

## Guidelines for Recording ASL Videos

Follow these do's and don'ts to ensure your ASL video submissions are clear, professional, and effective.

### ✓ DO's

- Use Good Lighting – Ensure your face and hands are clearly visible.
- Keep the Background Simple – Use a plain, distraction-free background.
- Center Yourself in the Frame – Head and upper body should be visible.
- Wear Solid, Contrasting Colors – Avoid white or busy patterns.
- Sign at a Natural Speed – Be clear and consistent.
- Use Facial Expressions – Include appropriate non-manual markers.
- Check Video Quality Before Submitting – Review for visibility and clarity.
- Keep Hands Visible at All Times – Stay within the camera frame.
- Practice Before Recording – Rehearse for accuracy and confidence.
- Record in a Quiet Environment – Reduce noise and distractions.

### ✗ DON'Ts

- Don't Sign Too Fast or Too Small – Ensure your signs are legible.
- Don't Use Filters or Visual Effects – Avoid distractions.
- Don't Sign While Walking or Moving Around – Use a stable camera setup.
- Don't Have People or Pets in the Background – Keep the focus on you.
- Don't Wear Hats, Gloves, or Sunglasses – These block key visual cues.
- Don't Chew Gum or Eat While Signing – Keep it professional.
- Don't Rely on Voice or Subtitles – The video should be fully visual unless instructed.
- Don't Edit Out Mistakes Mid-Sentence – Keep a natural flow.
- Don't Use Slang or Made-Up Signs – Stick to accurate ASL.
- Don't Record at an Extreme Angle – Keep the camera at eye level.