



May 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 with inspiration from the inaugural NRL22 Pro/Am. Todd has been an NRL22 and NRL22X Match Director for several years and helps the NRL22 proof each course of fire for the NRL22 community. Todd is from Boaz, KY and his home range is Regulators Rimfire in Boaz, KY.

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 5-gal bucket, 55-gal barrel, 2-gal bucket, rooftop, 6' ladder, tank trap, 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 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 **June 22, 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.

May 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"

Title Sponsor



Official Product Sponsors



Official Optic



Official Ballistics Solver &
Shot Timer



Official Ammo



Official Bipod



Official Action

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.



2027 Season Presented by:



Stage 1 Presented by:



1. Foxhole Fundamentals

Time: 120 Sec Round Count: 12

Ranges and Targets:

- Option 1 – 36 yds: ½", ¾", 1" on a KYL rack
- 60 yds: 1" & 1.5" on a double hanger
- 80 yds: 1.5" & 2" on a double hanger
- 100 yds: 2.5" & 3" on a double hanger

Target Size(s)	
MOA	MILS
1.3, 2.0, 2.7	0.4, 0.6, 0.8
1.6, 2.4	0.5, 0.7
1.8, 2.4	0.5, 0.7
2.4, 2.9	0.7, 0.8

- Option 2 – 67 yds: 1", 1.5", & 2"
- 105 yds: 2" & 3"
- 147 yds: 3" & 4"
- 191 yds: 5" & 6"

Target Size(s)	
MOA	MILS
1.4, 2.1, 2.9	0.4, 0.6, 0.8
1.9, 2.6	0.6, 0.8
1.8, 2.4	0.5, 0.7
2.5, 2.9	0.7, 0.9

Restrictions: None

Barricade/Targets Setup: 1x vertical 55-gal barrel and 1x horizontal 55-gal barrel parallel to the firing line. Barrels should be secured with the cradles

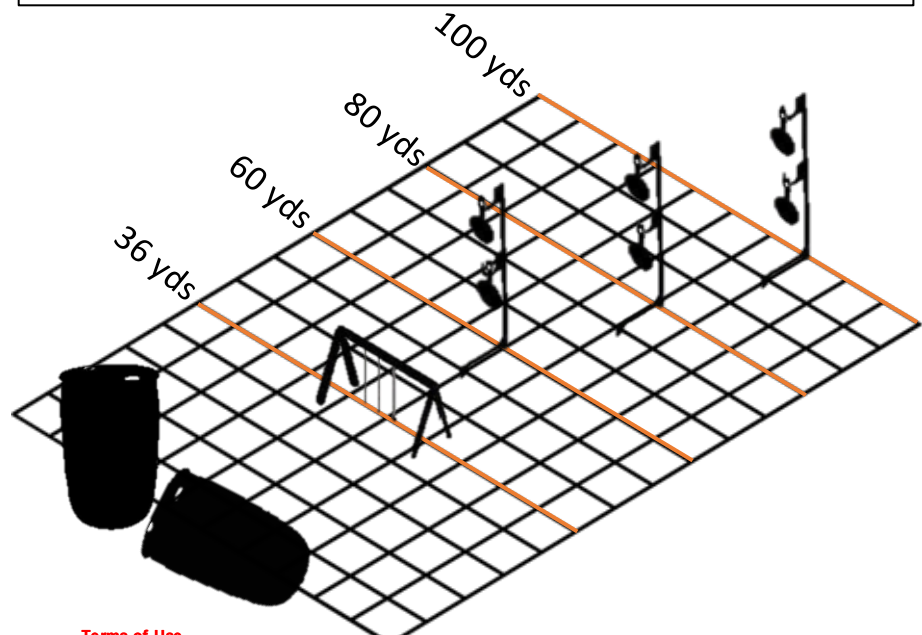
Points: 10 points per impact, 120 points possible

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

Adaptive Suggestion: Same target engagement. The horizontal 55-gal barrel will be vertical.

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

- Vertical 55-gal Barrel:**
 - KYL Largest
 - Near Targets: Lg, Lg, Sm
- Horizontal 55-gal Barrel:**
 - KYL Middle
 - Middle Targets: Lg, Lg, Sm
- Vertical 55-gal Barrel:**
 - KYL Smallest
 - Far targets: Lg, Lg, Sm



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.



2027 Season Presented by:



Stage 2 Presented by:



2. No Retreat, No Miss

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 50 yds: 1" & 1.5" on a double hanger
96 yds: 2" & 2.5" on a double hanger

Target Size(s)	
MOA	MILS
1.9, 2.9	0.6, 0.9
2.0, 2.5	0.6, 0.7

Option 2 – 98 yds: 2" & 3"
172 yds: 4" & 5"

Target Size(s)	
MOA	MILS
1.9, 2.9	0.6, 0.9
2.2, 2.8	0.6, 0.8

Restrictions: Positions may not be repeated

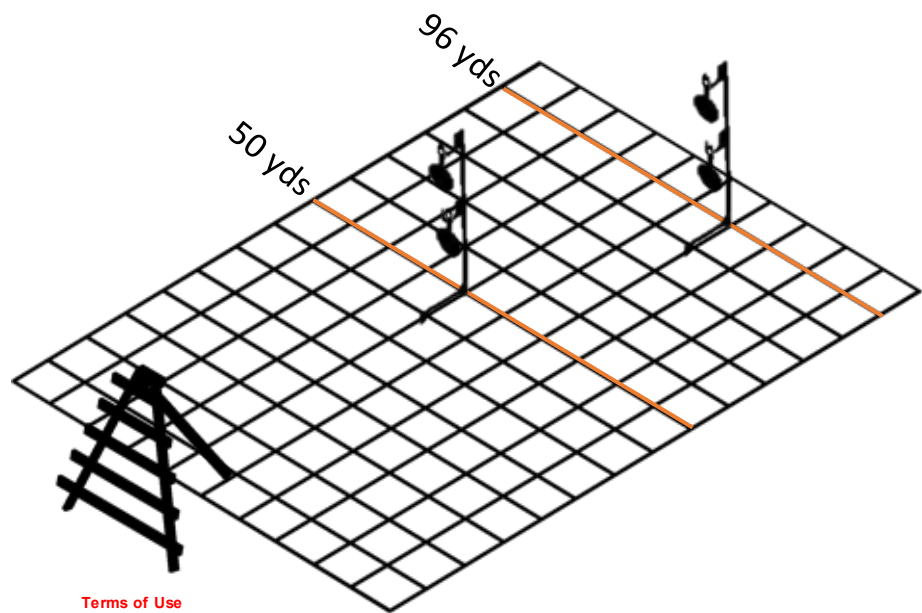
Points: 10 points per impact, 100 points possible

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

Description: On the start signal, engage the targets from 5 unique positions on the pyramid in the following manner:

1. Near Large, Far Large
2. Far Small, Near Small
3. Near Large, Far Large
4. Far Small, Near Small
5. Near Large, Far Large

Adaptive Suggestion: Same target engagement. You must use 3 unique positions first and then you may repeat 2 previously used positions moving after every 2nd shot.



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.



2027 Season Presented by:



Stage 3 Presented by:



3. High Seas Hustle

Time: 120 Sec Round Count: 12

Ranges and Targets:

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

Target Size(s)	
MOA	MILS
2.1, 2.6	0.6, 0.8

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

Restrictions: Tips may not be repeated

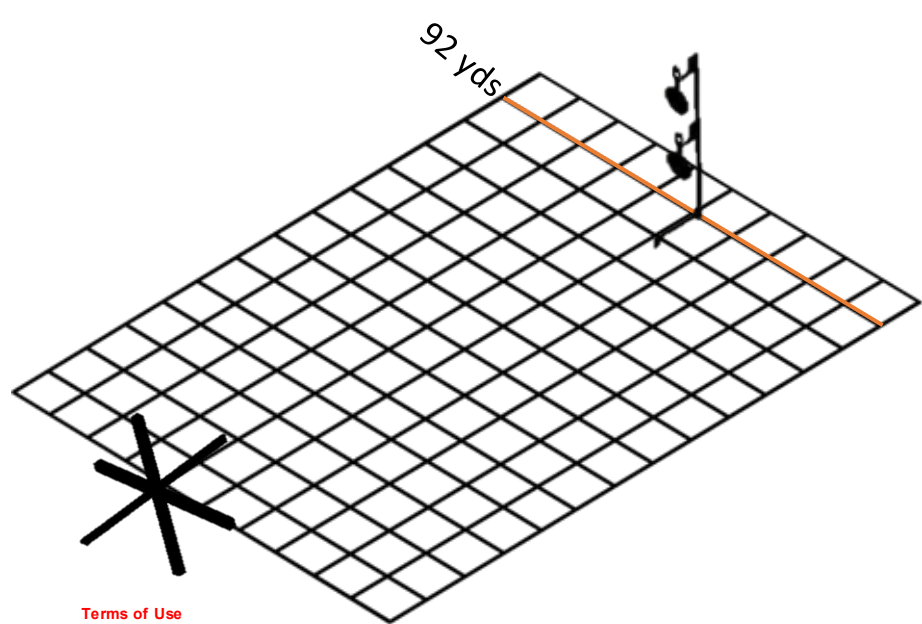
Barricade/Targets Setup: Tank trap center tip is pointing down range

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. Instead of the center of the tank trap, you will engage targets from an elevate position such as a bench or 55-gal barrel.

- Description:** On the start signal, engage the targets with 2 shots each in the following order and manner :
1. Tip #1: Large
 2. Center of the tank trap: Small
 3. Tip #2: Large
 4. Center of the tank trap: Small
 5. Tip #3: Large
 6. Center of the tank trap: Small



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.



2027 Season Presented by:



Stage 4 Presented by:



4. Mach Speed Madness

Time: 120 Sec Round Count: 10

Ranges and Targets:

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

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

Option 2 – 185 yds: 5" & 6"

Target Size(s)	
MOA	MILS
2.6, 3.1	0.8, 0.9

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.*

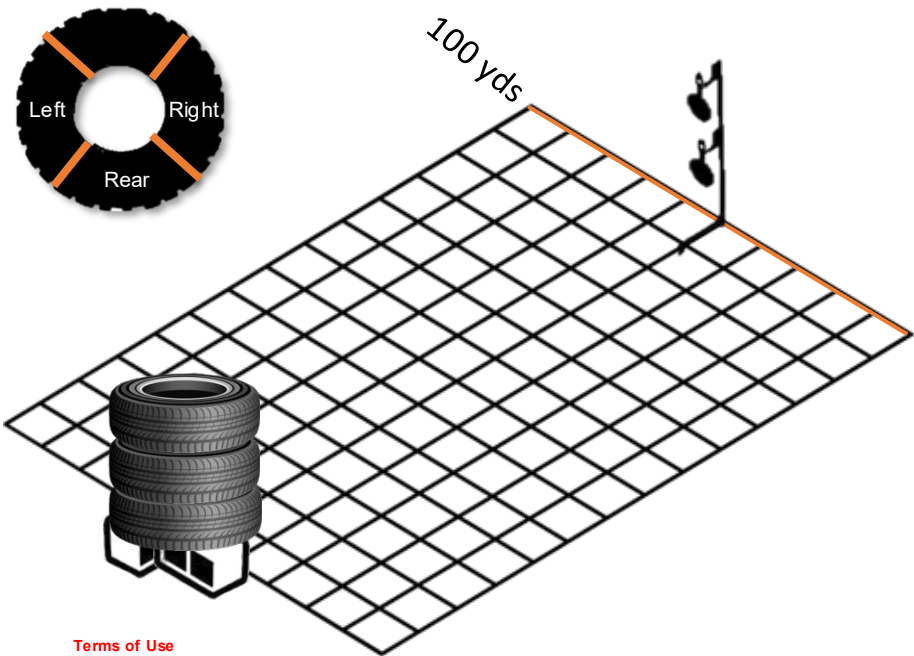
When scoring, always record the total time elapsed in seconds.

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

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

Description: On the start signal, engage the targets large then small with 1 shot each from the following positions in order:

1. Prone
2. Left side of the tires
3. Rear of the tires
4. Right side of the tire
5. Prone



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.



2027 Season Presented by:



Stage 5 Presented by:



5. Boot Camp Beatdown

Time: 120 Sec Round Count: 10

Ranges and Targets:

- Option 1 – 60 yds: 1" on a double hanger
- 70 yds: 1" on a single hanger
- 80 yds: 1.5" on a single hanger
- 95 yds: 2" on a single hanger
- 100 yds: 3" on a single hanger

Target Size(s)	
MOA	MILS
1.6	0.5
1.4	0.4
1.8	0.5
2.0	0.6
2.9	0.8

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

Restrictions: None

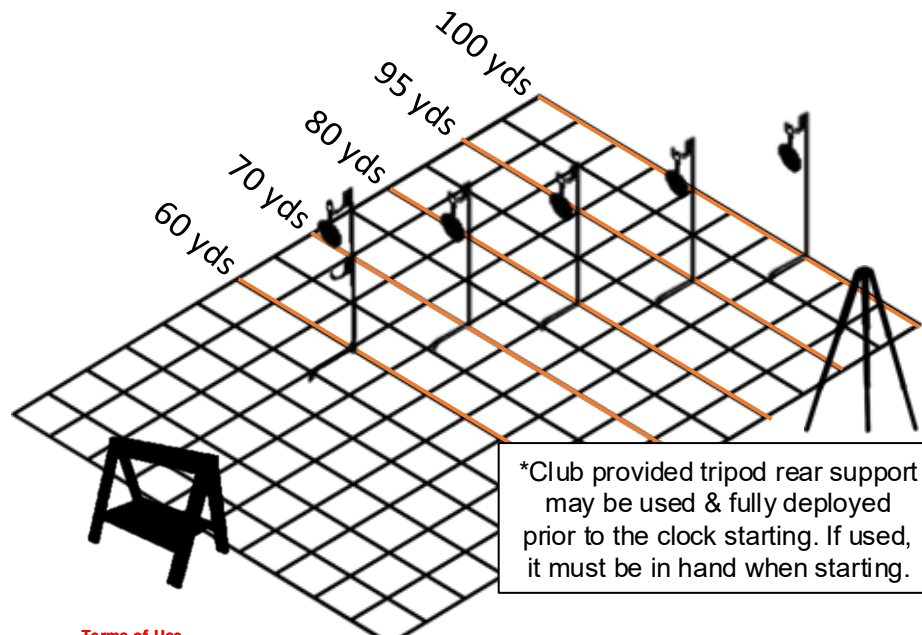
Points: 10 points per impact, 100 points possible

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 from near to far with 1 shot each from the top of the sawhorse.

Then transition to the sawhorse shelf and engage the targets from near to far with 1 shot each.

Adaptive Suggestion: Same target engagement. You will engage the first sequence from the left most side of the sawhorse and then the right most side for the last sequence.



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

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. This 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.



May 2026 COF

Schedule of Target Engagement Breakdown

Stage 1		
Shot Number	Position	Target
1	Vertical	KYL Largest
2		Near Lg
3		Near Lg
4		Near Sm
5	Horizontal	KYL Middle
6		Middle Lg
7		Middle Lg
8		Middle Sm
9	Vertical	KYL Small
10		Far Lg
11		Far Lg
12		Far Sm

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

Stage 3		
Shot Number	Position	Target
1	Tip #1	Large
2		Large
3	Center of Tank Trap	Small
4		Small
5	Tip #2	Large
6		Large
7	Center of Tank Trap	Small
8		Small
9	Tip #3	Large
10		Large
11	Center of Tank Trap	Small
12		Small

Stage 4		
Shot Number	Position	Target
1	Prone	Large
2		Small
3	Left Side of Tires	Large
4		Small
5	Rear of the Tires	Large
6		Small
7	Right Side of Tires	Large
8		Small
9	Prone	Large
10		Small

Stage 5		
Shot Number	Position	Target
1	Top of the Sawhorse	Near
2		#2
3		#3
4		#4
5		Furthest
6	Shelf of the Sawhorse	Near
7		#2
8		#3
9		#4
10		Furthest

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.