

**** VIDEO SPECIFICATIONS GUIDE ****

MUSIC IS ALLOWED in your video ONLY during physical training and ninja skills and ONLY if you are NOT speaking. If applying with someone else you must each submit a SEPARATE unique, individual video.

Your video must be **no more than 3 minutes** in length.

You must have **vocal** as well as **visual** energy and be articulate.

Check your sound! Make sure your audio has recorded!

The **ideal format for videos** is:

H.264 MP4 – 16x9 Widescreen – 1920x1080 or 1280x720 Must be 250MB or less (approx. 3-4 Mbps)

***** Before you begin, please read the following Tips and Instructions so you're sure to look your best.**

TIPS:

PLEASE WATCH YOUR ENTIRE VIDEO BEFORE UPLOADING OR MAILING IT

to make sure it looks and sounds good.

HAVE SOMEONE FILM YOU.

It will make the quality of your tape better. Just be comfortable, no matter how you do it.

FILMING ON AN IPHONE OR ANY SMARTPHONE-TURN THE PHONE SIDEWAYS

This will eliminate the black bars on either side of the footage

MAKE SURE YOU ARE NOT BACKLIT.

Standing in front of windows or other major light sources looks terrible on camera.

ALL ROOMS SHOULD BE WELL LIT TO AVOID SHADOWS.

IF YOU THINK YOU HAVE A STORY THAT WE'D BE INTERESTED IN FEATURING, PLEASE TELL THAT STORY ON CAMERA. Use the personal questions on the application as a guide for what to talk about.

DO NOT PUT TEXTS/WORDS ON YOUR VIDEO

WHAT YOU MUST INCLUDE IN YOUR VIDEO:

1. State your Full Legal Name, age, where you're originally from (and where you currently live if different) your occupation, married/single and if you have kids. If you have a nickname that's relative to your physical ability, please share. Consider this a fun infomercial about yourself.

2. **SHOW US YOUR MOVES!!!** Show and tell us about your physical prowess, accomplishments and/or abilities. Be active! Don't just talk about yourself, but show us who you are.

3. Show and tell us about your hobbies and what you do in your spare time: Have you traveled the world; do you scuba dive, hunt, geo cache, volunteer, go dog sledding, wind surf, snowboard, ride show horses? Please include additional videos and pictures from the past and present.

4. Introduce us to your inspiration, your biggest fan, closest family member, and/or your kids. Tell us why they're important to you. Include them on camera or upload photos if you don't have access to them. (i.e. If they are deceased or out-of-state).
5. Show some hometown pride! Look into the camera and clearly state: **"I AM FROM [NAME OF TOWN]."** Tell us what you love about your town! Get creative! Show your athletic skills in front of your city's most recognizable locations!



6. Do you train or workout in a unique, beautiful or surprising setting (i.e. snow, desert, barn, in the water, near a volcano, at work)? If so, show us.
7. State why you think you can be the next American Ninja Warrior. Creatively demonstrate your physical strengths and/or talents! Visually IMPRESS us!
8. If you have access to a "course" or obstacles, please show yourself going through. If this is your 1st attempt at American Ninja Warrior please see video from [American Ninja Warrior on NBC's website](#) for what types of things will amaze us!

Have fun with this! Let your personality shine through. If there is something you'd like to tell us that we haven't asked, tell us!

PLEASE DO NOT SIT/STAND AND GIVE A MONOLOGUE!

We are not only looking for athletic ability but also **PERSONALITY**, so let it shine!

******* BRING YOUR "A" GAME! *******