



2026-2027

VIDEO AUDITION PARTICIPATION GUIDE

Programs

- Circus and High School
- Circus Arts (College Diploma or Attestation)

2026-2027 AUDITIONS - STAGE 1

THANK YOU for your interest in the National Circus School and for putting your trust in us!

This first step of the audition process is essential, as it allows us to get to know you better and learn more about your artistic world. Through your video, we will find out more about your background, your passion, and what inspires you as an artist.

OBJECTIVES

- Assess your overall physical condition (flexibility, agility and strength), as well as your creativity and originality.
- Identify your specific skills and the circus, acrobatic, or sports disciplines you practice.
- Find out more about your background, your ambitions and what motivates you in your artistic journey.

HOW TO PREPARE

- Read this guide carefully. It explains, step by step, everything you need to know to prepare effectively.
- Watch the audition video (link on the following page).
- Practice only the exercises you are comfortable performing, to ensure your safety and complete them with confidence.
- Record your video by following the instructions and completing all required sections.

CONTACT US

If you have any questions about the video submission guide, the selection process or the audition video, please email us at registrariat@enc.qc.ca.

VIDEO CONTENT

Your audition video must include all of the following components and stay within the indicated time limits:

- ☐ Introduction – 1 minute
- ☐ Warm-up – 45 seconds
- ☐ Acrobatics – 2 minutes 30 seconds
- ☐ Flexibility – 1 minute 30 seconds
- ☐ Physical preparation – less than 1 minute
- ☐ Dance – 1 minute
- ☐ Specialty presentation(s) – 3 minutes
- ☐ Hidden talent(s) – less than 1 minute

VIDEO RECORDING INSTRUCTIONS

Your video **must not exceed 11 minutes and 45 seconds**. All recorded segments must be combined into **a single video file**.

You can watch the [audition video](#), which we have made available to help you clearly understand the steps to follow.

It is important to follow the order of the sections (**introduction, warm-up, acrobatics, flexibility, physical preparation, dance, specialty presentation(s), hidden talent(s)**), as well as the order of the exercises within each section.

Your safety is our priority.

- Wear appropriate clothing that allows you to move freely and safely.
- Take the time to warm up properly before recording to reduce the risk of injury.
- If you are unfamiliar with an exercise, or if you do not have a safe space or suitable conditions to perform it, feel free to skip it and move on to the next one.

AUDITION EXERCICES

INTRODUCTION (duration: 1 minute)

The objective is to get to know you better, understand what motivates you, and learn why you have chosen to apply to the NCS.

Feel free to tell us about the disciplines that interest you, your ability to work as part of a team, your creativity, what you would like to explore, and what you believe you could contribute to the NCS as a student.

Facing the camera, briefly introduce yourself in French or English by addressing the following points:

- Your first and last name
- Your age
- Your country of origin
- A brief overview of your athletic and/or artistic background (disciplines, years of experience, studies, etc.)
- Which circus disciplines are you interested in and applying for?
- Why do you want to become a circus artist and train at the NCS?
- Tell us about a situation in which you demonstrated resilience.
- Tell us about a situation in which you played a key role within a team.
- What do you see yourself doing after your career as a circus artist?

WARM-UP (duration: 45 seconds)

Evaluation criteria:

- Fluidity of execution
- Body position and alignment
- Dynamism
- Coordination
- Joint coordination during locomotor movements and running

EXERCISES	POSITION / MOVEMENT
Skips, alternating right and left	Circle
Side steps, alternating right and left	
Small jumps with arms extended alongside the ears	
3 split leaps, right leg forward	Left side profile
3 split leaps, left leg forward	Right side profile
3 straddle jumps	Front profile
2 full-turn jumps (360°), one to the right and one to the left	

ACROBATICS (duration: 2 minutes 30 seconds)

Evaluation criteria:

The following criteria will be assessed when performing the movements or sequences:

- Precision of execution
- Body alignment
- Range of motion
- Stability and control throughout the movement

EXERCISES	POSITION
Forward roll, backward roll	Side profile
Handstand to forward roll, half-turn jump, Streuli	
2 consecutive cartwheels, right and left	
2 consecutive walkovers, forward and backward	
Hands-free acrobatic element	
Menichelli cartwheel	
Front salto	
Back salto	
Acrobatic elements or an exploratory acrobatic sequence	Your choice

FLEXIBILITY (duration: 1 minute 30 seconds)

Evaluation criteria:

- Ease of movement and range of motion
- Body alignment (pointed feet and straight legs, where applicable)
- Hip alignment in the splits
- Active flexibility

EXERCISES	POSITION	NOTE
Shoulder opening, pointed feet and fully extended knees	Side profile, seated on the floor	Hold each position for 3 seconds , except for the drop-back to bridge.
Pike fold, arms extended in line with the torso		
Legs open at 90°, pike fold, arms extended in line with the body		
Left-leg split	Right profile	
Middle split	Front profile	
Right-leg split	Left profile	
2 bridges from the floor: 1) bridge, bringing the hands and feet as close together as possible 2) bridge with shoulder opening and straight legs	Side profile	
2 drop-backs to bridge, returning to a standing position afterward	1 x side profile 1 x back profile	
Flexibility element of your choice	Your choice	

PHYSICAL PREPARATION (duration: less than 1 minute)

Evaluation criteria:

- Fluidity of movement
- Control and stability
- Body alignment and positioning
- Range of motion
- Dynamism

EXERCISES	POSITION
5 tuck jumps (arms extended in front)	Side profile
5 push-ups (elbows close to the body)	
10 V-ups	
5 pull-ups	Back profile
5 leg raises	Front profile
Rope climb	Your choice

DANCE (duration: 1 minute)

Evaluation criteria:

- Expression and movement exploration
- Sense of rhythm
- Variety of gestures and movement patterns
- Interpretation and emotional expression
- Stage presence
- Creativity and originality

EXERCISE

Create and perform a 1-minute movement composition to music of your choice.

SPECIALTY PRESENTATION (duration: 3 minutes)

Evaluation criteria:

- Creativity
- Innovation
- Control
- Originality
- Technical level

Main guidelines:

- The video must be authentic and recorded in a single take for each discipline presented, with no cuts, editing, or technical effects.
- You may incorporate music, props or circus apparatus.
- You may present more than one discipline in the same video. However, cuts are permitted only when transitioning from one discipline to another.
- Applicants applying in a college-level acrobatic discipline (e.g. Korean plank, teeterboard, Russian bar, etc.) must also demonstrate their technical level on the trampoline. In this case, an additional minute may be added to the video.

HIDDEN TALENT(S) (duration: less than 1 minute)

Evaluation criteria:

- Originality
- Creativity

- Confidence in your presentation
- Engagement and authenticity
- Ability to showcase your talent

EXERCISE

Present a talent or distinctive skill of your choice that highlights another aspect of your personality, interests or creativity, unrelated to circus arts

SUBMITTING YOUR VIDEO LINK

Before submitting your audition video, **make sure it meets all the requirements** outlined in the VIDEO RECORDING INSTRUCTIONS section of this guide.

1. Upload your video to a platform such as YouTube or Vimeo. You may need to create a free account.
2. Name your video as follows:
First Name Last Name - NCS Audition Video 2026-2027 (Stage 1)
3. Create a shareable link to your video* and make sure it remains accessible until the end of January.
4. Copy and paste the video link into the application form available on the School's website.

**Before submitting your link, test it in your browser to make sure it works properly. Also make sure the video can be viewed by anyone with the link. Privacy settings, such as requiring an account or setting the video to private, may prevent us from accessing it.*

You will then need to complete the remaining information requested in the application form and pay the application fee before clicking "Submit."

You will receive an automatic email confirming that your application information has been received. Please check your junk mail or spam folder if necessary.



Thank you
for your participation