QUEZON SCIENCE HIGH SCHOOL
TALASAN 2026

Theme: TINDIG NG KABATAAN: Strengthening Youth Resistance, Solidarity, and Collective Action for Social Transformation

GENERAL INSTRUCTION

1. Category winners will officially represent Quezon Science High School in outside/external competitions for School Year 2026–2027.
    a. However, for group categories, winning teams may represent the school as an intact team, or a composite team may be formed from selected top performers.
    b. If new contest categories or external competitions arise, official representatives may be selected from the existing list of winners in related categories.
    c. The final composition of the competing representative team will depend entirely on the decision and evaluation of the board of judges.
2. The decision of the board of judges is final, unappealable, and irrevocable.

***PLEASE STAND BY FOR UPDATES REGARDING DETAILS ON THE REGISTRATION PROCESS**

Quiz Show (Individual Contest)

Contest Standards

1. The Elimination Round will be composed of three (3) rounds with increasing levels of Difficulty:
    a. *Easy Round* – Ten (10) questions, one (1) point each;
    b. *Average Round* – Ten (10) questions, three (3) points each; and
    c. *Difficult Round* – Ten (10) questions, five (5) points each.
2. Each question will only be read twice by the quizmaster. The timer starts when the quizmaster signals 'Go', and only then may contestants begin writing their solutions and answers.
    a. If a contestant is caught writing before the quizmaster signals 'Go,' they may be given up to three (3) warnings.
    b. Any further violation will result in disqualification for the remaining questions in that round.
3. Contestants must write their answers on the ⅛ illustration board they provided.
4. The contestants will be given a limited time to answer each question:
    a. For objective questions – at least ten (10) seconds; and
    b. For problem-solving – at least fifteen (15) seconds, depending on the difficulty.
5. After the time has elapsed, the quizmaster will signal for the boards to be raised. The Technical Panel must then verify and acknowledge the contestants' answers.
6. The quizmaster may also ask the contestant to spell their answer if necessary.
7. The three (3) highest-scoring participants will be ranked as first, second, and third-place winners, respectively.
8. In case of a tie, the participants will compete in a Clincher Round. The first participant to answer a question correctly will be awarded the higher position.

Photo Essay (Individual Contest)

Contest Standards

1. The prompt for the photo essay will be provided only at the start of the contest and will be related to this year's TALASAN theme.

2. The following Equipment Requirements and Specifications should be followed:
   a. Contestants must bring their own point-and-shoot or DSLR camera. Smartphones and mirrorless cameras are strictly not permitted.
   b. For point-and-shoot cameras, a maximum of 24.3 megapixels is allowed.
   c. For DSLR cameras, only a kit lens (18–55 mm) may be used.
   d. The camera must be operated strictly using manual settings. The Technicals Committee reserves the right to check and verify the image metadata of submitted photographs.
   e. Contestants must provide an empty memory card for their camera before the opening program, which the Technicals Committee will check and verify.
   f. Participants are solely responsible for ensuring their camera, memory card, and related equipment are in proper working condition before the competition.
   g. In the event a contestant is unable to take pictures within the given shooting period as a result of unresolved equipment failure, they shall be disqualified.

3. Upon the facilitator’s signal, contestants will be given one (1) hour to roam the designated area to take their photographs.
4. Contestants may take as many pictures as they like during the allotted time. However, the contestant shall choose only five (5) best shots to be submitted as their official entries.
5. The selected photographs must be coherent with one another and collectively convey a unified theme, story, or visual narrative.
6. When taking photographs of individuals as subjects of a shot, contestants must secure the subject's consent beforehand; verbal consent from the subject shall be deemed sufficient as long as the consent was given free of coercion.
7. Contestants who submit fewer than five (5) photographs shall incur a five percent (5%) deduction from their total score for each missing photograph (e.g., submitting only three (3) photographs incurs a 10% deduction).
8. Photographs must be submitted exactly as captured by the camera. Camera settings adjustments (e.g., exposure, ISO, white balance, shutter speed) made before taking a shot remain allowed. However, once a photo has been taken, no post-shot editing, color correction, or image adjustment of any kind shall be permitted, and no laptop stations or software will be made available for such purposes.
9. After the shooting period, contestants proceed to their assigned laptop station for a fifteen (15) minute segment to transfer and upload their five (5) best photographs.

a. Each laptop station is expected to be equipped with an SD Card Reader; however, contestants are advised to bring their own card reader or camera cable as backup in case of compatibility issues.

10. Contestants who return to the designated venue after the one(1) hour has ended will incur a two percent (2%) deduction from their total score for every fifteen (15) minutes of delay. Any fraction of a 15-minute delay shall be counted as a full 15-minute increment.
11. Photographs must be uploaded to the assigned folder within the specified directory on the station laptop. Facilitators shall assist the contestant in locating their designated directory under the folder name convention:
<Category>_<EntryNo.>(e.g.,JHS)

12. After the submission of pictures, each contestant will be provided with one (1) blank sheet of paper for the writing segment.
a. Contestants are required to bring their own pens and correction tape. Only BLUE or BLACK INK will be allowed.
b. Each contestant must provide a title for their photos, placed at the top center of the page. Note that the contest theme may not be used as the title.
c. Below the title, contestants shall provide a one-paragraph caption consisting strictly of three to five (3–5) sentences that captures the message conveyed by the submitted pictures. No specific writing style is required for the caption, as long as it effectively conveys the message of the photos.
d. Either English or Filipino may be used in writing the title and captions.
e. The writing segment shall be only twenty (20) minutes.
13. Contestants shall write their corresponding participant number, enclosed in a circle, on the top right corner of the contest sheet. Only the front side of each page shall be used for writing.
14. Contestants must NOT write their corresponding school names on the paper.
15. Any form of communication between contestants or their schoolmates shall be strictly prohibited once the contest has begun.
16. The top three (3) contestants based on the metrics will be awarded first, second, and third-place winners, respectively.

RESTRICTIONS

1. Equipment and Editing Restrictions: The following shall result in immediate DISQUALIFICATION:
a. Use of smartphones, action cameras, or any camera type other than a point-and-shoot or DSLR camera as defined under Equipment Requirements and Specifications.
b. Use of mirrorless cameras.
c. Use of camera flash.
d. Use of any form of picture style, creative filter, preset, or color grading/effects that substantially alters the original appearance of a photograph as captured by the camera.

e. Any form of digital manipulation that adds, removes, or alters elements of the photograph is strictly prohibited, including but not limited to compositing, cropping, object removal, generative fill, and AI-assisted editing.

2. Content Restrictions: Entries containing any of the following shall be immediately DISQUALIFIED:

a. Anything that violates another person's rights, including but not limited to copyright infringement (e.g., photographing copyrighted material, artwork, or branded/trademarked content as the primary subject).
b. Obscene, sexually explicit, offensive, or otherwise objectionable or inappropriate content.
c. Any material that promotes discrimination, hate speech, or illegal activities.
d. Content that misrepresents facts or is staged/deceptively presented as candid in a way that misleads the judges.
e. Photographs that identifiably and non-consensually depict bystanders, other contestants, staff, or attendees in a compromising, embarrassing, or invasive manner.

CRITERIA FOR JUDGING - PHOTO ESSAY

CRITERIA	SCORE
Content (subject, relevance, interpretation, originality)	40%
Technical Aspect (camera techniques, creativity, tone)	35%
Communication (title and caption, thoughts, fluency)	25%

Essay Writing (Individual Contest)

Contest Standards

1. This is an individual contest with two categories: JHS and SHS.
2. The contest topic and abstract for the essay writing will be provided only at the start of the contest and will be related to the Talasan general theme.
3. The abstract will serve as a short background or clarification of the contest topic.
4. Contestants are required to bring their own pens. Only BLUE or BLACK INK will be allowed.
5. Each contestant will be provided with two (2) blank sheets of paper before the contest begins.
    a. Only the front side of each page shall be used for writing.
    b. Contestants may request additional sheets if needed.
6. Contestants shall write their corresponding participant number, enclosed in a circle, on the top right corner of all pages of both their final and draft work.
7. Contestants must NOT write their names on the paper.
8. Each contestant must provide a title for their essay, placed at the top center of the first page. Note that the contest theme may not be used as the title.
9. The essay should ideally be at least four hundred (400) and no more than seven hundred (700) words:
    a. This would be approximately one to two (1-2) pages double-spaced.
    b. This measure is intended to prevent essays from being excessively long while encouraging contestants to organize and express their ideas clearly and concisely
    c. However, participants are still advised to focus on developing their arguments thoughtfully rather than strictly counting words.
10. The essay shall be written in English. Code-switching or use of other languages is discouraged, except when referring to technical terms or jargon.
11. Contestants will be given ample time to use the restroom before the contest begins. However, once the contest proper has officially started, leaving the contest room shall not be allowed until the contest has been concluded.*
12. Any form of communication between contestants or their schoolmates shall be strictly prohibited once the contest has begun.*
13. The contestants shall be given two (2) hours to complete their essays. Should they finish earlier, they may submit their work to the assigned proctors; however, they will still not be allowed to leave the contest room.
14. The top three (3) contestants based on the metrics will be awarded first, second, and third-place winners respectively.

**Failure to comply with these instructions shall be grounds for disqualification.*

CRITERIA FOR JUDGING - ESSAY WRITING

CRITERIA	SCORE
Content (relevance, interpretation, originality)	40%
Style (clarity, tone, creativity)	30%
Organization (structure, coherence, flow)	20%
Syntax (grammar, fluency)	10%

Pagsulat ng Sanaysay (Indibidwal na Kompetisyon)

Contest Standards

1. Ang patimpalak na ito ay may dalawang kategorya: JHS at SHS.
2. Ang paksa at abstrak para sa Pagsulat ng Sanaysay ay ibibigay lamang sa araw ng patimpalak, partikular bago magsimula ang mismong kompetisyon. Ito ay may kinalaman sa tema ng Talasan.
3. Ang abstrak ay magsisilbi bilang isang maikling paglalarawan o paglilinaw ukol sa paksa.
4. Ang mga kalahok ay kinakailangang magdala ng kanilang sariling panulat. Tandaan na ITIM o ASUL na panulat lamang ang pinahihintulutang gamitin.
5. Bago ganap na magsimula ang kompetisyon, ang bawat kalahok ay bibigyan ng tagapangasiwa ng dalawang (2) pirasong papel.
    a. Ang harapan ng papel lamang ang maaaring sulatan.*
    b. Maaaring humingi ng karagdagang papel ang kalahok sa tagapangasiwa kung kinakailangan.
6. Kinakailangang isulat ng bawat kalahok ang kanyang itinalagang participant number sa loob ng bilog sa kanang itaas na bahagi ng papel, kabilang ang mga papel na ginamit para sa balangkas o burador.
7. MARIING IPINAGBABAWAL ang paglalagay o pagsusulat ng pangalan ng kalahok sa alinmang papel na kanilang gagamitin.*
8. Kinakailangang bigyan ng angkop na pamagat ang sanaysay at nararapat na nakasulat ito sa gitnang itaas na bahagi ng unang pahina ng pinal na output. Tandaan na ang tema ng mismong programa ay hindi maaaring gamitin bilang pamagat.
9.Mainam kung ang kabuuan ng sanaysay ay hindi bababa sa apat na raan (400) o hihigit sa pitong daan (700) na salita.
    a. Tinatayang ito ay aabot sa isa hanggang dalawang (1-2) pahina, kabilang ang dobleng espasyo sa pagitan ng bawat taludtod.
    b. Layunin nitong maiwasan ang labis na kahabaan ng mga sanaysay. Gayundin, hinihikayat ang mga kalahok na ilahad ang kanilang mga ideya sa organisado at klarong paraan.
    c. Gayunpaman, pinapayuhan ang mga kalahok na mas bigyang-pansin ang masusing paglinang ng kanilang mga argumento sa halip na pagtuunan ng pansin ang bilang ng mga salita.
10. Mangyaring isulat ang sanaysay sa wikang Filipino. Pahihintulutan lamang ang paghiram ng ibang wika, partikular sa mga technical terms o jargon.
11. Ang mga kalahok ay bibigyan ng sapat na oras upang gumamit ng palikuran bago ang simula ng kompetisyon; ngunit sa ganap nitong pagsisimula, ipagbabawal na ang paglabas mula sa silid hanggang sa matapos ang mismong patimpalak.*
12. MAHIGPIT NA IPINAGBABAWAL ang anumang uri ng komunikasyon sa pagitan ng kalahok o kapwa kamag-aaral sa buong oras ng patimpalak.
13 Ang mga kalahok ay bibigyan lamang ng dalawang (2) oras upang isulat ang kanilang mga sanaysay. Sakaling matapos nang mas maaga, maaari na nilang isumite ang kanilang sanaysay

sa tagapangasiwa, subalit kinakailangang hintayin ang ganap na pagtatapos ng kompetisyon bago tuluyang lumabas ng silid.
14. Mula sa batayang pamantayan, ang tatlong (3) nangungunang kalahok ang tatanghaling makapag-uuwi ng una, ikalawa, at ikatlong puwesto.
**Anumang paglabag sa mga panuntunang ito ay itituring na batayan ng diskwalipikasyon ng kalahok.*

PAMANTAYAN - PAGSULAT NG SANAYSAY

BATAYAN	**BAHAGDAN**
Nilalaman (kaugnayan sa paksa, interpretasyon, orihinalidad)	40%
Estilo ng Pagkakasulat (kalinawan, tono, pagkamalikhain)	30%
Kaayusan ng mga Ideya (balangkas, pagkakaugnay, daloy)	20%
Sintaks(balarila, kasinupan)	10%

POETRY WRITING (Individual Contest)

MECHANICS

1. The topic for the poetry writing contest will be given during the contest proper. The topic will be related to the general theme of Talasan 2026.
2. The contestants shall provide their own pens. Only black or blue-colored pens are allowed. Pencils and friction pens are strictly prohibited.
3. The use of correction tape, correction pens, liquid erasers, and other types of erasers is prohibited. Any erasures in the official entry paper will have a deduction of 0.20 per word.
4. The contestants will be given one (1) hour to finish their entry.
5. The papers (one (1) official entry paper and one (1) scratch paper) that will be used by the contestants shall be provided by the proctor. Only the papers provided and signed by the proctor during the conduct of the contest shall be considered official.
6. The poem should be written in English.
7. The contestants shall provide a title for their poem. It should be written at the top before the poem.
8. The participants are not allowed to talk with fellow contestants during the entire competition.
9. Each entry will be given an alphanumeric code to ensure impartiality and secrecy before its submission to the Board of Judges.
10. The decision of the Board of Judges is considered final and irrevocable.
11. The three (3) entries that will obtain the highest percentage shall be declared as the First Place, Second Place, and Third Place, respectively.

CRITERIA	SCORE
Content	40%
Creativity	30%
Originality	15%
Use of Language	15%

PAGSULAT NG TULA (Indibidwal na Kompetisyon)

PANUNTUNAN

1. Ang paksa para sa pagsulat ng tula ay ibibigay sa mismong araw ng patimpalak. Ito ay may kaugnayan sa kabuuang tema ng Talasan 2026.
2. Ang mga kalahok ang inaasahang magdadala ng sarili nilang panulat. Itim at asul lamang ang kulay ng tinta ng panulat ang pinahihintulutan na gamitin. Ang paggamit ng lapis at friction pens ay mahigpit na ipinagbabawal.
3. Ang paggamit ng correction tapes, corrections pens, liquid erasers, at iba pang uri ng gamit-pangbura ay ipinagbabawal. Magkakaroon ng bawas na 0.20 sa kada burang salita sa papel na primado ng proctor.
4. Bibigyan ang mga kalahok ng isang (1) oras upang matapos ang kanilang tula.
5. Ang papel na gagamitin ng mga kalahok ay ibibigay ng proctor sa mismong araw ng patimpalak. Ang mga papel na ito ay pirmado ng proctor at ang siya lamang kikilalanin na opisyal na piyesa para sa patimpalak.
6. Ang tula ay dapat nakasulat sa wikang Filipino.
7. Kailangang bigyan ng pamagat ng kalahok ang kanilang tula. Isulat ito sa itaas na bahagi ng papel bago simulan ang tula.
8. Hindi pinahihintulutan ang pakikipag-usap sa mga guro at kapwa kalahok sa oras ng patimpalak.
9. Ang bawat piyesa ay bibigyan ng alpanumerikong palatandaan upang masiguro ang patas na paghatol bago ito isumite sa lupon ng mga taga-hatol.
10. Ang desisyon ng lupon ng mga taga-hatol ay pinal at hindi na maaaring baguhin.
11. Ang tatlong (3) piyesa na makakuha ng pinakamataas na marka ay hihiranging First Place, Second Place, at Third Place.

PAMANTAYAN - PAGSULAT NG TULA

BATAYAN	BAHAGDAN
Nilalaman	40%
Pagkamalikhain	30%
Orihinalidad	15%
Paggamit ng Wika	15%

Extemporaneous Speech (Individual Contest)

Contest Standards

1. This is an individual contest with two categories: JHS and SHS.
2. The Extemporaneous Speech is composed of two (2) rounds: the Elimination Round and Final Round.
3. The theme for the contestant's speech shall be based on material that will be provided on the day of the competition (which may be an image, a video, or a news article) relating to the Talasan theme. The material will only be revealed to the contestant once the preceding speaker has begun their speech.
4. Contestants must wear semi-formal attire.
5. English shall be the designated medium. Code-switching is not allowed; however, words or phrases without a direct English translation may be used in the speech.
6. Contestants will be given ample time to use the restroom before the contest begins. However, once the contest proper has officially started, leaving the contest room shall not be allowed until the contestant has delivered their speech.*
7. Any form of communication between contestants, their advisers, or their schoolmates shall be strictly prohibited once the contest has begun.*
8. Each contestant will be allotted five (5) minutes to organize and prepare their speech. This time will allow contestants to develop ideas and organize the flow of their speech based on the topic provided by the organizers.
9. Contestants will then be given a minimum of three (3) minutes and a maximum of five (5) minutes to deliver it.
    a. There will be a corresponding three percent (3%) fractional deduction from the final score for every thirty (30) seconds in lack or in excess of the time limit.
    b. For example, a twenty (20) seconds lack or excess shall incur a (20/30) x 3% deduction from the final score.
10. Reading notes while delivering the speech is strictly prohibited.*
11. Each contestant shall be prohibited from hearing the preceding speakers. This may be ensured through isolation or the use of appropriate equipment.*

**Failure to comply with these instructions shall be grounds for disqualification.*

CONTEST FLOW

1. All participants shall remain in the holding room until it is their turn to compete.
2. Each contestant will draw lots to determine the sequence of speakers.
3. The use of electronic devices is prohibited. However, you may use printed or handwritten notes until before entering the preparation room.
4. Contestants will then be escorted to the preparation room to organize their ideas and structure their speech.
5. Finally, contestants will proceed to the designated area to deliver their speech.

Extemporaneous Speech - Elimination Round

1. The Elimination Round will be conducted in the designated contest room.
2. After the Elimination Round, the judges will provide general constructive comments and feedback for the participants.
3. The top five (5) contestants based on the metrics will qualify for the Final Round.

Extemporaneous Speech - Final Round

1. The Final Round will be conducted in the main event hall and open to all audience members.
2. The top three (3) contestants based on the metrics will be awarded first, second, and third-place winners respectively.

CRITERIA FOR JUDGING - EXTEMPORANEOUS SPEECH

CRITERIA	SCORE
Content (concrete support for points, use of rhetorical devices, originality)	50%
Organization (transitions, logical progression of ideas)	30%
Delivery (rate of speaking, overall poise, eye contact, gestures, pronunciation, clarity)	10%
Impact (effectiveness, quality as a whole)	10%

Dagliang Talumpati (Indibidwal na Kompetisyon)

Contest Standards

1. Ang patimpalak na ito ay may dalawang kategorya: JHS at SHS.
2.Ang Dagliang Talumpati ay binubuo ng dalawang (2) yugto: ang Elimination Round at Final Round.
3. Ang paksa o tema ng talumpati ay nararapat na ibatay sa materyal na ipagkakaloob ng tagapangasiwa sa araw ng patimpalak (maaaring ito ay larawan, bidyo, o artikulo) na may kinalaman sa tema ng Talasan. Ang nasabing materyal ay ibibigay lamang sa kalahok sa oras na sinimulan na ng mauunang tagapagsalita ang kanyang talumpati.
4. Kinakailangang semi-pormal ang kasuotan ng mga kalahok.
5. Inaasahan na ilalahad ang kabuuan ng talumpati sa wikang Filipino. Mahigpit na ipinagbabawal ang code-switching, subalit ang mga hiram na salitang walang tiyak na salin sa Filipino ay pahihintulutan.
6. Ang mga kalahok ay bibigyan ng sapat na oras upang gumamit ng palikuran bago ang simula ng kompetisyon; ngunit sa ganap nitong pagsisimula, ipagbabawal na ang paglabas mula sa silid hangga't hindi pa natatapos na ihayag ng kalahok ang kanyang talumpati.*
7. MAHIGPIT NA IPINAGBABAWAL ang anumang uri ng komunikasyon sa pagitan ng kalahok o kapwa kamag-aaral sa oras na magsimula ang kompetisyon.*
8. Ang bawat kalahok ay bibigyan lamang ng limang (5) minuto upang ibalangkas at ihanda ang kanyang talumpati. Itinatalagang sapat na ang oras na ito upang makabuo at maisaayos ng mga kalahok ang kanilang mga ideya at argumento batay sa paksang ibinigay ng tagapangasiwa.
9. Sa paghahandog ng talumpati, kinakailangang hindi ito bababa sa tatlong (3) minuto at hindi lalampas sa limang (5) minuto.
    a. Magkakaroon ng kaukulang tatlong porsyentong (3%) kabawasan sa kabuuang iskor ng kalahok sa bawat tatlumpong (30) segundong kulang o labis sa itinakdang oras.
    b. Halimbawa, ang dalawampung (20) segundong kakulangan o kalabisan sa paglalahad ng talumpati ay may katumbas na kabawasan na (20/30) x 3% sa pinal na iskor.
10. MAHIGPIT NA IPINAGBABAWAL ang pagbabasa ng anumang uri ng sipi habang inihahayag ng kalahok ang kanyang talumpati.
11. Ipinagbabawal na marinig o mapakinggan ng mga kalahok ang talumpati ng mga mauunang tagapagsalita. Titiyakin ito ng mga tagapangasiwa ng paligsahan sa pamamagitan ng pagtatakda ng isolation/holding room sa mga kalahok na naghihintay ng kanilang pagkakataon na makapagtalumpati; maaari ring gumamit ang mga tagapangasiwa ng angkop na kagamitan (hal. headphones) upang masiguro ang pagpapatupad ng tuntuning ito.*

**Anumang paglabag sa mga panuntunang ito ay itituring na batayan ng diskwalipikasyon ng kalahok.*

Daloy ng Paligsahan

1. Ang lahat ng mga kalahok ay pansamantalang titipunin at mananatili sa holding room hanggang sa pagpatak ng kanilang takdang oras sa paghahayag ng kanilang talumpati.
2. Magkakaroon ng palabunutan upang matukoy ang opisyal na pagkakasunod-sunod ng mga tagapagsalita.
3.Ipinagbabawal ang paggamit ng anumang elektronikong kagamitan. Ngunit maaari kayong gumamit ng naka-print o nakasulat na tala bago pumasok sa preparation room.
4.Ang mga kalahok ay ihahatid ng tagapangasiwa sa itinalagang preparation room upang maisaayos ang kanilang ideya at buuin ang estruktura ng kanilang talumpati.
5.Panghuli, tutungo ang kalahok sa silid kung nasaan ang mga hurado upang ipahayag ang kanyang talumpati.

Dagliang Talumpati - Elimination Round

1. Isasagawa ang Elimination Round sa itinakdang silid ng patimpalak.
2. Magbibigay ang mga hurado ng makabuluhang puna at mungkahi sa lahat ng kalahok matapos ang Elimination Round.
3. Mula sa batayang pamantayan, ang limang (5) nangungunang kalahok ang tuluyang makakapasok sa Final Round.

Dagliang Talumpati - Final Round

1.Idaraos ang Final Round sa primaryang bulwagan ng mismong palatuntunan. Sa yugtong ito, magiging bukas ang paligsahan para sa lahat ng tagapakinig at manonood.
2.Mula sa batayang pamantayan, ang tatlong (3) nangungunang kalahok ang tatanghaling makapag-uuwi ng una, ikalawa, at ikatlong puwesto.

PAMANTAYAN - DAGLIANG TALUMPATI

BATAYAN	BAHAGDAN
Nilalaman (konkretong ebidensya o halimbawa upang suportahan ang mga pangunahing punto, paggamit ng retorika, orihinalidad)	50%
Organisasyon (maayos at lohikal na pagdaloy ng ideya)	30%
Paglalahad (bilis ng pagsasalita, pangkalahatang tindig, eye contact, gestures, linaw at lakas ng bigkas)	10%
Kabuuang Dating (mabisang pagpili ng mga salita, kabuuan ng talumpati)	10%

Traditional Poster Making (Individual Contest)

Contest Standards

1. This is an individual contest with two categories: JHS and SHS.
2. The theme for this year's Traditional Poster Making Contest is the theme of Talasan 2026.
3. Contestants are required to bring their own materials, including:
    a. 1/4 illustration board (20" x 15"), blank and free of any markings.*
    b. Any coloring materials.
4. The facilitators will inspect all coloring materials, illustration boards, and other contest materials before and during the activity.
    a. Other materials such as photographs, magazines, colored paper, or similar items shall not be allowed.*
    b. Obtaining materials other than what they brought at the start of the contest shall not be allowed.*
5. All content of the poster must be contained within the illustration board. Board extensions will not be permitted.*
6. Contestants will be given ample time to use the restroom before the contest begins. However, once the contest proper has officially started, leaving the contest room shall not be allowed until the contestants submit their work.*
7. Contestants are allowed to bring and consume their own food and drinks.
8. Any form of communication between contestants or their schoolmates shall be strictly prohibited once the contest has begun.*
9. Contestants shall NOT be allowed to use any reference images during the contest. The use of phones or any other printed or digital media is strictly prohibited.*
10. The use of any known brand, company, or recognizable person/people is strictly prohibited.*
11. The contestants shall be given four (4) hours to complete their posters. Should they finish earlier, they may submit their work to the assigned proctors and leave. However, all submitted works shall be final and will not be returned to the contestants.
12. The top three (3) posters based on the metrics will be awarded first, second, and third-place winners, respectively.

**Failure to comply with these instructions shall be grounds for disqualification.*

PROHIBITED CONTENT

1. Posters containing any of the following shall be immediately DISQUALIFIED:

a. Anything that violates another person's rights, including but not limited to copyright infringement.
b. Obscene, sexually explicit, offensive, or otherwise objectionable or inappropriate content.
c. Posters that are obviously or blatantly plagiarized from another work.
d. Any material that promotes discrimination, hate speech, or illegal activities.
e. Content that misrepresents facts or deliberately spreads false information.

CRITERIA FOR JUDGING - TRADITIONAL POSTER MAKING

CRITERIA	SCORE
Concept or Idea (relevance, interpretation)	40%
Design Composition (layout, visuals, neatness)	30%
Originality (creativity, style)	20%
Impact(effectiveness, quality as a whole)	10%

Digital Poster Making (Individual Contest)

Contest Standards

1. This is an individual contest with two categories: JHS and SHS.
2. The theme for this year's Digital Poster Making Contest is the theme of Talasan 2026.
3. Each contestant must submit only one (1) digital poster entry. The entry must be original and must not have been submitted to or awarded in any other contest, nor published in print or online.*
4. The digital poster must also meet the following requirements:
    a. Resolution:1080 x 1350;
    b. Portrait Orientation (aspect ratio of 4:5);
    c. Maximum file size of 50 MB; and
    d. File format: Submit your work in both .pdf AND .png formats.
5. The poster may be created and edited using any device such as, but not limited to, mobile devices (smartphones, tablets), drawing tablets, desktop or laptop computers, and the like.
6. Only manual editing software shall be allowed. The use of artificial intelligence (AI) programs, such as generative AI or similar software, is strictly prohibited.*
7. The use of any known brand, company, or recognizable person/people is strictly prohibited.*
8. The use of downloadable materials from the internet, as well as materials created by others, is strictly prohibited.*
9. Each contestant must provide a title for their digital poster. Note that the contest theme may not be used as the title.
10. Contestants may submit their work earlier than the specified date and time; however, the first submission shall be considered final.
11. The top three (3) posters based on the metrics will be awarded first, second, and third-place winners, respectively.

**Failure to comply with these instructions shall be grounds for disqualification.*

Prohibited Content

1. Posters containing any of the following shall be immediately DISQUALIFIED:
a. Anything that violates another person's rights, including but not limited to copyright infringement.
b. Obscene, sexually explicit, offensive, or otherwise objectionable or inappropriate content.
c. Posters that are obviously or blatantly plagiarized from another work.
d. Any material that promotes discrimination, hate speech, or illegal activities.
e. Content that misrepresents facts or deliberately spreads false information.

Submission - Digital Poster Making

1. The digital poster must be submitted to the email **qshssslg@gmail.com** on or before **October 23, 2026 (Friday) at 11:59 PM.**
2. The following file naming conventions shall be followed:
    a. For the Digital Poster:
    <Title>_Talasan_Digital Poster_<JHS/SHS>
3. Late Submission Policy:
    a. Entries submitted one (1) day after the deadline will be accepted; however, a five percent (5%) deduction from the total score will be applied. Note that a fraction of a day is still counted as one full day.
    b. Submissions beyond this period will NOT be accepted and shall result in disqualification, regardless of the reason (e.g., file loss, technical issues, etc.).
4. Please FOLLOW THE EMAIL FORMAT BELOW when submitting your entry:

    Subject: <Title>_Talasan_Digital Poster_<JHS/SHS>
    Body:
        <Grade and Section>
        Full Name: <Surname>,<First Name>,<Middle Initial (if any)>
        Title: “<Poster Title>”
        Devices and Equipment: <List Devices and Equipment/s used>
        Software and Programs: <List Software and Programs used>
            <Insert GDRIVE Link to Digital Poster>

Sample Email:

    Subject: Sunshine_Talasan_Digital Poster_JHS
    Body:
        Grade 8 - Rigel
        Full Name: Dela Cruz, Juan A.
        Title: “Sunshine”
        Devices and Equipment/s: Apple iPad Pro M4 and Apple Pencil
        Softwa*re/s and Programs: Canva and Affinity Designer*
            <Insert GDRIVE Link to Digital Poster>

CRITERIA FOR JUDGING - DIGITAL POSTER MAKING

CRITERIA	SCORE
Concept or Idea (relevance, interpretation)	40%
Design Composition (layout, visuals, neatness)	30%
Originality (creativity, style)	20%
Impact(effectiveness, quality as a whole)	10%

SLOGAN MAKING (Individual Contest)

MECHANICS

1. The topic for the slogan making contest will be given during the contest proper. The topic will be related to the general theme of Talasan 2026.
2. Each slogan should have 10-15 words.
3. The contestants will be given the free will to use either English or Filipino language in writing their piece. However, strictly one (1) language is allowed.
4. The contestants are required to bring their own materials except for the cartolina which will be provided by the proctor. Coloring materials are not allowed except for markers of any color.
5. The contestants will be given one (1) hour to finish their entry.
6. The contestants will not be allowed to talk to their coaches and fellow contestants for the entire duration of the competition.
7. The output should not contain any drawing or design such as borders and the like.
8. Each entry will be given an alphanumeric code to ensure impartiality and secrecy before its submission to the Board of Judges.
9. The decision of the Board of Judges is considered final and irrevocable.
10. The three (3) entries that will obtain the highest percentage shall be declared as the First Place, Second Place, and Third Place, respectively.

CRITERIA FOR JUDGING - SLOGAN MAKING

CRITERIA	SCORE
Relevance to the Topic	30%
Creativity	30%
Originality	20%
Overall Appeal	20%

Short Filmmaking Contest (Group Contest)

1. Each participating team must be composed of seven (7) members.
    a. JHS Category – students from any year level in Junior High School.
    b. SHS Category – students from any year level or strand in Senior High School.
2. The theme for the Short Filmmaking Contest is the theme of Talasan 2026.
3. Film entries should be at least three (3) minutes long and no longer than five (5) minutes, excluding the opening and closing credits and titles:
    a. There will be a corresponding three percent (3%) fractional deduction from the final score for every thirty (30) seconds in lack or in excess of the time limit.
    b. For example, a twenty (20) seconds lack or excess shall incur a (20/30) x 3% deduction from the final score.
4. The short film must also meet the following requirements:
        a. Resolution:1080p or higher;
        b. Landscape Orientation (any aspect ratio);
        c. Maximum file size of1 GB (1,000 MB); and
        d. File format: .mp4 or .mov only.
        e. Either in English or Filipino, as long as it includes English Subtitles.
5. The team may use any form or genre for their short film (e.g., documentary, narrative, musical, etc.), as long as it tackles the theme in its main story, dialogue, interactions, or visual elements.
6. For the casting and actors:
    a. You may include the main actors as part of your production team.
    b. You are also allowed to invite actors outside your production team; however, we strongly encourage selecting actors from your production team whenever possible. Any participation from non-team members must be properly acknowledged. However, those who are only registered will receive acknowledgement and awards in the contest proper and will compete in external competitions.*
7. The film may be shot and edited using any device such as, but not limited to, professional filming equipment (digital cameras, drones), mobile devices (smartphones, tablets), desktop or laptop computers, and the like.
8. Only manual video editing software shall be allowed. The use of artificial intelligence (AI) programs, such as generative AI or similar software, is strictly prohibited.*
9. Teams may only use original content, public domain, royalty-free/non-copyrighted music, or news media elements (images, videos, etc.):
    a. The use of borrowed video clips is allowed, provided this will not exceed ten percent (10%) of the film's total running time.*
    b. All borrowed clips or materials must include proper visible citations within the same frames where the material appears in the video.*
10. Each team must provide a title for their short film. Note that the contest theme may not be used as the title.
11. Contestants may submit their work earlier than the specified date and time; however, the first submission shall be considered final.
12. For safety purposes, the shooting location allowed is **only inside Quezon Science High School.** Clips outside the school premises will result in a point deduction.

13. The top three (3) films based on the metrics will be awarded first, second, and third-place winners respectively.

**Failure to comply with these instructions shall be grounds for disqualification.*

Prohibited Content

1. Films containing any of the following shall be immediately DISQUALIFIED:
a. Anything that violates another person's rights, including but not limited to copyright infringement.
b. Obscene, sexually explicit, offensive, or otherwise objectionable or inappropriate content.
c. Any material that promotes discrimination, hate speech, or illegal activities.
d. Content that misrepresents facts or deliberately spreads false information.

Submission

1. The film must be submitted to **qshssslg@gmail.com** on or before **October 23, 2026 (Friday) at 11:59 PM.**
2. The following file naming conventions shall be followed:
   a. For the Short Film: <Title>_Talasan_Short Film_<JHS/SHS>
3. Late Submission Policy:
   a. Entries submitted one (1) day after the deadline will be accepted; however, a five percent (5%) deduction from the total score will be applied. Note that a fraction of a day is still counted as one full day.
   b. Submissions beyond this period will NOT be accepted and shall result in disqualification, regardless of the reason (e.g., file loss, technical issues, etc.).
4. Please FOLLOW THE EMAIL FORMAT BELOW when submitting your entry:

   Subject: <Title>_Talasan_Short Film_<JHS/SHS>
   Body:

   Title: "<Film Title>" (<Genre>)
   Production Team:
   1. <ROLE> - <Surname>,<First Name>,<Middle Initial (if any)>, Grade <Year Level>
   …
   7. <ROLE> - <Surname>,<First Name>,<Middle Initial (if any)>, Grade <Year Level>

   Devices and Equipment: <List Devices and Equipment used>
   Software and Programs: <List Software and Programs used>
   <Insert GDrive Link to Short Film>

SAMPLE EMAIL

Subject: Sunshine_Talasan_Short Film_JHS
Body:

Title: “Sunshine” (Narrative)
Production Team:
1. DIRECTOR - Dela Cruz, Juan A., Grade 10
…
7. EDITOR - Reyes, Nicole L., Grade 10
Devices and Equipment/s: Canon R50, Apple Macbook Pro M3, and Rode NT-USB Mini Microphone
Software/s and Programs: Adobe After Effects and Adobe Premiere Pro
<Insert GDRIVE Link to Short Film>

CRITERIA FOR JUDGING - SHORT FILMMAKING CONTEST

CRITERIA	**Score**
Content (relevance, interpretation, originality)	30%
Execution of Idea (acting, delivery, conveyance)	30%
Film Techniques (cinematography, sound, editing)	30%
Impact (effectiveness, quality as a whole)	10%

Idea Generation Contest (Group Contest)

The Idea Generation Contest is a platform for Senior High School (SHS) students to showcase their creativity, problem-solving skills, and innovative thinking. Participants will respond to a prompt released one month before the contest, allowing them to brainstorm and develop feasible ideas that address real-world challenges. On the contest day, students will present their concepts before a panel of judges, highlighting the originality, relevance, and practicality of their proposals.

Contest Mechanics

1. Each participating team must be composed of three (3) members.
2. The contest prompt for the idea generation contest will be the theme of Talasan 2026.
3. The prompt will include a predetermined tool, concept, or framework that must be incorporated into the idea (e.g., Zero-Waste Management, Data Science, or Web Application).
4. Each team must submit an original Project Proposal that directly addresses the given prompt.
5. External help from official coaches or advisers is permitted, provided that their contributions are properly acknowledged.
6. The project proposal is similar to a research paper and should include the following sections:
    a. Title Page - project title, team members, advisers, and school name.
    b. Problem Statement - a clear description/background of the problem or gap being addressed.
    c. Proposed Solution/Idea - main idea, innovation, or approach to solving the problem.
    d. Methodology - how the idea can be implemented in practice (prototype is optional).
    e. Feasibility and Practicality - resources, time, and cost considerations.
    f. Significance - potential benefits and target beneficiaries of the proposed idea.
    g. Conclusion - summary of the idea's value that highlights its relevance to the identified problem and the given prompt.
    h. References - list of sources used, formatted in APA 7th Edition style.
7. Aside from following the required sections and including proper references, contestants are free to decide how to structure and write their proposal as long as the content is clear, organized, and aligned with the contest guidelines.
8. The proposal must also meet the following requirements:
    a. It must be typed on A4-size paper, double-spaced, in Times New Roman, font size 12.
    b. Word Count:1200-1800 words.
    c. File Format: .pdf only.
9. Each team is required to prepare and submit a PowerPoint presentation, which will be presented live on the contest day.
10. Contestants must wear semi-formal attire.
11. For the PowerPoint presentation:
    a. The presentation must include the following sections: Title Slide, Problem Statement, Proposed Solution/Concept, and SWOT Analysis.
    b. Contestants will be given the creative freedom to design and lay out their presentation as they wish.

c. The use of royalty-free, public domain, or non-copyrighted images, elements, or designs from the internet is allowed as long as proper credit is given to the owner.

12. The presentation must also meet the following requirements:
    a. Resolution:1080p;
    b. Landscape Orientation (aspect ratio of 16:9);
    c. File Format: .pptx only.
13. Each team will be given a minimum of seven (7) and a maximum of ten (10) minutes to present their idea to the panel of judges.
    a. There will be a corresponding three percent (3%) fractional deduction from the final score for every thirty (30) seconds in excess of the time limit.
    b. For example, a twenty (20) seconds excess shall incur a (20/30) x 3% deduction from the final score.
14. Each presentation will be followed by a ten (10)-minute Question and Answer (Q&A) session.
15. The top three (3) teams based on the metrics will be awarded first, second, and third-place winners respectively.

Submission - Idea Generation Contest

1. The entries must be submitted to the email **qshssslg@gmail.com**:
    a. Proposal: on or before October 19, 2026 (Monday) at 11:59 PM.
    b. PowerPoint: on or before October 20, 2026 (Tuesday) at 11:59 PM.
2. The following file naming conventions shall be followed:
    a. For the Proposal: <School Name>_Proposal_Idea Gen_Talasan
    b. For the Powerpoint: <School Name>_PowerPoint_Idea Gen_Talasan
3. Late Submission Policy:
    a. Entries submitted one (1) to three (3) days after the deadline will be accepted; however, a five percent (5%) deduction from the total score will be applied for each day late. Note that a fraction of a day is still counted as one full day.
    b. Submissions beyond this period will NOT be accepted and shall result in disqualification, regardless of the reason (e.g., file loss, technical issues, etc.).
4. Please FOLLOW THE EMAIL FORMAT BELOW when submitting your entry:

Subject: <Proposal and/or PowerPoint>_Talasan_Idea Gen_<Team Name>
Body:

Title: <Project Title>
Team Members:

1. <Surname>, <First Name>, <Middle Initial (if any)>, Grade <Year Level>
…
3. <Surname>, <First Name>, <Middle Initial (if any)>, Grade <Year Level>

<Insert Link to Project Proposal and/or PowerPoint Presentation>

SAMPLE EMAIL

Subject: Proposal and PowerPoint_Talasan_Idea Gen_KNHS
Body:

Title: Sunshine
Team Members:

1. Dela Cruz, Juan A., Grade 12
…
3. Reyes, Nicole L., Grade 12

<Insert Link to Project Proposal and/or PowerPoint Presentation>

CRITERIA FOR JUDGING - IDEA GENERATION CONTEST

CRITERIA	SCORE
Relevance and Impact (significance, benefits)	25%
Creativity and Innovation (originality, fresh approach)	25%
Practicality (feasibility, sustainability)	20%
Presentation (organization, conciseness, use of visuals)	15%
Delivery (persuasiveness, engagement)	15%

SAYAWIT (GROUP AUDITION)
GENERAL MECHANICS AND GUIDELINES

1. A team must consist of three (3) to five (5) members from either Junior High or Senior High School.
    a. This includes the number of overall performers and instrumentalists (if any).
2. The Sayawit performance must encapsulate the overall theme of Talasan 2026.
3. The performance must include BOTH singing and dancing.
4. Performers have the freedom to incorporate instruments, music, acapella, and other creative elements into their act.
5. They may compose their own songs or modify the lyrics of existing ones, as long as they align with the event's overall theme.
6. Props and costumes are permitted but should complement the theme and not distract the overall presentation.
7. Dangerous stunts, such as lifting and tumbling, are strictly prohibited.
8. The performance should remain safe and within the bounds of acceptable stage practices to prevent injuries or risks.
9. Each team will have a designated preparation time of five (5) minutes before taking the stage. Their actual performance must run between three (3) to five (5) minutes
    a. A deduction of 5 points will be applied for every 30 seconds over and under the allotted time.
10. Participants are expected to display professionalism and discipline throughout the performance.

DISQUALIFICATION

1. Any misrepresentation in the registration documents.
2. Committing behavioral violations, outright violations of the event rules and regulations, or any act against applicable laws.
3. Performing dangerous stunts.

CRITERIA FOR JUDGING - SAYAWIT AUDITION

CRITERIA	SCORE
Relevance to the Topic	35%
Vocal Techniques	20%
Dance Execution	20%
Originality and Creativity	15%
Overall Appeal	10%