



In order for Syncro Services to process and deliver your content correctly, it is required that your files conform to the following specifications. If these specifications are not met, delays may result and content may be rejected.

In the case of revised uploads please add "**_rev(revision number)**" e.g. ISCI_rev1.mov

Layout:

- 8 seconds of slate/silence with countdown starting at 10.
- 2 seconds of black, with 2 pop.
- Spot must begin on the first frame of the 10th second: (frame 300 @ 29.97 fps, frame 240 @ 23.98fps).
- Exactly one second of black at the end of spot.

← 8 sec. Slate → 2 sec. Black ← Content example → 1 sec. Black

Correct File Durations for Common Spot Lengths

15 second spot:	26 second file, (780 frames @ 29.97, 623 frames @ 23.98).
30 second spot:	41 second file, (1230 frames @ 29.97, 983 frames @ 23.98).
45 second spot:	56 second file, (1680 frame @ 29.97, 1343 frames @ 23.98).
60 second spot:	71 second file, (2130 frames @ 29.97, 1703 frames @ 23.98).

Audio:

- All audio levels must be CALM act compliant. Target loudness should be -24 LKFS.
- Variations of approximately 2db are acceptable.

File Name:

- File name should include only ISCI code, with no spaces or special characters.
- If HD, the ISCI code/filename must end in "H"

*Please refer to individual format pages, for detailed file specification requirements.

212-273-0500

333 7th Ave NY NY 10001 www.syncroservices.com



Description Requirements

Video

Container	.mov
Frame Size	1920 x 1080
Frame Rate	23.976 (preferred) or 29.97
Bit Rate	220 Mbps
Field Order	23.976= None / 29.97= Upper Field First
Accepted IRE	-5 to 110
range Black Level	0% / 0mv
White Level	100% / 700mV
Aspect Ratio	16:9
Title Safe / Center Cut 4:3	SMPTE RP 218
Title Safe / Center Cut 16:9	SMPTE RP 2046-1

Audio 2 Channels

Channel Layout	Stereo
Channel 1	Left
Channel 2	Right
Bit Depth Sample	16, 24
Rate Minimum	48khz
Bit Rate Audio	192kbps
Codec	PCM

Audio 8 Channels

Channel Layout	Surround
Channel 1	Left
Channel 2	Right
Channel 3	Center
Channel 4	Low Frequency Effects
Channel 5	Left Surround
Channel 6	Right Surround
Channel 7	Stereo Left
Channel 8	Stereo Right
Bit Depth	16, 24
Sample Rate	48khz
Minimum Bit Rate	384kbps
Audio Codec	PCM



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HD Apple ProRes 422HQ HD Apple ProRes 422HQ

212-273-0500

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<u>Description</u>	<u>Requirements</u>
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Video

Container	.mov
Frame Size	720x486
Frame Rate	29.97
Field Order	Lower Field First
Accepted IRE range	-5 to 110
Black Level	7.5 IRE
White Level	100 IRE
Aspect Ratio	4:3
Title Safe / Center Cut 4:3	SMPTE RP 218

Audio 2 Channels

Channel Layout	Stereo
Channel 1	Left
Channel 2	Right
Bit Depth	16, 24
Sample Rate	48khz
Minimum Bit Rate	192kbps
Audio Codec	PCM

8 Bit Uncompressed



<u>Description</u>	<u>Requirements</u>
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Accepted IRE range	-5 to 110
Black Level	7.5 IRE
White Level	100 IRE
Aspect Ratio	4:3
Title Safe / Center Cut 4:3	SMPTE RP 218

Audio 2 Channels

Channel Layout	Stereo
Channel 1	Left
Channel 2	Right
Bit Depth	16, 24
Sample Rate	48khz
Minimum Bit Rate	192kbps
Audio Codec	PCM

SD Apple ProRes 422HQ