



# Head Room

People will be the most common subject you will be video taping.

Therefore, when they are being framed in the viewfinder, you should leave a slight space above their heads.

This space is called **headroom**.



Framing a person with the head at the very top of the viewfinder makes a poorly framed picture.



Too much head room also results in a poor framing.



Too much head room



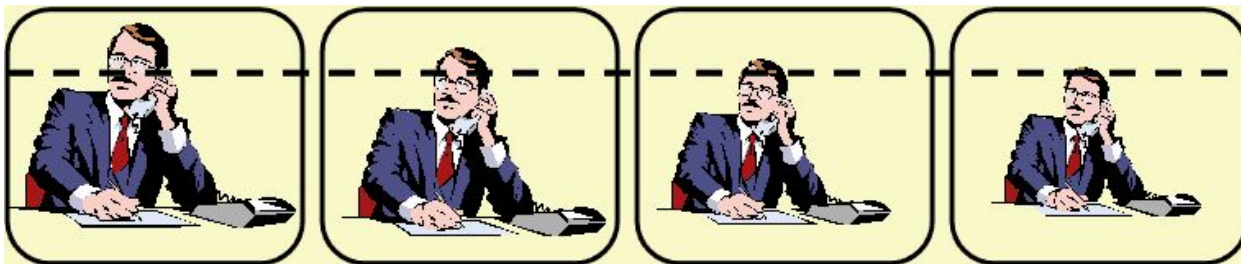
Too little head room



Correct head room



Head room should increase with longer shots



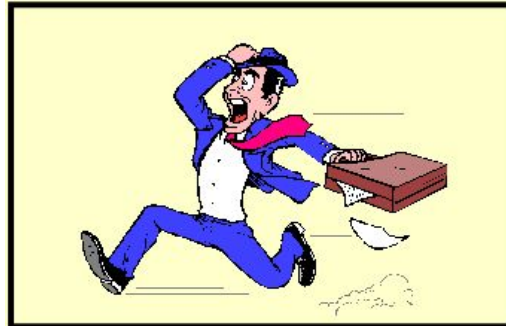
# Lead Room

Lead room is the space in front, and in the direction, of moving subjects or objects in a video scene.

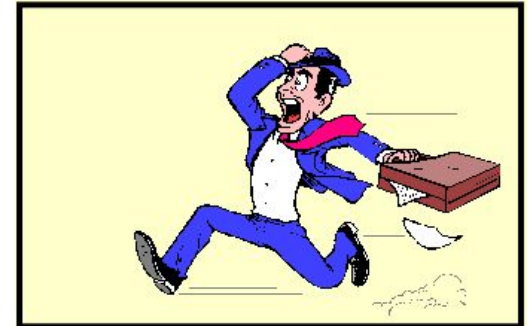
Well-composed shots leave space in the direction the subject is moving.



Too little lead room



Better lead room



Correct lead room

