

### **Video:**

Format            MXF OP1a

Video Codec    XDCamHD (4:2:2)

Resolution      1920 x 1080

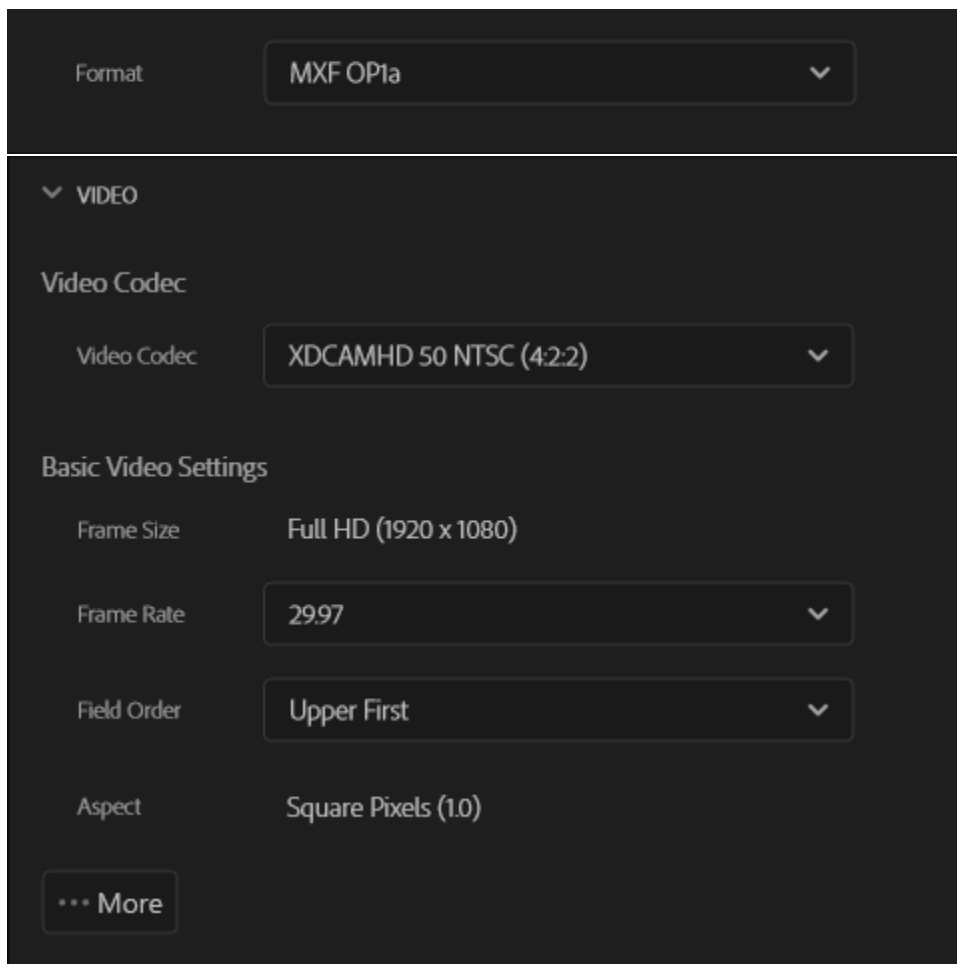
Frame rate      29.97 fps

Field Order     Upper Field First

Timecode       Drop Frame

- Starting Time code should be (01:00:00;00 or 00:00:00;00)
- Program should start and end with one frame of black

Video Levels    0-100 IRE



*Video export settings available in Adobe Premiere Pro*

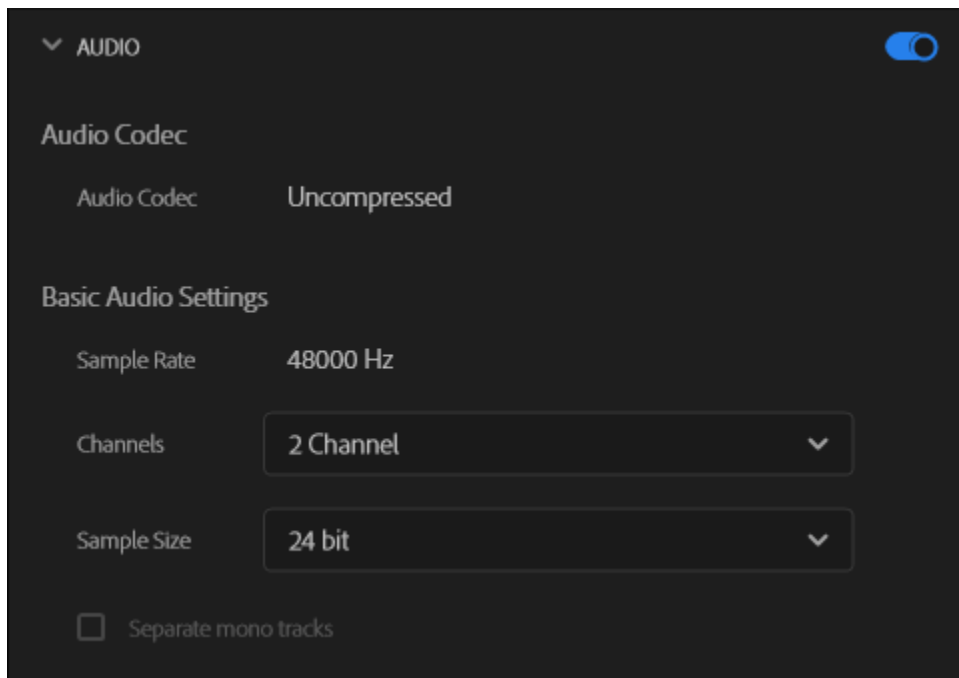
**Audio:**

Format            2-channel stereo  
Audio Codec    PCM, Uncompressed  
Sample Rate    48 KHz/48000Hz  
Bit Depth       24 Bit

**General Audio Requirements:**

- Peak audio levels at -12 to -8 dBFS
- Average loudness across stream duration of -24LKFS +/-2dB

**Note:** Loudness is measured using ITU BS.1770-3 weighting for the duration of the show



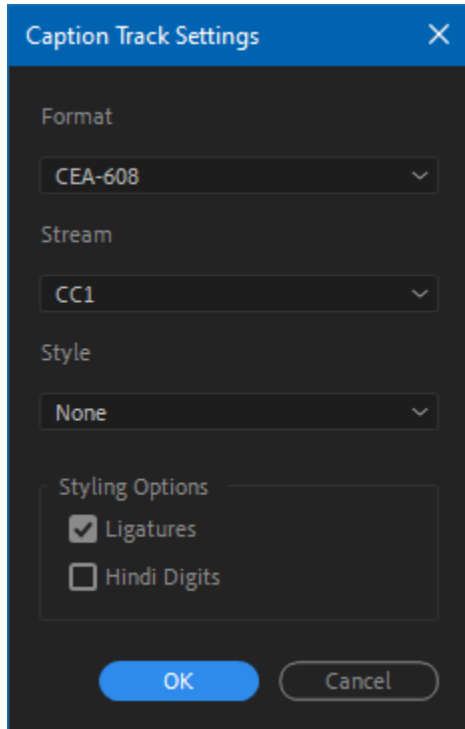
*Audio export settings available in Adobe Premiere Pro*

### **Closed Captioning:**

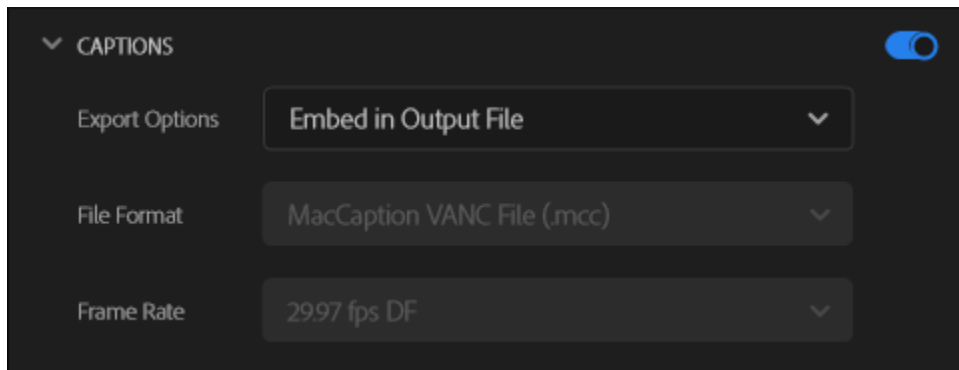
CEA-608 closed captions are required.

Embedding in the export file is preferred (see export settings screenshot below), but any sidecar file of .mcc, .scc, or .srt format is acceptable.

Reposition captions covering important text or a speaker's eyes or mouth.



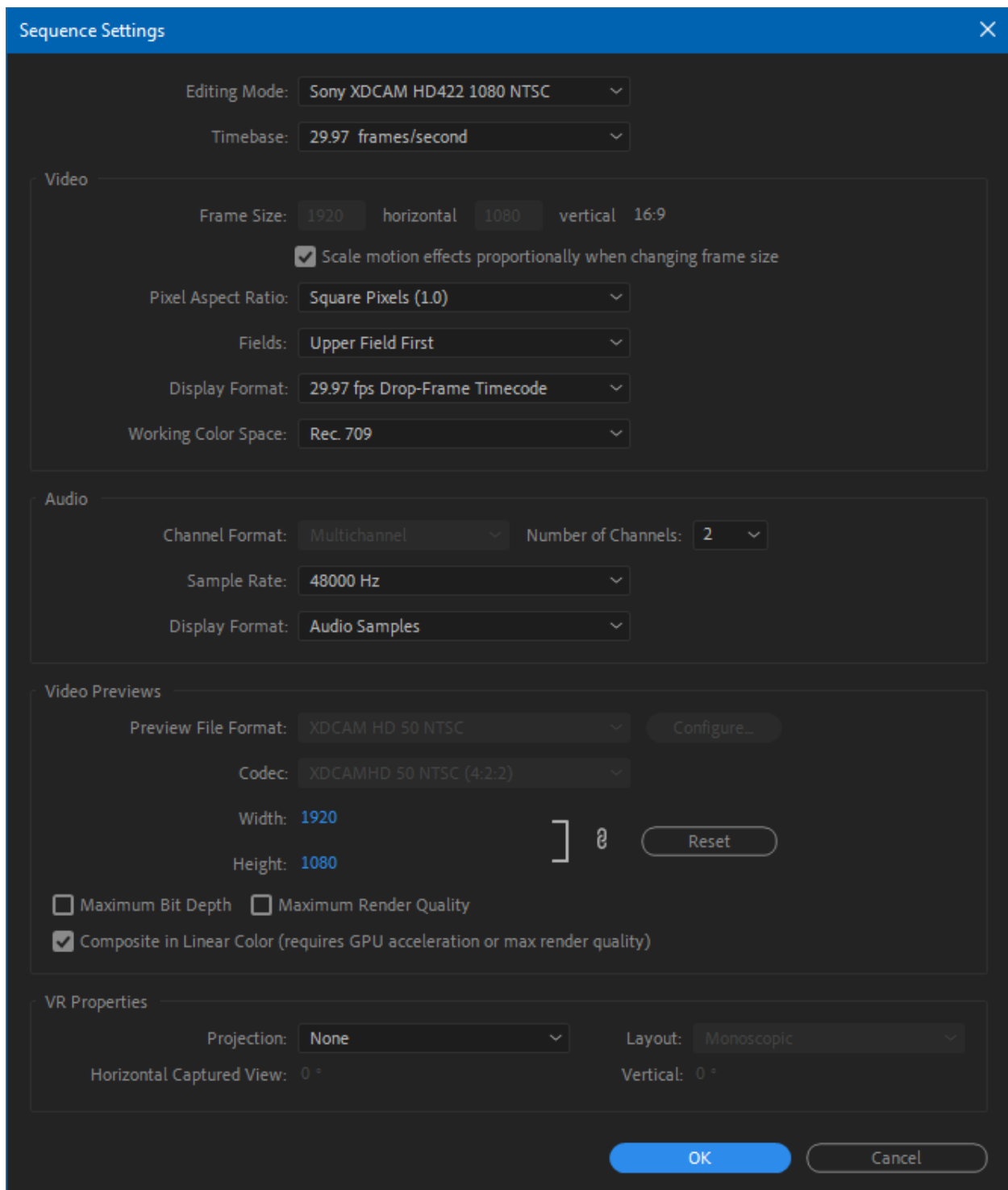
*Closed caption track configuration settings available in Adobe Premiere Pro*



*Closed caption export settings available in Adobe Premiere Pro*

We can test your file prior to routine submission. Test file length can be from 2-10 minutes.

**Recommended editor sequence settings:**



Recommended editor sequencing settings from Adobe Premiere Pro