

The frame-alignment math and the per-codec latency floor for LL-HLS, LL-DASH and chunked CMAF.

Audio frame math (at 48 kHz)

CODEC	FRAME	DURATION	INTEGER-SEGMENT HINT
AAC-LC	1024 samples	21.33 ms	8 s = 375 frames (exact)
HE-AAC	2048 samples	42.67 ms	8 s = 187.5 — use 4 s grid
Opus	20 ms default	20.00 ms	any 20 ms multiple is exact
Opus (low delay)	2.5–10 ms	2.5–10 ms	smaller floor, more overhead

The audio floor you cannot tune away

TERM	TYPICAL	NOTE
AAC encoder priming	~44 ms	2112 samples ÷ 48000; discarded on decode, still in the path
Frame-grid rounding	up to ~21 ms	one whole AAC frame of slack at the part boundary
Player playout buffer	~150–400 ms	main stability-vs-latency knob; the only big one you tune

Authoring checklist — tick before you ship

- Pick a segment duration holding a whole number of audio frames (8 s = 375 AAC frames at 48 kHz).
- Set EXT-X-PART-INF PART-TARGET so each LL-HLS part holds an integer frame count, or accept slight DURATION variance.
- In LL-DASH, let the audio AdaptationSet use a more conservative availabilityTimeOffset than video.
- Align audio and video presentation timestamps; do not chase the audio floor by shrinking parts.
- Encrypt / package CMAF chunks once so they serve both LL-HLS parts and LL-DASH segments.
- Prefer Opus over AAC when you control the player and need a lower latency floor.

The one rule

You cannot subdivide a 21.33 ms AAC frame. Align timestamps and let audio run on a coarser grid; smaller video parts never shrink the audio floor — they only make it more visible.