

# ASIA MASSAGE CHAMPIONSHIP 2024

## Tournament rules and guidelines

### (A) General rules

One person can enter up to two categories.

\*A participation fee will be charged for each entry.

Only one person may accompany you, including an interpreter, preparation and cleanup support, and photographer.

\*It is not possible to bring the above-mentioned companion as a "model".

The music during the competition will be determined by the organizer.

\*The use of earphones, etc. is prohibited.

The competition time for each round is 30 minutes.

\*There will be a 10 minute interval before and after.

Participants are free to use their own treatment equipment.

Participants must provide their own equipment to cover the treatment bed or mattress.

### (B) Appearance

Wear clothes that are comfortable for movement and appropriate for the treatment.

Please bring shoes with clean soles.

\*It is also possible to perform the treatment barefoot.

Take care of your nails and hands beforehand.

### (C) Model

Those undergoing treatment should always wear underwear (or paper shorts, etc.) and women should cover their chests.

Please cover the area that will not be treated with a towel.

The model should be done by the athlete.

\*Please contact us if there are unavoidable circumstances.

### (D) Shooting

The organizing organization will be taking photos, images, and videos, and live streaming the event.

\*Live streaming may occur without prior notice.

Participants may take photos, images, and videos of the tournament.

Note 1) Please be careful not to affect the treatments of other contestants or the judges.

Note 2) Please refrain from taking photos while changing clothes, except during competitions.

### (E) Prohibited acts

sensual or sexual procedures

Actions that may cause injury

Actions that make the other party or audience uncomfortable

Acts that are inconsistent with the purpose of the tournament

Participating while feeling unwell

Treatment with equipment that uses power supply

### (F) Notes

Please be sure to purchase your own insurance for the treatment.

Please note that we cannot be held responsible for any injuries sustained during the tournament.

Please take care of your valuables and personal belongings by yourself.

Please note that we cannot be held responsible for any theft.

Entry fees will not be refunded except for cancellation due to the sponsoring organization's default.

Due to unforeseen circumstances related to public health such as earthquakes, tsunamis, typhoons, other natural disasters, and infectious diseases.

We will not be held responsible for any damage caused if this tournament is not held.

(G) Tournament schedule

6/5(Wed)	oil	body care	face	thai traditional	free style	stretch
9:30~10:10	Admission reception begins					
10:10~10:50	Opening ceremony					
10:50~11:10	Preparation/model confirmation					
11:10~12:00	Group ①	Group ①	Group ①	Group ①	Group ①	Group ①
12:00~12:50	Group ②	Group ②	Group ②	Group ②	Group ②	Group ②
12:50~13:40	Group ③	Group ③	Group ③	Group ③	Group ③	Group ③
13:40~14:10	休憩					
14:10~15:00	Group ④	Group ④	Group ④	Group ④	Group ④	Group ④
15:00~15:50	Group ⑤	Group ⑤	Group ⑤	Group ⑤	Group ⑤	Group ⑤
15:50~16:40	Group ⑥	Group ⑥	Group ⑥	Group ⑥	Group ⑥	Group ⑥
16:40~17:10	Examination tally					
17:10~19:00	Closing session					

(H) Screening criteria (common to all departments)

Massage technique (technique)

Treatment range

Posture during treatment

Flow of treatment

anatomical approach

innovative ideas

Hospitality for clients

Impression evaluation

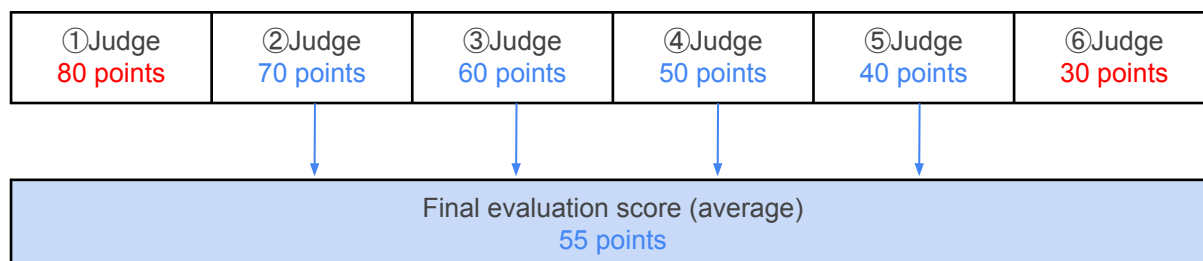
(Detailed criteria for each department)

(I) Examination method

- ❖ Adoption of "upper and lower cut method"

Judges in each category will evaluate the entries on a 10-point scale based on the judging criteria. Of the total scores of each judge, the scores of the judge who gave the highest and lowest points are excluded.

A method in which the average score obtained by adding up the remaining scores is used as the evaluation score.



(J) Oil massage department

I. Treatment environment

A maximum of 12 treatment beds will be installed in the competition area.

At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.

II. Tournament equipment

1 treatment bed (with headrest)

\*Can also be used as a perforated type

\*Please adjust the height of the bed by yourself.

III. Player preparation equipment

treatment oil

oil glass, container

bed sheets, towels

body towel

Face towel

Oil wiping towel (for practitioners/models)

gown

Paper shorts, paper bra, etc.

Other necessary equipment

IV. Notes

Note 1) There are no stools or hot cabinets available.

Note 2) Treatment with equipment that uses power is prohibited.

Note 3) Mattress cannot be used.

Note 4) Please wipe off any oil on the floor or bed yourself during the interval.

(Please be considerate of the next contestant)

V. Examination criteria

Massage technique (technique)	anatomical approach
I. Technique II. Composition/combination III. Completeness/Effectiveness IV. Diversity	I. Correct angle/part II. Are you taking an appropriate approach to muscles, fat, blood, lymph, skin, etc.?
Treatment range	innovative ideas
I. Closeness to the treatment area II. Are you able to perform the treatment from beginning to end?	I. originality II. Completeness/Effectiveness
Posture during treatment	Hospitality for clients
I. Beautiful posture without strain II. Whole body use III. Are you communicating your weight appropriately to others?	I. Cleanliness of treatment clothes and grooming II. Safety of the procedure III. communication IV. towel work
Flow of treatment	Impression evaluation
I. Treatment composition II. rhythm III. The connection between techniques IV. Finish in time	I. Impression evaluation by individual judges

(K) Body care massage department

- I. Treatment environment  
A maximum of 12 treatment beds will be installed in the competition area.  
At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.
- II. Tournament equipment  
1 treatment bed (perforated type)  
\*Please adjust the height of the bed by yourself.
- III. Player preparation equipment  
bed sheets, towels  
body towel  
Face towel  
Other necessary equipment
- IV. Notes  
Note 1) There are no stools or hot cabinets available.  
Note 2) Treatment with equipment that uses power is prohibited.  
Note 3) Mattress cannot be used.  
Note 4) **Adjustment techniques are possible without limit, with safety in mind. However, the adaptation of the adjustment to the model must be explained in advance and consent obtained.**
- V. Examination criteria

Massage technique (technique)	anatomical approach
<ol style="list-style-type: none"> <li>I. Local techniques</li> <li>II. Composition/combination</li> </ol>	<ol style="list-style-type: none"> <li>I. Correct angle/part</li> <li>II. Are muscles, bones, joints, nerves, skin, etc. properly approached?</li> <li>III. Treatment that understands joint movement</li> </ol>
Treatment range	innovative ideas
<ol style="list-style-type: none"> <li>I. Closeness to the treatment area</li> <li>II. Are you able to capture the exact point?</li> </ol>	<ol style="list-style-type: none"> <li>I. originality</li> <li>II. Approach site</li> </ol>
Posture during treatment	Hospitality for clients
<ol style="list-style-type: none"> <li>I. Beautiful posture without strain</li> <li>II. Whole body use</li> <li>III. Are you communicating your weight appropriately to others?</li> </ol>	<ol style="list-style-type: none"> <li>I. Cleanliness of treatment clothes and grooming</li> <li>II. Safety of the procedure</li> <li>III. communication</li> </ol>
Flow of treatment	Impression evaluation
<ol style="list-style-type: none"> <li>I. Treatment composition</li> <li>II. rhythm</li> <li>III. The connection between techniques</li> <li>IV. Finish in time</li> </ol>	<ol style="list-style-type: none"> <li>I. Impression evaluation by individual judges</li> </ol>

(L) Face massage department

I. Treatment environment

A maximum of 12 treatment beds will be installed in the competition area.

At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.

II. Tournament equipment

1 treatment bed (perforated type)

Stacking chair (1 chair)

\*Please adjust the height of the bed by yourself.

III. Player preparation equipment

treatment oil or cream

oil glass, container

bed sheets, towels

body towel

Face towel

Towel for wiping off oil and cream (for practitioners and models)

Gowns, hair turbans, etc.

paper bra etc.

Other necessary equipment

IV. Notes

Note 1) There is no preparation for hot cabinets.

Note 2) Treatment with equipment that uses power is prohibited.

Note 3) Mattress cannot be used.

Note 4) Please wipe off any oil on the floor or bed yourself during the interval. Please be considerate of the next contestant)

**Note 5) Models must take off their make-up at the start.**

**Note 6) Cleansing and wiping are not subject to review, but may be included in the treatment content.**

V. Examination criteria

Massage technique (technique)	anatomical approach
I. Technique II. Composition/combination III. Completeness/Effectiveness	I. Correct angle/part II. Are you taking an appropriate approach to muscles, fat, blood, lymph, skin, etc.?
Treatment range	innovative ideas
I. Closeness to the treatment area II. Are you able to perform the treatment from beginning to end?	I. originality II. Completeness/Effectiveness
Posture during treatment	Hospitality for clients
I. Beautiful posture without strain II. Whole body use III. Are you communicating your weight appropriately to others?	I. Cleanliness of treatment clothes and grooming II. Safety of the procedure III. communication
Flow of treatment	Impression evaluation
I. Treatment composition II. rhythm III. The connection between techniques IV. Finish in time	I. Impression evaluation by individual judges

(M) Traditional Thai Massage Department

I. Treatment environment

A maximum of 12 mats or beds will be set up in the competition area.

At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.

II. Tournament equipment

1 mat

Or 1 treatment bed (perforated type)

\*Please adjust the height of the bed by yourself.

III. Player preparation equipment

bed sheets, towels

body towel

Face towel

pillow

Other necessary equipment

\*Tokusen and singing bowls may be used.

IV. Notes

Note 1) There are no stools or hot cabinets available.

Note 2) Treatment with equipment that uses power is prohibited.

Note 3) Starts with Waikuru and ends with Waikuru.

Note 4) The treatment should be aimed at the client, not your own performance.

Note 5) No danger

**Note 6) We cannot accept any changes to the mat or bed that have been requested in advance.**

V. clothing

Clean clothes that are easy to move in

•Pants: Length below the knee

•Top: T-shirts are allowed, tank tops and camisoles are not allowed.

•Accessories: Remove

•Long hair: tie

VI. Examination criteria

Massage technique (technique)	anatomical approach
I. Technique II. Composition/combination III. Completeness/Effectiveness	I. Correct angle/part II. Are you taking an appropriate approach to muscles, fat, blood, lymph, skin, etc.
Treatment range	innovative ideas
I. Closeness to the treatment area II. Are you able to capture the exact point	I. originality II. Completeness/Effectiveness
Posture during treatment	Hospitality for clients
I. Beautiful posture without strain II. Whole body use III. Are you communicating your weight appropriately to others	I. Cleanliness of treatment clothes and grooming II. Safety of the procedure III. communication
Flow of treatment	Impression evaluation
I. Treatment composition II. rhythm III. The connection between techniques IV. Finish in time	I. Impression evaluation by individual judges

(N) Freestyle massage section

I. Treatment environment

A maximum of 12 treatment beds or mats will be set up in the competition area.

At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.

II. Tournament equipment

1 treatment bed (with headrest)

or 1 mat

\*Can also be used as a perforated type

\*Please adjust the height of the bed by yourself.

III. Player preparation equipment

bed sheets, towels

body towel

Face towel

<For those who use oil etc.>

treatment oil

oil glass, container

Oil wiping towel (for practitioners/models)

Gown worn by the model

Paper shorts, paper bras, etc. given to models

IV. Notes

Note 1) There are no stools or hot cabinets available.

Note 2) Treatment with equipment that uses power is prohibited.

Note 3) Please wipe off any oil on the floor or bed yourself during the interval. Please be considerate of the next contestant)

**Note 4) We will not be able to accept changes to mats or beds that have been requested in advance.**

V. Examination criteria

Massage technique (technique)	anatomical approach
I. Technique II. Composition/combination III. Completeness/Effectiveness	I. Correct angle/part II. Are you taking an appropriate approach to muscles, fat, blood, lymph, skin, etc.
Treatment range	innovative ideas
I. Closeness to the treatment area II. Are you able to perform the treatment from beginning to end	I. originality II. Completeness/Effectiveness III. Performance IV. Element of surprise
Posture during treatment	Hospitality for clients
I. Beautiful posture without strain II. Whole body use III. Are you communicating your weight appropriately to others	I. Cleanliness of treatment clothes and grooming II. Safety of the procedure III. communication IV. Connection, expression, atmosphere
Flow of treatment	Impression evaluation
I. Treatment composition II. rhythm III. The connection between techniques IV. Finish in time	I. Impression evaluation by individual judges II. Feeling of security/atmosphere

(O) Stretch section

I. Treatment environment

A maximum of 12 treatment beds will be installed in the competition area.

At the same time, up to 12 participants will begin the treatment and will be judged for 30 minutes.

II. Tournament equipment

1 treatment bed (perforated type)

\*Please adjust the height of the bed by yourself.

Player preparation equipment

bed sheets, towels

body towel

Face towel

Other items necessary for the procedure

III. Notes

Note 1) There are no stools or hot cabinets available.

Note 2) Treatment with equipment that uses power is prohibited.

Note 3) Mattress cannot be used.

IV. Specifying treatment area (theme)

① Shoulder joint

② Lower back

③ Hip joint

We will examine and evaluate configurations that approach all three areas above.

V. Examination criteria

Massage technique (technique)	anatomical approach
I. Technique II. Composition/combination III. Completeness/Effectiveness	I. Correct angle/part II. Are muscles, bones, joints, nerves, skin, etc. properly approached?
Treatment range	innovative ideas
I. Closeness to the treatment area II. Are you able to perform the treatment from beginning to end	I. zOriginal technique II. Approach site
Posture during treatment	Hospitality for clients
I. Beautiful posture without strain II. Whole body use III. Are you communicating your weight appropriately to others	I. Cleanliness of treatment clothes and grooming II. Safety of the procedure III. communication
Flow of treatment	Impression evaluation
I. Treatment composition II. rhythm III. The connection between techniques IV. Finish in time	I. Impression evaluation by individual judges



(P) Regarding the phase model between players

- I. Athletes will form groups of 3 and take turns acting as "contestants" and "models."  
 You will be notified of your entry number and grouping via email at 5:00 pm on Saturday, May 11th.  
 (The entry number and grouping will be determined by the organizer and cannot be changed or specified.)

▼ Competition schedule (some examples)

	Time\Entry No.	<b>101</b>	<b>113</b>	<b>125</b>
Group ①	11:10~11:20	<b>preparation</b>	Competition preparation	<b>model</b>
	<b>11:20~11:50</b>	<b>competition</b>		
	11:50~12:00	<b>Tidying up</b>		
Group ②	12:00~12:10	<b>model</b>	<b>preparation</b>	Competition preparation
	<b>12:10~12:40</b>		<b>competition</b>	
	12:40~12:50		<b>Tidying up</b>	
Group ③	12:50~13:00		<b>model</b>	<b>preparation</b>
	<b>13:00~13:30</b>			<b>competition</b>
	13:30~13:40			<b>Tidying up</b>
	13:40~14:10	break		
	Entry no.	<b>137</b>	<b>149</b>	<b>161</b>
Group ④	14:10~14:20	<b>preparation</b>	Competition preparation	<b>model</b>
	<b>14:20~14:50</b>	<b>competition</b>		
	14:50~15:00	<b>Tidying up</b>		
Group ⑤	15:00~15:10	<b>model</b>	<b>preparation</b>	Competition preparation
	<b>15:10~15:40</b>		<b>competition</b>	
	15:40~15:50		<b>Tidying up</b>	
Group ⑥	15:50~16:00		<b>model</b>	<b>preparation</b>
	<b>16:00~16:30</b>			<b>competition</b>
	16:30~16:40			<b>Tidying up</b>
	16:40~17:10	Examination tally		
	17:10~19:00	Closing session		

(Q) Others

I. Submit advance questions

- ① Treatment theme
- ② Treatment area
- ③ Technical content
- ④ Selection of bed or mattress

\*Stretching category is only available in ③.

\*Selection of ④ is only available for "Traditional Thai Massage Division" and "Freestyle Massage Division". No changes will be accepted after submission.

Preliminary questions will be used as a reference for the screening.

We will notify each player via email, so please respond by the deadline.

**Response deadline: May 5th (Sunday) 12:00 p.m.**

II. Q&A with athletes and models

After the competition, the judges may ask questions of the competitors or models.