*Due to COVID-19, our 2021 Speakers Tournament will be judged by video. There will be no church, association, or regional speech competitions. Speaker participants will submit their written speech and a video of their speech to the Alabama Baptist State Board of Missions, Office of Sunday School and Discipleship. Please see the guidelines and instructions below.*

We are excited to read and hear the speeches you have prepared! Below you will find some instructions and tips for taping your speech. Although you will not be judged on the quality of your recording, we are offering these tips to help us see and hear you in the best possible way. Please refer to the Speakers Tournament Leaflet that is available at <https://alsbom.org/wp-content/uploads/2019/05/Speaker-Leaflet-Red-Cycle.pdf> for specific rules and guidelines. The Speakers Score Sheet, found at [www.alsbom.org/wp-content/uploads/2019/05/36-speaker-s-score-sheet.pdf](http://www.alsbom.org/wp-content/uploads/2019/05/36-speaker-s-score-sheet.pdf), will give you information on what the judges will be looking for in your speech.

**Instructions for Recording:**

Wear what you would wear if you were doing the speech at your church or at a Regional Speakers Tournament.

Timing will start when you start your speech. Your speech should be between four and six minutes. Speeches that are shorter or longer will be penalized two points per ten seconds (up to ten points) for failure to stay within the time allotment.

The video should show you doing your speech from start to finish in one clip just as if you were presenting it in person. Do not edit pieces of the speech together.

Please say your name and church at the end of the speech.

**Format:**

Please send your written and recorded speeches to Julie Smith, [jsmith@alsbom.org](mailto:jsmith@alsbom.org) by **Friday, April 16, 2021**.

1. Send your speech in PDF form. Please do not put your name on your written speech.
2. Create a link for your recorded speech and attach it to your email.

Winners will be announced on May 7, 2021.

﻿**Tips for recording your speech:**

Take some time to read these tips and experiment with finding the right background and lighting to shoot your video.

* **Find a good place to record.**

A plain wall would be ideal. If you do not have a plain or neutral one-color wall, consider hanging a neutral color sheet on a wall. You do not want items in your background. They will be distracting. Windows in the background will be distracting and will affect the lighting. Put on what you are wearing for your speech to see how it looks with the background. You don’t want to wear the same color as your background, or you will blend in.

* **Set up your camera.**

Filming with an iPhone is fine. Most iPhones film just as well as a camera, and you can easily send from your phone.

Make sure to turn your phone HORIZONTALLY (landscape) to film. If you shoot vertically, it will not play back well. Use a phone tripod if you have one. If you only have a regular camera tripod, see if you can prop your phone on the tripod. Adjust the tripod so that the phone or camera is shooting at eye level. Recording from an angle above your face or below it will not give you your best look. You might need to use a stack of books on a table to get the level you need. I have used an ironing board and board games before to achieve the height I needed. You will want to experiment with where you place the camera to make sure you are framing up the shot the way you want. If you move a lot during your speech you will want to be aware of how far you can move and still be in frame.

* **Find the frame:**

Position your phone on the tripod so you will be in frame from your waist up. Make sure your arms remain in frame if you are gesturing.

Note: Be sure to leave a little space above your head if you move around. Ideally your eyes should be about 1/3 of the way down from the top of the screen. Practice to see that with your planned movement you still always stay in frame.

* **Lighting:**

Natural light works wonderfully. Find a spot with a window so you have natural light coming from your side or in front of you. Do not stand in front of a window as lighting from behind will give you a silhouette. You may have to experiment with the best time of day to film using natural light. If the window has blinds or curtains, tie them up for recording so they do not create shadows.

If you do not have a natural light source, experiment with what you have. Place lights or lamps around you. White light will look best, so try to have bulbs that produce white light rather than yellow. You want to create a setup where you can be seen clearly without any shadows.

* **Sound:**

Make sure to shoot your video in a quiet environment. Let others in the house know you are recording. (“Quiet on the set!”) Watch out for background noises (televisions in other rooms, people in the house talking, pets barking, fan on in room, etc.). If using your phone to record, set it to “do not disturb.” The microphone in your phone or video camera should be adequate for picking you up, but shoot a practice video and make sure the recording of your speech can be heard clearly.

Practice several times with the camera recording to be sure you can be seen and heard clearly. Have several others watch it and give you feedback. The wonderful thing about sending in a video is that you can work on it many times to get it just as you want it to be.

We look forward to seeing and reading your speech.

Please contact Belinda Stroud, [bstroud@alasbom.org](mailto:bstroud@alasbom.org) or Julie Smith, [jsmith@alsbom.org](mailto:jsmith@alsbom.org) if you have any questions.