

Tips on filming a self-tape:

1. A self-tape is a pre-recorded video audition that an actor submits to the casting director or creative team. It is generally used as a substitute for an in-person audition. Actors film themselves reading select portions of the script then edit the footage and send it in electronically.
2. For theatre auditions, the casting director might be paying a bit more attention to your physicality and vocal quality to see if you can reach the back of the house. However, they'll still be cognizant that they're viewing your audition on film and probably the small screen of their computer.
3. For examples on what self-tapes look like, you can search YouTube for self-tapes to get an idea.
4. When filming you will want to make sure that your face is well-lit, and the audio is clear and free of background noise.
5. Try to film in an area where the background is a solid neutral colour, if possible, such as white or grey. Try to find a blank wall in your home.
6. Ideally you will want to be completely off book by the time you film your self-tape. Do your best to memorise as many of the lines as possible with the time you're given.
7. You will need to have a live reader for your self-tape. It doesn't matter if your reader doesn't match the character they're playing. We are auditioning you, not the reader.
8. To shoot a self-tape, use a tight frame that goes from your chest to just over the top of your head. Make sure your reader stands close to the camera to create the correct eyeline.
9. Make sure your camera is at the correct height. Position it at eye level or just above. If you don't have a tripod, you can stack books on a table or shelf to achieve the desired result.