

# Troubleshooting for Error Messages

## Posting on Instagram - Troubleshooting checklist

If you have successfully connected Instagram and still getting error messages, or your posts are not being posted or not being posted correctly, there can be very different reasons for this. The Instagram algorithm is very complex and Instagram's community guidelines are very strict. The network guidelines are especially designed to keep communication between participants on a personal and social level. This applies to both content and posting behaviour. Likewise, the Instagram algorithm can influence the visibility of posts and its reach. The visibility of the posts via hashtags can also be influenced by the Instagram algorithm. The following best practices will help you solve possible causes.

### Checklist

- [Image not published](#)
- [Limit has been reached](#)
- [How to avoid the Instagram SPAM filter](#)
- [Checklist for successful posting on Instagram](#)
- [More troubleshooting solutions for Instagram](#)

### Image not published

If an image is not displayed or not displayed correctly, this is usually due to:

- **Wrong image format**  
Instagram only supports ".jpg" or ".png" image formats. Please note that ".webp" image formats are not supported by Instagram.
- **Wrong image size**  
see also [Why does Instagram not post my image or display my image incorrectly?](#)
- **Meta data**  
which are not defined or defined incorrectly ([see OG parameters](#)).
- **Hotlink protection**  
which is activated via special plugins or performance plugins such as Cloudflare.  
[Instagram can't publish my picture - hotlink protection.](#)

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## What is Hotlink Protection?

Hotlinking describes the embedding of external images or videos on your own website. A Hotlink is generated, for instance, if somebody visits your website and shares one of your videos or images on his own website or on social media. Social networks and third-party tools like Blog2Social use Hotlinks to display your images in the post preview correctly. **Hotlink Protection** blocks this option and prevents you and your social media community of this option to share your images, your infographics, or your videos across the internet.

Please make sure your website and images are not hotlink-protected. Some WordPress websites use security plugins like Cloudflare or any other plugin with an activated Hotlink Protection. Make sure to deactivate the hotlink protection to allow the social networks to access your images.

## How to check your website for Hotlink Protection

To check, if your website or your images are blocked by Hotlink Protection, you can use the following tools:

### Option 1: Hotlink-Checker

[Free-Webhosting](#) offers such a service for free. You can check the URL of your image to see if your image is blocked by Hotlink Protection. Just make sure to clear the cache of your browser (press ctrl + F5 in your open browser window) before you do the check!

### Option 2: Blog2Social Troubleshooting Tool

You can use the [Blog2Social Troubleshooting Tool](#) in the Blog2Social dashboard. The protocol will show you if your website has activated Hotlink Protection.

## How to deactivate Hotlink protection?

**Option 1:** Uninstall or deactivate all activated plugins for Hotlink Protection or deactivate the Hotlink Protection settings in your plugins. If you are not sure which of your plugins enable Hotlink Protection, you can find [some example plugins in the WordPress.org directory](#).

**Option 2:** Select your „htaccess“-directory, check on the following entries and delete them if necessary:

- RewriteEngine on
- RewriteCond %{HTTP\_REFERER} !^\$
- RewriteCond %{HTTP\_REFERER} !^http(s)?://(www\.)?yourdomain.com [NC]
- RewriteRule \.(jpg|jpeg|png|gif)\$ - [NC,F,L]
- RewriteRule .\*\. (jpe?g|gif|bmp|png)\$ - [F]

These entries might prevent third-party sites and services like social networks and

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Blog2Social from accessing your images and videos.

## Limit has been reached

If you successfully connected your Instagram account but still receive the following error message: **“Your limit has temporarily been reached for this network. Try again later.”**, you may have shared too many posts in short succession. Please note that Instagram has released new security standards for the frequency of posts and does not allow posts in short succession.

**Solution:** Wait for about 1 - 3 minutes between posts in order to share your images successfully on Instagram.

## How to avoid the Instagram SPAM filter

Instagram has a very complex algorithm for monitoring shared posts in relation to content and posting behavior. Instagram aims to ensure keeping communication on the network on a personal and human basis. The Instagram algorithm can be triggered by varying indicators, regardless of whether you post automatically or manually. The algorithm does not care about auto-posting, but it does notice actions that are unlikely to do from a phone. Likewise, the Instagram algorithm can influence the visibility of posts and its reach. The visibility of the post in hashtags in Instagram can also be influenced by the Instagram algorithm.

It can happen that Instagram temporarily marks, bans, or suspends your account or your posts if any of the Instagram filter mechanisms are triggered.

[Click here to find the most common reasons as well as tips and solutions for issues on your posts being banned or blocked by Instagram.](#)

## Checklist for successful posting on Instagram

- Does your content comply with the [Instagram posting guidelines](#)?  
These include:
  - No violence
  - No nudity
  - No regulated goods
  - No third-party copyrighted content

## More troubleshooting solutions for Instagram

- [Connecting Instagram - Things to check](#)

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- [Troubleshooting for Instagram and Facebook page settings](#)
- [Why doesn't Instagram post my image or display my image incorrectly?](#)
- [Why does Instagram not publish my post/text?](#)
- [Instagram could not post my image, because my image is not available](#)
- [Instagram has blocked my account](#)

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