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# Help Center / Vimeo Guidelines

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

## A few words about our community

Vimeo was founded by filmmakers who wanted to share their creative work and personal moments from their lives. As time went on, likeminded people discovered Vimeo and helped build a supportive community of individuals with a wide range of passions. We hope that this environment fuels your own creativity and inspires you to contribute to the Vimeo community in positive ways.

## Uploading Guidelines

### 1. I will upload only videos I created myself.

- You must own or hold all necessary rights (copyrights, etc.) to your video.
- "I have permission" does not mean you created it.
- Directors, DPs, editors, musicians, graphic effects artists, and actors may upload works to which they have contributed significantly.
- Public domain videos are not allowed.
- Please add your role/involvement in the video description to avoid accidental deletion.

### 2. I will not upload videos intended for commercial use.

- Businesses may not use basic Vimeo or **Vimeo Plus** accounts to host their videos. Businesses may, however, use a **Vimeo PRO** account to host their videos so long as they comply with the **Vimeo PRO guidelines**.
- Exceptions are made for: Independent production companies, authors, artists, musicians, nonprofits, and actors who want to promote the work they have created.
- You may not upload videos containing ads that are displayed before, during, or after the video unless given prior written permission from an authorized member of the Vimeo staff. Videos with advertisements in them will be removed.
- You may not upload videos pertaining to multi-level marketing (MLM), get-rich-quick schemes, cash gifting, work-from-home businesses, or any other dubious money-making ventures.
- You may not upload product promotions or sales videos such as real estate walkthroughs.
- Television stations may not use Vimeo to redistribute their programming.
- We reserve the right to allow the uploading of certain commercial content for businesses who have coordinated sponsored advertising campaigns or other partnerships with Vimeo.

### 3. I understand that certain types of content are not permitted on Vimeo.

- You may not upload sexually explicit material or pornography. Non-sexual nudity is allowed.
- You may not upload videos that incite hatred; include defamatory or discriminatory speech; or depict unlawful acts or extreme violence.
- You may post videos of yourself on TV, as long as you have permission to upload and the video depicts only your involvement in the program.
- You may not upload videos that are clips or compilations of scenes from TV programs or movies.
- You may not upload captures of video games or gameplay, even if edited. Machinima videos with a story are allowed, but must be labeled as such in the video description to avoid accidental deletion.
- Video game developers may post videos of their work in development, provided they cite their involvement in the video description (maps and mods to commercial games are not allowed). No commercial video game trailers are permitted.

## OUR SUPPORT TEAM



Blake



Andrea



Daniel



Sam



Matt



Mark



Katie



Ian



Derek



Riley



Tommy



Alex

We're here to help you 9AM-6PM Eastern, Monday to Friday.

## MORE TO EXPLORE

### About Vimeo

Find out what makes us tick.

### Help Center

Ask questions, read our FAQ, and browse the forums.

### Forums

A place to talk about all things Vimeo.

### Terms of Service

What you get out of Vimeo.

### Privacy Statement

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

[+ More stuff to explore](#)

## NEED HELP?

If you have questions about what's on this page, look here first: [Help](#) / [FAQ](#) / [Using the Vimeo website](#)

## Speech Guidelines

The Internet is a wonderful place, but we've noticed that it also gives people the means to insult and/or harass others without taking full responsibility for their words. 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 provide critical feedback, but please keep it respectful. If you wouldn't say it to someone's face, don't say it on Vimeo. And if you cannot conduct yourself in a respectful manner, you will be banished forever.

## Go forth and connect

Vimeo is not a sea of eyeballs that you must trick into watching your videos so you can rack up views. It's a vibrant community of intelligent and creative people, and so we strongly encourage you to find people who share your interests and connect with them. The more you interact with others, the more others will be interested in your work. So go ahead – get involved!

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Jobs

### Upgrade

**Vimeo Plus**  
Powerful tools to help your videos look their best.

**Vimeo PRO**  
Professional-quality video hosting for businesses.

**Thank you for trying  
the new Vimeo**

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