



November 2025 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 is an NRL22 and NRL22X Match Director at Regulators Rimfire in Boaz, KY and helps proof the NRL22 COF each month with Dominic.

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 2x 55-gallon barrels, ladder, rooftop, sawhorse, tank trap, tripod, 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 **December 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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2026 Season Presented by:



TIKKA

Stage 1 Presented by:



1. C is for Cookie

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1					Option 2			
Yards	Target	Size MOA	Size MIL	Hanger	Size MIL	Size MOA	Target	Yards
50	1"	1.9	0.6	Double	0.6	2.1	2"	90
63	1.5"	2.3	0.7	Single	0.8	2.6	3"	110
75	2"	2.5	0.7	Single	0.8	2.8	4"	136
87	2.5"	2.7	0.8	Single	0.8	2.9	5"	164
100	3"	2.9	0.8	Single	0.9	3.1	6"	182

Barricade/Targets Setup: Tank trap tip is pointing to the rear. Targets are to be setup as a troop line and not to exceed 10 yards laterally.

Restrictions: None

Points: 10 points per impact, 120 points possible

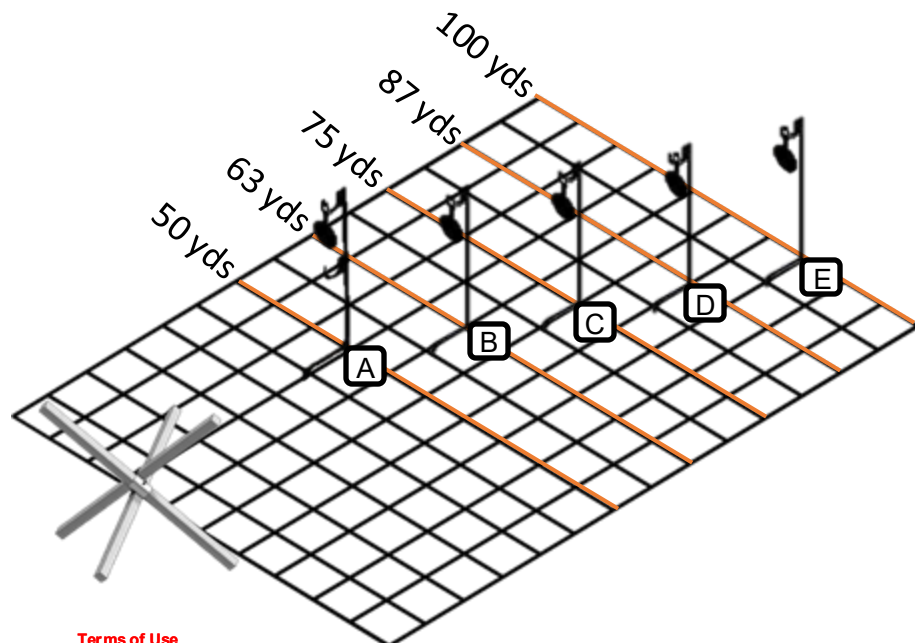
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets as listed below from any tank trap tip. You must move after each sequence. Tips may be repeated.

1. C
2. A, B, C
3. C
4. E, D, C
5. C
6. A, E, C



Adaptive Suggestion: None



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TIKKA

Stage 2 Presented by:



2. Ladder? I Hardly Know Her

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 35 yds: ¼", ½" on a KYL rack
50 yds: ¾", & 1" on a KYL rack

Target Size(s)

MOA	MILS
0.7, 1.4	0.2, 0.4
1.4, 1.9	0.4, 0.6

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

Restrictions: None

Points: 10 points per impact, 100 points possible

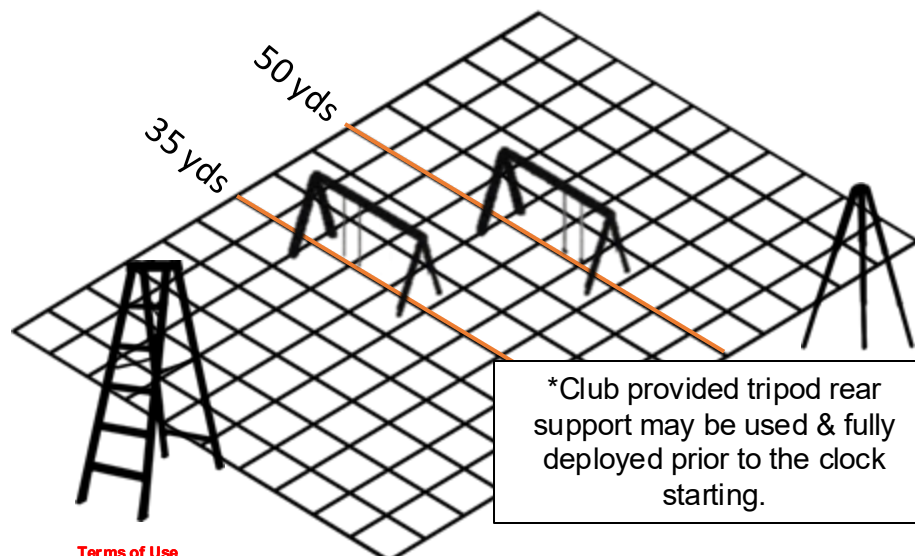
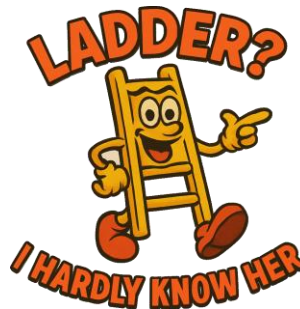
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, Take a position on a ladder rung and engage the far KYL rack with 1 shot each, large to small. Then transition to a different rung and engage the near KYL rack with 1 shot each, large to small.

Continue this sequence engaging the far KYL then near KYL, moving to a different rung after every 2nd shot

Rungs may be repeated.

Adaptive Suggestion: None



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

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TIKKA

Stage 3 Presented by:



3. Black Friday Bolt Run

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 93 yds: 2.5" on a double hanger
 93 yds: 2.5" on a double hanger > 10 yds apart

Target Size(s)	
MOA	MILS
2.6	0.7

Option 2 – 160 yds: 5"

Target Size(s)	
MOA	MILS
3	0.9

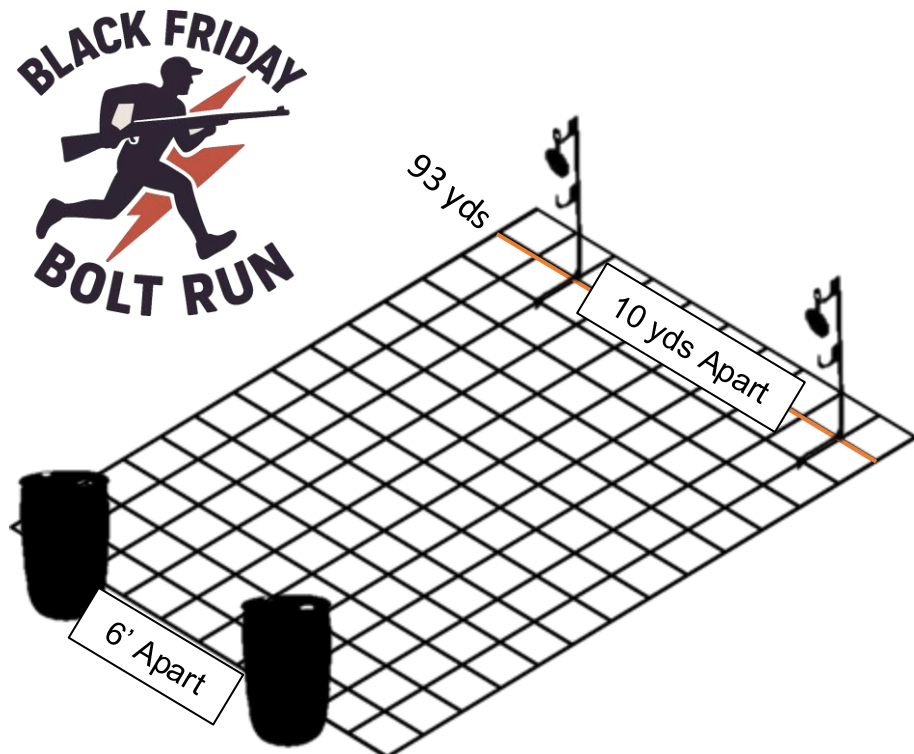
Points: 10 pts per impact plus 0.1 bonus points per second remaining after the required round count of 12 shots have been fired.

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, take a position on the left barrel and engage the right target with 2 shots. Then transition to the right barrel and engage the left target with 2 shots. Continue this target engagement, moving after every 2nd shot until all 12 rounds have been fired or time expires.

Adaptive Suggestion: None



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TIKKA

Stage 4 Presented by:



4. Gravy Train of Pain

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 68 yds: 1.5" on a double hanger
80 yds: 2" on a double hanger

Target Size(s)	
MOA	MILS
2.1	0.6
2.4	0.7

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

Option 2b – Same targets and distance. 1 shot per position i.e. 1 shot far (pyramid), 1 shot near (prone), etc. with a par time of 120 seconds.

Restrictions: Only standing positions may be used on the pyramid.

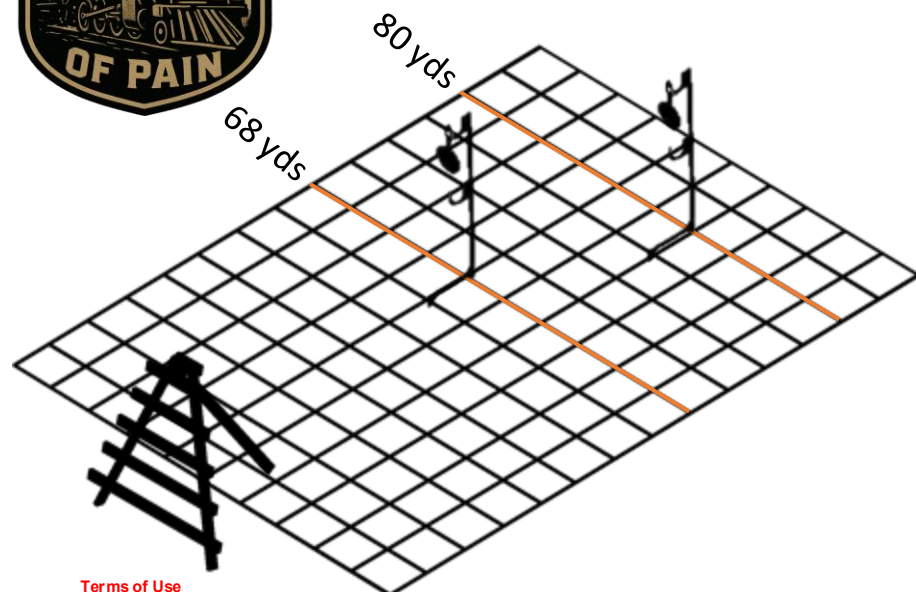
Points: 10 points per impact, 100 points possible

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

Description: On the start signal, engage the far target with 2 shots and then the near target with 2 shots. Positions are: a) standing at the pyramid and b) prone. You may choose which position to start with but after every 2nd shot, you must move to the other position.

Positions on the pyramid may be repeated.

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



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Stage 5 Presented by:



TIKKA

5. Gobbler on the Gable

Time: 120 Sec Round Count: 12

Ranges and Targets:

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

Target Size(s)

MOA	MILS
1.9, 2.9	0.6, 0.8

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

Restrictions: None

Points: 10 points per impact, 120 points possible

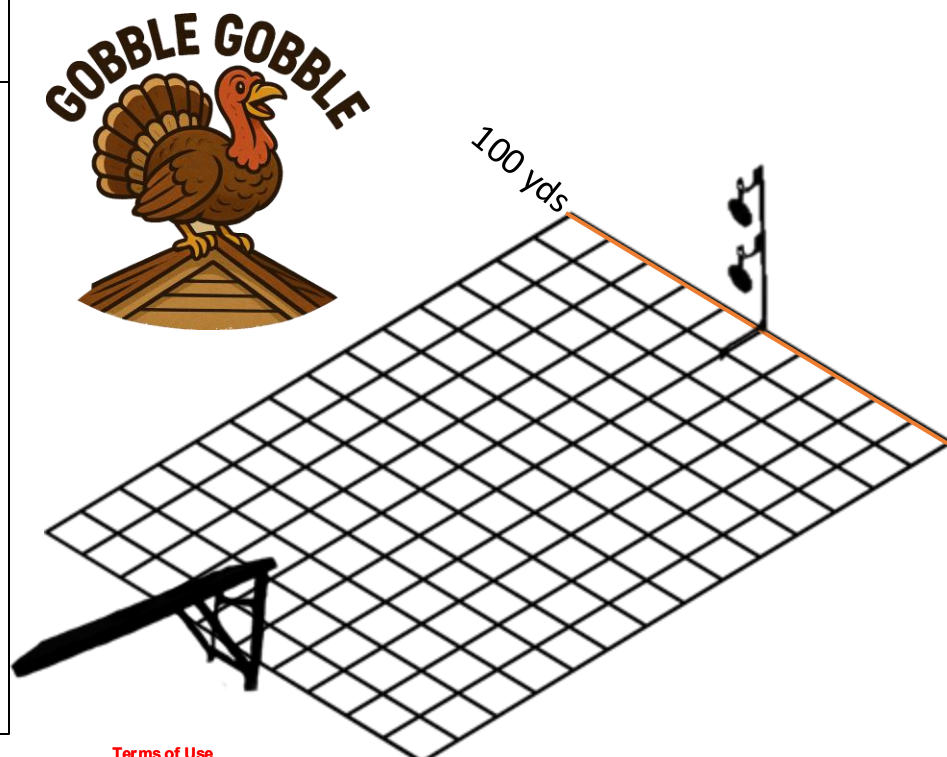
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Adaptive Suggestion: No change

Description: On the start signal, engage the targets with 2 shots each Large then Small in the following order:

1. Left side of the rooftop
2. Right side of the rooftop
3. Center of the rooftop

Note: All positions, the rifle is supported by the rooftop. On the last position, no part of your body nor equipment may touch the ground.



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