



**SONS of  
NORWAY**

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[www.sonsofnorway.com](http://www.sonsofnorway.com)

**Video Submission Guidelines:**

- Before you start recording, rotate the phone to the **landscape orientation** (sideways) so it records in a wide-screen format.
- Record in a location where there is indirect natural light on your face, for example near a window during the day. Avoid having the light source behind the performer.
- Record in a quiet space with minimal background noise.
- Avoid zooming in – this creates poor video quality and cannot be reversed.
- Place the phone on a sturdy surface or use a tripod. Shaky videos will not be used.
- Video format should be MP4, M4V or MOV.

**Send your finished video by email to:** [avuletajensen@sofn.com](mailto:avuletajensen@sofn.com)

- If the video is too large to send by email, you can compress the file before sending, or create a Dropbox account and share the folder with [avuletajensen@sofn.com](mailto:avuletajensen@sofn.com).

**Please include the following information in your email:**

1. Performer's first and last name
2. Lodge name and number
3. Name of the song and instrument(s) being used

**Sons of Norway will not use videos that do not adhere to these guidelines.**

By sending a video, you agree to allow Sons of Norway to post the video as part of our 125<sup>th</sup> Anniversary Virtual Party, which will be available for public viewing.

For more information, visit [sofn.com/125years/virtual-party/](http://sofn.com/125years/virtual-party/).