



Regulations
Heiva Montreal
2026 Edition

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Preamble

The Heiva in Montreal is organizing a Polynesian dance competition ('Ori Tahiti) entitled: **Heiva in Montreal**.

This competition is inspired by Polynesian cultural heritage and integrates artistic creativity.

The competition will be held on **Sunday September 27**, 2026 at the Union Française de Montréal (429 Avenue Viger Est, Montréal, H2L 2N9).

General conditions

Purpose of the regulation

These regulations define the conditions of participation in the Heiva Polynesian dance competition in Montreal, organized by Compétition Heiva à Montréal during its first edition which will be held on September 27, 2026 at the Union Française de Montréal.

Acceptance of regulations

Registration for the competition implies full acceptance of these regulations. All participants undertake to respect the provisions set out therein. Failure to comply with these regulations may result in immediate disqualification of the participant, without refund of registration fees.

Liability

Participants compete at their own risk. The organizers accept no liability for any accident, theft, loss, or damage to equipment occurring before, during, or after the competition.

Conduct and discipline

Participants agree to behave respectfully toward other competitors, the jury, the organizers, the public, and the venues provided.

Any disrespectful, violent, or indecent behaviour may result in immediate exclusion from the competition without refund.

Intellectual property

Choreographies presented during the competition must respect copyright. Participants warrant that they hold all necessary rights regarding the choreographies used.

Participants release the organizers from any liability in the event of a dispute relating to copyright.

Image rights and broadcasting

By registering for the competition, participants expressly authorize the organizers, without financial compensation, to:

- Photograph and film their performances during the competition
- Use, reproduce, and broadcast their image, name, and performances on all media (print, digital, audiovisual) and by all means (social media, website, posters, brochures, press, television, etc.)
- Retain these images without time limitation

This authorization is granted for the purposes of:

- Promoting the competition and its future editions
- Institutional communications of the organizers
- Media coverage of the event
- Building archives

The organizers commit to ensuring that the use of images is consistent with the dignity of the persons depicted and does not infringe upon their privacy or reputation.

Participants waive any right of review over the use of their image and may not claim any remuneration for its exploitation.

In accordance with the General Data Protection Regulation (GDPR), participants have the right to access, rectify, and delete their personal data. To exercise these rights, they may contact the organizers at: contact@heivamontreal.ca.

Recording by participants and the public

Participants and the public are permitted to photograph and film performances for strictly personal and private use.

Any public broadcast (social media, websites, etc.) of images and videos taken by participants or the public must respect the image rights of each individual and may not have a commercial purpose.

When publishing photos or videos on social media, participants are asked to tag the Heiva a Montreal event.

Live streaming of the event is strictly prohibited.

Personal data protection

Information collected during registration is processed electronically for the purpose of managing the competition and communicating about the event.

Data will under no circumstances be shared with third parties without the prior consent of the participants.

Cancellation or modification

The organizers reserve the right to modify the dates, times, or locations of the competition due to force majeure or circumstances beyond their control. Participants will be notified as soon as possible.

In the event of cancellation by the organizers, registration fees will be fully refunded. No other compensation may be claimed.

Acceptance of jury decisions

Jury decisions are final and binding. No challenge will be accepted.

Miscellaneous provisions

Any case not covered by these regulations will be decided by the organizers. The regulations may be amended at any time by the organizers; participants will be informed as soon as possible.

Competition regulations

Minimum age

Participants must be at least **11 years old**. For minor participants, a legal representative must authorize their participation in the competition.

There is a special category for children aged 11 to 15 who wish to dance in solo categories.

Categories

The Heiva in Montreal has 8 categories :

- Category *Ne'e* - solo 'ote'a woman
- Category *Oi* - solo 'ote'a man
- Category *Marū* - solo 'aparima woman
- Category *Hau* - solo 'aparima man
- Category *Ito* - group 'ote'a
- Category *Tōhinu* - group 'aparima
- Category *'Aiū Marū* - solo 'aparima - junior
- Category *'Aiū* - solo 'ote'a - junior
- Category *More* - costume
- Category *Mafatu* - jury's favorite

Ne'e category : solo 'ote'a woman

Round #1 :

	Minimum	Maximum
Group size	N/A	1
Music duration	1min30s	1min40s
Comment	Improvisation – Music provided by the organizers, assigned randomly at the start of each round	

Round #2 :

Following the first round, the jury will select a number of dancers (to be determined based on the number of participants registered in this category) to reassess their performances and determine the ranking.

Regulations Heiva in Montreal

	Minimum	Maximum
Group size	N/A	1
Music duration	1min30s	1min40s
Comment	Improvisation – Music provided by the organizers, assigned randomly at the start of each round	

Intimate areas must be **covered at all times**.

The bottom garment **must be a solid-color 100% cotton pareu**. The pareu must reach just above the knees and be tied at the waist without a rolled knot. No waistband, belt, rolled knot, or any other item may be worn around the waist. An organization representative will be responsible for checking costumes.

No accessories that need to be held - hands must be free. The costume must be unique to this category and cannot be used in another category in which you are participating.

The following dance steps must be performed during the routine:

- Fa'arapu
- Tā'iri tāmau
- Varu
- Tua ne'e
- 'Afata

Failure to comply with these rules will automatically result in a penalty during scoring.

'Oi category : solo 'ote'a man

Round #1 :

	Minimum	Maximum
Group size	N/A	1
Music duration	1min30s	1min40s
Comment	Improvisation – Music provided by the organizers, assigned randomly at the start of each round	

Regulations Heiva in Montreal

Round #2 :

Following the first round, the jury will select a number of dancers (to be determined based on the number of participants registered in this category) to reassess their performances and determine the ranking.

	Minimum	Maximum
Group size	N/A	1
Music duration	1min30s	1min40s
Comment	Improvisation – Music provided by the organizers, assigned randomly at the start of each round	

Intimate areas **must be covered at all times**.

Trousers are not permitted. Leg movements must be clearly visible; loose shorts should be avoided.

No accessories that need to be held - hands must be free. The costume must be unique to this category and cannot be used in another category in which you are participating.

The following dance steps must be performed during the routine:

- Pā'oti
- Taparuru
- Tumami
- Pātia

Failure to comply with these rules will automatically result in a penalty during scoring.

Marū category : solo 'aparima woman

	Minimum	Maximum
Group size	N/A	1
Music duration	3 minutes	5 minutes

Intimate areas **must be covered at all times**.

Accessories are permitted but must not be dangerous. If accessories are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be retrieved at the end of the event).

Regulations Heiva in Montreal

The costume must be unique to this category and cannot be used in another category in which you are participating.

Each participant must complete the form that will be sent by email once payment has been received, describing the dance to be performed. Each participant must submit their soundtrack in good audio quality, in MP3 or WAV format. The form and soundtrack must be submitted no later than September 20, 2026 via the form sent by email.

Dancers may not remain stationary for more than 8 beats.

Failure to comply with these rules will automatically result in a penalty during scoring.

Hau category : solo 'aparima man

	Minimum	Maximum
Group size	N/A	1
Music duration	3 minutes	5 minutes

Intimate areas **must be covered at all times**.

Accessories are permitted but must not be dangerous. If accessories are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be retrieved at the end of the event).

The costume must be unique to this category and cannot be used in another category in which you are participating.

Each participant must complete the form that will be sent by email once payment has been received, describing the dance to be performed. Each participant must submit their soundtrack in good audio quality, in MP3 or WAV format. The form and soundtrack must be submitted no later than September 20, 2026 via the form sent by email.

Dancers may not remain stationary for more than 8 beats.

Failure to comply with these rules will automatically result in a penalty during scoring.

Ito category : group 'ote'a

	Minimum	Maximum
Group size	2	8
Music duration	3 minutes	6 minutes

Intimate areas **must be covered at all times**.

Accessories are permitted but must not be dangerous. If accessories are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be retrieved at the end of the event).

The costume must be unique to this category and cannot be used in another category in which you are participating.

Each participant must complete the form that will be sent by email once payment has been received, describing the dance to be performed. Each participant must submit their soundtrack in good audio quality, in MP3 or WAV format. The form and soundtrack must be submitted no later than September 20, 2026 via the form sent by email.

Dancers may not remain stationary for more than 8 beats.

Failure to comply with these rules will automatically result in a penalty during scoring.

Tōhinu category : group 'aparima

	Minimum	Maximum
Group size	2	8
Music duration	3 minutes	6 minutes

Intimate areas **must be covered at all times**.

Accessories are permitted but must not be dangerous. If accessories are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be retrieved at the end of the event).

The costume must be unique to this category and cannot be used in another category in which you are participating.

Each participant must complete the form that will be sent by email once payment has been received, describing the dance to be performed. Each participant must submit their soundtrack in good audio quality, in MP3 or WAV format. The form and soundtrack must be submitted no later than September 20, 2026 via the form sent by email.

Dancers may not remain stationary for more than 8 beats.

Failure to comply with these rules will automatically result in a penalty during scoring.

'Aiu Marū category : solo 'aparima - junior

	Minimum	Maximum
Group size	N/A	1
Music duration	3 minutes	5 minutes

Intimate areas **must be covered at all times.**

Accessories are permitted but must not be dangerous. If accessories are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be retrieved at the end of the event).

The costume must be unique to this category and cannot be used in another category in which you are participating.

Each participant must complete the form that will be sent by email once payment has been received, describing the dance to be performed. Each participant must submit their soundtrack in good audio quality, in MP3 or WAV format. The form and soundtrack must be submitted no later than September 20, 2026 via the form sent by email.

Failure to comply with these rules will automatically result in a penalty during scoring.

'Aiu category : solo 'ote'a - junior

	Minimum	Maximum
Group size	N/A	1
Music duration	1min30s	1min40s
Comment	Improvisation – Music provided by the organizers, assigned randomly at the start of each round	

Intimate areas **must be covered at all times.**

Props are permitted but must not be dangerous. If props are deemed dangerous, they will be removed by the organizers on the day of the competition (they may be reclaimed at the end of the event).

No handheld props are allowed; hands must remain free. The costume must be unique to this category, meaning it cannot be used in any other category in which you are competing.

Regulations Heiva in Montreal

Each participant must complete a form, sent via email once payment is made, to describe the dance to be performed. The form must be submitted no later than September 20, 2026.

Following registration, each participant will receive the music selected by the Heiva à Montréal organization via email to allow for preparation prior to the competition.

Failure to comply with these rules will automatically result in a scoring penalty.

More category : costume

All competition participants, across all categories, are automatically entered in the More category.

This category highlights the manual craftsmanship of participants. If costumes are made by someone other than the dancers, the name(s) of the creator(s) must be provided during registration in the designated field.

~~After all participants in a category have performed, they will be invited back on stage to parade with their costume before the judges. Failure to participate in this parade will result in a score of 0 for that costume. It is therefore important that dancers keep their costumes until the close of each category.~~

The participants' costumes will be evaluated during their performances. They must respect the theme, aesthetics, and spirit of Tahitian dance, while also complying with the requirements and criteria set out in the previous sections of these regulations.

Mafatu category : jury's favourite

All competition participants, across all categories, are automatically entered in the Mafatu category.

This category emphasizes what the jury felt during the performance. It is an encouragement award for the next edition. Winners of other categories (other than the More category) may not win this prize.

The Jury

The jury is composed of 3 recognized personalities in 'ori tahiti. The jury will be mixed gender.

Eligibility criteria for jury members:

- Be at least 18 years old
- Have recognized expertise in traditional Polynesian dance and culture

Not eligible:

- Persons who have cooperated or collaborated on the performance of a competing group.

The jury scores according to the criteria of the scoring grid available in the 'The Competition' section. The jury is sovereign and its decisions cannot be challenged.

Each jury member agrees to abide by the regulations of Heiva a Montreal. Under no circumstances may the jury modify these regulations or the scoring sheets.

Scoring sheets will be given to the respective participants at the end of the competition.

Registration

Registration conditions

Registration is open to all Polynesian dancers and dance groups, regardless of level or nationality, provided they comply with the conditions set out in these regulations.

Period and registration procedure

Registration runs from **April 1, 2026 to September 20, 2026** inclusive. The organizers may at any time shorten or extend the registration period.

Registration is done exclusively online via the form available at heivamontreal.ca.

Frais d'inscription

Registration fees are set at:

- CAD \$40 for solo categories
- CAD \$60 for the solo combo (aparima and 'ote'a)
- CAD \$130 for group categories
- CAD \$200 for the group combo (aparima and 'ote'a)
- [CAD \\$30 for solo categories - children](#)
- [CAD \\$50 for the solo combo \(aparima and 'ote'a\) - children](#)

Payment is made on the online platform at heivamontreal.ca.

Registration fees are non-refundable, except in the event of cancellation by the organizers.

Registration validation

Registration is only considered final after:

- Receipt of a complete application
- Validation by the organizers
- Receipt of registration fee payment

A registration confirmation will be sent by email within 10 business days of receiving a complete application.

Number of spots

The number of participants is limited. Registrations will be processed in order of receipt of complete applications.

Modifications and withdrawal

Any modification to a registration must be communicated to the organizers before September 20, 2026 by email at contact@heivamontreal.ca.

In the event of withdrawal after registration has been validated, the participant must notify the organizers as soon as possible. Registration fees remain with the organizers.

The competition

Dances

‘Ote’a

A dance performed by the dancers to a musical background of traditional percussion.

‘Aparima

A dance performed by the dancers to a vocal and instrumental background.

Definitions

Dance technique : adherence to the required steps, fluidity of movement, variety of movements

Sense of rhythm : respect for timing and tempo

Scoring grid

Ne’e category : solo ‘ote’a woman

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
10 %	Stage movements	/ 5
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
30 %	Realization of Fa’arapu	/ 10
	Total	/ 100

~~The rating criteria for the More category are not part of this grid.~~

‘Oī category : solo ‘ote’a man

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
10 %	Stage movements	/ 5
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
30 %	Realization of Pā’oti	/ 10
	Total	/ 100

~~The rating criteria for the More category are not part of this grid.~~

Marū category : solo ‘aparima woman

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
20 %	Stage movements	/ 10
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
20 %	Gestures & Interpretation	/ 10
	Total	/ 100

~~The rating criteria for the More category are not part of this grid.~~

Hau category : solo ‘aparima man

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
20 %	Stage movements	/ 10
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
20 %	Gestures & Interpretation	/ 10
	Total	/ 100

~~The rating criteria for the More category are not part of this grid.~~

Ito category : group ‘ote’a

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Movement technique and precision	/ 10
20 %	Movement and stage presence	/ 10
20 %	Gestures and interpretation	/ 10
20 %	Synchronization and group cohesion	/ 10
20 %	Choreography and creative sequencing	/ 10
	Total	/ 100

~~The rating criteria for the More category are not part of this grid.~~

Tōhinu category : group ‘aparima

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Movement technique and precision	/ 10
20 %	Movement and stage presence	/ 10
20 %	Gestures and interpretation	/ 10
20 %	Synchronization and group cohesion	/ 10
20 %	Choreography and creative sequencing	/ 10
	Total	/ 100

The rating criteria for the More category are not part of this grid.

‘Aiū Marū category : solo ‘aparima - junior

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
20 %	Stage movements	/ 10
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
20 %	Gestures & Interpretation	/ 10
	Total	/ 100

'Aiū category : solo 'ote'a - junior

Distribution	Criteria	Note
N/A	Outfit	/ 10
20 %	Technique and precision of movement	/ 10
10 %	Stage movements	/ 5
20 %	Energy & expression	/ 10
20 %	Choreography & Sequence Creativity	/ 10
30 %	Realization of Fa'arapu (girl) or Pā'oti (boy)	/ 10
	Total	/ 100

More category : outfit

The scoring criteria are as follows:

- Originality
- Complexity
- Diversity of materials
- Respect for the theme of Tahitian dance

~~The judges will score out of 10 during the participants' different parades. They will hold a deliberation at the end of the competition to choose the winner of this category.~~

Mafatu category: jury's favorite

This is a category that focuses on what the jury felt during the performance. This is encouragement for the next edition. Winners of other categories (other than the More category) will not be able to win this prize.

The judges will make a deliberation at the end of the competition to choose the winner of this category.

In case of tie

In the event of a tie, the judges will proceed to a deliberation at the end of the competition to choose the winner of the category in question.