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## Recommended TVC Specs

Tickle Media accepts a wide range of video formats and offers a variety of delivery options for your TVC, whether it's delivered on a Digital Betacam tape or a digital file upload. If your chosen delivery method is a video file, we recommend encoding your TVC to the following specifications for best results.

### **Standard Definition PAL**

**Resolution:** 720x576, 16:9 anamorphic

**Frame Rate:** 25fps, interlaced or progressive

**Audio:** Stereo, levels below -7.8dB

**Format:** Quicktime MOV

**Codec:** Apple ProRes 422 \*

\* If you're working on a Windows system, a high quality H.264 is a good alternative.

Please provide a slate (JPEG file or embedded in video) with the following information:

**Key Number**

**Title**

**Client**

**Production Company** (if applicable)

**Frame Rate**

**Aspect Ratio**

**Sound**

**Date**

Audio must be OP59 compliant. This must be written as 'OP48 Compliant' on the slate.