

## Help Center / Vimeo Guidelines

A practical and ethical guide to using Vimeo (and attaining enlightenment).

### Community Guidelines

#### Be cool and play nice.

The Internet is a pretty cool place, but it also gives people the means to insult and/or harass others without taking full responsibility for their words. We request — nay, we insist! — that while you are on Vimeo you respect the people you encounter, as well as their videos. You are free to disagree and/or provide critical feedback, but please keep it respectful.

#### Don't spam or disrupt Vimeo.

The best way to encourage others to watch your videos is to participate in the community — join **groups**, follow other members and **channels** related to your interests, and leave thoughtful comments on other members' videos. Don't send unsolicited mass messages or post promotional comments. Don't pay for views and likes. And please don't flood Vimeo with videos uploaded by a robot or a robot-like human in a manner that will disrupt people's experience here.

#### Don't be a creep.

Vimeo is an amazing place to connect with other people who make and love awesome videos. Don't abuse those connections with comments or messages that make the recipient feel uncomfortable, such as sexualized compliments or unwelcome advances. Make sure your user avatar and profile do not include nudity, explicit or gory images, spammy links, or details designed to impersonate any other person or business.

### V Video Guidelines

#### Upload only videos you created yourself.

- You must own or hold all necessary rights (copyrights, etc.) to your video.
- “So-and-so gave me permission” does not mean you created it.
- You can upload videos that you appear in or helped create (as director, DP, editor, musician, motion graphics artist, actor, etc.) as long as you have the necessary permissions from the copyright holders.
- Please add your role in the video description to avoid deletion.
- **Exception!** Members with paid subscriptions can upload videos they did not create as long as they hold the necessary rights and permissions.

#### You cannot upload certain types of content:

- No rips of movies, music, television, or any other third party copyrighted material. Read more about [copyright](#) and [fair use](#).
- No sexually explicit material or pornography. (Artistic and non-sexual nudity is allowed. [Read more](#).)
- You may not upload videos promoting products and services of an erotic nature. [Read more](#).
- No videos that are hateful, harass others, violate someone's privacy, or include defamatory or discriminatory speech. [Read more](#).
- No videos that depict or promote violent activity, extreme or real-life violence, self-harm, or cruelty toward animals. [Read more](#).
- No videos that make false or misleading claims about vaccination safety or claim that mass tragedies are hoaxes.
- You may not upload videos that promote fraudulent or dubious business schemes. [Read more](#).

### Violations

Violations of any Vimeo Guidelines may lead to the removal of your videos and/or your Vimeo account. [Learn how to report a violation](#)

## OUR COMMUNITY

Vimeo was founded in 2004 by people who wanted to share creative work and personal moments from their lives. As time went on, other likeminded individuals discovered Vimeo and helped build a supportive community covering a wide range of interests. In other words, Vimeo is a community of real, amazing humans, and the Vimeo Guidelines help us keep that magical humanity alive. We hope this environment inspires you to create and contribute in positive ways.



## MORE TO EXPLORE

### About Vimeo

Find out what makes us tick.

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### Help Center

Ask questions, read our FAQ.

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### Terms of Service

What you get out of Vimeo.

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### Privacy Statement

How we use (and usually don't use) your personal info.

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[+ More stuff to explore](#)

Thanks a billion for being a part of Vimeo and helping us keep the Internet's most awesome community of creative people really, uh, awesome. (You guys are the creative people — come up with something better!)

VIMEO	SOLUTIONS	APPS	RESOURCES	UPGRADE	COMPANIES
Pricing	Video Player	Vimeo for macOS	Help Center	Vimeo Plus	About
Upload	Create	Vimeo for iOS	Blog	Vimeo PRO	Jobs
Staff Picks	Privacy	Vimeo for Android	Video School	Vimeo Business	
On Demand	Collaboration	Vimeo Create for iOS	OTT Resources	Vimeo Premium	
Vimeo OTT	Distribution & marketing	Vimeo Create for Android	Developers	Vimeo Enterprise	
Site map	Monetization	Magisto	Students	Refer a friend	
	Live streaming		Guidelines		
	Analytics				
	Hosting & management				
	Enterprise				
	For Hire				
	Stock				