

The **Sound** Company Ltd    Seven Sound Production Studios

## Video Format Requirements, December 2016 (v6)

\*Please deliver well in advance of the session if you can\*

As we use Macs/Pro Tools in our studios we require .MOV, .MP4 or .MPG/.MPEG files.

**When sending/using files remotely we have to consider the cost and time implications (for our clients and our workflow) of large file sizes due to high resolutions & high data rates.** Unnecessarily large files will increase your upload times – which may be crucial to meet a session start time, and may increase our download time (& charges) thus delaying the start of the session - generating extra studio costs/talent fees. In our opinion, Dropbox or Google Drive can be too slow.



### COMPRESSION TYPES AND DIMENSIONS FOR PRO TOOLS

**H.264** - Certain H.264 profiles can be processor intensive, causing Pro Tools to stutter/hang. **Please specify baseline profile & keyframes on every frame**

(These produce files that may be too large - DNxHD · Apple ProRes 422 · DV 25/50)

Generally 720p with split-track audio is preferred  
*clean voice/guide only, on right channel*

For ADR, 1080p is preferable for clarity of lip movements.

*Please don't send us higher resolution files. They may result in playback problems, session delays, and high download charges.*

**\*FYI We charge video download/ingest fees of £10 per 1GB\***

### FRAME RATE / BITC:

Frame rate is dependent on your project or regional broadcast specs.  
BITC is preferred, also with matching timecoded scripts

### VO REC TO PIC/ADR – SPLIT-TRACK AUDIO SPEC:

If we are not mixing your project, a MOV with embedded split-track audio is preferable.  
*We don't need the extra flexibility that an OMF/AAF provides.*

	LEFT CHANNEL	RIGHT CHANNEL
VO REC	M&E and production audio <i>(incl. sync dialogue, but not guide VO)</i>	Guide VO <b>only</b> <i>(no music, SFX or sync sound)</i>
ADR	M&E <b>only</b> <i>(no production or guide dialogue)</i>	Production & guide dialogue <b>only</b> <i>(no music or SFX)</i>
48kHz <i>sample rate</i> & 192Kbps or higher bit rate. <i>16 or 24 bit resolution PCM audio is usually not necessary and will increase file sizes.</i>		

### OMF/AAF FILES (for mixing & sound design):

OMF/AAF files need to be imported into Pro Tools, requiring set-up time.  
If we are mixing your project please allow for time spent restructuring the OMF before the mixing can begin. Embedded audio with at least 2 sec handles is preferred.

**Pro Tools sessions** – we deliver as Pro Tools 10 .ptx, please deliver only likewise to us.

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