

# e-Kata

## VIDEO REQUIREMENTS

Competitors are reminded to select a safe location to perform and record their Kata, and to comply with all applicable COVID-19 related laws and restrictions.

### Technical Specifications

In order to ensure consistency in the submitted Kata videos, all competitors are asked to adhere to the following technical specifications when recording and submitting their Kata videos.

- a. The entire body of the competitor, from their head to toe, must be visible throughout the Kata performance.
- b. Include 5 seconds to the video at the beginning and at the end of the Kata performance. The competitor should simply stand in the ready position before and after their performance.
- c. The recording must take place in a location with adequate lighting that permits the competitor's face to be visible when the competitor is facing the camera.
- d. At the start of the Kata performance, the camera should preferably be placed directly in front of the competitor, with a maximum camera position angle of 45 degrees in each direction from the front of the competitor. The camera must not be positioned behind, or to the side of the competitor at the start of the Kata performance.
- e. No edits of any kind are permitted to be made to the video. The entire Kata performance must be recorded using a single camera, and in a single, continuous take.
- f. A minimum video resolution of 720p (1280x720) is required. Most smartphones are capable of recording at this resolution.
- g. Sound must be recorded in conjunction with the video. The recording must take place in a location with minimal ambient noise.
- h. The video must be filmed in the horizontal format.

## Upload Instructions

1. Upload the Kata video to Youtube as an unlisted video. A Google account is required in order to upload videos to Youtube. Participants may upload their video to their personal Youtube channel or to their Karate club's Youtube channel.
2. Name the video using the following format:  
*Competitor First Name\_ Competitor Last Name, Yarmouth Cup 2021, Name of the performed Kata*
3. The video must not be removed from Youtube or be made a private video until 7 days have elapsed after the date of the event.

## Video Verification Process

Yarmouth Cup Organizing Committee will verify all submitted videos prior to the date of the event to ensure that they meet the required specifications.

Participants whose submitted videos do not meet the required specifications will be notified by email no later than **Saturday, November 27, 2021**, indicating the reason(s) their video was not accepted. They will have the opportunity to re-film and/or re-submit their videos by the deadline of **Wednesday, December 1, 2021**.

**\*\* Please send video link to “YarmouthCup2021@gmail.com”**