



# Student Filming Guide

## "Cast in Steel" Competition



## Project Video

We're thrilled to have you participating in the Cast in Steel competition! As part of the competition, each team is required to submit a **5-minute Project Video**, which will be evaluated by the judges. In past years, teams have impressed us with their creativity, artistry, and even a touch of humor.

This year, we're taking things to the next level by filming the competition in Atlanta, along with select segments from various schools, for a made-for-TV series. While we'd love to film with every team at their school, logistical and time constraints make that a challenge.

That's where you come in! The footage you provide through your project video will be a crucial part of how we tell the story of your team and school. Your video is more than just a requirement—it's an opportunity for us to capture the creativity, hard work, and passion behind your project, and it may play a key role in the final show. We're relying on your footage to help us introduce your team, highlight your process, and build a compelling narrative for viewers.

## Request for Additional Video

In addition to the required Project Video, we'd like to make an optional request for teams interested in submitting extra content. This additional footage would give us more material to work with in post-production and could increase your chances of being featured in the show.

Please note, this secondary video is not intended to replace the 5-minute Project Video but is an optional addition to your submission.

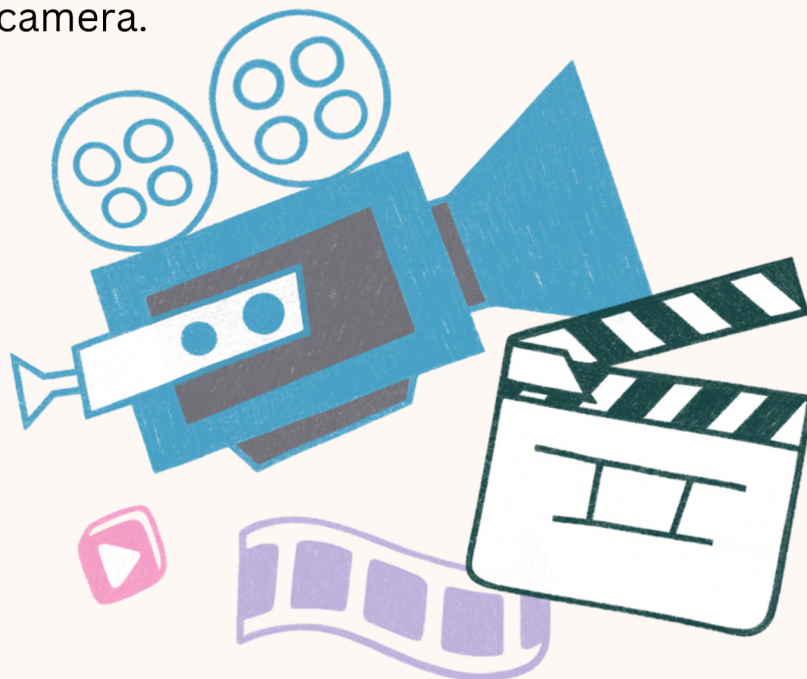
## Requirements of Optional Secondary Video

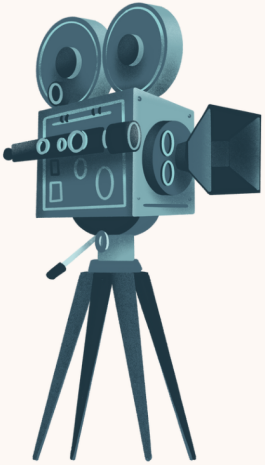
This optional secondary video can be approximately 10-30 minutes of edited content.

**Note:** Please do NOT add music or graphics to this edited video.

### Content

- **Action:** This is a reality competition show, so we're looking for big personalities and dynamic scenes, including fails. Drama, drama, drama.
- **Process:** Capture active moments and processes, such as designing, building, and testing. Include interactions between team members, reactions, and any significant milestones.
- **Particularly Interesting Backstory:** If any of the students have an incredible backstory, please share that with us ahead of time by emailing [Luke@WorkaholicTV.com](mailto:Luke@WorkaholicTV.com). Also, be sure to share the story on camera.





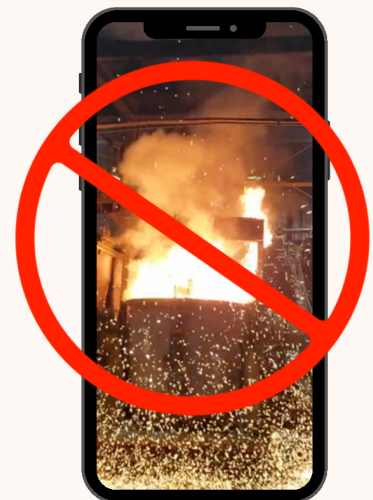
## Equipment and Resolution

- **Camera:** Use any camera or smart phone you have access to, ensuring it can record in HD (1080p recommended).
- **Tech Specs:** For those more technically savvy, please shoot at **23.98fps** (frames per second) in **4K** resolution.

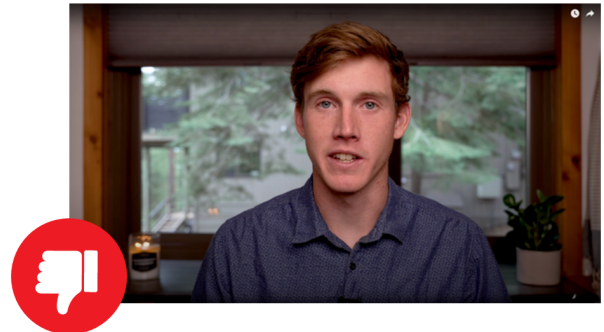
**Note: Please feel free to shoot in slow motion— 48fps or 60fps. Everything looks cooler in slow motion!**

## Framing and Composition

- **Orientation:** Always shoot in horizontal (landscape) mode. This ensures your footage fits television screens.



**Eye Line:** For interviews, have the subject look slightly off-camera rather than directly into the lens. Position the interviewer or a point of focus just to the side of the camera, so it feels more natural and conversational. This setup creates a more engaging look while keeping the subject's eye line consistent.



- **Three-Point Lighting:** If possible, use the basic principle of three-point lighting: a key light (main source), a fill light (to soften shadows), and a backlight (to separate the subject from the background). Even a simple lamp or natural light from a window can work as a key light.



- **Audio:** IF possible, please avoid areas with excessive background noise to ensure the best audio. Consider using an external microphone if you have access to one.
- **Raw Footage:** While not required, it would be greatly appreciated if we could have access to the raw, unedited footage if requested. This gives us more flexibility in editing to showcase the best moments.
- **Video Delivery:** We'll work with each school to arrange the best way to collect the footage. If the file sizes are manageable, you can upload them to an online portal. For larger files, we may need to send you hard drives so you can transfer the footage and mail the drives back to us.

## Support and Additional Resources

- **University Communications:** We highly recommend you to reach out to your university's communications department. These teams are equipped with better filming equipment and professional expertise that can significantly enhance the quality of your video.

*If you have any questions or need help with your filming, feel free to reach out! We're here to support you in making your video the best it can be. You can contact us at [Luke@WorkaholicTV.com](mailto:Luke@WorkaholicTV.com)*

## Permissions (Appearance Waivers)



- **Permissions:** Make sure you have the necessary permissions to film everyone and everything in your footage, keeping in mind privacy and copyright regulations.
- **On-Camera Talent Permission:** At the end of this document, you'll find a simple appearance waiver for anyone appearing on camera. Anyone who wants to be part of the show will need to sign it—think of it as your first autograph request!
- **Footage Provider Permission:** For anyone providing footage—whether it's students, professors, or someone from the school's Communications Department—they will need to sign a materials waiver, also included at the end of this document, granting us permission to use the footage in the show.

*Thank you for your time, effort, and creativity. Your contribution is a vital part of making Cast in Steel a success, and we can't wait to see the amazing work your team produces. Have fun, be creative, and best of luck in the competition!*

**CAST IN STEEL APPEARANCE RELEASE**

I, the undersigned, hereby grant Workaholic Productions and the Steel Founders' Society of America (SFSA) the right to record, use, and reproduce my image, voice, likeness, and any performance captured during the filming of the *Cast in Steel* competition, as well as any footage provided, for any and all purposes related to the production, distribution, promotion, and exploitation of the television show, in any media, worldwide, and in perpetuity.

I understand that the footage, whether filmed by me or provided to the producers, may be edited or modified, and I waive any rights I may have regarding how I am portrayed in the final product.

I acknowledge that I am participating at my own risk and agree that Workaholic Productions and SFSA are not responsible for any injury or harm that might occur unless caused by their gross negligence.

I also agree to keep all information about the show, including any behind-the-scenes details, confidential.

I understand that Workaholic Productions may transfer or assign the rights to this footage, including my appearance, to another company or organization if needed.

I further release Workaholic Productions, SFSA, and their agents, assigns, and licensees from any and all claims, damages, or liabilities arising out of or in connection with the use of the footage as described above.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_



## CAST IN STEEL FOOTAGE RELEASE FORM

I, the undersigned, agree that the footage I shoot or provide to Workaholic Productions and the Steel Founders' Society of America (SFSA) may be used in the *Cast in Steel* competition television show.

By signing this release, I grant Workaholic Productions and SFSA the right to use, edit, and modify the footage for any purpose related to the production, distribution, promotion, and airing of the show. This includes the right to use the footage in any media, worldwide, and for as long as needed.

I understand that I will not receive compensation for providing this footage, and it may be used as part of the show's content, both on and off-air.

I confirm that I have the right to film and provide this footage, and I release Workaholic Productions and SFSA from any claims related to its use.

**Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_