



Team Video Submission Rules

Team Video Requirements:

Each Team must submit an introductory video less than 3 minutes long, using an MPEG Streamclip. Please follow the procedures listed below in generating and submitting the video.

MPEG Streamclip:

To compress the video, please use the following:

Format: .MP4

• Compression: H.264

• Quality: 50%

• Sound: MPEG-4 AAC 128 kbps

• Frame Size: Unscaled

Here is an example of the MPEG Streamclip settings:



Video Submission Procedure

- An email will be sent to each Team Captain with an invitation to your Team Dropbox. The Team Captain will be required to upload the Team Video file to the Team Dropbox.
- If you have questions, or to need to receive a Dropbox invitation again, please email competitions@auvsifoundation.org.

