**IABD Audition Video Submission Guidelines**

**REQUIREMENTS**

**Introduction**
Please begin your video by introducing yourself and stating your name, age, current city location and school (for students). You can stand closer to the camera with only your face and torso showing for this portion and then back up to begin dancing.

**Video Requirements**
We prefer that you use a tripod and do not move the camera. If you are using a phone to record yourself, turn the camera so that it is horizontal. Keep the camera still. If you use a camera person do not have her/him move around or zoom in and out. Use one take. Do not edit multiple takes together. IMPORTANT: Make sure we can see your **ENTIRE BODY** for the whole video. This may be difficult if you are filming in a confined space so do some test runs to make sure you have a good final product.

**Location**
You are not required to film in a dance studio. Feel free to use your home if that is your best option. However, please use a safe space. Make sure you are not putting yourself in a harmful situation (do not record outside where cars may drive by, or on surfaces that are not safe for dance)

**TIPS FOR A STELLAR VIDEO**

**Use a space that makes you look good**
If you use a studio, make sure the space is clean and free of distraction. If you use your home, clear the space as much as possible (remove laundry, make the bed, move furniture to create more space). Also, you should be the only person in the video; make sure that no one is walking in the background (including pets). Again, make sure the camera catches your **ENTIRE BODY**.

**Use good lighting**
We want to see your face, so the best choice is natural light. If you have a window, you should face it so the camera catches the light on your face. If your ONLY option is to have the window behind you, close the blinds/curtains. If you don’t have natural light, you can use two lighting sources (maybe lamps or ring lights), one in front of you to the right and one to the left to achieve a similar effect. For more info, research lighting for self-tape auditions on YouTube.

**Appearance**
While dance clothes are not required, they are highly desirable. Wearing appropriate dance clothes shows the adjudicators you are serious about your craft. (Please no super short shorts). Footwear should be appropriate for your style (socks should be avoided when possible). Ladies can wear light makeup and small earrings. All hair should be neat and out of the face.
Rehearse
Take the time to practice all aspects of the dance. Practice the steps, your spacing, your gaze, and your performance quality. Film yourself more than once and decide what makes you look best. Get advice from a teacher or friend after you have filmed yourself and then go back and film again. Remember we only want to see one complete take.

Have Fun!
Remember why you started dancing in the first place. How does it make you feel and how has it made you the person you are today? Let that shine through on the video and let the adjudicators see the real you. Good Luck!