



Republic of the Philippines
Department of Education

REGION IV- A CALABARZON
CITY SCHOOLS DIVISION OF THE CITY OF TAYABAS

Advisory No. **081**, s. 2025

April 11, 2025

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, s. 2001
but only for the information of DepEd Officials,
personnel/staff, as well as the concerned public.
(Visit www.deped.gov.ph)

PALAISIPAN 2025

The UP Isabela Society (UPIS), a duly recognized sociocultural organization from the University of the Philippines – Los Baños, shall organize the **PALAISIPAN 2025: Pambansang Labanan sa Isip, Sining at Panitikan** in collaboration with UP Oroquieta and UP Cagayanos. Palaisipan is a national scholastic competition for High School students.

This year's theme for Palaisipan 2025 is **Levelling Up 2025: Boto ng Kabataan, Lakas ng Bayan**. The competition is open to both junior and senior high school students consisting of an educational discussion and nine individual subevents which are: 1) Essay Writing, 2) Pagsulat ng Sanaysay, 3) Poster Making, 4) Slogan Making, 5) Impromptu Speaking, 6) Dagliang Talumpati, 7) Poetry Writing, 8) Pagsulat ng Tula, and 9) Photo Essay these are open for both junior and senior high school students. There shall also be three group subevents which are Quiz Contents (JHS students only), Sayawit and Kultura Pakilala (JHS and SHS students).

This will be held on **May 3-4, 2025**, at the University of the Philippines – Los Baños.

Participation of learners and teachers from public and private schools shall be purely voluntary and will not hamper instructional time in compliance with the provisions of DepEd Order No. 009, s. 2024 titled Implementing Guidelines on the School Calendar and Activities for the School Year 2024-2025 and DepEd Order No. 009, s. 2005, titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith and the policy on off-campus activities stated in DepEd Order No. 066, s. 2017.

For inquiries, please contact PALAISIPAN 2025 Organizing Committee through connect.palaisipan2024@gmail.com or Rea May Berdadero through 09167243589.

CID- palaisipan 2025
RECM6ENH-004370/April 11, 2025



PALAISIPAN

PAMBANSANG LABANAN SA ISIP, SINING, AT PANITIKAN



UP CAGAYANOS



UP ISABELA SOCIETY



UP OROQUIETA

CONTACT US



09167243589
Rea May Berdadero



connect.palaisipan2024@gmail.com



PALAISIPAN

March 31, 2025

CELEDONIO B. BALDERAS JR., CESO VI
DepEd Schools Division Superintendent
Department of Education
Division of Tayabas

Dear Dr. Balderas,

Greetings from UP Isabela Society!

The **UP Isabela Society (UPIS)** is a duly recognized varsitarian organization at the University of the Philippines Los Baños. UPIS is an organization committed to promoting academic excellence, social proficiency, and unconditional service to the people. Through the years, the society has been successfully spearheading various activities inside and outside the university and continuously rendering service to the community it belongs to.

This year, we, **together with UP Oroquieta and UP Cagayanos**, will be hosting **PALAISIPAN 2025** with the theme **"Levelling Up 2025: Boto ng Kabataan, Lakas ng Bayan,"** which will be held **face-to-face** at the **University of the Philippines - Los Banos** this coming **May 3-4, 2025**.

PALAISIPAN 2025: Pambansang Labanan sa Isip, Sining at Panitikan, is a national scholastic competition for High School students. The event will be **open to both junior and senior high school students** consisting of an **educational discussion** and **nine (9) individual subevents** which are open for both Junior and Senior High School: (1) **Essay Writing**, (2) **Pagsulat ng Sanaysay**, (3) **Poster Making**, (4), **Slogan Making**, (5) **Impromptu Speaking**, (6) **Dagliang Talumpati**, (7) **Poetry Writing**, (8) **Pagsulat ng Tula**, and (9) **Photo Essay**. There are also **three (3) group subevents**: the **Quiz Contest**, exclusively for Junior High School students and two new subevents: **Sayawit** and **Kultura Pakilala** for both Junior and Senior High School students.

LEVELING UP 2025: BOTO NG KABATAAN, LAKAS NG BAYAN



PALAISIPAN

PAMBANSANG LABANAN SA ISIP, SINING, AT PANITIKAN



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PALAISIPAN

With this, the organization would like to request the **Department of Education Schools Division Office of Tayabas** for the **endorsement of our event**. We believe that with your endorsement, the organization will be able to encourage more students to participate in our event. This event is beneficial to the students as it promotes healthy competition while allowing them to hone and showcase their academic and extracurricular skills while also highlighting the importance of the role of the youth in our society.

We believe that **your support will significantly contribute to the success of this event and its objectives**.

Should you have any queries, please contact us at **09167243589**. You may also message us through this email address: **connect.palaisipan2024@gmail.com**.

We are deeply honored for you to become a part of this organizational tradition and we look forward to your response.

Noted by:

REA MAY P. BARDADERO
PALAISIPAN 2025 Event Head
UP Isabela Society President

VINCENT JEFFERSON T. DELA ROSA
UP Isabela Society Representative

ELLA JANE R. MIRA
UP Oroquieta President

KATHLEEN C. MEDRANO
UP Oroquieta Representative

ALEXIS A. CARAG
UP Cagayanos President

JADE IRISH C. CABULAGAN
UP Cagayanos Representative

LEVELING UP 2025: BOTO NG KABATAAN, LAKAS NG BAYAN



PALAISIPAN

PAMBANSANG LABANAN SA ISIP, SINING, AT PANITIKAN

**LEVELING UP 2025: BOTO NG
KABATAAN, LAKAS NG BAYAN**

3032

PALAISIPAN 2025

Pambansang Labanan sa Isip, Sining, at Panitikan (PALAISIPAN) is a national scholastic competition for high school students from various provinces all over the country. PALAISIPAN aims to provide a venue for intellectual impressions in creative ways and enhance knowledge, skills, talents, and attitudes among high school students; to inculcate the value of pro-activeness in taking part in society's imperative problems; to develop pro-active and academically competitive students for the nation's development; and to promote a pleasant alliance among the various varsitarian organizations in the university notwithstanding cultural diversity. The theme:

Levelling UP 2025 Boto ng Kabataan, Lakas ng Bayan

Elections are a cornerstone of democracy, and the participation of the youth in the electoral process is crucial in shaping a nation's future. Levelling UP 2025: Boto ng Kabataan, Lakas ng Bayan emphasizes the power of the youth vote in driving national progress and ensuring accountable leadership. By fostering awareness, critical thinking, and active civic engagement, this initiative aims to equip high school students with the knowledge and confidence to make informed decisions in elections.

In a time when disinformation, political apathy, and voter manipulation threaten democratic integrity, it is essential to empower young voters with the skills to analyze candidates, policies, and electoral processes. This initiative seeks to transform students from passive observers into active participants who recognize that their votes are not just individual rights but collective responsibilities that influence the nation's trajectory.

Through interactive discussions, critical engagement, and participatory activities, this program will instill in students the value of responsible voting and inspire them to take an active role in shaping a just and progressive society.

By the end of this program, students will be able to:

1. **Analyze** the role of youth participation in elections and its impact on national development by examining historical and contemporary voter trends. (Analysis Level)
2. **Evaluate** political candidates and platforms using critical thinking and evidence-based assessment to make informed voting decisions. (Evaluation Level)
3. **Create** advocacy initiatives that promote voter awareness and responsible electoral participation among their peers. (Creation Level)

MECHANICS AND GUIDELINES

1. The participants of PALAISIPAN 2025 will be sent by the participating varsitarian organizations' provincial competitions. It is upon their prerogative to decide on the participants (e.g. 1st placers only, 1st and 2nd placers).

2. All participants must have undergone the provincial events from the respective varsitarian organizations under them.

- If a participant wishes to defer from their slot, the organizers of the respective event may proceed from having no or fewer participants or choose the next according to their rankings.
- No substitutions from the same school shall be allowed to replace the former participant if he/she did not participate in the provincial event.
- Varsitarian organizations without provincial events, but will participate in PALAISIPAN, shall have the authority to choose their own representative.

3. All participants are required to like and follow the social media pages of PALAISIPAN to stay updated on the event.

4. A registration fee of Php 800 will be applied to the participants for both individual and group categories. Additionally, a registration fee of Php 750 will be charged for each coach. The inclusions are as follows:

- a. Official PALAISIPAN 2025 Shirt
- b. Snacks and Drinks
- c. Establishment Map

5. As specified below, PALAISIPAN 2025 will feature 12 sub-events with separate categories for JHS and SHS except for the Quiz Contest, SAYAWIT, and Kultura Pakilala.

- Quiz Contest (Exclusive for JHS)
- Essay-Writing (JHS & SHS)
- Pagsulat ng Sanaysay (JHS & SHS)
- Poster-Making (JHS & SHS)
- Slogan-Making (JHS & SHS)
- Impromptu Speaking (JHS & SHS)

- Dagliang Talumpati (JHS & SHS)
- Poetry-Writing (JHS & SHS)
- Pagsulat ng Tula (JHS & SHS)
- Photo Essay (JHS & SHS) (English or Filipino)
- SAYAWIT
- Kultura Pakilala

6. All participants are given a 20-minute grace period. Beyond the grace period, late participants will not be entertained anymore and are automatically disqualified from the event unless presented with a valid excuse. The following excuses are considered valid:

- a. Medical concerns
- b. Accident on the road

7. The contest proper shall be held in two (2) parts - Opening ED and Socialization and Contest Proper. The Opening ED and Socialization will commence at 9:00 A.M. and will end at noon. The contest proper will start at 8:00 A.M. the next day, except for SAYAWIT and Kultura Pakilala Video Editing which will be executed on the first day of the event, and will end at 4:30 P.M.. The following sub-events shall be conducted simultaneously during the respective contest proper:

DAY 1 (MAY 3, 2025)

SATURDAY

- Opening ED and Socialization Activity (9:00 A.M. - 12:00 NN) at the venue
- Kultura Pakilala Orientation and Video Editing Proper (1:00 - 3:00 PM)
- Group Blockings for SAYAWIT (1:00 - 3:00 PM)
- SAYAWIT (3:00 PM onwards)

MECHANICS AND GUIDELINES

DAY 2 (MAY 4, 2025) SUNDAY

- Essay Writing (JHS and SHS) (8:00 - 9:30 A.M.)
- Pagsulat ng Sanaysay (JHS and SHS) (8:00 - 9:30 A.M.)
- Poetry Writing (JHS and SHS) (8:00 - 9:30 A.M.)
- Pagsulat ng Tula (JHS and SHS) (8:00 - 9:30 A.M.)
- Photo Essay (JHS and SHS) (9:45 - 11:15 A.M.)
- Poster-Making Contest (JHS and SHS) (9:00 - 11:00 A.M.)
- Slogan Making Contest (JHS and SHS) (9:00 - 11:00 A.M.)
- Impromptu Speaking (JHS and SHS) (9:45 - 11:45 A.M.) and (1:00 - 2:00 PM)
- Dagliang Talumpati (JHS and SHS) (9:45 - 11:45 A.M.) and (1:00 - 2:00 PM)
- Quiz Contest (JHS) (8:00 - 9:30 A.M.)
- Kultura Pakilala Video Showcase (ALL) (4:00 - 5:00 PM)
- Awarding (ALL) (5:00 PM onwards)

7. All winners will be awarded during the Awarding Ceremony and Closing Program, which will commence at 5:00 P.M.

8. Complaints and concerns shall be addressed to the corresponding event head of each segment.

9. Medals and certificates will be given to the winners in the individual categories. Meanwhile, trophies, medals, and certificates shall be awarded to Quiz Contest, Kultura Pakilala and SAYAWIT winners.

10. Best-performing teams and the overall winners will be chosen based on their performances in their respective categories. The point system will be as follows:

INDIVIDUAL CONTESTS						
CATEGORY	1ST	2ND	3RD	4TH	5TH	6TH-10TH
<i>Linguistics Contests</i>						
<i>Essay Writing & Pagsulat ng Sanaysay</i>	30	25	20	15	10	5
<i>Poetry Writing & Pagsulat ng Tula</i>	30	25	20	15	10	5
<i>Impromptu Speaking & Dagliang Talumpati</i>	30	25	20	15	10	5

Visuals Contests

CATEGORY	1ST	2ND	3RD	4TH	5TH	6TH-10TH
Photo Essay	30	25	20	15	10	5
Poster Making	30	25	20	15	10	5
Slogan Making	30	25	20	15	10	5

GROUP CONTESTS

CATEGORY	1ST	2ND	3RD	4TH	5TH	6TH-10TH
Cultural and Quiz Contests						
Quiz Contest	50	45	40	35	30	25
Kultura Pakilala	50	45	40	35	30	25
SAYAWIT	50	45	40	35	30	25

*Organizations with no representative in a specific category will be credited a zero point.

*In case of a tie, the performance of the group category will be the basis to break the tie.

11. All entries will be considered property of the organization that they represent (e.g. entries of the participants from UP Isabela Society will be considered property of UP Isabela Society).

CHANGE OF RULES

- The decision of the Judges is final and non-appealable.
- The use of props is allowed.
- The provided time will be adjudicated.
- Participating schools that exceed or fall short of seconds, with a maximum of 30 seconds.
- The minimum length of the cheering chant is 30 seconds.
- The delegation must incorporate their cheering into the PAAGSIPAN 2025 theme.
- This special award is open to all delegations.

MOST ENTHUSIASTIC AWARD

day of the event before the awarding ceremony. For this year's event, scoring will end on the second day of the PAAGSIPAN badge was posted in that organization. No bonus will be awarded. Participants may start their respective provinces with a wave banner. On the 7th started posting/telemarketing using the provided for

SPECIAL AWARDS

In this year's PALAISIPAN 2025, participating schools that display their utmost enthusiasm and active participation throughout the event will receive special recognition. Three special awards will be presented to the schools that meet the requirements for the following awards:

- Most Outstanding Delegation
- Most Socially Engaged
- Most Enthusiastic Crowd

MOST OUTSTANDING DELEGATION

This award is presented to the delegation with the highest level of preparedness, participation, and enthusiasm in the Pambansang Labanan sa Isip, Sining, at Panitikan.

CRITERIA

Participation

- Number of delegates sent by the participating varsitarian organization.
- Interaction with other participants.
- Active participation throughout the event.

Skill

- Number of awards received.

MOST SOCIALLY ENGAGED

This award is given to the participating delegation that has shown the most support and engagement in the Pambansang Labanan sa Isip, Sining, at Panitikan 2025. The point system will be based on the number of engagements done by each delegation to each of the PALAISIPAN social media platforms (i.e. Facebook, Twitter, and Instagram). Aside from that, each delegation is presented with a unique hashtag, which shall account for the contribution of the team's score to the award.

All shared posts/retweets using the hashtag of their respective provinces must be made public; otherwise, no points will be awarded. Participants may start when the PALAISIPAN page has posted its first publication for this year's event. Scoring will end on the second day of the event before the awarding ceremony.

MOST ENTHUSIASTIC AWARD

CRITERIA

- This special award is open to all delegations.
- The delegation must incorporate their cheering into the PALAISIPAN 2025 theme.
- The minimum length of the cheering chant is 30 seconds, with a maximum of 60 seconds. Participating schools that exceed or fall short of the provided time will be disqualified.
- The use of props is allowed.
- The decision of the judges is final and non-appealable

CHANGE OF RULES

As the educational committee of PALAISIPAN 2025, UP Isabela Society reserves the right to modify the rules of the contest when deemed necessary upon consultation with the host organization, the two other participating partner organizations, and the judges. Rest assured that everyone will be notified through email of any specific rule change.

QUIZ CONTEST

ELIMINATION ROUND MECHANICS

1. This event is exclusive for Junior High School only.
2. Each team is composed of three to four (3-4) members.
3. Questions for the quiz contest will come from the following fields:
 - a. Mathematics (Algebra, Business Math, Geometry, Statistics, and Pre-Calculus)
 - b. Science (Earth Science, Biology, Chemistry, and Physics)
 - c. Social Studies (Philippine, Asian and World History, Economics, Agriculture, and Population Education)
 - d. General Information (Culture, Arts, Literature, Music, Sports, People, Places, Entertainment, and Current Events).
 - e. Substitution of participants shall be allowed at the start of every round.
4. Whiteboard and whiteboard markers shall be provided by the facilitators.
5. The questions shall be read by the Quiz Master(s) twice. The teams are allowed to answer once the Quiz Master(s) start(s) to read the question.
6. Participants are given 10 seconds to answer easy questions, 30 seconds for average questions, and 1 minute for difficult questions.
7. Clarifications will be acknowledged after the facilitator has given the correct answer to the question.
8. The pointing system is as follows:

		Correct	Wrong	No Answer
Easy	15 questions	1	0	0
Average	8 questions	3	-1	0
Difficult	7 questions	5	-2	-1

FINAL ROUND MECHANICS

1. Participating schools are allowed to register and send only one (1) team composed of three to four (3-4) members to the Quiz Contest. The member composition of the team is a prerogative of the participants (e.g. one from each year level or mixed).
2. Each team must be well-rounded enough in ALL of the four (4) major categories: Mathematics (Algebra, Business Math, Geometry, Statistics, and Pre-Calculus); Science (Earth Science, Biology, Chemistry, and Physics); Social Studies (Philippine, Asian and World History, Economics, Agriculture, and Population Education); and General Information (Culture, Arts, Literature, Music, Sports, People, Places Entertainment, and Current Events).
3. Each question is presented with its corresponding score and shall be read by the Quiz Master(s) twice. The teams are allowed to answer once the Quiz Master(s) start(s) to read the question.
4. Participants are given 10 seconds to answer easy questions, 30 seconds for average questions, and 1 minute for difficult questions. Once the timer is up, the participants should raise their boards and can only erase them after the Quiz Master(s) have told them so.

5. In writing the answers, kindly take note and observe the following:

- a. All numerical answers must be expressed following the rule of significant figures unless otherwise stated.
- b. Answers in word form must be in their correct spellings and proper capitalization. Proper names of people shall be written in full name (first and last names). Initials will not be accepted. The same follows for questions and requiring dates and places.
- c. If the answer being asked is a scientific name, it should be written in its proper form, underlined for both generic name and specific epithet.

6. The Quiz master(s) will signal for the boards to be raised after the time limit has elapsed.

7. The answer shall be checked and verified by the proctors of each school, raising a colored flag to signal the Quiz Master(s). The flags to be used are the following:

- a. Green for the correct answer;
- b. Red for the wrong answer;
- c. Yellow for no answer; and
- d. White for concerns and protests.

9. A panel of judges (composed of three for Math, Science, and Social Sciences) shall be present during the competition.

- The judges shall address all the concerns, as well as the protests raised by the participants.
- Decisions made by the judges are considered final and irrevocable.
- Only the coaches and the contestants are allowed to file a protest. In doing so, they must provide sources from published materials or reputable websites (blogs and wikis shall not be considered). All protests must be raised before the next question is read; protests raised at a later time shall not be entertained.

10. The three (3) teams who earned the highest scores shall be declared as the winners and is presented with an award accordingly.

ESSAY WRITING

CONTEST MECHANICS

1. The topic for the essay writing will be given during the contest proper.

2. The contestants shall provide their pens. Only black or blue-colored pens are allowed and no other materials will be entertained. Strictly no pencils for the final paper.

3. The educational committee of PALAISIPAN 2025 shall provide the papers (letter size) that the contestants will use. A participant can have at most three (3) papers (two as scratch papers and one for the final output). Only the papers provided and signed by UP Isabela Society during the conduct of the contest shall be considered official.

4. The essay should be written in English and must contain a minimum of 350 and a maximum of 500 words (excluding articles). Exceeding the maximum word limit will result in a deduction of one (1) point for every extra ten (10) words while 0.1 points for every extra word. A 1-point deduction will also be imposed for every Filipino word unless there is no direct translation for the word.

5. The contestants shall provide a title for their essay limited to a maximum of 10 words (excluding articles). Exceeding the maximum word limit for the title will result in a deduction of one (1) point for every three (3) words while 0.25 points for every extra word under the criterion of consistency to the rules.

6. The contestants will be given one and a half hours to finish their entry.

7. The contestants will not be allowed to talk to their coaches and fellow contestants for the entire duration of the competition.

8. Each entry will be given an alphanumeric code to ensure impartiality and anonymity before its submission to the Board of Judges. The participants are strictly prohibited from writing their names and their institutions. Failure to comply results in disqualification.

9. The decision of the Board of Judges is rendered final and irrevocable.

10. The three entries that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

11. A Certificate of Participation will be given to all participants. A Certificate of Appearance will be given to the coaches.

CRITERIA FOR JUDGING	
Relevance to the Theme	30%
Content and Presentation	30%
Structure and Style	25%
Consistency to the Rules	15%
Total	100%

PAGSULAT NG SANAYSAY

PANUNTUNAN

1. Ang paksa para sa pagsulat ng sanaysay ay ibibigay sa mismong araw ng patimpalak. Ito ay may kaugnayan sa kabuuang tema ng PALAISIPAN 2025.

2. Ang mga kalahok ay inaasahang magdala ng sarili nilang panulat. Itim at asul lamang ang kulay ng tinta ng panulat ang pinahihintulatang gamitin. Mariing ipinagbabawal ang lapis bilang panulat sa pinal na papel. Gayundin sa iba pang kagamitan na hindi binanggit ay parehong ipinagbabawal.

3. Ang papel na gagamitin (letter size) ng mga kalahok ay ibibigay ng educational committee ng PALAISIPAN 2025. Maaaring magkaroon ng hanggang tatlong papel ang kalahok (dalawa bilang scratch papers habang isa naman para sa pinal na gawa). Tanging ang mga papel na pirmado ng UP Isabela Society ang kikilalaning opisyal na piyesa para sa patimpalak.

4. Ang sanaysay ay dapat nakasulat sa wikang Filipino. Ito ay hindi bababa sa 350 na salita at hindi lalampas sa 500 salita (hindi kabilang ang mga artikulo). Ang bawat sampung (10) salita na kasobrahan ay may karampatang bawas na isang (1) puntos (habang 0.1 na kaltas naman ang maibibigay sa bawat isang sobrang salita) sa ilalim ng pamantayan ng pagsusuring pagsunod sa mga panuntunan. Ang bawat isang (1) Ingles na salita na ginamit ay may karampatang bawas na isang punto sa ilalim ng pagsunod sa mga panuntunan, maliban kung ito ay walang direktang pagsasalin sa Filipino.

5. Kailangang bigyan ng pamagat ng kalahok ang kanyang sanaysay. Ito ay hindi lalampas sa sampung (10) salita. Ang bawat tatlong (3) salita na kasobrahan ay may karampatang bawas na isang (1) puntos (habang 0.25 na kaltas naman ang maibibigay sa bawat isang sobrang salita) sa ilalim ng pamantayan ng pagsusuring pagsunod sa mga panuntunan.

6. Bibigyan ang mga kalahok ng isa at kalahating oras upang matapos ang kanilang sanaysay.

7. Hindi pinahihintulutan ang pakikipag-usap sa mga guro at kapuwa-kalahok sa oras ng patimpalak.

8. Ang bawat piyesa ay bibigyan ng alpanumerikong palatandaan upang masiguro ang patas na paghatol bago ito isumite sa lupon ng mga taga-hatol. Ang mga kalahok ay mahigpit na ipinagbabawal sa pagsulat ng kanilang mga pangalan at ng kanilang pamantasan. Bigong gawin ito ay magresulta sa diskwalipikasyon.

9. Ang desisyon ng lupon ng mga taga-hatol ay pinalat hindi na maaaring baguhin.

10. Ang tatlong (3) piyesa na makakakuha ng pinakamataas na marka ay hihiranging kampeon, 1st runner-up, at 2nd runner-up. Sila ay makakatanggap ng medalya at katibayan ng pagkilala.

11. Makakatanggap ang lahat ng kalahok ng katibayan ng partisipasyon.

CRITERIA FOR JUDGING

Kaugnayan sa Paksa	30%
Nilalaman at Presentasyon	30%
Istruktura at Estilo	25%
Pagsunod sa mga Panuntunan	15%
Total	100%

POETRY WRITING

CONTEST MECHANICS

1. The topic for the essay writing will be given during the contest proper.
2. The contestants shall provide their pens. Only black or blue-colored pens are allowed. Strictly no pencils for the final paper.
3. The educational committee of PALAISIPAN 2025 shall provide the papers (letter size) that the contestants will use. A participant can have at most three (3) papers (two as scratch papers and one for the final output). Only the papers provided and signed by UP Isabela Society during the conduct of the contest shall be considered official.
4. The poem should be written in English. A 1-point deduction will also be imposed for every Filipino word unless there is no direct translation for the word.
5. The contestants shall provide a title for their poem limited to a maximum of 10 words (excluding articles). Exceeding the maximum word limit for the title will result in a deduction of one (1) point for every three (3) words while 0.25 points for every extra word under the criterion of consistency to the rules
6. Writing the poem has no restrictions, specific meters, or arrangements. The structure of the poem depends on the will of the contestant. Thus, the style of the poem is free-writing.
7. The contestants will be given one hour to finish their entry.
8. The contestants will not be allowed to talk to their coaches and fellow contestants for the entire duration of the competition.

11. The three entries that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

12. A Certificate of Participation will be given to all participants. A Certificate of Appearance will be given to the coaches.

CRITERIA FOR JUDGING	
Relevance to the Theme	30%
Content and Presentation	30%
Creativity and Originality	30%
Consistency to the Rules	10%
Total	100%

PAGSULAT NG TULA

PANUNTUNAN

1. Ang paksa para sa pagsulat ng tula ay ibibigay sa mismong araw ng patimpalak. Ito ay may kaugnayan sa kabuuang tema ng PALAISIPAN 2025.

2. Ang mga kalahok ay inaasahang magdala ng sarili nilang panulat. Itim at asul lamang ang kulay ng tinta ng panulat ang pinahihintulutang gamitin. Mariing ipinagbabawal ang lapis bilang panulat sa pinal na papel.

3. Ang papel na gagamitin (letter size) ng mga kalahok ay ibibigay ng educational committee ng PALAISIPAN 2025. Maaaring magkaroon ng hanggang tatlong papel ang kalahok (dalawa bilang scratch papers habang isa naman para sa pinal na gawa). Tanging ang mga papel na pirmado ng UP Isabela Society ang kikilalaning opisyal na piyesa para sa patimpalak.

4. Ang tula ay dapat nakasulat sa wikang Filipino. Ang bawat isang (1) Ingles na salita na ginamit ay may karampatang bawas na isang punto sa ilalim ng pagsunod sa mga panuntunan, maliban kung ito ay walang direktang pagsasalin sa Filipino.

5. Kailangang bigyan ng pamagat ng kalahok ang kaniyang tula. Ito ay hindi lalampas sa sampung (10) salita. Ang bawat tatlong (3) salita na kasobrahan ay may karampatang bawas na isang (1) puntos habang 0.25 naman sa bawat isang salita sa ilalim ng pamantayan ng pagsusuring pagsunod sa mga panuntunan.

6. Walang partikular na porma, anyo, sukat, o tugma ang tula. Maaaring pagpasyahan ng kalahok ang porma ng kanilang piyesa. Ang estilo ng tula ay free-writing.

7. Bibigyan ang mga kalahok ng isang oras upang matapos ang kanilang tula.

8. Hindi pinahihintulutan ang pakikipag-usap sa mga guro at kapuwa-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. Ang mga kalahok ay mahigpit na ipinagbabawal sa pagsulat ng kanilang mga pangalan at ng kanilang pamantasan. Bigong gawin ito ay magresulta sa diskwalipikasyon.

10. Ang desisyon ng lupon ng mga taga-hatol ay pinal at hindi na maaaring baguhin.

11. Ang tatlong (3) piyesa na makakakuha ng pinakamataas na marka ay hihiranging kampeon, 1st runner-up, at 2nd runner-up. Sila ay makakatanggap ng medalya at katibayan ng pagkilala.

12. Makakatanggap ang lahat ng kalahok ng katibayan ng partisipasyon.

CRITERIA FOR JUDGING	
Kaugnayan sa Paksa	30%
Nilalaman at Presentasyon	30%
Pagkamalikhain at Orihinalidad	30%
Pagsunod sa mga Panuntunan	10%
Total	100%

IMPROMPTU-SPEAKING

CONTEST MECHANICS

1. The contestants should be in formal or semi-formal attire. Three (3) points will be deducted from the overall appeal criterion if the participant delivers in school uniform or casual attire.
2. Only one (1) topic for impromptu speaking shall be given to all the contestants during the contest proper. The topic will be related to the specific theme of PALAISIPAN 2025.
3. Participants will be given two (2) minutes for the preparation of the speech and a maximum of three (3) minutes for the delivery. Five (5) points will be deducted from the score for every 15 seconds over the three-minute limit. Warning signs will also be given in the last one (1) minute, 30 seconds, and 15 seconds of the time limit.
4. No paper, note cards, or pre-written speeches will be allowed. The English language should be used as a speaking medium. A 1-point deduction under the Use of Language criterion will also be imposed for every Filipino word unless there is no direct translation for the word.
5. The rest of the participants are not allowed to see their contenders as they deliver their speeches. The participants are also not allowed to confer with their mentors regarding the topic they would talk about.
6. The decision of the Board of Judges is considered final and irrevocable.
7. The three participants that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

CRITERIA FOR JUDGING

Speech Development (Content, Relevance to the Topic)	35%
Use of Language (Sentence Construction, Grammar, Use of Words)	30%
Delivery (Conviction, Gestures, Spontaneity)	25%
Overall Appeal (Stage Presence, Audience Impact)	10%
Total	100%

DAGLIANG-TALUMPATI

PANUNTUNAN

1. Ang mga kalahok ay dapat nakasuot ng pormal o semi-pormal na kasuotan.
2. Mayroong isang (1) paksa para sa Dagliang Talumpati ay ito ay ibibigay sa mismong araw ng patimpalak. Ang paksa ay may kaugnayan sa kabuuang tema ng PALAISIPAN 2025.
3. Ang mga kalahok ay bibigyan ng dalawang (2) minuto upang buuin ang kanyang talumpati at hindi hihigit sa tatlong (3) minuto upang ipahayag ang kaniyang talumpati. Sa bawat 15 na segundong kalabasan sa pagtatalumpati ay may karampatang limang (5) puntos na kabawasan sa kabuuang puntos. Maglalaan din ng palatandaan sa natitirang isang (1) minuto, 30 na segundo, at 15 segundong natitira sa itinakdang oras ng pahayag.
4. Mahigpit na ipinagbabawal ang anumang uri ng kodigo.
5. Ang talumpati ay dapat nasa wikang Filipino. Ang bawat isang (1) ingles na salita na ginamit ay may karampatang bawas na isang punto sa ilalim ng paggamit ng wika, maliban kung ito ay walang direktang pagsasalin sa Filipino.
6. Ang mga kalahok ay hindi hahayaang marinig ang talumpati ng kapwa nilang kalahok. Gayundin, hindi pinahihintulutan ang mga kalahok na makipag-usap sa kanilang guro hinggil sa paksa ng talumpati.
7. Ang tatlong (3) kalahok na makakakuha ng pinakamataas na marka ay hihiranging kampeon, 1st runner-up, at 2nd runner-up. Sila ay makakatanggap ng medalya at katibayan ng pagkilala.

CRITERIA FOR JUDGING

Pagkakabalangkas ng Talumpati (Nilalaman at Kaugnayan sa Paksa)	35%
Paggamit ng Wika (Pagkakabuo ng Pangungusap, Balarila, at Paggamit ng Salita)	30%
Pagtatalumpati (Conviction, Kilos, Spontaneity)	25%
Pangkalahatang Dating (Epekto sa Manonood, Presensya sa Entablado)	10%
Total	100%

POSTER-MAKING

CONTEST MECHANICS

1. The topic for the poster-making contest will be given during the contest proper. The topic will be related to the specific theme of PALAISIPAN 2025

2. The contestants are allowed to use oil pastels, markers, crayons, ball pens, and black lead pencils as their medium. Only the canvas (¼ illustration board) will be provided by the PALAISIPAN organizers.

3. The contestants will be given two (2) hours to finish their entry.

4. Consultations with coaches are strictly prohibited once the contest proper begins; hence, coaches and spectators are not allowed within the periphery of the activity area.

5. No words shall be incorporated into the poster. Any symbols that may reveal the identity of the school are also strictly prohibited (e.g. the school logo and school landmarks, brands of businesses). Each prohibited symbol present in the poster will incur a 1-point deduction in the overall score.

6. The final output should not contain any copyrighted materials, obscene, sexual, explicit, offensive, or other inappropriate content. Violation of this rule warrants disqualification of the entry.

7. Each entry will be given an alphanumeric code to ensure impartiality and anonymity before its submission to the Board of Judges.

8. The decision of the Board of Judges is rendered final and irrevocable.

9. The three (entries that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

10. A Certificate of Participation will also be given to all participants.

CRITERIA FOR JUDGING

Relevance to the Topic	30%
Creativity	30%
Originality	20%
Overall appeal	20%
Total	100%

SLOGAN -MAKING

CONTEST MECHANICS

1. The topic for the slogan-making contest will be given during the contest proper. The topic will be related to the specific theme of PALAISIPAN 2025.

2. Each slogan must be limited to 10-15 words, excluding articles. No phrases from the theme shall be used in the slogan. Any symbols that may reveal the identity of the school are strictly prohibited (e.g., school logo, school landmarks). No figures, drawings, or borders shall be incorporated into the slogan. Each prohibited symbol present in the poster will incur a 1-point deduction in the overall score.

3. The contestants are required to bring their own materials except for the $\frac{1}{4}$ illustration board provided by the PALAISIPAN organizers. Coloring materials are not allowed except for markers of any color.

4. The contestants will be given the autonomy to use either English or Filipino in writing their entries. However, strictly one (1) language is allowed.

5. The contestants will be given two (2) hours to finish their entry.

6. Consultations with coaches are strictly prohibited once the contest properly begins; hence, coaches and spectators are not allowed within the periphery of the activity area.

7. Each entry will be given an alphanumeric code to ensure impartiality and anonymity before its submission to the Board of Judges.

8. The decision of the Board of Judges is rendered final and irrevocable.

9. The three (entries that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

10. A Certificate of Participation will also be given to all participants.

CRITERIA FOR JUDGING

Relevance to the Topic	35%
Creativity	25%
Originality	20%
Overall appeal	20%
Total	100%

PHOTO ESSAY

CONTEST MECHANICS

1. The topic for the photo essay will be given during the contest proper. The topic will be related to the theme of PALAISIPAN 2025.
2. A digital camera should be provided by each participant. A maximum of 30 megapixels for the digital camera will be allowed. Picture style and auto-white balance are not allowed. In addition, the participant should prepare an empty memory card for their camera before taking pictures.
3. Participants will be sent to a venue where they will be tasked to shoot pictures for one and a half (1 ½) hours only. One hour will be given for the caption and layout.
4. All participants are strictly limited to taking only fifteen (15) shots with their cameras. A participant who deletes a picture will be disqualified.
5. Participants shall only choose seven (7) out of their fifteen (15) shots. Soft copies of the pictures must be submitted before printing.
6. Participants will be asked to lay out the pictures in a 10" by 15" illustration board provided by the PALAISIPAN organizers.
7. Each participant should provide a title not exceeding ten words (either in English or Filipino). This should be written using a black or blue-inked marker provided by the participant.
8. Each entry will be given an alphanumeric code to ensure impartiality and anonymity before its submission to the Board of Judges.
9. The decision of the Board of Judges is rendered final and irrevocable.

10. The three (entries that will obtain the highest percentage shall be declared as the champion, 1st runner-up, and 2nd runner-up, respectively. The top three (3) participants will receive medals and certificates.

11. A Certificate of Participation will also be given to all participants.

CRITERIA FOR JUDGING

Relevance to the Theme	40%
Technical Excellence	30%
Visual Impact	30%
Total	100%

CONTEST MECHANICS

Eligibility:

- Open to both **Junior High School and Senior High School students**.
- Each school is allowed **one (1) team composed of eight (8) high school students** from each school.

Team Composition:

- Each team must have eight (8) students, with flexible roles that can be allocated based on members' skills, such as directing, camera work, scriptwriting, production, and editing.
- **Testimonial participants or extras** are **excluded** from the official team count.

Contest Overview:

- Each team must produce a **Documercial** that aligns with the PALAISIPAN 2025 theme: **Levelling UP 2025: Boto ng Kabataan, Lakas ng Bayan**
- The video should highlight the contributions of youth in progressing good governance, the evolution of leadership roles, and the importance of active, informed participation in voting governance. It should also include elements of culture, such as symbols, beliefs, values, and traditions tied to the concept of leadership and governance.

Documercial is defined as a combination of promotional and documentary video types that involve informative content (storytelling and interviews) and a coherent message to the viewers (promotional message, call to action, highlighting culture and traditions, or encouragement).

Note: Participants are encouraged to follow proper consent with the testimonial extras. Ask whether they are comfortable talking showing their faces or blurring along with changing the tone of their voices.

Submission of Official Team List:

- The **official list of participants**, including names of **extras** and **testimonial participants**, must be submitted in **printed format** on the **first day** of PALAISIPAN's registration period.
- The list should be printed on **A4 bond paper**, with your school's **header and footer** included to represent your school's identity.

Technical Guidelines:

- Video entries must be original works of the team. **Uploading and using videos/photos from secondary sources** (e.g. YouTube videos owned and made by other people) are not allowed.
 - Only audio files that will serve as background music can be downloaded from the internet, but proper credits must be observed.
- The video should be no longer than 5 minutes, including credits (30 seconds maximum). A 5-point deduction will be applied for every minute exceeding the time limit.
- Acceptable formats: MPEG, MP4, or MOV.
- Resolution: 1920 x 1080, maximum file size: 2GB.
- Teams must submit the following in one **(1) PDF file**:
 - **Logline:** A two-sentence summary of the video (50 words maximum).
 - **Cast and Crew List**, including extras.
 - **Script** of the Documercial (formatted properly).
 - **Behind-the-scenes** documentation (photos/videos of the production process).

Submission Process:

- Teams will have **ten (10) days** before the start of PALAISIPAN 2025 to gather raw footage, voice recordings, and other media materials that they will use to create their output.
- Each team will be provided a **Google Drive** folder to upload their raw materials, which will be used for on-the-spot editing during the contest.
- **Only files uploaded** within the allowed time will be considered. Additional files uploaded during the event will result in disqualification.
- Background music can be downloaded from the internet, but proper credits must be included.

On-the-Spot Editing:

- Teams may download or secure their copy of the uploaded materials before the on-the-spot video editing and processing of the contest proper.
- A maximum of 2-3 participants from each team will be allowed to participate in the on-the-spot editing process. Other team members are encouraged to attend the PALAISIPAN Youth Congress Symposium.
- Teams must bring their own devices, extension cords, and software editing applications, and secure their internet connection, along with any other resources they may need for editing.
- Final videos must be submitted via the assigned Google Drive folder.

Public Posting and Special Award:

- Completed entries will be posted for public viewing on the PALAISIPAN's official Facebook page on the first day of PALAISIPAN at 5:00 PM.
- Kultura Pakilala will be graded based on the point system of Kultura Pakilala Video Contest and not through the most gathered likes and shares.
- The entry with the most Facebook likes and shares will win a special award.

Three (3) winners will be selected based on the following criteria:

CRITERIA FOR JUDGING	
Style and creativity (Technical Excellence and Videography)	30%
Relevance to the topic	25%
Originality	20%
Narrative and Dialogue	15%
Overall appeal	10%
Total	100%

SAYAWIT

CONTEST MECHANICS

Eligibility:

- Open to both Junior High School and Senior High School students.
- Each school is allowed to have one (1) group representative.
- The group should consist of a minimum of ten (10) and a maximum of fifteen (15) participants.

Performance Overview:

- The Sayawit performance should embody the PALAISIPAN 2025 theme: **Levelling UP 2025: Boto ng Kabataan, Lakas ng Bayan**
- Participants are expected to creatively integrate the theme by showcasing the evolving role of youth in leadership and governance while highlighting key elements of Filipino culture and traditions.
- The performance must include **both singing and dancing**, with a clear message of the youth's role in shaping a better future.

Song Requirements:

- Performers can use songs in **English, Filipino, or local languages** (e.g., Ilocano, Ibanag, Itawes). A combination of these languages is also encouraged to reflect diversity.
- The song selection should reflect the theme and not contain any inappropriate language (e.g., slurs, profanity, or offensive expressions).
- To ensure compliance, participants are required to submit a **printed copy of the song lyrics** to the facilitator **one (1) hour before** the contest begins for approval. A **two-point deduction** will be applied for every five-minute delay. However, submissions will only be accepted with deductions up to **25 minutes** before the contest starts. Any submissions after this time will not be accepted and will result in disqualification.

Time Limits:

- The performance should last between **5 to 7 minutes**, including the introduction and exit of participants.
- An additional **3 minutes** will be provided before the start for the **setup of props and/or instruments**.
- A **deduction of 5 points** will be applied for every 30 seconds over or under the allotted performance time.

Accompaniments:

- **Pre-recorded music accompaniments** (if used) must be saved on a flash drive and submitted to the technicians **one (1) hour before** the contest begins. The file should be named following this format: **School_SayawitAccompaniment**.
- For **live musical accompaniments**, the group is responsible for bringing their instruments and must inform the technician of their equipment and technical requirements **one (1) hour before** the contest.
- Both pre-recorded and live accompaniments should enhance the overall performance and align with the theme.

Props and Performance:

- Props are permitted, but minimal usage is recommended to ensure smooth performance flow. Props should complement the theme and should not distract from the overall presentation.
- **Dangerous stunts**, such as lifting or tumbling, are strictly prohibited. Any group attempting such stunts will have their performance immediately stopped, and they will be **disqualified**.
- The performance should remain safe and within the bounds of acceptable stage practices to avoid injury or risk.

Additional Instructions:

- All pre-recorded materials (including audio files and videos) and live musical instruments must be submitted and/or confirmed at least **one (1) hour before** the contest starts.
- Participants are expected to display **professionalism and discipline** throughout the performance. Noncompliance with the guidelines, including improper use of language or dangerous stunts, will result in **penalties or disqualification**.

Three (3) winners will be selected based on the following criteria:

CRITERIA FOR JUDGING	
Relevance to the theme	35%
Vocal (Technique, rhythm and tempo, timing, expression, and harmony)	20%
Dance (Expression, technique, timing, and execution)	20%
Originality and creativity	15%
Overall appeal	10%
Total	100%



PALAISIPAN HEADS

REA MAY P. BERDABERO
PALAISIPAN 2025 EVENT HEAD
UP ISABELA SOCIETY PRESIDENT

IVANNAH JANE ALEXIS A. CARAG
UP CAGAYANOS PRESIDENT

ELLA JANE R. MIRA
UP OROQUIETA PRESIDENT
DOCUMENTATION COMMITTEE HEAD

JADE IRISH C. CABULAGAN
UP CAGAYANOS REPRESENTATIVE

VINCENT JEFFERSON T. DELA ROSA
UP ISABELA SOCIETY REPRESENTATIVE
EDUCATIONAL COMMITTEE HEAD

KATHLEEN C. MEDRANO
UP OROQUIETA REPRESENTATIVE
DOCUMENTATION COMMITTEE HEAD


MASAKO DE GUZMAN
LOGISTICS COMMITTEE HEAD

ROMEL E. DELA CRUZ
FINANCE COMMITTEE HEAD

ZAIRA ANGELA U. ANTONIO
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 **PALAISIPAN**