

# MEDIA EVENTS

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## \* Insta Act:

**“Where spontaneity meets performance.”**

A competition that tests a participant’s spontaneity, creativity, expression, and acting ability.

### **RULES AND REGULATIONS:**

- **Event Type:** The competition is strictly individual
- **Time Limit:** 50 seconds - 3 minutes
- Exceeding the time limit may result in deduction of marks.
- The situation/topic for performance will be provided 30 minutes prior to the event.
- The topic will be situational in nature
- Participants must prepare independently. No external assistance will be allowed during preparation time.
- Use of mobile phones or internet during preparation is strictly prohibited unless permitted by organizers.
- Basic props (if allowed by organizers) must be simple and arranged by the participant.
- **Judging Criteria:** Spontaneity, Expression, Acting Skills, Improvisation & creativity.
- Content must not be offensive, vulgar, or disrespectful.

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