



YOUR PERSONALISED GUIDE TO TAKING RSL GRADED EXAMS VIA VIDEO SUBMISSION

Video has become a much easier tool to access over the past few years and even modest smart phones, tablets and cameras are capable of producing a good image and sound if you take a little bit of time to understand the hardware and follow a few simple guidelines.

RSL Awards is excited about the possibilities video submission of exams presents, but we do still need to make sure that the exams are fit for purpose and adhere to a reasonable set of principles, to ensure we can still provide the excellent level of fairness and consistency you would expect from a RSL Awards exam process.

Types of Exam

RSL Awards can accept and mark two types of graded music exams via video submission:

- **Performance Certificates**
- **Graded Certificates**

Performance Certificates – At all grades you can submit videos for performance certificates. It is important for candidates to remember a few things to ensure their exam does not break any rules:

- The recording needs to be continuous with no editing permitted
- You will be allowed to have someone recording your performance
- If you make a mistake in a piece you can restart as long as you are not more than 1/3 of the way through. You can restart up to two pieces in your Performance Certificate

Candidates will be marked by an official RSL Awards examiner in exactly the same way that they would be in a face to face exam. Additionally, the examiner will record a short video message to candidates that delivers feedback on the exam performance on top of the usual marksheet feedback.

Just like with Performance Certificates, candidates can choose to play all five pieces from the Rockschool Graded Book repertoire, or choose to record up to three Free Choice Pieces from the following sources:

- Their own composition



- Songs in the public domain, including hits from the charts. For example, a song by their favourite band or artist
- Pieces from other exam boards
- A piece from our Rockschool Classics series

For more details visit our dedicated Free Choice Pieces page: <https://www.rslawards.com/free-choice-pieces/>

Graded Certificate - As part of our response to the current situation, for the next 12 months RSL Awards will also be offering an online alternative for Graded Music Exams which are called Graded Certificates. This is for candidates who cannot attend an examination venue, but would still like to achieve the qualification they have been working towards. Graded Certificates cover grades Debut to 5 and require the candidates to play three pieces (up to two free choice pieces) and all of the technical exercises published in the Rockschool Grade books. These should be recorded by the candidate as a continuous take and submitted via the online portal. It is important for candidates to remember a few things to ensure their exam does not break any rules:

- The recording needs to be continuous with no editing permitted
- You will be allowed to have someone recording your performance
- If you make a mistake in a piece you can restart as long as you are not more than 1/3 of the way through

You can restart up to one piece and two technical exercises in your Graded Certificate.

Just like with other Graded Exams, candidates can choose to play all three pieces from the Rockschool Graded Book repertoire, or choose to record up to three Free Choice Pieces from the following sources -

- Their own composition
- Songs in the public domain, including hits from the charts. For example, a song by their favourite band or artist
- Pieces from other exam boards
- A piece from our Rockschool Classics series

For more details visit our dedicated Free Choice Pieces page: <https://www.rslawards.com/free-choice-pieces/>

It is unfortunate that we cannot deliver the Graded Music Exams through online recordings, this is because of the confidential nature of sight-reading/improvisation test materials.

Procedure Guide for RSL Graded Syllabus Exams

For RSL video exams to be valid, there are a number of rules you must adhere to:

- 1) The exam needs to be captured as a single, continuous shot in real time - you must not stop or pause the camera in between pieces.
- 2) You must not use video editing software to cut out takes or reduce the time between pieces - the video should represent an exam taken in person as closely as possible, so do not worry about taking a little time setting up between pieces

- 3) Your face must be visible in the video, so we can identify the person taking the exam - please refer to the framing guide for further details.
- 4) Candidates should introduce themselves by their full name, the exam grade and discipline they are taking, as well as introducing each piece.
- 5) Drummers supplying video exams using mobile phones or cameras where it has not been possible to create a successful balance between drums and backing track only need to supply video of their drum performance - but as well as introducing each piece should audibly mark the second bar of the count in by clicking their sticks together. This will allow your examiner to sync the video to the backing track for assessment. Failure to indicate the count-in could make the synchronisation between video and audio impossible and may result in the exam being deemed inadmissible for assessment by a marker.
- 6) Check the video recording of your exam carefully before submission, making sure that each piece is introduced to camera, the picture and sound are of a reasonable quality and that the full exam has been captured.

How to enrol for an Exam

For information on how to enrol for these exams please contact your local office.

AMEB NZ: contact@rockschoolnz.co.nz

AMEB NSW & ACT: office@ameb.nsw.edu.au

AMEB QLD: enquiries.ameb@qed.qld.gov.au

AMEB Victoria: ameb-vic@unimelb.edu.au

AMEB SA & NT: ameb@adelaide.edu.au

AMEB Tasmania: ameb.music@utas.edu.au

AMEB WA: amebwa@uwa.edu.au

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To summarise, candidates/parents/teachers:

- Read up on all information about how to record video exams
- Contact your local office
- Enrol and pay for your exam
- Set up the recording
- Record the exam performance
- Submit your video
- Await results



Video Exam Checklist

Performance Certificate (Debut to 8)

- Record and upload 5 pieces (up to 3 free choice pieces)
- One take, unedited performance
- No more than 2 restarts
- Only the performer in the room and someone to film the recording
- Upload the sheet music (and backing tracks if necessary) for any free choice pieces

Graded Certificate (Debut to 5)

- Record and upload 3 pieces (up to 2 free choice pieces)
- Record and upload ALL the technical exercises in the Rockschool Gradebook
- No more than 1 restart (pieces) or 2 restarts (technical exercises)
- One take, unedited performance
- Only the performer in the room and someone to film the recording
- Upload the sheet music (and backing tracks if necessary) for any free choice pieces



Understanding Digital Video

We understand that it can get very confusing just trying to understand all of the words and codes used by companies to try and sell us their latest gadgets. You are likely to have come across terms like 720P, 1080HD or 4k - but may not know what any of the numbers or letter stand for. This part of the guide should help you navigate through the jargon and make the process easier.

With this in mind, please read the guidance below in full to help you have the best chance of submitting a video that we can accept for submission and allow you complete your RSL exam successfully.

What frame size should I set my equipment to use?

As a very rough rule, the larger the number stated, the more detail is captured within each video frame you record - but there is a downside. More detail often means bigger digital files - which require more storage and take longer to upload to the internet.

4k video can, and often does, look fantastic - but the file sizes are big and can cause some compatibility issues too. At the other end of the spectrum, if the frame size is too small, the images can look blurry or pixelated when you try and view them on computer monitors or tablets, so it is best to go for a happy medium - striking a balance between detail and file size.

Full HD (often referred to by the names 1080i or 1080P) is a very good happy medium. However, 720HD video can still look very good (720i or 720P) and will produce noticeable smaller file sizes. As a result, RSL is asking for a minimum of 720HD videos and currently setting a maximum of 1080HD, to ensure your picture quality is good whilst keeping the file sizes manageable.

What does the 'i' and/or 'P' after the numbers mean?

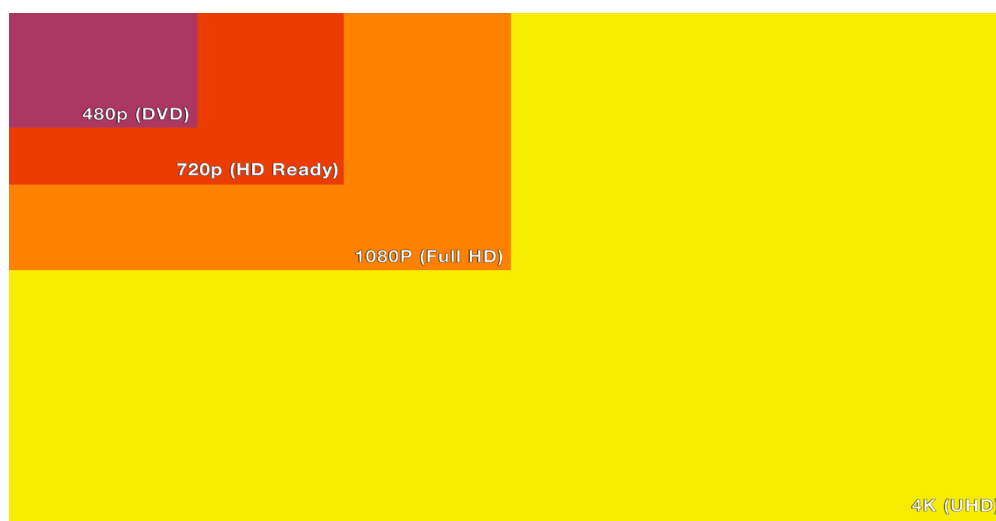
The 'i' stands for 'interlaced', meaning that the video file captured refreshes every other line of pixels every frame, so the video file actually contains half the amount of data. It refreshes very quickly, so you can't see the interlacing in a perfectly set up system. However, most mobile phones and cameras now only give you the option to record in a progressive format - meaning every line is captured. It's probably best to avoid interlaced formats if you can. If your settings don't mention it and your equipment is relatively modern, it's more than likely to be a progressive video format.

But what do those numbers actually mean?

Look at the chart below to see how each frame size relates to each other. This should also explain why 4k is so detailed, but why the file sizes are so big:

What frame rate should I use?

This figure refers to how many frames your camera captures every second. A camera that captures 30 frames per second (30fps) is essentially capturing 30 images which, when played at the correct speed, gives a good impression of natural movement.



Frame rate has an impact on the perceived quality of video to an extent - a very low frame rate will result in jerky video. However you don't need a huge amount of frames per second before things start to look pretty smooth. Feature films, for instance, typically use 24 frames per second. This is important, because mobile phone and camera manufactures are currently increasing the frame rates that their devices can capture, largely so extreme slow motion video can be produced. Whilst this is impressive, Rockschool don't need this - and the more frames your video contains, the bigger the file sizes get again.

So, it's for this reason RSL is asking you to set your frame rate to somewhere between 24 fps (frames per second) and 30fps. Typically this will be a choice between 25fps and 30fps, depending on the hardware. This will generate video that is smooth but should keep your video file size manageable.

What video format should I use?

Mobile phones and consumer cameras largely gather video and process them and store them in a file, which makes it easier to share using the internet. The results vary, but a well designed video format can do an excellent job of retaining a good sound and image while squeezing it into a small package. The most common formats are .MP4 files which are a good choice, as they are both quite small and open across lots of devices, but .mov files and .avi files are also pretty well supported. If you are at all confused or concerned, it may be worth contacting RSL to check that your submitted video files will open.

TIP

You should ensure that there is enough battery charge and storage on the device for the full length of the exam. With many devices such as mobile phones it is useful to have a memory card installed if the device offers this as a feature to extend storage. The app used for making the recording would typically have its settings adjusted to set the card as the destination for recordings.

In order to gauge the amount of storage required, a short 1-minute test recording could be made and then inspected for its size. This size would need to be multiplied with the number of minutes taken up by the exam. Please see the syllabus guide for exam durations.



Framing Guide for Video

The help videos provided should make things clearer, but it is worth establishing some simple principles, so you can be confident your submitted video is more likely to be accepted for assessment.

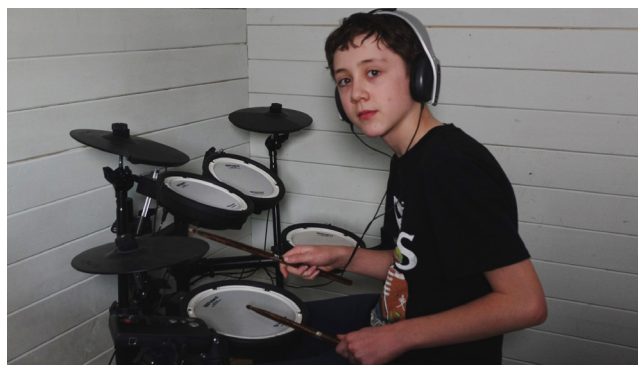
We need to see your face and have a reasonable view of the performance:

Guitarists, bassists and keyboard players should capture both hands in the video frame. Singers should fill a

significant part of the image. Getting a single camera shot of a drummer can be challenging, so try and find an angle that allows the examiner to see both hands movement clearly and get some sense of what your feet are doing too - a slightly elevated position with the camera pointing slightly down towards the drummer can work fairly well, as it can make the sticking clearer for your examiner.

Whilst it is good from a video point of view for the shot to be slightly behind a drummer and capturing the skins of the drums, it can make recording audio very difficult, with the volume of both cymbals and snare drum resulting in distortion from most phones and cameras.

Striking a balance between video framing and audio may take some experimentation, but a compromise can be found. A more detailed shot of your body and hands can be achieved when using an electronic kit.



The shot needs to be reasonably well lit:

Please try and avoid shooting in very dark environments, as this significantly affects the video quality. If you can record your performance in a space with good natural light, or have access to good quality photographic or stage lighting, the end result will be better. Please avoid coloured or moving lights in your videos too - we need to see you clearly.

Keep your footage as steady as possible:

If you can use a tripod or some other kind of camera mount, that would be ideal. If you do need someone to hold a camera or phone, please ensure you keep the video as stable as possible and avoid zooming in or out during the exam.

Take a look at the photos below, to help guide you when setting up to film your RSL graded syllabus exam:





Audio Guide for Video

The help videos will provide more detail, but following these simple guidelines should help you create videos with reasonable audio:

- Don't set your volume too loudly when using amplifiers or PA speakers. Mobile phones and video cameras record sound fairly well most of the time, but struggle with high volume sound sources. This can prove especially challenging when trying to record the sound of drums - so please read the Recording drums for RSL exams section below for further guidance
- Spend some time getting a good balance between your performance and the backing track. RSL needs to clearly hear your performance when examining, but equally we want your performance to feel connected to the accompanying backing track. It is worth experimenting and producing some test recordings to ensure the balance is good.
- Avoid very noisy or reverberant spaces. Your examiner wants to give your performance their full attention, so avoid recording your exam in a space where there is likely to be significant background noise. Also, whilst it may sound creatively pleasing, please avoid capturing your videos in very reverberant places. We want to hear as much of your signal as possible. If you do opt to use a microphone for vocal recordings avoid using excessive amounts of reverb and avoid long reverb times.

Whilst you can record reasonable audio using a mobile phone in most instances, there are a number of devices you may wish to consider if you want to ensure your audio is of a good quality. Please see below for a list of devices and apps that RSL recommends that can help you improve audio quality when creating your video exam.

Recording drums for RSL exams

The acoustic drum kit provides some challenges when trying to capture clear audio, especially when filming with a mobile phone. Whilst it is possible to record usable audio with a mobile phone with care, RSL highly recommends that drummers use a video device where they can have full control over the microphone's sensitivity and volume. Mobile phones do not allow you this control by default, so it is worth installing an app that gives that control, or using a microphone designed for use with a mobile phone that allows you to control the volume of the incoming signal. Please see below for a list of devices and apps that RSL recommends to help you improve audio quality.

We are also advising that, should you need to record your exam directly into a mobile phone, you avoid capturing your acoustic drum performance whilst playing to an audible backing track - the volume required will almost certainly make the recorded audio difficult to hear or result in audio distortion. In this instance, it is permissible for you to record a video of your drum exam with the backing track fed to you via either headphones or in-ear monitoring. RSL will synchronise the backing tracks to your performances for marking - but you will need to provide stick clicks in the second bar of the backing track count in, so we can easily synchronise the audio to the video. Please see the drum exam video video for a demonstration.

Alternatively, you may wish to consider performing your exam to video using an electronic kit. This provides some significant advantages, as you have will have control over your volume. Many electronic drum modules provide the facility to plug in an audio device directly and allow the user to blend a backing track with the drum kit. However, we recognise that many drummers will prefer to play acoustic drum kits during assessment, so this approach is entirely optional.

Recommended audio / video devices and apps

Microphone for use with mobile phones (check for handset compatibility):

- Zoom iQ7
- Shure MV88
- RØDE iXY
- RØDE VideoMic

Mobile phone video apps that allow manual control of audio:

- FV-5 (supported Android devices)
- Filmic Pro (IOS devices and some supported Android devices)

Dedicated video cameras for recording high quality audio:

- Zoom Q4
- Zoom Q2n

We hope this set of guidelines has helped you understand the RSL graded syllabus video exam process and provided a clear set of guidelines for capturing and submitting exam material. Should you require any further advice, please contact us on: online@ameb.edu.au