

# **The One Club Digital Upload - Standard Tutorial**

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## **Compressor**

This is the 2010 One Show Digital Upload Preparation Standard Tutorial for Apple's Compressor application. This guide will walk you through the process of compressing your One Show Entry using the video specifications for submitted digital work - as outlined on The One Club's entry site.

For this guide Apple's Compressor version 3.5.1 was used. While all versions of Compressor are similar some features, menus, and buttons may be different if your version of Compressor is older than 3.0.



## **Step 1 - Export Your File**

First, export your video entry from your editing program of choice, or obtain the source video from your company's archives department. It is important that this source video be at maximum quality possible, as you will be compressing the information in the following steps.

If the video is obtained from a video department it may already be compressed. Check with your video department and verify that the file meets The One Club video guidelines (a checklist is provided at the end of this document). If the file already meets the guidelines there is no need to compress it further.

## **Step 2 - Add File to Compressor**

Next, add the file to Compressor. Open the Compressor program and drag your source file into the Compressor drop bin (*see figure 2.1*). You can also add a file by clicking on the "Add File" button in the top left-hand corner of the Compressor program.

If you are compressing multiple files you can add as many files to the Compressor Drop Bin as you would like, then apply the same setting to all files and compress them all as one batch.

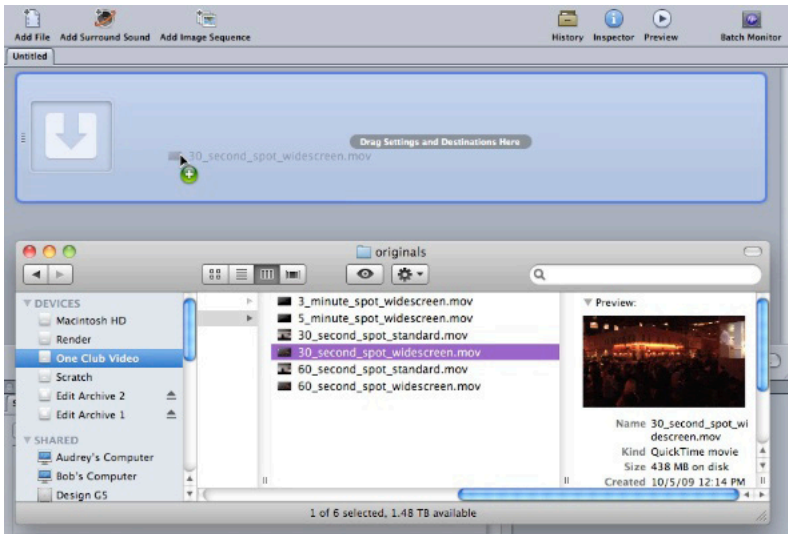


Figure 2.1 - Drag your file into the compressor drop bin.

## Step 3 - Apply H.264 Compression

To select the compression setting navigate to the *Apple Folder* - then *Formats* - then *Quicktime* - then *Quicktime H.264*. Drag this setting onto your file above. (If applying the setting to multiple files, do not drag it onto the files yet. Just click on the setting in the Settings window)

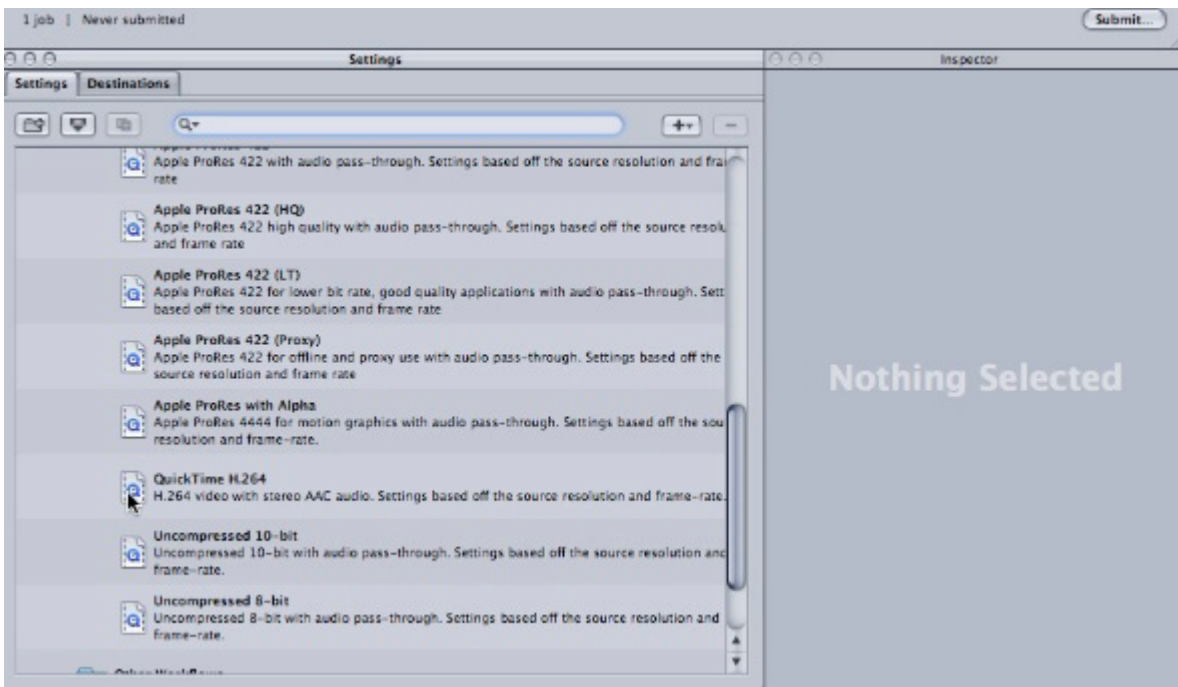


Figure 3.1 - Select Quicktime H.264 and drag it onto the file in the bin above.

## Step 4 - Edit The Default Settings

The next step is to tweak the settings to meet The One Club guidelines. With the file selected in the upper pane, navigate down to the Inspector Window. Click on the Encoder button and then on the Video Settings button.

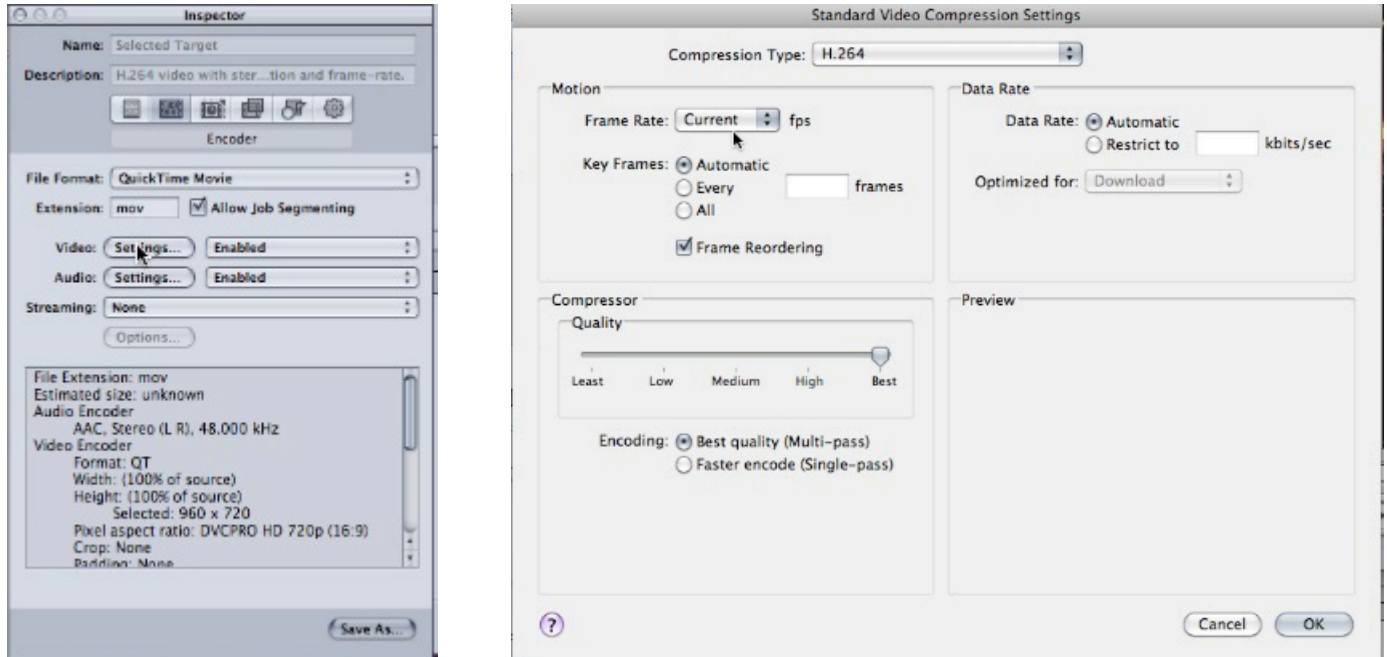


Figure 4.1 - In the Inspector Window click on Video Settings.

Set the Frame Rate to 29.97 frames per second. On the right side of the window change the Data Rate from *Automatic* to *Restrict To*. And set the Data Rate to 4096 kbits/sec. Then click OK. Next click on the Audio Button to edit the audio settings for the file.

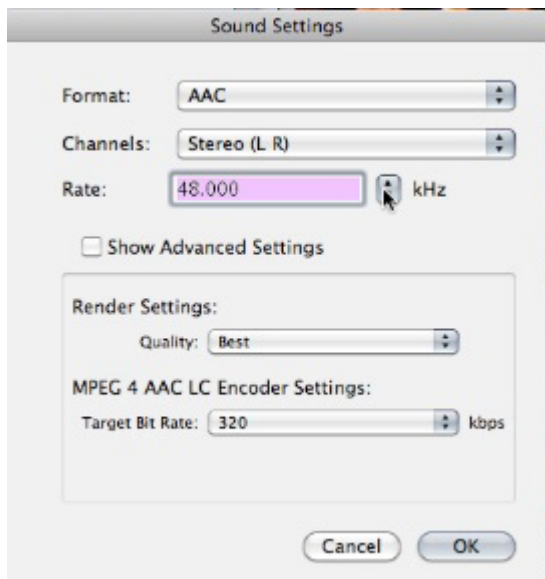


Figure 4.2 - Edit the Audio Settings for the file by clicking on the Audio Button in the Inspector Window

Set the Rate to 44.1 kHz and the Target Bit Rate to 64. Click OK to finalize these settings.

Next click on the Frame Controls button in the Inspector Window. Frame Controls are used to manage image stability during the compression process. They allow for higher compression while maintaining quality.

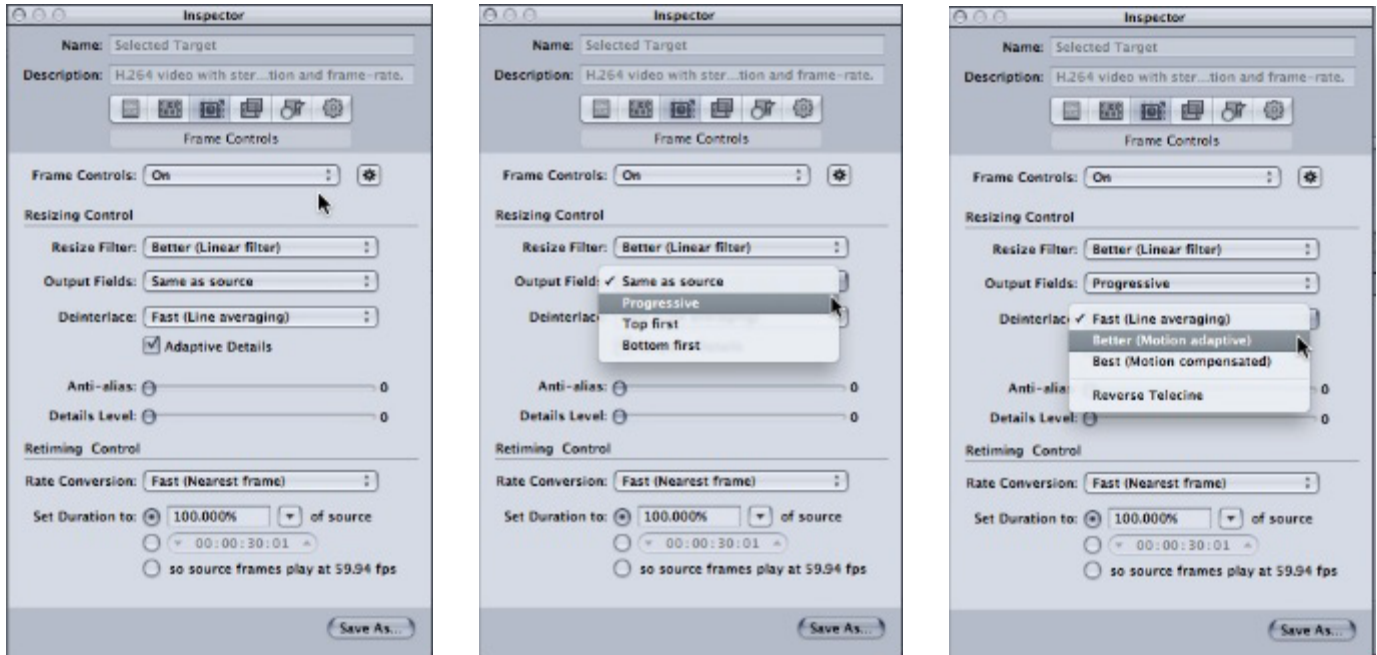


Figure 4.3 - Use Frame Controls to maintain high quality video during compression.

Turn frame controls on by clicking the Frame Controls wheel and then selecting on. Change the Output Fields option to *Progressive* (see Figure 4.3 above). Then change the Deinterlace option to *Better (Motion Adaptive)*.

Lastly, Click on the Geometry button in the Inspector Window. The Geometry tab controls the size of your output video. For The One Club Standard entry set the Frame Size to *Custom 4:3*, with a frame size of 720 x 480\*

*\*Note - 720 x 480 is based on a source file captured in NTSC CCIR/DV setting. Your end frame size may be slightly different based on the source material. With Custom 4:3 selected Compressor will automatically change your height based on the width that you input. Set your width to 720 and allow Compressor to auto-select the height. Your end result may be 720 x 405 or some other variation.*

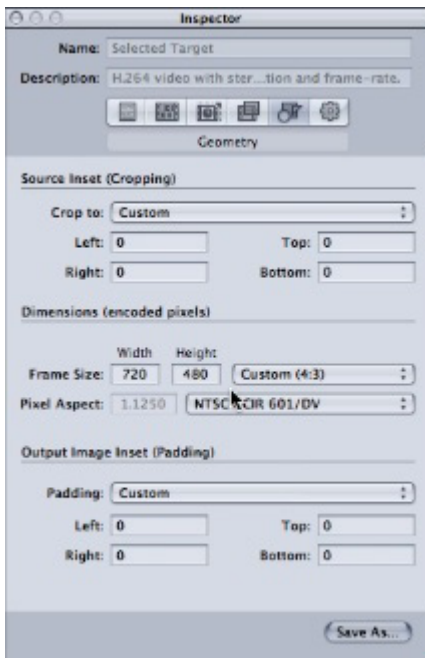


Figure 4.4 - Change your Geometry settings to Custom 16:9 with a frame size of 960 x 720

## Step 5 - Save Settings and Export

The final step is to save these modified settings as a template for future use. Click on the *Save As...* button and give the settings a custom name that you will remember. Compressor saves this file in the Custom folder in the Settings Window.

If you are applying this custom setting to multiple files navigate to the Custom Folder, select your Saved Setting and drag it onto each file in the Drop Bin window above.

Now that your files are ready to export, click on the *Submit* button in the Drop Bin pane. Then click *Submit* again when the popup window appears. Then allow Compressor to process the files. Once complete check the files to verify quality. The files are now ready for uploading via The One Club Digital Upload Service.

# Video Settings Checklist

Below is a complete checklist of all Video Settings for The One Club Digital Upload Service.

## **Standard Entries**

*Format* – H.264 Quicktime Movie (mov) with AAC audio at 44.1 kHz

*Frame Size* – 720 x 405 (or equivalent)

*Frame Rate* – 29.97 fps

*Data Rate* – 4 MB/s

*Average Size* – 1 MB per 1 second of video (30 seconds should equal about 30 MB)

## **Maximum File Sizes**

*30 Second Spot* - 40 MB

*60 Second Spot* - 80 MB

*90 Second Spot* - 110 MB

*3 Minute Video* - 200 MB

*5 Minute Video* - 325 MB

## **Estimated Upload Times\***

*30 Second Spot* - 7 minutes

*60 Second Spot* - 15 minutes

*90 Second Spot* - 25 minutes

*3 Minute Video* - 45 minutes

*5 Minute Video* - 75 minutes

*\*Note - estimate transfer times are based on your connection and server load. Above estimations based on a standard 1 MB/sec cable connection. Your speeds may vary, with slower connections taking up to 5 minutes per 1 MB of video and faster connections taking less than 30 seconds per 1 MB of video.*