



April 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 Todd McBee and Dominic Thompson. Todd and Dominic proof every COF prior to it being available to the NRL22 community. They ensure that each stage is well balanced, fun, and can be completed in the allotted par times.

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 NRL22 pyramid, rooftop, 2x 55-gal barrels, ladder, tank trap, sawhorse, 3x tires, 3x cinderblocks, 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 2026 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 **10 May 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.

April 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:



Stage 1 Presented by:



1. Springtime Summit

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 100 yds: 3" & 2.5" on a double hanger
100 yds: 2" & 1.5" on a double hanger

Target Size(s)	
MOA	MILS
2.9, 2.4	0.8, 0.7
1.9, 1.4	0.6, 0.4

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

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 the prop and engage the targets from large to small with 1 shot each from a standing, kneeling, and seated position. You must move to a new position after every 4th shot. Positions may be shot in any order.

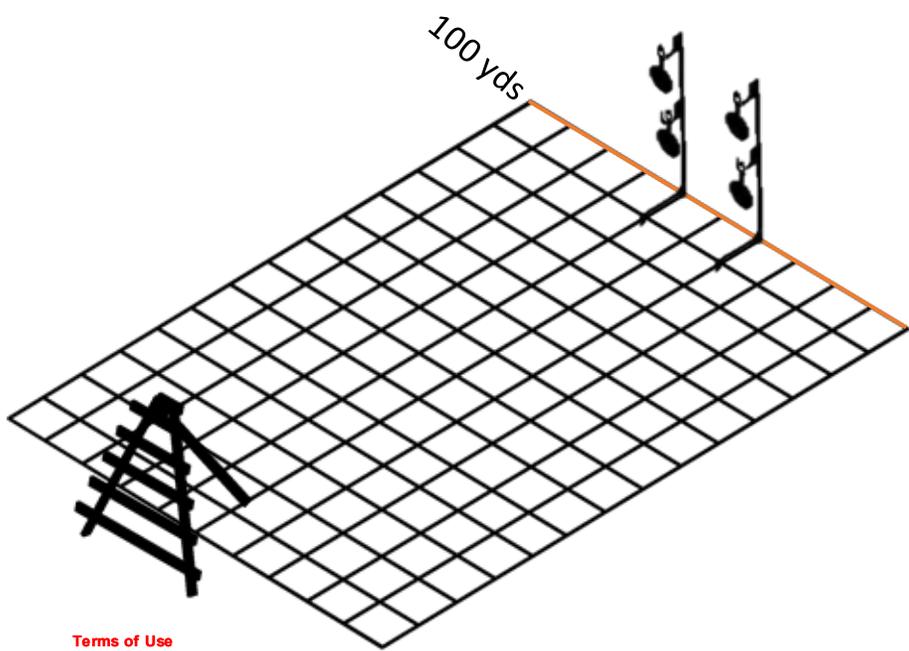
Note:

Standing = both feet on the ground

Kneeling = at least 1 knee on the ground

Seated = butt cheeks on the ground or on your foot.

Adaptive Suggestion: Same target engagement but positions are standing, seated, then standing again in order. A chair may be used for the seated position.



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2026 Season Presented by:



Stage 2 Presented by:



2. Para-Wacked

Time: 120 Sec Round Count: 12

Ranges and Targets:

- Option 1 – 30 yds: ¼” on a KYL rack (Right)
- 30 yds: ½” on a KYL rack (Left)
- 100 yds: 2.5” on a single hanger

Target Size(s)	
MOA	MILS
0.8	0.2
1.6	0.5
2.4	0.7

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

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.

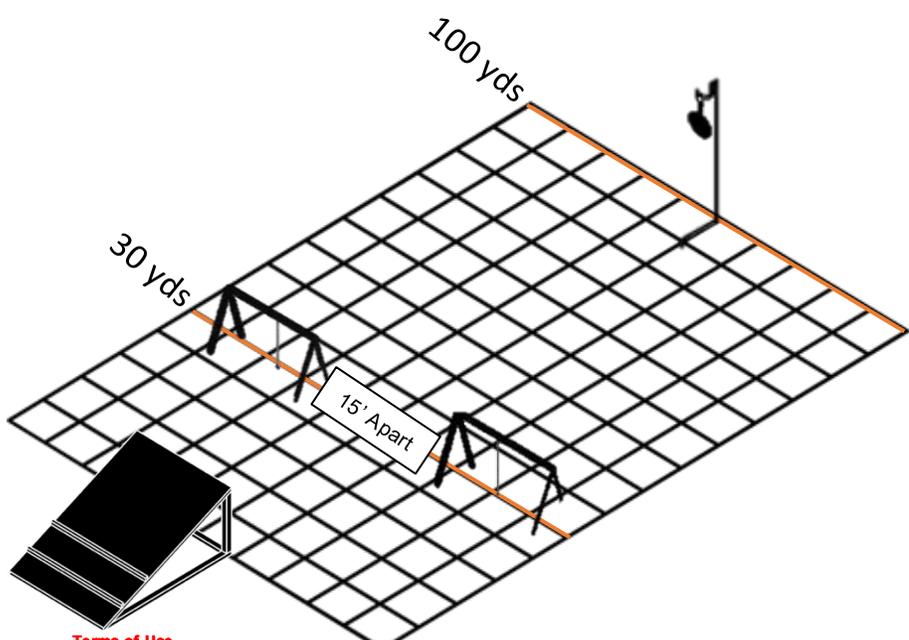
Description: On the start signal, engage the targets as follows:

- Left KYL x1, Far x2, Right KYL x1

Each target sequence will be engaged in the same manner from the rooftop, then prone, and then rooftop again.

Note: You do not have to be completely on the rooftop.

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



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2026 Season Presented by:



Stage 3 Presented by:



3. Economy of Motion

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 70 yds: 1.5” on a single hanger
100 yds: 2.5” on a double hanger

Option 2 – 125 yds: 3”
180 yds: 5”

Target Size(s)	
MOA	MILS
2.0	0.6
2.4	0.7

Target Size(s)	
MOA	MILS
2.2	0.6
2.5	0.7

Restrictions: None

Points: 10 points per impact, 100 points possible

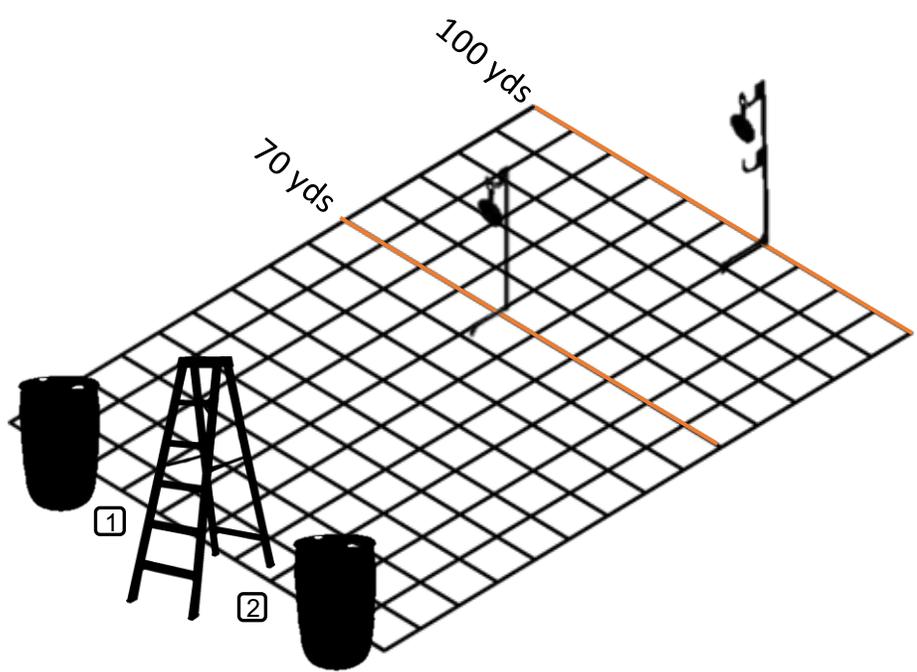
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

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

- Left barrel
- Prone #1
- Any Ladder Rung
- Prone #2
- Right barrel

Note: All positions must be used, and positions may be used in any order.

Adaptive Suggestion: Same target engagement but in the following position order: Left barrel, Ladder, Right barrel, Ladder, Left barrel. Same ladder rung may be used.



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Stage 4 Presented by:



4. Rabbit Run

Time: 120 Sec Round Count: 10

Ranges and Targets:

- Option 1 – 59 yds: 1" on a single hanger
- 70 yds: 1.5" on a double hanger
- 82 yds: 2" on a double hanger
- Option 2 – 105 yds: 2"
- 130 yds: 3"
- 151 yds: 4"

Target Size(s)	
MOA	MILS
1.6	0.5
2	0.6
2.3	0.7
Target Size(s)	
MOA	MILS
1.8	0.5
2.2	0.6
2.5	0.7

Barricade/Targets Setup: Center tip is pointing down range.

Restrictions: None

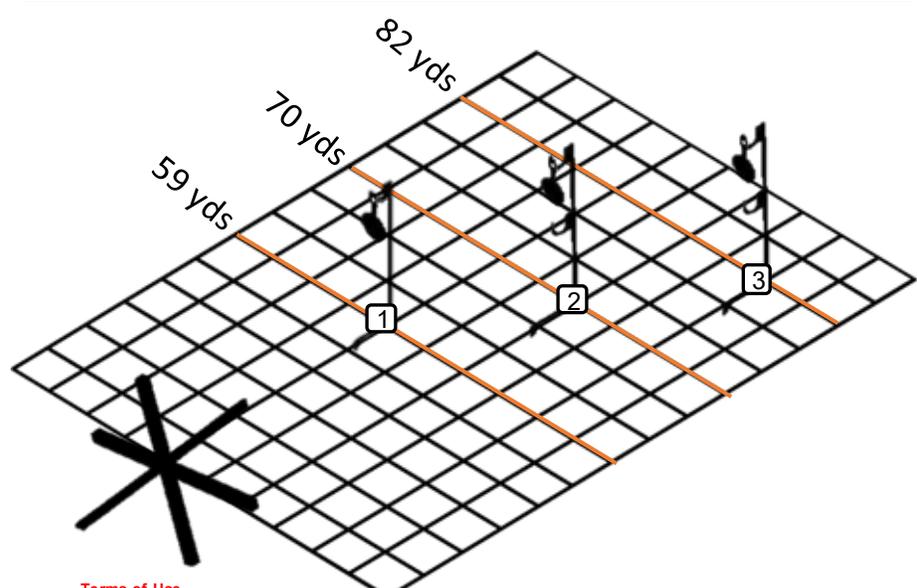
Points: 10 pts per impact plus 0.1 bonus points per second remaining after the required round count of 10 shots have been fired. *If the shooter times out, then 120.00 will be entered for total time elapsed.*

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.

Adaptive Suggestion: Same target engagement. Only use the tips, moving after every 2 shots. You must use all 3 tips first and then you'll repeat tip #1 & #2.

- Description:** On the start signal, engage the targets in the following order and manner:
1. Left tip: T1 & T2
 2. Center tip: T2 & T3
 3. Right tip: T3 & T1
 4. Center of the tank trap: T1 & T2
 5. Any tip: T2 & T3



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5. Triple Stack Showdown

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 63 yds: 1" on a single hanger
100 yds: 2" & 3" on a double hanger

Target Size(s)	
MOA	MILS
1.5	0.4
1.9, 2.9	0.6, 0.8

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

Barricade/Targets Setup: 3 cinder blocks to form a triangle on the ground with 3 stacked tires on them.

Points: 10 points per impact, 120 points possible

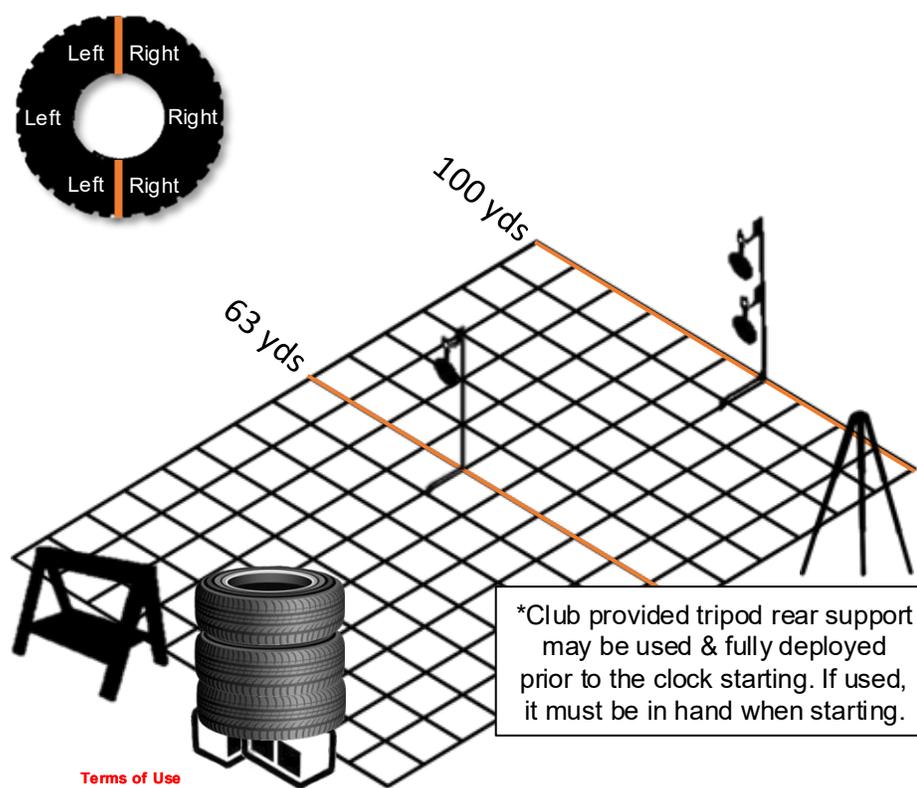
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets Far large, near, Far small with 1 shot each from the following 4 positions:

- Left side of the tires
- Right side of the tires
- Left side of the sawhorse (top)
- Right side of the sawhorse (top)

Note: Positions may be used in any order

Adaptive Suggestion: A stool may be used when shooting from the sawhorse and the tires.



*Club provided tripod rear support may be used & fully deployed prior to the clock starting. If used, it must be in hand when starting.

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Schedule of Target Engagement Breakdown

Stage 1		
Shot Number	Position	Target
1	1	3"
2		2.5"
3		2"
4		1.5"
5	2	3"
6		2.5"
7		2"
8		1.5"
9	3	3"
10		2.5"
11		2"
12		1.5"

Stage 2		
Shot Number	Position	Target
1	Rooftop	Left
2		Far
3		Far
4		Right
5	Prone	Left
6		Far
7		Far
8		Right
9	Rooftop	Left
10		Far
11		Far
12		Right

Stage 3		
Shot Number	Position	Target
1	1	Near
2		Far
3	2	Near
4		Far
5	3	Near
6		Far
7	4	Near
8		Far
9	5	Near
10		Far

Stage 4		
Shot Number	Position	Target
1	Left Tip	T1
2		T2
3	Center Tip	T2
4		T3
5	Right Tip	T3
6		T1
7	Center	T1
8		T2
9	Any Tip	T2
10		T3

Stage 5		
Shot Number	Position	Target
1	1	Far Large
2		Near
3		Far Small
4	2	Far Large
5		Near
6		Far Small
7	3	Far Large
8		Near
9		Far Small
10	4	Far Large
11		Near
12		Far Small

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