

ONLINE TOURNAMENT VIDEO RECORDING GUIDE

A great recording doesn't require fancy equipment.

A phone or laptop, a quiet space, and a little preparation are enough.



1. Choose Your Space

- Record in a classroom or against a plain, neutral wall. Don't choose a background the same color as your outfit.
- Choose a location where you can safely complete your full performance
- Bedrooms, living rooms, and other personal spaces may not be used.



2. Set Up Your Camera

- Use a phone, tablet, laptop, or camera.
- Keep the camera stationary throughout the performance.
- Frame yourself so we can see your performance, including movement. Consider using tape on the ground to note where the camera's view cuts off.
- Record horizontally (landscape) if possible.
- If possible, record with camera near eye level.



3. Check Your Light & Sound

- Use natural or standard overhead lighting.
- Avoid bright light behind you.
- Do a quick sound check from your performance position: test your quietest and loudest moments.
- Speak at competition volume.



4. Dress For the Performance

- Formal attire is not required.
- Choose clothing that feels intentional, comfortable, and appropriate for your speech.
- Casual clothes (shorts, t-shirts, jeans, etc.) are strongly discouraged for a professional event.
- Costuming is not allowed.
- Judges are instructed that clothing and dress standards are not voting criteria.



5. Record Your Speech

- Record one continuous take from beginning to end.
- You may trim extra footage before and after your performance.
- For all events except Extemp, you may leave and re-enter the frame as part of your performance.
- Do not stop, edit, or splice multiple takes.
- Give your best performance and keep going - mistakes happen and you can re-record if you need.

THE NON-NEGOTIABLES



Camera must remain stationary.



One performance.
One continuous take.



No editing, splicing, filters, effects, or enhancements.



Record in a classroom or against a plain, neutral wall.



Bedrooms, living rooms, and other personal spaces are not allowed.

Editing the competitive performance will result in disqualification.

REMEMBER:

- Judges are evaluating your speech, not your cinematography.
- A simple recording can still be a great recording.
- Focus on a clear, complete performance and a working link.
- Your performance matters most!

ONLINE TOURNAMENT VIDEO RECORDING GUIDE CHECK IT & SEND IT



6. Watch it Once

- Before you submit, watch your full video from start to finish.
- Check that you can be seen and heard clearly.
- Make sure the performance is complete and in one continuous take.



7. Use This 60-Second Checklist

This is the correct video.
The entire performance is included.
The video plays from beginning to end.
I can be seen throughout the performance.
My speech can be heard clearly.
The performance has no edits, filters, or effects.
The link will remain active and available throughout the tournament.



8. Test Your Link

- Open the link in a private/icognito browser window where you are not logged in.
- Make sure the video plays and can be viewed without a login.
- Confirm the sharing settings allow anyone with the link to view.
- An inaccessible video may be marked No Show.
- The tournament does not host competition videos and is not responsible for links that stop working after submission.



9. Submit Your Speech

- Submit your video link through the tournament registration on Speechwire before the published deadline.
- The same recording will be used for all rounds.

QUICK TIPS FOR A STRONGER RECORDING



Use a quiet, low-traffic space if possible.



Keep the light in front of you, not behind you.



Give yourself room for movement and blocking.



Stabilize your camera with a tripod, desk, or stack of books.



Close doors and silence phones and notifications.



Do a short test recording before your final take.

WANT MORE?

Check out more resources & tools!

www.zebrapadspeech.com



**ITS NOT ABOUT A PERFECT VIDEO.
ITS ABOUT A POWERFUL PERFORMANCE.
YOU GOT THIS.**

ONLINE TOURNAMENT VIDEO RECORDING GUIDE EXTEMP INSTRUCTIONS

Extemp Speaking competitors follow all applicable recording standards on pages 1 - 2, plus the special procedures below.

Preliminary & Final Round Recording

Both recordings must include the 30-minute prep period and your 7-minute speech, recorded continuously.



1. Start Recording

- Have your camera on and recording before your questions are released.



2. Receive 3 Questions

- Your coach will provide the tournament-released question set.
- You may receive via email to start, or you may be handed hard copies of the questions.



3. Choose 1 and Prep (30 mins)

- Select one question and prepare your speech.
- Your preparation time (30 minutes) must be included in the recording.
- You must stay on camera for the entire prep.



4. Deliver 7-Minute Speech

- After a maximum of 30 minutes, stand and deliver your 7-minute speech.



5. Stop & Submit Recording

- Stop recording after your speech and submit the video link through the tournament registration process.



6. Repeat for Finals Round

Repeat this same process for the final round video.

EXTEMP NON-NEGOTIABLES



Two recordings are required: one for prelims and one for finals.



Prelim and finals use different tournament-provided question sets.



Your coach will provide the questions. Do not access the questions until you are ready to begin your preparation period.



Your recording must start before the questions are provided and remain continuous through the end of your speech.



You will receive three questions and select one.



You must include the full 30-minute prep period in your recording.



Speeches are limited to 7 minutes.



You may use a timer or have someone off camera provide time signals.



Both videos must be submitted by the tournament video deadline.



By submitting the video both Coach and Student are attesting that all procedures were followed.



No generative AI tools may be used during prep.



REMEMBER:

- **CAMERA ON BEFORE YOU RECEIVE YOUR QUESTIONS.**
- **RECORD CONTINUOUSLY THROUGH THE END OF YOUR SPEECH.**