

# INSTAGRAM RULES

# COLAS TEAM CUP



# A. HOW DOES IT WORK?



**Enter your Instagram account "@....." when signing up.** If you don't have one when you register, you can **create** one later and add it to your profile on the website [www.colasteamcup.com](http://www.colasteamcup.com). Your Instagram profile must be **"public"** for e-points to count.



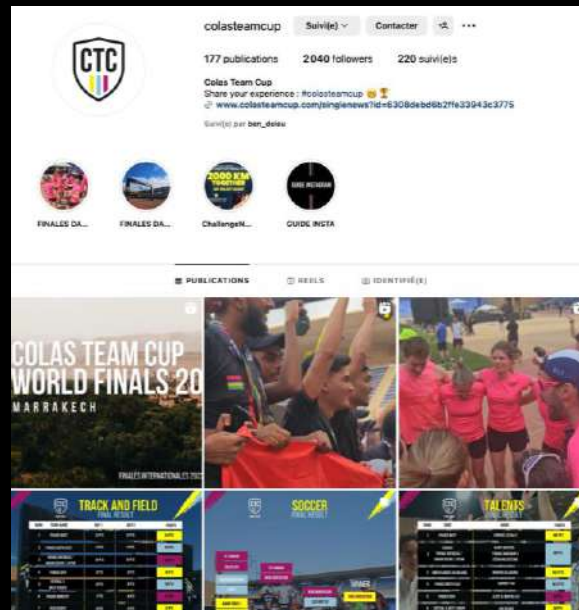
All photos will be **moderated** by the organization prior to validating e-points.

→ **They must be identified with the hashtag #colasteamcup. Without this hashtag, no e-point will be validated.**

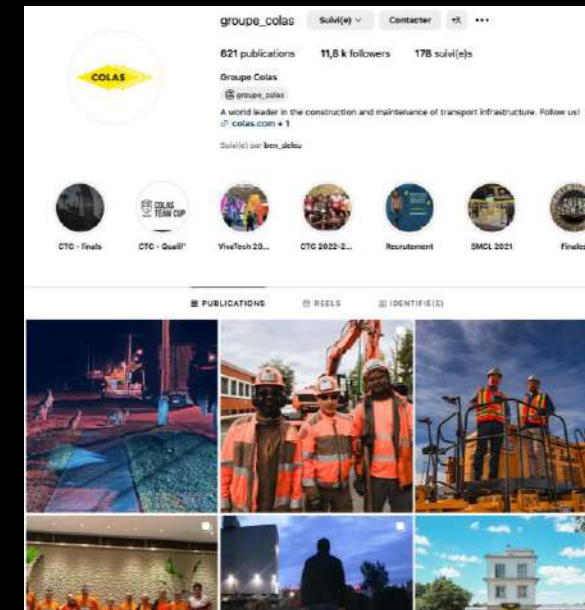
# B. E-POINTS FOR FOLLOWING THE CTC & COLAS PAGES



To win 20 e-points, the participant can also follow both Instagram pages @colasteamcup and @Groupe\_Colas. If the participant follows to only one or none of the pages, he/she will not win the 20 e-points.



@colasteamcup



@Groupe\_Colas

# B. E-POINTS WITH #COLASTEAMCUP



The participant or team may **only** publish **one post per day** using the **#colasteamcup** during the **qualification period (April 1, 2025 to December 14, 2025)**. Any additional posts will not be continued.



Each time the participant or team publishes a **photo** on their Instagram account **directly related to the Colas Team Cup** and associates the hashtag **#colasteamcup**, they will win **1 e-point**. The total number of e-points accumulated in this way **may not exceed 30 e-points (= 30 posts)**. The computer system will automatically count the e-points and add them to the total.



The photos posted must be **directly related to the Colas Team Cup**. If not, an **explanatory comment must be added to the photo**. Any photos posted outside this framework will not be counted.



Soccer teams will only be allowed **one Instagram account per team** for all players.

# C. RESTRICTIONS

**In addition to the previous information, the following photos/videos will not be counted:**

- Photos/videos of construction sites or construction equipment without comments related to the competition,
- Private photos/videos with no comments related to the competition,
- Identical or nearly identical photos/videos posted several times,
- Photos/videos taken from the internet or photo libraries,
- Photos/videos of a running route, identical or almost identical soccer action posted several times,
- Photos/videos that are not related to the talent for which the participant registered,
- Photos/videos of an artistic performance by another artist, not the participant,
- Inappropriate photos/videos that do not respect the morality of a sporting or artistic challenge (alcohol consumption, inappropriate content, etc.)

# D. INSTAGRAM PHOTOS & VIDEOS

## CONSTRUCTION SITES OR CONSTRUCTION EQUIPMENT



- No comment linked to the CTC



- Comment or item linked to the CTC

# D. INSTAGRAM PHOTOS & VIDEOS

## SELFIES



- No comment linked to the CTC



- No comment linked to the CTC

# D. INSTAGRAM PHOTOS & VIDEOS

## PRIVATE PHOTOS/VIDEOS



- No comment linked to the CTC

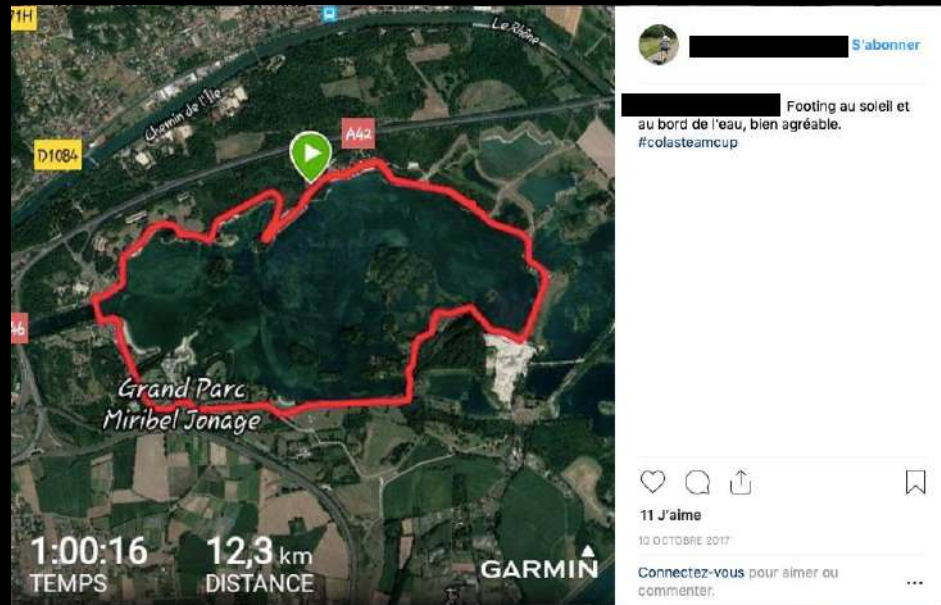


- Comments linked to the CTC

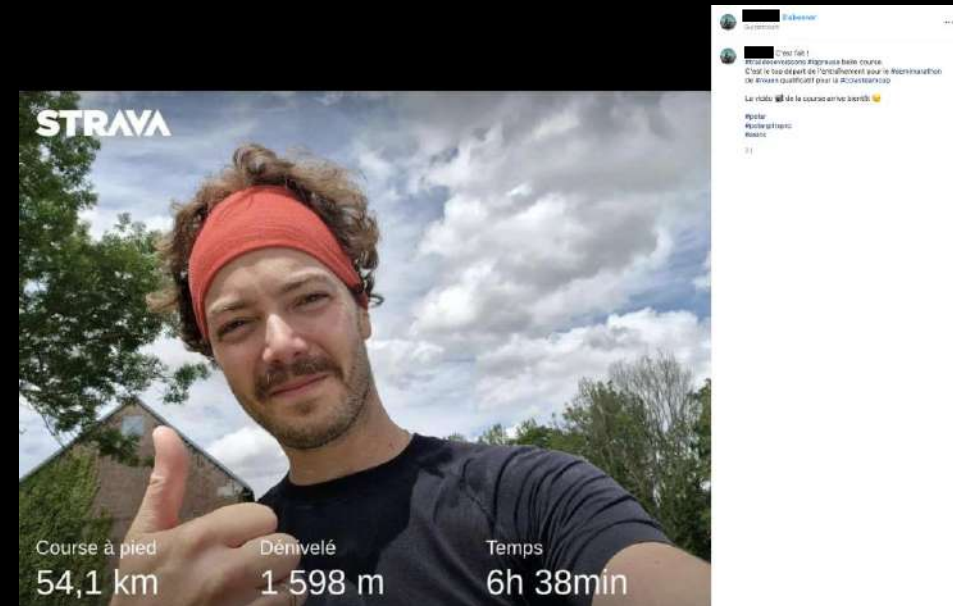


# D. INSTAGRAM PHOTOS & VIDEOS

## RUNNING ROUTES



- Race track screenshot



- Personalized photos with app data

# D. INSTAGRAM PHOTOS & VIDEOS

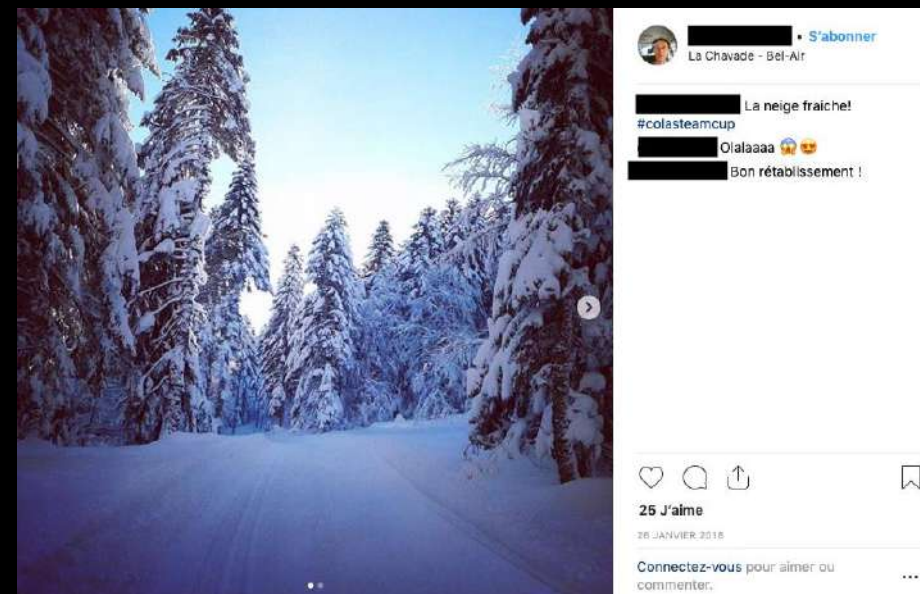
## PHOTOS/VIDEOS FROM INTERNET



- Photos/videos downloaded from internet

# D. INSTAGRAM PHOTOS & VIDEOS

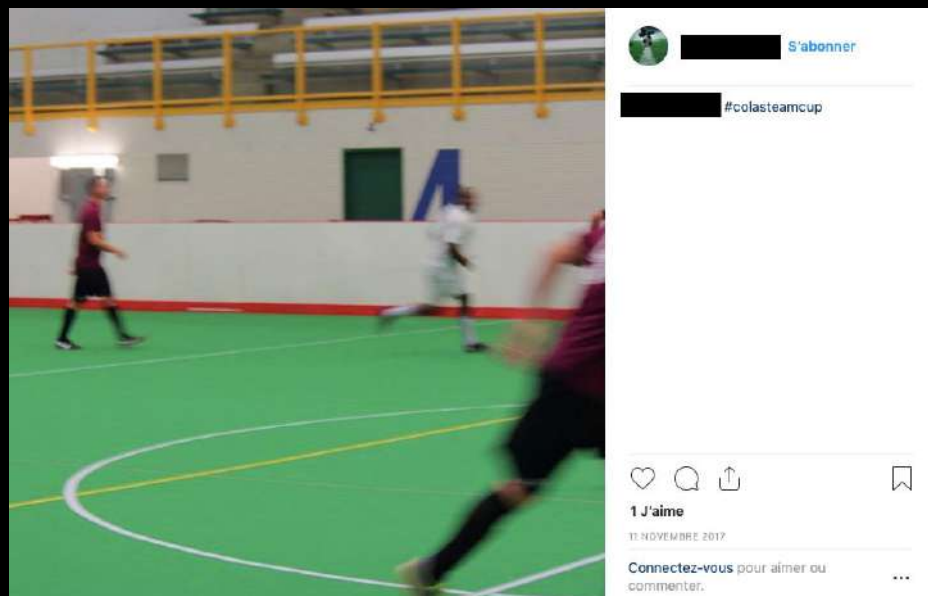
## OTHERS



- No comment linked to the CTC

# D. INSTAGRAM PHOTOS & VIDEOS

## OTHERS



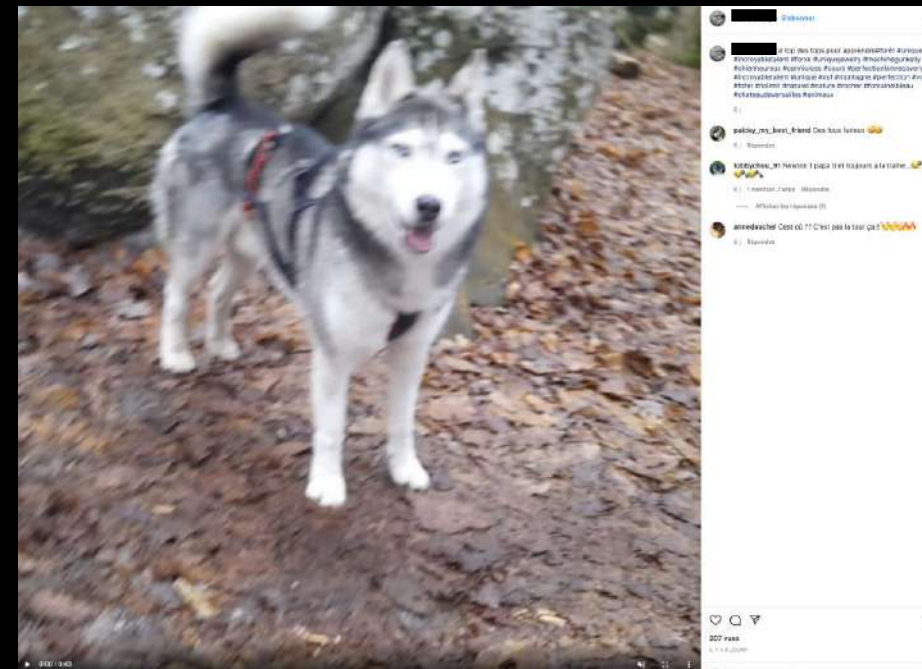
- Blurry photos/videos

# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Photos/videos that have nothing to do with the talent



# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Photos/videos that refer to a TV show, e.g. "America's Got Talent"

# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Photos/videos of practice sessions

# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Photos/videos of rehearsals



# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Presentation of work with a comment to explain context



# D. INSTAGRAM PHOTOS & VIDEOS

## INCREDIBLE TALENTS



- Dance photos/videos with a comment explaining context

# D. INSTAGRAM PHOTOS & VIDEOS

## INAPPROPRIATE PHOTOS/VIDEOS



- Photos/videos of an inappropriate nature





# THANK YOU

 **COLAS**  
TEAM CUP

