



February 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 Course of Fire was designed by **Jeannine Johannsen** of St. Paul, Minnesota. She began competing in NRL22 in February 2021 and became a Match Director in April 2023, working alongside her husband, Russ, at their home range, Oakdale Gun Club in Lake Elmo, Minnesota. Jeannine designs stages from a competitor's perspective, emphasizing movement, solid fundamentals, and practical problem-solving. This COF reflects her attention to detail and commitment to creating engaging and well-balanced challenges for all skill levels.

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, NRL22 Pyramid, 2x 55-gal barrels, ladder, 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 **16 March 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.



February 2026 COF

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1. Under One Roof

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 38 yds: $\frac{1}{2}''$ & $\frac{1}{4}''$ on a KYL rack
50 yds: 1" & $\frac{3}{4}''$ on a KYL rack

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 1.3, 0.6 | 0.4, 0.2 |
| 1.9, 1.4 | 0.6, 0.4 |

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

Barricade/Targets Setup: Rooftop peak is pointing down range.

Restrictions: No part of your body nor equipment may touch the ground.

Points: 10 points per impact, 120 points possible

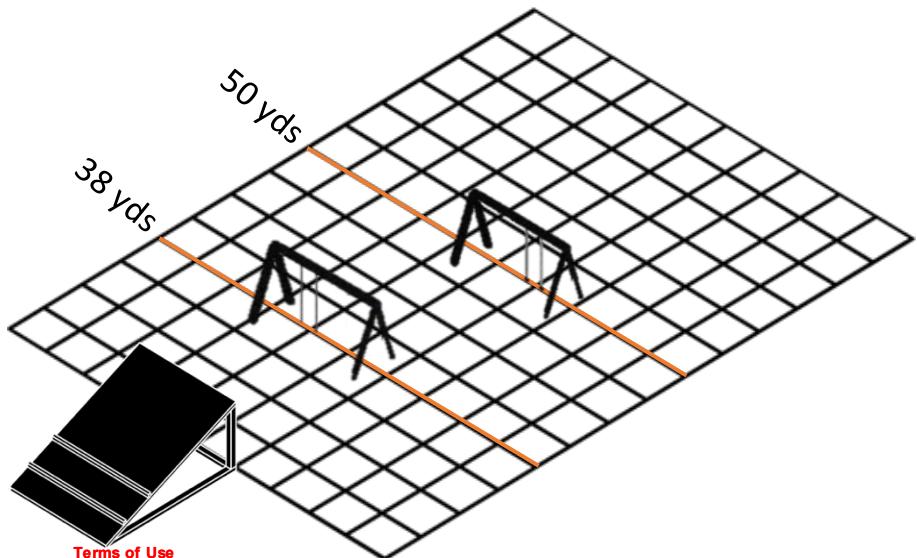
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Adaptive Suggestion: May start in position with magazine out and off glass. Same target engagement.

Description: On the start signal, take a position on the rooftop and engage the targets with 1 shot each in the following order and manner:

1. Strong Side – Far to Near, Large to Small
2. Support Side – Far to Near, Large to Small
3. Strong Side – Near to Far, Small to Large.

Note: Support side means non-dominant eye, shoulder, and hand.



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2026 Season Presented by:



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Stage 1 Presented by:





2026 Season Presented by:



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Stage 2 Presented by:



2. Pillboxes & Tank Traps

Time: 120 Sec Round Count: 10

Ranges and Targets:

| Option 1 | | | | | | Option 2 | | | |
|----------|-------|-------------|----------|----------|--------|----------|----------|-------------|-------|
| Target # | Yards | Target Size | Size MOA | Size MIL | Hanger | Size MIL | Size MOA | Target Size | Yards |
| 1 | 50 | 1" | 1.9 | 0.6 | Double | 0.6 | 2.1 | 2" | 92 |
| 2 | 70 | 1.5" | 2.0 | 0.6 | Double | 0.6 | 2.2 | 3" | 131 |
| 3 | 80 | 2" | 2.4 | 0.7 | Single | 0.7 | 2.5 | 4" | 150 |
| 4 | 90 | 2.5" | 2.7 | 0.8 | Single | 0.9 | 3.0 | 5" | 160 |
| 5 | 100 | 3" | 2.9 | 0.8 | Single | 0.9 | 3.1 | 6" | 185 |

Restrictions: One bag limit

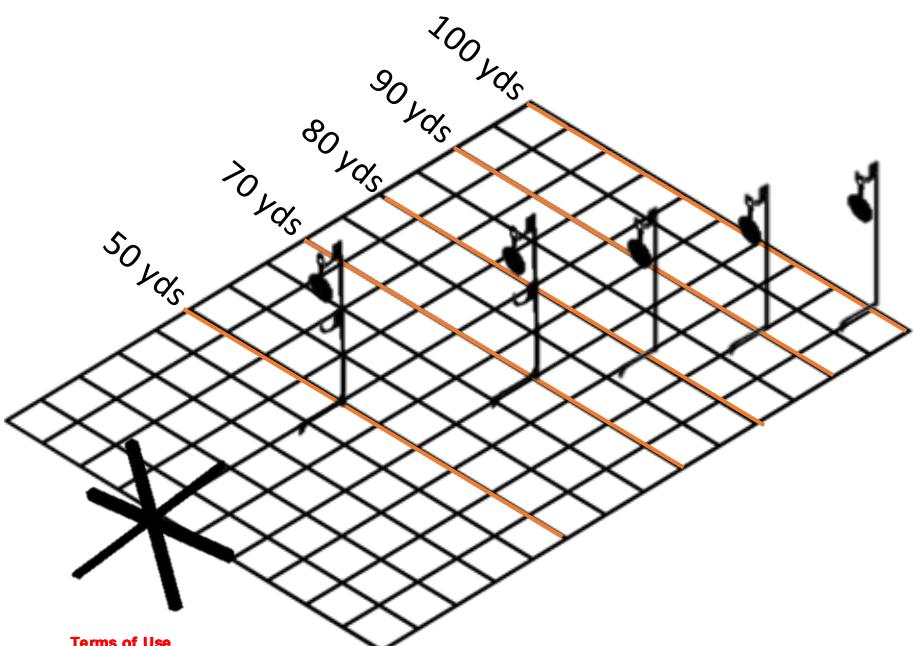
Points: 10 points per impact, 100 points possible

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

Adaptive Suggestion: Same target engagement. Use only the three tips. Once all three tips have been used, then tips may be repeated.

Description: On the start signal, engage the targets in the following order below, moving after every 2nd shot. Shooting positions are each tip and the center. Positions may be used in any order; however, all positions must be used. One position may be used twice to complete the required number of shots.

1. Target 1 & 5
2. Target 2 & 5
3. Target 3 & 5
4. Target 4 & 5
5. Target 5 & 1



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2026 Season Presented by:



Stage 3 Presented by:



3. The Red Pyramid

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 60 yds: 1.5" on a single hanger

Target Size(s)

| MOA | MILS |
|-----|------|
| 2.4 | 0.7 |

Option 2 – 115 yds: 3"

Target Size(s)

| MOA | MILS |
|-----|------|
| 2.5 | 0.7 |

Restrictions: Only the outside left & right positions on each rung may be used. Center positions may not be used. Positions may not be repeated*.

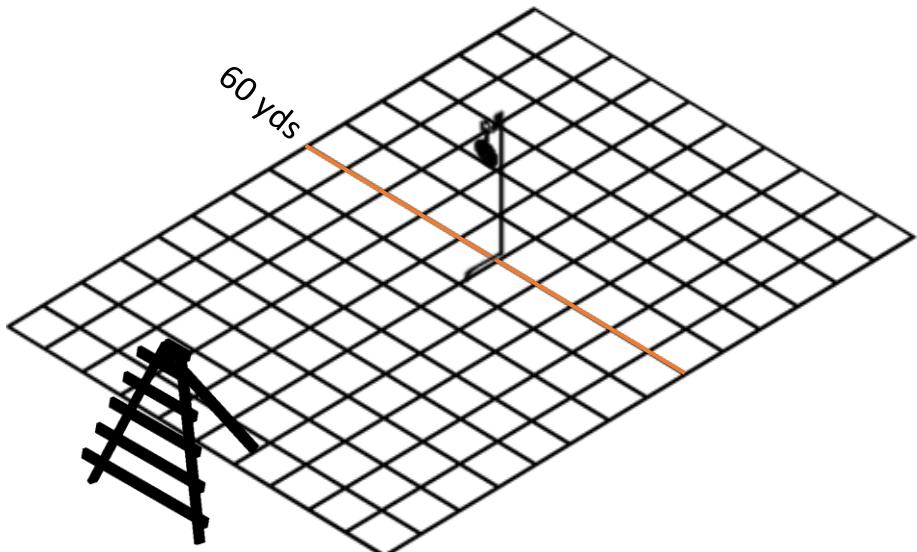
Points: 10 points per impact, 100 points possible

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

Description: On the start signal, take a position on the pyramid and engage the target in the following order and manner:

- Position 1: 1 shot
- Position 2: 2 shots
- Position 3: 1 shot
- Position 4: 2 shots
- Position 5: 1 shot
- Position 6: 2 shots
- Position 7: 1 shot.

Adaptive Suggestion: Same target engagement. Outside and inside positions on each rung may be used. A single position may be repeated but only after the first 6 positions have been used and it can't be the most recently used position.



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Stage 4 Presented by:



4. Last Barrel

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 55 yds: 1" & 1.5" on a double hanger
95 yds: 2" & 3" on a double hanger

Option 2 – 100 yds: 2" & 3"
176 yds: 4" & 6"

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 1.7, 2.6 | 0.5, 0.8 |
| 2, 3 | 0.6, 0.9 |
| Target Size(s) | |
| MOA | MILS |
| 1.9, 2.9 | 0.6, 0.8 |
| 2.2, 3.3 | 0.6, 0.9 |

Barricade/Targets Setup: 1x 55-gal barrel is vertical, 1x 55-gal barrel is horizontal parallel to the firing line. [Use the cradles to secure each barrel.](#)

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.*

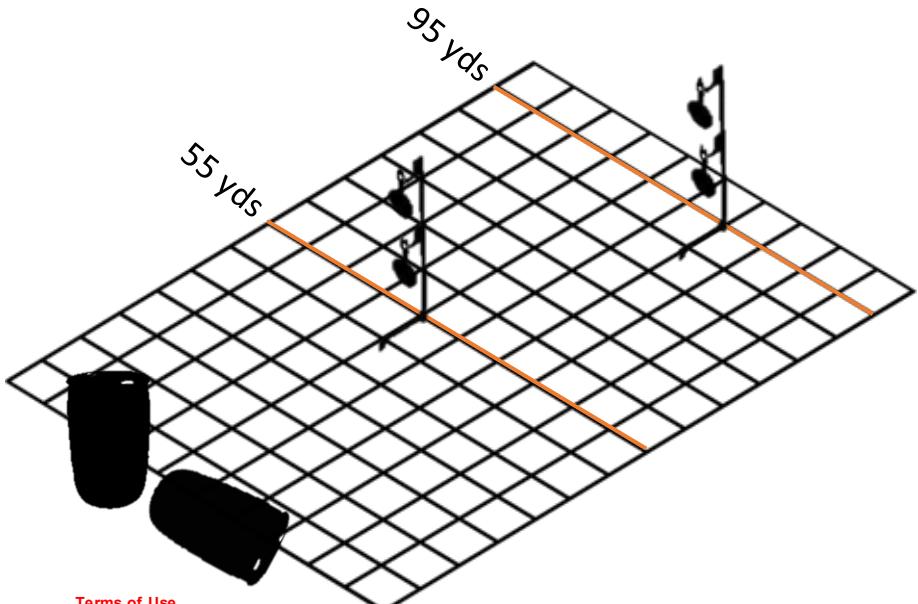
When scoring, always record the total time elapsed in seconds.

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

Adaptive Suggestion: Same target engagement. The Horizontal barrel will be Vertical.

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

1. Vertical – Near small, Far large
2. Horizontal – Near large, Far small
3. Vertical – Near small, Far large
4. Horizontal – Near large, Far small
5. Vertical – Near small, Far small



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5. Down The Ladder

Time: 120 Sec Round Count: 12

2026 Season Presented by:



Stage 5 Presented by:



Ranges and Targets:

Option 1 – 93 yds: 2" & 2.5" on a double hanger

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 2.1, 2.6 | 0.6, 0.7 |

Option 2 – Same targets 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.

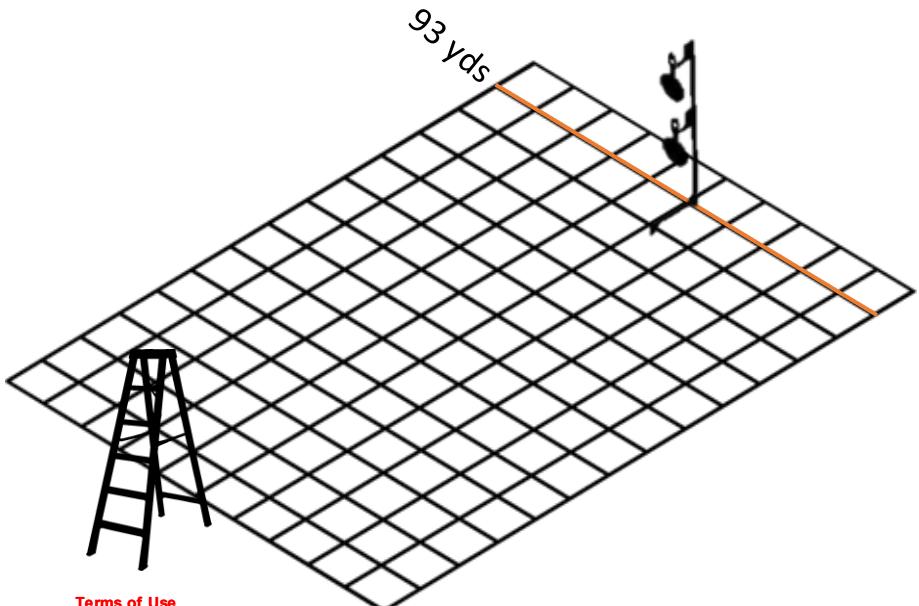
Adaptive Suggestion: Same target engagement. Alternate between the 2 highest rungs you can safely engage the targets from.

Description: On the start signal, take a position on the highest rung you can reach and engage the targets large, small, large, with 1 shot each.

Transition to the next lower rung and repeat the engagement.

Continue moving lower and repeating the engagement, moving to a lower rung after every 3rd shot.

Note: If a position cannot be reached, then you may repeat a position once all available positions have been used, but it can't be the most recently used position.



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Schedule of Target Engagement Breakdown

| Stage 1 | | |
|-------------|----------|----------|
| Shot Number | Position | Target |
| 1 | Strong | Far, Lg |
| 2 | Strong | Far, Sm |
| 3 | Strong | Near, Lg |
| 4 | Strong | Near, Sm |
| 5 | Support | Far, Lg |
| 6 | Support | Far, Sm |
| 7 | Support | Near, Lg |
| 8 | Support | Near, Sm |
| 9 | Strong | Near, Sm |
| 10 | Strong | Near, Lg |
| 11 | Strong | Far, Sm |
| 12 | Strong | Far, Lg |

| Stage 2 | | |
|-------------|----------|--------|
| Shot Number | Position | Target |
| 1 | 1 | 1 |
| 2 | 1 | 5 |
| 3 | 2 | 2 |
| 4 | 2 | 5 |
| 5 | 3 | 3 |
| 6 | 3 | 5 |
| 7 | 4 | 4 |
| 8 | 4 | 5 |
| 9 | 5 | 5 |
| 10 | 5 | 1 |

| Stage 3 | | |
|-------------|----------|----------------|
| Shot Number | Position | Target |
| 1 | 1 | Primary Target |
| 2 | 2 | Primary Target |
| 3 | 2 | Primary Target |
| 4 | 3 | Primary Target |
| 5 | 4 | Primary Target |
| 6 | 4 | Primary Target |
| 7 | 5 | Primary Target |
| 8 | 6 | Primary Target |
| 9 | 6 | Primary Target |
| 10 | 7 | Primary Target |

| Stage 4 | | |
|-------------|------------|----------|
| Shot Number | Position | Target |
| 1 | Vertical | Near, Sm |
| 2 | Vertical | Far, Lg |
| 3 | Horizontal | Near, Lg |
| 4 | Horizontal | Far, Sm |
| 5 | Vertical | Near, Sm |
| 6 | Vertical | Far, Lg |
| 7 | Horizontal | Near, Lg |
| 8 | Horizontal | Far, Sm |
| 9 | Vertical | Near, Sm |
| 10 | Vertical | Far, Sm |

| Stage 5 | | |
|-------------|----------|--------|
| Shot Number | Position | Target |
| 1 | 1 | Lg |
| 2 | 1 | Sm |
| 3 | 1 | Lg |
| 4 | 2 | Lg |
| 5 | 2 | Sm |
| 6 | 2 | Lg |
| 7 | 3 | Lg |
| 8 | 3 | Sm |
| 9 | 3 | Lg |
| 10 | 4 | Lg |
| 11 | 4 | Sm |
| 12 | 4 | Lg |

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Stage 3 Presented by:



6. Nothing Rhymes with Jeramie

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 55 yds: 1" on a double hanger
 65 yds: 1.5" on a double hanger
 85 yds: 2.5" on a double hanger
 95 yds: 3" on a double hanger

| Target Size(s) | |
|----------------|------|
| MOA | MILS |
| 1.7 | 0.5 |
| 2.2 | 0.6 |
| 2.8 | 0.8 |
| 3.0 | 0.9 |

Points: 10 pts per impact

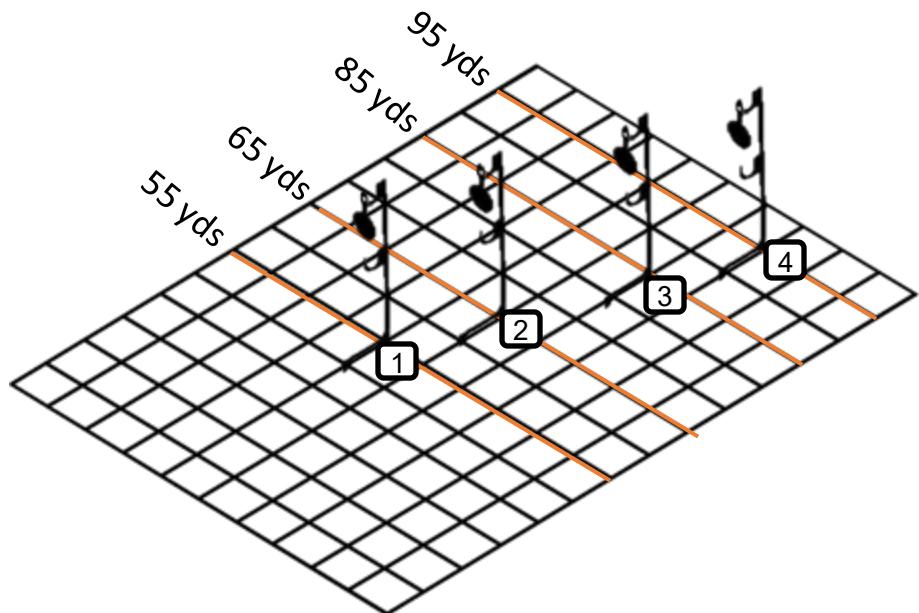
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Adaptive Suggestion: Targets may be engaged off an elevated position such as a bench or 55-gal barrel.

Description: On the start signal, engage the targets as follows from a prone supported position:

1. Targets 4, 2, 3, then 1 with 2 shots each.
2. Mandatory magazine change
3. Targets 1, 2, 3, 4 with 1 shot each.

Note: If a magazine change is not conducted after the 8th shot, then impacts will not be counted until one has been completed. Only impacts after the magazine change will count.



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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.

