Video Guidelines

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

We welcome video submissions that will get our message out to the world. This guide will help ensure that your footage can fit into our editing workflow and that your video can be shown in the best possible way.

A FEW SIMPLE GUIDELINES:

PREFERRED VIDEO FORMAT

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

Whenever possible, videos should be shot digitally. Preferred formats include:

--High Definition: 720p or better; 30 frames per second (1080i; 30 FPS for HDV), 16:9

--Standard Definition: BetaSP or MiniDV; 30 frames per second, 16:9 or 4:3

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 FORMATS/CODECS

ProRes 422 (files), AVCHD (files), MP4 (from Consumer Cameras & Flip Video)

NOTE: If delivering multiple large files, please provide your files on a non-returnable external hard drive.   See further information on hard drives below.

PREFERRED DELIVERY

If sending video files:

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

Larger files can be shipped on a hard drive 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 flip video:

If shooting on a FlipHD camera, please send us your camera's raw MP4 files via FTP service, such as Yousendit or Dropbox. Alternately, you could send it on an external hard drive or a DVD-R (data disc). If using a consumer camcorder, it may be a good idea to check with Special Olympics before recording to ensure that we can edit the camera's footage.

If using a DSLR camera:

If recording using a DSLR camera, please encode your footage as ProRes 422 prior to sending it in. Due to the encoding time and syncing of audio we do not recommend shooting with DSLR unless you are familiar with the workflow.

EXTERNAL HARD DRIVES

Jump drives and hard drives are relatively inexpensive. When purchasing a hard drive for file delivery, please choose one that includes USB 2.0, Firewire (400 or 800) and if possible eSata. If possible, please use a hard drive compatible with both MacOS and Windows. (If possible, do not use Fat 32.)