



The following instructions are intended to help you best prepare for your Dallas Cowboys Rhythm & Blue virtual preliminary submission. Virtual submissions for preliminaries will close on June 30th, 2025 at 11:59pm CDT.

Photo Requirements for Virtual Submissions:

- ◆ Recent Headshot: You may wear an outfit of your choice. Please shoot from the shoulders up.
- ◆ Recent Full Length Shot: Wear fitted workout attire.

Video Requirements for Virtual Submissions:

- ◆ Videos must be recorded horizontally.
- ◆ Most phone cameras produce a quality recording. For best results, go to: Settings>Camera> and set to record video at 1080p/30fps.
- ◆ Make sure your space is adequate for the safe execution of your dance performance.
- ◆ **Video Introduction (30 seconds or less):** A brief introduction stating your first name, age, hometown, and something notable about yourself.
- ◆ **Performance:** A 45-60 second self-choreographed solo or freestyle performance showcasing your abilities. Video must show a clear view of your full body. Please ensure that arms and feet are in-frame at all times.

Video Submission Instructions:

- ◆ Videos will need to be submitted via a YouTube URL link during the application process.

Please follow the below step-by-step instructions to ensure your videos are submitted properly:

STEP 1: Create or Sign-In to Your YouTube Account

- ◆ Go to <https://www.youtube.com/> and sign in to your personal YouTube account. If you do not already have an account, please create one. Creating a YouTube account is free.

STEP 2: Go to YouTube Studio

- ◆ Once you have set up your YouTube account, select your account icon in the top right corner and from the drop-down bar select YouTube Studio.

STEP 3: Upload Your Video

- ◆ Select the 'Create' button on the upper right corner on your YouTube Studio page, then click "Upload Videos" from the drop-down menu.
- ◆ You may either drag your save video files into the 'Upload Video' pop-up or you can search for your file by hitting 'Select File' to upload your video.

STEP 4: Details, Elements, and Visibility

- ◆ Please enter your First and Last Name in the Video Title with a brief description of the Video; i.e. 'Jenny Smith Intro Video' or 'John Smith Dance Solo.'
- ◆ You may leave the Description field or can give a brief description if you'd like to share anything more about yourself or your dance performance.
- ◆ Under 'Audience,' please select 'No, it's not made for kids.'
- ◆ Click 'Next' on the bottom right-hand corner of the upload pop-up.
- ◆ Click 'Next' on the bottom right-hand corner of the Video Element pop-up. You do not need to define these fields.
- ◆ In the 'Visibility' pop-up, under 'Save or Publish' select 'Unlisted.' This will allow your video to remain private. Please refrain from posting or sharing your video submissions publicly until after the 2025 DCRB Audition process is completed.
- ◆ Leave the 'Schedule' field blank.
- ◆ Select 'Save.'

STEP 5: Copy Your Video Link

- ◆ Copy Your Video Link and save electronically by Pasting it into a Word Document, Note, Sticky Note, etc. so you will be able to easily access for later usage.
- ◆ Repeat Process for next Video.
- ◆ When filling out your Application, please Paste video links into the appropriate fields.