



# March 2025 COF

**PractiScore Template:** Here is the link for the PractiScore template for this month's COF. This template has all the stages already built for you, if you don't want to create them yourself. [PractiScore Template](#)

**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 Ryan Thurman. Ryan is from Spring Hill, TN and has been shooting since May 2023. Ryan regularly competes at multiple clubs within TN and 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 chair, 55-gal barrel, 3 tires, 3 cinderblocks, NRL22 pyramid, tank trap, a shot timer or stopwatch that can time down to a hundredths of a second, and the NRL22 standard target package. Left over targets: 1x 3", 4", 5", and 6"

**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 **Sunday, April 13, 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.



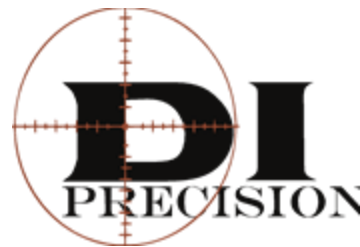
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# 1. Little Leprechaun Two Step

Time: 120 Sec

Round Count: 10

## Ranges and Targets:

Option 1 – 76 yds: 1.5" & 2.5" on a double hanger

Target Size(s)	
MOA	MILS
1.9, 3.1	0.5, 0.9

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

**Barricade Setup:** Chair facing to the left. 55-gallon barrel laying down pointing down range. Secure the 55-gallon barrel so it does not roll.

**Restrictions:** None

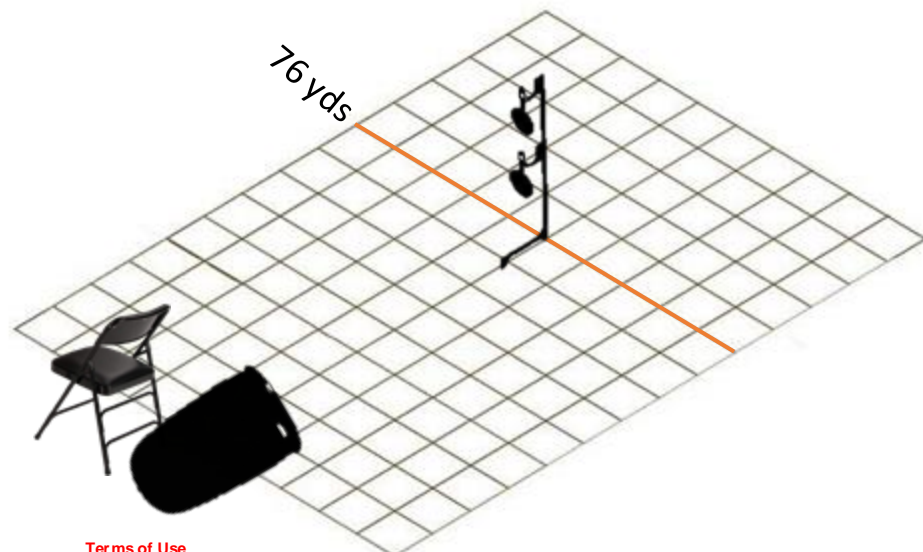
**Points:** 10 points per impact, 100 points possible

**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 2 shots in the following order and manner:

1. 55-gal barrel – Large target
2. Chair seat – Large target
3. Prone – Small target
4. Chair seat – Large target
5. 55-gal barrel – Large target

**Adaptive Recommendation:** 55-gal barrel will be placed upright. Engagements from prone and the chair seat will be taken from an elevated position.



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## 2. Spring Forward For What?

Time: 120 Sec

Round Count: 12

### Ranges and Targets:

Option 1 – 96 yds: 3" on a single hanger

Option 2 – 175 yds: 6"

Target Size(s)	
MOA	MILS
3	0.9

Target Size(s)	
MOA	MILS
3.3	1

**Restrictions:** None

**Points:** 10 pts per impact plus 0.1 bonus points per second remaining after the required round count has been fired. **For the PractiScore NRL22 template, enter the total time elapsed in seconds.**

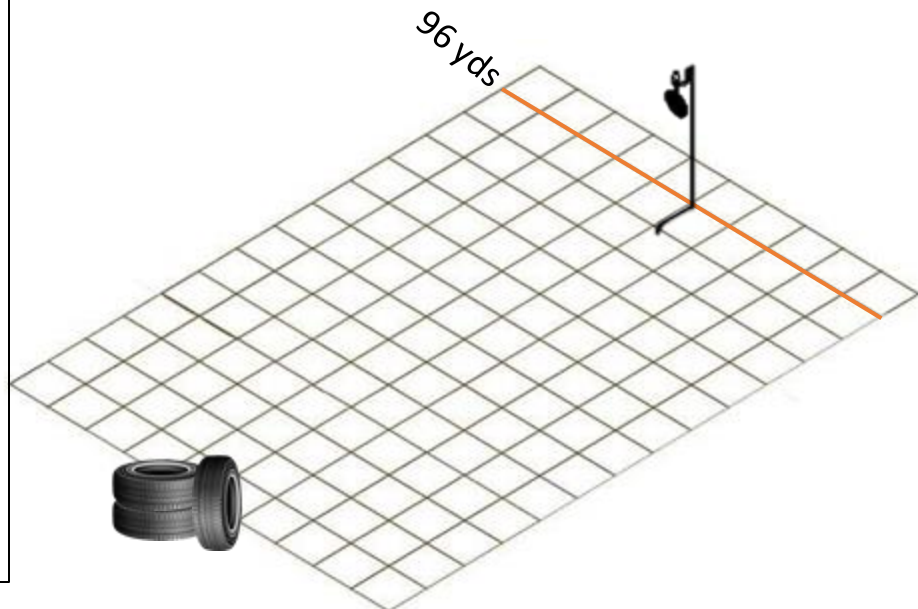
**Start Position:** Standing, rifle at the high ready with all gear in hand, mag in, action open.

**Description:** On the start signal, engage the target with 2 shots each, from the designated positions on the tire in the following order and manner:

1. Left side of the tire stack
2. Right side of the tire stack
3. Top of the vertical tire
4. Left side of the tire stack
5. Right side of the tire stack
6. Top of the vertical tire

**Note:** Secure the vertical tire so that it does not move/roll.

**Adaptive Recommendation:** Same target engagement. Place a tire on an elevated position. The engagements from the vertical tire will be taken from the center of the tire.



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## 3. 2 Steps Forward, 1 Step Back

Time: 120 Sec

Round Count: 12

### Ranges and Targets:

Option 1 – T1 - 41 yds: ¼" on a KYL rack

T2 - 59 yds: 1.5" > on a double hanger

T3 - 59 yds: 1" >

T4 - 83 yds: 2" > on a double hanger

T5 - 83 yds: 1.5" >

T6 - 98 yds: 2.5" on a single hanger

#### Target Size(s)

MOA	MILS
0.6	0.2
2.4	0.7
1.6	0.5
2.3	0.7
1.7	0.5
2.4	0.7

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

**Restrictions:** Bipod may not touch the ground

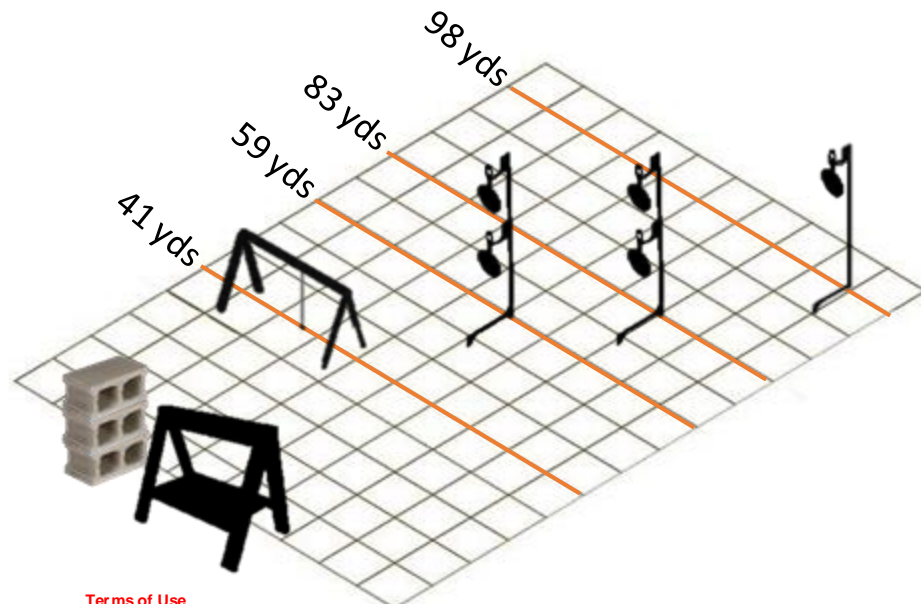
**Points:** 10 points per impact, 120 points possible

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

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

1. Cinder Blocks: T1, T2, T3
2. Top of Sawhorse: T2, T3, T4
3. Cinder Block: T3, T4, T5
4. Top of Sawhorse: T4, T5, T6

**Adaptive Recommendation:** Same target engagements. Place a cinder block on an elevated position. A stool may be used when shooting off the top of the sawhorse.



#### Terms of Use

## 4. On The Plus Side Of Spring

Time: 120 Sec

Round Count: 12

### Ranges and Targets:

	Target Size(s)	
	MOA	MILS
Option 1 – T1 - 51 yds: 1" on a single hanger	1.9	0.5
T2 - 70 yds: 2" on a double hanger (~10 yds apart)	2.7	0.8
T3 - 70 yds: 2" on a double hanger (~10 yds apart)	2.7	0.8
T4 - 95 yds: 3" on a single hanger	3	0.9

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

**Restrictions:** Positions can't be repeated

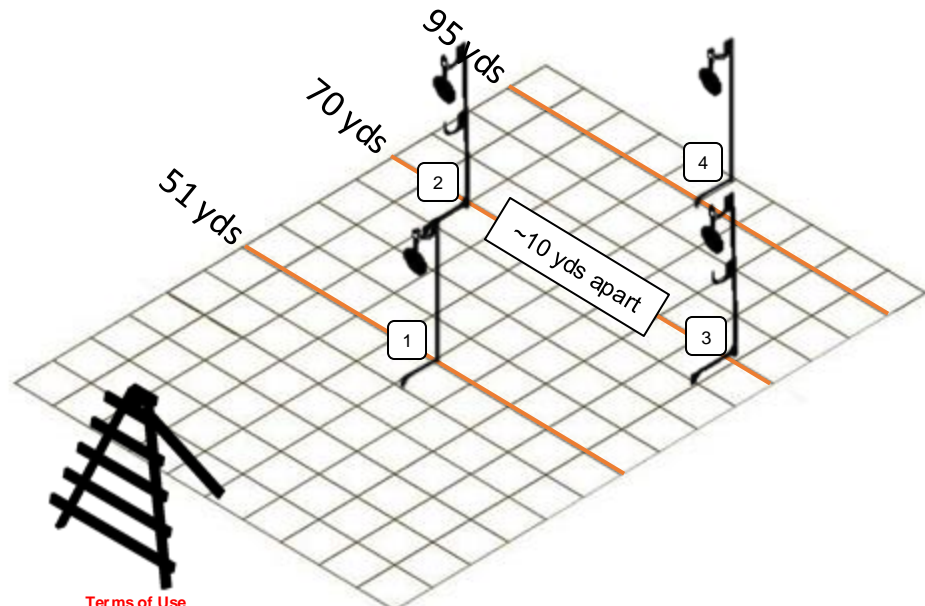
**Points:** 10 points per impact, 120 points possible

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

**Description:** On the start signal, engage the targets from the pyramid in the following order with 1 shot each:

1. Any left rung: T2 & T3
2. Any middle rung: T1 & T4
3. Any right rung: T3 & T2
4. Any right rung: T3 & T2
5. Any middle rung: T1 & T4
6. Any left rung: T2 & T3

**Adaptive Recommendation:** Pick the 2 highest rungs you can safely reach and engage the targets in the same manner.



#### Terms of Use

## 5. Dropping The Wintertime Blues

Time: 120 Sec

Round Count: 12

### Ranges and Targets:

Option 1 – T1 - 55 yds: 1" on a KYL rack  
 T2 - 55 yds: ¾" on a KYL rack  
 T3 - 55 yds: ½" on a KYL rack  
 T4 - 98 yds: 2.5" on a double hanger

#### Target Size(s)

MOA	MILS
0.9	0.3
1.3	0.4
1.7	0.5
2.4	0.7

Option 2 – 90 yds: 1", 1.5", & 2"  
 170 yds: 5"

#### Target Size(s)

MOA	MILS
1.1, 1.6, 2.1	0.3, 0.5, 0.6
2.8	0.8

**Restrictions:** Tips may not be repeated

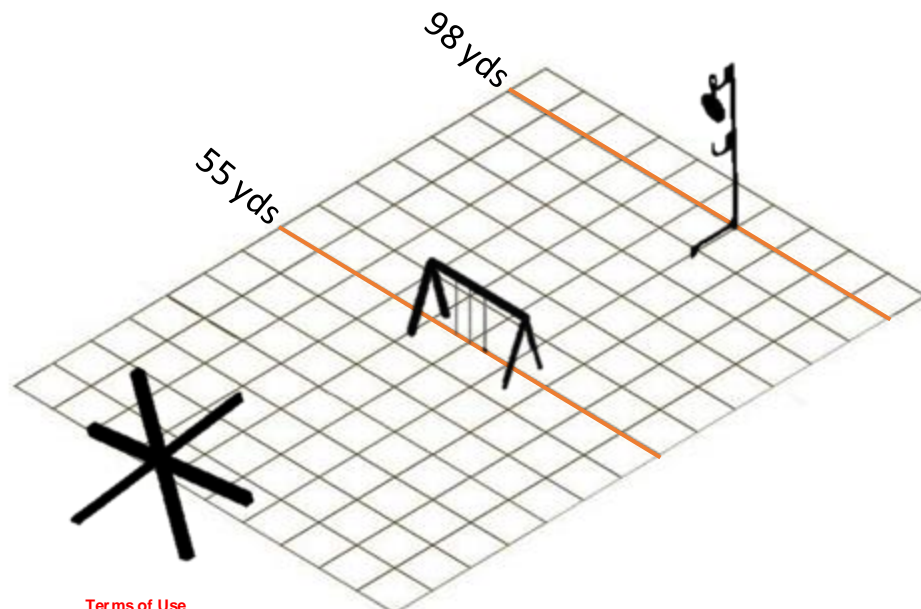
**Points:** 10 points per impact, 120 points possible

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

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

- Tip #1: T1, T2, T3, T4
- Tip #2: T1, T2, T4, T4
- Tip #3: T1, T4, T4, T4

**Adaptive Recommendation:** No change



#### Terms of Use



## 6. Don't Be Plaid

Time: 120 Sec

Round Count: 10

### Ranges and Targets:

45 yds: 2.5" on a single hanger

85 yds: 2" on a single hanger

90 yds: 2.5" on a single hanger

### Target Size(s)

MOA	MILS
5.3	1.5
2.2	0.7
2.7	0.8

**Restrictions:** None

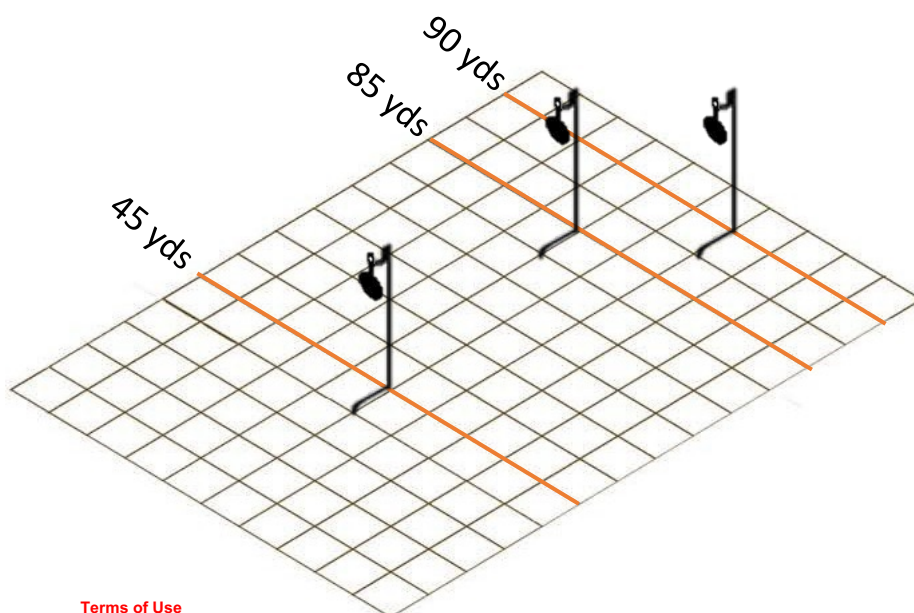
**Points:** 10 pts per impact

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

**Description:** On the start signal, take a prone supported position and engage the targets in the following order:

1. Middle, Far, Near
2. Far, Near, Middle, Far
3. Near, Far, Middle

**Adaptive Recommendation:** Starting 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.

