





## Thespy Filming Tips and Best Practices

- Shoot your video *horizontally* , not vertically .
- Film your selection in **one single and stable shot**. Your video should focus on the *acting* and *not on camera effects or video editing*.
- Your location should be quiet so we can hear both you and your track (if applicable).
- Before filming, conduct a full-volume test to make sure you can be heard (and that your track can be heard).
- Film in front of a non-distracting background.
  - If possible, choose a solid-color wall or consider hanging a sheet behind you.
  - The background color should contrast with your clothing.
  - Do NOT use any virtual backgrounds or effects.
- Dress neatly, in all black clothing as written in the guidelines. No costumes.
- Make sure you are lit enough to be clearly visible. Front facing natural light is the most flattering.
- Place your camera at eye level and frame your shot a few inches above your head to your knees.
- Ensure your blocking is effective and visible when filmed. Consider whether to decrease your movement or to adjust your camera angle.
- Place your "scene partner" slightly to the right/left of the camera so that you have an implied "other" to reference. You do not need to look straight into the camera unless you are direct addressing the audience or adjudicators.
- Try multiple takes and submit your strongest.
- If you are entering a Duo Scene, Duet Musical, Group Scene or Group Musical submission, it is perfectly acceptable to record a Teams/Zoom presentation or other electronic gathering if Safe Start Guidelines do not allow for in person gatherings. The guidelines above would still apply.

*To film your selections you will need to follow the National guidelines and the Washington State guidelines for Coronavirus County Safe Start.*

[Safe Start Guidelines](#)

Please refer to the **Thespys™ Program Guide**  
for a comprehensive list of rules.

[Frequently Asked Thespy Questions](#)