Virtual Competition Filming Guidelines

Recording Requirements

- Routines can be recorded with any camera, phone or device you choose that can capture high-quality video.
- Any kind of video file is acceptable. Including these common formats: MP4, MOV, MPEG, MPG, MTS, MXF, M4V, MKV, M2T, DV, AVI, ASF, 3GPP2, 3GPP, and 3GP.
- Videos must be filmed wide-framed, horizontal, landscape. No vertical, tall videos.
- Make sure your video has good lighting and clearly showcases the team.
- Tripods are recommended. Cameras must be held still at a wide-angle. Do not zoom in or out.
- Videos must be recorded in a single take. Edited footage will not be accepted.
- A team member or coach must hold up the teams' name and division in front of the camera for 5-10 seconds before the routine begins.

Music

- The music must be loud and clearly heard in the recording of your video.
- Record with audio on. Do not remove the audio from your video before uploading.

Camera Angles and Spacing

- The camera should be set to view all 4 corners of the floor.
- If space does not allow for all 4 corners of the floor to be captured, then set your camera to capture as much of the floor as possible to be sure that every performer is visible to the judges.
- Be sure there is nothing in the camera shot that obstructs the view of your routine for the judges.

<u>How to upload your video to Dropbox:</u>

1. You will receive an invitation to join a private folder via the email your team provided during registration. It will be from "Mid American (via Dropbox)".
2. Open the email and click on the "Go to Folder" button.
3. If you do not already have a Dropbox account with that email, follow the prompt to create a free account. If you do have an account, skip to step 5.
4. Once you create a login for the account, it will prompt you to purchase a Dropbox plan. You do not have to purchase a plan in order to upload your video. Scroll to the bottom of that pack and click "Continue with 2 GB Dropbox basic plan".
5. From there you will be brought to your team's private folder.
6. On the right sidebar of the screen, click on "Upload files".
7. A window will pop up allowing you to choose where you would like to upload the video from. Locate your video file, and click "Open".
8. Allow your video to fully load before exiting the web page.