

		Time	Minimum grade for Regional level	Minimum grade for National level	Must include:
9-12 Years	solo	2 mins +/- 5	F & R G3	F & RG3 Silver	4 hybrid figures
	duet	2.30 +/- 5	F & R G3	F & RG3 Silver	4 hybrid figures, 1 pair acro
13-15 years	solo	2 mins +/- 5	F & R G4	F & RG4 Silver	5 hybrid figures
	duet	2.30 +/- 5	F & R G4	F & RG4 Silver	5 Free Hybrids and 1 Pair Acrobatic
15 -18	tech solo	2 mins +/- 5	F & R G5	F & RG5 Gold	5 Technical Required Elements and 1 Free Hybrid
	free solo	2.15 +/- 5	F & R G5	F & RG5 Gold	6 Free Hybrids
	tech duet	2.20+/-5	F & R G5	F & RG5 Silver	5 Technical Required Elements, 1 Free Hybrid and 1 Pair Acrobatic
	free duet	2.45 +/- 5	F & R G5	F & RG5 Silver	6 Free Hybrids, and 2 Pair Acrobatics