

Virtual Testing Video Recording and Upload Instructions

PLEASE READ THIS DOCUMENT BEFORE FILMING AND UPLOADING FOR BEST RESULTS

Questions about video recording? Please email testscommittee@usfigureskating.org*

***Note:** This document was created by U.S. Figure Skating to ensure consistency and quality with videos being recorded for virtual test sessions; however, virtual test sessions, like standard test sessions, are run by clubs, so the instructions for how to submit the videos on page 3 are just a template. Specific instructions will be provided by each club that is offering a virtual test session, and any questions about submissions should be sent directly to the applicable club.

Camera/Phone Specs/Setup

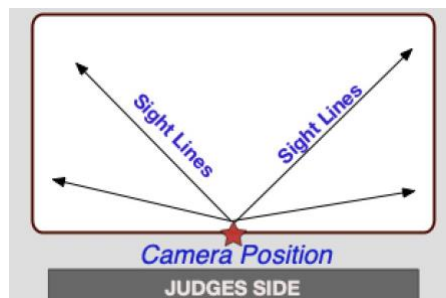
1. Professional video cameras or cell phones with high-definition recording capability are acceptable.
 - a. If using a phone or tablet, film in landscape mode (turn the phone horizontally for a wide view).
2. Videos are preferred to be shot in 1080p60 but must be a minimum of 720p60. Videos less than 720p60 will not be accepted for review.
 - a. To adjust video settings on an iPhone, go to Settings/Camera/Record Video
 - b. To adjust video settings on an Android Phone, go to Camera Apps/Settings Options Icon (Gear Icon)/Video Size
3. Switch to Airplane Mode.
4. Make sure there is enough space available on your phone to record. We recommend at least 2GB of available space.
5. Clean your camera lens before you start recording.

Video Format

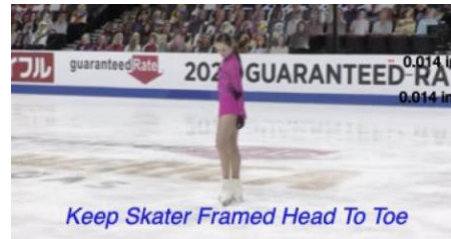
Video files have various formats that are indicated in the file title. This is automatically added when the video is created. MP4 files work best. If you have saved your file in another format, there could be some loss of resolution (blurry). WAV files are often low resolution and will result in an unclear picture. AVI files (often the default on a Mac computer) should be changed to MP4.

Recording Instructions

1. Videographer should stand at center ice, with the camera elevated above the boards to capture all corners of the rink. Stand in a location to reduce obstructions as much as possible.



2. If available, mount your phone on a tripod or steady mount. If handheld, the videographer should follow the athlete as smoothly as possible.
3. Zoom in enough to have the skater fill a good amount of the screen but remain in focus. **IMPORTANT: Keep the skater head to toe in the center of the screen (i.e. the frame) when following them during their performance.**



4. Record a test video, preferably a full run through of the performance to get comfortable with the flow of the program. Watch it back and see how the recording looks, and make any necessary adjustments accordingly for the final video.
5. **Include a date and time stamp at the beginning of the final video** by holding up a phone in front of the camera that shows the date and time. Videos that do not include this will not be accepted.
6. Announce the skater and test being performed or hold up a copy of the test paper prior to the start of the test.
7. Make sure the music is loud enough for the officials to hear when they replay the videos during the judging process. We recommend you turn up the music when you record the program being skated on the ice.
8. If you are recording a moves in the field test, make sure the audio is being recorded so the judges will be able to hear the skater's edges.
9. **IMPORTANT:** Keep frame clear of other skaters.