



2022 RAVENS CHEERLEADER TRYOUT VIDEO SPECIFICATIONS

If you have any questions regarding the video filming or uploading process, please reach out to cheerleaders@ravens.nfl.net.

DANCE VIDEO REQUIREMENTS

Setting, Guidelines and Submission

- Please film your video in a quiet and safe area either indoors or outdoors. We ask that you film alone and do not wear a face mask.
- Make sure your video displays good lighting and you are within frame. Please begin your video close to the camera.
- Your introduction should be filmed up close, but you should take a few steps back for the rest of the audition video so that your full body is in frame. Please try to stay close enough to the camera so that we can see your facial expressions.
- Your tryout video must be one continuous take, including all the elements below.
- Attire: you must wear your tryout outfit in your video.
 - Females: full hair and makeup, two-piece tryout outfit, and dance or cheer shoes.
 - Males: clean shaven, a plain white shirt, black athletic shorts, and tennis shoes
- You must upload your video as a **shareable link** in your application form.
 - Before you upload your link, make sure anyone who has the link is able to view your video. Links can be uploaded via OneDrive, DropBox, Google Drive, or YouTube.
- Videos MUST be submitted by Friday, March 4th at 5:00pm EST.
- ***Failure to adhere to any video submission guidelines may result in elimination from the tryout process.***

Dance Video Components

- **Introduction:** Begin your video by stating your name and telling the judges something unique or interesting about yourself. This is your time to showcase your personality and well-roundedness. Poise and presentation are everything, so be mindful of your body language. Intros should be no longer than 10-15 seconds.
- **Dance Routine:** Play the song *That's My Girl* by Fifth Harmony and perform the dance routine. Our dance choreography is comprised of sharp, precise, and powerful movement. Judges are looking for overall performance impression, timing, execution, and showmanship.
 - Access tryout routine videos on our website [HERE](#).
- **Dance Skill:** Announce the dance skill you will be performing, then perform your most advanced and solid technical skill. Execution is key. You can perform one skill or a combination of two skills. Judges are looking for proper form, placement, flexibility, posture, and overall execution.
- **Toe Touch:** Announce your toe touch, then perform a toe touch. Judges are looking for proper technique, flexibility, and overall execution.
- **Standing or Running Tumbling (Optional):** If you have any standing or running tumbling, announce each before performing. If you do not have any standing or running tumbling, you may omit these skills from your tryout video.



- The minimum requirement for standing tumbling is a standing back handspring. More advanced skills are acceptable as well.
- The minimum requirement for running tumbling is a round-off back handspring. More advanced skills are acceptable as well.

FEMALE STUNT VIDEO REQUIREMENTS

Setting, Guidelines and Submission

- You are permitted to upload two separate tryout videos, your individual tryout video, and a partner stunt video.
- **Individual video:** Please film your video in a quiet and safe area either indoors or outdoors. We ask that you film alone and do not wear a face mask.
 - Make sure your video displays good lighting and you are within frame. Please begin your video close to the camera.
 - Your introduction should be filmed up close, but you should take a few steps back for the rest of the audition video so that your full body is in frame. Please try to stay close enough to the camera so that we can see your facial expressions.
 - Your individual video must be one continuous take, including all the elements listed below, **except the partner stunt video**. You may film your partner stunt video separately and upload it as a second link, or submit one video with all tryout elements in one take.
 - Attire: you must wear your tryout outfit in your video. This includes full hair and makeup, two-piece tryout outfit, and dance or cheer shoes.
 - You must upload your video as a **shareable link** in your application form.
 - Before you upload your link, make sure anyone who has the link is able to view your video. Links can be uploaded via OneDrive, DropBox, Google Drive, or YouTube.
 - Videos MUST be submitted by Friday, March 4th at 5:00pm EST.
 - ***Failure to adhere to any video submission guidelines may result in elimination from the tryout process.***
- **Partner Stunt video:** You may film your partner stunt video separately from your individual video and upload it as a second link. You are also permitted to film all your tryout elements in one continuous video and submit a single link.
 - You are permitted to put on a mask to perform your partner stunt if you wish to do so, after performing other video elements.

Female Stunt Individual Video Components

- **Introduction:** Begin your video by stating your name and telling the judges something unique or interesting about yourself. This is your time to showcase your personality and well-roundedness. Poise and presentation are everything, so be mindful of your body language. Intros should be no longer than 10-15 seconds.



- **Dance Routine:** Play the song *That's My Girl* by Fifth Harmony and perform the dance routine. Our dance choreography is comprised of sharp, precise, and powerful movement. Judges are looking for overall performance impression, timing, execution, and showmanship.
 - Access tryout routine videos on our website [HERE](#).
- **Toe Touch:** Announce your toe touch, then perform a toe touch. Judges are looking for proper technique, flexibility, and overall execution.
- **Standing or Running Tumbling:** If you have any standing or running tumbling, announce each before performing. If you do not have any standing or running tumbling, you may omit these skills from your tryout video.
 - The minimum requirement for standing tumbling is a standing back handspring. More advanced skills are acceptable as well.
 - The minimum requirement for running tumbling is a round-off back handspring. More advanced skills are acceptable as well.

Female Stunt Partner Video Components

- Announce the stunt skill you will be performing, then perform a clean, solid stunt with a partner. This can range from an introductory to advanced partner stunt. No baskets or pyramids, partner stunting only.
- *If you need help finding a stunt partner, please reach out to cheerleaders@ravens.nfl.net and we will be able to assist you.*

MALE STUNT VIDEO REQUIREMENTS

Setting, Guidelines and Submission

- You are permitted to upload two separate tryout videos, your individual tryout video, and a partner stunt video.
- **Individual video:** Please film your video in a quiet and safe area either indoors or outdoors. We ask that you film alone and do not wear a face mask.
 - Make sure your video displays good lighting and you are within frame. Please begin your video close to the camera.
 - Your introduction should be filmed up close, but you should take a few steps back for the rest of the audition video so that your full body is in frame. Please try to stay close enough to the camera so that we can see your facial expressions.
 - Your individual video must be one continuous take, including all the elements listed below, **except the partner stunt video**. You may film your partner stunt video separately and upload it as a second link, or submit one video with all tryout elements in one take.
 - Attire: you must wear your tryout outfit in your video. This includes clean shaven, a plain white shirt, black athletic shorts, and tennis shoes.
 - You must upload your video as a **shareable link** in your application form.



- Before you upload your link, make sure anyone who has the link is able to view your video. Links can be uploaded via OneDrive, DropBox, Google Drive, or YouTube.
 - Videos MUST be submitted by Friday, March 4th at 5:00pm EST.
 - ***Failure to adhere to any video submission guidelines may result in elimination from the tryout process.***
- **Partner Stunt video:** You may film your partner stunt video separately from your individual video and upload it as a second link. You are also permitted to film all your tryout elements in one continuous video and submit a single link.
 - You are permitted to put on a mask to perform your partner stunt if you wish to do so, after performing other video elements.

Male Stunt Individual Video Components

- **Introduction:** Begin your video by stating your name and telling the judges something unique or interesting about yourself. This is your time to showcase your personality and well-roundedness. Poise and presentation are everything so be mindful of your body language. Intros should be no longer than 10-15 seconds.
- **Standing or Running Tumbling:** If you have any standing or running tumbling, announce each before performing. If you do not have any standing or running tumbling, you may omit these skills from your tryout video.
 - The minimum requirement for standing tumbling is a standing back handspring. More advanced skills are acceptable as well.
 - The minimum requirement for running tumbling is a round-off back handspring. More advanced skills are acceptable as well.

Male Stunt Partner Video Components

- Announce the stunt skill you will be performing, then perform a clean, solid stunt with a partner. This can range from an introductory to advanced partner stunt. No baskets or pyramids, partner stunting only.
- *If you need help finding a stunt partner, please reach out to cheerleaders@ravens.nfl.net and we will be able to assist you.*

Any questions or concerns? Please reach out to cheerleaders@ravens.nfl.net for assistance. Good luck!