

2024 PRT Rules & Scoring

PRT Event Rules & Scoring

PRT Form Standards

Please read through each event to understand what **will** and **will not** be counted as REPS. We maintain these technique standards to ensure your body's safety, as well as uphold the integrity of fair competition.

PRT Event Scoring

Our scoring system awards pound for pound strength. The weight and volume you lift in each event is scaled to your individual bodyweight. A rank score is then given to each competitor (1st, 2nd, 3rd, etc) to determine individual placement in that event.

Bonus scoring is possible when choosing *larger than snatch size bell* in the SNATCH & COMPLEX. See below for details.

PRT Event Rules & Scoring

EVENT 1: PULL UP

- Entire team participates (zero is an acceptable score)
- 2:00 to achieve as many reps as possible with an overhand grip.
- The Pull Up Rep:
 - Begins in a dead hang, elbows fully extended.
 - Pull body straight up until **chin clears above the bar**.
 - Return to starting position, elbows fully extended.
 - A slight "natural" swing is permissible.
- At least one hand must remain on the bar at all times
- NO pull overs allowed (rest tactic).
- NO swinging, kicking, or kipping.
- Knees CANNOT rise above hips.

Violation of one or more of these rules counts as a failed rep.

VOLUME Scoring:

REPS × BODY WEIGHT × M/F WEIGHT EQUALIZER

Final score is scaled to a coefficient that equalizes men and women's weight variance.

PRT Event Rules & Scoring

EVENT 2: TGU

- Entire team participates (zero is an acceptable score)
- Competitor is allowed **2 ATTEMPTS** (*total*) to reach a 1 REP MAX (for ONE side)
- Competitor is allowed **1 FAIL** (*total*).
- The TGU Rep:
 1. Low side plank
 2. Tall sit
 3. Half windmill
 4. Half kneel
 5. Standing
- Competitor must exhibit control with **noticeable pause** at the above checkpoints.
- Maintain a vertical or near vertical arm on kettlebell-loaded arm.
- The non-working hand CANNOT touch the bell once the rep has begun.
- The rep begins & ends @ **“Ready Position”**: Flat on back, KB- arm extended overhead.
 - Spotter may assist lifting the bell into the “ready position” OR*
 - Competitor safely picks up the bell w/2 hands to reach “ready position”.*
 - Spotter may help lower the bell after completion.*

Violation of one or more of these rules counts as a failed lift.

1RM Scoring:

TOTAL WEIGHT LIFTED R/L ÷ BODY WEIGHT

EVENT 3: SNATCH

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- Entire team participates (zero is an acceptable score)
- Competitor has 3:30 to complete as many reps as possible.
 - **Snatch Size Weight** is the recommended standard for this event *SEE CHART*.
 - For every 2kg increase from snatch size weight, 10 bonus reps applied to score.
 - For every 2kg decrease from snatch size weight, 10 reps deducted score.

SEE [Snatch-Size Weight Chart](#) below RULES section.

The Snatch Rep:

- Handle of the bell must pass above knees on the downswing.
- Working arm transitions up/down with a bend in the elbow
- Both heels remain planted throughout rep.
- Exhibit **noticeable pause at LOCKOUT =**
 - knees & hips fully extended
 - loaded arm fully extended @ elbow, wrist straight & ***Shoulder packed***
- Competitor cannot touch the bell with the non-working hand.
- Competitors can set the bell down, rest, re-chalk, switch hands at ANYTIME.
- NO scooping of the hips & knees on the way up.
- NO “dipping” to catch the weight.
- NO pressing weight into the lockout position.
- Racking, dropping, and/or losing control of the bell will stop the clock, and the score will be recorded.

Violation of one or more of these rules counts as a failed rep.

VOLUME Scoring:

REPS (+BONUS/PENALTY) × WEIGHT LIFTED ÷ BODY WEIGHT

BONUS: EVERY 2KG ABOVE SNATCH SIZE WEIGHT = +10 REPS

PENALTY: EVERY 2KG BELOW SNATCH SIZE = - 10 REPS

EVENT 4: TAMERS AND MAIDENS

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- Entire team participates (zero is an acceptable score).
- Competitor **ONLY** needs to choose **2 of the 3 lifts**:
 - 1A Strict Press (one side only)
 - Weighted Pull Up
 - Pistol Squat (one side only)
- **2 Attempts** per lift to reach a 1 REP MAX.

Press:

- Competitor can clean or place bell in the rack position.
- Once KB is racked, knees must remain fully extended and heels planted until the arm is fully extended overhead.
- A slight back bend and/or side bend is permitted, *to judge's discretion*.
- Competitor must remain fully extended @ knees, hips, & elbow until judge calls the rep.

Pull up:

- Competitor can hang a kettlebell from a waist strap or foot.
- Competitor must use an overhand grip.
- The rep begins & ends in a dead hang with elbows fully extended.
- No kipping, swinging, or kicking, no knees above hips.
- The chin must clear **above the bar**.

Pistol:

- Kettlebell can be racked on either side of the body or held with two hands.
- Heel of the working side must remain planted.
- The non-working leg cannot touch the ground or working leg at any point.
- The non-working leg must remain extended in front of the body (cannot kick behind).
- Hips must descend below parallel (top of the thigh below knee).
- Nothing can assist or brace into the working leg.
- The rep is complete once the competitor has fully extended the hip and knee of the working leg and maintained balance (heel planted).

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Violation of one or more of these rules counts as a failed lift.

1RM Scoring:

(TOTAL OF 2 LIFTS) ÷ BODY WEIGHT

EVENT 5: DEADLIFT

- Entire team participates (zero is an acceptable score)
- Competitor has **3 Attempts** to reach 1 REP MAX.
- No downward motion of the bar once the lift has begun.
- Competitor cannot hitch the bar on thighs mid-lift.
- Heels must remain planted.
- Back must be completely straight at end of lift.
- Shoulders must be pulled back in "locked position" with chest out.
- Hips and knees must be fully extended at top of lockout.
- Lift must be completed within 10 seconds from start of the lift.
- Competitor must hold the lift until judge approves to lower.
- **Lifting belts encouraged!**
- No straps.
- Mixed grip accepted.
- Sumo or conventional stance accepted.

Violation of one or more of these rules counts as a failed lift.

1RM Score:

TOTAL WEIGHT LIFTED ÷ BODY WEIGHT

EVENT 6: KETTLEBELL COMPLEX

The Complex Rep = Double Clean — Dbl Front Squat — Dbl Push Press — Renegade Row.

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- Only 3 competitors need to participate.

IMPORTANT

Athletes who want to qualify for **Individual PRT Champion** must participate.

- 1 REP = 1 Clean, 1 Squat, 1 Push Press, 1 Renegade Row, using double bells (in that order)
- Competitor has 5:00 minutes to achieve as many reps as possible.
- All 4 movements must meet standards to qualify as a full Rep.
- If competitor is no-repped on any of the 4 movements, he/she only needs to repeat that movement before continuing with the next movement in the Complex.
- Competitor may set the bells down **between COMPLETED Reps.**
- If competitor sets the bells down in the middle of a rep, the rep will not be counted; and they will restart @ the CLEAN.
- [Snatch Size Weight](#) is recommended for this event (SEE CHART)
 - Increase from snatch weight may improve overall score via increased volume lifted.
 - Decrease from snatch weight may lower overall score via decreased volume lifted.

CLEAN:

- Heels must remain planted.
- Handle of the kettlebells must pass above knees on the downswing.
- Competitor must rack the bells with vertical or near vertical forearms.
- Hips and knees must fully extend at lockout.

SQUAT

- Heels must remain planted.
- Knees track the toes.
- Hips descend below knee-level (below parallel).
- Kettlebells remain in the racked position (vertical or near vertical forearms).
- Spine must remain neutral
- Hips and knees fully extend at lockout.

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PUSH-PRESS (thruster)

- Competitor may push-press the bells out of the squat into the overhead position.
- Bells must lockout overhead with vertical arms and a **noticeable pause** - exhibiting packed shoulders, straight wrists, extended elbows.
- Hips and knees are fully extended at lockout.

RENEGADE ROW

- Body in Plank Position: Hips extended, with minimal bend. Back of hips cannot rise above shoulder blades.
- Elbows must pass above the ribs at height of the Row.
- Heels remain off of the ground
- Knees remain locked out.
- Shoulders are stacked vertically or near-vertical above the wrists.

Violation of one or more of these rules counts as a failed rep.

VOLUME Scoring:

REPS × TOTAL WEIGHT LIFTED × 2 ÷ BODY WEIGHT

ONLY 3 COMPETITORS SCORE PER TEAM.

BONUS:

Competitors may use kettlebells above snatch-size weight to improve bodyweight-ratio score. Heavier volume may improve a competitor's score, depending on how many reps can be achieved. Experiment with different weights to strategize your best scoring potential!

TEAM TIE-BREAKER EVENT: Heaviest TEAM Overhead (single arm)

- Entire team participates (zero is an acceptable score)
- Each team member can individually choose a way to get the bell overhead:

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Examples:

- Bent Press
- Snatch
- Military Press
- Clean and Jerk
- TGU
- Push Press

1RM Ratio Scoring:

TOTAL WEIGHT LIFTED (TEAM) ÷ TOTAL TEAM BODY WEIGHT

SNATCH SIZE WEIGHT CHART

NEXT PAGE

Snatch-size WEIGHT CHART:

MEN'S OPEN CLASS

WOMEN'S OPEN CLASS

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Up to 135lbs	18KG
136-150lbs	20KG
151-165lbs	22KG
166-250lbs	24KG
Over 251lbs	24KG
MEN'S MASTERS (50-64)	
Up to 135lbs	16KG
136-150lbs	18KG
151-220lbs	20KG
Over 221lbs	22KG
MEN SENIORS (OVER 65)	
Up to 135lbs	16KG
136-150lbs	18KG
151-220lbs	20KG
Over 221lbs	22KG

Up to 100lbs	10KG
101-120lbs	12KG
121-135lbs	14KG
136-200lbs	16KG
Over 200lbs	18KG
WOMEN MASTERS (50-64)	
UP to 100lbs	8KG
101-120lbs	10KG
121-135lbs	12KG
136-200lbs	14KG
Over 200lbs	16KG
WOMEN SENIORS (OVER 65)	
UP to 100lbs	8KG
101-115lbs	10KG
116-135lbs	12KG
136-200lbs	14KG
Over 200lbs	16KG

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