

COMPOSITION AND FRAMING

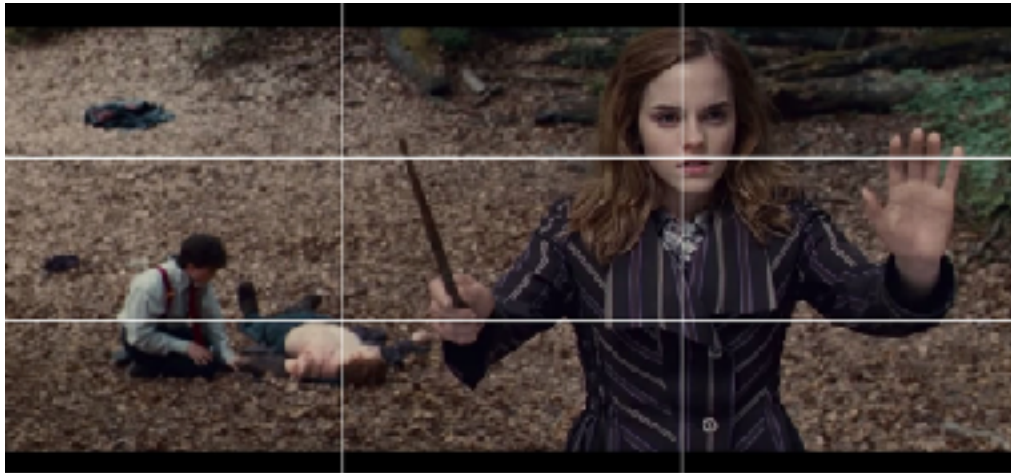
Composition refers to the arrangement of elements (subjects, scenery etc) in a frame/screen. Composition is fundamental to storytelling and engagement.

Before you begin, consider:

- What am I trying to say?
- What feeling, message, or experience do I want to convey?
- Aspect ratio - where will the video be viewed (Instagram, Facebook, YouTube etc). Should I hold my phone horizontally or vertically?
- Making a short list of the different shots you want to get before filming.

RULE OF THIRDS

- Most commonly used compositional rule.
- Divide an image into thirds with two horizontal and two vertical lines.
- The resultant grid has nine boxes (3x3) and four intersection points.



- When the most important elements of an image are positioned into these intersectional points, a more natural image is produced.
- This off-centre composition is usually where the eye goes first. It also gives the viewer the ability to interact with the space between subjects or objects.
- Where applicable, the horizon is placed on the top horizontal line or the bottom horizontal line.
- A Thirds Guide can be enabled on the FiLMiC Pro app (Go to Settings – Guide).

RULES OF FRAMING

A balanced frame includes elements on the right and left of the frame.

The size of your subject has a direct relationship to the importance of the subject.

Tight framing is a medium or close up frame of your subject. There is little room for movement and the frame may look cluttered. Loose framing, on the other hand, consists of long or wide shots. Subjects have 'looking room' and/or 'leading room' (room in a frame that is empty for them to look or move into).

Examine the space between the top of the subject's head and the top of the frame. Too much headroom doesn't translate well on screen and it also wastes frame space.

Everything in the frame is important, not just the subject. Is the background suitable? Is there anything in the frame which could distract or disrupt the continuity of the video? What about the lighting?

Pay close attention to the edges of the frame. Avoid having half objects in frame, especially people.

COMMON SHOT FRAMES

Single shot - captures one subject in a frame. Single shots may be framed in any shot size.



Two-shot – features two subjects in the frame. Although the shot is used to show reaction between subjects, they do not have to be positioned next to each other.



POV-Point of View Shot



Framing People

Avoid framing someone at the points where there is a natural join of the body, for example don't frame someone exactly at the waist, the neck or knee. In the example below the blue shows the best options for framing whereas the red shows framing that will work less well.

