

Dogme 95

Lars von Trier and Thomas Vinterberg

The goal of the Dogme collective is to purify filmmaking by refusing expensive and spectacular special effects, postproduction modifications and other [gimmicks](#). The emphasis on [purity](#) forces the filmmakers to focus on the actual story and on the actors' performances. The audience may also be more engaged as they do not have overproduction to alienate them from the narrative, themes, and mood. To this end, Lars von Trier and Thomas Vinterberg produced ten rules to which any Dogme film must conform. These rules, referred to as the "Vow of Chastity," are as follows: [\[1\]](#)

1. Filming must be done on location. [Props](#) and sets must not be brought in (if a particular prop is necessary for the story, a location must be chosen where this prop is to be found).
2. The sound must never be produced apart from the images or vice versa. (Music must not be used unless it occurs within the scene being filmed, i.e., [diegetic](#)).
3. The camera must be a hand-held camera. Any movement or immobility attainable in the hand is permitted. (The film must not take place where the camera is standing; filming must take place where the action takes place.)
4. The film must be in colour. Special lighting is not acceptable. (If there is too little light for exposure the scene must be cut or a single lamp be attached to the camera).
5. Optical work and filters are forbidden.
6. The film must not contain superficial action. (Murders, weapons, etc. must not occur.)

7. Temporal and geographical alienation are forbidden. (That is to say that the film takes place here and now.)
8. [Genre movies](#) are not acceptable.
9. The final picture must be transferred to the Academy [35mm film](#), with an [aspect ratio](#) of 4:3, that is, not [widescreen](#). (Originally, the requirement was that the film had to be *filmed* on Academy 35mm film, but the rule was relaxed to allow low-budget productions.)
10. The [director](#) must not be credited.