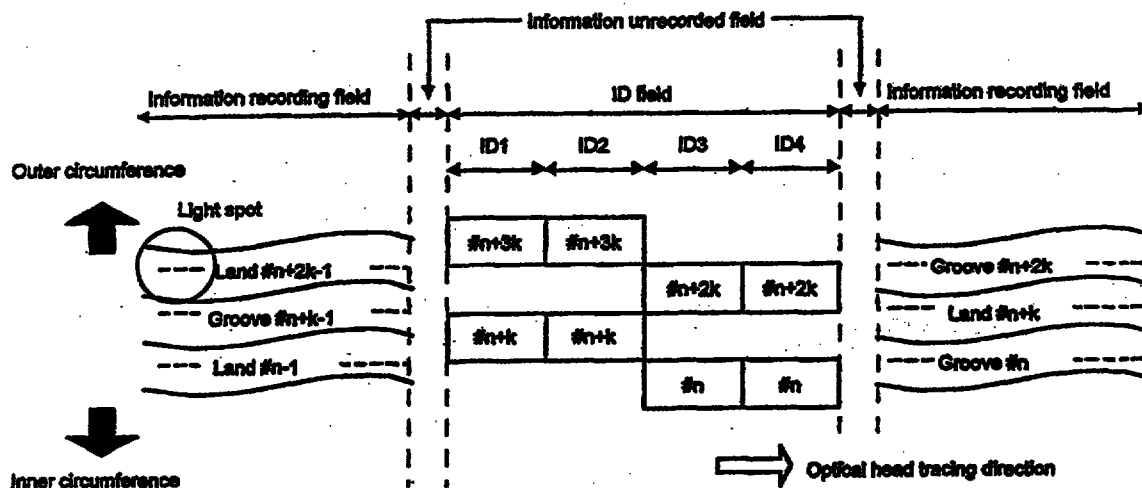


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(54) Title: OPTICAL DISC HAVING OSCILLATING LANDS AND GROOVES



(57) Abstract

In an optical disc, an ID field contains a plurality of address information, and is preliminarily recorded in convex and concave signals, and is composed of two sets offset by about 1/2 track pitch toward the internal or external track direction adjacent to the guide track, an information recording field is composed of grooves and lands oscillating at a single frequency in the radial direction, and the grooves and lands alternate in every revolution of the guide track. When w bits of information are included in one period of oscillation, an information unrecorded field between the ID field and information recording field is arranged to have a length of $w/10$ bits or more and/or w bits or less, and therefore, when recording continuous information data such as video data, it is possible to record continuously by generating a clock securely from the oscillating signal, and moreover, the format efficiency is improved, so that a format of a larger capacity is achieved.