



## SPEC GUIDELINES FOR VIDEO UPLOADS

### Maximum file size: 500MB 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 “pillarbox” 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

FrameSize:	1920 x 1080
Pixel aspect:	1.0 - Square pixels
VideoCodec:	H.264
Extension:	.mov or .mp4
De-interlacing:	Always de-interlace any interlaced footage
FrameRate:	25 or 29.97 or 30 fps
BitRateType:	Constant
BitRateMbps:	8 Mbps

#### Audio Settings

Audio Codec:	AAC
Channels:	Stereo
Sample Rate:	48 khz
Quality:	High
Bit Rate:	128 Kbps

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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 send your question to [admin@promaxasia.tv](mailto:admin@promaxasia.tv)