

# YoungArts 2025 Application Requirements

## Dance: Modern-Contemporary

Please follow the requirements related to your discipline/category as closely as possible. Failure to comply with the requirements may make your application ineligible for an award.

### Modern-Contemporary

Your audition submission must 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
  - **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.)

# Modern-Contemporary Application Requirements (cont.)

□ **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:

- ▶ 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

- **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 winner with distinction, you will be required to perform your submitted solo live for the panel during National YoungArts Week and, therefore, must have rights to the choreography for that piece.

## Audition Apparel

- Dancers should choose garments that support the judge's ability to see how the body creates shapes and lines in space. We strongly encourage that you select fabric colors that create contrast to the background and remove excess layers of warmups, costuming, and jewelry that distract from the performed choreography. Artists may wear regalia appropriate to their cultural traditions and forms.

## Guidelines for Recording Your Audition

- 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 Guidelines

- Save and name your files individually as "technique" and "solo".
- Upload each audition selection as a separate video file in the correct space provided.

## Media Submission Guidelines (cont.)

- For the solo, please indicate the Title, Composer of music used (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 that the video frame is upright (not sideways or upside down) and plays smoothly.
- Do not edit within the solo.
- Do not submit pre-recorded live performances, such as recitals, concerts, or competitions.

**Note:** You are welcome to submit materials that have been part of other applications, competitions, or projects. YoungArts does not own any works submitted to its competition, however if your work has been submitted to other competitions, you are responsible for getting permission to submit to YoungArts, if necessary.