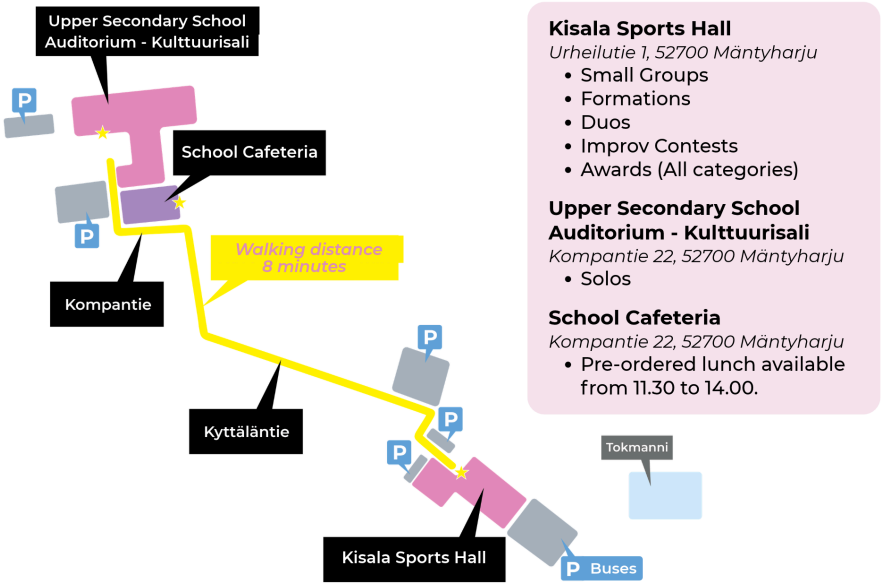
EVENT INFO - MY MOVES COMPETITION SATURDAY 5.12.2026

Dear dancers and dancers' contact persons ❤ My Moves Competition is right around the corner! So here is some info about the event - please read it thoroughly.

This year, My Moves will take place at two different venues: in addition to Monitoimihalli Kisala, we will also be using Lukion Kulttuurisali for the solo categories. Our little "My Moves village" will also include the School restaurant, where the competition lunch will be served. The distance between the venues is only 8 minutes by walking, and the route is clearly marked with signs.



COMPETITION VENUES

Kisala Sports Hall

Urheilutie 1, 52700 Mäntyharju

*Referred to as "**Kisala**" from now on.*

Free parking for cars and buses. The walk from the railway station to Kisala takes approximately 15 minutes (distance 1.2 km).

Lukion Kulttuurisali *(the Upper Secondary School's auditorium)*

Kompantie 22, 52700 Mäntyharju

*Referred to as "**Kulttuurisali**" from now on.*

Free parking for cars. Buses may drop off passengers along Kompantie, but buses must be parked at Kisala. The walk from the railway station to Kulttuurisali takes approximately 20 minutes (distance 1.5 km).

PROGRAM:

Kisala Sports Hall (main venue)

Doors open at 9.00

BLOCK 1

10.20–10.50 STAGE TRIALS

10.55–12.20 PERFORMANCES

from 10.55	Small groups JUNIORS
from 10.59	Formations JUNIORS
from 11.19	Formations KIDS
from 11.51	Groups ADULTS GOLD

12.30 IMPROV CONTEST 1

12.50 AWARDS
(All categories from block 1)

BLOCK 2

13.15–13.35 STAGE TRIALS

13.40–15.05 PERFORMANCES

from 13.40	Small groups TEENS
from 13.43	Duos TEENS
from 14.34	Duos JUNIORS

15.10 IMPROV CONTEST 2

15.30 AWARDS
(All categories from block 2)

BLOCK 3

15.50–16.20 STAGE TRIALS

16.25–18.30 PERFORMANCES

from 16.25	Formations TEENS
from 16.29	Duos ADULTS
from 17.11	Groups ADULTS

18.30 DISCO

18.50 AWARDS
(All categories from block 3)

Kulttuurisali (solos)

Doors open at 9.00

BLOCK 1

9.00–10.40 STAGE TRIALS

10.50–12.10 PERFORMANCES

from 10.50	Solos TEENS

Transition to Kisala for awards

BLOCK 2

12.15–13.10 STAGE TRIALS

13.15–14.45 PERFORMANCES

from 13.15	Solos KIDS
from 13.23	Solos JUNIORS
from 14.20	Solos ADULTS

Transition to Kisala for awards

Please note: In the ADULTS and ADULTS GOLD age groups, small groups and formations have been combined into one category (groups), in accordance with the rules.

RUNNING ORDER AND SCHEDULE

The running order and stage trial schedules can be found in the table attached and on our website. We have tried to take any submitted wishes into account as much as possible and make the schedules as dancer-friendly as possible. Performances by

dancers competing multiple times within the same category or block, or at both venues, have been scheduled as far apart from each other as possible.

CHECK-IN AT THE COMPETITION OFFICE

You will find a competition office in the entrance hall of both venues. Please check in at the competition office when you arrive at your competition venue. From there, the dancers will be guided to their dressing rooms.

If you have chosen to pay your participation fee or competition lunch at the venue, payment will be handled upon arrival. Payment methods: cash, card and MobilePay.

SHOES, HAIRSPRAY AND GLITTER

Dancers should remove their shoes upon arriving at the competition venues and store them in their designated dressing rooms. To keep the walkways dry and safe for bare feet, and to prevent snow or sand from falling along the way, please bring your own bags for your shoes.

Please note! Using glitter is strictly prohibited at both competition venues. Spraying hairspray indoors is also forbidden.

STAGE TRIALS

During the stage trials, dancers have the opportunity to get to know the stage before their competition performance. Each category has its own allocated stage trial time, which is shared by everyone competing in that category. Please see the competition schedule attached.

The purpose of the stage trial is to give dancers a brief opportunity to check the stage dimensions and directions and get a feel for the floor material. Especially during group stage trials, the stage will be quite full, so please be efficient and considerate of your fellow competitors ❤

Competition music will not be played during the stage trials, either by the organisers or through personal speakers, so that music does not disturb the trials. You may only enter the stage during your allocated trial and performance times.

Before your stage trial, you may use the warm-up facilities for approximately 20 minutes if you wish. Please see the venue-specific instructions below.

Kisala:

Before the stage trials, each category may warm up in the area indicated in the stage trial schedule (warm-up area 1 or 2).

Warm-up area 1 is located near the entrance hall, and warm-up area 2 is next to the stage, behind the partition wall.

Kulttuurisali:

The warm-up area, school gym with mirrors, is open and available for warming up before the stage trials.

WARMING UP BEFORE YOUR PERFORMANCE

Kisala:

Each dancer has an allocated warm-up time that takes them through the venue's two warm-up areas. Warm-up area 1 is located near the entrance hall, and Warm-up area 2 is next to the stage, behind the partition wall. The warm-up starts in Warm-up area 1, where dancers may arrive independently according to their own needs, approximately 20–40 minutes (5–10 performances) before their own performance. You do not have to use the entire allocated warm-up time. When there are approximately 20 minutes left until your performance, our staff will guide you to Warm-up area 2, and from there to the stage when it is your turn to perform.

Kulttuurisali:

Dancers will warm up for their performances in the school gym, which is located on the floor above the dressing rooms. The warm-up area is available with no time restrictions to dancers participating in the block currently taking place. When arriving at the warm-up area, please check in with a member of the competition staff so that they know when to guide you towards your performance.

Please note! Access to all other areas of the school is strictly prohibited during the competition. Moving around in these areas will trigger an alarm. The route from the dressing rooms to the warm-up area is clearly marked.

Please note! You may only enter the warm-up areas with permission from our staff and during your allocated warm-up time.

THE STAGE

Kisala:



The stage measures approximately 12 m x 12 m (depth x width). The floor is covered with a black dance mat.

Performers enter the stage from the front left corner (as seen from the audience) and exit through the back right corner.

Kulttuurisali:



The stage measures approximately 10 m x 8 m (depth x width). The floor is covered with a black dance mat.

Performers enter the stage from the side wings, through the right-hand side of the stage (as seen from the audience), and exit through the same route.

AWARDS

At the end of each block, the award ceremonies for all categories performed during that block will take place at Kisala, including categories that competed at Kulttuurisali.

Medals, Honorary Mentions and Special Honorary Mentions (“Spesiaalimaininta”) will be awarded. Dancers can watch the award ceremonies from the dancers' seating area at floor level.

SPECIAL HONORARY MENTIONS – “SPESIAALIMAININTA”

All performances choreographed by the dancers themselves will receive a Special Honorary Mention. The choreographer information has been taken directly from the details submitted to us, and dancers' own choreographies are marked with an asterisk (*) in the running order.

If a performance choreographed by the dancer themselves does not have an asterisk next to it, please let us know as soon as possible by emailing mymovestanssikilpailu@gmail.com.

COMPETITION RESULTS AND WRITTEN FEEDBACK FROM THE JUDGES

The results and Honorary Mentions for each category will be published on our website after each award ceremony. The judges will submit their scores and feedback digitally, and these will be emailed to the dancers' contact persons the day after the competition.

COMPETITION RULES AND EVALUATION CRITERIA

You can read the competition rules and evaluation criteria here.

COACHES AND CHAPERONES

The people named as coaches/chaperones on the performance information form will receive their wristbands from the competition office (maximum 2 wristbands per performance). Coach/chaperone wristbands grant access to the dressing rooms and warm-up areas, as well as free admission to the audience at both venues.

Other supporters accompanying the dancers can purchase spectator tickets.

Kisala:

A designated chair has been reserved in the hall for coaches/chaperones. You are welcome to watch or film your own performance. This “filming chair” is located at floor level in front of the technical booth, in an area where spectators and dancers are not allowed.

Kulttuurisali:

Coaches/chaperones accompanying dancers during their warm-up will be guided to the audience seating area when the dancer moves to the wings to focus on their performance. A designated seat at the front of the audience seating area has been reserved for coaches/chaperones to watch or film the performance. Coaches/chaperones may also watch the performance from the side wings if they wish.

AUDIENCE

Tickets are sold at both competition venues on the competition day. Ticket prices: Adults (over 16 years): 19 €, children (7–16 years): 10 €, children under 7 years: Free. Payment methods: card, cash, MobilePay and ePassi.

The ticket grants access to the audience at both venues. When purchasing a ticket, you will receive a wristband that allows you to move freely in and out of the competition venues throughout the day.

Kisala:

The upper seating area is primarily reserved for paying spectators. Dancers are welcome to watch and cheer for each other from the seating area at floor level. Moving around in the audience seating area during performances is prohibited.

Kulttuurisali:

The audience seating area is freely available to both paying spectators and dancers. Moving around in the audience seating area during performances is prohibited.

EDITING PERFORMANCE INFORMATION

If you wish to make changes to your performance information after submitting the details, an administration fee of 5 € per email will be charged. You can make changes to several performances in the same email. Please remember to clearly indicate which performance the changes concern. All changes to performance information must be submitted by email only: mymovestanssikilpailu@gmail.com.

Please note: The deadline for submitting competition music and performance information was 22 October. IF YOU HAVE NOT YET SENT US YOUR MUSIC, please send it as soon as possible, following the instructions, to mymovestanssikilpailu@gmail.com. A late fee of 10 € will be charged for music submitted late, incorrectly named or in the wrong file format.

LUNCH

You can order lunch for the competition day at a price of 12 € per person. We warmly recommend having lunch at the competition venue, as it is a convenient, tasty and responsible alternative to ready-made meals ❤ The competition lunch will be served at the school cafeteria, located right next to Kulttuurisali and only approximately an 8-minute walk from Kisala. Lunch will be served from 11.30 to 14.00.

The competition lunch is a tasty chicken pasta casserole. The meal also includes a fruity salad, a drink (water/juice) and bread. The food is lactose-free, and other dietary requirements will also be taken into account. Lunch can be ordered not only for dancers but also for coaches, chaperones and other accompanying supporters. Lunch orders must be made in advance using this order form by Friday 20 November.

In addition, Kisala has a café where you can buy small snacks throughout the day. Kulttuurisali will also have a mini café with a more limited selection. There are also grocery stores S-Market and K-Supermarket nearby.

INVOICING

Invoices for the participation fees and competition lunches will be sent during week 48. The participation fee must be paid by the competition day.

THE IMPROV CONTEST

The Improv Contests will be held at the end of blocks 1 and 2 in Kisala (at 12:30 and 15:10). Any dancer competing in My Moves' categories is welcome to enter the Improv Contest. Registration takes place on the competition day at either venue's competition office. The participation fee is 5 €, payable at the competition office upon registration (card, cash or MobilePay). The maximum number of participants in each Contest is 25. The spots are filled in order of registration. A dancer may participate in only one Improv Contest during the day.

Dancers who register at Kulttuurisali must collect their competition number sticker from the competition office at Kisala when arriving for 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. In their evaluation, the judges will pay attention especially to the dancers' courage, ability to adapt and their persona in movement.

MY MOVES – GOOD VIBES GUIDELINES

My Moves is a feel-good dance competition where everyone can be themselves just as they are. Creating a positive competition atmosphere is the responsibility of every participant, so please remember the following:

- Be friendly, positive, and fair to everyone.
- Do not make negative comments about dancers or their performances. Adults set an example for children and young people.
- It's forbidden to bully or discriminate against anyone. Mean comments, looks, or gestures are not allowed at My Moves, and no one should be judged based on appearance, style, gender, background, or any other reason. If you notice bullying, report it to the competition organizers at the competition office or to a familiar adult.
- Please respect fellow participants in dressing rooms, warm-up areas, hallways, and on stage, and give others space.
- Please allow the judges to work without disturbance.

- Remember to cheer for everyone and celebrate others' successes. Let's spread those good vibes!

INFO CHANNELS

Please follow our social media to get all the info and updates the quickest!
Instagram: @mymovestanssikilpailu

When posting content related to the event please tag
#mymoves2026 and **@mymovestanssikilpailu ❤**

We warmly welcome you to compete in Mäntyharju!

Best dance wishes,
MäVi My Moves Team

Please don't hesitate to contact us with anything - we're happy to help!

You'll reach us the quickest on Instagram direct messages @mymovestanssikilpailu
You may also email us at mymovestanssikilpailu@gmail.com
In invoicing or lunch-related questions, please email sari.karppi@virkistys.fi