

Video Audition Requirements (2027 Entry)

BA (Hons) in Circus Arts Degree

If you're based outside the UK, or unable attend one of our scheduled audition dates, you can choose to audition entirely by video, and you will not be disadvantaged by this option. Please contact Joanna Young at admissions@nationalcircus.org.uk to request a video audition. Once it has been agreed that you can audition by video 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 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: 13th August 2027 at 1pm (BST)

As we can only accept up to 30 students per year group, we strongly encourage you to apply as early as possible. This gives you the best chance of securing a place should you be successful, as well as time to organise visas, finance and accommodation (if applicable). If you have any issues including your link within the application, please email it to admissions@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 your filming ability. However, we will be assessing your engagement with the tasks and your **ability to interpret and respond to instructions**, such as **including all sections and adhering to the time limits**. Appropriate adaptations made to accommodate access requirements

or to work safely within your physical capabilities are welcomed and will not be viewed negatively.

- Please refer to the **audition criteria** (on the last page of this document) when creating your video.

Information for D/deaf and Disabled Students

NCCA welcomes applications from D/deaf, disabled and neurodivergent people, including those with physical, sensory, learning, mental health and long-term health conditions, and offers places solely on the basis of potential and suitability for a career in the profession.

We recognise that access requirements vary widely and may affect how applicants approach the audition process, communicate, process information, organise tasks or engage with movement-based activities. If a particular movement, position, or sequence does not work for your body, you are encouraged to adapt it or replace it with an alternative that demonstrates a similar skill.

If you require any support, alternative formats, or reasonable adjustments at any stage of the audition process, please contact admissions@nationalcircus.org.uk as early as possible. We will discuss these with you and give advice on how best to approach the audition tasks.

We believe excellence in circus can be demonstrated in many different ways and requesting adjustments will not disadvantage your application.

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**)

Applicants are welcome to use this introduction to provide context about their training background, access requirements, or any adaptations they have made within the audition if they feel this would help us understand their work. This is entirely optional and will not form part of the assessment.

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: You may adapt elements of the sequence where needed. If you replace a movement, please choose an alternative that demonstrates similar qualities such as balance, coordination, control, strength or spatial awareness. E.g. instead of doing a handstand into a forward roll, you could 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 but, 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.

This section is intended to give us an understanding of your current range of movement, mobility, flexibility and control. You are not expected to achieve specific positions such as full splits, box splits or needle positions.

Please work within your own range and demonstrate movements safely and comfortably. If specific positions are not appropriate for your body, you may substitute alternative movements that demonstrate mobility, flexibility or control in a way that is relevant 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.
- Before performing, **give your piece a title and briefly explain the idea or stimulus behind it.** You may also describe influences that shaped the work, such as movement practices, theatre or performances 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****

Video Audition Criteria (2027 Entry)

Candidates submitting a 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 to interpret and respond to instructions
Engagement with and openness to tasks
Ability to make thoughtful and appropriate adaptations where required

Individual Discussion *(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