

PROCEDURE

SUMMER INTENSIVE EUROPEAN AND INTERNATIONAL PRESELECTION

THERE ARE TWO PHASES TO THE SUMMER INTENSIVE EUROPEAN AND INTERNATIONAL PRESELECTION.

PHASE ONE: REGISTRATION AND VIDEO SELECTION

PHASE TWO: IN LAUSANNE, SUMMER INTENSIVE WEEK

PHASE ONE – REGISTRATION AND VIDEO SELECTION

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

Below, you will find important information about:

1. Registration deadlines
2. Video file format
3. Video file contents
4. Clothing for the video selection

1. Registration deadlines

1.1. First registration for video selection

Registration is open from 15 March to 15 April 2025.

All dancers must be born between 8 February 2007 and 7 February 2011. The entry documents, the video file and the first payment of the registration fee* of 150.- (one hundred and fifty) Swiss Francs **must be received** by the Prix de Lausanne before **15 April 2025**.

**Registration and tuition fees are non-refundable.*

You will only receive a confirmation of your registration once you have completed the form, paid the registration fee and submitted your video all with meeting the requirements. Please check your emails and spam inbox regularly. Any participant whose entry documents, registration fees or video file are received after these dates will not be considered.

Selected applicants will be notified of the video selection results by 1 May 2025. The selection panel will choose **up to sixty** participants from the video applicants. There will be two categories: “European Preselection” and “International Preselection”. Participants will be divided into three groups: group GIRLS junior, group GIRLS senior, and group BOYS junior and senior. They will come to Lausanne to participate in the Summer Intensive European and International Preselection **from Monday 7 July to Saturday 12 July 2025**. Attendance for the entirety of the summer intensive is mandatory.



1.2. Second registration for Phase Two (Summer Intensive)

The second registration is open from 1 May to 15 May 2025.

Selected participants will have to fill in the second registration form and pay the second payment for the participation fee* of 200.- (two hundred) Swiss Francs before **15 May 2025**.

**Registration and tuition fees are non-refundable.*

1.3. Tuition fee

Selected participants must also pay a tuition fee* of 1000.- (one thousand), non-refundable, Swiss Francs before **15 May 2025**.

**Registration and tuition fees are non-refundable.*

2. Video file format

- Only video files will be accepted. If you cannot upload a video file, please send the file via [swisstransfer.com](mailto:registration@prixdelausanne.org) at registration@prixdelausanne.org.
- The video file name must include the participant's full name as follow: Last name in Capital letters and first name in lower case letters: "LAST NAME First name".
- The participant's name should not appear on the actual film footage as the selection panel will evaluate the participants anonymously.
- The background should be as neutral as possible without any logos, name of school, posters, etc. The school's name should **not** appear in the video.
- 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.**

3. 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 the video and **must** include the three following sequences. The selection panel reserves the right to exclude a participant whose video file content does not comply.

Please remember that dance is a form of expression, not just technique.

3.1. 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 participant's **back to the barre** to highlight the structure of the feet (please see the example on the website).
- In addition to the warm-up, 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.



3.2. 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 participants only)
- Pointe work (female participants only), including 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 participants must wear pointe shoes and must include a diagonal of turning steps within the enchainement.
 - Male participants' enchainement must show cabrioles, entrechats six and double tours en l'air within the enchainement.

3.3. Contemporary enchainement or variation

- Up to two minutes in length with music (**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 are allowed.
- Without this enchainement or variation the video file will not be considered.
- Excerpts of live performances will **not** be accepted.

4. 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.

4.1. Barre work and center practice

- Male participants: dark tights and a fitted plain t-shirt (any colour)
 - **no** cut off tights, leg warmers or loose T-shirts
- Female participants: skin-coloured tights and a sleeveless plain leotard (any colour, with no patterns)
 - **no** skirts, practice tutu, leg warmers or loose T-shirts

4.2. Contemporary enchainement or variation

- Male and female participants: barefoot, socks or in "Nu-pieds" (to protect the sole of the feet)
 - **no** skirts, tracksuit trousers, baggy clothing, leg warmers or loose T-shirts
- No props are allowed.

PHASE TWO – SUMMER INTENSIVE WEEK

Participants must be ready for the beginning of the Summer Intensive week in Lausanne, which begins on **Monday 7 July 2025**, in the morning. Exact times, addresses and schedules will be communicated after the video selection.

1. Classes, coaching sessions, thematic workshops – Monday to Friday

Participants will be divided into three groups, based on participants' age.

1. **One group GIRLS junior.**
2. **One group GIRLS senior.**
3. **One group BOYS junior and senior.**



All groups will be observed and marked by the Jury during the week and **are eligible** to be preselected for the Prix de Lausanne 2026.

During the Summer Intensive all participants will be provided with

- classical classes
- contemporary classes
- coaching for classical variation
- coaching on contemporary repertoire
- thematic workshop to engage a dialogue between participants, professional teachers, and coaches.

2. Open house – Saturday

All participants present their variation in front of the Jury and the public of the Summer Intensive week.

At the end of the week, the jury will deliberate over the results of the “European and International Preselection” participants of the entire six days. A maximum of 4 candidates will be selected to take part in the Prix de Lausanne 2026 competition. All participants are eligible to be preselected for the Prix de Lausanne 2026; up to 2 preselected candidates per category (“European Preselection” and “International Preselection”). The jury may decide to also reward 2 additional participants with a special mention in either classical or contemporary.

3. Clothing during the Summer Intensive in Lausanne

3.1 Classical classes (both during the week and at the open-house presentation) and coaching sessions:

Female participants:

- Sleeveless leotard and skin-coloured tights
- Soft-shoes and pointe shoes (with ribbons)
- No jewellery or hair decoration
- Rehearsal tutus will be allowed for classical coaching

Male participants:

- Plain tight-fitting white or black T-shirt or white or black leotard and black tights
- White socks and white soft-shoes
- No jewellery

3.2 Contemporary dance classes and coaching sessions during the week:

Female participants:

- **Full length black footless tights**, leotard
- Socks are recommended.
- “Nu-pieds” (to protect the soles of the feet) are optional but not required.
- **Hairstyle:** A ponytail is recommended.
- No jewellery or hair decorations.

Male participants:

- **Full length black footless tights**, plain tight-fitting T-shirt
- Socks are recommended.
- “Nu-pieds” (to protect the soles of the feet) are optional but not required.
- No jewellery



3.3 Classical variation at open-house presentation

- Classical variation costume of the participant's choice. A performance costume, appropriate for the variation, is recommended. Costumes, in particular tutus, should not hide the legs too much. Participants are evaluated on their potential, not on their costumes.

3.4 Contemporary class and variation at open-house presentation

Female participants:

- **Full length black footless tights**, Prix de Lausanne T-shirt (offered at the beginning of the week)
- Socks are recommended.
- "Nu-pieds" (to protect the soles of the feet) are optional but not required.
- **Hairstyle**: A ponytail is recommended.
- No jewellery or hair decorations.

Male participants:

- **Full length black footless tights**, Prix de Lausanne T-shirt (offered at the beginning of the week)
- Socks are recommended.
- "Nu-pieds" (to protect the soles of the feet) are optional but not required.
- No jewellery

In addition, pack a pair of black socks.

This document is an integral part of the Rules and Regulations