



WMF
WORLD MASSAGE FEDERATION



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.

Requirements of competition styles

Western massage

Western massage aims to relax the receiver's body.

- Use of tools is prohibited.
- Stretching is not allowed.
- 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.
- Use of tools is not allowed.
- It is performed on a massage table.

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.

- 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.

Wellness & spa massage

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

Thai Massage

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

- The use of tools is prohibited.
- Stretching is allowed.
- The receiver can be fully clothed or not.
- It is performed on a mattress.

Asian Free Style massage

Techniques used in this style aim to the treatment of musculoskeletal issues.

- Use of tools is prohibited.
- Stretching is allowed.
- The use of oil is allowed.
- The receiver can be fully clothed or not.
- It is performed on a mattress or a massage table.

4 Hands Freestyle massage

The style is performed by two participants at the same time.

- Use of tools is prohibited.
- Stretching is allowed.
- It is performed on a massage table.
- 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 and palms, it is prohibited to move the forearm and elbow to the face.
- Proper hygiene must be maintained, and makeup should always be removed beforehand.
- Lymphatic drainage is necessary.
- Tools are allowed (natural stones, Gua Sha)

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
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 Freestyle Performance Massage
4. 4 Hands Freestyle Performance massage

