

iPhone Video Recording Setup Guide



How to record and submit video for the National Water Dance “April 19th Sunday Watch Party” (In place of Live Streaming) Optimized for <1GB, 15-Minute Landscape Videos

Objective

This guide explains how to configure an iPhone (iPhone 13 through the latest models) to record a ~15-minute video in landscape format, targeting a file size of approximately ~500MB, with optimal quality for YouTube publishing and web embedding.

Target Outcome:

- **Duration:** ~15 minutes
 - **Estimated Size:** 450MB–600MB
 - **Orientation:** Landscape (horizontal)
 - **Resolution:** 1080p HD
 - **Frame Rate:** 30 fps
 - **Format:** High Efficiency (HEVC)
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Recommended Recording Settings (Quick Summary)

Before recording, ensure the following:

- **Format:** High Efficiency (HEVC)
- **Resolution:** 1080p HD
- **Frame Rate:** 30 fps
- **HDR Video:** Off
- **Cinematic Mode:** Do NOT use
- **ProRes (if available):** Off

These settings help keep the file size close to 500MB while maintaining professional quality.

Step 1 – Configure Camera Format (Compression)

1.1 Set Format to High Efficiency (HEVC)

1. Open the Settings app.
2. Scroll down and tap Camera.
3. Tap Formats.
4. Under Camera Capture, select High Efficiency.

Why this matters:

High Efficiency (HEVC) compresses video more efficiently than “Most Compatible” (H.264), reducing file size while maintaining high quality.

Step 2 – Set Video Resolution and Frame Rate

2.1 Configure Video Recording Settings

1. Open Settings.
2. Tap Camera.
3. Tap Record Video.
4. Select 1080p HD at 30 fps.

Do NOT select:

- 4K
- 60 fps

Why 1080p at 30 fps?

This provides excellent quality for YouTube and web playback while keeping the file size manageable. Expect approximately 60–90MB per minute. For 15 minutes, this results in around 450MB–600MB.

Step 3 – Disable HDR Video

1. Go to Settings → Camera → Record Video.
2. Turn OFF “HDR Video”.

Why disable HDR?

HDR increases file size and may complicate post-processing. Disabling it ensures smoother compression and easier FFmpeg workflows.

Step 4 – Disable Apple ProRes (If Available)

On iPhone Pro models:

1. Open Settings.
2. Tap Camera.
3. Tap Formats.
4. Ensure Apple ProRes is turned OFF.

Important:

ProRes generates extremely large files (several GB for 15 minutes). It must remain OFF.

Step 5 – Avoid Cinematic Mode

When recording:

1. Open the Camera app.
2. Select Video mode (NOT Cinematic).

Cinematic mode increases file size and adds processing effects that are unnecessary for this project.

Step 6 – Record in Landscape (Horizontal)

6.1 Proper Orientation

1. Hold the iPhone horizontally (sideways).
2. Ensure the preview appears wide, not vertical.
3. Recommended: Keep the volume buttons on the top side while holding the phone in landscape.

Important Rules:

- Do NOT record vertically.
- Do NOT rotate the phone during recording.
- Keep the orientation consistent from start to finish.

The entire video must be recorded in landscape format for proper YouTube and website embedding.

Step 7 – Stabilization and Framing Best Practices

To improve final quality:

- Use a tripod or stable surface.
- Keep the phone at eye level.
- Avoid digital zoom.
- Ensure good lighting (light source in front of the subject).
- If available, use an external microphone.

Tip:

Better lighting improves compression efficiency and produces a cleaner final result.

Step 8 – Check Available Storage Before Recording

1. Open Settings.
2. Tap General.
3. Tap iPhone Storage.
4. Ensure at least 2–3 GB of free space is available.

Even though the final file should be around 500MB, extra space prevents recording interruptions.

Expected File Size Breakdown

With 1080p HD, 30 fps, High Efficiency:

- Approximately 60–90MB per minute
- 15 minutes \approx 450MB–600MB

File size may vary depending on:

- Lighting conditions
- Amount of movement
- Background detail

This range is fully acceptable for YouTube upload and backend compression using FFMPEG.



Final Checklist Before Recording

Confirm the following:

- High Efficiency selected
 - 1080p HD at 30 fps selected
 - HDR OFF
 - ProRes OFF
 - Not using Cinematic mode
 - Phone held in landscape
 - Stable support or tripod used
 - Adequate lighting
 - Sufficient storage available
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After Recording – Before Sending the File

Participants must:

- Trim the video if it is longer than 15 minutes or if the file is larger than 1 GB.
- Do NOT add transitions, graphics, or other elements to the video.
- Do NOT compress using WhatsApp, Telegram, or other messaging apps—these degrade quality.
- Do NOT trim or edit inside social media apps.
- Send the original file only.

Accepted delivery methods:

- Submission form will be available on National Water Dance website at a later date
- Deadline for submitting your video file is **10:00pm EDT** Saturday, April 18, 2026

Always send the original, full-resolution file.