



**WMF**  
WORLD MASSAGE FEDERATION

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## **WMF Competition Rules**

## General Rules

1. Preliminary rounds are composed of up to 9 participants in each group.
2. From each group, 2 to 3 participants qualify for the next round. Those who are not passing to the next round can compete in the “second chance” round.
3. The finals consist of 8 participants. The 6 participants arise from the preliminary rounds and the other 2 from the “second chance” round.
4. The duration of the preliminaries, semifinals and finals is 30 minutes. The duration of the “second chance” round is 15 minutes.
5. The routine presentation can be performed on any part of the body the participant chooses.
6. 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 and the receiver.
7. The participant must cover the surface of the massage table using towels or special covers. Any other covering is prohibited.
8. The receiver must be fully covered, and the participant can uncover only the body parts that need to be worked.
9. The receivers are obliged to wear a swimming suit and are not allowed to be naked or to wear underwear.
10. The receiver’s intimate body parts must be properly covered.
11. In all competition styles which require the use of a massage table, participants have to keep at least one leg in touch with the ground at all time. If a participant loses contact with the ground, the participant will be disqualified. Exceptions to this rule, are:
  - a) the 4 hands competition style where one of the participants is allowed to step on the massage table as long as the other one has both feet in touch with the ground.
  - b) the Asian freestyle, which is performed on a mattress or a massage table.
  - c) the chair massage style
12. The use of a dispenser is mandatory in all oil massage styles.
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. Use of fire, needle (acupuncture methods), Bone adjustments and any other form of chiropractic techniques are prohibited.
17. During the awards ceremony, the participants must wear an athletic outfit or massage uniform.
18. If a participant is absent during the awards ceremony, he/she will lose the award.
19. The active movements are prohibited for the models. Exceptions to this rule, are body shaping.
20. Models are required to wear large black covers to conceal the chest.

## **Requirements of competition styles**

### **Swedish (Western) massage**

Swedish massage aims to relax the receiver's body.

- Use of tools is not allowed.
- Stretching is not allowed.
- Joint pathetic mobilization is allowed.
- The use of forearm and elbow is allowed.
- Facial Techniques are allowed but not more than 5 minutes.
- At least one leg should touch the ground during the performance.
- In Swedish massage, when transitioning from the body to the face, hands must be disinfected with alcohol before touching the face

### **Sports massage**

Sports massage aims to release the muscles from galactic acid and provides faster recuperation.

- Stretching is allowed.
- Stretching in combination with massage techniques has added value on the participant's grade
- Use of tools is not allowed.
- At least one leg should touch the ground during the performance.

### **Therapeutic massage**

Therapeutic massage aims to release the receiver from muscle pain.

- The use of relaxing techniques has a negative effect on the participant's grade.
- Techniques of lymphatic massage are forbidden and have a negative effect on the participant's grade.
- 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 not allowed.
- Use of silicone cups has to be kinetic and not static.  
EXCEPTION: The cup can be static only if it is accompanied by pathetic mobilization.
- At least one leg should touch the ground during the performance.

### **Wellness & spa massage**

It includes all services that are provided in spa and wellness centers for beauty and health.

- Stretching is not allowed.
- The use of tools is allowed (stones, bamboo, cups, etc)
- Joint pathetic mobilization is allowed.
- The use of forearm and elbow 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.  
EXCEPTION: The cup can be static only if it is accompanied by pathetic mobilization.
- Facial Techniques are allowed but not more than 5 minutes.
- At least one leg should touch the ground during the performance.

### **Chair Massage**

The style is performed with the receiver sited on a special chair.

- Use of tools is not allowed.
- Stretching is allowed.
- The use of oil is not allowed.
- The receiver is fully clothed.
- The participant is allowed to perform without having any feet on the ground.

### **Chair Oil Massage**

- Use of tools is not allowed.
- Stretching is allowed.
- The use of oil is mandatory.
- At least one leg should touch the ground during the performance.

### **Asian Freestyle Massage**

The techniques used in this style aim to treat musculoskeletal issues through a combination of acupressure, movement, and stretching techniques.

- The receiver can be fully clothed or not.
- Use of tools is not allowed.
- Stretching is allowed.
- It is performed on a matters or massage table.
- Both legs can leave the ground during the performance

### **Freestyle Massage**

- Stretching is allowed
- Use of tools is not allowed.
- Use of oil is obliged.
- Facial Techniques are allowed but not more than 5 minutes
- At least one leg should touch the ground during the performance.
- Techniques of lymphatic massage are not allowed and have a negative effect on the participant's grade.

### **4 Hands Freestyle massage**

The style is performed by two participants at the same time. The two participants can be of the same sex or the opposite.

- Use of tools is not allowed.

- Stretching is allowed.
- One of the participants is allowed to step on the massage table as long as the other one has both feet in touch with the ground.

### **Facial massage**

- It is not allowed to perform buccal techniques.
- The massage should be performed with only fingers, palms and forearms
- elbow to the face is not allowed.
- Proper hygiene must be maintained, and makeup should always be removed beforehand.
- Lymphatic drainage is necessary.
- Tools are allowed (stones, Gua Sha etc)
- The participant is allowed to perform seated.

### **Body shaping**

The purpose of body contouring massage is to remodel body contours, reduce localized fat deposits and edema, combat cellulite, and improve skin elasticity. In this way, the aesthetic changes in the client's body are addressed.

- The use of tools is allowed (blades, bamboo sticks, cups etc)
  - Use of silicone cups is allowed. Any other form of cups is not allowed.
  - Use of silicone cups has to be kinetic and not static.
- EXCEPTION: The cup can be static only if it is accompanied by pathetic mobilization.
- Joint pathetic mobilization is allowed.
  - The use of body wraps and cosmetic products is not allowed.
  - At least one leg should touch the ground during the performance.
  - Models active movements are allowed.

### **Freestyle Juniors Massage**

- Participants must be no older than 21 years of age
- Stretching is allowed
- Use of tools is not allowed.
- Use of oil is obliged.
- Facial Techniques are allowed but not more than 5 minutes
- At least one leg should touch the ground during the performance.
- Techniques of lymphatic massage are not allowed and have a negative effect on the participant's grade.

## **General Rules for Video Performance Styles**

1. Preliminary rounds are composed of up to 9 participants in each group.
2. From each group, 2 to 3 participants qualify for the next round.
3. The duration of the routine presentation is 3 to 5 minutes.
4. The participant performs a routine presentation which is covered by music.
5. The routine presentation can be performed on any part of the body the participant chooses.
6. The receivers are obliged to wear a swimming suit and are not allowed to be naked or wear underwear.
7. The receiver's intimate body parts must be properly covered.
8. Bone adjustments and any other form of chiropractic techniques are prohibited.
9. Needle use is prohibited (acupuncture methods).
10. The participant has to send the performance video via WeTransfer at [info@worldmassagefederation.com](mailto:info@worldmassagefederation.com)
11. The performances are presented on a screen broad and are evaluated live by the judges of each championship.
12. It must consist of continuing video shots.
13. Replays and slow-motion effects are not allowed.

## **Video Performance styles**

1. Western Performance Massage
2. Asian Performance Massage
3. Chair Performance Massage
4. 4 Hands Freestyle Performance massage

## **M1 RULES**

- Stretching is allowed
- Stretching in combination with massage techniques has added value on the participant's grade
- Use of tools is not allowed
- Use of oil is obliged
- At least one leg should touch the ground during the performance.
- Use of towel is not obliged
- The duration of the performance - **M1legends**:3-5 minutes; **M1 battles**: 10 minutes

### **P.S.**

- Techniques should benefit the massage and not serve solely for display purposes.
- The model's abilities do not influence the judges' scores (e.g., a model with good flexibility).

## **CRITERIA**

### **Ergonomics:**

- Techniques should not strain or harm the therapist's body.
- The therapist should utilize gravity to achieve maximum results with minimal physical exertion. Proper posture and energy efficiency are crucial for effective and safe technique application.

### **Technical Skills:**

- The selection and application of techniques must align with the requirements of the specific competition style.
- The routine should focus on areas of the body that require attention, as dictated by the style.
- Execution speed should correspond to the specifications of the competition style.
- Techniques must be applied with appropriate pressure, considering the evaluation criteria.
- The use of all therapeutic tools (thumbs, fists, palms, wrists, forearms, elbows, etc.) is essential.

### **Creativity and Innovation:**

- Ability to develop new techniques.
- Ability to connect techniques seamlessly, presenting them as a cohesive routine.

### **Difficulty:**

- Techniques with a high degree of difficulty are rewarded.

### **Variety:**

- The quantity of techniques presented is a significant criterion.

### **Flow:**

- Techniques should transition smoothly, ensuring continuous contact with the recipient.

**Music Synchronization:**

- Synchronization with music is a critical criterion.



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