

NASBS VIDEO PREPARATION

1. QUALITY:

- Video submissions must be of good quality and submitted in final form.

2. FORMATTING:

- All Videos MUST be submitted digitally in accordance with the Digital Guidelines below.
- No 3D videos will be accepted

ACCEPTABLE FORMATS: (PLAYABLE ON WINDOWS PC)

- MPEG
- Quicktime
- MP4
- H.264
- AVI

ACCEPTABLE FRAME SIZE:

- No smaller than 640 x 480

ACCEPTABLE FILE SIZE:

- MUST be less than 1 GB

3. RUN TIME:

- Maximum running time is six (6) minutes. You must submit a video no longer than 6 minutes.

4. NARRATION:

- Videos must have narration in English. Without narration, it will not be considered.

5. MORE IMPORTANT RULES:

- A short (75-word maximum) written description of your video should be included when submitting your video abstract. Images and tables **should not** be included in the short written description when submitting a video abstract.
- Your video should not contain any reference to the authors or the institution in the video and does not list authors or institutions on the title slide to allow for blinded review.
- The video must be structured with a brief narrated slide show (no more than 3 slides) of the relevant clinical information, preoperative clinical imaging, a step-by-step narrated surgical video with the most important technical aspects of the case and post-operative imaging if relevant.
- Videos may not include advertisement or promotion of products. Commercial support may be noted as a credit at the end of the video.
- Videos and Images should not reveal any patient data on charts or images or faces. They should be blurred or cropped as applicable.
- HIPPA Compliance requires that all patient info is covered via shapes. Please take care to cover patients' names in X-Ray /MRI /ultrasound slides and photos of patient faces.
- If faces are necessary to be shown, authors will need to contact us to sign a consent form
- The designated presenter of the video selected must register for the meeting and attend for presentation and discussion.

- Please **DO NOT** include any music and **DO NOT** include video clips or other materials/media copyrighted by any entity other than yourself. For example, please do not include classical music from a CD in your collection.
- **No 3D videos will be accepted**

6. SUBMISSION:

- Video Abstract Summaries must be submitted online at www.nasbs.org/future_meetings/abstracts.
- Videos can be uploaded during the Final Review stage of the Abstract Submission by clicking on the link entitled “**Click here if you would like to include a video for this abstract**”

The screenshot shows the 'Abstract Submission and Management' interface. At the top, there is a navigation bar with 'Main Menu' and 'New Abstract' links, and a user ID 'testuser' with a 'logout' link. The main heading is 'Abstract Submission: Final Review'. Below this, there is a text area for the abstract titled 'TEST ABSTRACT' by 'Test User MD, NASBS'. The text is placeholder text. Below the text area, there is a video icon and a link that says 'Click here if you would like to include a video for this abstract'. Below this, there is a 'Terms and Conditions' section with a text area containing two certification statements and a checkbox for 'I agree to the terms and conditions listed above'. At the bottom, there are 'Back' and 'Submit' buttons.

7. DEADLINE:

- Video summaries must be submitted by **FRIDAY, SEPTEMBER 4, 2026, 5:00 PM (EASTERN DAYLIGHT TIME)**.

PLEASE NOTE:

- Any submissions not meeting these requirements will not be considered for presentation.
- Upon successful completion of the online summary you will receive a confirmation email. Please print that message for your record.

CHECKLIST FOR VIDEO SUBMISSION

Videos not in correct format will not be considered for presentation. **NASBS is not accepting 3D videos.** Before uploading, please check your video submission for the following:

- Video is in the correct digital format as stated above
- Video run time does not exceed six (6) minutes
- Video is narrated in English
- Video does not contain any copyrighted materials
- Videos and Images do not reveal any patient data on charts or images or faces. They should be blurred or cropped as applicable.
- All patient info in X-Ray / MRI / Ultrasound slides and photos are covered via shapes.
- Video is structured with a brief narrated slide show (no more than 3 slides) of the relevant clinical information, preoperative clinical imaging, a step-by-step narrated surgical video with the most important technical aspects of the case and post-operative imaging if relevant.
- Video does not contain any reference to the authors or the institution and does not list authors or institutions on the title slide
- Video does not include advertisement or promotion of products