

CHAPTER 37A

**NEW JERSEY BOARD OF MASSAGE AND
BODYWORK THERAPY RULES**

Authority

N.J.S.A. 45:1-32 and 45:11-67; and P.L. 2007, c. 337.

Source and Effective Date

R.2012 d.150, effective September 4, 2012.
See: 43 N.J.R. 2721(a), 44 N.J.R. 2185(b).

Chapter Expiration Date

Chapter 37A, New Jersey Board of Massage and Bodywork Therapy Rules, expires on September 4, 2019.

Chapter Historical Note

Chapter 37A, New Jersey Board of Massage and Bodywork Therapy Rules, was adopted as new rules by R.2012 d.150, effective September 4, 2012. See: Source and Effective Date.

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SUBCHAPTER 1. PURPOSE AND DEFINITIONS

13:37A-1.1 Purpose

(a) The purpose of this chapter is to implement the provisions of P.L. 2007, c. 337 (N.J.S.A. 45:11-53 et seq.), which created the New Jersey Board of Massage and Bodywork Therapy.

(b) This chapter shall apply to all applicants who seek licensure by the Board as a massage and bodywork therapist and to all persons who are licensed by the Board as massage and bodywork therapists in this State.

(c) This chapter does not apply to any person who is:

1. Licensed to practice in this State under any other law and is practicing or using titles consistent with the practice for which he or she is licensed;

2. A student enrolled in a program of massage and bodywork therapies, which meets the requirements of N.J.A.C. 13:37A-2.1 when that student is performing massage and bodywork therapies that are necessary to his or her course of study;

3. Licensed, certified, or registered to practice massage and bodywork therapy in another state or the District of Columbia if that person is performing massage and bodywork therapy in this State for 45 days or less in a calendar year and no more than 30 days in any 60 consecutive-day period;

4. Manipulating the soft tissue of the human body contained on hands, feet, or ears, as long as the client receiving such services does not remove any clothing other than shoes or socks;

5. A teacher who is demonstrating massage and bodywork techniques while teaching a class or workshop. If such a teacher is a resident of a state or possession of the United States, which requires a license in order to practice massage and bodywork therapies, or is a resident of the District of Columbia, he or she shall be licensed in that state or possession or in the District of Columbia; and

6. Using touch, words, and directed movement to deepen awareness of existing patterns of movement in the body, or to suggest new possibilities of movement provided that these services are not designated or implied to be massage and bodywork therapy and the client receiving such services is fully clothed.

13:37A-1.2 Definitions

The following words and terms, when used in this chapter, shall have the following meanings:

“Act” means the Massage and Bodywork Therapist Licensing Act, N.J.S.A. 45:11-53 et seq. and 45:11-68 et seq.

“Board” means the New Jersey Board of Massage and Bodywork Therapy.

“FSMTB” means the Federation of State Massage Therapy Boards.

“Full-time practice” means a person has provided a minimum of 500 hours of massage and bodywork therapies to clients and/or students during a year.

“License” means the document, issued by the Board, which authorizes a person to practice massage and bodywork therapies pursuant to the Act.

“Licensee” means any person who holds a license from the Board as a massage and bodywork therapist.

“Massage and bodywork therapies” or “massage and bodywork” means systems of activity of structured touch offered or provided to the public that includes holding, applying pressure, positioning, and mobilizing soft tissue of the body by manual technique and use of visual, kinesthetic, auditory, and palpating skills to assess the body for purposes of applying therapeutic massage or bodywork principles. Such application may include the use of therapies such as heliotherapy or hydrotherapy, the use of moist, hot, and cold external applications, explaining and describing myofascial movement, self-care, and stress management as it relates to massage and bodywork therapies. Massage and bodywork therapy practices are designed to affect the soft tissue of the body, including practices of structured touch of the soft tissues that affect energy fields of the body, for the purpose of promoting and maintaining the health and well-being of the client. Massage and bodywork therapies do not include the diagnosis of illness, disease, impairment, or disability.

“NCBTMB” means the National Certification Board for Therapeutic Massage and Bodywork.

“NCCAOM” means the National Certification Commission for Acupuncture and Oriental Medicine.

“Part-time practice” means a person has provided a minimum of 250 hours of massage and bodywork therapies to clients and/or students during a year.

SUBCHAPTER 2. LICENSURE**13:37A-2.1 Application for licensure**

(a) An applicant for licensure shall qualify for licensure by either:

1. Successfully completing a course of study of at least 500 hours in massage and bodywork therapies; or
 2. Successfully passing either:
 - i. An examination offered by NCBTMB;
 - ii. The NCCAOM Asian Bodywork Therapy examination; or
 - iii. The Massage and Bodywork Licensing Examination (MBLEx) offered by the FSMTB.
- (b) An individual who applies for a license under (a)1 above shall submit to the Board:
1. A completed application;
 2. An official transcript, which indicates that the applicant has completed an associate degree in massage and bodywork or a course of study outlined in (d) below from a school accredited or approved by:
 - i. The New Jersey Department of Education;
 - ii. The New Jersey Department Labor and Workforce Development;
 - iii. The New Jersey Commission on Higher Education; or
 - iv. An agency of another state, which substantially meets the requirements of the New Jersey Department of Education, the New Jersey Department of Labor and Workforce Development or the New Jersey Commission on Higher Education;
 3. A completed Criminal History Certification of Authorization form;
 4. Proof that the applicant has current certification in CPR, Firstaid, and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or offered by the American Red Cross, the National Safety Council, Coyne First Aid, Inc., the American Safety and Health Institute, or EMP International Inc.; and
 5. The application fee set forth in N.J.A.C. 13:37A-7.1.
- (c) An individual who applies for a license under (a)2 above shall submit to the Board:
1. A completed application;
 2. Proof that the applicant has successfully passed the written examination offered by the FSMTB, NCBTMB, or NCCAOM;
 3. A completed Criminal History Certification of Authorization form;
 4. Proof that the applicant has current certification in CPR, Firstaid, and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or

offered by the American Red Cross, the National Safety Council, Coyne First Aid, Inc., the American Safety and Health Institute, or EMP International Inc.; and

5. The application fee set forth in N.J.A.C. 13:37A-7.1.

(d) A course of study in massage and bodywork therapy of at least 500 hours shall include:

1. At least 90 hours of anatomy/physiology/pathophysiology;
2. Ethics and law;
3. Theory and practice (in-class instruction as to massage and bodywork theory and modalities and in-class demonstration and practice of massage and bodywork modalities);
4. Electives directly related to the practice of massage and bodywork therapy; and
5. At least 100 hours of clinical practice that is supervised by a faculty member who is present on-site while services are being performed and is either a licensed massage and bodywork therapist or is legally authorized to perform massage and bodywork in the state in which the school exists.

(e) For purposes of (d) above, one credit in a course taken in a college or university shall constitute 15 hours of course study.

(f) Hours completed during one area of a course of study in massage and bodywork therapy shall not be counted towards completion of another area of that course. For example, one hour spent performing massage, bodywork and somatic therapy that is completed as part of theory and practice pursuant to (d)3 above shall not be counted towards the 100 hours of clinical practice required by (d)5 above.

(g) The Board shall issue a license to an applicant who qualifies pursuant to (a)1 or 2 above if the applicant is not disqualified for licensure pursuant to the provisions of N.J.S.A. 45:1-14 et seq.

13:37A-2.2 License without examination based on licensure in another state

(a) A person who is licensed or certified in another state as a massage and bodywork therapist shall be eligible for licensure in this State if the educational requirements of the state in which he or she is licensed or certified are substantially similar to the educational requirements of this State.

(b) An applicant for license who is licensed or certified in another state shall submit to the Board:

1. A completed application form;
2. Written or electronic verification of status of licensure or certification from every state, territory of the United

States, or the District of Columbia, in which the applicant was ever licensed or certified. The verification shall either be forwarded directly to the Board from the applicable state board or committee, if written, or, if electronic, issued by the applicable state board or committee;

3. A completed Criminal History Certification of Authorization form;

4. Proof that the applicant has current certification in CPR, Firstaid, and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or offered by the American Red Cross, the National Safety Council, Coyne First Aid, Inc., the American Safety and Health Institute, or EMP International Inc.; and

5. The application fee set forth in N.J.A.C. 13:37A-7.1.

(c) The Board shall determine if the educational requirements of the state in which the applicant is licensed or certified are substantially similar to the educational requirements in this State, and whether the applicant meets the other requirements for license set forth in (b) above. If the Board finds that the educational requirements are substantially similar and that the applicant meets the requirements for license set forth in (b) above, it shall issue a license to the applicant if the applicant is not disqualified for licensure pursuant to the provisions of N.J.S.A. 45:1-14 et seq.

13:37A-2.3 Renewal of license

(a) Licenses shall be renewed biennially on a form provided by the Board. Each applicant shall attest that the continuing education requirements of N.J.A.C. 13:37A-4.1 have been completed during the prior biennial period and that the applicant is currently certified in CPR and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or offered by the American Red Cross, the National Safety Council, Coyne First Aid, Inc., the American Safety and Health Institute, or EMP International Inc.

(b) The Board shall send a notice of renewal to each licensee at least 60 days prior to the expiration of the license. If the notice to renew is not sent at least 60 days prior to the expiration date, no monetary penalties or fines shall apply to the holder for any unlicensed practice during the period following the licensure expiration, not to exceed the number of days short of 60 before the renewal was issued.

(c) The licensee shall submit the renewal application and pay the renewal fee pursuant to N.J.A.C. 13:37A-7.1 prior to the date of expiration of the license. A licensee who fails to renew the license within 30 days after the expiration date of the license shall be administratively suspended without a hearing.

(d) Individuals who continue to practice or hold themselves out as State-licensed massage and bodywork

therapists after being suspended shall be deemed to have violated N.J.S.A. 45:11-73, even if no notice of suspension had been provided to the person.

(e) A person seeking reinstatement within five years following the suspension of a license shall submit the following to the Board:

1. A completed reinstatement application;
2. Payment of the past delinquent renewal fees as set forth in N.J.A.C. 13:37A-7.1;
3. Payment of a reinstatement fee as set forth in N.J.A.C. 13:37A-7.1;
4. A certification verifying completion of the continuing education credits for each biennial period that the applicant was suspended; and
5. An affidavit of employment listing each job held during the period of suspension that includes the names, addresses, and telephone numbers of each employer.

(f) A person seeking reinstatement after more than five years following the suspension of a license shall satisfy the requirements of (e) above and shall either:

1. Successfully complete a course designed to prepare a person to pass the FSTMB, NCBTMB, or NCCAOM examination from a school that meets the requirements of N.J.A.C. 13:37A-2.1(b)2; or
2. Take and successfully pass the FSMTB, NCBTMB, or NCCAOM examination.

(g) Renewal applications for all licenses shall provide the licensee with the option of either active or inactive renewal. Licensees electing to renew as inactive shall not practice or hold themselves out to the public as State-licensed massage and bodywork therapists.

(h) Upon application to the Board, the Board may permit a licensee who has been on inactive status to return to active status provided such applicant completes the continuing education credits that are required per biennial period for each biennial period that the applicant is on inactive status and holds current certification in CPR, Firstaid, and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or offered by the American Red Cross, the National Safety Council, Coyne First Aid, Inc., the American Safety and Health Institute, or EMP International Inc.

13:37A-2.4 Licensure for individuals certified by the Massage, Bodywork, and Somatic Therapy Examining Committee

An individual who was certified as a massage, bodywork, and somatic therapist by the Massage, Bodywork, and Somatic Therapy Examining Committee on September 4,

2012, will be issued a license as a massage and bodywork therapist by the Board.

13:37A-2.5 License without education or examination

(a) Prior to August 30, 2013, a person may apply for license without satisfying the education or examination requirements of N.J.A.C. 13:37A-2.1, if the person has completed a minimum of 200 hours of education and training as required in (b) below and the person has:

1. Practiced full-time as a massage and bodywork therapist for at least two years prior to September 4, 2012; or
2. Practiced part-time as a massage and bodywork therapist for five years prior to September 4, 2012.

(b) The 200 hours of education and training required pursuant to (a) above shall consist of anatomy and physiology, theory and practice (in-class instruction as to massage and bodywork theory and modalities and in-class demonstration and practice of massage and bodywork modalities), and ethics, of which at least 150 hours shall be in theory and practice.

(c) The 200 hours of education and training required pursuant to (a) above shall be taken in a massage and bodywork training program that is accredited or approved by:

1. The New Jersey Department of Education;
2. The New Jersey Department of Labor and Workforce Development;
3. The New Jersey Commission on Higher Education; or
4. An agency of another state or a program, which substantially meets the approval requirements of the New Jersey Department of Education, the New Jersey Department of Labor and Workforce Development, or the New Jersey Commission on Higher Education.

(d) An applicant shall submit to the Board a completed application, which shall include:

1. A statement that the applicant has worked full-time for the past two years or part-time for the past five years and indicating what methods of massage and bodywork therapy the applicant practiced;
2. Evidence that the applicant has completed 200 hours of education or training in massage and bodywork therapies consistent with (b) and (c) above;
3. A completed Criminal History Certification of Authorization form;
4. Proof that the applicant has current certification in CPR, Firstaid, and use of an automated external defibrillator (AED) from courses offered by the American Heart Association or a substantially similar course approved or offered by the American Red Cross, the National Safety