



December 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 Alec, David, and Christian Thingvold from Moorhead, Minnesota. Our NRL22 journey began at the Northwest Minnesota Rimfire matches in Rush Lake, where we quickly fell in love with the sport. From there, we started shooting at Horace Shooting Park and Northern Warrior Precision Rimfire, and now call the Northwestern Gun Club in Duluth our home range. Over the years, we've grown to love the sport and the challenges it brings. Whether it's a pile of rear bags or running tripod rear, we're always in, it's all part of the fun that keeps us coming back every 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 a tank trap, 3x tires, ladder, NRL22 pyramid, 2x 55-gal barrels, 5-gal bucket, 2-gal bucket, 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 **January 11, 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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2026 Season Presented by:



TIKKA

Stage 1 Presented by:



1. Reindeer Games

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 59 yds: 1" & 1.5" on a double hanger
96 yds: 2.5" on a single hanger

Target Size(s)

MOA	MILS
1.6, 2.4	0.5, 0.7
2.5	0.7

Barricade/Targets Setup: Center tank trap tip is pointing down range with a tire hanging on the front post resting on the center cradle.

Restrictions: None

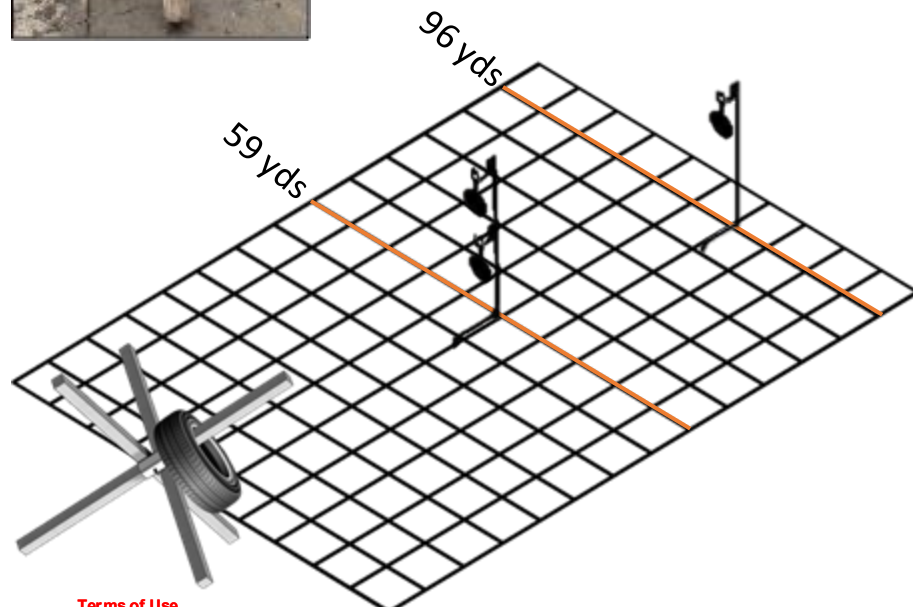
Points: 10 points per impact, 120 points possible

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

Adaptive Suggestion: None

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

1. Left tip: Far
2. Left side of tire: Near large then small
3. Right side of tire: Near large then small
4. Right tip: Far x 2
5. Right side of tire: Near small then large
6. Left side of tire: Near small then large
7. Left tip: Far



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2026 Season Presented by:



TIKKA

Stage 2 Presented by:



2. Supporty

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 40 yds: ½" & ¾" on a KYL rack
76 yds: 2" on a single hanger

Target Size(s)

MOA	MILS
1.2, 1.8	0.3, 0.5
2.5	0.7

Restrictions: Positions cannot be repeated.

Points: 10 points per impact, 120 points possible

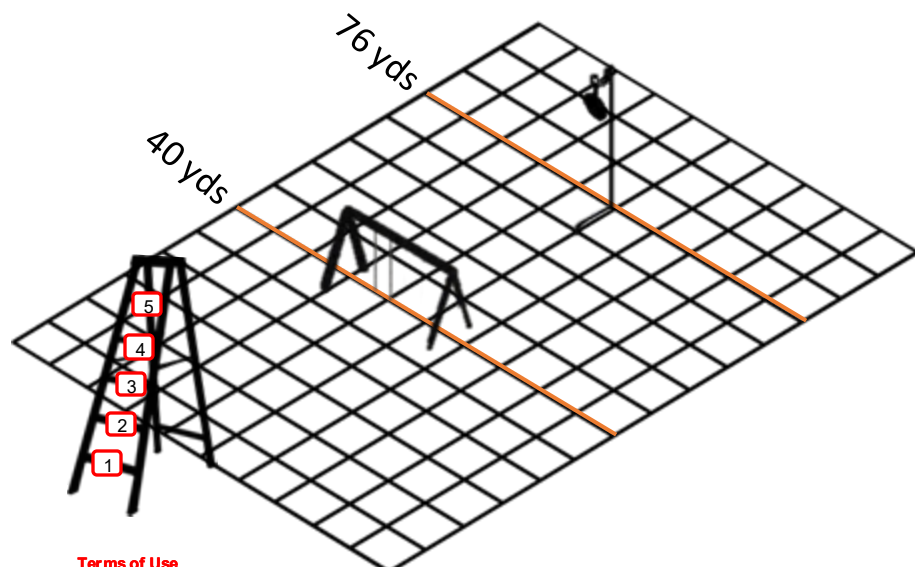
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, use your support/weak side prone position to engage the KYL rack large to small and then the far target, with 1 shot each. You will repeat this target engagement again from your support/weak side.

Transition to 1 of the 5 positions on the ladder and engage the targets in the same order but strong side. After your 3rd shot, you must move to a different position on the ladder and repeat the target engagement.

Note: Support/Weak side is non-dominant hand, shoulder, and eye.

Adaptive Suggestion: Use the 2 highest ladder rungs you can safely shoot from and alternate between them after every 3rd shot.



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Stage 3 Presented by:



3. Alta Arms A's

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 81 yds: 2.5" on a single hanger
91 yds: 3" on a single hanger

Target Size(s)

MOA	MILS
2.9	0.9
3.1	0.9

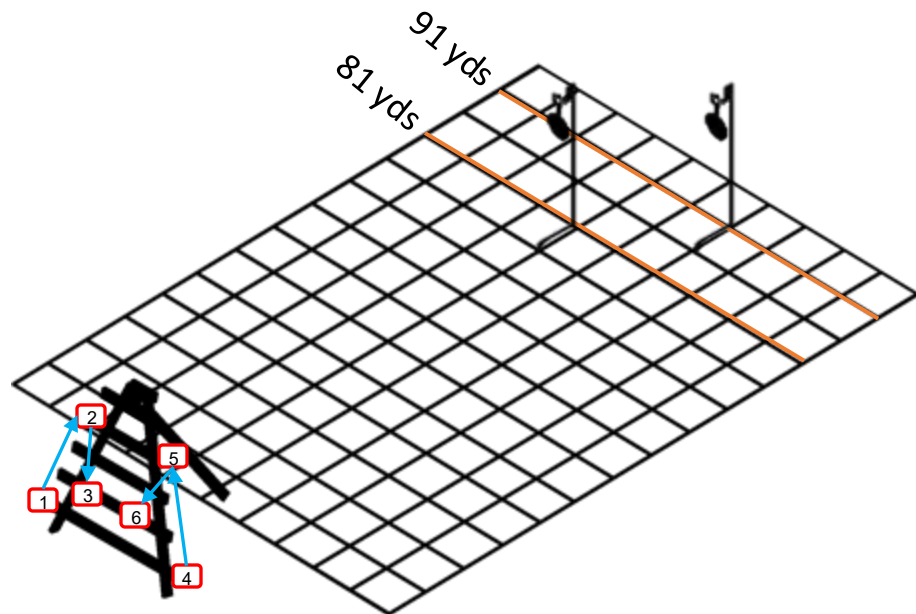
Points: 10 points per impact, 120 points possible

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 with 1 shot each, Near then Far, from Positions 1-6. You must use the positions in order as pictured below.

Note: If you cannot reach the 4th rung (positions 2 & 5), you may use the 3rd rung for those positions.

Adaptive Suggestion: Same target engagement. Must move after every 2nd shot using only the highest rung you can safely reach. Positions are only the outside left and right rungs.



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2026 Season Presented by:



TIKKA

Stage 4 Presented by:



4. Buckets of Joy

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 65 yds: 1.5" & 2" on a double hanger
100 yds: 3" on a double hanger

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

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.

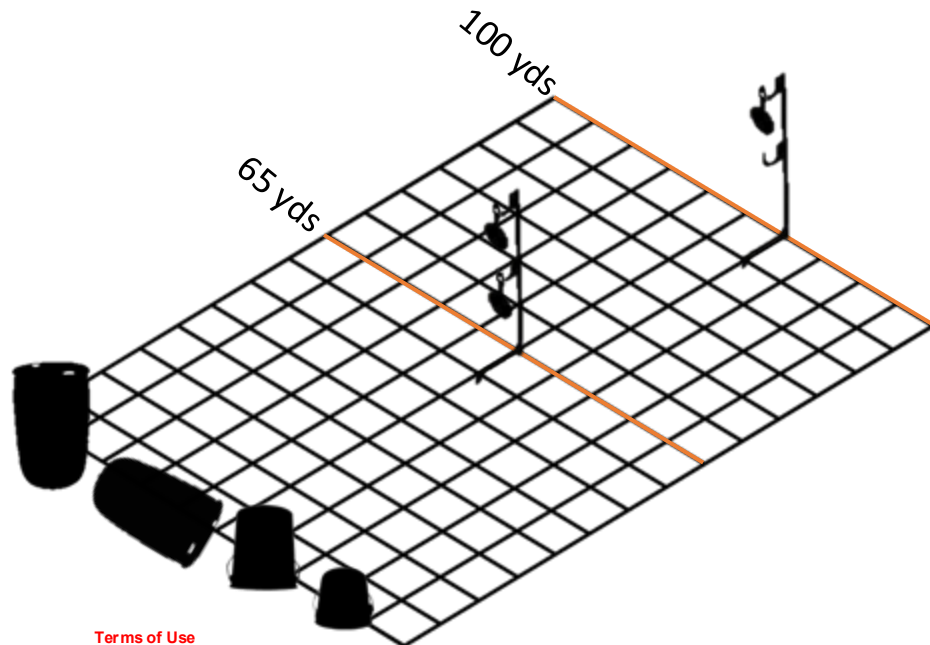
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets with 1 shot each, Near large to small, then Far from the following 4 barricades:

- Vertical barrel
- Horizontal barrel
- 5-gal bucket
- 2-gal bucket

Note: Barricades may be used in any order.

Adaptive Suggestion: Same target engagement. The horizontal barrel will be vertical. The buckets may be placed on an elevated position.



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TIKKA

Stage 5 Presented by:



TIKKA

5. Elf on a Shelf

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 50 yds: 1" on a double hanger
97 yds: 2.5" on a double hanger

Target Size(s)

MOA	MILS
1.9	0.6
2.5	0.7

Barricade/Targets Setup: 3 cinder blocks set up in a triangle with 2 tires stacked on top of them.

Restrictions: None

Points: 10 points per impact, 100 points possible

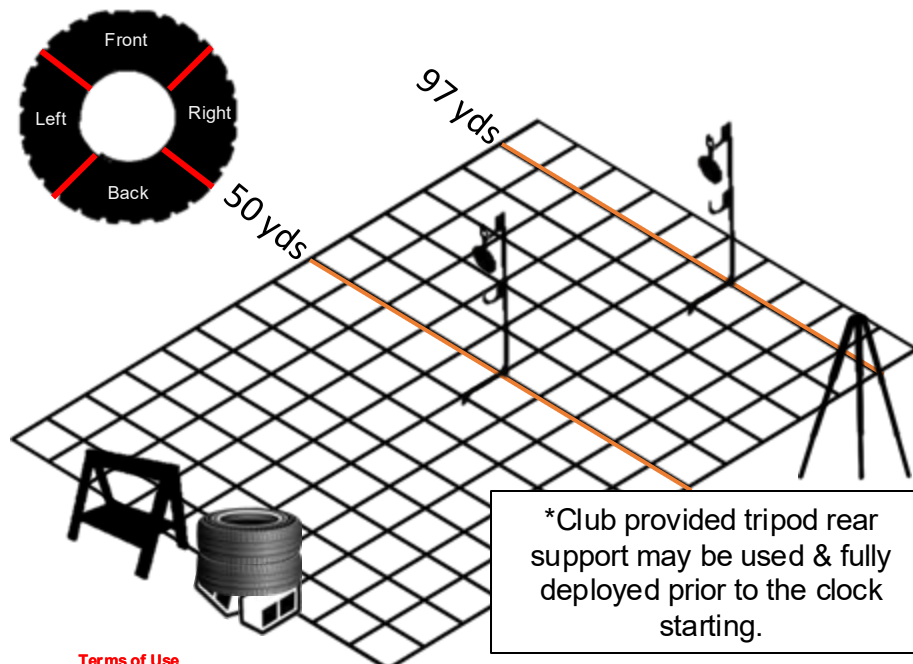
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

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

- Prone
- Top of the sawhorse
- Shelf of the sawhorse
- 2 different positions on the tires

Note: Barricades may be used in any order.

Adaptive Suggestion: Same target engagement. Use only the top of the sawhorse and the tires alternating between the 2 props after every 2nd shot.



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6. Sugar Plums Dancing

Time: 120 Sec

Round Count: 12

Ranges and Targets:

Option 1 – 80 yds: 1.5" & 2" on a double hanger
96 yds: 3" & 4" on a double hanger

MOA	MILS
1.8, 2.4	0.5, 0.7
3, 4	0.9, 1.2

Restrictions: None

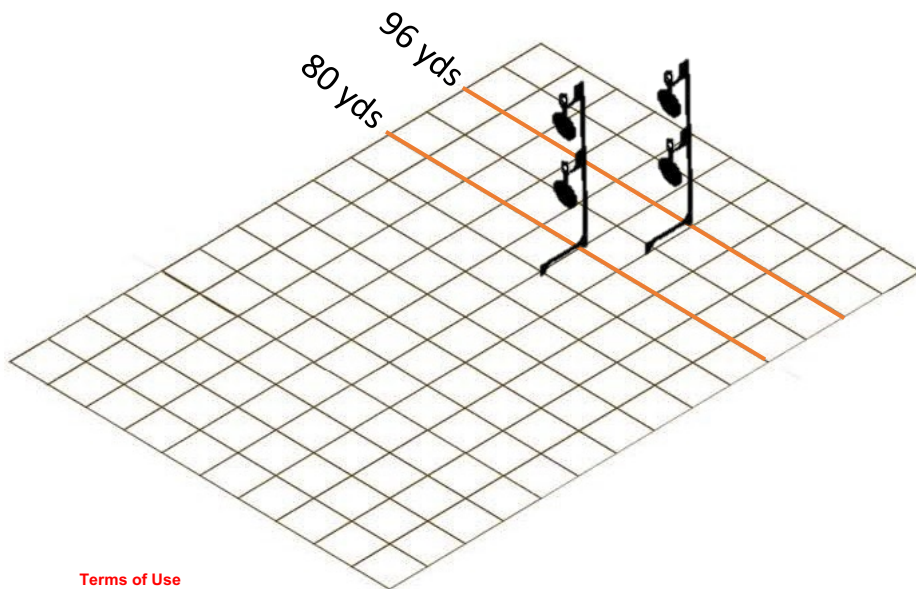
Points: 10 pts per impact

Start Position: Standing, rifle and all gear in hand, mag in, action open

Description: On the start signal, you will take a prone position and engage the targets with 1 shot each in the following order:

- Near Small
- Near Large
- Far Large
- Far Small
- Repeat that 4-shot sequence two more times

Adaptive Recommendation: In position with magazine out and off glass.



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7. 50 yard KYL

Time: 120 Sec

Round Count: 10

Ranges and Targets:

Option 1 – 50 yds:

2", 1-3/4", 1-1/2", 1-1/4", 1", 3/4", 1/2", 1/4" on a KYL

Restrictions: None

Points: 10 points per impact, 100 points possible

Start Position: Standing, rifle and all gear in hand, mag in, action open

Adaptive Recommendation: Start in position with magazine out and off glass.

Description: On the start signal, take a prone position and engage the KYL target with 1 shot from large to small.

Hit to advance. Continue shooting the smallest target for a total of 10 rounds.

