



IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926

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Virtual Competition Filming Guidelines

Many competitions across the state have moved to a virtual format for the 2020-21 season. These guidelines may be used by competition directors to ensure all teams are recording routines in a consistent manner.

1. Recording Requirements

- a. Routines can be recorded with any camera, phone, or device you choose that can capture high-quality video (Nikon, Sony, Canon, GoPro, iPhone Devices, Samsung Devices, etc.). Any camera type is acceptable, no need to buy special equipment. 4K videos are not accepted.
- b. Video footage must be submitted in .mov or .mp4 format. Other formats will not be accepted.
- c. Videos MUST be filmed from the center of the floor/mat, wide-framed, horizontal, landscape. No vertical, tall videos.
- d. Make sure your video has good lighting and clearly showcases the participants. However, professional lighting is not allowed.
- e. While filming, cameras must be held still at a wide-angle. Do not move the camera or adjust to capture participants while they are moving. Tripods are recommended. Camera view must remain consistent; do not zoom in or out or pan from side to side.
- f. All videos must be a single shot, unedited file.
- g. No graphics may be added.
- h. Backdrops of any kind are not allowed.
- i. Do not film entrances or exits.

2. Music

- a. The music must be LOUD and clearly heard in the recording of your video. Holding the speaker directly next to your phone or camera is recommended, but make sure the sound is not distorted.
- b. Record with audio on. Do not remove the audio from your video before uploading.
- c. No music can be edited into the video.

3. Camera Angles and Spacing

- a. The camera should be set to view all corners of the floor or mat.
- b. Videos should be free of any obstructions from support poles, balcony railings, etc.
- c. All performances/recordings must be done on a school gym floor. For cheer, mats must be placed on the gym floor. Recordings cannot be done from a studio, theater, private gym, etc. All NFHS surface restrictions will be enforced. Small schools without a full set of mats may record at a neighboring school.
- d. The recording must be made from an elevated vantage point (up in the bleachers) to simulate the typical judges' view.

4. Spectators

- a. When making your recordings, the only people allowed to make noise of any kind during the recording are the performers on the floor.
- b. Spectators, coaches or non-performing members of the team ARE NOT allowed to cheer during the performance or clap before/after and should not be seen on-camera. We recommend no spectators.

5. Uploading Platforms

- a. Competition directors should use a closed, non-sharable platform for video upload in order to protect and follow copyright laws. We recommend using Dropbox or some other controllable program. Uploading to YouTube, Facebook, or any other social media platform IS NOT ALLOWED.