

Photo Submission Guidelines for *32 Degrees*

- Photos must be submitted as digital files shot at high resolution (such that each file is 300 dpi at a size of *at least* 4 x 6 inches). The file size should be a minimum of 1MB and saved in JPEG, TIF, or RAW format without compression. Digital images must be submitted by means of the Jotform for article submissions.
- For optimum quality, photos should place the subject or subjects so that they are lit from the front. This helps ensure that facial features are clear and the photo subject is distinguishable from the background.
- Photos should be big, bright, and sharp, with no timestamps or watermarks.
- Flat light will tend to “gray out” the picture. While some adjustments can be made in programs such as PhotoShop, it’s best to shoot on bright, sunny days when possible.
- Clothing, especially jackets, should be bright – so it “pops” from the background. (This, however, is not a call to drag out the Day-Glo.)
- When possible, have the subject fill the photo area. Pictures taken from too far away, unless at a very high resolution, will become grainy and lose sharpness when enlarged and cropped.
- Of course, have the shot focused on the subject. Out-of-focus pictures become even more out of focus when enlarged.
- If shooting an action sequence or montage, the subject should ideally be moving left to right (or top to bottom for a head-on sequence), since the “reader’s eye” logically moves left to right or top to bottom on a printed page or screen. (Granted, this orientation is not always possible, but it’s something to keep in mind.)
- Use a fill flash for close-ups – even on bright days – to soften shadows.
- When shooting short subjects (such as children), get down on their level instead of looking down on them.
- Don’t always center your subject. Allowing room for the subject “to move into” the frame helps convey motion and adds visual interest.
- Don’t rely on being able to submit sufficiently crisp single-frame photos extracted from video – unless this is a feature of your video camera or smart phone. Screen grabs taken from video aren’t ideal.

Video:

- Great video sequences should really tell the story of what is happening without much explanation.
- Techniques that apply to still photos also work for video.
- If shooting video with a smart phone, be sure to hold the phone horizontally throughout the sequence.
- Keeping your subject large on the screen can make it easier to distinguish specific movements.
- Filming the subject from different angles will also provide more clarity as they approach, are alongside, and as they slide away from you.
- Steady filming is critical, steady handling of the camera and smooth control of the camera’s zoom control are important.
- Avoid using your camera’s digital zoom function.

Video for Website

- File types we can accept include QuickTime, MPEG1, MPEG4, Windows Media or AVI. (We can work with other types of files, but please check with us first.)
- Dimensions for your video should be minimum size of 640 high x 480 wide
- We will not present videos that require a DivX plug-in.
- If you are submitting edited video clips, check with us to discuss formatting and file size prior to exporting your video from your computer's video editing suite.
- If you are submitting raw footage:
 - Do not compress the video files after downloading them from your video camera.
 - If possible submit the original tape or native files from your camera's memory card or hard drive.