

**SMART/MVP SPORTS FOUNDATION**  
**2020 ONLINE GLOBAL TAEKWONDO SPEED KICKING CHAMPIONSHIPS**

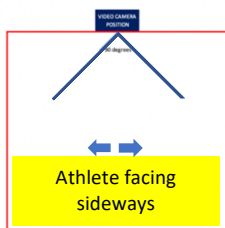
**TEAM GUIDE**

**A. How to film:**

1. Record the video on landscape. (Videos may be disqualified if it is in portrait orientation)



2. Athlete should be facing on the side (either left and/or right).  
**At all times, the athlete shall be 100% full body inside the screen.**  
(Videos may be disqualified if player is facing the camera)

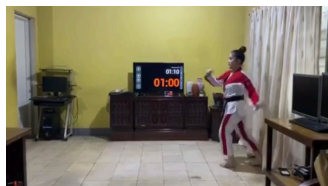


3. The angle of the video should be waist level (Videos may be disqualified if the angle is too high or too low)
4. The video should have suitable lighting (Videos may be disqualified if it is too dark)
5. The video can be recorded indoors or outdoors. Please follow strictly the instructions from of the national and local health authorities with regard to social distancing, proper hygiene, etc.
6. A timer should be visible in the video
  - Time starts on the **1<sup>st</sup> kick**
  - OPTIONS:

1. Edited



2. TV



3. Laptop



4. Phone/timer



**B. Video Upload**

1. Videos must be uploaded in **Youtube**
2. **Strictly** use this format for the video title:  
**NAME (First Name Last Name)\_Country**  
**Juan Dela Cruz\_Philippines**
3. In **YouTube**, make sure the video is NOT set to private.  
You may upload it as Unlisted or Public.
4. The **Youtube Link** must be attached in the online registration form

**C. Online Registration**

1. All registration must be done **online**.
2. Registration Link: (to follow)