AHS VIDEO PREPARATION

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 five (5) minutes. You must submit a video no longer than 5 minutes.

4. NARRATION:
   • Videos must have narration in English. Without narration, it will not be considered.

5. MORE IMPORTANT RULES:
   • A short 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.
   • No reference to the authors or the institution should appear within the body of the abstract or in the abstract title
   • 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.americasherniasociety.org/call-for-abstracts/](http://www.americasherniasociety.org/call-for-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.”

![Abstract Submission and Management](image)

7. **DEADLINE:**
   - Video summaries must be submitted by **FRIDAY, APRIL 17, 2020, 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. **AHS 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 five (5) minutes
- [ ] Video is narrated in English
- [ ] Video does not contain any copyrighted materials
- [ ] Video does not contain any identifiable author, institution or patient information