



HELPFUL TIPS FOR VIDEO ENTRY

ROUTINE RECORDING INSTRUCTIONS



Before you film...

1. Prepare your Performance Surface – clear the area around the performance surface so that there are no distractions in view (remove extra mats, equipment etc.). If you have mirrors in your facility please cover these as they create a distraction during the judging process. The entire performance floor should be visible. Have a clean background and surrounding area. If available, a solid colored backdrop is ideal for the judge's view. It is recommended to avoid any obstructions in the background of your routine.

2. Best practices for your routine video recording

- **Film in Landscape/Horizontal Orientation** – always film your video in landscape orientation (horizontal). Both competitors must be visible during the whole routine. Skills performed outside the camera view or behind obstructions are not subject to routine scoring.
- **Use a tripod** – consider using a tripod or similar equipment to steady your device. You should record the entire routine without moving your device for the best viewing and judging experience. Use of a tripod (or stable stand) is recommended to keep the visual of the video steady throughout the recording. It is not recommended to hold the camera by hand. Camera view must remain consistent; do not zoom in or out.
- **Minimize distractions** – avoid any distractions to the performance that are within view of the recording. Fans/Spectators should be out of view of the camera. Also, be mindful of the sound captured on your device and avoid yelling too close to the camera. No other music should be played besides your performance music. Only athletes of the performing routine should be in view of the performance surface. Spectators, coaches and other non-competing athletes should be outside the view of the camera.
- **Film at Eye Level or Above** – ensure that your device is positioned no lower than the eye level of the athletes. Recommendation: Approximate distance of 10 meters from the competition area (or from the front part of the competition area) and at a height of approximately 2.5–3.00 meters is recommended. This may vary between filming locations.
- **Film from the Center Point of the floor, when possible** – position your device from the center point of the performance surface. If possible, avoid filming from one side of the floor so that the judges can clearly see all skills performed. Both competitors must be visible during the whole routine. Skills performed outside the camera view or behind obstructions are not subject to routine scoring.
- **The video should have proper lighting and sound.**

If you have any questions, please email: portal@cheerunion.org