

## **TRI-CITY MASSAGE EXPO RULES**

### **Rules**

1. Each Massage Therapist will participate in both categories. Students may only compete in wellness category and online participants will only participate in one event.
2. All rounds are 60 minutes with 5 minutes included for participants to examine the receiver prior to massage.
3. Non-English-speaking participants can bring their own translator for briefing speeches and general communication.
4. Dress Code: Participants are allowed to wear personal sponsorship clothing or any other National suit that fits the category. Participants must wear sports shoes, sports pants or yoga pants, T-shirts etc... Shoes are not allowed in Thai Yoga Massage.
5. Participants are to bring their own sheets, towels, tools, etc.
6. 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.
7. No cameras are allowed during the rounds and the final. Unauthorized use of cameras and recordings can result in expulsion.
8. Insurance - It is your own insurance that covers both you and the participant you treat during the competition.
9. 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.
10. All participants are required to receive massage, as well as giving massages. If necessary, officials will arrange for suitable candidates/massage recipients in particular cases.
11. No chiropractic and osteopathic manipulations are allowed during the competition.
12. The TCM decides which music will be played during the Texas Massage Championship.

Participants are informed, that the judges at the competition cannot evaluate the individual treatment and please note, that a treatment can be placed in several categories.

**NOTE!** Lectures, competition rounds, and ceremonies will be recorded and used for future marketing on social media platforms. This goes for pictures as well. By participating at the TCM, you are allowing the organization to do so and are giving consent prior to the event date.

### **How will you be evaluated?**

At the Texas Massage Championship, the focus is on 6 elements to score every participant: Technique(s), Ergonomics, Flow, Innovation, Client Contact, and Recipient Evaluation all factor into the Total Score at the end of each round.

- **Technique:** Utilization of one or more techniques in each category.
- **Ergonomics:** How does the therapists use their own bodies (work environment) and their remedies (Massage tables etc)
- **Flow:** Continuous movement throughout the massage with minimal pauses.
- **Innovation:** Using a variation of techniques, tools, and modalities by the therapist to enhance massage presentation.
- **Client Contact:** Communication between therapist and client to help treat concerns.
- **Recipient Evaluation:** Feedback Floor Judges receive from recipient post massage.

### **The Judges**

TMC is scored by highly experienced judges within specific categories currently offered at the TMC.

In the preliminary rounds, the Judges are constituted by members of the State Massage Championship Coordinators as well as elected representatives from the National Massage Associations and Schools worldwide.

Judges will evaluate the participants in the following areas with a point system:

- Techniques
- Ergonomics
- Flow
- Innovation and Development of new methods
- Client contact
- Recipient feedback

The Judges will evaluate the participants collectively in close cooperation with other Judges - this is to make sure the competition is as fair as possible. The participants can't expect feedback and score results from the judges neither during nor after the competition.

The massage recipients in the final are also judges and will give up to 6 points after massage.

### **Competition area**

The competition area is divided into 1-2 massage areas with designated spaces for 30-60 massage tables, Thai massage mattresses, and massage chairs. All participants will bring their own equipment to the competition and will be designated an area within their subcategory to set up. Participants will be divided into groups of 5-7.

The location of table/mattress/chair and receiver for each participant will be chosen by event staff. Duration of each round is 65 minutes (incl. examination).

### **Massage categories and Rounds**

**Relaxation Category (60 min) include modalities:**

1. **Swedish massage** (Western massage including classical relaxing massage)
2. **Asian massage** (Eastern massage including Thai, Shiatsu, Tui Na, Ayurveda, etc.)

**Clinical Category (60 min) include modalities:**

3. **Therapeutic** (Hot Stone, Aromatherapy, spa massage, lymph drainage, holistic massage etc.)
4. **Sports massage** (Deep-Tissue massage, MFR, MET, neuromuscular techniques, stretching etc.)

**Free Style Finals (55 min)** Top 2 contestant from each massage subcategory advance. If a contestant has advanced to final from previous round participation, the runner up in that subcategory will advance to the finals. Top 2 students will advance for a final round of wellness-based massage.

1. **Free style massage (Western inspired)** (Combination of different types of western massage methods, mobilization, cupping, massage with tools, bodywork etc.)
2. **Free style massage (Eastern inspired)** Combination of different types of Asian massage methods (Shiatsu, Acupressure, Thai massage, cupping, Tui Na, Ayurveda, Reflexology massage with tools, etc.)

### **Qualifying Rounds:**

The Duration of each qualifying round is 60 minutes.

Floor Judges will evaluate the participants in the following areas with point system previously mentioned.

### **Qualifying rounds award eligibility requirements:**

Top Therapist in each category will advance to the Free Style Finals with two runner ups in each group. If participant has already qualified to compete in the Finals, the runner up in that specific category will advance to finals to qualify, participant must be licensed and insured and include out of state therapists.

### **The Final Four Free Style:**

The Duration of the Final is 55 minutes.

Floor Judges will evaluate the participants in the following areas with point system previously mentioned.

Massage recipients (Judge, Professional, or highly educated Massage Therapists) can award up to 6 points depending on their experience of the massage they receive.

The head judges have 5 points each that can be split between 2 finalists. No half point split is allowed.

### **Trivia Showdown**

Consists of 12 trivia questions to test therapists on overall anatomy & kinesiology knowledge. Top 3 therapists are awarded points based on their position at the end of the questions. 3<sup>rd</sup> receives 1 additional point, 2<sup>nd</sup> receives 2, and 1<sup>st</sup> receives 3 points to be added to their overall finals score.

### **Final Four Free Style award eligibility**

The Licensed Massage Therapist who earns the most overall combined points in all participating events will be appointed Overall Texas Massage Champion and will be eligible for free admission to the upcoming American Massage Championship (AMC).

All finalist insured from out of state or within Texas, are eligible for Gold and Silver monetary prizes and placement. Overall Texas Massage Champion must be insured and licensed within the state of Texas for monetary prize and placement and is based solely on overall points scored in each event participated in.