



## 2020-2021 Performance Guidelines

The 2021 NHD contest year began under very unusual circumstances. **Check with your Contest Coordinator to find out if a decision has been made about whether your regional, if applicable, and/or affiliate contest will be in-person or virtual. These guidelines will help you to prepare for creating and submitting a performance to a virtual contest.** Keep in mind, as the 2020-2021 year progresses, you may have to convert your virtual performance submission to an in-person performance in the event that a physical contest is possible (at the affiliate or the National Contest levels) and vice versa.

When submitting a video for an individual or group performance, please follow the criteria below:

- **Individual Performance**
  - Individual performances can be filmed on a camera, phone, or online conferencing platform (Google Meet, Zoom, and Microsoft Teams). These are only recommendations. You are free to use any platform your affiliate deems appropriate.
- **Group Performance**
  - Group performances can be filmed using online conferencing platforms - Google Meet, Zoom, and Microsoft Teams. These are only recommendations. You are free to use any platform your affiliate deems appropriate.
  - You should follow all social distancing guidelines and preventative actions that apply in your state, county, school. We encourage group performances to use an online conferencing platform to record their performance.
- In the individual and group performance recordings, students can utilize their backgrounds and props, wear any relevant costumes, and get creative. Students are encouraged to consider virtual backgrounds and other digital effects. Students can elaborate on these elements in the Performance Companion Worksheet.
- Any audio recordings, music, or media should be present in the recording as a part of the performance. There will not be a space to include these elements in the **Performance Companion Worksheet** (see below).
- It is not necessary to record the 5 minutes of set-up/break-down allotted for your performance.
- Individual and group performances should be recorded in one take regardless of recording platform. Do not edit multiple clips together.
- Once recorded, upload the .MP4 file of your performance to Google Drive, One Drive, or DropBox (or other platform) based on the affiliate's requirements.

### Performance Companion Worksheet

In addition to the recording, each performance submission for a virtual contest will submit the Performance Companion Worksheet.

[Google Docs](#)

[Microsoft Word](#)

[Sample Performance Companion Worksheet](#)