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/.
- 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 22, 2023, 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