

# The Universal Guide to Standing In for Major Motion Pictures and Television

Standing in for major motion pictures and television shows is a rewarding and challenging career that offers the opportunity to work on exciting projects and meet interesting people. However, it is also a highly competitive field, and it is important to have the right skills and experience to be successful. This guide will provide you with everything you need to know about standing in, from how to get started to how to land your dream job.

## What is Standing In?

Standing in is the process of acting as a placeholder for an actor or actress during filming. Stand-ins are used to help the director and crew set up shots, block scenes, and rehearse dialogue. They also provide continuity for the actors, ensuring that they are in the same position and wearing the same clothes from one take to the next.



## The Universal Guide to Standing In for Major Motion Pictures and Television by Matthew Eldridge

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There are two main types of stand-ins: body doubles and photo doubles. Body doubles are used to stand in for actors in physical scenes, such as action sequences or dance numbers. Photo doubles are used to stand in for actors in still photography, such as publicity shots or magazine covers.

## **How to Get Started**

If you are interested in becoming a stand-in, there are a few things you need to do to get started. First, you need to develop your acting skills. This can be done by taking acting classes, performing in local theater productions, or simply practicing on your own.

Once you have developed your acting skills, you need to build your portfolio. This can be done by creating a reel of your best work, or by simply taking headshots and submitting them to casting directors.

Finally, you need to network with people in the industry. This can be done by attending casting calls, workshops, and industry events. It is also important to build relationships with casting directors and agents, who can help you get your foot in the door.

## **How to Land Your Dream Job**

Landing your dream job as a stand-in can be a competitive process, but there are a few things you can do to increase your chances of success.

First, it is important to have a strong resume and portfolio. Your resume should highlight your acting skills and experience, and your portfolio should

showcase your best work.

Second, you need to be prepared to audition for roles. This means knowing your lines, being able to take direction, and being able to work well with others.

Finally, you need to be persistent. Don't give up if you don't get your dream job right away. Keep auditioning for roles and networking with people in the industry, and eventually you will find success.

## **The Benefits of Standing In**

There are many benefits to standing in for major motion pictures and television shows. These benefits include:

\* Opportunity to work on exciting projects \* Meet interesting people \* Earn a good income \* Get your foot in the door of the entertainment industry

If you are passionate about acting and you are looking for a challenging and rewarding career, then standing in may be the perfect job for you.

Standing in for major motion pictures and television shows is a great way to get your foot in the door of the entertainment industry. It is a challenging and rewarding career that offers the opportunity to work on exciting projects and meet interesting people. If you are passionate about acting and you are willing to put in the work, then standing in may be the perfect job for you.

## **Additional Tips**

Here are a few additional tips for standing in for major motion pictures and television shows:

\* Be on time for all auditions and appointments. \* Be professional and respectful to everyone you work with. \* Be prepared to work long hours. \* Be able to take direction and work well with others. \* Be willing to learn new things. \* Have a positive attitude and be willing to have fun.

If you follow these tips, you will be well on your way to a successful career as a stand-in.



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