



## SPEC GUIDELINES FOR VIDEO UPLOADS

Maximum file size: **200MB per file**

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

### Standard Encoding Specs

These are general QuickTime specs that should be easily applied within your non-linear editing tool such as Final Cut Pro or Adobe Premiere. These settings can also be used in QuickTime Pro.

#### Video Settings

Frame Size:	1920 x 1080
Pixel aspect:	1.0 - Square pixels
Video Codec:	H.264
Extension:	.mov or .mp4
De-interlacing:	Always de-interlace any interlaced footage
Frame Rate:	25 fps / 29.97 / 30 fps
Bit Rate Type:	Constant
Bit Rate Mbps:	8 Mbps

#### Audio Settings

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: video\_from\_the\_beach.mov

## **Translations**

Due to the international composition of our judging panels, we must request that all non-English language entries provide English translations/subtitles for judging purposes.

**Please Note:** All submissions become the property of Promax to be used at their discretion. All relevant permissions and copyrights are assumed to be cleared by the entrant. We are not able to return any materials submitted for entry.

## **Do you have any awards questions?**

Please contact the Awards Department at:

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E-mail: [awards@promax.org](mailto:awards@promax.org)