

2023 Requirements

DANCE

Please be sure you follow all requirements related to your application. Failure to comply with any of the requirements listed below may result in disqualification during the review process and/or make your application ineligible for an award.

Modern-Contemporary

Application Requirements

Your audition submission must include a technique and solo component. Both components should include movement in place and through space, reveal your technical range, and showcase your expressiveness and musicality. All videos must be recorded within the last year.

- **A two (2) minute Modern OR Contemporary technique:** Exercises do not need to be performed to both sides.
 - **Modern** auditions should include movement in and through space, demonstrating advanced codified Modern techniques. Applicant's technique video should clearly identify the technique from which the majority of their training is received.
 - Including the techniques and lineages of Martha Graham, Jose Limon, Merce Cunningham, Lester Horton, Trisha Brown, Lucinda Childs or others.
 - **Contemporary** auditions should include movement in and through space, demonstrating advanced technique in several concert stage dance disciplines and/or styles. Submissions should strive to show numerous abilities in disparate movement practices appropriate to the concert stage.

Floorwork - One or more phrases showing knowledge of weight, momentum, and the body's relationship to gravity through floorwork. The exercise should reveal the dancer's ability to:

- support weight on different body parts
- efficiently release weight into the floor
- employ pathways that move the body safely into and out of the floor
- fall and recovery

Spine, torso, and arm exercise - A largely axial movement sequence with integrated spine, torso, and arm movements. The exercise should include:

- Movement of the head and articulation of the torso in varied ways, including spirals, curves, arches, tilts, contractions, and release
- Movement should show shift of weight balance and off balance movement
- Movement should also reveal coordination of head and torso using sequential use of back

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Leg and foot exercise - An axial or locomotive exercise that demonstrates rhythmic use of the legs and feet, as well as the student's understanding of alignment and placement. The exercise should include:

- work in parallel and rotation
- footwork that emphasizes speed and articulation of the feet, ankles, and knees
- legwork that shows strength and control (developpés, full-bodied tilts, promenades, etc.)
- legwork that involves momentum and challenges the body's ability to stabilize (leg swings, battements, etc.)

Jumps - A locomotive exercise featuring a series of elevated weight shifts from one foot to the other, one foot to the same foot and both feet leaving the ground and landing at the same time. The exercise should include:

- a range of small and large jumps employed in different tempos
- landings and take-offs that safely mobilize the weight of the body into and out of the floor via the legs and feet
- clear alignment of the spine throughout jump sequence
- coordinated use of the head, torso, and arms is encouraged, but not necessary

Phrasework - A sequence that presents both locomotive and axial movements, geared to fuse the dancer's artistry and technical prowess. The exercise should include:

- movements featuring a variety of speeds
 - movement in all levels, ranging from floorwork to jumps
 - changes of direction and specific pathways in space
 - a range of dynamics
 - evidence of artistry through musicality and phrasing choices
- **A two (2) minute of solo piece of your choice with a clear beginning and ending:** A prepared solo performed to music, choreographed by you or another choreographer. Your solo should showcase your range as a technician and your artistry as a performer within the dance vernacular.

NOTE: If selected as a Finalist, you will be required to perform your submitted solo live for the panel during YoungArts Week and, therefore, must have rights to the choreography for that piece.

Audition Apparel

- All dancers must wear a color that is in contrast to the background.
- Costumes or rehearsal skirts are not allowed.
- Men and Women: Leotard and tights or Unitard
- Jewelry and warm-up clothes are not permitted

Guidelines for Recording Your Audition

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- Record your audition in a clearly defined interior space with neutral lighting and background that is free of creases and breaks.
- Shoot straight on, leaving the camera in one position. The camera should be placed sufficiently close to the performer so that positioning and movement of all parts of the body and face are clear and visible.
- Record with the camera framing your entire body to capture movement in place as well as movement in and through space.
- Ensure recording captures good quality sound and image.

Media Submission Requirements

- Video File Formats: 3GP, AAC, AVI, FLV, MP4 or MPEG-2.
- Video File Size: No more than 2GB at 720p, instead of 1080. No HD or 4k.
- Save and name your files individually as “technique” and “solo”.
- Specify the genre (Modern or Contemporary) in which you are submitting.
- Upload each audition selection as a separate video file in the correct space provided.
- For the solo, please indicate the Title, Composer (if applicable), and Choreographer in the space provided in your application.
- Do not put your name or any identifying information in or on your submission.
- When uploading, be sure to upload to your computer first and verify that image is upright (not sideways) and plays smoothly.
- Please refrain from doing any of the following:
 - Do not edit within the solo.
 - Do not use special effects, dissolves, fades or wipes.
 - Do not submit pre-recorded live performances, such as recitals, concerts, or competitions.*

*Due to COVID-19, the panel will permit a pre-recorded live performance to be submitted for **ONE** of the required audition videos. If you choose to submit a live performance for one, you must submit a current audition video for the other, and the panel will permit for it to be recorded in a non-traditional setting. (I.e. if you do not have access to a studio or large space)

Reviewers and Panelists are looking for:

Technique:

- Clear understanding of the values inherent to dance technique: three-dimensional use of space (including movements that are not frontal), coordination of the breath with movement, ability to use momentum and control, relationship with gravity that acknowledges the weight of the body.
- Competency in the specific skill elements, as defined within each exercise.
- Efficient, safe alignment reflective of dance’s values about the body and its organization with respect to alignment.
- Ability to move on mixed meters with or without musical accompaniment.
- Technical range and aptitude, evidenced through the performance of movement challenges appropriate to the dancer’s skill level and reflective of a modern/contemporary dance vocabulary.
- Ability to move expressively, with personality and presence.

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Solo:

- Solo clearly works with modern/contemporary dance movement vocabulary
- Performance embodies the values inherent to modern/contemporary dance technique: three-dimensional use of space (including movements that are not frontal), coordination of the breath with movement, ability to use both momentum and control, relationship with gravity that acknowledges the weight of the body, and performance quality that is rooted in the dancer's personality and individuality.
- Performer makes expressive choices that support choreographic intent and reveals his/her artistry as a performer.
- Performer makes sophisticated and well-considered choices, performing with sincerity, nuance, musicality, intentional phrasing, and shaping of dynamics.

Note: If your work has been submitted to other competitions, you are responsible for getting permission to submit to YoungArts.