

Self-Tape Guide

What is a “self-tape”?

- A self-tape is an audition the actor films on their own and then sends in remotely. It is requested by a casting director/theater and then submitted to them electronically.
- This audition format is only going to become more common post-COVID!

GUIDELINES

- **Sometimes, you will get specific filming instructions from the casting director. **Read directions thoroughly!**
- **ALWAYS FILM IN LANDSCAPE (HORIZONTAL)** unless instructed differently by casting
- If you don't have a tripod, have someone else film for you!
- Dress as you would for an in-person audition!
- For musical theater auditions, anywhere from a ¾ shot to a “waist up” shot works great.
- Slate (Introduce yourself and what you're singing like you would in an audition!)
- If you're singing multiple songs/cuts, you can do separate videos and edit them together (iMovie is a great tool!)
 - However, each song/cut needs to be **1 take**
- If singing with recorded accompaniment, have someone else press start so you can focus on auditioning!
- Find as neutral a background as possible (this can be tricky in a house). A solid color wall is ideal!
- Lighting for a self-tape should not be dim, however, it shouldn't be so bright that it overpowers or washes you out.