

SEMMELWEIS UNIVERSITY

Powerlifting Cup 2026

COMPETITION ANNOUNCEMENT:

Location: Semmelweis University Physical Education and Sports Center - Tennis Courts (1107 Budapest, Zágrábi utca 14.)

Date: 08-05-2026 / Friday - 18:00-21:00

(The exact schedule depends on the number of entries, which we will inform everyone about after the entries are received.)

Categories:

Men 60+kg, 75+kg, 90+kg

Women 50+kg, 60+kg, 70+kg

Events: (Classic powerlifting exercises)

- 1. Squat, bench press, deadlift**
- 2. Compound competition (max sum of the three exercises)**
- 3. Max repetition with 70% of body weight (bench press)**

Participants of the competition:

Students of Semmelweis University with hungarian and foreign citizenship and legal student status.

Rules: 2 attempts in each lift.

Benchpress (1 rep.)

The bar must touch the competitor's chest, and the extension of the arms must begin on the judge's signal.

Full extension of the arms is mandatory, the arms must not be bent at the end point.

The bar must remain in one line during the lift, it must not move sideways.

Squat (1 rep.)

The competitor's thighs must go down to at least horizontal, and the squat must be fully raised to the starting position.

The legs must remain stable on the competitor's back during the squat.

Deadlift (1 rep.)

The competitor must lift the bar completely off the ground, the knees and hips must be fully extended.

The lift cannot be jerked, the bar must be in continuous motion.

The shoulders must be behind the bar, the arms must be fully extended at the end point.

70% max rep.- continuous execution in full range of motion, referee stoppage

Awards:

By weight group and by event

1st-3rd place: medal + certificate

Registration, application:

Via Google Form

Everyone participates in the event at their own risk!

The event organizer reserves the right to make changes

Details:

Chalk will be available at the competition.

All other equipment is provided by the competitor.

Weightlifting belts, bandages, straps etc. are allowed.!

PLEASE BRING YOUR OWN GEAR!

There will be 3 different stations at the competition.

ANY VISITORS, SUPPORTERS MORE THAN WELCOME!