



The Massage Championship of the Nordic Countries 2023

REGULATION

1. The purpose and tasks of the championship

- 1.1. Promote mutual enrichment of experience, cooperation and communication between professionals, students, practicing masseurs.
- 1.2. Improve professional skills by proving and challenging future industry specialists as well as existing professionals.

2. Organizers of the championship

P. Stradins Medical College of the University of Latvia and *International Massage Association*.

3. Proceedings of the Championship

- 3.1. The championship takes place from September 29–30, 2023 in P. Stradins Medical College of the University of Latvia: Vidus prospekts 38, Jurmala, Latvia, LV-2010.
- 3.2. The target audience for the first day of the championship: students who have completed massage study courses. Each educational institution can nominate 1–2 students for the championship.
- 3.3. The target audience of the second day of the championship: masseurs.
- 3.4. Working language of the championship: Latvian and English.
- 3.5. The championship will be broadcast on social networks and photographed.

4. Championship schedule

4.1. THE CHAMPIONSHIP PROGRAMME

FIRST DAY OF THE CHAMPIONSHIP – 29.09.2023.	
TIME	Student massage championship and master classes
9:00 – 10:00	REGISTRATION
10:00 – 10:30	Opening of the championship
11:00 – 12:00	<i>Part 1 of the student championship - classical massage</i>
12:00 – 13:00	LUNCH
14:00 – 15:00	<i>Part 2 of the student championship – freestyle massage</i>
15:00 – 16:00	Master classes of international massage trainers
17:00	AWARDS

SECOND DAY OF THE CHAMPIONSHIP – 30.09.2023.	
TIME	Professional massage championship and master classes
9:00 – 10:00	REGISTRATION
10:00 – 10:30	Opening of the 2nd day of the championship
11:00 – 12:00	Part 1 of the professional championship – classic massage
12:00 – 13:00	LUNCH
14:00 – 15:00	<i>Part 2 of the professional championship – freestyle massage</i>
15:00 – 16:00	Master classes of international massage trainers
17:00	AWARDS

4.2. PARTICIPATION IN THE CHAMPIONSHIP

- 4.2.1. The participants of the championship can apply for their participation in both parts of the championship – classical massage and freestyle massage.
- 4.2.2. The participants of the championship may apply for their participation in only one part of the championship – classic massage or freestyle massage.
- 4.2.3. The participant of the championship is obliged to inform the organizers of the championship about the choice made.

4.3. CLASSICAL MASSAGE PROGRAMME

- 4.3.1. Massage duration – 30 minutes.
- 4.3.2. When performing a massage, it is necessary to include the main basic techniques of classical massage: stroking, rubbing, kneading, vibration, as well as auxiliary techniques of the basic techniques.
- 4.3.3. The massage of the BACK area or NECK – COLLAR ZONE, the level of basic skills of classical massage is evaluated.
- 4.3.4. The organizers of the championship provide all participants with: model, massage couch, cosmetic table, 2 towels, massage oil and disinfectant.
- 4.3.4. The participants of the championship must follow the rules of hygiene, the time limit and the boundaries of the designated place.

4.4. FREESTYLE PROGRAMME

- 4.4.1. The duration of the demonstration of the freestyle program is 40 minutes, the participants perform the chosen type of massage or a combination of massage types.
- 4.4.2. Participants are responsible for everything necessary for the massage (decorations, clothing, etc.).
- 4.4.3. The organizers provide the participants with a massage and cosmetic table and a model. The organizers choose the music for the event.
- 4.4.4. The participants of the championship must follow the rules of hygiene, the time limit, and the boundaries of the designated place.

- 4.4.5. Participants submit a short description of the massage one week before the day of the championship, indicating the type of massage to be performed and a short description of the methodology. The description is sent to e-mail: aiga.grauduma@lupsk.edu.lv

5. Evaluation procedure and criteria

- 5.1. In the championship, evaluation is carried out in each part of the program separately - classic massage and free choice massage.
- 5.2. EVALUATION CRITERIA OF THE CLASSIC MASSAGE PROGRAM:
- 5.2.1. compliance with hygiene rules and professional appearance of the masseuse.
 - 5.2.2. preparation of the workplace to perform the massage precisely and qualitatively.
 - 5.2.3. model preparation, positioning for massage, communication with the model.
 - 5.2.4. ergonomics of the masseur.
 - 5.2.5. compliance of performed classical massage techniques, compliance of basic classical massage techniques by importance (sequence and directions);
 - 5.2.6. respecting the time limit (30 minutes).
- 5.3. FREESTYLE PROGRAMME EVALUATION CRITERIA:
- 5.3.1. compliance with hygiene rules and professional appearance of the masseur,
 - 5.3.2. preparation of the workplace to perform the massage precisely and qualitatively,
 - 5.3.3. aesthetic design of the massage programme,
 - 5.3.4. compliance with the rules of professional etiquette,
 - 5.3.5. the safety of the selected massage or SPA program, compliance with the purpose and task of the massage,
 - 5.3.6. completeness, originality and composition of the massage or SPA procedure.
 - 5.3.7. respecting the time limit (40 minutes).
- 5.4. The championship is evaluated by an international jury – five jury members (two Latvian jury members, three delegates of the *International Massage Association*).
- 5.5. The tasks of the championship will be evaluated according to the point system established by the *International Massage Association*.

6. Results and awarding

- 6.1. The results of the winners will be announced at the end of the championship day.
- 6.2. After collecting the ratings, the three participants with the highest ratings in each part of the championship – classic massage and free choice massage – are awarded.

- 6.3. The participants will be awarded letters of appreciation in various nominations, such as audience sympathy, the most aesthetic presentation, the most ergonomic massager, etc.
- 6.4. All participants receive certificates of participation.
- 6.5. Participants of the championship, medical practitioners, are awarded further education points approved by the Association of Medical Practitioners of Latvia for participating in the championship.

7. Participation fee and registration

- 7.1. Registration can be done until September 15, 2023 on the college's website by filling out the online application form: <https://forms.gle/pjoiCUHUSBCMmQQm9>
- 7.2. The participation fee is determined according to the chosen activity and can be paid until September 20, 2023.

8. Championship supporters

- Association of Latvian Masseurs
- Ltd. "GMT Beauty Trade"
- Jurmalas city council