



# UEFA Guidelines for Press Conference Room Lighting

Broadcast-level

## Scope of the document

*Purpose of this document is to provide basic guidelines for illuminating a press conference room for broadcasting purposes. Other UEFA requirements for press conference rooms can be found in respective competition manuals.*

## Quality of light

Only soft light should be used, preferably with LED-lamps to avoid excessive power consumption and heating of the press conference room. Uniform horizontal and vertical light level of 450 to 600 lux should be projected on full width of the head table and backdrop.

The colour temperature should be adapted to the room set-up. Where the press conference room has sources of natural light, 5 600 Kelvin should be used for illumination. If there is no natural light, the preferable option is 3 200 Kelvin, as it works better for human skin colour. Only one colour temperature should be used, without mixing different Kelvin-levels.

## Positioning of light

Press conference lights should be positioned in a way that they do not create an obstruction between the head table and camera podium at the back of the room. Lights should not shine directly in the eyes of the participants, and they should not be placed directly above the heads in order to avoid shadows. The ideal inclination for the lights is between 25 and 45 degrees. In addition, vertical background light with 300 lux and 5 600 / 3 200 Kelvin, aligned with the colour temperature of the head table lights, should be positioned to illuminate the backdrop and to avoid shadows.

