

# Frame Rate (FPS) Reference Card

When to use each frame rate for video editing, streaming, and content creation

## FRAME RATE COMPARISON

| FPS      | Best For                        | Look & Feel                       | File Size  |
|----------|---------------------------------|-----------------------------------|------------|
| 24 fps   | Cinema, film, narrative         | Cinematic, filmic motion blur     | Smallest   |
| 25 fps   | PAL broadcast (Europe)          | Same as 24fps, PAL standard       | Smallest   |
| 30 fps   | Web, social media, vlogs        | Smooth, natural digital look      | Small      |
| 48 fps   | HFR cinema (The Hobbit)         | Smoother than 24, still cinematic | Medium     |
| 60 fps   | Sports, gaming, tutorials       | Very smooth, realistic motion     | Medium     |
| 96 fps   | Slow-motion (24fps playback)    | 4x slow motion                    | Large      |
| 120 fps  | Slow-motion (30fps playback)    | 4x slow motion at 30fps           | Large      |
| 240 fps  | Ultra slow-motion               | 8x slow motion at 30fps           | Very Large |
| 480+ fps | Hyper slow-motion (bullet time) | Extreme detail in motion          | Massive    |

## PLATFORM RECOMMENDATIONS

| Platform          | Recommended FPS              | Notes                                   |
|-------------------|------------------------------|-----------------------------------------|
| YouTube           | 24 or 30 fps (60 for gaming) | 60fps can improve watch time for gaming |
| Instagram Reels   | 30 fps                       | Max upload is 60fps, 30 is standard     |
| TikTok            | 30 fps                       | Most content at 30fps                   |
| Instagram Stories | 30 fps                       | Vertical 9:16 format                    |
| Facebook          | 30 fps                       | 30fps auto-plays better                 |
| Broadcast TV (US) | 29.97 fps (NTSC)             | Standard for US television              |
| Broadcast TV (EU) | 25 fps (PAL)                 | Standard for European television        |
| Cinema / Film     | 24 fps                       | The classic film look                   |

## KEY CONCEPTS

- 24 fps = Cinema
- 30 fps = Digital Standard
- 60 fps = High Frame Rate
- Slow Motion
- Match Project FPS
- Double Rule

The standard since the 1920s. Gives that "film look" with natural motion blur.

Most web content and digital video. Clean, smooth, widely compatible.

Perfect for sports, tutorials, and gaming content. Ultra-smooth motion.

Record at 2x your timeline FPS for 2x slow-mo. 120fps !' 60fps timeline = 50% speed.

Always set your timeline FPS before editing. Changing it later shifts all timing.

For smooth slow-mo: shoot at double the playback FPS. 60fps !' 30fps playback.

