

# SINGAPORE NATIONAL JUMP ROPE CHAMPIONSHIP 2022

## VIDEO Submission Requirements :

1. Videos
  - Videos can be submitted via a the link on 12 November 2022 (Time 1pm for Speed events and 3pm for Freestyle events) for all **Division**.
  - Only high quality video should be sent
  - Should be in mp4 format
  - Videos should be unedited, brightly-lit and clearly shows athlete's face
  - Videos recording can be done indoor or outdoor however the area must be deem safe  
(JRFS will reject any video taken at area that is seen unsafe)
  - Speed video must be done with a call out (This is available via [jrfs.org.sg](http://jrfs.org.sg))
  - Freestyle video need not be done with music. No points will not be awarded for use of music
2. Athlete **MUST** show an image of the SNJRC 2022 poster at the beginning of the video.
3. Conditions and Authorisation to Use images
  - All videos submitted will and shall be deemed the property of JRFS
  - Videos submitted will not be returned.
  - JRFS reserves the right to photograph, film and use the videos submitted in connection with training and evaluation purposes, social media and promotional purposes