

Showreel Submission Guidance

Your showreel is an opportunity to introduce yourself. It should present you as a versatile, technically accomplished and engaging performer, while also communicating your individual artistic identity.

When creating your showreel, please consider the following guidance provided by participating companies.

What to Include

- Demonstrate strong technical ability alongside versatility in movement, performance and creative approaches.
- Include a range of material that reflects your strengths while presenting a coherent overview of your work.
- Show both rehearsed choreography and improvisation where appropriate.
- Include material from a variety of performance contexts to demonstrate your range.
- Allow your interests, personality and artistic identity to come through in your choice of material.

Filming

- Keep filming simple and ensure that the focus remains on you as the performer.
- Studio footage in rehearsal clothing with clear, even lighting is highly effective.
- A single camera angle is often preferable to complex or highly stylised filming.
- If including performance footage, ensure the video quality is good and that it is immediately clear which performer you are.

Editing

- Use light editing and avoid excessive effects or rapid cutting between clips.
- Longer excerpts are generally more effective than many short clips, allowing companies to assess your movement quality and performance presence.
- Aim for a balanced selection of material that demonstrates different movement qualities, dynamics and performance registers.
- Solo work or material in small groups is often easier for companies to assess than large ensemble performances.

Avoid

- Overly produced dance films where the location or cinematography distracts from your performance.
- Technical class exercises presented in isolation (such as ballet or contemporary exercises), unless they clearly demonstrate skills relevant to the overall showreel.
- Poor-quality stage footage or clips where it is difficult to identify you.

- Over-editing or including too many short clips that prevent viewers from seeing your work in depth.

Final Tips

Before submitting your showreel, ask yourself:

- Does it demonstrate both my technical ability and artistic individuality?
- Does it show a range of movement qualities and performance styles?
- Is the focus consistently on me as the performer?
- Have I selected my strongest material?
- Does the showreel provide a clear, professional introduction to me as an artist?