AVID - Motion Effect Change a clips playback frame rate

This is how to change a clips playback frame rate from 25 frames per second to 23.976 (projects frame rate) – This assumes that you have a 23.976 project.

Go to the Animation clip and look at the motion
Go to Tools>Motion Effect Editor

click on Promote

Change to Duplicated Fields
If you have footage at the wrong frame rate like 25 fps, go to playback frame rate change to projects fps 23.976. Then, rt click on clip and choose source settings. 25 fps change this.
Render at 10 bit

turn up the render settings