

COMPETITION PROCEDURE

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PHASE ONE – MEDICAL RECORD EVALUATION

Each candidate must submit her/his complete medical record before **September 30th, 2022**, by uploading them using the online registration form. **Medical records will only be accepted by upload.** The medical file name must include the candidate's full name as follow: Last name in Capital letters and first name in lower case letters: "LAST NAME First name".

The medical record must contain all the elements requested below. Only the official Prix de Lausanne documents will be accepted. The documents are available online on www.prixdelausanne.org

- Growth Diagram
- State of Health
- Eating Attitude Test

A head shot (no make-up) and a full body picture (girls = barefoot, with or without tights, leotard / boys = barefoot, tight shorts, no shirt) are to be joined to the medical record. Edited photographs are not allowed. Photo example will be available on the Prix de Lausanne website.

Please make sure your doctor's contact details, signature, and official stamp is visible on the three above mentioned documents.

In case of any doubt regarding the general health or physical condition of a candidate before the video selection, the Prix de Lausanne's consulting physician has the authority to decide if the candidate can take part in the video selection and the competition or not.

PHASE TWO – VIDEO SELECTION

Each applicant must register online (www.prixdelausanne.org) and submit online a digital video (only one candidate per video file) recording of himself/herself performing **class work and a contemporary enchainment or variation** in a **studio environment**.

The video file must contain all the elements mentioned below. The selection panel reserves the right to exclude a candidate whose video file content does not comply.

The video of the participants, who have been selected to compete in Lausanne, will be available for Partner Schools and Companies directors via the Networking Forum platform during and after the competition week in Lausanne.

1. Format

- Only video files will be accepted. If you cannot upload a video file, please contact registration@prixdelausanne.org
- The video file name must include the candidate's full name as follow: Last name in Capital letters and first name in lower case letters: "LAST NAME First name".
- The candidate's name, school name, age, etc. should **not** appear on the actual film footage as the selection panel will evaluate the candidates anonymously.
- The school's name should **not** appear in the video
- The background should be as neutral as possible without any logos, name of school, posters, etc.
- The quality of image and sound must be checked prior to uploading.
- The use of a tripod is strongly recommended to ensure a stable image. A fixed camera must be used which can follow the dancer's movements but **must not zoom in or out**. The full body must be always visible.
- **The camera must be positioned at an angle that shows the dancer at his/her best. It is recommended to film the barre in a diagonal and the centre from the front. Please see the examples on the website.**
- It is required to film in **landscape mode** for a **full/wide screen** image, in a HD MPEG-4 format if possible.



- Filming the dancer in front of a window during daytime hours must be avoided.
- Lights in the studio must be turned on fully.
- The sound **must not be recorded separately** and edited into the video.
- No teacher's voice should be heard during the recording.
- Filming must be achieved in one sitting and not over several days/weeks. **Editing of the video is not authorised.**
- **The video file should not exceed 250 MB. As we require high quality images, you may use an online free compressor like "mpeg streamclip" to compress your video.**

2. Video file contents

The video file must be about **15 minutes in duration** to provide adequate evidence of the applicant's artistic, musical, and technical capabilities. It must show the full body throughout and **must** include the three following sequences. Please remember that dance is a form of expression, not just technique.

2.1. Barre work, not more than five minutes in length in total.

- **One side only** (the same side for all the barre work)
- This section should start with warm up, barefoot with tights, in first position, with the candidate's **back to the barre** to highlight the structure of the feet (please see the example on the website).
- In addition to the warmup, please show a barre consisting of pliés, tendus, adagio (including battements lents and/or développés), grands battements danced in soft shoes by male and female applicants.

2.2. Centre practice

- Pirouette combination with pirouettes en-dehors and en-dedans (soft ballet shoes)
- Adagio (soft ballet shoes)
- Allegro combinations:
 - Small jumps and beats (soft ballet shoes)
 - Medium size allegro, including assemblés, jetés, sissonnes, etc. (soft ballet shoes)
 - Tours en l'air right and left (male candidates only)
- Pointe work (female candidates only)
- Warm up échappés retirés, double pirouettes en-dehors and en-dedans on pointe
- Grand allegro – The running time of the enchainement should be 32 to maximum 64 bars (measures) length of music:
 - Female candidates must wear pointe shoes and must include a diagonal of turning steps within the enchainement.
 - Male candidates' enchainement must show cabrioles, entrechats six and double tours en l'air within the enchainement.

2.3 Contemporary enchainement or variation

- Up to two minutes in length (**not** one of the contemporary variations of Prix de Lausanne competition) to show how the dancer moves within a vocabulary other than ballet.
- No props will be allowed.
- Without this enchainement or variation the video file will not be considered.
- Excerpts of live performances will **not** be accepted.

3. Clothing for the video selection

The dancer's clothing must contrast with the background. For example, no white leotard should be worn if filmed against a white background or a black leotard against a black background. No accessories or jewellery will be allowed.

3.1 Barre work and centre practice

- Male candidates: dark tights and a fitted plain t-shirt (any colour)
 - no cut off tights, leg warmers or loose T-shirts
- Female candidates: white or pink tights and a sleeveless plain leotard (any colour, with no patterns)



Lausanne, January 29th to February 5th, 2023

- no skirts, practice tutu, leg warmers or loose T-shirts

3.2 Contemporary enchainement or variation

- Male and female candidates: barefoot, soft ballet slippers or in “Nu-pieds” (to protect the sole of the feet).

4. Registration deadlines

4.1. Registration for VIDEO selection

The medical documents **must be received** by the Prix de Lausanne before **September 30th, 2022**.

The entry documents and the payment of the registration fee of **175 (one hundred seventy-five) Swiss Francs must be received** by the Prix de Lausanne before **September 30th, 2022**.

The video file **must be received** by the Prix de Lausanne before **October 14th, 2022**.

Any candidate whose medical documents, entry documents or video file are received after these dates will not be considered.

The selection panel will choose **up to eighty** candidates from the video applicants. The selection panel's decisions will be final. **Selected applicants will be notified of the video selection and of the medical test results by October 27th, 2022**. They will come to Lausanne to participate in the remainder of the competition (i.e. Phase Three) **from Sunday, January 29th, to Sunday afternoon, February 5th, 2023**.

4.2. Registration for Phase Three (Selection, Finals and Networking Forum)

Selected applicant's second set of entry documents and payment of the participation fee of **200 (two hundred) Swiss Francs must be received** by the Prix de Lausanne **before November 18th, 2022**.

PHASE THREE – COMPETITION WEEK IN LAUSANNE

Participants must arrive at the Beaulieu Theater in Lausanne, on **Sunday, January 29th, 2023**, in the morning. Exact time will be communicated after the video selection.

Candidates will be divided into 4 groups, according to age and gender:

Junior candidates (group A): born between February 5th, 2006, and February 4th, 2008. *

Senior candidates (group B): born between February 5th, 2004*, and February 4th, 2006. *

**Dancers that we selected for the Prix de Lausanne 2022 and were unable to attend the competition due to Covid19 related reasons, can reapply for the Prix de Lausanne 2023. They must be born between February 6th, 2003, and February 5th, 2007. They must pay again the two registration fees and submit a new video. The dancer is asked to email the Prix de Lausanne confirming that they were unable to attend the 2022 competition due to Covid19 related reasons to registration@prixdelausanne.org prior to submitting their registration form.*

1. Selection - Presentation to the competition jury over five days

Monday to Thursday

The Jury will first observe and then mark the candidates in ballet and contemporary classes. An enchainement will be taught at the end of the last series of ballet classes and of the last series of contemporary classes.

Friday

The Jury will mark candidates presenting their classical and contemporary variations in public, on stage.



At the conclusion, the jury will deliberate over the results of the entire five days. A maximum of 20 candidates will be selected to go to the finals.

Candidates where their technical and/or physical level is considered insufficient by the jury can be asked to withdraw from the competition at any time.

2. Classes, coaching sessions, meetings

During the competition in Lausanne all candidates will be provided with:

- a daily classical class
- contemporary classes
- coaching for both their classical and contemporary variations

Candidates not selected for the finals will be provided with:

- a one-on-one meeting with a member of the jury to receive feedback.
- a ballet class to allow attending Prix de Lausanne Partner School and Company directors to see them.
- a possible one-on-one meeting with Prix de Lausanne Partner School and Company directors or representatives interested in offering places to their school or company (parents and/or teachers are welcome to attend). These networking forum meetings are only organised by the Prix de Lausanne for its Partner Schools/Companies and the candidates.

Finalists who do not win a scholarship or an apprenticeship will be provided with:

- a possible one-on-one meeting with Prix de Lausanne Partner School and Company directors or representatives interested in offering places to their school or company (parents and/or teachers are welcome to attend). The networking forum meetings are only organised by the Prix de Lausanne for its Partner Schools/Companies and the candidates.

3. Finals

Saturday

The Jury will mark finalists presenting their classical and contemporary variations in public, on stage. At the conclusion of the jury deliberations, Prix de Lausanne winners will be selected.

4. Clothing during the competition in Lausanne

Days I, II, III and IV (Monday, Tuesday, Wednesday, Thursday)

Ballet classes and coaching sessions:

- Female candidates: sleeveless plain leotard (with no patterns) and pink tights, soft-shoes and pointe shoes (with ribbons) (no jewellery or hair decoration). Rehearsal tutus will be allowed for classical coaching and rehearsal. Skirts that are necessary for the choreography of the contemporary solos will be allowed for contemporary coaching and rehearsals. Numbers are to be worn on the front and the back of the body.
- Male candidates: plain tight-fitting white or black T-shirt or white or black leotard and black tights, with **white** socks and **white** soft-shoes. Numbers are to be worn on the front and the back of the body. (Please see the example on the website.)

Contemporary dance classes and coaching sessions:

- Female candidates: **Full length black footless tights**, leotard. "Nu-pieds" (to protect the soles of the feet) are optional but not required. Socks are recommended. **Hairstyle:** A ponytail is recommended. No jewellery or hair decorations. Numbers are to be worn on the front and the back of the body.
- Male candidates: **Full length black footless tights**, plain tight-fitting white or black T-shirt, "Nu-pieds" (to protect the soles of the feet) are optional but not required. Socks are recommended. Numbers are to be worn on the front and the back of the body.

It is advisable to loosely sew on your numbers for contemporary classes to prevent injury from pins if you are required to roll on the floor.



Day V and Finals (Friday, Saturday)

- Classical variation costume of the candidate's choice. A simple costume, appropriate for the variation, is recommended. Candidates are evaluated on their potential, not on their costumes.
- Costumes for the contemporary variations must be like the ones worn by the dancers of the Prix de Lausanne 2022 official contemporary variation videos.

VARIATIONS

Prior to participating in the competition week in Lausanne, candidates who have passed the video selection round must prepare two solos: a Classical Variation (different variations for different age groups) and a Contemporary variation.

The variations will be released on the Prix de Lausanne website at the same time as the video selection results, by October 27th, 2022. The music files for the classical variations will be available for download on the Prix de Lausanne website. No other music will be allowed.

1. Classical Variation

Candidates will be required to prepare one of the announced classical variations depending on their gender and age category (Junior or Senior), selecting the version of their choice. To ensure technical and stylistic appropriateness, candidates are encouraged to select a version performed by an internationally recognized ballet company.

2. Contemporary Variation

Candidates will be required to prepare one of the announced contemporary variations depending on their gender and age category (Junior or Senior).

Candidates must present versions as demonstrated on the official video file of the competition, using the official music file of the competition. It is not permissible to adjust neither the choreography nor the music.

A candidate cannot receive personal coaching from a choreographer of a contemporary variation of the Prix de Lausanne repertoire, nor choose a variation from a choreographer, that is teaching or working in their school.

Should the candidates want to perform a Prix de Lausanne contemporary variation after the competition, please refer to the **art. 11** of the Rules and Regulation document.

This document is an integral part of the Rules and Regulations