



July 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 the NRL22 for your enjoyment.

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 a tank trap, 3 tires, 3 cinder blocks, 6' ladder, 2x 55-gallon barrels, NRL22 pyramid, a shot timer or stopwatch that can time down to a hundredths of a second, and the NRL22 standard target package.

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 14, 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. Let Freedom Ring

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 75 yds: 1" & 2" on a double hanger

Option 2 – 130 yds: 2" & 4"

Target Size(s)	
MOA	MILS
1.3, 2.5	0.4, 0.7
Target Size(s)	
MOA	MILS
1.5, 2.9	0.4, 0.9

Restrictions: None

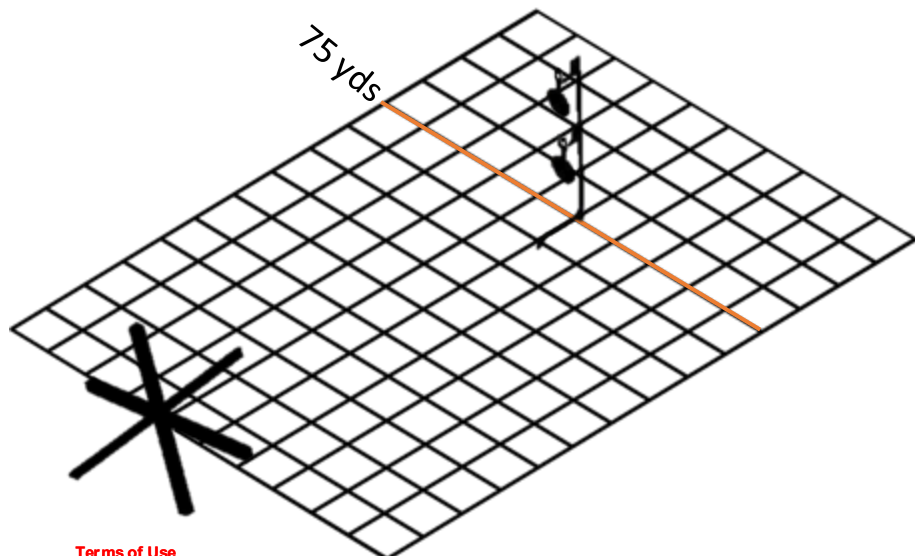
Points: 10 points per impact, 100 points possible

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 in the following order and manner:

- Prone: small target x 1
- Tip #1: large target x 1
- Center: large target x 2
- Tip #2: large target x 1
- Center: large target x 2
- Tip #3: large target x 1
- Center: large target x 2

Adaptive Suggestion: Prone and tank trap center engagements will be taken from an elevated position such as a bench or 55-gal barrel.



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2. The 1776 Yard Line

Time: 120 Sec Round Count: 12

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Ranges and Targets:

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

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

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

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

Restrictions: None

Points: 10 points per impact, 120 points possible

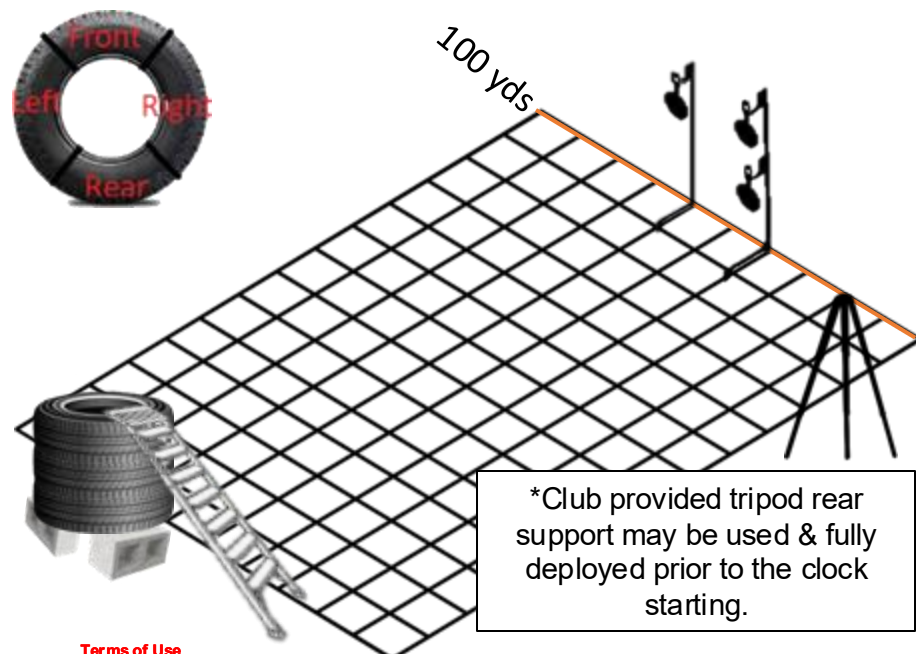
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets Large to Small with 1 shot each from the following positions:

- Left side of the tire
- Rear of the tire
- 2 different rungs on the ladder edge

You may choose the order of the positions, but all position must be used.

Adaptive Suggestion: Use the highest position on the ladder and you may repeat a previously used position.



*Club provided tripod rear support may be used & fully deployed prior to the clock starting.

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3. Rapid Revolution

Time: 120 Sec Round Count: 10



Ranges and Targets:

Option 1 – 40 yds: ¼" & ½" on a KYL rack
 63 yds: ¾" & 1" on a KYL rack
 98 yds: 2.5" on a single hanger

Option 2 – 70 yds: ½" & 1"
 110 yds: 1.5" & 2"
 173 yds: 5"

Target Size(s)	
MOA	MILS
0.6, 1.2	0.2, 0.3
1.1, 1.5	0.3, 0.4
2.4	0.7

Target Size(s)	
MOA	MILS
0.7, 1.4	0.2, 0.4
1.4, 1.8	0.4, 0.5
2.8	0.8

Restrictions: None

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

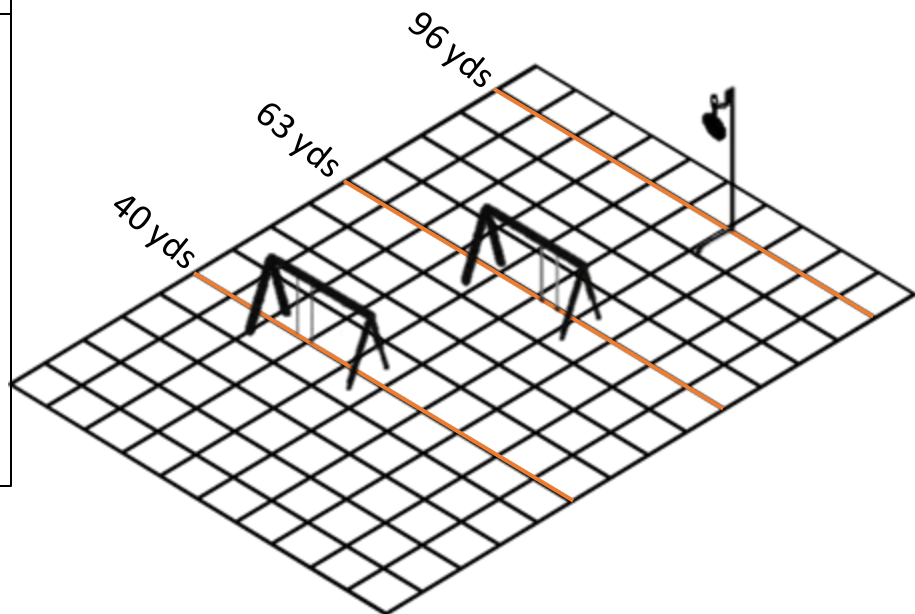
When scoring, always record the total time elapsed in seconds.

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 2 shots each large, near to far, then small, far to near.

- Near Large KYL
- Far Large KYL
- Far target
- Far Small KYL
- Near Small KYL

Adaptive Suggestion: Start in position, off glass, and magazine out.



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4. Red, White & Boom

Time: 120 Sec Round Count: 10



Ranges and Targets:

Option 1 – 61 yds: 1" & 1.5" on a double hanger
92 yds: 2" & 2.5" on a double hanger

Target Size(s)	
MOA	MILS
1.6, 2.3	0.5, 0.7
2.1, 2.6	0.6, 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

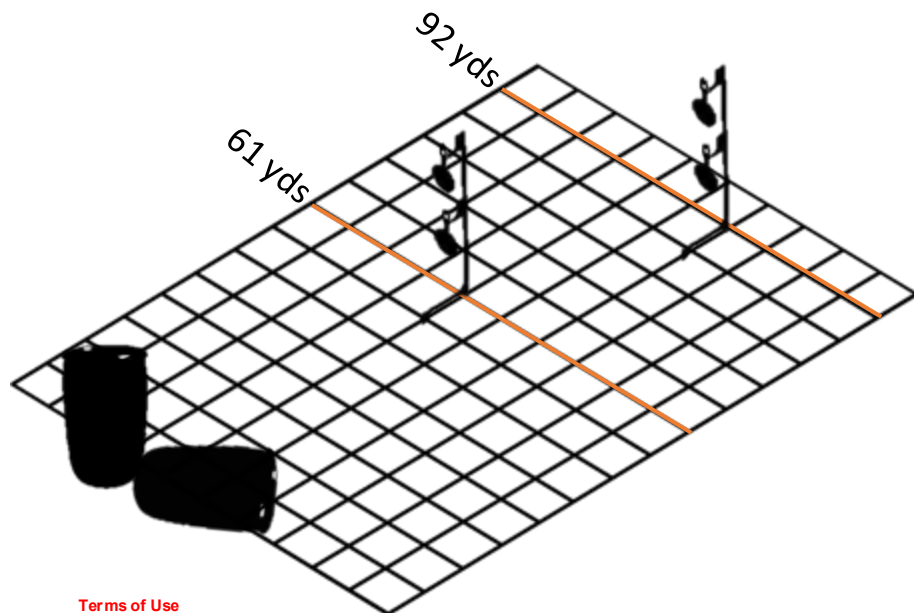
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

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

- Vertical Barrel: Near
- Horizontal Barrel: Far
- Vertical Barrel: Near
- Horizontal Barrel: Far
- Vertical Barrel: Near Large then Far Small

Note: Secure the horizontal barrel to prevent it from rolling.

Adaptive Suggestion: Both barrels will be vertical. Same target engagement but starting with the left barrel. Left barrel = Vertical. Right barrel = "Horizontal"



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Stage 5 Presented by:



5. Redcoat Rack Attack

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 76 yds: 1.5" on a single hanger
100 yds: 3" on a double hanger

Target Size(s)

MOA	MILS
1.9	0.5
2.9	0.8

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

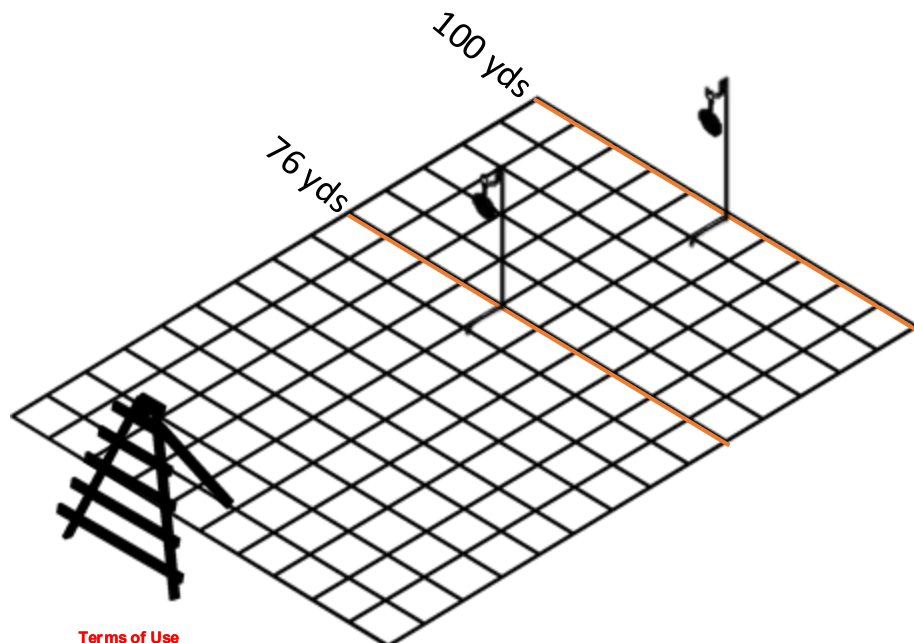
Restrictions: Positions may not be reused. No dialing of elevation while on the clock is allowed.

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 far then near targets with 1 shot each from 6 different positions.

Adaptive Suggestion: Use the highest 3 positions you can safely engage the targets from.



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