GRANARY DIGITAL

Delivery specs cheat sheet for broadcast and online

The file checks that most often send a delivery back, in the order to run them before you send a file.

Check every figure against the client's written spec before you export. This sheet is a starting point, and the client's spec always wins.

The checks, in order

- [ ] **Frame rate**
  Match the timeline. If the spec says 25 frames per second, export at 25, and do not let the software change the rate on the way out.
- [ ] **Frame size**
  HD is 1920 by 1080 pixels. UHD (4K) is 3840 by 2160. Check which one the spec names.
- [ ] **Scan type**
  Progressive is the usual online choice. Deinterlace interlaced footage before online upload, for example 1080i to 1080p.
- [ ] **Loudness**
  Measure the whole programme. The EBU R 128 target is -23.0 LUFS.
- [ ] **Peaks**
  The maximum true peak must not exceed -1 dBTP (EBU R 128).
- [ ] **Audio layout**
  Stereo or mono, sample rate and bit depth, as the spec says.
- [ ] **Bitrate for online upload**
  Use the YouTube figures in the table below, or the platform's own figures.
- [ ] **Bars and tone**
  Where the client asks for them, put them at the head of the file, before the programme.
- [ ] **Captions**
  Send them as their own file, in the format the client names. Do not burn them in unless asked.
- [ ] **Titles and graphics**
  Keep them inside the title-safe area.

Figures from the sources

Item	Figure	Source
Programme loudness target	**-23.0 LUFS**	EBU R 128, recommendation h
Maximum true peak	**-1 dBTP**	EBU R 128, recommendation m
YouTube, 2160p, 24, 25 or 30 fps	**35 to 45 Mbps (H.264)**	YouTube Help, upload encoding
YouTube, 1080p, 24, 25 or 30 fps	**8 Mbps (H.264)**	YouTube Help, upload encoding
YouTube, 720p, 24, 25 or 30 fps	**5 Mbps (H.264)**	YouTube Help, upload encoding
YouTube, audio	**AAC-LC or Opus, 48 kHz, 384 kbps stereo**	YouTube Help, upload encoding

YouTube's figures are for upload, not for live streaming.

Watermarked preview. Get the clean file free at www.granary.digital/guides.html

Common mistakes

- Trusting this sheet over the client's spec.
- Exporting at a different frame rate from the timeline, which slows the picture and shifts the sound.
- Sending interlaced footage online without deinterlacing it first.
- Measuring only the peaks. A file can have no peaks over the limit and still be too loud on average.
- Forgetting the final checks after an edit change. Re-run the loudness check after any change to the mix.

Sign-off

Client spec used (name and version)		
Export name		
Loudness measured (LUFS)		
True peak measured (dBTP)		
Frame rate and frame size exported		
Checked by and date		

Checked 5 November 2026. Sources: EBU, R 128 Loudness normalisation and permitted maximum level of audio signals (tech.ebu.ch/docs/r/r128.pdf); YouTube Help, Recommended upload encoding settings (support.google.com/youtube/answer/1722171?hl=en).

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