

## **ADP SUMMARY OF EXERCISE AND SEQUENCE REQUIREMENTS**

(August 1, 2018)

Each entry is a “clean slate”, so any exercises used in a previous entry can be used in a new entry. Each entry will have a total of 12 behaviors. Even when not required, Advanced behaviors can be done at any level. **Note:** *you can always do more than the required minimum number of unique exercises at any level.*

### **Regular Championship**

Level 1:

Minimum of 6 unique behaviors, 0 required Advanced behaviors.

Level 2:

Minimum of 7 unique behaviors, 0 required Advanced behaviors.

Level 3:

Minimum of 8 unique behaviors, 0 required Advanced behaviors.

Level 4:

Minimum of 9 unique behaviors, 1 required Advanced behavior.

Level 5:

Minimum of 10 unique behaviors, 2 required Advanced behaviors.

### **Numerical Championship**

Identical to Regular Championship. No further requirements.

### **Level Premier**

Level 1:

Identical to Regular Championship, but with Sequence requirements.

Level 2:

Identical to Regular Championship, but with Sequence requirements.

Level 3:

Identical to Regular Championship, but with Sequence requirements.

Level 4:

Identical to Regular Championship, but with Sequence requirements.

Level 5:

Identical to Regular Championship, but with Sequence requirements.

## Grand Championship

Level 1:

\*Must have 12 unique behaviors, 1 required Advanced behavior.

Level 2:

\*Must have 12 unique behaviors, 2 required Advanced behaviors.

Level 3:

\*Must have 12 unique behaviors, 3 required Advanced behaviors.

Level 4:

\*Must have 12 unique behaviors, 4 required Advanced behaviors.

Level 5:

\*Must have 12 unique behaviors, 5 required Advanced behaviors.

\*In addition, each Grand Championship entry **must** have a Sequence.

## Sequence Summary

### Regular and Numerical Championship

No Sequences required

### Level Premier

Level 1: Sequence is 3 Exercises

Level 2: Sequence is 3 Exercises

Level 3: Sequence is 3 Exercises

Level 4: Sequence is 5 Exercises (3 Exercises for Special Division)

Level 5: Sequence is 5 Exercises (3 Exercises for Special Division)

## Grand Championship

*All Grand Championship entries must include a Sequence*

Level 1, Level 2, and Level 3: Sequence is 3 Exercises

Level 4 and Level 5: Sequence is 5 Exercise

**Note:** See the Rules and Guidelines for specific Sequence requirements.