Video Guidelines

Videos are powerful tools for Special Olympics. They help us to define our movement. They educate and inspire.

We welcome video submissions that will get our message out to the world. This guide will help ensure that your video can be shown in the best possible way or that your b-roll/footage can be put to the best possible use.

A FEW SIMPLE GUIDELINES:

PREFERRED VIDEO FORMATS

Special Olympics edits video footage using Apple's Final Cut Pro editing software. We prefer to receive all video files digitally.

Provide files in MOV or MP4 format. MOV is preferred.

Shoot video at no less than 1080i or 1080p resolution. If your camcorder does not support this resolution use the highest available resolution.

NOTE: For audio, if using a camera capable of multiple audio channels, place the main microphone on Channel 1. Use Channel 2 for the camera mic.

PREFERRED DELIVERY

Files can be sent on a DVD data disc or via FTP or similar services (Hightail, Dropbox, etc). Please include: Name of Event, Date, Camera Make & Model, Format Recorded, Frame Rate, Audio/Microphone Information.

For very large amounts of video that cannot reasonably be uploaded to a website, ship the video hard drives with the following information: Name of Event, Date, Camera Make & Model, Format Recorded, Frame Rate, Audio/Microphone Information.

NOTE: If using a consumer camcorder or phone:

If shooting on a camcorder or personal phone, please send us the original files using an online service such as Hightail or Dropbox; external hard drive; or a DVD-R (data disc). If using a camcorder, it may also be a good idea to check with Special Olympics beforehand to ensure that we can accept the camera's footage.

EXTERNAL HARD DRIVE FORMATS

Jump drives and hard drives are relatively inexpensive. When purchasing a hard drive for file delivery, please choose one that includes USB 3.0 or Thunderbolt. Whenever possible, please use a hard drive compatible with both MacOS and Windows. (If possible, do not format the drive as FAT 32.)