

2021 ASAA/First National Bank Alaska Cheer State Championship Video Guidelines

GENERAL INFORMATION:

- Routines should be recorded with a device you choose that can capture high-quality video (camera, phone, ipad, GoPro etc.).
- Video footage must be submitted in mp4 format.
- Video must be recorded in a horizontal/landscape format, wide angle.
- Recording device must be held still. Do not move the camera or adjust to capture participants while they are moving.
- Set the recording device to capture as much of the floor as possible
- Do not zoom in or out.
- Tripods are recommended.

MUSIC:

- Record with audio on.
- Do not remove the audio from your video.
- Music should be loud and clearly heard.

ROUTINES:

- A team member or coach must hold up the completed template in front of the video device for 5-10 seconds before the sideline cheer begins
- Verbal cues for the time-out cheer, situational cheer and halftime routine need to be audible