



EVALUATION CATALOGUE 2026

AUFGUSS WM MODERN CLASSIC CUP

For jury members & MoAs • Farris Bad, Norway 1 - 3 Oct. 2026



1. PROFESSIONALISM

10 POINTS

OPENING / CLOSING	ORGANISATION, CLEANLINESS & HYGIENE	PERFORMANCE	DEDUCTION	TIME DEDUCTION
2 POINTS	4 POINTS	4 POINTS		
Impression of the opening and closing of the aufguss: Is the explanation short and to the point? Did the MoA greet the people, describe the experience that's going to take place and the used essential oils. How did the aufguss end and how did the MoA greet the guests?	Organization & cleanliness inside the sauna: Are the towels ready to pick up? Are buckets in the way? Hygiene: Does the MoA respect hygiene rules (cleaning own sweat)?	Charisma and performance of MoA: How does the MoA act? Eye Contact, connection with audience, voice volume, safe and controlled performance, own fitness/condition throughout the entire aufguss. Deduction: own constitution/fitness after the aufguss (laying on the bench)	Dropping equipment - to be discussed in Jury group. Unprofessional behaviour during event Preperation deduction: -1 point aufguss information not on time	Aufguss time : min. 12 min, max. 15 min. Time Exceeded -0.5 point per 30 sec of exceeding preparation -1 point for acting or storytelling during the aufguss >2min : disqualification MoA should not leave sauna during aufguss.

4. ESSENTIAL OILS & USAGE / DOSAGE

10 POINTS

PERCEPTION	USE OF WATER, ICE, PRODUCTS	CREATIVITY & QUALITY	DEDUCTION
6 POINTS	2 POINTS	2 POINTS	
Perception of minimum 3 essential oils or blends (no infusion, no smoke ritual) during the aufguss.	Professional use: Professional use of water, ice and essential oils during the aufguss.	Does the fragrance fit the theme: Does the MoA creatively used aroma to support the intended mood?	The usage of a synthetic products can bring maximum 5 points if the dosage and perception is okay.
Not relating to own preference but to intensity.	Does I have to search for the fragrance, was it overdosed?	Does the MoA take time for the loyly?	Important: the voting is not about personal tastes
		Deduction: unclean or unsafe work with water, ice, aromas.	New created blend that fitted the scene or intended mood?

2. INCREASE AND DISTRIBUTION OF THE HEAT

12 POINTS

INCREASE OF THE HEAT	DISTRIBUTION OF THE HEAT	THERMAL COMFORT
5 POINTS	5 POINTS	2 POINTS
Increase the heat through the rounds last round > clear „heat-shower“ Note: guests are leaving the sauna because of the heat? Deduction: excessively heat Deduction: if the heat is too strong up from the 1st round, not more increasable (2pt)	Especially concerning classical techniques : heat needs to be noticeable while the technique is showed	Overall heat experience. Does the MoA work with the heat according the state of the sauna? Does the MoA create a pleasant heat experience?

5. EXPERIENCE & IMPLEMENTATION

8 POINTS

EXPERIENCE	ATMOSPHERE	SOUND & LIGHTS
3 POINTS	3 POINTS	2 POINTS
What experience do you want to create and did you met it? The jury expects a detailed description of that experience before the aufguss.	Is the aufguss capturing the audience in the moment? Does it keep the audience attention during the entire aufguss or only during certain moments? Be careful of fans who 'make' the atmosphere.	Quality / Volume of sound & light. Is the sound track clear, well mixed and appropriately balanced in volume level. Does sound & light supports the intended experience.

3. WAVING TECHNIQUES

10 POINTS

TECHNIQUES	MUSIC HARMONY	SMOOTH TRANSITION	DEDUCTION
6 POINTS	2 POINTS	2 POINTS	
MoA's level in mastery: Mastery of waving techniques with towel / fan (quality and style of the execution) The time of execution of advanced movements is significantly lower than the classic one. The Classic Techniques are those which put in the focus the heat and air distribution (I.E. Helicopter, Flag, Parachute...). Choreographic / advanced waving are introduced moderately and mainly as a transition between techniques, in harmony with the music / mood Maximum 2 minutes waving with fan.	Waving with feeling: Does the waving fit the mood? Waving on the music / beat	Smooth transition: Between the different techniques.	-0.5 point per towel-drop: -0.5 point per re-used towel Waving with a 1-time dropped towel : → unprofessionalism → unclean execution -0.5 point exceeding fan waving time -1 point if the percentage of advanced movements is exceeding the classic one

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