**Video Specifications**

Here’s what you’ll need to make your Buckle Up Phone Down video submission look great:

Video specifications:

* Shoot all video on a camera or device that is recording at 1080p
* Use a microphone to record any dialogue or important audio
* All dialogue and audio, other than background music, should peak around level -12 when editing
* The finished video should be 30 seconds in length, no more and no less

Music and graphics:

* If you’d like background music for your video, please make a selection from these royalty-free options: https://modot.box.com/s/mc01w3babhfx86tmurfe8xgo5fj63q8u
* All videos should promote the Buckle Up Phone Down (BUPD) challenge. A logo for video use can be accessed here: (link to Box folder with .PNG of BUPD logo)

Once your video is finished, please upload it to a personal YouTube channel and include the link in your contest submission form on MoDOT’s contest site: (link to entry form on modot.org)

If your video contains on-camera talent and/or actors, this release must be signed and uploaded with your submission form: (link to form)

Thank you and good luck!