



Video and filming guidance

These guidance notes are provided to ensure that recordings submitted for the ISTD challenge can be assessed effectively.

BEFORE RECORDING

- Complete the consent form for entering the candidate and send a copy to the dance teacher.
- Before recording, test the electronic device being used for filming and any accessories, such as sound, by recording a small amount of footage and playing it back.
- It is recommended that the performance is filmed on a smartphone or video recorder rather than a tablet in order to ensure the best quality footage possible.
- Ensure the space is safe and clear of any hazards or items that may obscure the performance.
- Ensure the space is well lit. The direction of any natural light should be behind the camera operator.
- Candidates are advised to wear light coloured clothing if dancing in front of a dark background.

THE RECORDING


- Candidates must hold up a piece of white paper that clearly shows their full name and pin number at the beginning of the recording for approximately 5 seconds.
- The final performance presented for assessment must be recorded from a single camera from audience perspective from start to finish and be unedited.
- All videos should be recorded in LANDSCAPE orientation.
- If the candidate is performing as part of a partner, trio or quartet, ensure they are wearing a numbered badge indicating their timetable number that can be seen clearly to ensure dancers are easily identifiable for assessment.
- Candidates should be clearly visible on the recording throughout.
- Ensure the candidate can be clearly seen on the recording; don't film from too far away with the dancer too far in the distance.
- Keep filming for several seconds beyond the end of the performance.
- If using a video recorder, ensure that the camera is not set to go automatically to auto-focus during the performance.
- All videos should be recorded and submitted in MP4 format.
- It is important that the video is of good visual quality and that if music is being played that it can be clearly heard. Videos of poor quality may affect the result of entries.

AFTER THE RECORDING

- Send your recording and consent form to your dance teacher to submit for assessment; www.wetransfer.com or www.dropbox.com are two options for sending your footage.
- PLEASE NOTE: videos can only be submitted for assessment by ISTD teachers.



**Imperial Society of
Teachers of Dancing**

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Registered charity number 250397
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