



### **Participation:**

Each participant will compete individually performing a classic aufguss. Although no ranking system will apply, a participant may be disqualified by the jury if the certification is found to be inadequate, or if the aufguss master's performance and/or presentation is deemed as unprofessional.

### **Definition of 'Classic Aufguss'**

A classic Aufguss is performed using water, ice balls, essential oils, relaxing music, a towel and simple ventilation techniques (preferably the 4 basic techniques).

The use of alternate ventilation tools such as fans, discs, etc. is allowed.

### **Eligibility requirements:**

- Sauna supervisor for at least 2 years (with certificate from a facility)

or

- Title of Cron4 Aufguss Master, with certificate of attendance of a Cron4 course
- Title of Aufguss Master with sauna supervisor training obtained at similar institutions, e.g. German Sauna Federation (DeutscherSaunabund)

or

- Participation in at least one of the Aufguss Championships held since 2010

### **Duration of the aufguss**

The classic aufguss lasts a maximum of 15 minutes, including the presentation in the native language and in English. The hourglass in the sauna cabin, which can be activated after entering the sauna, helps to keep the time.

3 rounds with progressive temperature increase but without time indications for each round.



### **Tools**

Maximum 9 ice balls (max. diameter 12 cm) + 5 litres of water, essences, ventilation tools.

### **Limitations**

No decoration, no show elements, no audience involvement, no extras, no costumes (the audience will be prompted to only cheer at the end of the aufguss).

**Simple light scenery** with no effects (to be agreed with the organizer before the start of the aufguss)

Clothing: suitable for the aufguss.

### **Music**

Music may be chosen by the master himself: However, it should be suitable both for a classic aufguss and for the aufguss master himself. The music shall be supplied in MP3 format on a USB stick (no mobile phones or other devices).

### **Additional information:**

The organizer will provide:  
bucket, ice, water, ladle.

Each participant will be granted access to the competitors' aufguss performances. (with ticket)