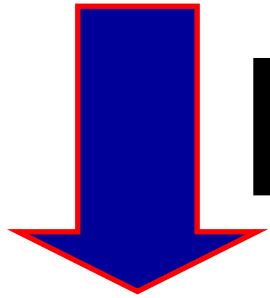
**Send rundt  
kjeGLE  
Sving venstre**



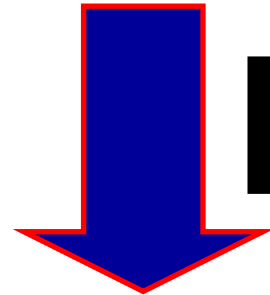
**Rygg 3 steg**



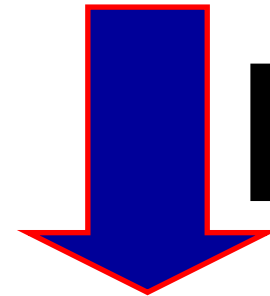
**Inn i front**  
**Rygg**



**Rygg 1 steg, stå**



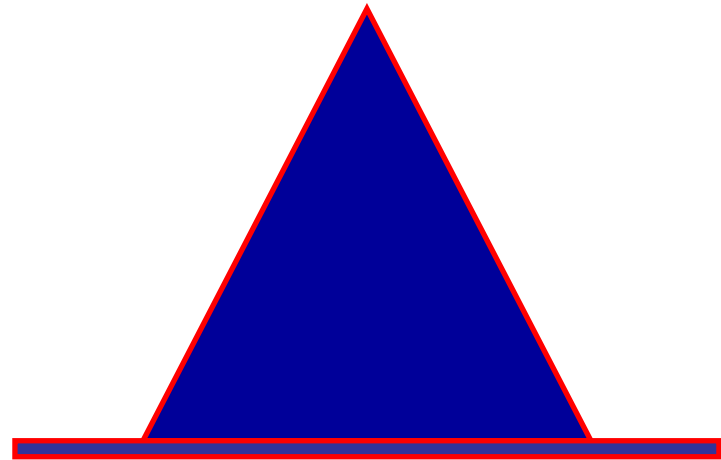
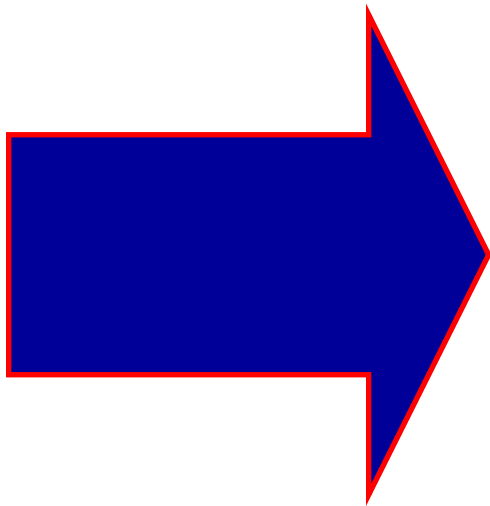
**Rygg 2 steg** 



**Rygg 3 steg, dekk**



# Fremadsending med stå





# Slalåm



Norsk Rallylydighetsklubb