



Adobe Youth Voices Aspire Awards Video encoding requirements

MP4 Files: All video files rendered as MP4 must follow the rendering requirements listed below.	MOV Files: All video files rendered as MOV must follow the rendering requirements listed below.
<p>Video Settings</p> <ul style="list-style-type: none"> • Frame Size – Same as source • Frame Rate 1 to 1 • Format H. 264 • Field Order Progressive • Pixel Aspect Ratio Square (1) • Level 3.1 • Bitrate Encoding VBR 2 pass • Target Bitrate 8 Mbps • Maximum Bitrate 8 Mbps • Keyframes (every 1 sec) <p>Audio</p> <ul style="list-style-type: none"> • Codec AAC • Channels Stereo • Frequency 48kHz • Bitrate 256kbps 	<p>Video Settings</p> <ul style="list-style-type: none"> • Video Codec: h264 • Quality: 100 • Frame Rate: Same as Source • Field type: Progressive • Aspect: Square Pixels (1.0) <p>Audio</p> <ul style="list-style-type: none"> • Codec: AAC • Sample Rate: 48kHz • Channels: Stereo