

COMPETITION PROCEDURE

Table of Content

PHASE ONE – MEDICAL RECORD EVALUATION	2
PHASE TWO – REGISTRATION AND VIDEO SELECTION	2
1. REGISTRATION DEADLINES	2
2. VIDEO SUBMISSION GUIDELINES	3
3. VIDEO CONTENT REQUIREMENTS	3
4. CLOTHING REQUIREMENTS	4
PHASE THREE – COMPETITION WEEK IN LAUSANNE	5
1. SELECTION – PRESENTATION TO THE COMPETITION JURY OVER FIVE DAYS	5
2. FINALS – SATURDAY	6
3. NETWORKING FORUM – SATURDAY AND SUNDAY	7
4. RISING STARS – SUNDAY	7



PHASE ONE – MEDICAL RECORD EVALUATION

Each applicant must submit their complete medical record before **30 September 2025**, by uploading them using the online registration form. **Medical records will only be accepted by upload.**

Applicants must complete the official documents provided by our medical partner for their medical records. Other documents will not be accepted.

In case of any doubt regarding the general health or physical condition of an applicant before the video selection, the Prix de Lausanne Board representatives have the authority to decide if the applicant can take part in the video selection and the competition or not.

PHASE TWO – REGISTRATION AND VIDEO SELECTION

Each applicant must register online (www.prixdelausanne.org) and submit online a digital video (only one applicant per video file) recording of themselves 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 opens on **1 September** at 12 pm (Swiss time) and ends on **30 September 2025**.

The online medical form **must be submitted before 30 September 2025**. Applicants receive the link for the medical form upon reception of their completed registration form. The link will be available directly in the confirmation email.

The entry documents and the payment of the registration fee of **175 (one hundred seventy-five) Swiss Francs must be received before 30 September 2025**.

The video file **must be received before 10 October 2025**. Please note that we may ask you to modify your video if it does not meet the requirements. The earlier you upload your video the more time you have for corrections.

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.

Applicants 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 evaluation of their medical file by 30 October 2025**. They will come to Lausanne to participate in the remainder of the competition (i.e. Phase Three) **from Sunday, 1 February to Sunday included, 8 February 2026**.

For ethical and practical reasons, feedback will not be provided to any dancer.



1.2. Second registration for Phase Three (Selection, Finals and Networking Forum)

Selected candidates' second set of entry documents and payment of the participation fee of **200 (two hundred)** Swiss Francs must **be received before 14 November 2025**.

All selected candidates are required to submit a **medical certificate completed and signed by their doctor to our medical partner by 15 January**. The certificate must include the following information: height, weight, Body Mass Index (BMI), and a statement confirming that the dancer is in good health and fit to compete.

2. Video Submission Guidelines

The registration team may reject any video that does not meet the stated video format and requirements, as well as clothing requirements. We strongly encourage you to submit your video early in the registration process to allow sufficient time for any necessary corrections requested by the registration team.

2.1. Video File Format

Only video files are accepted (no links to a website will be accepted). If you're unable to upload via the online form, send the file with your full name as the title, using [SwissTransfer.com](mailto:registration@prixdelausanne.org) to: registration@prixdelausanne.org

- **File Name:** The video file name must include your full name in the following format:
“**LAST NAME First name**”
(e.g., SMITH Jane)
- **Anonymity Requirements:**
 - Do **not** include your name, school name, age, or any identifying information in the video footage.
 - **No text** of any kind (e.g., exercise names, greetings, etc.) should appear on the video.
 - The **school's name or logo** must not appear.
 - The background should be **neutral** – no posters, logos, or school branding.
- **Video Quality:**
 - Ensure high-quality image and sound.
 - Use a **tripod** and a **fixed camera** that can follow movements but must **not zoom**.
 - The **full body** must be visible at all times.
 - The camera angle should highlight the dancer's strengths (see examples of website):
 - **Barre:** film on the diagonal
 - **Centre:** film from the front
 - Film in **landscape mode**, ideally in **HD MPEG-4** format.
 - Avoid filming **in front of windows** during daylight hours.
 - Ensure the **studio is fully lit**.
- **Audio:**
 - All exercises must be performed with music.
 - Music must be **recorded live** with the video—do not edit or add music afterward.
 - **No teacher's voice** should be heard.
- **Filming Instructions:**
 - Film must be done in **one sitting**—no editing or stitching clips from different days.
 - Video must **not exceed 250 MB**. Use free compression tools like **MPEG Streamclip** if needed.

3. Video Content Requirements

Your video should be approximately **15 minutes long** and showcase your **artistic, musical, and technical abilities**. The **entire body** must be clearly visible throughout. Please remember that dance is a form of expression, not just a display of technique.



3.1. Barre Work (Max 5 minutes / ⅓ of total video)

- Show **one side only** for all barre exercises.
- Start with a **barefoot warm-up** (wearing tights), facing away from the barre, in **first position** to show the foot structure.
- Include the following in **soft ballet shoes**:
 - Pliés
 - Tendus
 - Adagio (including battements lents and/or développés)
 - Grands battements

3.2. Centre Practice

- In **soft ballet shoes**:
 - Pirouettes (en-dehors and en-dedans)
 - Adagio
 - Allegro combinations:
 - Small jumps and beats
 - Medium allegro: assemblés, jetés, sissonnes, etc.
- Additional requirements:
 - **Male applicants**: include **tours en l'air** (both sides)
 - **Female applicants** (on pointe): include
 - Warm-up: échappés retirés
 - Double pirouettes (en-dehors and en-dedans)
- **Grand Allegro (32 to 64 bars of music)**:
 - **Female applicants** (on pointe): include turning steps in a diagonal.
 - **Male applicants**: include cabrioles, entrechats six, and double tours en l'air.

3.3. Contemporary Enchaînement/Variation

- Maximum **2 minutes**
- Must include music (not a variation from Prix de Lausanne's official repertoire).
- Show movement beyond classical ballet
- **No props**
- No excerpts from live performances
- **Mandatory** – the video will not be accepted without this contemporary enchaînement

4. Clothing Requirements

Your attire must clearly contrast with the background. Avoid white attire on white background or black attire on black background, etc. No **accessories or jewellery** are allowed.

4.1. Barre and Centre Practice

- **Male applicants**:
 - Dark tights and a fitted, plain t-shirt (any colour)
 - **No**: cut-off tights, leg warmers, or loose shirts
- **Female applicants**:
 - Skin-coloured tights and a plain, sleeveless leotard (any solid colour; no patterns)
 - **No**: skirts, tutus, leg warmers, or loose shirts

4.2. Contemporary Variation

- **Both male and female applicants**:
 - Barefoot, socks, or "Nu-pieds"
 - **No**: skirts, baggy clothes, tracksuits, leg warmers, or loose shirts
 - **No props allowed**



PHASE THREE – COMPETITION WEEK IN LAUSANNE

Candidates must arrive at the Théâtre de Beaulieu in Lausanne, on **Sunday, 1 February 2026**, in the morning. Exact time and practical information will be communicated soon after the video selection. The weekly schedule will be sent to the candidates by mid-January.

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

Junior candidates (group A): born between 8 February 2009 and 7 February 2011.

Senior candidates (group B): born between 8 February 2007 and 7 February 2009.

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

1.1. Classes and Coaching sessions – Monday to Thursday

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

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

Clothing from Monday to Thursday

Classical classes and coaching sessions:

- Female candidates:
 - Sleeveless plain leotard (with no patterns) and skin-coloured tights
 - Soft shoes and pointe shoes (with ribbons)
 - No jewellery or hair decoration
 - Rehearsal tutus will be allowed for classical coaching and rehearsal.
 - 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
 - **White** socks and **white** soft-shoes
 - No jewellery
 - Numbers are to be worn on the front and the back of the body.

Contemporary dance classes and coaching sessions:

- Female candidates:
 - **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 decoration
 - Numbers are to be worn on the front of the body.
 - Skirts that are necessary for the choreography of the contemporary solos will be allowed for contemporary coaching and rehearsals.
- Male candidates:
 - **Full length black footless tights**, plain tight-fitting white or black T-shirt
 - Socks are recommended.
 - “Nu-pieds” (to protect the soles of the feet) are optional but not required.
 - No jewellery
 - Numbers are to be worn on the front 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.

1.2. Variations on stage – 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 not selected for the finals will be provided with a one-on-one meeting with a member of the jury to receive feedback.

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 soon after the video selection results announced on 30 October 2025. 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 allowed 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 who 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. 12** of the Rules and Regulation document.

Clothing on Friday

- Classical variation costume of the candidate's choice. A simple costume, appropriate for the variation, is recommended. Costumes, in particular tutus, should not hide the legs too much. Candidates are evaluated on their potential, not on their costumes.
- Costumes for the contemporary variations must be like the ones worn by the dancers in the official videos available on the Prix de Lausanne website during the 2nd registration.

2. 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.



Clothing on Saturday

- Classical variation costume of the candidate's choice. A simple costume, appropriate for the variation, is recommended. Costumes, in particular tutus, should not hide the legs too much. Candidates are evaluated on their potential, not on their costumes.
- Costumes for the contemporary variations must be like the ones worn by the dancers in the official videos available on our website during the 2nd registration.

3. Networking Forum – Saturday and Sunday

3.1. Networking Forum classes on Saturday

Candidates not selected for the finals will be provided with a classical class to allow attending Prix de Lausanne Partner School and Company directors to see them.

3.2. Networking Forum meetings on Sunday

All candidates (including Finalists) 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).

Prize Winners will be contacted the week following the competition with more details about the scholarship process. They do not attend the Networking Forum meetings on Sunday.

The networking forum meetings are only organised by the Prix de Lausanne for its Partner Schools/Companies and the candidates.

4. Rising Stars – Sunday

All Finalists and Prize Winners of the Prix de Lausanne 2026 will perform either their classical and/or contemporary variation in public, on stage, during a special performance for Rising Stars on Sunday 8 February afternoon.

All other candidates are also expected to stay for the Rising Stars performance and plan their return travels accordingly.

This document is an integral part of the Rules and Regulations