



Pro/Am Structure Guidelines for Competing:

The guidelines will be fully implemented starting in 2010. These guidelines apply to ALL Competitors and Instructors (IHDA members & nonmembers). If you are competing in a sanctioned event please be sure to read and follow the rules.

We ask all competitors who will be competing in an IHDA sanctioned event to comply to these rules

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You ask, why is IHDA adding this Guideline?

Due to popular demand, the Pro-Am Guidelines are here to help determine your level based on the material you will be dancing, providing a more fair competition.

Will this be mandatory at sanctioned events?

Yes, starting in 2010 all IHDA sanctioned events will execute these rules for the Hustle Pro-Am divisions. There will be no exceptions.

Do I need to use the IHDA Syllabus?

No, the Pro-Am Guidelines are not to be confused with the Syllabus. The Syllabus is a tool for growing Hustle instructors and amateur dancers. Moves from the syllabus will be offered as examples of the skills to be demonstrated in a particular level, and scrutinizers will enforce the rules and reduce the confusion, but we will not discourage innovation, creativity, and soul.

If a level is too easy, can I move to a higher level?

Yes, you may dance at a level that best suits you. If you find that a Level is too restrictive then you may choose a level higher.

Do I have to be an IHDA member?

No, whether you are a member or a nonmember of IHDA, each sanctioned event will grade each competitor equally by using this method.

As a competitor, what can happen if I don't follow these guidelines?

If you don't follow the guidelines you will have points removed from your score which will result in not placing in your category. Please keep in mind that these rules only apply at an IHDA sanctioned event. So it is best to be sure to check the rules and regulations of all Hustle events.

As an IHDA member, do the rules for points still apply?

Yes, an IHDA competitor may dance at their chosen level and one level above their chosen level, depending on the event director. In the event that a competitor chooses to dance in more than one level, they will only receive IHDA points and be acknowledged for IHDA titles from the lowest level they entered.



We recommend that you start to implement the following guidelines. Please select the Level that best suits you:

Level One = Pre-Novice

Description: This Level would be simple happy dancing, back and forth, stay in place, maintaining connection, much like you might find beginners doing at a wedding. Good for fast music. For beginners only, people would have to move on after 6 months or a year. Many students would skip this level.

Guide:

- 3 count rhythm (1 measure patterns only)
- Quarter and Half Turns (not exceeding 1/2 turn elements)
- Stationary dance
- Maintain connection at all times (either right to right hand hold / left to right hand hold / double hand hold)

Rules: Any pattern can be used as long as the criteria from Level 1 is implemented. There will be no syncopations allowed. Maintain connection at all times. No traveling. One year Cut-off for competing in this division.

Suggested patterns: Cross-Body Lead, Wheel, Hesitations, Underarm Turn Combination (You Go, I Go, You Go), Double Hand Hold Bridges. (Please note: This list are example patterns, you may use any pattern you like as long as the rules are maintained.)

Music tempo for L1 will range from 104-109 bpm. *Song criteria below.



Level Two = Novice

Description: This level adds one-and-a-half left turns and a little more room with NY Walks and a Grapevine, but still stays in place, with continuous connection

Guide:

- Any pattern from Level 1
- up to 1-1/2 turns with connection (not exceeding 1-1/2 turns)
- 3 and 6 count patterns (2 measure patterns)
- Maintain Connection with Slight disconnect during transitions (either right to right hand hold / left to right hand hold / double hand hold)

Rules: Any pattern can be used as long as the criteria from Level 2 is implemented. There will be no syncopations allowed. Maintain connection at all times unless during transitions (ex: sliding door). No traveling beyond a 6 count pattern. No consecutive 1-1/2 turns.

Suggested patterns: Leader's Behind the Back Pass, Cross-Body Lead, Cross-Body Lead with Open Break to Return, Grapevine, Sliding Door, Cross Body Lead with Inside Turn, Shadow with Comb, Las Vegas, NY walks. (Please note: these are example patterns, you may use any pattern you like as long as the rules are maintained.)

Music tempo for L2 will range from 104 - 112 bpm. *Song criteria below.

Please be sure to read the [Sanctioned Competitor Rules](#) and the [Hustle Syllabus](#).



Level Three = Pre-Intermediate

Description: This Level adds rhythmic diversity with swivels. Also double right turns, consecutive one-and-a-half turns, and syncopations used for example in Las Vegas.

Guide:

Any pattern from Level 1 and 2
3 and 6 count patterns (2 measure patterns with the ability to release hold)
Syncopated basic
Extended rhythm (extra 2 beat increments only)

Rules: Any pattern can be used as long as the criteria from Level 3 is implemented. There will be no syncopated turns with (+12+3+4) (Ex: no 4-count turn, no continuous turns). Connection is not mandatory. No traveling beyond a 6 count pattern. No blind leads. No free spins. Both feet on floor (Ex: no rondes). No poses and/or holding a beat.

Suggested patterns: Swivels and Variations of Such, Diva Walks, Wrap Turn Variations, Free New York Walk. (Please note: these are example patterns, you may use any pattern you like as long as the rules are maintained.)

Music tempo for L3 will range from 104 - 115 bpm. *Song criteria below.



Level Four = Intermediate

Description: This level adds free spins, posing, traveling in a straight line and everything that most dancers at a party are doing. This level is normal, good, social hustle.

Guide:

Any pattern from Level 1, 2 and 3
Extended rhythm
Syncopations
Pivots
free 1-1/2 turns
Continuous spins
Traveling
Rondes (leg action)
blind moves
poses/ holding a beat

Rules: Two (2) songs slow and fast will be implemented. Any pattern can be used as long as the criteria from Level 4 is implemented. Connection is not mandatory. There is no limit for traveling. Both feet primarily on the floor except for flicks and rondes. No one-legged spins.



Suggested patterns: Progressive Circular Basics (ex. T-Turns, Back to Back Turns), Double Outside Turn and All Variations (5 or 6 beats, including Double Illusion Turns, etc.), Free Spins to the Left (start on 2), Free Spins to the Right (start on 3), Diamonds, Wrap Turn Variations, 4 Count Right Turns, Double Syncopated Elements. (Please note: these are example patterns, you may use any pattern you like as long as the rules are maintained.)

Music tempo for L4 will range from 104 - 118 bpm. *Song criteria below.

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Level Five = Advance

Description: This level is for the seriously competitive, where an Am would need to place in level 4 a certain number of times before entering level 5. Entry in all other levels would be based on the material an Am is working on. This would contain whatever moves are beyond good dancers, and would also contain a musical component- dancing to very fast, and very slow music, both of which develop very different skills.

Guide:
Any pattern

Rules: This division is to better showcase technique, timing, and styling. NO routines, entrances or exits, lifts, aerials, drops, dips or acrobatic moves permitted. All patterns MUST be lead and follow.

Suggested patterns: Fred and Ginger/Pivots, Rondes, Capes, Samba Turns, Timing Variations, Pop, Snap, Syncopated Timing Variations, Waltz and any pattern from levels 1-4. All patterns MUST be lead and follow. (Please note: these are example patterns, you may use any pattern you like as long as the rules are maintained.)

Patterns that will be penalized: One Leg Turns, Horse and Cart Variations, Side by Side Combinations, Any TRICK Pattern.

Music tempo for L5 will range from 104 - 121 bpm. *Song criteria below.

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Level 6 = Open Division

The open division is a just dance division and may contain any Hustle pattern. One foot must remain on the floor at all times. Basic tricks are permitted, however, lifts and drops are not. A couple may choose to dance a pre-determined amalgamation.

Music tempo for the Open Division will range from 104-121bpm. *Song criteria below.

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Please be sure to read the [Sanctioned Competitor Rules](#) and the [Hustle Syllabus](#).



Music Tempo Criteria:

*Please Note: Suggested number of songs to be played for each Level:

- One song for levels 1-3 and Open Division. (Time limit of one song is 2 minutes).
- Two songs for levels 4 and 5 (Time limit of two song is 90 seconds each song).
- Depending on the Events entries, this may be changed.