

## Ground Rules for Filming

- Keep the camera steady and use a tripod when possible
- Never “Hosepipe” (continually moving the camera up and down across a subject in an effort to capture it all)
- Shots should be held for at least 10-15 seconds so that each shot will be useful when editing
- In any filming situation you should always be aware of distracting noise.
- Whenever possible film in well-lit areas making sure to keep the main light source behind the camera.

## Composing and Framing Your Shots

### Types of Shots

**Wide shot (abbr. WS)** a shot that shows the full context of a scene. Often used as an establishing shot to orientate viewers to a location or a situation.



**Long shot (abbr. LS)** a shot framed so that the subject and their surroundings can be seen. Used to show your audience what action is taking place within a scene.



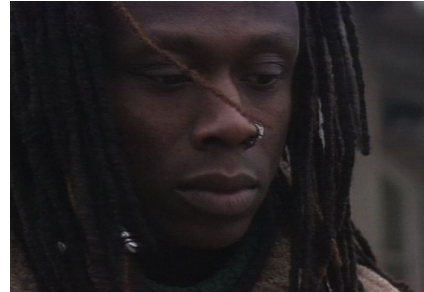
**Medium shot (abbr. MS)** a shot between a long shot and a medium close-up (e.g. a human figure taken from the waist up). Used to bring your audience closer to the action or subject while maintaining a respectful distance.



**Medium close-up (abbr. MCU)** a shot between a medium shot and a close-up (e.g. a human figure taken from the chest up). Most often used in framing an interview.

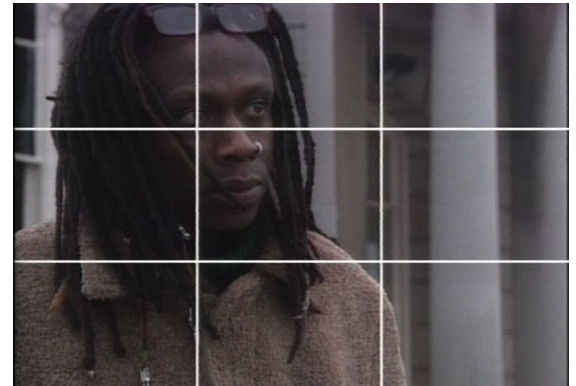


**Close-up (abbr. CU)** a shot framing with the subject of the shot very large in the frame, revealing a detail only (i.e. the human face, or hands). Can be used to pick out detail within a scene. In an interview a CU can be used for the more emotional moments.



### **RULE OF THIRDS**

You should put horizontal or vertical lines, such as the horizon or someone standing in your picture along imaginary lines that divide the frame into thirds. This is far more interesting for the eye. If you are filming someone standing in front of a wider scene it's good to have them standing slightly to the left or to the right of the frame.



### **VIEWPOINT**

The camcorder's viewpoint or angle will provide your audience with a unique perspective on what is taking place within a scene. Collecting different viewpoints can make your scenes more visually compelling.



## **VIEWPOINT IN AN INTERVIEW**

In interviews a higher angle will diminish your subjects.



A low angle will make your subject seem more powerful

## **FRAMING AN INTERVIEW**



- Keep the camera's viewpoint at eye level.
- Preferably use a medium close-up shot to frame an interview
- Close-up shots can be used to show emotion (use sparingly)
- It's best not to change shot types while your interviewee is speaking
- Remember to follow the rule of thirds keeping your subjects eyes a third of the way down from the top of the frame.

## **TALKING SPACE**



In an interview, always allow enough talking space. If your interviewee is looking over to the left of the frame you should move them further to the right of your viewfinder and vice versa so that they have space to move their head while they are talking without disappearing out of the frame.



**Incorrect**



**Correct**

### **HEADROOM**

When framing an interview allow just a little space between the top of the head and the frame.



In a close-up it is better to lose more of the person's headroom than it is to lose much of their chin from the frame.



**Incorrect**



**Correct**

### **EYE-LINE**

In an interview it's preferable not to have your subject looking directly at the camera. The interviewee's eyes should be directed just outside of the frame looking at the person asking the questions.



### **SETTING UP AN INTERVIEW**



- Sit the interviewee on a stable chair so they will not move during the interview.
- Allow enough space between the interviewee, the camera, and the background.
- Use a lavalier microphone and tripod during interviews.
- The cameraperson sits behind the camera monitoring the picture and sound.
- The interviewer sits close to the tripod and maintaining eye contact with the interviewee.
- The camera should be placed at eye level with the interviewee and interviewer.