

# Sinclair Broadcast Group

## File Specifications & Best Practices for Content Contribution

### Purpose

This document lists the acceptable file formats and properties to be used for contribution to the Sinclair Cloud Media Pipeline. This includes spots, syndicated and paid programming.

### Prerequisites & Best Practices

- 1) Media must be sent in a minimum format of 720p 29.97 fps and two channels of audio, otherwise it will not be accepted.
- 2) Video files longer than 4 minutes must have embedded closed captions.
- 3) We recommend and prefer embedded captions in long-form programming, but if you must contribute captions as sidecars, the SCC sidecar *\*must\** be uploaded separately and *\*before\** the media file. We only accept SCC side-car caption files.
- 4) If captions are embedded, they must be included in both 608 and 708 tracks.
- 5) When exporting via Premiere or Final Cut, be sure to select the right Container, Format and Frame Rate as defined below.  
Use of default export settings in Premiere or Final Cut is not recommended and will produce frequently bad and unpredictable results.
- 6) We recommend submission of a side-car file with segment timings in BXF format, though this is not required.
- 7) The media file should always be the last file uploaded.
- 8) All files should be uploaded one at a time. Do not upload entire folders at once.
- 9) If you wish to upload a file using formats and properties other than listed below, please contact us first. Do not experiment with formats and properties not listed. It's better to proactively call us than to wait for us to see a problem call you.
- 10) If you have any questions about the actual formats and properties contained in your file, we recommend you examine the properties of your file with the open-source Media Info tool. This tool can be found at: <https://mediainfo.net>

Allowable Properties	
Container Types	M4V
	MP4
	QuickTime (.mov)
	.mpg / .mpeg
Compression	H.264
	MPEG4
	AVC Intra
	DNxHD
	HDV
	ProRes SQ /HQ/LT/Proxy up to 4K
	XDCAM EX or HD
	DVCPRO HD
	MPEG2

Allowable Properties	
Video Resolutions / Ratio	1280 x 720 16:9 progressive
	1920 x 1080 16:9 interlaced
Frame Rates	29.97 fps
	59.94 fps
	30 fps
	60 fps
Audio Formats	AAC-LC
	PCM (WAV or AIFF)
	Dolby Digital or Dolby 5.1
Closed Captions	608 Captions
	708 Captions