

## VIDEO ENTRY REQUIREMENTS – VIDEO UPLOAD

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### SPECS FOR VIDEO UPLOAD

**Maximum file size: 100MB per file**

**16:9 aspect ratio** - If the original content was formatted 4:3, please provide curtains (black bars on each side) which are most typically referred to as “pillar box” to accommodate appropriately for 16:9 playback.

**QuickTime (.mov)** file format specs that should be easily applied within your non-linear editing tool such as Final Cut Pro, Adobe Premiere or QuickTime Pro are:

### VIDEO SETTINGS

Frame Size:	720 x 405
Pixel Aspect:	1.0 – Square Pixels
File Format:	H.264
Extension:	.mov
De-Interlacing:	Always de-interlace
Frame Rate:	25fps
Frame Interval:	25 frames per keyframe
Bit Rate Type:	Constant
Bit Rate Kbps:	3000Kbps

### AUDIO SETTINGS

Audio Enabled:	Checkbox is selected
Audio Codec:	AAC
Channels:	Stereo
Sample Rate:	48khz
Quality:	High
Bit Rate:	128 kbps

### Important notes:

- **When naming a file, please do not use spaces or special characters.**  
We suggest using an underscore to represent a space.  
Example: chuck\_video\_from\_the\_beach.mov  
If submitting a second version of a video clip, please include V2 (for Version 2) in the name of the file.  
chuck\_video\_from\_the\_beach\_V2.mov
- Add a 2-seconds black to end frame.
- And when uploaded – the Entry # will be automatically tagged.