

PROCEDURE

SUMMER INTENSIVE INTERNATIONAL PRESELECTION

THERE ARE TWO PHASES TO THE SUMMER INTENSIVE 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 2026.

All dancers must be born between 7 February 2008 and 6 February 2012. The registration form, 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 2026**.

**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 5 May 2026. The selection panel will choose **up to sixty** participants from the video applicants. 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 International Preselection **from Monday 6 July to Saturday 11 July 2026**. 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 5 May to 15 May 2026.

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 2026**.

**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 2026**.

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

2. Video file format

- **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 on 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 file contents

The video file must be maximum **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 (Max 5 minutes / 1/3 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 doubles tours en l'air.

3.3. Contemporary Enchainement/Variation

- Maximum **2 minutes**.
- Must include music.
- Must not be 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.

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 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 TWO – SUMMER INTENSIVE WEEK

Participants must be ready for the beginning of the Summer Intensive week in Lausanne, which begins on **Monday 6 July 2026**, 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 2027.

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 “International Preselection” participants of the entire six days. A maximum of 4 candidates will be selected to take part in the Prix de Lausanne 2027 competition. All participants are eligible to be preselected for the Prix de Lausanne 2027. 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 and rehearsal.

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, ideally a performance costume appropriate for the variation. 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