



## Video submission guidelines

To support the Asia Aquatics Athletes Commission Elections 2026, eligible athletes are invited to submit a **short video clip** for potential publication on the **official Asia Aquatics Instagram page**, subject to approval.

Please note the following video submission guidelines:

### 1. Video Content

- A brief self-introduction (name, country, discipline)
- A short message explaining your motivation or vision as an Athletes Commission representative
- Positive, respectful, and sport-related content only

### 2. Technical Specifications

- Maximum duration: **30-45 seconds**
- Format: **MP4 or MOV**
- Orientation: **Vertical (9:16)** preferred
- Resolution: **Minimum 1080p (Full HD)**
- Clear audio and good lighting (no background music)

### 3. Language

- English is preferred
- Clear and concise speech

### 4. Submission Method

- Videos must be sent by email to: **[insert email address]**
- File name format: *Country\_Discipline\_AthleteName.mp4*

### 5. Deadline

- All video submissions must be received no later than **22 May 2026**

Please note that submission of a video implies consent for its use on Asia Aquatics' official digital platforms. Asia Aquatics reserves the right to edit or decline videos that do not meet the above criteria.

We thank you for your participation and look forward to showcasing athlete voices across Asia.