

Apple Quicktime Prores

video codec: **Prores 422HQ / Prores 444**

bit depth: **10/12 bit**

chroma subsampling: **4:2:2 / 4:4:4**

container: Quicktime **(.MOV)**

field order: **Progressive /**

Interlaced(top field first)

frame size: **1920x1080**

frame rate: **25fps**

color space: **Rec709**

RGB (Prores 444 only)

audio codec: **PCM**

sample rate: **48kHz**

sample size: **24bit**

channels: **Stereo**

loudness standard: **EBU R128**

integrated: -23 LUFS ± 0.5 LU

maximum short term: -20 LUFS

maximum momentary: -15 LUFS

maximum true peak level: -1dbTP

HD

DNxHD

video codec: **DNxHD 185x**

bit depth: **10 bit**

chroma subsampling: **4:2:2**

container: Quicktime **(.MOV)**

field order: **Progressive /**

Interlaced(top field first)

frame size: **1920x1080**

frame rate: **25fps**

color space: **Rec709**

audio codec: **PCM**

sample rate: **48kHz**

sample size: **24bit**

channels: **Stereo**

loudness standard: **EBU R128**

integrated: -23 LUFS ± 0.5 LU

maximum short term: -20 LUFS

maximum momentary: -15 LUFS

maximum true peak level: -1dbTP

Apple Quicktime Prores

video codec: **Prores 422HQ**

bit depth: **10 bit**

container: Quicktime **(.MOV)**

field order: **Progressive /**

Interlaced(bottom field first)

frame size: **720x576/1024x576**

frame rate: **25fps**

color space: **Rec601**

audio codec: **PCM**

sample rate: **48kHz**

sample size: **24bit**

channels: **Stereo**

loudness standard: **EBU R128**

integrated: -23 LUFS ± 0.5 LU

maximum short term: -20 LUFS

maximum momentary: -15 LUFS

maximum true peak level: -1dbTP

SD

Uncompressed

video codec: **Quicktime Uncompressed**

bit depth: **8 bit**

container: Quicktime **(.MOV)**

field order: **Progressive /**

Interlaced(bottom field first)

frame size: **720x576/1024x576**

frame rate: **25fps**

color space: **Rec601**

audio codec: **PCM**

sample rate: **48kHz**

sample size: **24bit**

channels: **Stereo**

loudness standard: **EBU R128**

integrated: -23 LUFS ± 0.5 LU

maximum short term: -20 LUFS

maximum momentary: -15 LUFS

maximum true peak level: -1dbTP

All TV commercials must be frame accurate (cut to the whole second) / Safe action 90%, title safe 80%

Every submission through the Abis DDS platform will be subject to automatic / operator QC check.

Depending on the TV station's specifications, your content may be reformatted to fit a 4:3 container.