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:**
   - 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, 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 20, 2019, 5:00 PM PDT.**
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