

SHE Films Distribution

Submission Guidelines

For distribution through our YouTube, we need your film to meet some basic guidelines, which are taken directly from YouTube's help pages. (support.google.com/youtube/answer/1722171)

Container: MP4

- No Edit Lists (or the video might not get processed correctly)
- moov atom at the front of the file (Fast Start)

Audio codec: AAC-LC

- Channels: Stereo or Stereo + 5.1
- Sample rate: 96khz or 48khz

Video codec: H.264

- Progressive scan (no interlacing)
- High Profile
- 2 consecutive B frames
- Closed GOP; GOP of half the frame rate
- CABAC
- Variable bitrate — no bitrate limit is required
- Chroma subsampling: 4:2:0

Frame rate:

- Content should be encoded and uploaded in the same frame rate it was recorded
- Common frame rates include: 24, 25, 30, 48, 50, 60 frames per second (other frame rates are also acceptable)
- Interlaced content should be deinterlaced before uploading. For example, 1080i60 content should be deinterlaced to 1080p30: 60 interlaced fields per second should be deinterlaced to 30 progressive frames per second

Video resolution and aspect ratio:

- The standard aspect ratio for YouTube on a computer is 16:9. When uploading other aspect ratios such as vertical or square, the player automatically adapts itself to the size of the video. This setting gives the best viewing experience based on the aspect ratio and device.

Colorspace:

- YouTube recommends BT.709 as the standard color space for SDR (Standard Dynamic Range) uploads.