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 23, 2022, 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