

## Prix de Lausanne – 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.

### 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](mailto: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.

### 2. 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.

#### 2.1 Barre Work (Max 5 minutes / ½ 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.



# P R I X D E L A U S A N N E

- Include the following in **soft ballet shoes**:
  - Pliés
  - Tendus
  - Adagio (including battements lents and/or développés)
  - Grands battements

## 2.2 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.

## 2.3 Contemporary Enchainement/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 enchainement

## 3. 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.

### 3.1 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

### 3.2 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**