



# OFFICIAL RULES

# AUFGUSS-WM 2026

3/2/2026

The most significant subject of the AUFGUSS-WM is the so-called „Show Aufguss“. That marks a classical infusion (hereinafter Aufguss) by adding special music, animations, costumes, choreography and other effects. The focus is on classical elements such as: water/ ice, towel/waving technique, or scents. To guarantee a special “sweating experience” to the audience, individual and creative elements are added skillfully.

The official rules should be the legal basis for the national championships. Minor deviations in the national Qualifyings are possible and must be discussed with the board.

The registration of a national competition as an official Qualifying of the AUFGUSS-WM should be completed by the given deadline within the end of February of the respective calendar year of the event.

## CONDITIONS

To participate in the AUFGUSS-WM, applicants must be employed as: MoA in a spa facility (verification needed) and therefore be able to master the classical Aufguss, a certified MoA (certificate needed), or must have successfully participated in an Aufguss contest. Each participant may register and participate only once for one team and





once as a single. If a participant competes in both competitions, they can only compete for one country.

The participants of the AUFGUSS-WM qualify over the national Qualifying of their home countries. Direct qualifications will be suspended from 2020. Therefore, a qualification for participation is then **only** possible through national Qualifyings. Participants can compete for the country of which they belong or have worked in the country for at **least 1 year**. When determining the one-year employment relationship, the key date of the national Qualifying is decisive, which is then calculated back to one year. If necessary, proof of the employer can be requested.

If there are no national Qualifyings for the AUFGUSS-WM in the home country or in the employer's country, the participant can compete against the starting fee of 150 € directly in the Play-offs. The conditions named above also apply for participation. The starting fee for participating in the Play-offs will not be refunded after the first day of competition.

For countries without their own qualifying round, only one participant, as a single or a team, may compete in the Play-offs for the respective country. Registration will be accepted on a first-come, first-served basis.

The number of participants qualifying in the national competition for the AUFGUSS-WM is defined in the qualification key and depends on different factors, such as the number of participants in the singles and team competitions in the national preliminary rounds, the results in the play-offs and the results in the finals.





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## DISCIPLINES

### Definition: Show-Aufguss single contest

The Show-Aufguss itself takes place only within the sauna room and is performed only by the MoA alone without the help of any bystanders.

### Definition: Show-Aufguss team contest

The Show-Aufguss itself takes place only within the sauna room and is only used by max. 2 or 3 MoA's performed without help of any bystanders.

## THEME OF THE SHOW-AUFGUSS

The theme of the Aufguss can be selected freely and must be announced when registering for the AUFGUSS-WM.





## TIME OF THE AUFGUSS

The Show-Aufguss takes 12 to a maximum of 15 minutes including the welcoming and the farewell. A duration of 14 minutes is considered to be optimal. The Aufguss begins with the first action taken by the MoA (opening the door, starting the light script, etc.). The Aufguss ends as soon as the MoA leaves the sauna room.

## WELCOMING AND INTRODUCTION

A welcoming and introduction to the audience is the choice of the MoA. If the MoA chooses to speak to the audience, then this welcoming take place at the beginning of the Aufguss and takes a maximum of **90 seconds**. The welcoming is part of the Aufguss and is therefore included in the duration of the Aufguss. English is then advised for international understanding. Each participant must first submit the fragrances used during the Aufguss and make them available to the jury.

## AROMAS

Before the competition, each participant must submit the aromas used during the Aufguss and make them available to the jury during the competition.





## EQUIPMENT / LIGHT / MUSIC

The MoA has to prepare and organize his equipment in his own responsibility. Buckets, spoons, water and ice will be provided by the host. In addition, decoration, costumes, time and volume of music, light and special effects can be selected individually. \* Any kind of music the MoA wants to use in his Show Aufguss as well as the light has to be delivered during the official deadline online.

The music will be tested at a time specified by the organizer. The organizer must provide the MoA with cleaning agents. Preparing before the Aufguss (installation and reduction of decoration, etc.) should not take more than 15 minutes with the help of a maximum of 2 assistants. Cleaning after the Aufguss should not take more than 10 minutes and can be done with a maximum amount of assistants.

Any modifications that are changing the nature of the sauna have to be signed in written form and need to be approved by the jury and the host ([mail@aufguss-wm.com](mailto:mail@aufguss-wm.com)).

*\*Electrical Light Effects: The complete light engineering and effect line-up installed at the Aufguss sauna can be used. Special light scripts can be asked for. It is not allowed that any installations or objects prepared by the MoA conflict with the current fire protection and security regulations. The organizer is allowed to*





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*prohibit any conflicts with the fire protection and security regulations. Entrance and exit have to be accessible at all times.*

## DISQUALIFICATION

The violation of any of the above-mentioned rules is followed by an immediate disqualification. The MoA should consume alcohol in moderation. Disturbance from signs of drunkenness and/or drug use will lead to disqualification. Any type of misconduct will be investigated and reviewed by the jury. In serious cases, misconduct will result in the disqualification of the respective country's participant. This applies to misbehavior by team members, family members, friends, or country fans.

## EVALUATION CRITERIA

1. Professionalism
2. Increase and distribution of heat
3. Waving techniques
4. Fragrances used and dosage
5. Theme and implementation
6. Team spirit (only considered for the team)



The evaluation criteria are defined in detail in the evaluation catalog.

Per criterion at least 0 and a maximum of 8/10/12/15/30 points are possible, so that a maximum score of 90 (for team competition) and 75 points (single competition) can be reached.

6 jury members are voting from the main-jury (from inside the sauna). For international comparability, a total of 10 members of the jury are extrapolated, whereby the highest and lowest scores are canceled beforehand. A weighting of 100% applies to the expert jury. In total, a maximum score of 900 points can be achieved in the team competition, and for the single competition a maximum score of 750 points.

The winner is the MoA with the highest number in total.

There is the possibility of awarding a public award. Whether and in what form this prize is awarded is up to the organizer. The number of selected guests for a potentially organized public jury, as well as the number of the expert jury, may vary in the Qualifyings - however, the scoring system and the weighting remain identical.

## MAIN JURY

The jury is announced separately at [www.aufguss-wm.com](http://www.aufguss-wm.com) and consists of 12 members. Jury members of the main jury are also represented in the national Qualifyings. Each member of the main jury must attend at least three national competitions. In each national competition at least two members of the main jury have to



evaluate. Furthermore at least 50% of the jury in the finals of the national preliminary rounds must be international. All other members are determined by the venue of the preliminary ruling. The main jury for the final event will be divided into two equal -sized jury groups with one chairman each . The jury must be nominated by the given deadline within the end of February of the respective calendar year, at the office of the AUFGUSS-WM e. V. before the competition begins.

## TICKETS

The host distributes entrance tickets to guests for each aufgussritual. The participants of the Qualifyings receive tickets each to distribute among friends and fans traveling with them. If a participant wishes to receive a ticket for the aufguss ritual of a competitor, he/she can only obtain this ticket from that particular competitor.

## STARTING LIST

The schedule of the starting list shall be conducted on the previous day in a neutral drawing and in attendance of a member of the main jury. The drawing will be logged. The drawing will determine the starting list.





## CANCELLATION BEFORE THE FINALS

If a participant or team cancels their participation in the final, the following rule applies for the succession process: If the cancellation occurs before the play-offs, the next participant/team from the respective country moves up. If the participant or team cancels after the play-offs, the next participant/team from the play-offs moves up.

If an individual team partner in a team Aufguss is replaced at short notice, this must be communicated to a member of the board in advance and confirmed by them.

## QUALIFYING KEY

Regularly 78 starting places will be awarded - split into 39 singles and 39 teams. Only the **host**

has the right to distribute 1 **Wild Card**. The place awarded by the wild card must have been demonstrated the Show-Aufguss in a national preliminary round. It is also determined that the wild card Aufguss is always the first one on the first day of competition at the World Championships.

The number of singles and teams listed below may qualify for the final in the national Qualifyings. The Play-offs are a "second chance" to reach the finals as a follower in each





country. The named figures are based on a decision of the AUFGUSS-WM e.V. and empirical values of the last years' experiences. They have been coordinated with the number of participants in the singles and team competitions in the national preliminary rounds, the results in the play-offs and the results in the finals of the individual countries in order to make the qualification more equitable.

Singles or Teams need to obtain at least **the half of the points** to be able to start at the finals of Aufguss WM





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| <b>NATION</b>       | <b>FINALS<br/>SINGLE/TEAM</b> | <b>PLAYOFFS<br/>SINGLE/TEAM</b> |
|---------------------|-------------------------------|---------------------------------|
| AUSTRIA (AT)        | 1                             | 1                               |
| BELGIUM (BE)        | 2                             | 1                               |
| CANADA (CA)         | 1                             | 1                               |
| CZECHIA (CZ)        | 3                             | 1                               |
| DENMARK (DK)        | 1                             | 1                               |
| ESTONIA (EE)        | 1                             | 1                               |
| FINLAND (FI)        | 0                             | 1                               |
| GERMANY (DE)        | 3                             | 1                               |
| HUNGARY (HU)        | 1                             | 1                               |
| ITALY (IT)          | 3                             | 1                               |
| JAPAN (JP)          | 3                             | 1                               |
| NETHERLANDS (NL)    | 3                             | 1                               |
| NORWAY (NO)         | 2                             | 1                               |
| POLAND (PL)         | 3                             | 1                               |
| ROMANIA (RO)        | 2                             | 1                               |
| SLOVAKIA (SK)       | 2                             | 1                               |
| SWEDEN (SW)         | 0                             | 1                               |
| SWITZERLAND (CH)    | 1                             | 1                               |
| UNITED KINGDOM (GB) | 1                             | 1                               |
| USA (US)            | 2                             | 1                               |





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| <b>PLAYOFFS &amp; FINALS</b> | <b>FINALS SINGLE/TEAM</b> | <b>PLAYOFFS SINGLE/TEAM</b> |
|------------------------------|---------------------------|-----------------------------|
| HOST - WILDCARD              | 1                         | 1                           |
| AWM - PLAY-OFFS              | 4                         | 0                           |
| <b>AWM - FINALS</b>          | <b>40</b>                 | <b>21</b>                   |

