



VIDEO SUBMISSION GUIDELINES

VIDEO DUE DATES - Videos are due two weeks prior to the event:

Oh! Canada Cheer Championship: Videos Due February 10th (air date Feb 26th)

Oh! Canada Scholastic Championship: Videos Due March 29th (air date April 16th)

Naming your Videos:

Prior to sending your videos, please rename them! Name your video file with the program & team name and the division.

Video File Name Example:

ABC Athletics Starlights U16 AGL3.mov

This nomenclature tells us the gym/program name (ABC Athletics); the team name (Starlights); the division (U16 All Girl Level 3)

This will help us to ensure that your videos are correctly displayed within the correct divisions.

Performance Surface:

Routines that include stunting and/or tumbling must be done on mats or grass. The size of the performance does not have to be "standard" size. If you only have 5 strips of carpet bonded foam mats, that is okay as long as all stunt or tumbling skills are performed on the surface.

Uniform:

Standard competition uniforms are preferred. Practice wear that is appropriate for the age group and adhere to safety standards is allowable. Having everyone dressed the same/similar is advised. Masks may or may not be worn (depending on your local guidelines). The Cheer Canada Image Policy will be enforced.

Video:

A. Use a camera or smart phone/tablet camera and **adjust the setting**. Do not skip this step:

- Ideally Full HD / 1080p (1920x1080 or 1080 x 720). No ultra-wide formats please.
- Minimum HD / 720p (1080 x 720)
- Bit Rate of 10MBS absolute minimum

B. Videos must be recorded horizontal/landscape (not vertical /"portrait"). For better video quality, ensure your camera is supported on a solid surface or tripod rather than handheld. Please do not move the camera during the performance.

- C. Start recording **10 SECONDS PRIOR** to the start of the routine and stop recording **10 SECONDS AFTER** the last movement/music beat.
- D. Videos must be unedited from beginning to end of the performance. No pauses or cuts. Please do not add titles to your videos.
- E. We accept only .MP4 or .MOV or formats
- F. Make sure you have good lighting when filming and your music is clear during the recording. It's best to keep coaches/fans backed away from the camera to reduce distracting ambient noise on the recording. Recordings with vulgar language are not acceptable.
- G. Ideally, the video should be filmed from the front of the mat, with a center view that will include a full picture of all athletes throughout the performance. The video must be shot in one complete sequence from beginning to end. Should your venue limit the ability to get a front and centre view, adjust the vantage point of the camera to the least degree possible to capture the entire performance. Ensure there are not items or people in the frame that block the performance. Judges can only score what they can see.
- H. Due to copyright laws, routines from other events are not permitted unless **both** of the following conditions are met:
 - 1) You have written permission from the event producer to use the video for the Oh! Canada Championships virtual event **and** you provide that written permission to us upon submission of your video. The date and contact information of the event producer must be included.
 - 2) The creation of a new video is not possible due to COVID restrictions
- I. As COVID restrictions may be increased or decreased without advanced notice, it is advisable to VIDEO TAPE PRACTICES OFTEN.
- J. Your videos will be scored and edited into a video production with high end graphics which will be distributed on the VIMEO platform. The link to watch the event will be released prior to the event with a block schedule of when videos will be streamed.
- K. As we are not in a position to verify whether music licenses are truly valid or not - Music rights are the responsibility of the program and will not be collected by us. Eight count music is allowable. If you require us to overlay generic music over your routine music, please let us know AND send your video 4 days earlier than the deadline listed above. Late requests may be muted.

VIMEO states that they have a built-in system to remove copyrighted materials. If the music is flagged by VIMEO the submitted routine music will be muted or replaced by generic music.

- L. Submit your uncompressed videos via www.wetransfer.com to info@expofest.ca or by sharing of Google Drive. To use Google Drive, upload the video to google drive and send us a shared link to info@expofest.ca

Questions? Contact us at info@expofest.ca