

# COMPETITION PROCEDURE

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## PHASE ONE – MEDICAL RECORD EVALUATION

Each applicant must submit their complete medical record before **30 September 2024**, by uploading them using the online registration form. **Medical records will only be accepted by upload.** The medical file name must include the applicant's full name as follows: Last name in Capital letters and first name in lower case letters: "LAST NAME First name".

The medical record must contain all required documents, collated in one document. Only the official Prix de Lausanne documents will be accepted. The documents are available online on [www.prixdelausanne.org](http://www.prixdelausanne.org)

A headshot in colour (no make-up) and a full-body picture (girls = barefoot, with or without tights, leotard / boys = barefoot, tight shorts, no shirt) are to be attached to the medical record. Edited photographs are not allowed. Photo examples will be available on the Prix de Lausanne website.

**In case of any doubt regarding the general health or physical condition of an applicant before the video selection, the Prix de Lausanne Board representatives have the authority to decide if the applicant can take part in the video selection and the competition or not.**

## PHASE TWO – REGISTRATION AND VIDEO SELECTION

Each applicant must register online ([www.prixdelausanne.org](http://www.prixdelausanne.org)) and submit online a digital video (only one applicant per video file) recording of themself 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 opens on **1 September** at 12 pm (Swiss time) and ends on **30 September 2024**.

The online medical form **must be submitted before 30 September 2024**.

The entry documents and the payment of the registration fee of **175 (one hundred seventy-five) Swiss Francs must be received before 30 September 2024**.

The video file **must be received before 10 October 2024**. Please note that we may ask you to modify your video if it does not meet the requirements. The earlier you upload your video the more time you have for corrections.

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.

Applicants whose medical documents, entry documents or video file are received after these dates will not be considered.

The selection panel will choose **up to eighty** candidates from the video applicants. The selection panel's decisions will be final. **Selected applicants will be notified of the video selection and of the medical test results by 31 October 2024**. They will come to Lausanne to participate in the remainder of the competition (i.e. Phase Three) **from Sunday, 2 February to Sunday included, 9 February 2025**.

For ethical and practical reasons, feedback will not be provided to any dancer.



## 1.2. Second registration for Phase Three (Selection, Finals and Networking Forum)

Selected applicants' second set of entry documents and payment of the participation fee of **200 (two hundred)** Swiss Francs must **be received before 15 November 2024**.

## 2. Video file format

- Only video files will be accepted. If you cannot upload a video file via the online form, please send the file via [SwissTransfer.com](https://www.swiss-transfer.com) to [registration@prixdelausanne.org](mailto:registration@prixdelausanne.org).
- The video file name must include the applicant's full name as follows: Last name in Capital letters and first name in lower case letters: "LAST NAME First name".
- The applicant's name, school name, age, etc. should **not** appear on the actual film footage as the selection panel will evaluate the applicants anonymously.
- **No text (name of exercise, greeting messages, etc.) should appear in the video at any time.**
- The school's name should **not** appear in the video.
- The background should be as neutral as possible without any logos, name of school, posters, etc.
- The quality of image and sound must be checked prior to uploading.
- The use of a tripod is strongly recommended to ensure a stable image. A fixed camera must be used which can follow the dancer's movements but **must not zoom in or out**. The full body must be always visible.
- **The camera must be positioned at an angle that shows the dancer at his/her best. It is recommended to film the barre in a diagonal and the centre from the front. Please see the examples on the website.**
- It is required to film in **landscape mode** for a **full/wide screen** image, in a HD MPEG-4 format if possible.
- Filming the dancer in front of a window during daytime hours must be avoided.
- Lights in the studio must be turned on fully.
- All exercises must be danced with music.
- The sound **must not be recorded separately** and edited into the video.
- No teacher's voice should be heard during the recording.
- Filming must be achieved in one sitting and not over several days/weeks. **Editing of the video is not authorised.**
- **The video file should not exceed 250 MB. As we require high quality images, you may use an online free compressor like "mpeg streamclip" to compress your video.**

## 3. Video file contents

The video file must be about **15 minutes in duration** to provide adequate evidence of the applicant's artistic, musical, and technical capabilities. It must show the full body throughout and **must** include the three following sequences. The selection panel reserves the right to exclude an applicant whose video file content does not comply. Please remember that dance is a form of expression, not just technique.

**3.1. Barre work, not more than five minutes in length in total.** The barre work should not exceed one third of the total duration of the video.

- **One side only** (the same side for all the barre work)
- This section should start with warm-up, barefoot with tights, in first position, with the applicant's **back to the barre** to highlight the structure of the feet (please see the example on the website).
- In addition to the warm-up, please show a barre consisting of pliés, tendus, adagio (including battements lents and/or développés), grands battements danced in soft shoes by male and female applicants.

### 3.2. Centre practice

- Pirouette combination with pirouettes en-dehors and en-dedans (soft ballet shoes)
- Adagio (soft ballet shoes)
- Allegro combinations:
  - Small jumps and beats (soft ballet shoes)



- Medium size allegro, including assemblés, jetés, sissonnes, etc. (soft ballet shoes)
- Tours en l'air right and left (male applicants only)
- Pointe work (female applicants only), including warm-up échappés retirés, double pirouettes en-dehors and en-dedans
- Grand allegro – The running time of the enchainement should be 32 to maximum 64 bars (measures) length of music:
  - Female applicants must wear pointe shoes and must include a diagonal of turning steps within the enchainement.
  - Male applicants' enchainement must show cabrioles, entrechats six and double tours en l'air within the enchainement.

### 3.3. Contemporary enchainement or variation

- Up to two minutes in length with music (**not** one of the contemporary variations of Prix de Lausanne competition) to show how the dancer moves within a vocabulary other than ballet.
- No props will be allowed.
- Without this enchainement or variation the video file will not be considered.
- Excerpts of live performances will **not** be accepted.

## 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 work and centre practice

- Male applicants: dark tights and a fitted plain t-shirt (any colour)
  - no cut-off tights, leg warmers or loose T-shirts
- Female applicants: skin-coloured tights and a sleeveless plain leotard (any colour, with no patterns)
  - no skirts, practice tutu, leg warmers or loose T-shirts

### 4.2. Contemporary enchainement or variation

- Male and female applicants: barefoot, socks or in “Nu-pieds” (to protect the sole of the feet).
  - no skirts, tracksuit trousers, baggy clothing, leg warmers or loose T-shirts
- No props are allowed.

## PHASE THREE – COMPETITION WEEK IN LAUSANNE

Candidates must arrive at the Théâtre de Beaulieu in Lausanne, on **Sunday, 2 February 2025**, in the morning. Exact time and practical information will be communicated soon after the video selection. The weekly schedule will be sent to the candidates by mid-January.

Candidates will be divided into 4 groups, according to age and gender:

**Junior candidates (group A):** born between 8 February 2010 and 9 February 2008.

**Senior candidates (group B):** born between 8 February 2008 and 9 February 2006.

## 1. Selection – Presentation to the competition jury over five days

### 1.1. Classes and Coaching sessions – Monday to Thursday

During the competition in Lausanne, all candidates will be provided with:

- a daily classical class
- contemporary classes
- coaching for both their classical and contemporary variations



The Jury will first observe and then mark the candidates in classical and contemporary classes. An enchainment will be taught at the end of the last series of classical classes and of the last series of contemporary classes.

### **Clothing from Monday to Thursday**

Classical classes and coaching sessions:

- Female candidates:
  - Sleeveless plain leotard (with no patterns) 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.
  - Numbers are to be worn on the front and the back of the body.
- Male candidates:
  - Plain tight-fitting white or black T-shirt or white or black leotard and black tights
  - **White** socks and **white** soft-shoes
  - No jewellery
  - Numbers are to be worn on the front and the back of the body.

Contemporary dance classes and coaching sessions:

- Female candidates:
  - **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 decoration
  - Numbers are to be worn on the front of the body.
  - Skirts that are necessary for the choreography of the contemporary solos will be allowed for contemporary coaching and rehearsals.
- Male candidates:
  - **Full length black footless tights**, plain tight-fitting white or black T-shirt
  - Socks are recommended.
  - “Nu-pieds” (to protect the soles of the feet) are optional but not required.
  - No jewellery
  - Numbers are to be worn on the front of the body.

**It is advisable to loosely sew on your numbers for contemporary classes to prevent injury from pins if you are required to roll on the floor.**

### **1.2. Variations on stage – Friday**

The Jury will mark candidates presenting their classical and contemporary variations in public, on stage.

At the conclusion, the jury will deliberate over the results of the entire five days. A maximum of 20 candidates will be selected to go to the finals.

Candidates not selected for the finals will be provided with a one-on-one meeting with a member of the jury to receive feedback.

#### **Variations**

Prior to participating in the competition week in Lausanne, candidates who have passed the video selection round must prepare two solos: a classical variation (different variations for different age groups) and a contemporary variation.

**The variations will be released on the Prix de Lausanne website soon after the video selection results announced on 31 October 2024. The music files for the classical variations will be available for download on the Prix de Lausanne website. No other music will be allowed.**



### **1. Classical Variation**

Candidates will be required to prepare one of the announced classical variations depending on their gender and age category (Junior or Senior), selecting the version of their choice. To ensure technical and stylistic appropriateness, candidates are encouraged to select a version performed by an internationally recognized ballet company.

### **2. Contemporary Variation**

Candidates will be required to prepare one of the announced contemporary variations depending on their gender and age category (Junior or Senior).

Candidates must present versions as demonstrated on the official video file of the competition, using the official music file of the competition. It is not allowed to adjust neither the choreography nor the music.

A candidate cannot receive personal coaching from a choreographer of a contemporary variation of the Prix de Lausanne repertoire, nor choose a variation from a choreographer who is teaching or working in their school.

Should the candidates want to perform a Prix de Lausanne contemporary variation after the competition, please refer to the **art. 12** of the Rules and Regulation document.

### **Clothing on Friday**

- Classical variation costume of the candidate's choice. A simple costume, appropriate for the variation, is recommended. Costumes, in particular tutus, should not hide the legs too much. Candidates are evaluated on their potential, not on their costumes.
- Costumes for the contemporary variations must be like the ones worn by the dancers in the official videos available on the Prix de Lausanne website during the 2<sup>nd</sup> registration.

## **2. Finals – Saturday**

The Jury will mark Finalists presenting their classical and contemporary variations in public, on stage. At the conclusion of the jury deliberations, Prix de Lausanne winners will be selected.

### **Clothing on Saturday**

- Classical variation costume of the candidate's choice. A simple costume, appropriate for the variation, is recommended. Costumes, in particular tutus, should not hide the legs too much. Candidates are evaluated on their potential, not on their costumes.
- Costumes for the contemporary variations must be like the ones worn by the dancers in the official videos available on our website during the 2<sup>nd</sup> registration.

## **3. Networking Forum – Saturday and Sunday**

### **3.1. Networking Forum classes on Saturday**

Candidates not selected for the finals will be provided with a classical class to allow attending Prix de Lausanne Partner School and Company directors to see them.

### **3.2. Networking Forum meetings on Sunday**

All candidates (including Finalists and Prize Winners) will be provided with a possible one-on-one meeting with Prix de Lausanne Partner School and Company directors or representatives interested in offering places to their school or company (parents and/or teachers are welcome to attend).

The networking forum meetings are only organised by the Prix de Lausanne for its Partner Schools/Companies and the candidates.



#### **4. Rising Stars – Sunday**

All Finalists and Prize Winners of the Prix de Lausanne 2025 will perform either their classical and/or contemporary variation in public, on stage, during a special performance for Rising Stars on Sunday 9 February afternoon.

**All candidates are expected to stay for the Rising Stars performance and plan their return travels accordingly.**

***This document is an integral part of the Rules and Regulations***