

In this context, the main objectives to be achieved are as follows:

- To increase the professional quality
- To promote vocational training
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- To protect professional ethical values
- To increase awareness of the importance and dignity of massage
- To increase the technical quality of massage with competition
- To introduce the best massage therapists to the national and international community
- To contribute to the increase of qualified massage therapists
- To provide an opportunity for qualified, elite and professional massage therapists to introduce themselves and showcase their skills

PARTICIPATION TERMS AND CRITERIA

1. Participants must provide proof of training in a massage program during the application and registration process. This criterion is not required for beginners and/or those in the student category.
2. Participants apply for the competition by completing the required information on the "Application Form."
3. Participants can apply for one or more categories based on their massage education and experiences.
4. Participants must adhere to suitable attire for massage, including appropriate uniforms or clothing (sports shoes, sports pants or yoga pants, t-shirts, etc.).

5. Participants are allowed to wear personal sponsorship clothing or any National team attire that suits the category.
6. Participants must bring their own materials suitable for the massage category they will compete in (towels, sheets, application tools, etc.).
7. The responsibility of arranging the model for the application lies with the participant, and this responsibility continues until the end of the application. For those who cannot provide their models or partners, the organizing committee assists in providing partners.

8. All participants must adhere to the specified competition duration (60 minutes) for the respective category. Short-term applications like facial massage last for 30-60 minutes, with the first 5 minutes allocated for participants to introduce themselves.
9. For oily massages, the person receiving the massage should wear underwear, and (if female) the chest should be covered. Areas not being worked on or massaged should be covered.
10. Everyone can participate in the massage competition without gender distinction. Any participant can perform a massage on any gender if they wish.

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10. Everyone can participate in the massage competition without gender distinction. Any participant can perform a massage on any gender if they wish.
11. Massage oil will be provided by the organization. Participants are not obligated to bring their own oil. However, if a participant prefers to use a specific oil for themselves (or their category), they are free to bring it.

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12. Chiropractic or osteopathic techniques are not allowed.

Participants may choose any of the massage methods or categories listed below. A participant can compete in up to **three (3) categories.**

Category	Description
Classical / Swedish Massage	This category includes the application of effleurage, petrissage, friction, tapotement, and vibration techniques. Simple massage materials may be used together with these techniques. Climbing onto the massage table is not allowed.

**Thai
Massage /
Nuad Thai**

This category is based on Traditional Thai Massage and Thai Yoga techniques. It is performed on a floor mat with both the practitioner and the receiver fully clothed in suitable attire. Proper tools may be used. If the participant wishes to perform Thai Massage on a massage table, they must register under the *Freestyle Eastern (Asian)* category.

**Sport
Massage**

Competitors in this category may use Classical/Swedish massage techniques together with Deep Tissue, Neuromuscular, Stretching, and Mobilization techniques. The massage may be localized or full-body, performed on a massage table or floor mat. Appropriate materials may be used. The therapist may partially step on the table as long as one foot remains on the ground.

**Freestyle
Western
Category**

This category includes a combination of various Western-origin massage techniques (Lomi Lomi, Classical/Swedish, Deep Tissue, Sports Massage, etc.). Stretching, mobilization, and the use of appropriate non-electric tools are allowed. Oil may be used. The massage can be performed on a table or on a floor mat.

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Massage /
Nuad Thai**

This category is based on Traditional Thai Massage and Thai Yoga techniques. It is performed on a floor mat with both the practitioner and the receiver fully clothed in suitable attire. Proper tools may be used. If the participant wishes to perform Thai Massage on a massage table, they must register under the *Freestyle Eastern (Asian)* category.

**Therapeutic
/ Medical
Massage**

This category is considered a therapeutic or medical massage. Deep tissue, sports massage, trigger point, mobilization, and Classical/Swedish techniques, as well as other advanced massage methods and approved tools, are allowed. Proper materials may be used. Climbing onto the massage table is not permitted.

**Freestyle
Western
Category**

This category includes a combination of various Western-origin massage techniques (Lomi Lomi, Classical/Swedish, Deep Tissue, Sports Massage, etc.). Stretching, mobilization, and the use of appropriate non-electric tools are allowed. Oil may be used. The massage can be performed on a table or on a floor mat.

**Freestyle
Eastern
(Asian)
Category**

This category combines different Asian massage techniques such as Thai Massage, Shiatsu, Acupressure, Reflexology, Tui-Na, Anma, and Yumeiho. Stretching, mobilization, and use of appropriate tools are permitted. Oil may be used. The massage can be performed on a table or on a floor mat.

**Freestyle
Eastern
(Asian)
Category**

This category combines different Asian massage techniques such as Thai Massage, Shiatsu, Acupressure, Reflexology, Tui-Na, Anma, and Yumeiho. Stretching, mobilization, and use of appropriate tools are permitted. Oil may be used. The massage can be performed on a table or on a floor mat.

**Traditional
Turkish
Massage
(Hamam
Massage)**

Originating from Turkish Bath (Hamam) culture, this massage will be performed as a foam massage in a Hamam setting. Participants in this category will demonstrate all techniques required for the traditional foam massage. The organization will provide the Hamam environment for this category.

**SPA /
Wellness
Massage**

This category includes techniques such as Hot Stone, Dry Cupping, Maderotherapy, Aromatherapy, Lomi Lomi, Bamboo Massage, Holistic Massage, Anti-cellulite or Body Shaping, Beauty, and SPA-style applications. Medical or therapeutic techniques are **not permitted** (see Therapeutic / Medical Massage category).

Facial Massage

This category covers facial care, facial massage, and décollete (Kobido, manual buccal, classic facial massage, SPA facial treatments, etc.). Massage may last between 30–60 minutes. Work on the arms, neck, and chest areas should not exceed half of the total session time.

**Chair
Massage**

Chair massage focuses on the back, shoulders, neck, arms, and head to relieve muscle tension, improve flexibility, and enhance joint mobility. Both Western (Classical/Swedish) and Eastern (Thai, Shiatsu, etc.) techniques may be applied. Wooden, stone, and other non-electric tools may also be used during the session. (20–40 minutes)

**Veteran (55+
Years)
Category**

Adults aged 55 and above can compete in this category. Both experienced professionals and new learners aged 55+ are welcome. Participants may perform any type of massage they prefer.

**Beginner /
Student
Category**

This category is for beginner therapists, students, or amateurs with less than one year of experience. Participants may select up to three massage types (excluding the Therapeutic / Medical Massage category). Rankings (1st, 2nd, 3rd) will be based on the scores received in the entered categories.

NOTE: Electrical devices are not permitted during the massage. Rechargeable or battery-powered tools are allowed.

Multiple Hands Massage

A category where multiple practitioners perform massage synchronously on one body. Participants may choose techniques that allow coordination of four or more hands working in harmony.