



July 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 Suzie Lundsten. Suzie is the Match Director at Northwest Minnesota Rimfire at Rush Lake Range in Minnesota and a co-match director of Minnesota Mayhem NRL22X. Suzie is one of the NRL22 Advisory Board members and helps with yearly rules review and COF proofing each month.

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 tank trap, sawhorse, 5-gal bucket, chair, 2-gal bucket, 1x cinderblock, tripod, 3x tires, 6' ladder, 55-gal barrel, 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 2027 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 **August 9, 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.

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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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2027 Season Presented by:



Stage 1 Presented by:



1. Freedom Seeds

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 37 yds: ¼", ½", ¾", 1" on a KYL rack
87 yds: 2" & 2.5" on a double hanger

Option 2 – 63 yds: ½", 1", 1.5", 2"
166 yds: 4" & 5"

Target Size(s)	
MOA	MILS
0.6, 1.3, 1.9, 2.6	0.2, 0.4, 0.6, 0.8
2.2, 2.7	0.6, 0.8
Target Size(s)	
MOA	MILS
0.8, 1.5, 2.3, 3.0	0.2, 0.4, 0.7, 0.9
2.3, 2.9	0.7, 0.8

Restrictions: Tripod may not be adjusted unless the competitor can not safely engage the targets due to it being too tall.

Barricade: Tripod is set to a height of 48"

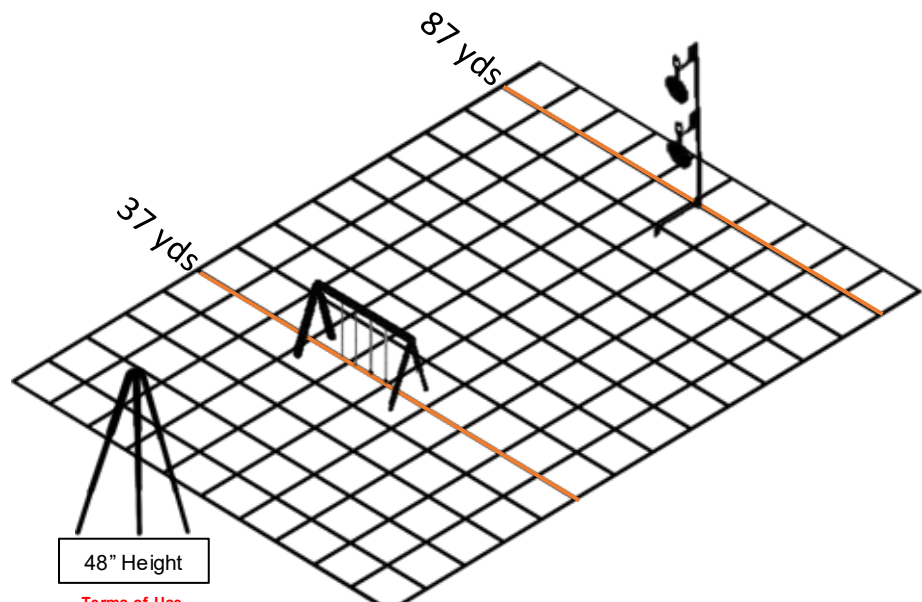
Points: 10 points per impact, 120 points possible

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

Adaptive Suggestion: Same target engagement but instead of prone, use a vertical 55-gal barrel or bench.

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

1. Tripod: Far – Large to Small
2. Prone: KYL – Large to Small
3. Tripod: Far – Small to Large
4. Prone: KYL – Small to Large



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2027 Season Presented by:



Stage 5 Presented by:



2. July 4th Block Party

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 67 yds: 1.5” on a single hanger
93 yds: 3” on a double hanger

Target Size(s)	
MOA	MILS
2.1	0.6
3.1	0.9

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

Restrictions: No bipods are allowed.

Points: 10 points per impact, 100 points possible

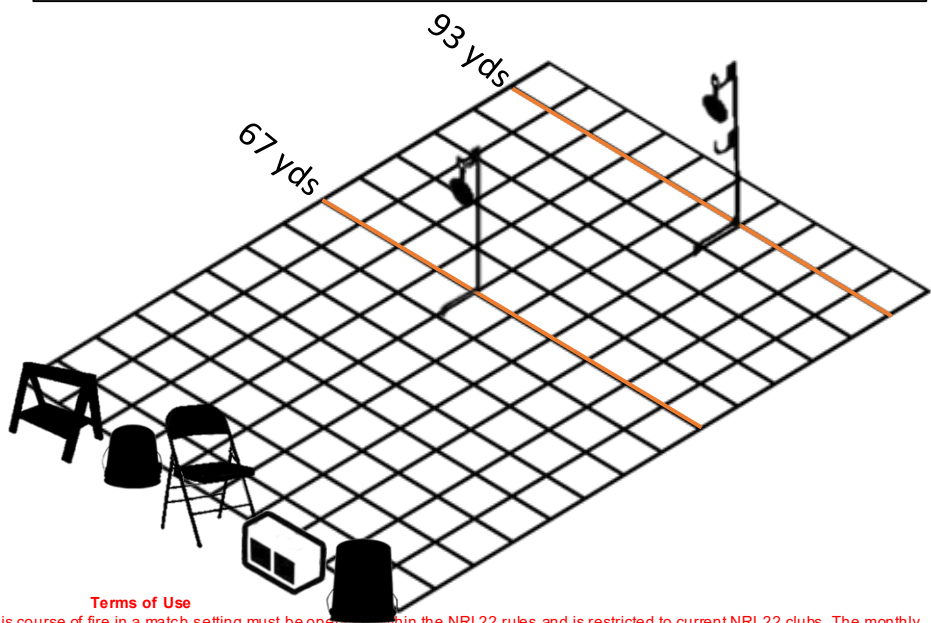
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets from near to far with 1 shot each from the following props:

- Top of the sawhorse
- 2-gal bucket
- Chair seat
- Cinder block
- 5-gal bucket

Note: Props may be used in any order, and all props must be used.

Adaptive Suggestion: Same target engagement. Place the 2-gal and 5-gal on an elevated position and engage the targets from the following position order: Left then right side of the sawhorse, 2-gal, 5-gal, then middle of the sawhorse. A stool may be used for the sawhorse positions.



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2027 Season Presented by:



Stage 3 Presented by:



3. Red, White & Boom!

Time: 120 Sec Round Count: 12

Ranges and Targets:

- Option 1 – 52 yds: 1" on a single hanger
- 73 yds: 1.5" on a single hanger
- 86 yds: 2" on a single hanger

Target Size(s)	
MOA	MILS
1.8	0.5
2	0.6
2.2	0.6

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

Restrictions: None

Barricade: Tank trap tip pointing downrange

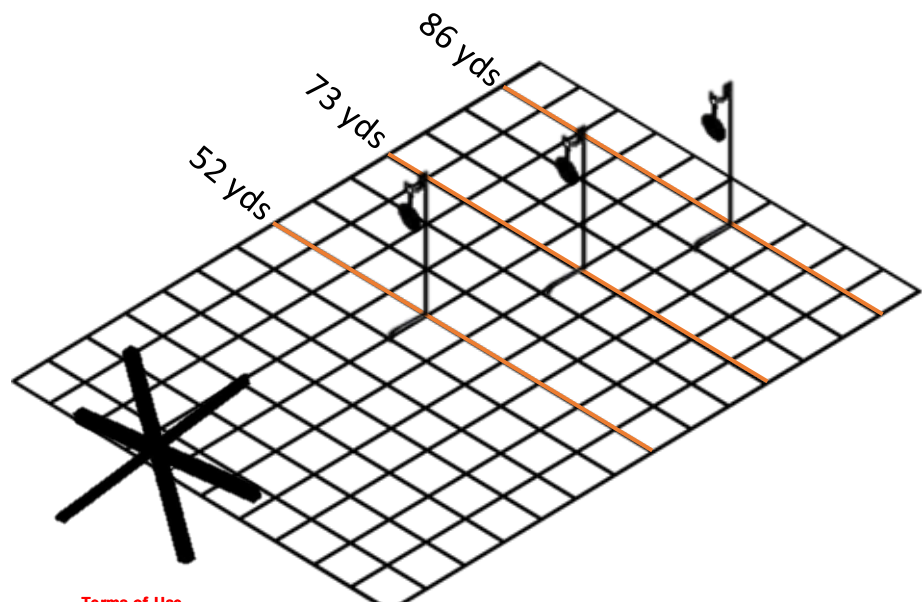
Points: 10 points per impact, 120 points possible

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 with 1 shot each from the following positions in order:

1. Each Tip
2. Center

Adaptive Suggestion: Same target engagement but repeat the first tip after all tips have been used first.



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2027 Season Presented by:



Stage 2 Presented by:



4. Let Freedom Ring

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 100 yds: 3” on a double hanger

Target Size(s)	
MOA	MILS
2.9	0.8

Option 2 – 188 yds: 6”

Target Size(s)	
MOA	MILS
3	0.9

Restrictions: None

Points: 10 points per impact, 120 points possible

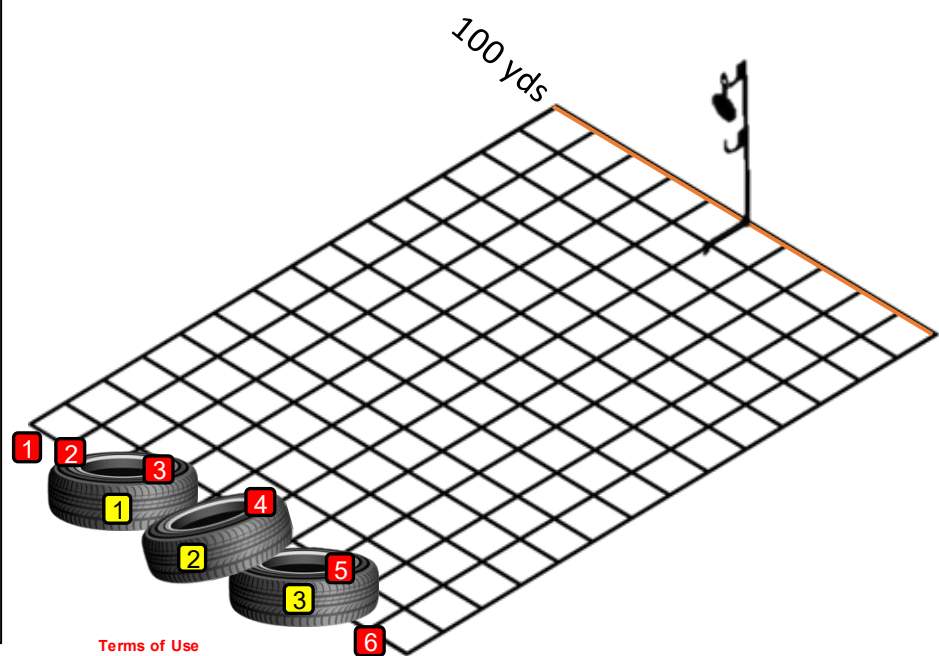
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Adaptive Suggestion: Place a tire on elevated position and engage the target with 2 shots alternating from the left and right side of the tire i.e. positions 2 & 3.

Description: On the start signal, engage the target with 2 shots from each position. Positions may be used in any order:

- Prone: left side
- Tire #1: Left and Right
- Tire #2: Right
- Tire #3: Right
- Prone: Right side

Note: Tires are labeled in black/yellow and positions are labeled in white/red.



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2027 Season Presented by:



Stage 5 Presented by:



5. The Independence Dash

Time: 120 Sec Round Count: 12

Ranges and Targets:

- Option 1 – 43 yds: 1" on a double hanger
- 59 yds: 1.5" on a double hanger
- 77 yds: 2" on a double hanger

Target Size(s)	
MOA	MILS
2.2	0.6
2.4	0.7
2.5	0.7

- Option 2 – 78 yds: 2" | 110 yds: 3" | 143 yds: 4"

Target Size(s)	
MOA	MILS
2.4, 2.6, 2.7	0.7, 0.8, 0.8

Restrictions: Rungs may not be repeated. No dialing of elevation on the clock is allowed. Dialing windage and magnification on the clock is allowed. **If a shooter dials elevation on the clock the RO will say "Wrong Procedure" after the shot has been taken.** All subsequent shots will be scored as a miss until the procedure is corrected.

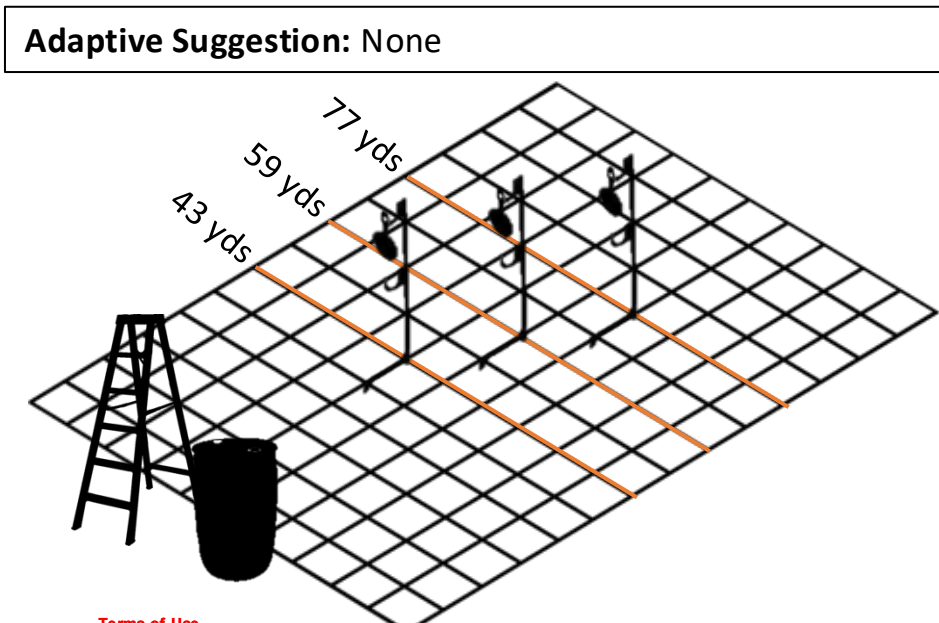
Points: 10 pts per impact plus 0.1 bonus points per second remaining after the required round count of 12 shots have been fired. **If the shooter times out, then 120.00 will be entered for total time elapsed.**

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.

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

1. Barrel: Near to Far
2. Ladder: Far to Near
3. Barrel: Near to Far
4. Ladder: Far to Near



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Schedule of Target Engagement Breakdown

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

Stage 2		
Shot Number	Position	Target
1	Top of the Sawhorse	Near
2		Far
3	2-gal	Near
4		Far
5	Chair Seat	Near
6		Far
7	Cinder Block	Near
8		Far
9	5-gal	Near
10		Far

Stage 3		
Shot Number	Position	Target
1	Tip #1	Near
2		Middle
3		Far
4	Tip #2	Near
5		Middle
6		Far
7	Tip #3	Near
8		Middle
9		Far
10	Center	Near
11		Middle
12		Far

Stage 4		
Shot Number	Position	Target
1	1. Prone Left	Target
2		Target
3	2. Tire #1: Left	Target
4		Target
5	3. Tire #1: Right	Target
6		Target
7	4. Tire #2: Right	Target
8		Target
9	5. Tire #3: Right	Target
10		Target
11	6. Prone Right	Target
12		Target

Stage 5		
Shot Number	Position	Target
1	Barrel	Near
2		Middle
3		Far
4	Ladder	Far
5		Middle
6		Near
7	Barrel	Near
8		Middle
9		Far
10	Ladder	Far
11		Middle
12		Near

*Positions may be used in any order

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