1. **QUALITY:**
   - Video submissions must be of good quality and submitted in final form.

2. **FORMATTING:**
   - All Videos MUST be submitted digitally in accordance with the Digital Guidelines below.
   - No 3D videos will be accepted

**ACCEPTABLE FORMATS: (PLAYABLE ON WINDOWS PC)**

- MPEG
- Quicktime
- MP4
- H.264
- AVI

**ACCEPTABLE FRAME SIZE:**

- No smaller than 640 x 480

**ACCEPTABLE FILE SIZE:**

- MUST be less than 1 GB

3. **RUN TIME:**

   - Maximum running time is seven (7) minutes. You must submit a video no longer than 7 minutes.

4. **NARRATION:**

   - Videos must have narration in English. Without narration, it will not be considered.

5. **MORE IMPORTANT RULES:**

   - A short (100-word maximum) written description of your video should be included when submitting your video abstract. Images and tables should not be included in the short written description when submitting a video abstract.
   - Videos may not include advertisement or promotion of products. Commercial support may be noted as a credit at the end of the video.
   - The designated presenter of the video selected must register for the meeting and attend for presentation and discussion.
   - Please **DO NOT** include any music and **DO NOT** include video clips or other materials/media copyrighted by any entity other than yourself. For example, please do not include classical music from a CD in your collection.
   - **No 3D videos will be accepted**
6. **SUBMISSION:**

   - Video Abstract Summaries must be submitted online at [www.sages.org/meetings/abstracts/](http://www.sages.org/meetings/abstracts/).
   - Videos can be uploaded during the Final Review stage of the Abstract Submission by clicking on the link entitled **“Click here if you would like to include a video for this abstract”**

7. **DEADLINE:**

   - Video summaries must be submitted by **FRIDAY, SEPTEMBER 25, 2020, 11:59 PM PT.**
PLEASE NOTE:

- Any submissions not meeting these requirements will not be considered for presentation.
- Upon successful completion of the online summary you will receive a confirmation email. Please print that message for your record.

CHECKLIST FOR VIDEO SUBMISSION

Videos not in correct format will not be considered for presentation. **SAGES is not accepting 3D videos.** Before uploading, please check your video submission for the following:

- Video is in the correct digital format as stated above
- Video run time does not exceed seven (7) minutes
- Video is narrated in English
- Video does not contain any copyrighted materials