



World Championship in Massage

Championship Rules and Guidelines

General rules

1. Each Massage Therapist can participate in 1 or 2 categories. Each participant has 2 massages to give, but can choose the same category twice.
2. Non-English speaking participants can bring their own translator for briefing speeches and general communication.
3. Dress Code: Participants are allowed to wear personal sponsorship clothing or any other National suit that fits the category. Participants is recommended to wear sports shoes, sports pants or yoga pants, T-shirts etc. Shoes are not allowed in Thai Massage.
4. Participants are to bring their own sheets, towels, tools, etc. Sponsors are delivering massage creams and oils to the World Championships in Massage. The participants are not obliged to use these products, but IMA can highly recommend the use of these during the Championship.
5. The recipient of the massage must always wear underwear and have covered their chest (if she is a woman). Any area which is not being worked on must be covered/draped.
6. No cameras are allowed during the rounds and the final. Unauthorized use of cameras and recordings can result in expulsion.
7. Insurance – It is your own insurance that covers both you and the participant you treat during the competition.
8. There is an absolute zero tolerance policy concerning inappropriate behavior. Any massage of sensual/sexual nature would result in immediate disqualification and expulsion from the Championship.
9. All participants are required to receive massage, as well as giving massages. If necessary the International Massage Association will arrange for suitable candidates/massage recipients in particular cases.
- 10.No chiropractic and osteopathic manipulations are allowed during the competition.
- 11.The IMA decide which music will be played during the World Championship in Massage.
- 12.The duration of each round is 65 minutes.
- 13.All participants receive a participation diploma
- 14.The presentation can be performed on any part of the body the participant chooses.
- 15.The participants are free to use their own tools and oils. The participants are obliged to bring their own materials for covering the mattress, Massage chair or the massage table as well as the client.

Category rules and recommendations

Swedish massage

The treatment should contain the techniques Effleurage, Petrissage, Tapotement, Friction and Vibration.

- Use of tools is allowed (recommended for maximum 20%)
- Stretching is is allowed (recommended for maximum 20%)
- Is mostly performed on a massage table, but can be done on a mattress
- If on Massage Chair the participant should choose the Chair massage category

Sports massage

Sports massage is very similar to Swedish massage. (Read about the Swedish Massage)

- Stretching and mobilization of joints in combination with massage techniques is allowed (recommended for maximum 30%)
- Use of tools is allowed (recommended for maximum 30%)
- It is mostly performed on a massage table or mattress
- We recommend spending the first 30 minutes demonstrating a sports massage aimed at preparing the body for performance. The remaining 30 minutes should be used to demonstrate a sports massage focused on relaxing the body after strenuous activity.
- If on Massage Chair the participant should choose the Chair massage category

Wellness massage

It includes all services that are provided in spa and wellness centers such as Cellulite therapy, Hot stones massage, Bamboo and other wellness techniques.

- Stretching is allowed
- Mobilization of joint is allowed
- The use of special equipment like stones, bamboo, cups is allowed
- It can be performed on a massage table as well as on mattress

- If on Massage Chair the participant should choose the Chair massage category

Nuad Thai / Thai massage (For Health / Relief / Inspiration)

Techniques used in this style aim to relaxation and to the treatment of musculoskeletal as well as psychological issues.

- On Mattress
- Use of tools is allowed (recommended for maximum 20%) However shouldn't put anyone in danger.
- Stretching is allowed
- The receiver is mostly fully clothed
- The use of oil is allowed (recommended for maximum 20%)
- Mobilization of joint is allowed
- Shoes is not allowed in Thai massage
- If on Massage Chair the participant should choose the Chair massage category
- If on Massage table the participant should choose the Freestyle Massage (Eastern) category

Freestyle Massage (Eastern Inspired)

Techniques that are derived from Eastern massage styles such as Shiatsu, Thai massage, Tui na, Acupressure and Reflexology as well other Asian techniques.

- Use of tools is allowed (recommended for maximum 50%)
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or on a massage table
- If on Massage Chair the participant should choose the Chair massage category

Freestyle Massage (Western Inspired)

Techniques that are derived from Western massage styles such as Swedish massage, Myofacial release, Muscle energy techniques, Sports massage, California massage and other Western techniques.

- Use of tools is allowed (recommended for maximum 50%)
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or on a massage table
- If on Massage Chair the participant should choose the Chair massage category

Chair Massage

The style is mostly performed with the receiver sitted on a special chair. Techniques that are derived from both Western and Eastern inspired massage techniques such as Sweidsh massage, Thai massage, Shiatsu, Hot stones, as well as many other techniques.

- Use of tools is allowed
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a chair

Facial massage

It includes all Facial techniques such as Kobido, Japanese Facelifting, Swedish, Wellness as well as many other techniques and services that are provided in spa and wellness centers.

- Use of tools is allowed
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- Massage of neck, chest and arms is allowed (recommended for maximum 20%)

Body Shaping Massage

"Body Shaping" includes all techniques aimed at reshaping and toning the body, such as anti-cellulite massages, lymphatic drainage, and firming techniques.

- The use of specialized tools such as suction cups, rollers, and massage devices is allowed (recommended for a maximum of 40% of the total massage duration).
- The techniques used must not harm the connective tissue or create bruises.
- The use of oils and creams specific to cellulite reduction and firming is allowed and encouraged. Dermocaustic essential oils are prohibited.
- The massage can be performed on a massage table or a mattress. The use of a massage chair is not recommended for this category.
- The techniques should aim to improve the appearance of the skin, reduce cellulite, and tone the muscles.
- Participants must respect the integrity and comfort of the recipient at all times. Any painful or excessive technique is prohibited.
- Massages must be performed in compliance with the highest safety and hygiene standards.

Participants are encouraged to demonstrate their expertise and innovation in applying body shaping techniques while ensuring the well-being and safety of the recipient.