



2021 NDA Virtual High School Nationals Filming Guidelines

Here are some guidelines that will help you capture the best possible footage of your team's performance for virtual competitions.

Filming

You can film the day you receive the template until the upload date. Your video must be filmed by the **upload day**, which is the official Varsity TV upload day. We recommend you film PRIOR to the official upload day.

Template

- The 2021 NDA Template outlined below and displayed on camera before the routine begins.
 - The template is specific to NDA Virtual High School Nationals. Any videos that do not contain the template will be disqualified.
- Teams may film both prelims and finals routines now. Coaches will receive feedback via email with their preliminary score sheets and may choose film a second routine or submit the same video if they make finals. The PDF Template must be printed and include your school/team information.
 - A team member or coach must hold up the filled-out template in front of the camera for 5- 7 seconds before the routine begins for both prelims and finals. Be sure you hold the form close to the camera so that all information is visible to our officials.
 - The information on this Template will ensure that the judges are judging the proper team.
 - Routines submitted without the Template will be disqualified.

Recording Requirements

- Any camera type is acceptable, no need to buy special equipment. We recommend filming in the standard quality your camera will produce, 4K videos are not accepted.
- Video footage must be submitted in .mov or .mp4 format. Other formats will not be accepted.
- Cell phone footage must be recorded horizontally.
- Camera or cell phone must be stabilized; we recommend not holding by hand. Camera view must remain consistent; do not zoom in or out.
- All videos must be recorded in a single take. Edited footage will not be accepted. Footage may not be edited to add in the template, school logo, etc.
- Record with audio on. Do not remove the audio from your video before uploading.
 - You will have the option to indicate if you own the synch rights to your music and turn the audio on or off on the uploader itself.
 - Your video will get stuck in transcoding if you manually remove the audio prior to uploading.
- The camera should be set to view all 4 corners of the floor.
 - If your space does not allow for all 4 corners of the floor to be captured, then set your camera to capture as much of the floor as possible to be sure that all skills that you want counted in your score are in full view for the judges to see.
 - If there are structural objects in your space (support poles, for example) that may obstruct the view of the judges, be sure that all skills are performed within view for the judges to see.
 - In order to maintain fairness and consistency, any skill that is not visible in the frame or occurs behind a structural object will be treated as if it did not happen and it will not be scored.

Dance Recording Suggestions

- Test lighting in area before recording to make sure area is bright enough to see all dancers
- Elevate camera if possible so that all dancers can be seen but not to the extent of viewing the routine overhead
- Cover any mirrors in recording area
- Make sure music source is close enough to camera to hear on video
- Make sure people aren't talking, yelling or cheering close enough to the camera where it becomes a distraction to judges
- The camera should be close enough to the dancers that the judges can see the entire routine but not so far that the judges can't see the skills being performed
- Let the video run 3-5 seconds after the routine ends so you don't accidentally cut off a portion of the routine
- Have fun!!!