The 180° rule

Set your shutter once. Stop guessing.

THE RULE

Shutter speed = 1 ÷ (2 × frame rate)

QUICK TABLE

24 fps	**1/48** (use 1/50)
25 fps	**1/50**
30 fps	**1/60**
50 fps	**1/100**
60 fps	**1/120**

WHAT YOU SEE



Slower than the rule (e.g. 1/25)
More motion blur, dreamy, soft.



On the rule (1/50 at 24/25 fps)
Natural motion blur, the “film” look.



Faster than the rule (e.g. 1/500)
Sharp frames, choppy motion. Good for action and slow motion.

3 QUICK TIPS

01 Too bright? Add an ND filter. Do not raise the shutter speed.

02 Indoors under artificial light: match the mains frequency (50 Hz = 1/50, 60 Hz = 1/60) to avoid flicker.

03 Change shutter on purpose, not by accident: write it on your shot list.

MISTAKE TO AVOID

Shooting at 1/4000 in daylight “because it’s bright”. Result: stuttery motion. Use ND.