

# Self-Tape Checklist -Casting Actors Cast

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## Self-Tape Checklist

### 1. Preparation

- Read the full sides and breakdown carefully.
- Research the project (tone, style, network, etc.).
- Make strong choices — who, what, where, why.
- Memorize lines if requested (but stay flexible).
- Rehearse with a partner or out loud at least twice.

### 2. Technical Setup

- Quiet, controlled space (no interruptions).
- Neutral background (solid color, no clutter).
- Tripod/steady camera placement (eye-level).
- Camera: landscape mode, HD or 4K if possible.
- Framing: chest up or mid-shot (follow instructions).
- Good lighting: 3 point lighting soft, even, no shadows, natural if possible.
- Clear audio: external mic preferred, no echo.

### 3. Performance

- Connect with the reader (off-camera, slightly to the side).
- Listen actively — don't just wait for cues.
- Keep energy appropriate to the material.
- Allow stillness — avoid unnecessary gestures.
- Make bold but grounded choices.
- Remember: less is more on camera.

### 4. Multiple Takes

- Record at only 3 takes.
- Watch playback: check sound, framing, clarity.
- Choose the strongest, most truthful performance.

### 5. Slate (if requested)

- Full name (clear, natural). Followed by role and project, then height
- Agency/representation (if asked).
- Profile/side shots (if requested).
- Keep it professional and concise.

### 6. Editing & File Prep

- Trim
- Label file correctly (follow casting instructions).
- Keep file size reasonable (under 500MB unless otherwise specified).
- Export in MP4 or MOV (standard formats).

### 7. Submission

- Upload to requested platform (Actors Access, Casting Networks, WeTransfer, etc.).
- Double-check deadline and time zone.
- Confirm links work before sending.
- Send only what is requested (no extras unless invited).

### 8. After Submission

- Save a backup copy for your records.
- Release it mentally — don't obsess.
- Log the audition in your audition journal.