Title. If possible, this should be 15 words or fewer

Done.

Figure legends are limited to 350 words each

Done.

Methods are typically less than 3000 words.

Done.

As a guide, references should not exceed 70

Currently: 120 references

an abstract of approximately 150 words, unreferenced

Currently: 246 words

main text of no more than 5,000

Currently: 8,600 words