



Utah Dance Film Festival is an annual international dance film showcase. UDFF screens and awards films, hosts dance and film workshops, and partners with local businesses and college programs to amplify Utah's performing arts and film production economies.

UDFF's annual 48-hour movement-in-film competition, MOVE, is returning with broad parameters. Movement is not confined solely to dance, but to the expansive possibilities of the human form in motion.

We are so excited to watch your visions come to life through this risk-taking, fast-paced, and explorative creative medium.

MOVE will be held March 6-8, 2026.

Films will be screened and awarded on Saturday, March 14th, 2026, at the Film and Media Arts Cinema at the University of Utah.

For questions, email us at move.utahdancefilmfestival@gmail.com

COMPETITION WEEKEND OVERVIEW

PREMISE: This competition invites artists to explore the boundless intersections of human movement with cinematic form. Submissions may span any genre or style, but they must center on PHYSICAL EXPRESSION and HUMAN MOVEMENT. Options for this include, but are not limited to, dance, skateboarding, martial arts, sports, walking, outdoor recreation, etc.

REGISTRATION: One fee of \$60 per film/team for up to 5 team members. Additional members are \$5 each. Team members qualify as anyone who gets a credit in the final film. Every team receives 2 screening passes, along with a discount to purchase tickets for contributors, friends, and family.

Register your team [HERE](#). Following registration, filmmakers will receive a Google Form that must be completed by March 1st to be eligible to participate in MOVE.

BEFORE COMPETITION WEEKEND: *The creative execution, including filming, editing, and final assembly, must occur entirely within the competition weekend.*

Filmmakers are allowed to organize cast and crew, obtain equipment, secure filming locations, generate movement/choreography, create music/sound score, plan costume design, write the script or concept, or develop a shot list before the competition weekend.

Filmmakers are not allowed to film any material, edit footage, animate, apply visual effects/coloring, or finalize any aspect of post-production prior to competition weekend. Prerecorded footage (excluding original music/sound scores) or previously completed/repurposed existing projects may not be submitted.

DURING COMPETITION WEEKEND: Films must be filmed, edited, and submitted within the designated 48-hour time period: 12:00 noon, MST, March 6th, 2026, through 12:00 noon, MST, March 8th, 2026.

Films will be screened at the Film and Media Arts Cinema at the University of Utah on Saturday, March 14th, at 6 pm. While highly encouraged, attendance is not required to participate in the competition.

SURPRISE ELEMENT: *At 11:30am MST on March 6th*, all filmmakers will meet via Zoom to reveal the surprise element of this year's competition. This "surprise" element will be a physical, conceptual, or editorial element that must appear in your final film submission.

If you cannot attend the meeting on March 6th, an email will be sent to you at noon revealing the surprise element.



FILMING LOGISTICS

CONTENT: Films may be in any genre or style: narrative, music video, comedy, experimental documentary, etc., as long as they are centered on human movement and physical expression of the body.

The screening of our work will be open to the public - *films must be suitable for all ages*. Inappropriate content including nudity, sexually explicit material, and profanity, will be grounds for withdrawing the film from our screenings and eligibility for awards.

FOOTAGE: *No stock footage allowed.* Animation is permitted *only if created within the official 48-hour period.* Still images and archival material are permitted with rights and credit from the photographer, writer, videographer, etc.

CAMERAS AND EQUIPMENT: Any type(s) of camera and equipment are allowed, including digital cameras, film cameras (all film must be processed, edited, and finalized within the 48-hour timeframe, at the expense of the filmmaker), and mobile devices.

MOVE: A 48-Hour Film Competition will not provide any equipment.

MUSIC RIGHTS: *Filmmakers must obtain all rights to music. UDFF and MOVE: A 48-Hour Film Competition are not liable for misuse of music and/or use of music without proper permissions.*

To accommodate, music can be created, edited, and licensed prior to the competition weekend. Music sources and a list of local musicians will be provided in the survey sent out after registration. *Funds will not be provided by UDFF to secure music licensure or creation.*

FILM CREDITS AND LENGTH: *Films must not exceed 4:00 minutes - not including credits.*

Credits must not exceed 40 seconds in length.

End of credits must include the following text: 'This film was created for the MOVE: A 48-Hour Film Competition 2026. www.utahdancefilmfest.com' *Upon file submission, please also provide a PDF of credits to be used for the program at the screening.*

TALENT AND CREW: While there is no limit to talent or crew members, the \$60 registration fee covers 5 total participants per each project. Each additional member is a \$5 fee per person. *Please note that UDFF and MOVE: A 48-Hour Film Competition do not provide any financial compensation for filmmakers, talent, or crew.*

FINAL SUBMISSIONS are due by **March 8th at 12:00 noon, MST**: We can accept 1 updated file up to two hours past the deadline. This is reserved for if you have issues with export, audio, or have 1-2 last minute changes. *After this, late submissions will not be accepted.*

FILE SUBMISSIONS: We require that filmmakers supply completed films via WeTransfer to move.utahdancefilmfestival@gmail.com

Subject line: MOVE Submission, (filmmaker or team name), in one of the following formats:

QuickTime movie (Apple ProRes 422 is preferred), H.264 mp4, best quality. If the film is created on a mobile device, shoot in the highest resolution possible and submit in .mov. We will use these higher-resolution files for our in-person screenings. If you have trouble uploading via WeTransfer, communicate with us ahead of time, and we can accommodate other platforms.



REQUIREMENTS AND POLICIES

ARTIST STATEMENT: Alongside the final film submission, the ‘filmmaker’ must also provide a short **1-paragraph artist statement (300 words max) OR a 1-2 minute long video statement** submitted as a PDF document or .mov file in the same email your final film file is sent in.

This statement can outline your artistic vision, describe the filming and movement techniques, explain how you integrated the surprise element into your concept, and/or reflect on how this project contributed to your understanding of movement and film as an interdisciplinary practice.
This artist statement will be used in the screening program.

JUDGES FEEDBACK: Each participating filmmaker will receive written feedback from the judging panel within one week of the March 13th screening. Feedback will support artistic growth by valuing experimentation, process, and interdisciplinary exploration, with comments on concept clarity, movement and film integration, editing and sound design, use of the surprise element, and overall visual impact.

WINNERS will be determined by a panel of judges. Winners will be revealed at the Screening on March 14th.

Judges’ Choice Awards Categories will be:

Outstanding Integration of Movement and Film Award

Cinematic Excellence Award

Artistic Risk Award

Curveball Award

Emerging Voice in Movement and Film Award

Spirit of MOVE Award

AUDIENCE CHOICE AWARDS: The competition will also include an online *Audience Choice Award!*

A YouTube playlist on the Utah Dance Film Festival's channel will be created featuring all completed films from our MOVE participants. The link will be sent to participants via email by 11:00 pm Monday, March 9th, MST. We encourage participants to share this YouTube link on social media platforms to grow their audience engagement. The MOVE Audience Choice Award will go to the film that has the most likes on the official UDFF YouTube channel by 11:00 pm Wednesday, March 18th. *Facebook and Instagram "Likes" do not count.*

SUBMISSION REQUIREMENTS: Each team is responsible for the following upon submitting the final project by **12pm noon MST on Sunday, March 8th 2026:**

- A completed film with attention to video quality/resolution, sound level, color grading, and lighting.
- Signed release forms for all music, locations, talent, and crew in Apple ProRes 422, H.264 mp4, or .mov)
- 1 paragraph or 2-3 minute video artist statement **from the filmmaker** (PDF or .mov)
- Written film credits for the screening program (PDF)

POLICIES: UDFF and MOVE: A 48 Hour Film Competition reserve the right to disqualify entries or comment on films during screenings at their discretion, based on the following conditions:

Pre-screenings: Films may not be shown online or at any other venue or event prior to the official MOVE: A 48-Hour Film Competition. Violations are subject to disqualification.

Inappropriate content: inclusion of inappropriate language, nudity, sexually explicit material, etc. will result in disqualification.

Late Submissions: Films submitted after 12PM will be accepted until 2:00PM (MST) on March 8th 2026. Late entries past that point will not be accepted.