



March 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 is submitted by Justin Uhlir from Thompson, North Dakota. His range, Northern Warrior Precision, is just outside Grand Forks, and his wife Amber and Justin began hosting NRL22 monthly matches there this past March. Justin has been an NRL22 member for about three years.

Justin shot my his first NRL22 match—the MPS Ultra Match—in May 2023 after 10 years of centerfire competition. Thanks to his friend Mitch Tromberg encouraging him to try rimfire, he made the jump and hasn't looked back. He truly enjoys the people, the community, and the unique challenges precision rimfire brings. Amber started shooting last year and is quickly learning the ropes—she may be outshooting him soon! There three kids—Weston (9), Annie Jo (5), and Edison (2)—help set up matches, hand out snacks, and occasionally shoot with Mom and Dad.

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 **12 April 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.

March 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"

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2026 Season Presented by:



Stage 1 Presented by:



1. The Pyramid Polka

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 100 yds: 2.5” on a single hanger (Right)
100 yds: 3” on a single hanger (Left)

Option 2 – 185 yds: 5” (Right)
185 yds: 6” (Left)

| Target Size(s) | |
|----------------|------|
| MOA | MILS |
| 2.4 | 0.7 |
| 2.9 | 0.8 |

| Target Size(s) | |
|----------------|------|
| MOA | MILS |
| 2.6 | 0.8 |
| 3.1 | 0.9 |

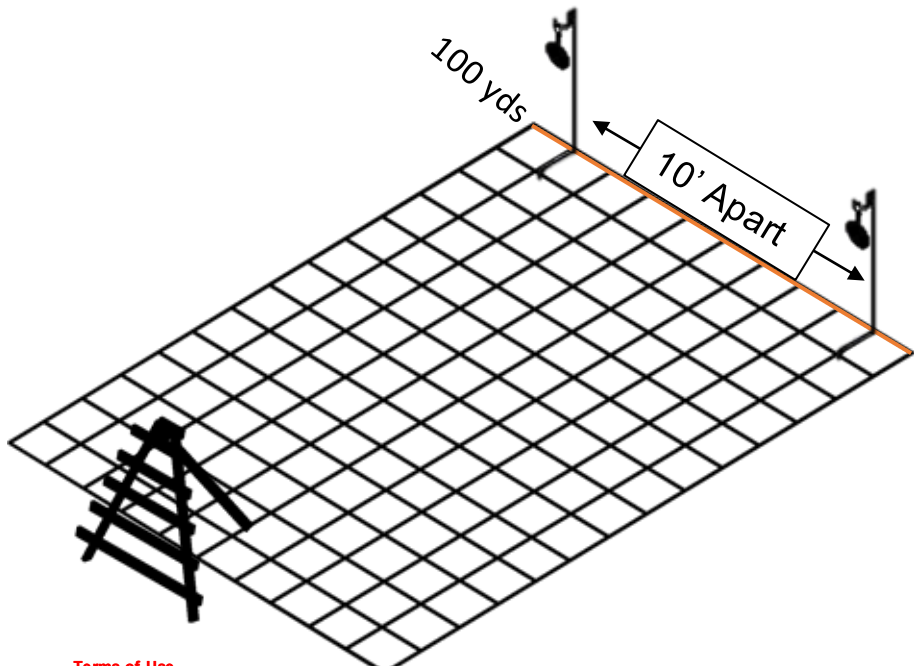
Restrictions: Only the outside supports may be used.

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: No change

Description: On the start signal, from any right outside rung, engage the left target with one (1) shot. Then move to any left outside position on a different rung and engage the right target with one (1) shot. Continue alternating sides in this manner—changing rungs each time—until all required shots are fired or time expires. Positions may be reused, provided a different rung is used on consecutive engagements.



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2026 Season Presented by:



Stage 2 Presented by:



2. The Construction Site Can-Can

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 63 yds: 1" & 1.5" on a double hanger
 81 yds: 2" & 2.5" on a double hanger
 100 yds: 3" on a single hanger

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 1.5, 2.3 | 0.4, 0.7 |
| 2.4, 2.9 | 0.7, 0.9 |
| 2.9 | 0.8 |

Option 2 – 110 yds: 2" & 3"
 150 yds: 4" & 5"
 180 yds: 6"

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 1.7, 2.6 | 0.5, 0.8 |
| 2.5, 3.2 | 0.7, 0.9 |
| 3.2 | 0.9 |

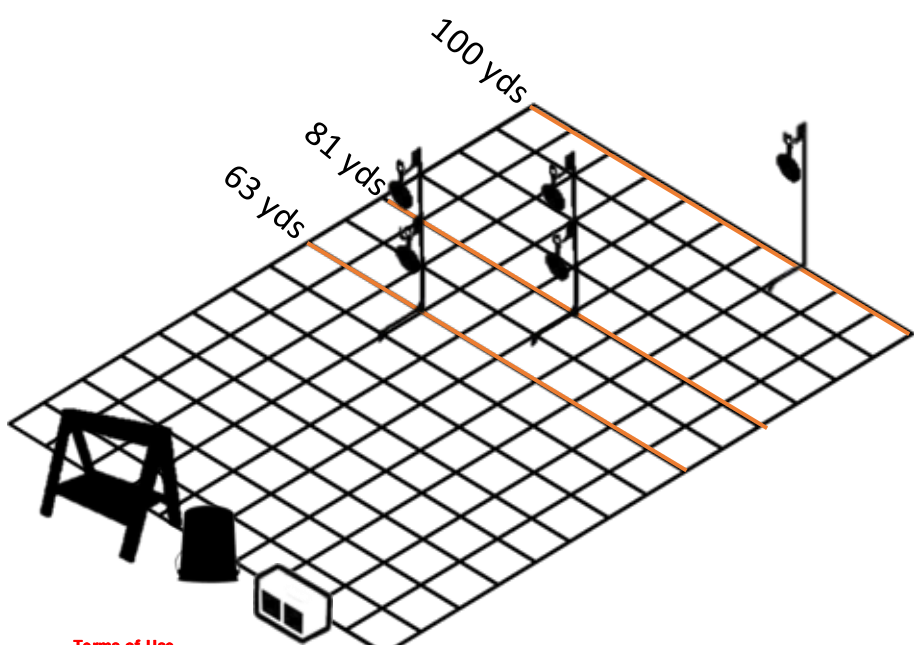
Restrictions: None

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: A stool may be used when shooting from the sawhorse. The bucket and cinder block will be placed on an elevated position.

- Description:** On the start signal, engage the targets in the following order and manner:
1. Top of sawhorse: Far target, 2 shots
 2. 5-gallon bucket: Middle targets large → small → large → small (1 shot each)
 3. Top of sawhorse: Far target, 2 shots
 4. Cinder block: Near targets large → small (1 shot each)
 5. Top of sawhorse: Far target, 2 shots



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2026 Season Presented by:



Stage 3 Presented by:



3. The Lindy Ladder Hop

Time: 120 Sec Round Count: 12

Ranges and Targets:

Option 1 – 35 yds: ¼” & ½” on a KYL rack
48 yds: ¾” & 1” on a KYL rack

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 0.7, 1.4 | 0.2, 0.4 |
| 1.5, 2.0 | 0.4, 0.6 |

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

Restrictions: None

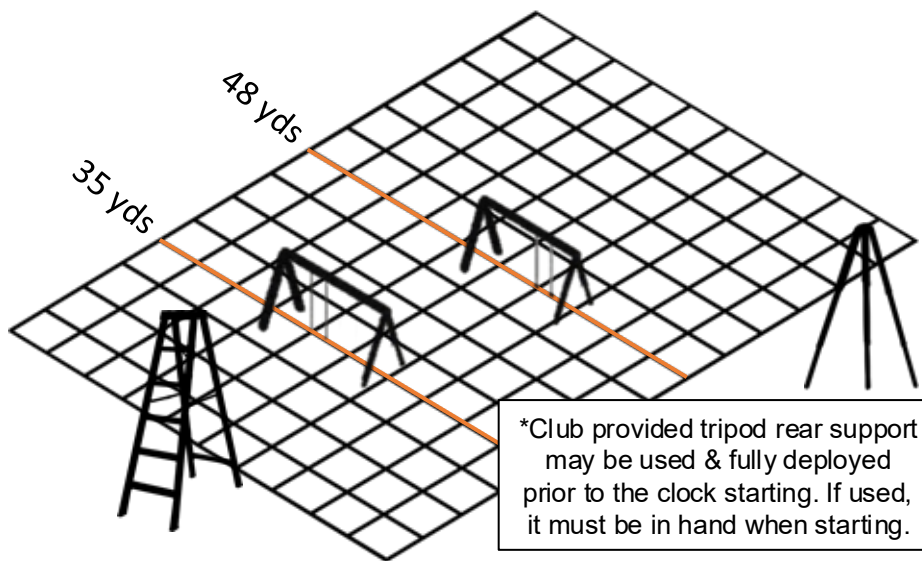
Points: 10 points per impact, 120 points possible

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

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

Description: On the start signal, engage the KYL targets with 1 shot each in the following order and manner from a total of 4 positions on the ladder:

1. Position 1: Near → far, small → large
2. Position 2: Far (large), Near (small)
3. Position 3: Near → far, small → large
4. Position 4: Near (small), Far (Large)



Note: You must change height after each shot sequence. Positions may be repeated.

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

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2026 Season Presented by:



Stage 4 Presented by:



4. Barricade Promenade

Time: 120 Sec Round Count: 10

Ranges and Targets:

Option 1 – 70 yds: 1.5” & 2” on a double hanger

Option 2 – 130 yds: 3” & 4”

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 2, 2.7 | 0.6, 0.8 |
| Target Size(s) | |
| MOA | MILS |
| 2.2, 2.9 | 0.6, 0.9 |

Barricade/Targets Setup: Center tank trap tip is pointing downrange. 55-gal barrel is horizontal pointing downrange. Use the cradles to secure the 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.

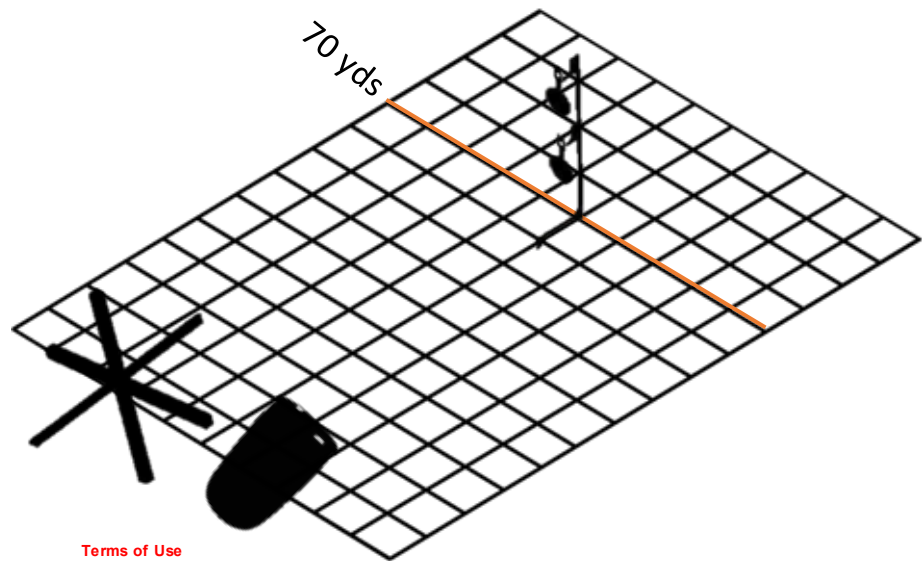
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Adaptive Suggestion: The 55-gal barrel will be vertical. Instead of the center position, a tip may be repeated but only after all three tips have already been used.

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

- Each tip
- Center of the the tank trap
- 55-gal barrel

Note: Positions may be used in any order.



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2026 Season Presented by:



5. Rumba On The Rooftop

Time: 120 Sec Round Count: 12

Ranges and Targets:

- Option 1 – 50 yds: 1” on a single hanger
- 60 yds: 1.5” on a double hanger
- 85 yds: 2” & 2.5” on a double hanger

| Target Size(s) | |
|----------------|----------|
| MOA | MILS |
| 1.9 | 0.6 |
| 2.4 | 0.7 |
| 2.2, 2.8 | 0.7, 0.8 |

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

Barricade/Targets Setup: Rooftop peak is pointing the left.

Restrictions: Front support bag nor bipod can touch the ground.

Points: 10 points per impact, 120 points possible

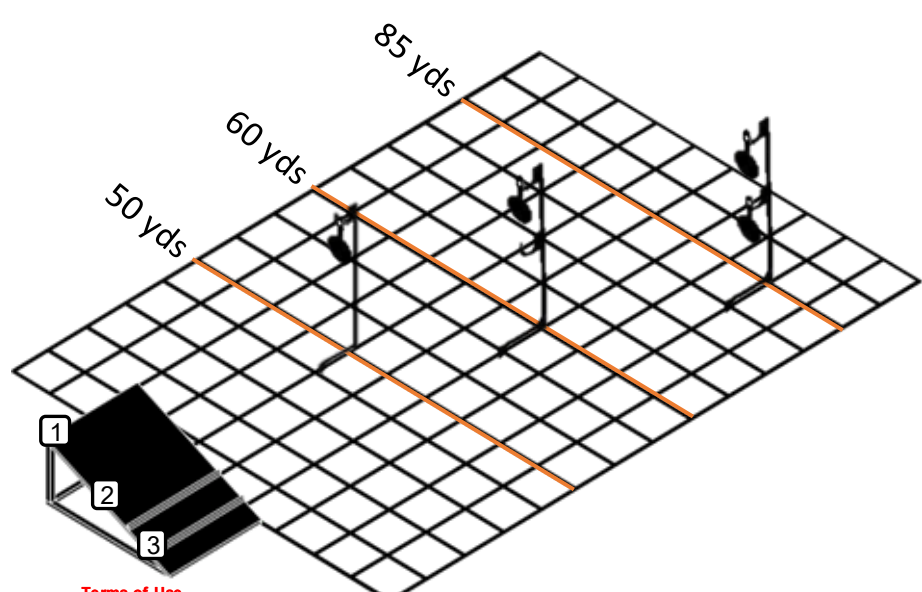
Start Position: Standing, rifle at the high ready with all gear in hand, mag in, action open.

Description: On the start signal, engage the targets as follows:

1. Position 1: Far (Large) → Far (Small) → Middle → Near (1 shot each).
2. Position 2: Middle (2 shots) → Far (Large) → Far (Small) (1 shot each).
3. Position 3: Near → Middle → Far (Large) → Far (Small) (1 shot each).

Note: The MD may add cleats to the middle and bottom of the rooftop to prevent bags from sliding.

Adaptive Suggestion: Same target engagement. A stool may be used when shooting from the middle of the rooftop. Instead of the bottom being used, you may repeat the position on the peak of the rooftop i.e. peak, middle, peak



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Schedule of Target Engagement Breakdown

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

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

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

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

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

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