



## HOW-TO SELF TAPE ADDITIONAL RESOURCES

### GUIDELINES FOR SELF-TAPED AUDITIONS

Temporary guidelines for Equity auditions on video have been established by Equity's council. [Read them in the Member Portal](#)

### HEAR DIRECTLY FROM CASTING DIRECTORS

Our previous webinar, Auditioning and Casting During COVID-19, offered in partnership with the Casting Society of America and featuring five CSA casting directors, is available to [watch in full in the member portal](#). [A full transcript is also available](#).

### RESOLUTION AND DIMENSIONS

High Definition is 1920x1080 pixels (1080p for short)

Standard Definition is 1280x720 pixels (720p for short)

You want to film in High Definition if you can. Most phones and video cameras shoot High Definition by default. Just look for the HD symbol.

4K is an even greater resolution than High Definition. It's much more defined, but it takes up much more storage space and isn't necessary for a self tape.

If you have the option of 16:9 or 4:3 aspect ratio, choose 16:9. That's widescreen.

### HOW TO CHECK RESOLUTION

#### *iPhone*

Settings > Camera > Record Video (set to 1080p at 30fps)

#### *Android*

In the camera app, swipe from "Photo" to "Video." In either a dropdown menu (which you can open by tapping the arrow) or the Settings Menu (tap the Gear symbol), you will have the options of Resolution (choose 1920x1080 or 1080p) and Frames Per Second (choose 30).

#### *Webcam*

To check the resolution of the webcam on your computer, you can visit [webcamtests.com/resolution](http://webcamtests.com/resolution). You have to give permission to the website to let it test your camera. If you're not comfortable with that, simply Google your computer model number and "webcam resolution."

### HOW DO I FRAME DANCING ON VIDEO?

We recommend watching these videos for great examples of self-taped dancing:

- CATS in Quarantine: <https://youtu.be/-CxwI84Ep5c>
- A CHORUS LINE in Quarantine: [https://youtu.be/\\_pALsCSZmWY](https://youtu.be/_pALsCSZmWY)

## EDITING TUTORIALS

- Slateable: <https://slatable.freshdesk.com/support/solutions/folders/17000131770>
- iMovie: <https://support.apple.com/imovie>
- Windows Photo Movie Editor: <https://support.microsoft.com/en-us/help/17205/windows-10-create-videos>
- Shotcut: <https://shotcut.org/tutorials/>

You can also find lots of helpful tutorial videos on YouTube by searching on the name of the program you're using plus what you're trying to do, like "iMovie combine clips" or "Windows trim video"

## TRANSFERRING FILES

- [iPhone or Android to PC](#)
- [iPhone to Mac](#)
- [Android to Mac](#)
- [Digital/DSLR camera to computer \(Mac or PC\)](#)
- [Uploading unlisted video to YouTube via Computer](#)  
(silent demo video)
- [Uploading video to YouTube via Phone](#)
- [Uploading video to Vimeo](#)
- [Using Dropbox](#)
- [Send a file with Dropbox Transfer](#)
- [Send a file with WeTransfer](#)
- [Send a file with SendSpace](#)
- [Using Google Drive](#)
- [Using iCloud Drive](#)

## STAYING IN TOUCH WITH ACTORS' EQUITY ASSOCIATION

- Check in regularly with the member portal: <https://members.actorsequity.org>
- Follow us on Facebook: <https://www.facebook.com/ActorsEquity>
- Follow us on Twitter: <https://www.twitter.com/ActorsEquity>
- Follow us on Instagram: <https://www.instagram.com/ActorsEquity>