



June 2025 COF

PractiScore Template: Here is the link for the PractiScore template for this month's COF. This template has all the stages already built for you, if you don't want to create them yourself. [PractiScore Template](#)

DFAT Range Card: The DST Precision DFAT allows you to use the rifle and optic to dry fire practice in a very small area such as your garage, living room, or even bedroom. With this adapter most scopes focus in the 11-15 feet range. You can find this month's COF range card here. [DFAT Range Practice Range Card](#)

COF Designer: This COF was designed by Robert Thompson. Robert has been an NRL22 member since 2020 and competes in Adaptive division. Robert's home range is Strategic Edge Gun Range in Chapel Hill, TN. Robert designed this COF with the Adaptive competitor in mind.

If you have questions about the COF please email us [here](#).

Starting Position: Unless otherwise stated, starting positions are always standing, rifle at the high ready and all gear in hand, mag in, action open. The high ready position means that the rifle is held by the competitor with the muzzle pointing approximately 45 degrees skyward and towards the downrange targets. If your range has stricter rules on starting positions, make sure to follow your range's rules and regulations.

Range requirements: This month's COF will require the NRL22 pyramid, 6' Ladder, 55-gal barrel, tank trap, sawhorse, chair, 5-gal bucket, 3 cinder blocks, 3 tires, a shot timer or stopwatch that can time down to a hundredths of a second, and the NRL22 standard target package. Left over targets: 4", 5", and 6"

Scoring submissions: In accordance with the 2025 NRL22 rules, Match Directors are required to submit scores within 7 days of their match concluding. You can submit your NRL22 (5 stages only) scores through the NRL22 website using the PractiScore URL located [HERE](#). If you don't have that ability, then download the NRL22 Scoresheet Submission Spreadsheet from the MD Resources section found [HERE](#). Submit your spreadsheet through the NRL22 website along with the match admin fee which can be found [HERE](#). Keep in mind that only NRL22 members are eligible for prizes and while we have a 7-day grace period for membership, if the prizes are already distributed, it is the competitor's loss.

Monthly Live Show: The live show for prizes will happen on **Monday, July 13, 2025**. The show will be streamed through Facebook and YouTube. If you have questions, ask them during the live show and we will answer them for you. Make sure to like, follow, and subscribe to our social media pages and channel.

Terms of Use

The use of this course of fire is restricted to personal/individual use; however, the use of this course of fire in a match setting must be operated within the NRL22 rules and is restricted to current NRL22 clubs. The monthly course of fire is a proprietary product of the NRL22. Furthermore, the scores of every competitor at that match must be submitted to the NRL22 regardless of the competitor's membership status. Every competitor is given a 7-day grace period to become a member and claim their score.



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Thank you to all the amazing sponsors for the 2026 season. Please make sure to support these companies when you are deciding where to buy. We have a list of Preferred sponsors that are offering exclusive discounts to NRL22 members which range from 10%-40% that can be viewed under "My Account"

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1. Living On The Edge

Time: 120 Sec Round Count: 12

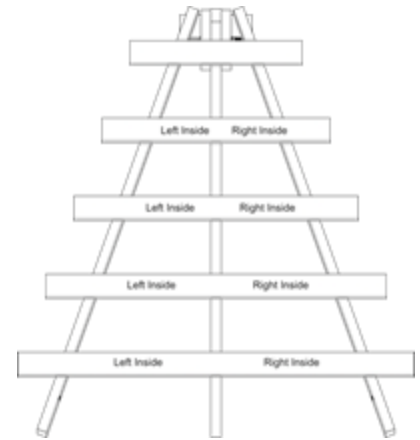
Ranges and Targets:

Option 1 – 44 yds: 1" on a single hanger
88 yds: 2" on a double hanger

Target Size(s)

MOA	MILS
2.2	0.6
2.2	0.6

Option 2 – Same targets and distance with a par time of 105 seconds



Restrictions: 1 bag limit.

Points: 10 points per impact, 120 points possible

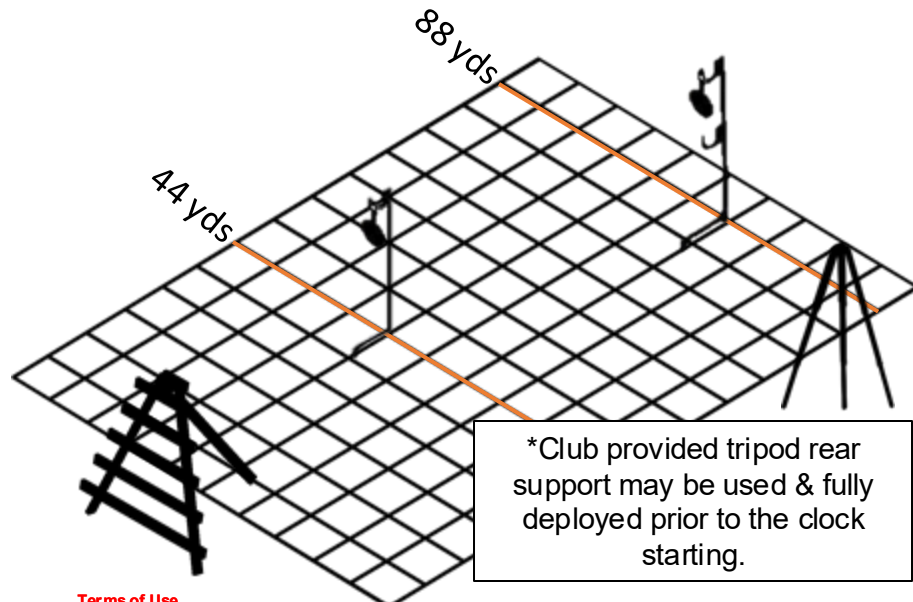
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets with 1 shot each in the following order and manner:

- Position 1: Near, Far, Near
- Position 2: Far, Near, Far
- Position 3: Near, Far, Near
- Position 4: Far, Near, Far

Available positions: Left & Right outside, Left & Right inside. Inside positions are considered left & right of the center kickstand. All positions must be used across the single highest rung you can reach.

Adaptive Suggestion: Entire June CoF is designed to be Adaptive friendly.



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2. Handi-Capable Carnage

Time: 120 Sec Round Count: 10



Ranges and Targets:

Option 1 – 50 yds: 1" & 1.5" on a double hanger
100 yds: 2.5" & 3" on a double hanger

Target Size(s)	
MOA	MILS
1.9, 2.9	0.6, 0.8
2.4, 2.9	0.7, 0.8

Option 2 – Same targets and distance with a par time of 105 seconds

Restrictions: None

Points: 10 points per impact, 100 points possible

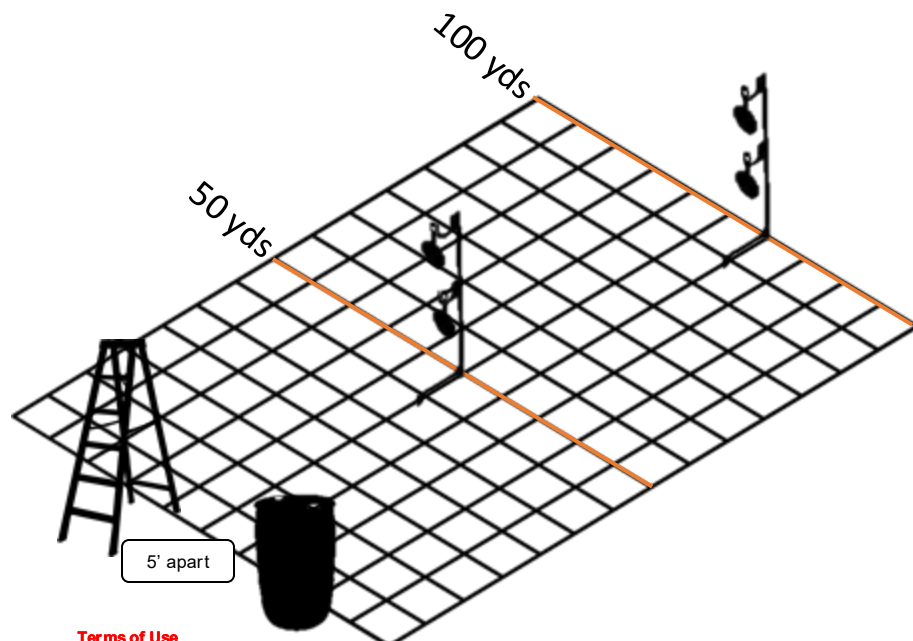
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets small to large with 1 shot each in the following order:

- 55-gal barrel: Near
- Ladder: Far
- 55-gal barrel: Near
- Ladder (different rung): Far
- 55-gal barrel: Near

Note: Only use the 2 highest reachable rungs you can safely shoot from.

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3. Adaptive Assault

Time: 120 Sec Round Count: 12



Ranges and Targets:

Option 1 – 61 yds: 1.5" on a single hanger (10 yds apart)
 61 yds: 1.5" on a single hanger (10 yds apart)
 100 yds: 2.5" & 3" on a double hanger

Target Size(s)	
MOA	MILS
2.3	0.7
2.3	0.7
2.4, 2.9	0.7, 0.8

Option 2 – 110 yds: 2"
 110 yds: 2"
 170 yds: 4" & 6"

Target Size(s)	
MOA	MILS
2.6	0.8
2.6	0.8
2.2, 3.4	0.7, 1.0

Restrictions: 1 bag limit

Points: 10 pts per impact plus 0.1 bonus points per second remaining after the required round count of 12 shots have been fired.

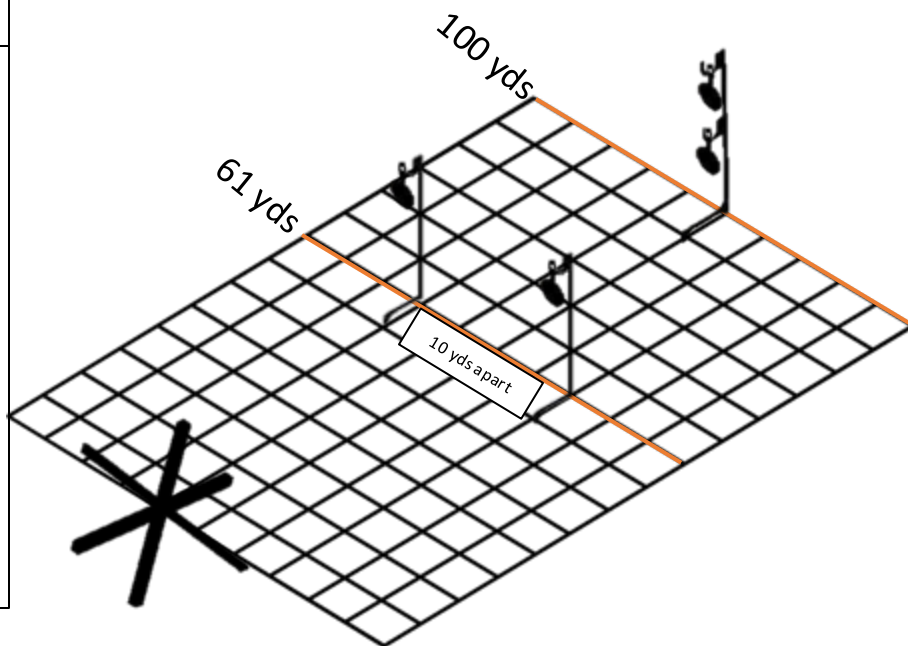
When scoring, always record the total time elapsed in seconds.

Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets with 1 shot each in the following order and manner:

- Tip #1: Left, Far Large then Small, Right
- Tip #2: Far Large then Small, Right, Left
- Tip #3: Right, Far Large then Small, Left

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4. Chairborne Operator

Time: 120 Sec Round Count: 10



Ranges and Targets:

Option 1 – 40 yds: ¼", ½", ¾", 1" on a KYL rack
92 yds: 2" on a double hanger

Option 2 – 68 yds: ½", 1", 1.5" & 2"
158 yds: 4"

Target Size(s)	
MOA	MILS
0.6, 1.2, 1.8, 2.4	0.2, 0.3, 0.5, 0.7
2.1	0.6
Target Size(s)	
MOA	MILS
0.7, 1.4, 2.1, 2.8	0.2, 0.4, 0.6, 0.8
2.4	0.7

Restrictions: No dialing of elevation is allowed after the clock starts, windage and parallax is allowed. A chair or 5-gal bucket may be used to sit on.

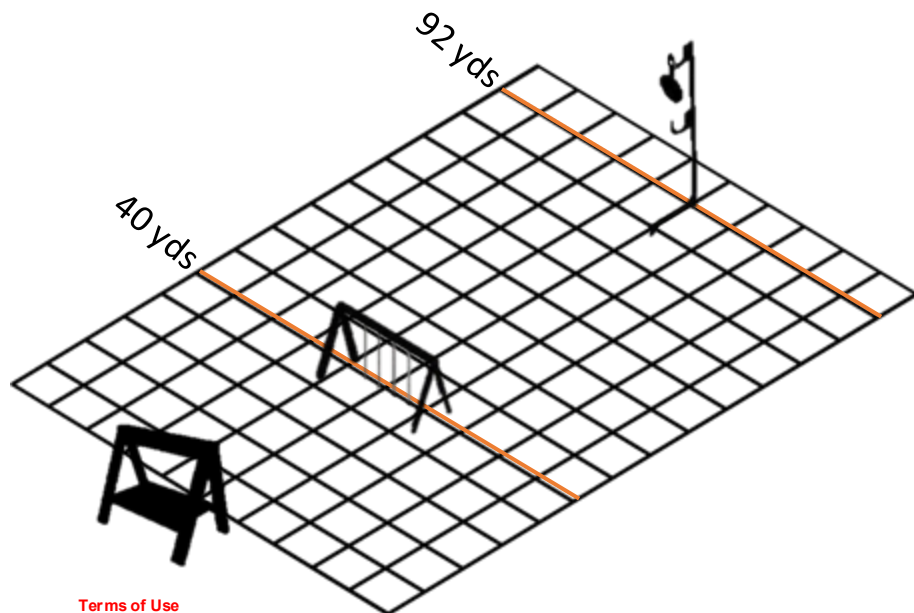
Points: 10 points per impact, 100 points possible

Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets with 1 shot each from the top of the sawhorse in the following order:

- 1" KYL, Far (Support/weak side)
- ¾" KYL, Far (Support/weak side)
- ½" KYL, Far (Strong side)
- ¼" KYL, Far (Strong side)
- ¼" KYL, Far (Strong side)

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Stage 5 Presented by:



5. Rolling Thunder

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 75 yds: 2" on a single hanger
100yds: 2.5" & 3" on a double hanger

Option 2 – 140 yds: 4"
184 yds: 5" & 6"

Target Size(s)

MOA	MILS
2.5	0.7
2.4, 2.9	0.7, 0.8

Target Size(s)

MOA	MILS
2.7	0.8
2.6, 3.1	0.8, 0.9

Barricade Setup: 3 cinder blocks placed in a triangle shape with 3 stack tires placed on top of the cinder blocks.

Restrictions: No bipods

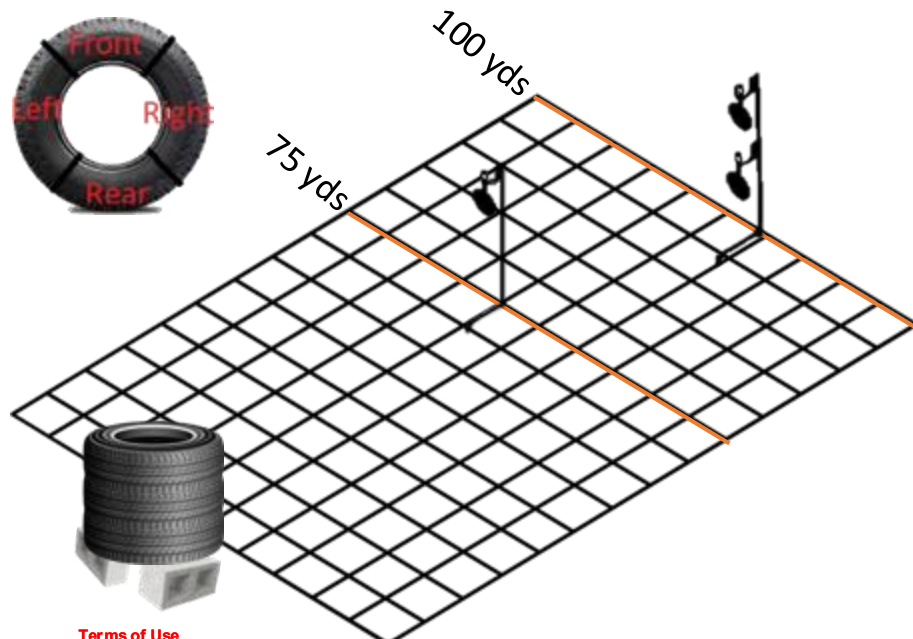
Points: 10 points per impact, 120 points possible

Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets with 1 shot each from the tire in the following order and manner:

- Left side: Far large then small, Near
- Right side: Near, Far large then small
- Front: Far large then small, Near
- Rear: Near, Far large then small

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