



January 2026 COF

PractiScore Template: PractiScore templates are now being emailed to your inbox! If you are assisting your match director, just ask them to forward the email to you with the attached template. [PractiScore Template](#)

Official COF Walkthrough: The official COF walkthrough can be found on our YouTube channel. Typically, the video is published the same day as the COF or a day later. Make sure to subscribe to our channel so that you'll get notified when the walkthrough video is published. [NRL22 YouTube Channel](#)

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 Gaylen Mohr. Gaylen is a competitor and Match Director for Crawford County Shooting Sports located in Denison, Iowa. Gaylen has been competing in NRL22 since 2019 and a Match Director since 2020. Thank you Gaylen for writing this COF for all of us to enjoy.

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 3x tires, 2x 55-gal barrels, tank trap, NRL22 pyramid, sawhorse, 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 **February 16, 2026**. 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.

January 2026 COF

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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2026 Season Presented by:



TIKKA

Stage 1 Presented by:



1. Tires R 4 Cars!

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 65 yds: 1.5" on a single hanger
84 yds: 2.5" on a single hanger

Target Size(s)	
MOA	MILS
2.2	0.6
2.8	0.8

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

Barricade/Targets Setup: Center tire laying flat with 1 tire leaning off each side.

Restrictions: Bipod can't touch the ground

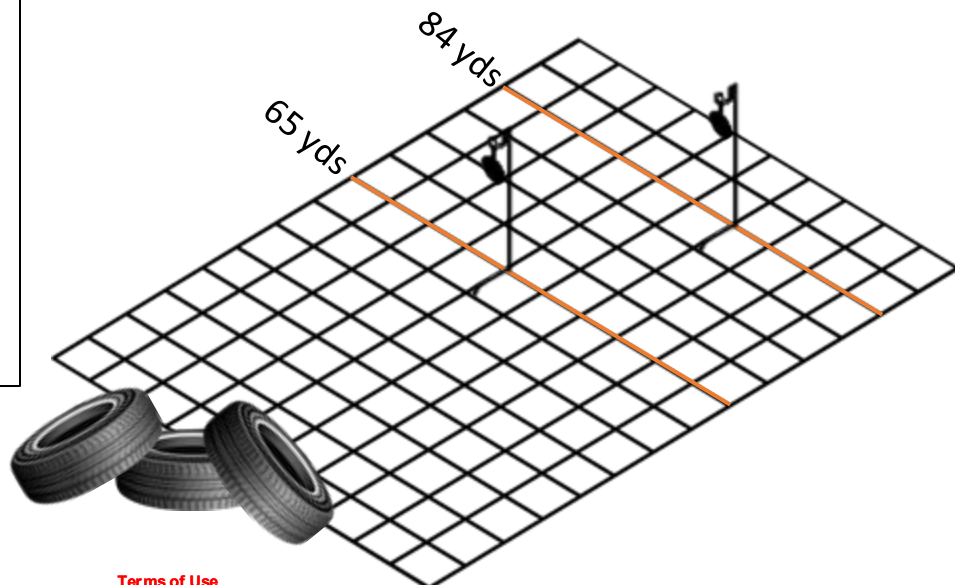
Points: 10 points per impact, 100 points possible

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 near to far with 1 shot each from the following positions in order:

1. Left tire
2. Right tire
3. Center tire
4. Left tire
5. Right tire

Adaptive Suggestion: Place a tire on an elevated position such as a bench or 55-gal barrel and engage the targets from the left, rear (center), and right side of the tire.



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TIKKA

Stage 2 Presented by:



2. Drums R Round!

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 50 yds: 1" on a single hanger
80 yds: 2" & 2.5" on a double hanger

Target Size(s)	
MOA	MILS
1.9	0.6
2.2, 3.0	0.6, 0.9

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

Barricade/Targets Setup: 1 drum is flat perpendicular (pointing down range), the other is flat and parallel (in line with the firing line) forming an "L".

Restrictions: None

Points: 10 points per impact, 120 points possible

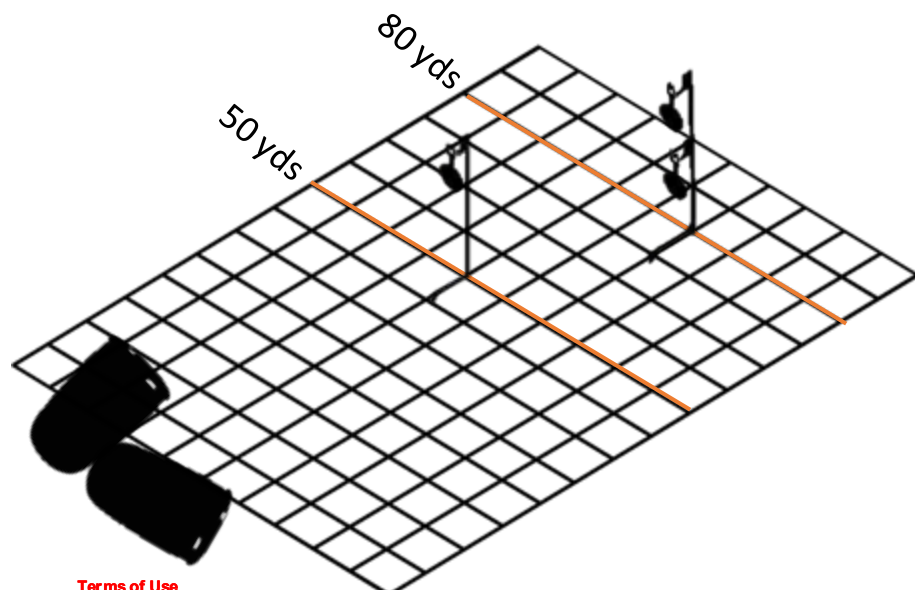
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, take a position on either barrel and engage the targets near to far, small to large, with 1 shot each for the first 6 shots.

Then engage the targets far to near, large to small, with 1 shot each for the last 6 shots.

Note: You must move to the opposite barrel after every 3rd shot.

Adaptive Suggestion: Same target engagement. Both barrels will be vertical.



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3. Don't Tank the Tank Trap

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 69 yds: 1.5" on a single hanger
100 yds: 2.5" & 3" on a double hanger

Option 2 – 125 yds: 3"
180 yds: 5" & 6"

Target Size(s)	
MOA	MILS
2.1	0.6
2.4, 2.9	0.7, 0.8

Target Size(s)	
MOA	MILS
2.3	0.7
2.7, 3.2	0.8, 0.9

Restrictions: No dialing of elevation on the clock is allowed. Dialing parallax and windage is allowed.

Points: 10 points per impact, 120 points possible

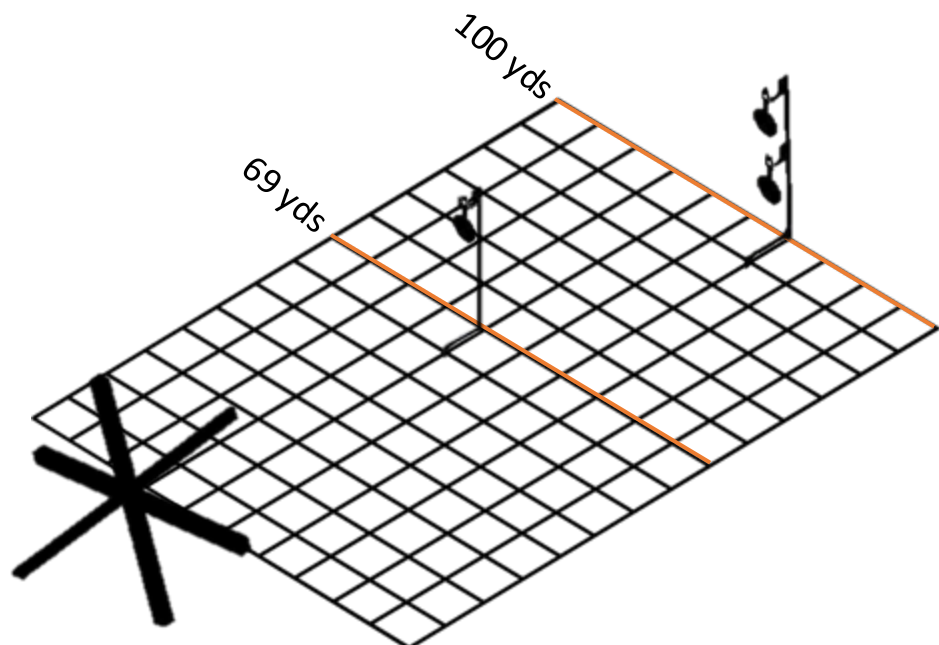
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets from near to far, small to large with 1 shot each from the 4 positions below:

- Tip
- Leg
- Center
- Different tip

Note: All positions must be used. The MD may add a 2x4 cleat on the leg(s) to prevent the support bag from sliding.

Adaptive Suggestion: Same target engagement. You will use all three tips and then repeat either tip #1 or tip #2.



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Stage 4 Presented by:



4. Double Switch Time, Sawhorse!

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 40 yds: $\frac{1}{4}$ ", $\frac{1}{2}$ ", $\frac{3}{4}$ " & 1" on a KYL rack

Target Size(s)

MOA

MILS

0.6, 1.2, 1.8, 2.4 0.2, 0.3, 0.5, 0.7

Target Size(s)

MOA

MILS

0.7, 1.4, 2.0, 2.7 0.2, 0.4, 0.6, 0.8

Option 2 – 70 yds: $\frac{1}{2}$ ", 1", 1.5" & 2"

Restrictions: None

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.

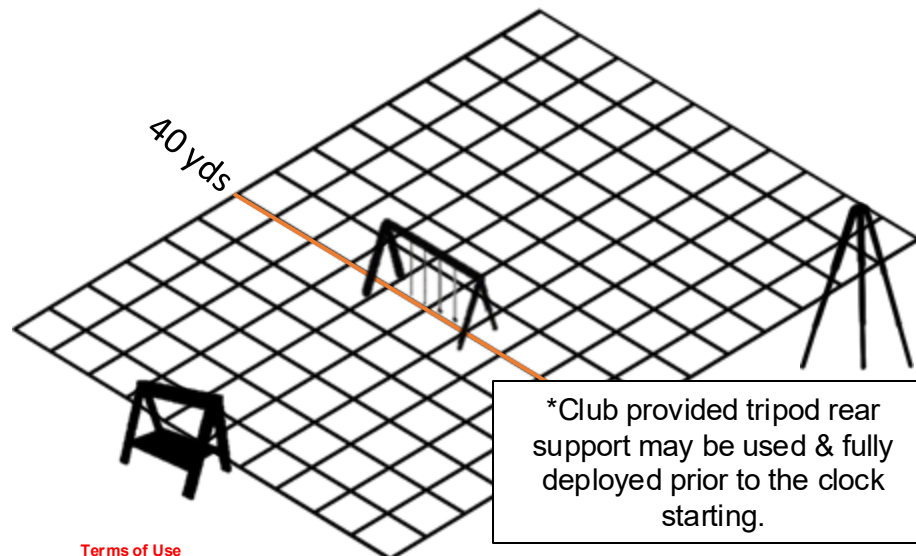
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

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

1. Prone (left side of the sawhorse): Large to Small
2. Top of the Sawhorse: Large to Small
3. Prone (right side of the sawhorse): Small to Large

Note: You must conduct a magazine change after the 4th shot but before the 5th and after the 8th shot but before the 9th. If a mag change has not been conducted at those shots, then impacts won't count until one has been made.

Adaptive Suggestion: Prone positions may be shot from an elevated position such as a bench or 55-gal barrel.



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Stage 5 Presented by:



TIKKA

5. Pyramid By The Numbers

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 48 yds: 1" on a double hanger
 68 yds: 1.5" on a double hanger
 79 yds: 2" on a double hanger
 100 yds: 3" on a double hanger

Target Size(s)

MOA	MILS
2.0	0.6
2.1	0.6
2.4	0.7
2.9	0.8

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

Restrictions: Rungs can't be repeated

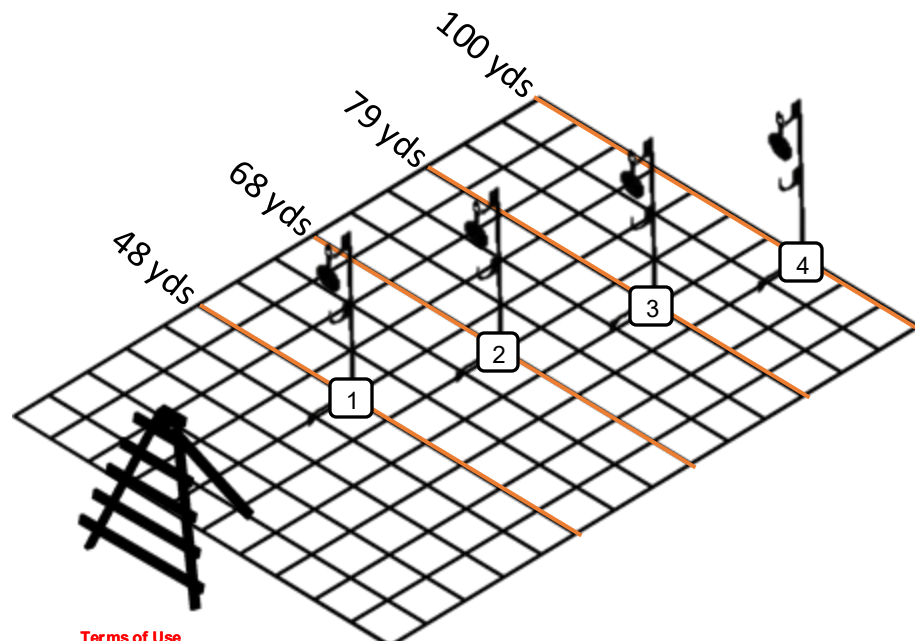
Points: 10 points per impact, 100 points possible

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

Adaptive Suggestion: No change

Description: On the start signal, engage the targets in the following order and manner:

1. Targets 4, 3, 2, 1 (one shot each) from any outside rung.
2. Targets 4, 3, 2 (one shot each) from the other side, outside rung.
3. Target 4 once & target 3 twice from any center rung.



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