



Video Submission Guide

How to Submit Videos to CAN TV

1. Fill out a Program Scheduling Request for **each** video and a CAN TV Policy Agreement.
(Available at cantv.org/forms)
2. Must be at least 18 years old and have proof of Chicago residency. If representing a Chicago nonprofit, must provide letter from the nonprofit's senior management authorizing you to submit on its behalf, along with proof of organization's nonprofit status (articles of incorporation).
3. Submit videos online or in person:
 - Online: must have a Gmail account at registration. A shared folder will be provided for uploading video and necessary paperwork.
 - In person: drop off DVD of video with all necessary paperwork. Use a permanent marker to write on the DVD: a.) your name, b.) program title, and c.) subtitle/episode number

**Questions? Call 312-738-2845
or email traffic@cantv.org**

Your videos:

- Cannot advertise, mention, or endorse commercial businesses, products, or services
- Cannot violate copyright, privacy, libel, or other laws

Video File Specifications

Exporting video from edit program:

- No more than 4 seconds of black video before and/or after the program
- File format: .mp4 or .mpg
- Bitrate Type: Constant
- Video resolution:
 - TV standard: NTSC (North American)
 - Frame width: 1280 pixels
 - Frame height: 720 pixels
 - Pixel aspect ratio: 16:9
 - Frame rate: 59.94
 - Bitrate: Between 6-8 Mbps
 - Bitrate Encoding: CBR (constant)
- Audio:
 - .mp4 file: AAC
 - .mpg file: Layer- MPEG-1, Layer II
Mode- Stereo
Frequency- 48kHz