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BATANGAS



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LPU
BATANGAS
REGIONAL
INTER-HIGH SCHOOL
ACADEMIC,
SKILLS AND
CULTURAL
COMPETITIONS
2026



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February 4, 2026

The School Principal/Administrator

Dear Sir / Madam,

Greetings!

In line with the vision and mission of the Lyceum of the Philippines University-Batangas (LPU-B), we are always committed to opening avenues for the students to closely associate with the students at other schools through interaction and friendly competition while showcasing their critical thinking, passion, and creativity whether in academics, skills, or cultural performances.

In pursuit of this commitment, it is with immense pleasure that LPU-Batangas invites your school and students to participate in the **2026 LPU-Batangas Regional Inter-High School Academic, Skills, and Cultural Competitions** on **March 14, 2026, Saturday, face-to-face.**

The said competition has ten (10) categories to compete in which are as follows:

ACADEMIC COMPETITION:

1. General Information Quiz Bee (pair)
2. Math and Science Quiz Bee (group)
3. Extemporaneous Speaking Contest (individual)

SKILLS COMPETITION:

4. SDG Digital Poster Making Contest (individual)
5. Tour Guiding Contest (individual)
6. "Kapeng Barako" Dessert Challenge (individual)

CULTURAL COMPETITION:

7. Vocal Duet Contest (pair)
8. Dance Sport (pair)
9. Mr. Teen LPU 2026 (individual)
10. Ms. Teen LPU 2026 (individual)

Winners of the General Information Quiz Bee will receive these prizes:

First Placer P6, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P4, 000 (cash), medal, tarpaulin, certificate
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

Winners of the Math and Science Quiz Bee will receive these prizes:

First Placer P7, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P5, 000 (cash), medal, tarpaulin, certificate
Third Placer P3, 000 (cash), medal, tarpaulin, certificate

Winners of the Extemporaneous Speaking contest will receive these prizes:

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), medal, tarpaulin, certificate
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

Winners of the SDG Digital Poster making contest will receive these prizes:

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), medal, tarpaulin, certificate
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

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Winners of the Tour Guiding contest will receive these prizes:

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), medal, tarpaulin, certificate
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

Winners of the "Kapeng Barako" Dessert Challenge will receive these prizes:

First Placer P5, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P3, 000 (cash), medal, tarpaulin, certificate
Third Placer P2, 000 (cash), medal, tarpaulin, certificate

Winners of the Vocal Duet Contest will receive these prizes:

First Placer P8, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P6, 000 (cash), medal, tarpaulin, certificate
Third Placer P4, 000 (cash), medal, tarpaulin, certificate

Winners of the Dance Sport will receive these prizes:

First Placer P8, 000 (cash), medal, certificate, tarpaulin, and a trophy for the school
Second Placer P6, 000 (cash), medal, tarpaulin, certificate
Third Placer P4, 000 (cash), medal, tarpaulin, certificate

Winners of the Mr. and Ms. Teen LPU 2026 will receive these prizes:

Mr. & Ms. Teen LPU P8, 000 (cash), certificate, tarpaulin, crown (Ms. Teen LPU), sash, and a trophy for the school
First Runners Up P6, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school
Second Runners Up P4, 000 (cash), certificate, tarpaulin, sash, and a trophy for the school
Third Runners Up P2, 500 (cash), certificate, tarpaulin, sash, and a trophy for the school
Fourth Runners Up P1, 500 (cash), certificate, tarpaulin, sash, and a trophy for the school

Overall Top Performing Schools will also receive the following prizes:

Top 1 Overall Top Performing School: **Php20, 000.00 (cash), tarpaulin, trophy, and the most coveted IHSC OVERALL CHAMPION roving Trophy**
Top 2 Overall Top Performing School: **Php15, 000.00 (cash), tarpaulin, trophy**
Top 3 Overall Top Performing School: **Php10, 000.00 (cash), tarpaulin, trophy**

We are looking forward to having your school and students as one of our participants in this momentous event.

Thank you very much! God Bless!

Sincerely,

Digitally signed 1/16/2026

MS. ALYANNA CANOBAR

Vice-Chairman, 2026 LPU-Batangas Regional Inter-High School Academic, Skills, and Cultural Competitions

Marketing Assistant, LPU-Batangas

09171496728 / adcanobar@lpubatangas.edu.ph

Noted by:

Digitally signed 1/16/2026

MRS. JOCELYN R. MERCADO

OIC, Center for Strategic Marketing and Communications (CSMC)/

Secretary, Office of the President

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GENERAL GUIDELINES

1. This year's general theme is **"LPU-B at 59: Industry-Driven, Future-Ready: Celebrating 59 Years of LPU Excellence."** However, the specific theme for some individual categories shall be given on the spot during the contest proper.
2. All contests will be held **face-to-face** on **March 14, 2026, Saturday, 8:00 am to 5:00 pm at LPU-Batangas Main Campus, Capitol Site, Batangas City.**
3. The competition is open to all bona fide **Grades 9 to 12 students (unless specified)** of private and public high schools in the Provinces of **Batangas, Quezon, and Laguna.**
4. Each school shall send only **one (1) contestant, pair, or group** for each category, as specified.
5. Each participating school is required to appoint one (1) representative, especially for registration purposes.
6. High schools with Day Class, Night Class, Open High School, Science Class, and/or BEC class under **one** official school name **may send** contestants to represent each class **provided that they have different administrators/principals.**
7. A contestant may join a **maximum of two (2) contests**, provided that the said contests **are not simultaneous.**
8. The contestants shall be in **CASUAL ATTIRE (unless specified)** to avoid school identification. No School ID shall be worn.
9. Each contestant shall be at the venue at least thirty (30) minutes before the contest. General Registration will begin at 7:00 am.
10. Each contestant must present their valid student ID during the per-contest registration for verification purposes.
11. In line with the Sustainable Development Goals (SDGs), we kindly encourage everyone to bring their own tumblers and refrain from bringing bottled water.
12. By entering the campus, individuals grant consent to the institution for the use of their photos and/or videos on its official social media accounts.
13. Contests are from 8:00 am to 5:00 pm. There may be changes without prior notice. Contest venues shall be posted at the Arsenio "Dodjie" Laurel Sports Arena and in other strategic areas of the university. Marshalls will be available for assistance.

CONTEST	TIME	VENUE
1. General Information Quiz Bee	8:00 AM	Multimedia Room, 3/F, SHL Building
2. Math and Science Quiz Bee	8:00 AM	Freedom Hall, 4/F, SHL Building
3. Extemporaneous Speaking Contest	8:00 AM	Case Room, 2/F, SHL Building
4. SDG Digital Poster Making Contest	8:00 AM	IMAC Lab, 2/F, SHL Building
5. Tour Guiding Contest	8:00 AM	CDAP Conference Room (Room 108), Holding Area at Le Café, SHL Building
6. "Kapeng Barako" Dessert Making Challenge	8:00 AM	Hot and Cold Kitchen, LG/F, SHL Building

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7. Vocal Duet Contest	(Elimination Round) Right after the Math and Science Quiz Bee	Freedom Hall, 4/F, SHL Building
	Final Round (1:00 PM)	Arsenio "Dodjie" Laurel Sports Arena
8. Dance Sport	8:00 AM	Arsenio "Dodjie" Laurel Sports Arena
9. Ms. Teen LPU 2026	1:00 PM	Arsenio "Dodjie" Laurel Sports Arena
10. Mr. Teen LPU 2026	1:00 PM	Arsenio "Dodjie" Laurel Sports Arena

- The points to determine the Overall Top Performing schools for all the categories shall be: **10 points - 1st place, 7 points - 2nd place, 5 points - 3rd place, 3 points - 4th place, 2 points - 5th place, 1.5 points - for semi-finalist (Vocal Duet Contest and Mr. and Ms. Teen LPU 2026), 1 point - participation**, will be tallied. The top 3 schools to accumulate the highest scores will be proclaimed **1st, 2nd, and 3rd OVERALL TOP PERFORMING SCHOOLS**, respectively.
- Previous years' champions (1st Placer) of the individual categories shall not be allowed to join the same category; runners-up are permitted.
- The decision of the judges/arbiters is final and irrevocable.
- The awarding of all contest winners shall be conducted at the Arsenio "Dodjie" Laurel Sports Arena after the Mr. and Ms. Teen LPU 2026 pageant.
- The **deadline for the CONFIRMATION OF SCHOOL'S PARTICIPATION is on February 27, 2026 (Friday), 3:00 pm.**

To submit your confirmation, please fill out the Confirmation of School's Participation via this registration form: <https://bit.ly/LPUBInterHigh2026> (type the link on your browser or scan the QR code).



Each participating school must send a **certification of enrollment** indicating the names of all the participants **duly signed** by the school principal/administrator to prove that registrants are bona fide students at the school being represented. Please send the document to **marketing@lpubatangas.edu.ph**.

- For inquiries, you may reach us through these numbers:
Landline: (043) 723-7370 / (043) 723-0706 loc. 105-106
Mobile: 0961 222 2964

For your information and guidance.
Thank you very much.

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GENERAL INFORMATION QUIZ BEE

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Quezon, and Laguna.
2. Only **one (1) PAIR of contestants per school** is allowed.
3. Prepared questions for the quiz shall be taken from the areas of **Literature and Humanities, Philippine History, World History, Current Events, Business, and Management.**
4. Scores shall be cumulative.
5. The contest shall be in three (3) rounds:
 - **First Round (Easy Round).** There shall be twenty (20) questions for this round and each correct answer shall earn one (1) point.
 - **Second Round (Average Round).** There shall be ten (10) questions for this round and each correct answer shall earn two (2) points.
 - **Third and Final Round (Difficult Round).** There shall be five (5) questions for this round and each correct answer shall earn three (3) points.
6. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
7. Each question shall be read by the Quiz Master twice. Contestants shall be given twenty (20) seconds to write their answer. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
8. Points for correct answers shall be tallied on the board.
9. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials of national publication such as books, magazines, and newspapers only. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
10. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestants.
11. First, Second, and Third Prize Winners shall be based on the top three (3) pairs who shall earn the highest scores.

Note: Please also refer to the General Guidelines

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MATH AND SCIENCE QUIZ BEE

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Quezon, and Laguna.
2. Only **one (1) team composed of three (3) members per school** is allowed.
3. Prepared questions for the quiz shall be taken from the areas of **Physics, Chemistry, Biochemistry, Earth Science, Biology, Algebra, Geometry, Trigonometry, Statistics, and Information Technology.**
4. Contestants **SHALL PROVIDE THEIR OWN SCIENTIFIC CALCULATOR** for the contest.
5. Scores shall be cumulative.
6. The contest shall be in three (3) rounds:
 - **First Round (Easy Round).** There shall be twenty (20) questions for this round and each correct answer shall earn one (1) point.
 - **Second Round (Average Round).** There shall be ten (10) questions for this round and each correct answer shall earn two (2) points.
 - **Third and Final Round (Difficult Round).** There shall be five (5) questions for this round and each correct answer shall earn three (3) points.
7. Clincher questions shall be given in case of a tie to determine who shall advance to the next round and to decide the winners.
8. Each question shall be read by the Quiz Master twice. Each question should be answered within a specified time limit, which will be announced before each question is read. As soon as the contestant has understood the question, he may start his computation (if needed) and/or start looking for the right answer at any time. At the end of the time limit, the contestants will simultaneously raise the card labelled with the letter of his answer choice. The bell ringer shall signal the end of the time for writing the answer and the Quiz Master shall give the correct answer for checking.
9. Points for correct answers shall be tallied on the board.
10. Protests can only be raised by the coach/trainer and shall only be done before the next question is read. Protests should be supported by written materials from publications such as books and refereed journals. The Panel of Arbiters with the Chair of the Contest shall decide on the protest. The decision of the Panel of Arbiters is final.
11. Coaching during the contest is not allowed and shall be a ground for the disqualification of the contestants.
12. First, Second, and Third Prize Winners shall be based on the top three (3) groups of contestants who shall earn the highest scores.

Note: Please also refer to the General Guidelines

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EXTEMPORANEOUS SPEAKING CONTEST

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Quezon, and Laguna.
2. Only **one (1) contestant per school** is allowed.
3. Previous years' champions (1st Placer) of this category shall not be allowed to join; runners-up are permitted.
4. The photo to be discussed shall be shown on screen. Photos to be flashed will revolve on the theme, "**LPU-B at 59: Industry-Driven, Future-Ready: Celebrating 59 Years of LPU Excellence.**"
5. The contestant shall be given a maximum of **two (2) minutes** to prepare and a **maximum of five (5) minutes** to deliver.
6. Speeches shall be delivered in **English**.
7. The style of the delivery shall be conversational, oratorical, or a combination of both.
8. The contestant shall come in **smart business attire**.
9. The competition will make use of the Ranking System in determining the placements of the contestants.
10. The top 3 contestants who incurred the highest ranks shall be proclaimed 1st, 2nd, and 3rd prize winners, respectively.
11. The decision of the judges is final and irrevocable.

Criteria for Judging

CONTENT (The discussion has substance and meaning.)	40%
ORGANIZATION (There is a smooth flow, and ideas are organized.)	30%
DELIVERY (The speaker manifests proper enunciation, pronunciation, juncture, stress, and phrasing.)	20%
STAGE DECORUM (The speaker exudes confidence, authority, and enthusiasm that entice the audience.)	10%
TOTAL	100%

Note: Please refer also to the General Guidelines.

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SUSTAINABLE DEVELOPMENT GOAL (SDG) DIGITAL POSTER MAKING CONTEST

GUIDELINES

1. The competition is open to **Grade 9 to Grade 12 students** from **public and private high schools** in the provinces of **Batangas, Quezon, and Laguna**.
2. Only **one (1) contestant per school** is allowed to participate.
3. The digital poster may focus on **one (1) Sustainable Development Goal (SDG)**. The possible SDGs are:
 - **SDG 3 – Good Health and Well-being**
 - **SDG 4 – Quality Education**
 - **SDG 5 – Gender Equality**
 - **SDG 17 – Partnership for the Goals**
4. The **final SDG theme** will be announced **on the actual day of the competition**.
5. The poster's message must clearly align with the announced SDG and highlight its goals and relevance, with **special emphasis on the initiatives and efforts of LPU-Batangas**. Soft copies of all the entries must be submitted by the specified deadline, **11:30 am** on the same day of the competition. The email address shall be provided during the contest proper.
6. Each participant will be provided with a **personal computer (iMac)** installed with **Adobe Photoshop** and **Adobe Illustrator**.
7. Participants may opt to use their **own laptops**, with or without drawing tablets and necessary drawing tools; however, **all editing must be done at the contest venue**.
8. Only **Adobe Photoshop** and **Adobe Illustrator** are allowed to be used for editing.
9. The use of **flash drives, external hard drives, card readers, or similar storage devices** on the provided computers is strictly prohibited.
10. **Email** shall be the only allowed method for sending and copying files during the contest.
11. Participants will be given a fixed time allotment to complete their poster. The **exact duration will be announced during the contest proper**.
12. All entries must be submitted **on the same day of the competition** on or before **11:30AM**.
13. The official **submission email address** will be provided during the contest proper.
14. Each entry must be accompanied by a **poster description consisting of seventy-five (75) to one hundred (100) words**.
15. **File Naming Format:**
SchoolName_StudentName_SDGPoster.jpg/png
 - **File Format:** JPEG or PNG
 - **Resolution:** Minimum of **300 dpi**
 - **Dimensions (Pixels):** 3300 x 5100 pixels (Portrait orientation)
 - **Dimensions (Inches):** 11 inches (width) x 17 inches (height)
16. Entries must incorporate the **official LPU-Batangas SDG logo**, which shall be provided **on-site**.
17. All text content must be written in **English**.
18. Visual elements (illustrations, icons, typography, and layout) must be **relevant to the SDG theme** and effectively support the poster's message.
19. Contestants affirm that their submissions:
 - Are **entirely original** and created solely by the participant
 - Have **not been copied** from other works or previous designs
 - Have **not been submitted** to any previous competition

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- Have **not been used for commercial purposes**
20. Entries must **not include copyrighted images, logos, or materials** and must not violate the intellectual property rights of any individual or organization.
 21. **Plagiarism in any form shall result in immediate disqualification.**
 22. The use of **Artificial Intelligence (AI)-generated content** is strictly prohibited. This includes AI-generated images, illustrations, text, or layouts produced using external AI generators.
 - AI-assisted features embedded within Adobe Photoshop or Adobe Illustrator shall be clarified by the organizing committee prior to the contest.
 23. Entries containing **inappropriate, offensive, or malicious content** are strictly prohibited. This includes, but is not limited to, content that promotes brands, explicit material, or any form of discrimination or offense related to race, sex, religion, or public taste.
 24. The organizing committee reserves the **exclusive right to determine** whether an entry is considered offensive or inappropriate.
 25. The competition shall employ a **Ranking System**, wherein contestants are ranked based on the consolidated scores given by the judges.
 26. The **Top Three (3)** contestants with the highest rankings shall be declared **1st Place, 2nd Place, and 3rd Place**, respectively.
 27. The **decision of the judges is final and irrevocable.**

Entries will be evaluated based on the following criteria:

Relevance to the SDG – 30%

(How well the poster addresses the assigned SDG and its impact)

Creativity and Originality – 25%

(Uniqueness of concept and artistic expression)

Design and Visual Impact – 20%

(Overall aesthetics, effective use of color, typography, and layout)

Message Clarity and Call to Action – 25%

(Clarity of message and effectiveness in inspiring awareness or action)

(Copyright and Ownership: By submitting an entry, participants agree to grant the organizers the right to use and reproduce the material for promotional, educational, and other school-related purposes, with proper credit given to the creators. The material shall remain the intellectual property of the participant.)

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TOUR GUIDING COMPETITION

GUIDELINES

1. The competition is open to **Grades 9 to 12** students of all public and private high schools in the provinces of Batangas, Quezon, and Laguna.
2. Only **one (1) contestant per school** shall be allowed.
3. The theme for this category is "**Love the Philippines: Batangas,**" where the vibrant essence of Batangas Province serves as the primary focus of the competition.
4. The participant must research the following prominent Batangas Province's tourist attractions.
 - Taal Volcano and Taal Lake
 - Anilao (as a diving destination)
 - Fortune Island
 - Caleruega Church
 - Saint Padre Pio Parish and Shrine
 - Mt. Batulao
 - Taal Heritage Town
 - Masasa Beach
 - Mt. Maculot
 - Malabrigo Lighthouse
 - Basilica of St. Martin De Tours
 - Verde Island Passage
 - Cape Santiago Lighthouse
 - Monte Maria Shrine
 - Marian Orchard
5. **Three (3) photos** showcasing the aforementioned attractions will be presented on the screen, requiring participants to describe them to the judges, acting as tourists.
6. The tour guiding competition and showcasing the aforementioned attractions will be conducted **live on the spot**.
7. Each participant shall be given a **minimum of three (3) minutes and a maximum of five (5) minutes** for his/her presentation including his/her introduction and closing spiels.
8. If the participant exceeds the time allotted for the presentation, **one (1) point will be deducted for every minute exceeded**.
9. The participant **must be dressed appropriately as a tour guide** and must have all the relevant props for his/her presentation. **Nothing about the attire should reveal the name and logo of the school being represented.**
10. The presentation must be delivered **in English**. However, greetings and/or closing spiels may include different dialects or native words or phrases.
11. During the competition, competitors, coaches, and assistants will not stay at the competition venue. Instead, they will remain in the designated holding area.
12. The competition will make use of the Ranking System in determining the placements of the contestants.
13. The top 3 contestants who incurred the highest ranks shall be proclaimed 1st, 2nd, and 3rd prize winners, respectively.
14. The decision of the judges is final and irrevocable.

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CRITERIA FOR JUDGING

Content/Tour Commentary (Knowledge of the destination/attraction and authenticity of information provided.)	50 points
Communication Skills (Tone and quality of voice; overall projection and language nuances.)	30 points
Confidence	10 points
Appropriateness of Attire	<u>10 points</u>
TOTAL	100 Points

Note: Please refer also to the General Guidelines

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“KAPENG BARAKO” DESSERT CHALLENGE

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Laguna, and Quezon.
2. Only **one (1) contestant per school** shall be allowed.
3. Each contestant is given **two (2) hours** to prepare, cook, and plate/present a hot or cold **KAPENG BARAKO-INSPIRED dessert** on the spot.
4. The contestant must wear a chef's jacket or plain white shirt, hairnet and toque or plain cap, and an apron. The attire should have no logo, name, or marks to identify the school being represented.
5. The dessert must be good for two (2) persons, plated individually, one for display and one for judge's tasting. Set up of the display will not be part of the judging. Only plated dessert will be judged.
6. All ingredients (main and supplementary) shall be provided by the participants. Only ingredients in the submitted recipes will be allowed to be brought in the competition area.
7. Four (4) copies of the recipe must be submitted to the organizers before the start of the competition. These will also serve as basis of judging. Recipes should be written in the official recipe form. Each recipe should be good for two (2) persons and should stipulate ingredients, quantity (in metric form) and method of cooking. Five (5) percent allowance or buffer is allowed.
8. Pre-prepared/chopped *mise en place* is allowed but must not be cooked. Dessert sauces must be prepared on the spot.
9. Contestants must bring their own cooking utensils (pots, pans, etc.) and other small equipment (blender, mixer, etc.), adaptor, and extension cords, if needed.
10. Contestants must provide their own wares/plates. Any color is accepted but there should be no logo, name, or marks to identify the school being represented.
11. Contestants will be provided with own workplace with four-glass burner and a work area with sink. A common chiller and freezer will also be provided.
12. Contestants must register at least thirty (30) minutes before the start of the competition.
13. All ingredients and equipment of the contestants must be within the designated competition area before the start of the competition.
14. All contestants must leave the workstations in a neat and tidy condition. This is part of the judging criteria.
15. The organizers reserve the right to use the submitted entry recipes for promotional and other purposes.
16. The top 3 contestants who incurred the highest points shall be proclaimed 1st, 2nd, and 3rd prize winners, respectively.
17. The decision of the judges is final and irrevocable.

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Criteria for Judging

<p>Mise en place and orderly working area (A clean, efficient workspace with ingredients prepped and readily accessible materials. Observe hygiene practices and the competitor's systematic approach.)</p>	<p>0-20 points</p>
<p>Correct Preparation (Accuracy of measurements, proper application of techniques, and the quality of the dessert's components. Correct doneness, texture, and consistency.)</p>	<p>0-20 points</p>
<p>Practical, up-to-date presentation (Should be both aesthetically pleasing and functional for serving and consumption. Judges look for creativity, attention to detail, and an understanding of contemporary plating trends.)</p>	<p>0-20 points</p>
<p>Taste (Balance of flavors, the quality of ingredients, and the overall deliciousness of the dessert. Serve at the right temperature.)</p>	<p>0-40 points</p>
<p>TOTAL POSSIBLE POINTS</p>	<p>100 points</p>

Note: Please refer also to the General Guidelines.

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VOCAL DUET CONTEST

GUIDELINES

ELIMINATION ROUND

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Quezon, and Laguna.
2. Only **one (1) pair of contestants per school** is allowed.
3. The following are not allowed to join the competition:
 - a. Regional or national winners of similar contests
 - b. Professional singers (those who are paid for their services as singers)
 - c. Previous years' champions of this category shall not be allowed to join; runners-up are permitted.
4. The **elimination round** shall be held on **March 14, 2026, right after the Math and Science Quiz Bee at the Freedom Hall, SHL Building.**
5. The contestant must strictly be in **Formal attire** during the elimination round.
6. The contestant must be at the venue thirty (30) minutes before the contest for sound checking; and draw lots of official contestant numbers.
7. Each contestant shall sing a **2-minute** song in any genre, OPM or foreign, either English or Filipino, as their contest piece for the elimination round. The copy of the contest piece/music must be uploaded on a google drive. The link must be sent via email to sidacut@lpubatangas.edu.ph using this format:
School Name_IHSCVocalDuet **on or before March 6, 2026, 3:00 pm.**
8. The contestant shall only use MP3 minus one saved in a USB flash drive. The use of mobile phones is strictly **NOT ALLOWED.**
9. There shall be one representative of the contestant at the technical booth during the playback of music during the performance to guide the technical people, and with back-up music file on hand to avoid potential delays.
10. The competition will make use of the Ranking System in determining the placements of the contestants.
11. The **twelve (12) contestants** with the highest ranks during the elimination round shall move on to the final round of the competition.

FINAL ROUND

1. The competition will be among the **twelve (12) finalists** who were selected during the Elimination Round. The final round will be on **March 14, 2026, 1:00pm at the Arsenio "Dodjie" Laurel Sports Arena, LPU-Batangas Main Campus.**
2. The contest piece must be any **Original Pilipino Music (OPM), Tagalog or English.** The finalist may use an arreglo/arranged piece.
3. The finalist shall only use MP3 minus one saved in a USB flash drive. The use of mobile phones is strictly **NOT ALLOWED.**
4. The finalist must be at the venue thirty (30) minutes before the contest for sound checking; and draw lots of official contestant numbers.
5. There shall be one representative of the finalist at the technical booth during the playback of music during the performance to guide the technical people, and with back-up music file on hand to avoid potential delays.
6. The finalist shall be given a maximum time of **five (5) minutes** for his/her performance. Finalists who exceed the allowable time of performance, regardless of duration, shall obtain a 2-point deduction from the final score.
7. The finalists are required to strictly be in **Formal attire** during his/her performance in the final round.

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8. The competition will make use of the Ranking System in determining the placements of the contestants.
9. The top (3) three contestants who garnered the highest ranks shall be proclaimed 1st, 2nd and 3rd prize winners, respectively.
10. The decision of the board of judges is final and irrevocable.

Criteria for Judging (Elimination and Final Round):

Voice Quality	40%
<i>Tone, tonality, range, and vocal technique of both singers</i>	
Blending & Harmony	30%
<i>Connection between the partners and how well their voices match.</i>	
Expression & Interpretation	20%
<i>Emotional connection and facial expressions.</i>	
Showmanship	10%
<i>Costume, stage movement, and "X-factor"</i>	
TOTAL	100%

Note: Please refer also to the General Guidelines.

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DANCE SPORT

GUIDELINES

1. The competition is open to **Grades 9 to 12 students** of all public and private high schools in the provinces of Batangas, Laguna, and Quezon.
2. Only **one (1) pair of participants per school** is allowed
3. The competition will only be focusing on one discipline - the **Latin American**.
4. There are two (2) rounds of competition:
 - **Preliminary Round-** For this round, all pairs will only be dancing 3 out of 5 dances under Latin American. It will be ChaChaCha, Rumba, and Jive. Each dance has a duration of 1 minute and 30 seconds, followed immediately by the next routine. Only **Top 8 pairs** with the highest scores will qualify for the final round.
 - **Final Round-** The Top 8 pairs will perform the 5 routines of the Latin American such as Samba, ChaChaCha, Rumba, Pasa Doble and Jive. Each dance has a duration of 2 minutes, followed immediately by the next routine. Top 3 pairs with the highest scores shall proclaim the winners.
5. Special awards will be given for every routine (Ex. Best in Samba).
6. All choreographies in all dances are open choreographies
7. Lifts are not permitted. A lift is any movement during which one member of couple has both feet off the floor with the assistance of the partner.
8. The chairman of the panel of judges may disqualify couples who perform lifts during the competition.
9. Each pair shall wear appropriate costume and footwear. They may opt to change their costume for the final round but costume changes or additional use of accessories or colors during the performance proper shall not be allowed.
10. Judges will use 2 systems in judging the couples and will be based on the following: posture, timing, line, hold, poise, togetherness, musicality and expression, presentation, power, foot and leg action, shape, lead and follow, floor craft and intangibles.
 - **Preliminary Rounds (The "X" System):** In these early stages, judges don't give scores. Instead, they "mark" or "recall" the couples they want to see in the next round by placing an "X" next to their number. The couples with the most "X" marks move forward.
 - **The Final Round (The Skating System):** In the final, judges rank the couples from 1st to 8th place. The Skating System is a complex mathematical formula used to determine the overall winner by looking at the majority of rankings across all judges and all dances.
11. The decision of the judges is final and irrevocable.

Note: Please also refer to the General Guidelines.

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MR. AND MS. TEEN LPU 2026

GUIDELINES

1. The competition is open for all bona fide **Grades 10 to 12 students** of all public and private high schools in the provinces of Batangas, Laguna, and Quezon
2. Each high school may field only **one (1) pair** of candidates
3. Judging shall be individually and not by pair.
4. The candidate must possess a very pleasing personality and must be of good moral character.
5. The candidate must present and submit to the organizing committee the following credentials on the day of submission of confirmation of participation:
 - a. **Accomplished Information Sheet**
 - b. **One (1) close up 3R size photo (white background)**
 - c. **Photocopy of the school registration/enrolment from the current school year.**
6. The candidate must be single and at least 5' tall.
7. Mr. Teen LPU 2026 candidates must provide the following for the competition:
 - a. **Cyber Punk Streetwear**
 - b. **Formal Attire**
8. Ms. Teen LPU 2026 candidates must provide the following for the competition:
 - a. **Cyber Punk Streetwear**
 - b. **Evening Gown**
9. Rehearsal will start at 8:00 am on March 14, 2026 at Rehearsal Studio, Leviste Annex Building. Numbering shall be done during rehearsals. Handlers/Assistants are not allowed during the rehearsals.
10. Only two (2) assistants shall be allowed to accompany the candidate backstage/dressing room during the pageant. Each candidate is expected to bring their own accessories and other equipment needed including extension cords, adapters, tables, etc. Assistants **MUST** seek an **official ID Pass** from the organizers. Only those with Official ID Pass shall be allowed to enter backstage/dressing room for the security of the candidates and their belongings.
11. **Top Eight (8) finalist for both boys and girls** shall move forward to the final interview round. No special/category awards will be given out.
12. The decision of the board of judges is final and irrevocable.

Criteria for Judging

QUALIFYING ROUND

Opening Production	20%
Theme wear	40%
Formal Attire/ Evening Gown	40%
TOTAL	100%

FINAL ROUND (TOP 8 finalists)

Retained Score from the Qualifying Round	20%
Overall Impression	30%
Final Interview	50%
TOTAL	100%

Note: Please refer also to the General Guidelines.

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MR. AND MS. TEEN LPU 2026
INFORMATION SHEET

Full Name _____
School Represented _____
Address _____
Date of Birth _____
Contact No./s _____
Special talent / Skills _____

Awards / Recognition Received _____

Tell something about yourself (50 words maximum)

Name and Signature of the Contestant

Name and Signature of the School Principal/Administrator

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MR. AND MS. TEEN LPU 2026

INSPO ATTIRE



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