



Competition Categories

M1 includes the following competition styles, with a maximum of 10 participants allowed per group:

1. M1 Asian Freestyle Massage
2. M1 Sports Massage
3. M1 Four Hands Freestyle Massage
4. M1 Western Massage
5. M1 Chair Massage

Asian Free Style massage: Techniques used in this style aim to the treatment of musculoskeletal issues.

- Stretching is allowed.
- The receiver can be fully clothed or not. In case the receiver is without clothes, the oil must be used.
- It is performed on a massage table.
- The participant is allowed to step on the 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.
- It is performed on 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.

4 Hands Freestyle massage: The style is performed by two participants at the same time.

- Stretching is allowed.
- It is performed on a massage table.
- Each participant have to keep at least one leg in touch with the ground at all time
- exception is if one of the participants steps on the massage table as long as the other one has both feet in touch with the ground

Western message: Western massage aims to relax the receiver's body.

- Stretching is not allowed.
- It is performed on 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.

Chair massage

- Stretching is allowed.
- The receiver must be fully clothed.
- The use of oil is not allowed.
- It is performed on a massage chair.
- The participant is allowed to step on the massage chair.

Ranking and Points System

Participants in M1 Grand Prix earn points based on their place, as follows:

- 1st Place: 24 points
- 2nd Place: 12 points
- 3rd Place: 6 points
- All remaining positions will receive 2 points for their participation.

Participants in M1 National Tournaments earn points based on their place, as follows:

- 1st Place: 12 points
- 2nd Place: 6 points
- 3rd Place: 3 points
- All remaining positions will receive 1 point for their participation.

For every 100 points accumulated by a participant, they are eligible to receive gifts from sponsors valued at €5,000.

Performance Guidelines:

- All participants present their routines consecutively, and the performances lasts 3 to 5 minutes.
- Routines are executed on a massage table, accompanied by music.
- Contestants must provide their chosen music track 30 days previous to the event.
- The recipient may wear only a swimsuit or special cover pads.
- Use of a towel to cover the receiver is optional.

Disqualification Criteria:

- Improperly covering sensitive body parts results in disqualification.
- Bone adjustments and chiropractic techniques are strictly prohibited.
- Use of tools is prohibited.

Good Luck!