MY MOVES
omien ideoiden tanssikilpailu

Competition Rules – My Moves 2026

Updated: 27.8.2026

1. GENERAL

- The competition is open to everyone and all styles of dance.
- Each competing entry has to have a name.
- The length of a competing entry must be 1–4 minutes.
- The judging is emphasized on the **idea** of the performance.
- The choreography can be made by anyone, but the dancers bringing their own choreographies to the competition will be rewarded with **special honorary mention** (“Spesiaalimaininta”) diplomas.
- The choreography cannot be plagiarized.

2. COMPETITION CATEGORIES

The competition consists of the Basic categories and the Improv contest (Improkisa)

2.1 The Basic Categories:

- SOLOS / Kids
- SOLOS / Juniors
- SOLOS / Teens
- SOLOS / Adults
- SOLOS / Adults Gold
- DUOS / Kids
- DUOS / Juniors
- DUOS / Teens
- DUOS / Adults
- DUOS / Adults Gold
- SMALL GROUPS / Kids
- SMALL GROUPS / Juniors
- SMALL GROUPS / Teens
- SMALL GROUPS / Adults
- SMALL GROUPS / Adults Gold
- FORMATIONS / Kids
- FORMATIONS / Juniors

- FORMATIONS / Teens
- FORMATIONS / Adults
- FORMATIONS / Adults Gold

SOLOS: 1 dancer
DUOS: 2 dancers
SMALL GROUPS: 3–7 dancers
FORMATIONS: 8 dancers or more

Age groups:
Kids = dancers born in 2016 and later
Juniors = dancers born in 2013–2015
Teens = dancers born in 2010–2012
Adults = dancers born in 1996–2009
Adults Gold = dancers born in and before 1995

- A group must choose the age category to which the majority of its dancers belong to.
- If the dancers of a duo are different in age, the duo must choose the age category of the older dancer.

- One dancer can participate in multiple categories. IMPORTANT: Please let us know of all categories in the registration form if this is the case, so that we can take that into notice when making the schedule.
- The same soloist, duo or group cannot have multiple entries in the same category. However, a dancer can compete in multiple different duos or groups within the same category
- If it is unclear to which category the dancer(s) should choose, please ask the My Moves Team for help via mymovestanssikilpailu(at)gmail.com.
- **SOLO and DUO categories will take place if at least three entries** are registered to them. If fewer than three entries are registered to a category, it will be combined with another one (excluding categories in the Kids age group which will happen regardless).
- **SMALL GROUP and FORMATION categories will take place if at least five entries** are registered to them. The group categories within the same age group will be combined if either the small group or the formation category has fewer than five entries.

- If necessary, the organizer has the right to make changes to the categories.
- Note! In the Kids categories the scores will not be published but the three highest scored entries will all be rewarded with equal gold medals.

2.2 Improkisa – The Improv contest

- In addition to the regular categories there is also an Improv Contest in the competition. There will be two of these contests during the event.
- The Improv Contest is open to all dancers competing in the basic
- categories. The registration is open in the competition office during the competition day.
- **The participation fee is 5 € and it is paid at the time of registration at the competition venue (card, cash, or MobilePay).** The maximum number of participants in each Contest is 25 and the spots are filled in order of registration.
- A dancer can only partake in one of the two Improv Contests during the event.
- In the Improv Competition, all dancers are on stage at once and improvise their movement while a song picked by the My Moves Team is playing. The chosen song will not be revealed to the participants before the start of the Improv contest.
- There are three rounds to the Improv Contest. First, all 25 dancers start dancing together on stage and the judges will choose the dancers to continue to the second round. From this round the judges will choose the finalists and finally, from the final they'll choose two equal winners.

3. JUDGING AND SCORES

3.1 Basic categories

- The participants will receive scores and written feedback from the judges.
- The judges will give scores on a scale of 1-10.
- The judging has an emphasis on the idea and therefore the score of the idea segment has a factor of 1,5x
- In the Basic categories The four segments evaluated and scored by the judges are the following:

IDEA

Theme of the performance and how it's conveyed
Originality, appeal, ethicalness
Cohesity of the name, music and costumes of the performance in relation to the chosen theme

EXPRESSION

Expression in movement and face in relation to the chosen theme
Interaction between the dancers
Interaction with audience

CHOREOGRAPHY

Versatility; use of space, diversity of dynamic and levels
Originality of movement
Cohesity of choreography
Use of music
Choreography's suitability for the age and skills of the dancer(s)

PERFORMANCE

Fluency of movement
Confidence
Technique
Cohesion of movement, simultaneity (if definable).

- There are three judges in each category. Each judge will evaluate all four segments.
- Each judge commits to judging the entries fairly, without favor, and they cannot judge a category in which they're taking part as a dancer, a coach or a choreographer.
- The total score of an entry consists of the points given by each judge - the maximum being 135 points. The entries in every category will be placed according to the scores (excluding the Kids categories).
- If two entries have the same total score, the place will be shared.
- The three best entries in each category will be rewarded with medals and diplomas. Additionally, the judges have the possibility to give out honorary mentions to entries of their choosing.

3.2 Improkisa – The Improv contest

- The Improv contest is all about the dancer's personality and their ability to express themselves, rather than the technical skills of a particular dance style. The judges also pay attention to the following:
    - Musicality, ability and courage to adapt into an unexpected song
    - Variety and originality of movement, use of levels
    - Presence, expression
- There are three judges in The Improv contest. Each judge will evaluate all criteria.
- Each judge commits to judging the entries fairly, without favor, and they cannot judge a dancer whose coach or a choreographer they are.
- Two equal winners will be selected from the Improv competitions and will be awarded with certificates of honour and gift vouchers. In addition, the jury may award honorary prizes if they wish.
- Note! No written feedback will be given to the dancers in the Improv competition.

4. REGISTRATION

- The registration is open from **9.9.2026** to **23.9.2026** on the website mymovestanssikilpailu.com. The registration can close earlier if the competition gets fully booked.
- After the actual registration is closed, it is possible to late-registrate if there are still spots available. You may ask the My Moves Team about late registration until **1.10.2026**. The late-registered will pay a 25 % higher entry fee.
- The registration form only requires contact details, dancers' information, and the competition category → information about the performance (title, lighting requests, etc.) must be submitted separately using a **Performance Details Form** by **22.10.2026.**

5. SUBMITTING PERFORMANCE DETAILS

- For each performance entered in the competition, a separate **Performance Details Form** must be submitted by **22.10.2026**. A link to the form can be found at the end of the automatic confirmation email sent after submitting the registration form.

- If the performance details are not submitted by the deadline, a late fee will be charged (10 € per performance)
- If changes to the performance details are requested after the form has been submitted, an administration fee of 5 € per email will be charged. Multiple performances can be updated in the same email.
- After the deadline or submission of the form, any changes to the performance details can only be made by email at mymovestanssikilpailu(at)gmail.com.

6. COMPETITION

- The dancers will have a chance to test the stage before their performance. This will happen according to the schedule made by the My Moves Team. The stage trial time may be shared with other entries, so please respect everyone and give each other space.
- You may only enter the stage during the stage trial and performance times given to you. During other times it is forbidden to go on stage!
- The stage is approximately 12 m x 14 m. The floor is covered with a black dance mat.
- For the solo categories, the stage is approximately 12 x 10 m with a dance mat.
- It is allowed to use props in the performances. **The dancer(s) must be able to bring the props to the stage themselves during their entrance and take them away themselves when exiting the stage.**

7. PRICING AND PAYMENTS

- The entry fees of the competition categories are the following:
    - **Solos**: 30 €
    - **Duos**: 30 € / person
    - **Small Groups**: 3-7 dancers 120 €
    - **Formations**: 8-14 dancers 190 € // 15 dancers or more 280 €
    - **The Improv Contest**: 5 € / person, paid at venue
- The preferred payment type for entry fees is invoice. If necessary, the solos and duos can also pay by card when arriving at the competition. The payment type is selected in the registration.
- If an organization (dance studio, school, sport club...) is paying multiple entry fees, please only give us only one billing address. Additionally, if you are a company or organization, please also give us your business ID (Y-tunnus).

- In group categories, the participation fee is determined based on the group size as registered by 1.10.2026. Changes to the group (adding or removing members) can be made free of charge until 1.10.2026 by email (mymovestanssikilpailu(at)gmail.com). After this date, cancellations will no longer affect the participation fee, i.e., the fee will not be reduced even if the group is smaller on the competition day (e.g., due to illness).
- The participation of an entry may be cancelled free of charge until **1.10.2026** by contacting the organizers at mymovestanssikilpailu(at)gmail.com.
- If a cancellation is made after 1.10.2026, 50% of the participation fee will be charged.
- The full participation fee can only be refunded upon presentation of a medical certificate / doctor's note.
- If an entry is absent from the competition without a cancellation notice, the full participation fee will be charged.
- Unclear situations will be resolved on a case-by-case basis by contacting the competition organizers at mymovestanssikilpailu(at)gmail.com.

8. MUSIC

- Please send the competition music to mymovestanssikilpailu(at)gmail.com by **22.10.2026**.
- PLEASE FOLLOW THESE INSTRUCTIONS:
    1. **Make sure the music file is in an .mp3 or .wav form and edited ready as needed.** Note! The music needs to be purchased from a legal source.
    2. **On your device, rename the music file like this:**
       Name of the entry - name of the performer - category.
       For example: Treasure Hunt - Team Hunters - Adults Groups
    3. **3. Attach the renamed music file to an email and title the message like this:**
       MUSIC - Name of the entry - name of the performer - category
       For example: "MUSIC - Treasure Hunt - Team Hunters - Adults Groups"

- **The participants sending their music late, unedited or with a wrong name, will be charged a 10€ fee.**

9. SUMMARY: IMPORTANT DATES

- Registration opens on **9.9.2026** and will remain open until **23.9.2026** or until all available spots have been filled.
- Late registration by email is possible from **24.9.–1.10.2026**, if spots are still available.
- Participation can be cancelled free of charge, and changes to the group size affecting the participation fee can be made until **1.10.2026.**
- The deadline for submitting the Performance Details Form and sending the competition music is **22.10.2026.**

9. CONTACT

- Please don't hesitate to contact the My Moves team if you have any questions!
- The fastest way to contact us is via Instagram Direct Messages @mymovestanssikilpailu. We always reply quickly :)
- You can also email us at mymovestanssikilpailu(at)gmail.com