

Guidelines to Submit Videos to the Kentucky Annual Conference

Videos should not be longer than 45 seconds and must adhere to the following technical specifications:

File Format:

AVI (.avi)

QuickTime (.mov)

MPEG-4 (.mp4)

Windows Media (.wmv)

Codec: AVC (H.264) (should be the camera default)

Frame Size 16:9: No larger than 1280 x 720 and no smaller than 960 x 720

Frame Size 4:3: No larger than 720 x 480/486 and no smaller than 640 x 480

Frame Rate: 30 fps or 29.97 Video Standard: NTSC Pixel Aspect Ratio: 1:1 (should be the camera default)

Number of Audio Channels: 2 if possible Audio Sampling Rate 44.1 kHz minimum

Please **pay attention to the lighting** in the whole frame but particularly on your main subject. Be aware that lighting can help set the mood and tone of your video and can be helpful in telling your story but lighting effects can also take away from your story if the effects are too dramatic or distracting.

If possible, use an **external microphone**. Microphones attached to the camera will pick up any sounds in your location and you will probably end up with extemporaneous sounds that you don't want in your video.

Also, using a **tripod** is always a good idea. A tripod will prevent your video from being shaky and distracting. Please get a signed video release form from any people that are shown on camera in your videos.

If a **minor** is shown, it is extremely important to get **parental permission**. There is a video release form on the website.

All videos submitted that meet **both** the **technical** and **content** specifications will be placed on the **conference website**.