Methods/Examples for Using RioVista-Media 1080/60i (29.97) HDV Clips in 24fps Projects

You can certainly use our 1080i footage in your 720p projects. Right below this section you'll find a couple of simple methods for doing this using either QuickTime Pro v.7.x (we used v7.2) or After Effects CS3. Also, there are some 3rd party solutions purported to work well (conversion/transcoding applications such as Pegasys TMPGenc and Grass Valley Procoder, or the 'Magic Bullet Suite' plugin from Red Giant). And of course, your NLE probably already does the job (Avid, Premiere Pro, Final Cut Pro, Edius, NewTek SpeedEdit, and Sony Vegas all have built-in methods for integrating different formats).

Here are the methods we have tested successfully using, QuickTime Pro, Adobe After Effects, and Premiere Pro CS3. We offer these methods as an example only. Also, **if your project is setup for progressive scan mode**, **you may need to add the step of de-interlacing.** Also, you may wish to speed the clip up by 5 to 15%.

1. **Method 1, using QuickTime Pro v7.2:**
   a. Open the target 1080i HD/HDV clip in QuickTime Pro.
   b. **Save As** to a new filename, so as not to overwrite the original
   c. Select **File/Export** (be sure you are exporting QuickTime Movie to QuickTime Movie), then select Options
   d. In '**Options'** select the Frame Rate of **24fps**. Select 'Best' for Quality (set Key Frames & Data Rate to 'Automatic'). NOTE: This will actually set the new frame-rate to **23.98**.
   e. Click OK in and then select '**Size'**. In 'Size' select **HD 1280 x 720 16:9**. Everything else in this dialog should be unchecked. Click OK and then proceed to Export the file. That's all there is to it. This file will now import into an Adobe CS3 720p project with the correct full widescreen aspect and frame-rate. The lower frame-rate will slow any motion a little (if this is a problem, just speed it up by about 5-15%, for example).
   f. In this example you have created a new clip that conforms to the 720/24fps standard.

2. **Method 2, using After Effects Pro CS3:**
   Note that a basic familiarity with After Effects is assumed.

   a. Import the target 1080i HD/HDV clip into After Effects CS3
   b. Select the clip in the Project window and then select **File\Interpret Footage\Main**.
   c. In the Interpret **Footage\Main** dialog, click-on '**Conform to Frame Rate**' and then enter the frame rate of **24**.
   d. Next, drag the clip into the Composition icon (located along the bottom of the Project window) to create a new composition that conforms to the target clip. The target clip will now appear in the timeline.
   e. Next, click-on the Composition item in the main Project window, and then select '**Composition Settings**'. In this dialog you will set width to **960** and height to **720**. The pixel aspect ratio will be **HDV 1080/DVCPRO HD 720 (1.33**). Frame-rate should be **24**. Click OK.
   f. Finally, click-on the clip within the timeline itself and then select **Layer/Transform** and **Fit to Comp Width**. Export as an AVI or H.264 (using Composition/Make Movie). That's all there is to it. In this example you have created a new clip that conforms to the 720/24fps standard.