

[Version française](#)

Speakers

- 1 speaker recommended (2 maximum)
- Only one person speaking at a time
- No overlapping speech

Positioning

- Speaker facing camera
- Maximum angle between the speaker's face orientation and the camera axis: **45°**
- Limited head movement

Distance & Framing

- Distance \leq 3 meters (10 feet)
- Close-up framing preferred
- Avoid wide distant shots

Camera & Editing

- Static shot
- Stable camera
- Minimal dynamic movement
- Limited scene changes
- No rapid cuts

Audio

- Minimal background noise
- No dominant music
- Dedicated microphone recommended