

OREGON OPEN MASSAGE CHAMPIONSHIP RULES

Championship Rules and Guidelines Purpose Statement & Disclosure of Association

The Oregon Massage Championship is a FUN gathering of licensed massage therapists and massage therapy students who want to learn new techniques, be inspired by the work of other therapists, showcase their talents, and network with like-minded professionals in a friendly atmosphere. We've chosen a contest environment to challenge therapists to do their individual best and as a way of evaluating basics within standard categories that all therapists can excel in, given any chosen modality.

Who Can Enter?

Any massage therapist (worldwide) can enter this championship. Only OR state-licensed LMTs can win overall medals. Out-of-state LMTs can win categories.

How can one compete in OMC?

You must fill out a registration form with OMC_____

You are officially registered once your correct non-refundable fee is paid in full and you have submitted the proper COI (see "Insurance" below).

2 Category Registration for any Massage Therapist- \$195

All requests for participation after the due date must be emailed to ulyana.v.s@gmail.com

Three Categories: you may enter one or two categories. For a lengthier description on which to choose your category, please see the "Categories pdf" on our registration form or email us at ulyana.v.s@gmail.com

Category rules and recommendations

Swedish massage

The treatment should include techniques such as effleurage, petrissage, tapotement, friction, and vibration.

- Use of tools is allowed (recommended for a maximum of 20%)
- Stretching is allowed (recommended for a maximum of 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 are allowed (recommended for a maximum of 30%)
- Use of tools is allowed (recommended for a maximum of 30%)
- It is mostly performed on a massage table or mattress
- We recommend spending the first 30 minutes demonstrating a sports massage to prepare the body for performance. The remaining 30 minutes should be used to illustrate 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, and cups is allowed
- It can be performed on a massage table as well as on a 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 relax and to the treatment of musculoskeletal as well as psychological issues.

- On Mattress • Use of tools is allowed (recommended for a maximum of 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 a maximum of 20%)
- Mobilization of joint is allowed
- Shoes are not allowed in Thai massage
- If on Massage Chair the participant should choose the Chair massage category
- If on the 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 as other Asian techniques

- Use of tools is allowed (recommended for a maximum of 50%)

- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or 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, Myofascial release, Muscle energy techniques, Sports massage, California massage, and other Western techniques

- Use of tools is allowed (recommended for a maximum of 50%)
- Stretching is allowed
- Mobilization of joint is allowed
- The use of oil is allowed
- It is performed on a mattress or 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 sitting on a special chair. Techniques that are derived from both Western and Eastern-inspired massage techniques such as Swedish 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, and 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 a maximum of 20%)

Meals & Water:

As catered meals within a commercial venue of this sort are very costly, we encourage participants and their guests to bring water, snacks, and a packed lunch/dinner.

How do I prepare to compete?

There will be a "Participant Orientation" on the morning of the championship, directly after check-in.

All participants must prepare to potentially receive massage as a fully willing recipient during the championship.

Participants who encounter difficult recipients (i.e. "Don't mess up my hair and makeup," "Don't work my back and legs," "I'm not taking my clothes off," "I don't wear underwear.") should bring this to a judge's attention immediately. If necessary, KMC will arrange for suitable massage recipients to be replaced. Participants who behave with difficulty when it is their turn to be a receiver may be **disqualified**.

A strong esthetic presentation at your massage table, while competing, is highly encouraged. Participants must bring their sanitizing wipes/gel, sheets, towels, tools, changing screens, etc. Non-English speaking or disabled participants must bring their translator/assistant for general communications and assistance throughout the event.

Participation/Dress Code:

Participants can wear personal sponsorship clothing or any other outfit that fits the category. You may promote your style, schools, businesses, brand, etc. Participants are highly encouraged to wear shoes while competing for sanitation and to protect their feet. We discourage clothing that reveals cleavage and or the abdomen.

The recipient of the massage must wear **full underwear** (not thongs) and have their chest covered at all times (if she is a woman). Any area which is not being worked on must be covered/ draped. Participants who intentionally expose or who repeatedly expose their client-receiver accidentally will be docked points. Judges may approach the massage table to assist receivers who are put in this predicament.

Other Preparation:

Massage tables and chairs are NOT provided. The participants will adjust the height of their **tables**. No photography or filming is allowed during any portion of the competition,

except by KMC staff. Unauthorized use of cameras and recordings can result in expulsion of the person.

There is an absolute zero-tolerance policy concerning inappropriate behavior. Any massage of a sensual/sexual nature would result in immediate disqualification and expulsion from the Championship.

No chiropractic and osteopathic manipulations are allowed during the competition. Spectators are allowed in preliminary and final rounds. Please note there are no shower facilities. OMC decides which music will be played during the championship. Under no circumstances will you be allowed to play any music or automated vibroacoustic sounds/voices out loud during the competition. Sounds from tools and your normal volume voice are allowed.

Insurance:

Your own insurance covers both you and the participants you treat during the competition. LMTs must be fully insured during the competition and list "Oregon Massage Championship" as an "additional insured."

Competition Timing:

Depending on the number of entrants, participants will be divided into groups of two or three. The location of each participant's table/ chair and receiver will be chosen at random by the judges/ organizers.

Each round lasts 60 minutes. You will be given an additional 5 minutes before the starting bell to examine your client or do an intake if you wish so that you can.... ~ Ensure your awareness of their physical condition (looking for any cautions, contraindications, or preferences) ~ Ensure their understanding of the massage process.

During these 5-intake minutes, the judges might approach you and ask what you will do for your client in the round (introduce yourself, give category/style, disclose any innovations or new methods, etc.).

The Judges & Judging Criteria:

The Judges are all highly skilled within their categories have all taken the IMA Judge's Course and are directly supervised by our head judge Chantz Webb, LMT. In the final round, the receivers will be OMC judges. Judges will evaluate the participants in the following criteria areas using the IMA's 85-point system.

~ Techniques - 1-20 points

- ~ Ergonomics - 1-10 points
- ~ Flow - 1-20 points
- ~ Innovation and Development of new methods - 1-20 points
- ~ Client Contact - 1-15 points

“Techniques”

How many techniques are used and in what appropriate combinations? Are the techniques appropriate for the declared category and are they performed accurately?

“Ergonomics”

How do therapists use their bodies (work environment), their remedies (Massage tables, etc.), and client positioning?

“Flow”

means a continuous, non-stop movement where appropriate, moving smoothly in and out of various techniques. Example: Flow is highly valued in Swedish but less so in Sports or Clinical massage.

“Innovation”

Development of new techniques/grips, a unique style, or a combination of styles. Example: Innovation is highly regarded in Western or Eastern Freestyle, but less so in Classical European Swedish Massage.

“Client Contact”

Does the participant show insight and empathy upon assessment and ongoing communication? Does the participant choose the correct techniques, pressure, and speed for the client's unique needs?

Does the participant have the appropriate workwear (outfit) that expresses intent (modality) and professionalism?

Does the participant have a professional display (tools, accessories, instructional material, etc) that makes sense to their category and intent? Did the participants' draping preserve the modesty of the receiver?

Did the participant go out of their way to observe the utmost sanitation practices?

Participants cannot expect score results directly from the judges either during or after the competition. OMC will post scores on their website and Facebook when they are ready and may also send them out in a general email to participants. Your scores will be published on the USAMC National Scorecard, which is public.

All decisions regarding the competition are made collectively within the group of Judges to ensure the competition is as fair as possible. In the event of a disagreement among the judges, the head judge will make the final decision.

Participants cannot be judged by their family/friends, business partners, or instructors. If OMC faces this conflict, the participant will be given a weighted score (average) from remaining eligible judges.

The Duration of the Final is 60 minutes. The “Final” is to determine the OMC Overall winner for the year.

Massage recipients (Professional and highly educated Massage Therapist Judges) hand up to 6 points depending on their experience of the massage they receive. The remaining judges can hand out 3 points each to only one finalist. The Winner of the final will be the Massage Therapist who gets the most points during the final round.

NOTE! Lectures, the preliminary rounds, the final, and the prize giving will be recorded and used for future marketing on social media. This goes for pictures as well. Participating in the Oregon Massage Championship allows the OMC to use your images and voice indefinitely for marketing and advertising purposes.

Winners/Prizes:

~ Gold, silver, and bronze winners will receive medals & certificates in each of the 3 categories

~ Best Overall Presentation (attire, massage table/mat/side table set-up) receives a certificate

~ Overall Finals Champions: gold, silver, and bronze medals & certificates

1st place/Gold Overall Champion gets a FREE entrance into the World Massage Festival (\$500 value) and the American Massage Championship (\$250 value) held in Las Vegas, NV, in July 2025.