

Full Video Audition Requirements (2025 Entry)

BA (Hons) in Circus Arts Degree

Full video audition requests will be based on individual circumstance. Please contact Irad Timberlake at irad@nationalcircus.org.uk for more information and to request a full video audition. Once it has been agreed that you do not need to attend a part 2 audition in person please follow the below guidelines, outlining what you should include in your video and how to submit it.

As part of our online application form (on our website) you will be asked to include a full video audition link **in the following format:**

- **ONLINE** – upload a video to YouTube, Vimeo or another secure platform and send us a link within your application form to view it online. Ideally, we should be able to access your entire video audition via **one** video link.

Deadline for Submission: 4th April 2025 at 1pm (BST)

Please ensure we have received your full video by the above deadline as part of your online application. If you have any issues including your link within the application, please email it to irad@nationalcircus.org.uk

Important Tips

- Each of the following sections of the video must be presented in one continuous take. For example: one continuous take for all the acrobatic section and another for the flexibility section. Please do not edit your video to provide us with only the “best bits”.
- If you cannot execute a particular figure or exercise, **please do not force it**. We should simply be able to evaluate your potential. The videos provided are examples of the sequences being demonstrated by current or previous students. These are to help you understand what is required but you are not expected to be at the same level shown.
- It is helpful if you can label each section of your audition video as per the below section headings.
- Please wear clothes that we can clearly see you in against the background that you’re filming in.
- We are not assessing you on your filming ability, however, we will be assessing you on your **‘ability and willingness to follow instruction’** such as by **including all sections and sticking to the time limits**. Please refer to the audition criteria on page 5 when creating your video.

Information for D/deaf and Disabled Students

NCCA welcome applications from D/deaf and disabled people and offers places solely on the basis of potential and suitability for a career in the profession. If you have any access requirements, please contact the Admissions and Registry Manager to discuss any reasonable adjustments that can be made for you as part of the video audition, and if successful, during the course.

The audition video must contain:

1. Introduction

- Introduce yourself and answer the following:

Why choose circus? What do you hope to gain from your educational journey and what do you hope to achieve as a result? (no longer than **1 minute**)

2. Acrobatics (Part 1 set sequence)

In close fitting training kit, please show the following:

- Learn and demonstrate this acrobatic sequence: <https://youtu.be/DJzrx4hJB3E>

Sequence notes:

- Squat with plastic pole (place pole to the side)
- 2 straight tension jumps
- 3 tuck jumps
- Jump full turn
- Forward roll to dish and hold 10 secs
- Rock x 5
- Roll to shoulder stand to stand up.
- 1 leg squat right
- 1 leg squat left
- Kick to handstand forward roll
- Tuck, straddle pike to handstand forward roll (1 of each)
- Jump 1 1/2 turn

Important: Any skills that you are unable to complete, please show a variation of. E.g. instead of doing a handstand into a forward roll, just show a handstand against the wall. Likewise, if you are limited on space, you can adapt the sequence to fit within the space available to you.

3. Acrobatics (Part 2 own sequence)

- Create and demonstrate a short sequence of floor-based acrobatics skills incorporating movement as a vehicle for the acrobatics. (**30 seconds maximum**)

4. Flexibility

In close fitting training kit, please show the following:

- Learn and demonstrate this flexibility sequence, which combines core control, mobility and range of motion working through the body:
<https://www.youtube.com/watch?v=c4eNAsY4QL8>

Sequence notes:

- Standing leg hold on right and left leg:
 - Forward
 - Side
 - Backward
 - Needle stand

Straight legs

Lift as high as you can on each and hold for 3-5 secs

- Forward roll to lay flat
- Push to bridge

Shoulders as far over the hands as you can

Feet together

Legs straight

Hold for 3-5 secs

- Pike sit
- Forward fold

Legs together and straight

Reach as far forward in front of toes

Chest as close to the legs as possible

Hold for 3-5 secs

- Straddle sit
- Forward fold

Legs wide and straight

Reach as far forward as you can in front of you

Chest as close to the floor as possible

Hold for 3-5 secs

- Sit up and pull forward to box split

Legs in a straight line
Hips as close to the floor as possible
Chest on the floor or supported on arms if required
Hold for 3-5 secs

- Sit up and show seated box split

Pull in as close as you can into a straight line
Hold for 3-5 secs

- Splits on right and left leg

Both legs straight
Hips as close to the floor as possible
Arms out to the side
Hold for 3-5 secs each

Important: Each position is held for 3-5 seconds. Where necessary legs should be as straight as possible. In all positions only go to where you are comfortable. Do not push beyond your limits. If you are limited on space, you can adapt the sequence to fit within the space available to you.

5. Presentation

- Please present a **1.30-2 minute** performance piece of your own devising. This should be shown in a non-performance situation (i.e. without an audience, no lighting or other production features, no video edits). Music, necessary props, and costume may be included.
- Briefly explain the idea or stimulus behind your work prior to performing your piece, including any influences or practices explored (such as movement and theatre, or shows you have seen).

Candidates who submit a successful audition video will be invited to take part in an online discussion with two or three of the higher education team.

****Please refer to the audition criteria on the next page****

Full Video Audition Criteria (2025 Entry)

Candidates submitting a full video audition are assessed on:

Technique:

- Co-ordination
- Flexibility
- Balance
- Core and control
- Strength and power
- Placement and line
- Confidence
- Fitness
- Range of movement

Creativity

- Imaginative response
- Curiosity and risk taking
- Groundedness and fluidity

Solo / Performance

- Expressiveness
- Sense of style
- Quality of movement (if relevant to the performance)
- Stage presence
- Connection with the audience
- Innovation and originality

Audition Approach:

- Ability and willingness to follow instruction
- Engagement with and openness to tasks

Individual Discussion *(only selected applicants will be invited to an online discussion)*

- Relevance of the programme to the candidate's aspirations and needs
- Understanding of the programme
- Motivation and commitment to the programme and profession
- Demonstrates willingness to collaborate