



## One Movie Punch

**Site:** [onemoviepunch.com](http://onemoviepunch.com)  
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## REVIEW GUIDELINES

Here are some guidelines for writing your review:

- **RATING GUIDELINES** - Review the entire movie on a ten point scale. The following criteria is used by the podcast, but is only meant as a guide:
  - **Cast/Performances** - 20 points
  - **Script/Screenplay** - 20 points
  - **Director/Direction** - 20 points
  - **Sets/Costumes/Effects** - 20 points
  - **Meaning/Message** - 20 points
  - **Total** - Total / 10
- **ONE LINE REVIEW** - A single sentence to sum up the film. Used for social media.
- **OPENING PARAGRAPH** - The opening paragraph has a standard format to communicate key details about the film, including directors, writers, and a synopsis, along with a standard spoilers warning. Credit actors when referencing their characters the first time.
- **CONSIDERED PRAISE** - Try to be considered with any praise. It's okay to be excited about a movie, but listeners want to know why.
- **CONSTRUCTIVE CRITICISM** - Try to be constructive with criticism. It's okay to not like a movie, but articulate what you don't like.
- **ENDING PARAGRAPH** - The ending paragraph has a standard format, including two summary sentences, identifying the target audience, ratings from Rotten Tomatoes, Metacritic, and your rating, the MPAA rating and where it is currently available.
- **TRAILER SEGMENTS** - If you have specific clips you want used at each break, please let us know by linking to the appropriate trailer on YouTube, including timestamps.
- **LANGUAGE** - This podcast has the equivalent of a PG-13 rating for language and themes. Use judgment with obscene language and sexual topics.
- **TRIGGER WARNINGS** - This podcast identifies trigger warnings for topics that can cause potential emotional distress, including rape, domestic abuse, and suicide.
- **INCLUSIVENESS** - This podcast will not tolerate any form of discrimination. All reviews should be free of any discriminatory language or opinions.
- **ASK FOR CLARIFICATION** - If you are worried about any of the above guidelines, feel free to contact us ahead of time. I'll answer your questions right away.



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## RECORDING GUIDELINES

Here are some guidelines for recording your review:

- **EQUIPMENT** - Make sure you have the right equipment to obtain a clean voice recording. The recommended setup is a microphone or headset plugged into a laptop using recording software. Feel free to use another setup as long as it captures a quality audio recording.
- **SOFTWARE** - Make sure you have the right software to obtain a clean voice recording. Most operating systems offer free or low-cost applications to capture and edit audio files. Feel free to use whatever software captures a quality audio recording.
- **TEST YOUR SETUP** - Make sure to test your audio setup by recording and playing back a short test message. This will help you tweak the necessary settings to capture the best voice possible for your setup.
- **PREPARE FOR RECORDING** - Prior to recording, make sure you have your equipment and software ready and the script open.
- **RECORD IN ONE TAKE** - Record your entire review in one take, with pauses between paragraphs for trailer segments.
- **KEEP GOING** - If you make a mistake, start over from the beginning of that sentence or section. Mistakes can be cut later during editing.
- **STICK TO THE SCRIPT** - The podcast is a scripted show, so we can offer the transcript with each episode. Make sure the final transcript matches the recording.
- **SOUND EDITING** - You are welcome to edit the audio as you see fit, as long as any content is original or falls under fair use. Voice only portions will have background music placed behind it. Clean edits appreciated, but not required.

## SUBMISSION GUIDELINES

Here are some guidelines for submitting your review:

- **GATHER YOUR FILES** - Get all your files together for the review, including:
  - **FINAL TRANSCRIPT** - Final copy of your review script, matching the audio file submitted.
  - **FINAL REVIEW AUDIO** - Final copy of your audio review, between three and five minutes.
  - **FINAL GUEST INFO SHEET** - Used for tweaks/promotion.
  - **FINAL 30 SECOND PROMO** - A promo to run prior to the review.
- **UPLOAD TO ONE MOVIE PUNCH** - Upload the files at Hightail/OpenText to [onemoviepunch@gmail.com](mailto:onemoviepunch@gmail.com). I'll reply back upon receipt, just so you know they made it!