**Just-A-Minute (JAM)**

**DESCRIPTION**

Just-A-Minute (or JAM) is an all round-fun event that is all about the control of the mind over the mouth. Can you make it through sixty seconds of non-stop talking without hesitation, repetition, or deviation? Or will the sheer pressure make you crumble and have your competitors pounce on you in an instant?

**RULES**

* The entire event will be conducted in 3 levels.
* The JAM master is god. No questions or arguments once the final decision has been made.
* The total time is sixty seconds, inclusive of all the time that all the speakers in a given round are allowed to speak.
* The participants will be required to keep their audio and video ON throughout the game.
* Malpractices will not be tolerated; if found, will be disqualified from the event.
* The winner is the person with the maximum number of points at the end of the round.
* When the chair says start talking, start talking. Immediately.
* Try not to speak too quickly.
* Never say 'er', 'erm', 'um', or 'ahhhh'.