

2. Fitness Challenge for Uniformed Services

Invitation to Enter

EVENT DETAILS:

Organiser: Police Education and Training Centre, Hungarian Police Sport Association

Date: 14th June 2026.

Location: Papp László Budapest Sportarena 1143 Budapest, Stefánia Road 2.

Accommodation: every participant takes care of his or her own accommodation.

CATEGORIES:

Individual:

- Women
- Masters Women (+35 years)
- Men
- Masters Men (+40 years)

Team: the team consists of three members. (one woman (no age group restriction), one man, one masters man (+40 years)).

Categories of execution and performance level:

- **SILVER LEVEL**

COMPETITION FORMAT:

- Fitness Challenge for Uniformed Services consists of a circuit of six stations of strength exercises in six stations where athletes try to perform the maximum number of repetitions in two minutes.
- Categories are established and athletes compete with each other demonstrating their maximum physical performance.
- It is dedicated to athletes who prioritize muscle performance over competition based solely on muscle and lack of body fat.
- This competition is only for uniformed participants.

OUTFIT AND SKIN

- Sportswear covering the torso and legs may be used, as the musculature is not the target of the competition.
- Athletes may wear tracksuits or T-shirts with shorts or any combination at their discretion.
- Sports shoes are also mandatory.

REGISTRATION & REQUIREMENTS:

1. **Eligibility:** the competition is open for uniformed services personnel:
 - police,
 - firefighters,
 - military,
 - medical services,
 - customs officers,
 - prison guards
2. **Registration Deadline:** 1st June 2026.
3. **Registration Fee:** participation is free of charge
4. **REGISTRATION:** <https://policesport.hu/en/online-regisrtation/2-fitness-challenge-uniformed-services-entry-form>

RULES AND GUIDELINES:

Individual Fitness Challenge Description:

- Each station lasts for two minutes, during which the maximum number of repetitions must be completed.
- All six stations are of equal value, and the points accumulated will be added up for the final calculation.
- The stations follow a specific order, so each participant starts at the first station and continues in the designated sequence.
- Once the first competitor starts the second station, the next competitor begins at the first station, and so on.

Team Competition Description:

- The results of the individual competitors are automatically evaluated in the team competition.
- The total points achieved by the 3 team members will determine the team's result.
- In case of a tie the time of the female competitors will decide the winner. If the tie persists, the senior male competitors' times will be considered.
- Competitors can rest as much as needed during the active two-minute period.
- The winner is the one who accumulates the most points overall.
- In case of a tie, the winner will be the one with the highest number of repetitions on the KETTLEBELL SNATCH exercise.

COMPETITION TASKS

The rules of the IFBB fitness challenge silver level shall apply

<https://www.youtube.com/watch?v=x6gWnF2zGZ8>

I. Pull-ups (Pulling from a horizontal position)

1. **Starting Position:**

Hands on the bar, feet on a stool, lying flat on your back. The body is straight, with shoulders-width grip, torso tightened.

2. **Execution:**

Bend the arms to bring the chest towards the bar until it touches. The body must remain straight, with the torso tightened. Jerking and hip hinging are not allowed.

3. **Finish:**

Return to the starting position by extending the arms until they are fully straight. During execution, the torso must remain straight, jerking and any hip swinging are not allowed.

The participant may adjust the bar height before starting.

II. Jefferson Squat

Starting position:

Feet in a wide stance, torso, hips, and knees extended. The barbell is placed diagonally between the legs.

1. **Execution:**

Lower the hips by bending the knees until the weights touch the floor.

2. **Finish:**

Raise the hips by straightening the knees and return to the starting position, with the spine, hips, and knees fully extended.

Weight: 40 kg for women and 60 kg for men.

III. Dips on Bench

1. **Starting position:**

On parallel bars, arms extended, feet on a box with straight knees.

2. **Execution:**

Bend the arms until the elbows form a 90-degree angle.

3. **Finish:**

Return to the starting position with the arms fully extended. Feet must remain on the box.

The position must be held for at least 1 second in the top position with fully extended arms. Jerking of the body is not allowed.

IV. Lunges

1. **Starting Position:**

Dumbbells in hand, knees and hips fully extended.

2. **Execution:**

Step forward, bending the knee to create a 90-degree angle.

3. **Finish:**

Return to the starting position with the front foot closing next to the back foot. The knee and hip joints should be fully extended.

Weight: 10/15 kg dumbbells for women/men.

V. Sit-ups with Dumbbell

1. **Starting Position:**

Lying on your back, hips extended, knees and hips at a 90-degree angle, weight plate on the chest with extended elbows.

2. **Execution:**

Perform a sit-up until the torso is perpendicular to the floor. The weight plate must remain on the chest; it is not necessary to push it towards the head.

3. **Finish:**

Return to the starting position, keeping the knees and hips at 90 degrees, weight plate on the chest, elbows extended.

Weight: 10 kg weight plate for both women/men.

VI. Kettlebell Snatch

1. **Starting Position:**

Stand with a straight posture, hips, knees, and torso fully extended, holding the kettlebell in one hand.

2. **Execution:**

Bend forward until the kettlebell touches the ground. Then explosively extend the hips, lifting the kettlebell in one movement directly overhead.

3. **Finish:**

Lower the kettlebell back to the starting position, bending the hips and lowering the hands.

Weight: 8 kg for women, 12 kg for men.

More information on technical regulations: <https://ifbbfitnesschallenge.com/wp-content/uploads/2025/01/TECHNICAL-REGULATION-OF-THE-EXERCISES-May-2024.pdf> (page 26-32)

PRIZE POOL & AWARDS:

- **1st Place:** Trophy, Medal, Certificate
- **2nd Place:** Medal, Certificate
- **3rd Place:** Medal, Certificate

JUDGING PANEL:

Head judge delegated by IFBB.

CONTACT INFORMATION: for inquiries, please contact:

- Email: hun.police.sport@gmail.com
- Website: <https://policesport.hu/>