

Compression Guidelines

Codec

Choose H.264 for the video codec. Choose AAC for the audio codec.

Frame rate

This is usually 29.97 for USA/Japan/Canada, while in Europe and rest of the world it's usually 25. If there is an option that says "current" just go with that.

Keyframes

Every 30 frames. This is basically how often the compressor references your uncompressed video.

Data rate

1800 kbits/sec for standard definition 4:3 video , 2500 kbits/sec for widescreen DV, or 5000 kbits/sec for high definition. Making these numbers higher will increase both quality and size.

Size

640x480 for standard definition 4:3 video, 872x480 for widescreen DV, or 1280x720 for high definition. It is also best to export 1920x1080 or 1440x1080 video as 1280x720 too.

Deinterlace

Yes. If you do not deinterlace, you will often get weird-looking horizontal lines in your video.

Sound sample rate

44.100 kHz

Audio quality

You want audio with a bit rate of 128 kbps. You can set your audio to really good quality without increasing file size too much.