

Intercontinental Massage Championship 2023

7, 8 & 9 April 2023, Athens



INTERCONTINENTAL MASSAGE CHAMPIONSHIP

WORLD MASSAGE FEDERATION

Competition Rules

General Rules

1. Preliminary rounds are composed of 6 to 8 participants.
2. From each group 1 or 2 participants qualify for the next round.
3. The duration of the presentation is 30 minutes.
4. The presentation can be performed on any part of the body the participant chooses.
5. The participants use their own tools and oils. The participants are obliged to bring their own materials for covering the mattress or the massage table.
6. The participant must cover the surface of the massage table using only towels. Any other covering is prohibited.
7. The surface of the massage table must be covered by one big towel and not multiple towels in order to supply each other.
8. No more than 2 different colors of towels are allowed to be used during the presentation.
9. The receivers are obliged to wear swimming suit. The receivers are not allowed to be naked or to wear underwear.
10. During the presentation the receiver's intimate body parts must be properly covered.
11. In all competition styles which require the use massage table, participants have to keep at least one leg in touch with the ground at all time. If a participant lose contact with the ground, the grading will be negatively affected. Competition styles that use mattress do not follow this rule.
12. The use of dispenser is mandatory.
13. Falling of the dispenser equals negative grade.
14. The placement of the dispenser on the ground is prohibited.
15. The placement of the dispenser is allowed on the massage table, on a chair or in an oil belt.

16. Oil is firstly placed on the hand of the participant and afterwards on the body of the receiver.
17. Use of fire is prohibited.
18. Use of hot or cold compress is prohibited.
19. Bone adjustments and any other form of chiropractic techniques is prohibited.
20. Needle use is prohibited (acupuncture methods).
21. The use of striking techniques with tools are prohibited.
22. All participants receive a participation diploma.
23. The 6 finalists receive a rank diploma.
24. The first trifecta of each category is awarded with a corresponding medal.
25. During the awards ceremony the participants must wear athletic outfit and sport shoes or massage uniform. Any other outfit is prohibited.
26. If a participant is absent during the awards ceremony is losing the award.

Requirements of competition styles

Swedish massage

Techniques that are derived from Western massage styles such as Swedish, classic, California massage and others.

- Use of tools is prohibited.
- Stretching is prohibited.
- It is performed on a massage table.

Sports massage

Sports massage aims to release the muscles of galactic acid. It combines stretching techniques with deep tissue massage.

- Stretching in combination with massage techniques has added value on the participant's grade.
- Most of the techniques must be done on the legs and less on the rest of the body.
- Use of tools is not allowed.
- It is performed on a massage table.

Therapeutic massage

Therapeutic massage aims to release the receiver from disorders of the spine. All techniques must be executed on suffering areas of the body. The use of relaxing and enjoy techniques have a negative effect on the participant's grade.

Techniques of lymphatic massage are forbidden.

- Stretching is allowed.
- The use of tools is allowed. These tools can be of wood, metal bamboo, etc.
- Use of tools is not mandatory.
- Use of silicone cups is allowed. Any other form of cups is prohibited.
- Use of silicone cups has to be kinetic and not static.
- It is performed on a massage table.

Eastern free style massage

Techniques used in this style are derived from Eastern styles of massage such as Thai, Shiatsu and others. It is performed on a mattress and without oil while the receiver wears clothes.

- Use of tools is prohibited.
- Stretching is allowed.

Wellness & spa massage

It includes all services that are provided in spa and wellness centers like facial massage, cupping, cellulite therapy, stones massage and much more.

- Stretching is not allowed.
- The use of special equipment like stones, bamboo, cups is allowed.
- Only silicone cups are allowed, any other form of cups is not allowed.
- Use of silicone cups has to be kinetic and not static.
- It is performed on a massage table.