

Nordic Classic Championship

Jury Catalog

1. PROFESSIONALISM		10 POINTS			4. FRAGRANCES & USAGE / DOSAGE		10 POINTS			
OPENING / CLOSING	ORGANISATION , CLEANNESS, HYGIENE	PERFORMANCE	DEDUCTION	TIME DEDUCTION	PERCEPTION	USE OF WATER, ICE, PRODUCTS	CREATIVITY & QUALITY	DEDUCTION		
2 POINTS	4 POINTS	4 POINTS			6 POINTS	2 POINTS	2 POINTS			
Impression of the opening and closing of the aufguss: Is the introduction clear, calm and to the point? Did the MoA welcome the guests in a respectful manner and briefly describe the experience and the essential oils used (if applicable)? Was the aufguss concluded in a calm and structured way, and were the guests properly thanked and dismissed?	Organisation, cleanliness and hygiene inside the sauna: Are towels ready and easy to reach? Is equipment placed correctly and not in the way? Does the MoA know where all equipment is? Is the sauna kept tidy during the session? Hygiene: Does the MoA follow basic hygiene rules? Is own sweat handled properly?	Charisma and performance of the MoA: How confident and present is the MoA? Is there eye contact and connection with the audience? Is the voice clear and loud enough when speaking? Is the performance safe, calm and controlled? Does the MoA stay physically fit and in control throughout the aufguss? Deduction: Is the MoA visibly exhausted after the aufguss (e.g. lying down on the bench)?	Deductions – safety, conduct and preparation: <i>Was equipment dropped?</i> <i>Was equipment or show elements handled in an unsafe way</i> <i>Was there unprofessional behaviour during the event?</i> Preparation deductions: -1 point: Aufguss information not submitted on time	Aufguss duration: The aufguss must last a minimum of 10 minutes and a maximum of 15 minutes. Time exceeded Points are deducted if the allowed time is exceeded: -0.5 point for every 30 seconds exceeding preparation time -1 point for every 30 seconds exceeding the aufguss time Exceeding the aufguss time by 2 minutes results in disqualification.	Perception of minimum 3 essential oils or blends (no infusion, no smoke ritual) during the aufguss. Not relating to own preference but to intensity. Did I have to search for the fragrance, was it overdosed?	Professional use: Professional use of water, ice and essential oils during the aufguss. Does the MoA take time for the löylly? Deduction: unclear or unsafe work with water, ice, aromas.	Does the fragrance fit the theme: Does the MoA creatively used aroma to support the intended mood? Creative use of fragrance. New created blend that fitted the scene or intended mood?	<i>The usage of a synthetic products can bring maximum 5 points if the dosage and perception is okay.</i> <i>Important: the voting is not about personal tastes</i>		
2. INCREASE AND DISTRIBUTION OF THE HEAT					12 POINTS		5. EXPERIENCE & IMPLEMENTATION		6 POINTS	
INCREASE OF THE HEAT		DISTRIBUTION OF THE HEAT			THERMAL COMFORT		THEME & EXPERIENCE		ATMOSPHERE	
6 POINTS		6 POINTS			2 POINTS		4 POINTS		3 POINTS	
Heat progression throughout the performance: Was the heat increased in a controlled and logical way? Was there room to increase the heat during the session? Was the heat too strong from the first round, leaving no space for progression? Did the heat peak too early? Was there a clear final heat at the end?		Intensity, quality and coverage of heat distribution: Is the heat clearly felt when techniques are performed? How often is effective heat distribution achieved? Is the heat felt on the whole body or only in parts? Is the intensity controlled and consistent? Is heat distributed evenly to all guest areas, including corners and side benches? Is the heat distribution in harmony with rhythm and mood?			Thermal comfort: Does the combined heat increase and heat distribution feel comfortable? Is it pleasant to remain seated throughout the full session? Did guests leave the sauna because the heat felt unpleasant? Did the heat feel unbalanced or exhausting at any point? Did the session end at a comfortable thermal level or too cold, showing missing final heat?		Intent, red thread and fulfilment There is a clear intention or theme behind the aufguss. The intention is briefly and clearly communicated. A clear red thread connects heat development, fragrance choice, technique, tempo and structure. The intended experience is recognisable and fulfilled during the session. The focus is on coherence and clarity, not on dramatic or theatrical storytelling. What experience do you want to create and did you met it? The jury expects a detailed description of that experience before the aufguss.		Presence, focus and engagement: The aufguss captures attention and keeps the audience present throughout the session or only during certain moments? The atmosphere is created naturally through heat, rhythm, fragrance and the presence of the MoA. <i>Be careful of fans who 'make' the atmosphere.</i> Artificial or forced elements do not dominate the experience.	
3. WAVING TECHNIQUES					12 POINTS					
CLASSICAL TECHNIQUES	ERGONOMIC MOVEMENT	AESTHETICS & EXPRESSION	SMOOTH TRANSITION	DEDUCTION						
6 POINTS	2 POINTS	2 POINTS	2 POINTS							
MoA's level of mastery: Mastery of classical waving techniques using towel, with focus on quality, control and execution style. Classical techniques focus on heat and air distribution (e.g. Helicopter, Flag, Parachute) and must clearly dominate the performance. The time spent on advanced or choreographic movements is significantly lower than the time spent on classical techniques. <i>Advanced movements are used moderately and mainly as functional transitions, in harmony with mood.</i>	Body control and sustainable movement: The posture should be natural and efficient, with controlled movements that support long-term sustainability. Balance and footwork should be stable, and movement should rely on body weight and rotation rather than force. Unnecessary strain or exaggerated motion should be avoided.	Visual clarity and professional expression: Movements are clean, clear and easy to read, with defined shapes and lines. The expression is calm and confident, without exaggerated or distracting gestures. The overall appearance remains professional and composed throughout the session.	Smooth transition: Between the different techniques. Transitions between techniques are smooth, logical and fluid. There are no abrupt stops or breaks in rhythm. The flow supports continuous heat distribution. The session feels natural, coherent and well planned.	-0.5 point per towel-drop -0.5 point per re-used towel Waving with a 1-time dropped towel: → unprofessionalism → unclear execution -1 point if the percentage of advanced movements is exceeding the classic one	 NORDIC CLASSIC Aufguss Championship August 7-9, 2026 Helsingborg  SWEDISH AUFGUSS SOCIETY Est. 2023  Dansk Saunaselskab Danish Sauna Association  NORGES BADSTULAUG					