



## Cinemasports: Submit Movies

<http://www.cinemasports.com>

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### GENERAL CONSIDERATIONS

There are many ways to compress video and audio. Details often depend on your editing software and operating system. A good place to start: Search the web for export options using your video editing software. You'll likely find tutorials and videos.

### SAMPLE COMPRESSION SETTINGS

The settings below are a good starting point for experimentation. Try different settings to see which settings give you the best quality for manageable file size. If you're uploading your submission, "Manageable file size" may vary depending on the speed of your connection. Testing is the best way to arrive at the optimum settings for your encoding.

#### **In person submission at the screening**

Bring a higher quality version if you are attending a screening in person. Bring the movie on a flash drive or burned to DVD. Make sure the format plays on a generic version of Quicktime player (no fancy codecs). We will also accept standard definition (NOT blu-ray) video DVD's.

- H.264 video compression
- Video bitrate: 5-7 Mbits/second video (5000-7000 Kbits/second)
- File size around 250MB or less. Do not submit files more than 1GB.

#### **Online Submission**

- H.264 (mp4) video compression
- Video bitrate: 2-5 Mbits/second (2000-5000 Kbits/second)
- File size around 150MB or less
- Slow internet? Use lower bitrate.

More details: <http://vimeo.com/help/compression>

Currently the best way to submit online is to upload your video to Youtube and send us the link. Look for specific directions sent by your event organizer.

### TEST YOUR PROCESS

The end of the Cinemasports day can be stressful as you try to submit your work by the deadline. Test your submission process before the event by exporting a similar sized movie from your editing software, compressing it, and submitting it through the internet. Testing will help you avoid heart stopping technical difficulties at the end of the day. Obviously, a broadband connection is required to submit a movie online.