

## NRL22 2026 Rule Modification Summary

This is a summary of modifications implemented for the 2026 NRL22 season.

### Updated AFTER Season Start

- [Section 5.B.3.f](#) – Clarified Base division stock modifications are not allowed at all but drilling holes is allowable in a few specific scenarios.

### General Updates and Safety enhancements

- [Section 1.B](#) – Updated Support Staff.
- [Section 2.C.6](#) – Clarified intentional grounding is allowed.
- [Section 3.A.2](#) – Added terms of use from monthly course of fire to the rules.
- [Section 3.A.4](#) – Increased the number of 55-gal barrel props to two (2) barrels and added a recommended maximum pitch for the rooftop.
- [Section 3.B.6](#) – Clarified language regarding being good squad mates and providing assistance.
- [Section 3.D.3 & 4](#) – Removed “re-engage” from the standardized range commands and clarified that the commands only come AFTER a fired shot.
- [Section 3.D.5](#) – Added a rule regarding incorrect calls or commands from range officer generally will not warrant a reshoot.
- [Section 3.E.7](#) – Clarified language on timed stage to clearly state time stops after the required number of rounds has been fired for the stage.
- [Section 4.A](#) – Moved rules for the Championship to the NRL22X Rules.

### Division modifications and Positional Clarifications

- [Section 5.B.3](#) - Revised Base Division rules and increased MSRP to \$1650 USD and clarified rules regarding trigger modifications and swapping barrels or stocks.
- [Section 5.B.6](#) - Revised Air Rifle rules to be based on FPE.
- [Section 5.B.8](#) - Added Semi-Auto division.
- [Section 5.D.11-13](#) - Added language clarifying supported positions.
- [Section 6.A.2 & 3](#) – Added language around good sportsmanship extending beyond the match.

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## Match Safety Briefing

(For complete safety rules refer to [Section 2: Safety](#)):

1. Safety is always a top priority at NRL22 matches. These rules are for your safety and the safety of those around you. Please assist your fellow competitors with adhering to these safety protocols.
2. Cold range. Always keep your rifle unloaded until ready to use. Only load the rifle when instructed to by a Range Officer. With the exception of when it is your turn to shoot, rifles are always cold at NRL22 events. This means the magazine is out and bolt back with chamber flag inserted.
3. Always point your rifle in a safe direction. Only place your rifle in the areas briefed by the Match Director in this safety briefing. Most ranges require the rifles to be on the firing line with barrels pointed downrange, or in a dedicated rifle rack.
4. No touching your firearms when the range is called cold.
5. Range commands. When it is your turn to shoot, you will hear the following commands. "Do you understand the course of fire?" If no questions are asked, then "Please load and make ready". Once the competitor makes his or her rifle ready according to the stage description (typically standing with rifle in port arms, mag-in, bolt back) the range officer will say, "Are you ready?" Once an affirmative is obtained, you will hear the command "Stand by," and then after a brief pause the start tone (or a verbal "engage") should follow. After the competitor has completed the stage and prior to leaving the prop, the Range Officer will say "Unload, show clear, and insert chamber flag".
6. Safe Transitions. Always keep your rifle pointed downrange with your bolt back (or mechanical safety on for semi-auto's) when transitioning during a stage. Your muzzle must not break the 180-degree rule, or you will be disqualified. If your muzzle reaches 120 degrees (60 degrees from straight downrange) you will receive a verbal warning.
7. No sky-loading. Only close your bolt (or take off mechanical safe with semi-auto's) when you are behind the rifle on target looking through your scope with the target in the field of view.
8. Accidental or negligent discharges. Keep your finger out of the trigger guard until you are ready to fire. Per NRL22 rules, if you have a negligent discharge, you will be disqualified. If you have an accidental discharge / mechanical failure, you will receive a zero for that stage and all follow up stages until the rifle is repaired.
9. In the event of an emergency, the Range Officer shall immediately declare a ceasefire which will be echoed down the firing line. The Range Officer shall then assess the situation and relay the situation to the Match Director. The Match Director will activate the 911 system and the primary medical responder as appropriate.
10. The 911 system is: YOUR MEDEVAC PLAN
11. The primary medical responder is: YOUR PRIMARY MEDICAL RESPONDER
12. Identify any other medical personnel.
13. Are there any questions?

# 2026 NRL22 RULES AND REGULATIONS

2026 Rules and Regulations as written by the NRL22 commission.

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## MISSION

The goal of the NRL22 is to make Precision Rifle shooting more available to every community. The NRL22 understands that the shooting community is fascinated with Precision Rifle, but most localities are not fortunate enough to have a 1000-yard range. However, nearly all localities have access to 100-yard ranges and most competitors own a 22 rifle. The monthly course of fire, NRL22 Standard Target Package and standard barricades are all intended to be turnkey solutions to simple, fun and affordable Precision Rifle matches. Local clubs may use and submit scores for the monthly courses of fire to compete with the entire country. NRL22 is intended to grow the sport, so match directors are encouraged to keep their matches open to the public and are encouraged to run supplemental courses of fire in addition to the NRL22 monthly course of fire. We recommend tailoring additional courses of fire to the taste of your competitors. Longer ranges, more complicated barricades, run and gun, easier or harder additional courses of fire are just a few ways that you can expand your matches. Please share your creativity with the NRL22 community, as it just may show up in next month's course of fire for the entire country to shoot! Have fun, stay safe, and if ever there was an opportunity to take a kid shooting, THIS IS IT!!!

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The goal of this document is to provide maximum safety to all participants, while providing standard rules to follow without limiting the fun and safe learning environment for new competitors.

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## SECTION 1: NRL22 ORGANIZATION AND RESPONSIBILITIES

### A. Executive Staff.

The NRL22 has an Executive staff whose responsibilities include day to day operations, media, match operations, logistics, marketing and finances. The President appoints the Executive staff. For the 2025 season, the Executive staff is as follows:

1. President / Founder – Tyler Frehner
2. Financial Director – Janae Frehner
3. Co-Director of Match Operations – Dominic Thompson
4. Co-Director of Match Operations – Levi Sanderson

### B. Support Staff

The NRL22 has a support staff whose responsibilities include all things match related. Rules, course of fire, equipment, and Match Director support. The Executive Director appoints the Support staff. For the 2026 season, the Support staff is as follows:

1. Darron deBoer
2. Jeramie Walker
3. Suzie Lundsten

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## SECTION 2: SAFETY

### A. General Rifle Safety

1. Always point your rifle in a safe direction. Never point a rifle at anything you don't intend to destroy.
2. Always keep your rifle unloaded until ready to use. Treat all rifles as though they are loaded even if you believe otherwise.
3. Keep your finger out of the trigger guard until you are ready to fire.
4. Know your target and what is beyond.
5. It is always recommended to wear proper eye and ear protection and ensure others have the same before firing.
6. Never use alcohol or drugs while shooting.
7. Individual Range safety rules always supersede NRL22 rules.

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### B. Rifle Safety While at a NRL22 Match

1. Due to the many different types of 22 rifles, chamber flags are essential equipment to quickly ensure rifles are in a safe condition. NRL22 will take many steps to ensure that chamber flags are easily obtainable and available. Match Directors may allow magazine blocks at their discretion, but the rifle must be confirmed to be unloaded by the RO prior to inserting the magazine block.
2. NRL22 competitions are always cold ranges. All rifles are to be unloaded, with magazines out, and actions open with an empty chamber, and chamber flag/magazine block inserted. Rifles shall only be loaded, or magazines inserted when directed by the Range Officers. Chamber flags shall be utilized and kept in the action until directed to be removed by the Range Officer.
3. Ground rifles in a proper rifle rack, or wherever the Range Officer/Match Director designates as a safe location and direction.
4. Rifles with removable magazines must be used. Rifles with fixed tubular magazines are not allowed as they are more difficult to make safe.
5. When moving to another shooting location, always ensure the rifle is pointed in a safe direction.

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### C. Rifle Safety During Your Stage

1. Always wait for the Range Officer's command to "load and make ready" before you remove your chamber flag and insert magazine.
2. Stages always begin with magazine in and bolt to the rear unless specifically directed by the stage description. If a rifle is unable to keep the bolt back to the rear, such as a semi-automatic, then the rifle must have an empty chamber.
3. Any movement or barricade transition must be done with the action open and an empty chamber. The only exception to this rule will be with the use of semi-automatic rifles but only at the approval of the Match Director. If the MD allows this, the competitor must engage the safety, and yell "safe" loud enough for the RO to hear with ear protection.
4. During movement, the 180-degree rule must always be adhered to. The 180 rule refers to only pointing the rifle within 90 degrees of straight forward. There may be stages when the Match Director reduces or exceeds the 180-degree rule based on unique range layouts, but the muzzle must always be pointed within the 180-degree rule or no further than the area between the left-most engageable target and the right-most engageable target. Always follow directions and be aware of where you are pointing your rifle. NRL22 monthly matches are intended to be an environment for learning and growth, however safety is the most important part of being a competitor in the shooting sports, so it is recommended that Match Directors and Range Officers use 120 degrees as the goal for safe manipulation of the rifle.
5. Sky-bolting is never allowed during a match. Sky-bolting refers to when a competitor closes the bolt or disengages the safety on a semi-automatic rifle before they are looking through their optic and on target. The bolt must only be closed when the competitor is directly behind the optic and on the target.
6. Competitors must have positive control of their rifle. Failure to maintain positive control while the bolt is closed will result in a match DQ. Failure to maintain positive control, while the bolt is open and rearward, resulting in the rifle making contact with the ground will result in a stage DQ. Incidents such as this will result in a stage DQ on the first offense and a match DQ for a second offense. If additional safety rules were broken such as breaking the 180-degree rule, flagging someone, or a negligent discharge, then that will result in an immediate match DQ regardless of the position of the bolt or condition of the rifle. Intentionally grounding the rifle is allowed.

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#### **D. Safety Violations and Penalties**

1. Violation of the cold range rule: Any competitor who has violated the cold range rule shall be issued a warning. A second violation will result in a stage zero. Next violation will result in a match DQ and removal from competition. This includes a live round in the chamber, magazine inserted, a closed action, or chamber flag not being used.
2. Muzzling and/or violating the 180-degree rule: Muzzling or flagging is pointing or sweeping someone's body with the muzzle of a rifle. There will be no warning of this unsafe act. If any competitor muzzles or sweeps someone's body, that action shall result in match DQ and removal from competition. It will be the duty of the RO to inform the MD of the infraction, and the MD's call to issue the match DQ. When transitioning within the stage and the muzzle is pointed skyward, the competitor must ensure that he/she is not pointing the muzzle vertically beyond 90 degrees of horizontal i.e. towards the rear of the competitor, or other competitors, or towards an unsafe impact area.
3. Unsafe transitioning: Transitioning on a barricade, movement without having the action open, or sky-bolting will result in the Range Officer having the competitor correct the situation, then move back to the

previous firing position before resuming the course of fire. A second violation will result in a zero for the stage. A third will result in a match DQ for the competitor and removal from competition. Semi-Automatic rifles can move with a closed bolt, but the mechanical safety must be engaged. The same rule applies to semi-automatic rifles if the competitor does not either engage the safety and/or yell "safe".

4. Negligent Discharge (ND). A Negligent Discharge is defined as any round unintentionally discharged from a firearm during a transition, movement, and/or weapons manipulation; or a round intentionally discharged during a ceasefire period. The competitor shall receive a match DQ and removal from competition.
5. Accidental Discharge/Mechanical Failure (AD). An Accidental Discharge is defined as any round unintentionally discharged from a firearm due to a mechanical failure. The participant will be removed from the event until he or she can repair the rifle to safe working order. All stages and points will be forfeited during this down time.
6. If a Match Director judges a competitor to be under the influence of drugs or alcohol during competition, the competitor will receive a match DQ and be removed from competition. The competitor will not be allowed to drive from the competition while still intoxicated.
7. In the event of a match disqualification regardless of points already earned on previous stages, the competitor will earn zero points for the entire match and the Match Director will submit the competitor's score.

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### SECTION 3: NRL22 LOCAL MATCH FORMAT

**Special Note:** It is not the intention of NRL22 to tell any local club how to conduct their matches. Most of the below information is to be utilized as a guide if that club is new. The exception are the rules with an "\*". These rules are to be followed as closely as possible if that club wants to be included in the National competition.

#### A. NRL22's Responsibilities

1. \* The NRL22 will provide a local monthly course of fire. The local monthly course of fire will always be a total of 5 stages. It will be distributed one week before the intended month (example: the December Course of Fire will be released November 24th) and will only be run during that month. Because the course of fire is known to all, it can be practiced, and allows clubs to have their Match Directors and Range Officers participate with no advantage. Because those 5 stages will be the same across the nation, all clubs will be able to participate in a larger nationwide competition. The local monthly course of fire will always have 5 stages which may consist of prone, barricades, positional or a combination of any 3. To help accommodate clubs of different experience or wants, each stage will have 2 options. Option 1 will be 100 yards or closer and utilize the NRL22 Standard Target Package and standard barricade list. Option 1 is considered to be the standard Course of Fire. Option 2 will be more "advanced". Option 2 could have various modifications to the stage such as, but not limited to, reduced times, magazine changes, additional positions, or targets that are further than 100 yards but will not exceed 200 yards. Option 2 will not utilize the NRL22 Standard Target Package and acquiring additional targets will be the Match Director's responsibility. The Match Director will choose to set up each stage as either Option 1 or Option 2 so that the entire club is shooting the same targets at the same distances. Option 2 may be used in one or multiple stages or not at all. Most steel targets will be

10 points per hit with some exceptions and each month's 5 stage course of fire will not be less than 500 points. One of these 5 stages will be designated as a timed stage to help reduce ties.

2. Monthly Course of Fire Terms of Use: The use of the published course of fire is restricted to personal/individual use; however, the use of the published 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 day grace period to become a member and claim their score.
3. \* The NRL22 has designed a Standard Target Package. The [NRL22 Standard Target Package](#) may be purchased on the NRL22's web page. The NRL22 web page will also have the Standard Target Package plans available for free if anyone should choose to make the Standard Target Package themselves. If the Match Director utilizes option 1 for the entire course of fire, the NRL22 Standard Target Package will provide enough targets and stands so that all 5 stages can be shot at the same time by different squads. The NRL22 Standard Target Package is:
  - a. Four (4) KYL Targets - Listed below:
    - i. One (1) 1/4" KYL Target
    - ii. One (1) 1/2" KYL Target
    - iii. One (1) 3/4" KYL Target
    - iv. One (1) 1" KYL Target
  - b. Seventeen (17) Round Targets - Listed below:
    - i. Two (2) 1" Targets
    - ii. Three (3) 1.5" Targets
    - iii. Three (3) 2" Targets
    - iv. Three (3) 2.5" Targets
    - v. Three (3) 3" Targets
    - vi. One (1) 4" Target
    - vii. One (1) 5" Target
    - viii. One (1) 6" Target
  - c. Twelve (12) target hangers - Listed below:
    - i. Two (2) KYL Racks
    - ii. Six (6) Double Hangers
    - iii. Four (4) Single Hangers
4. \* The NRL22 will provide a list of Standard Barricades. These items will be utilized sporadically in different monthly courses of fire, so new clubs do not need to obtain the barricades listed until they show up in a monthly course of fire. The standard barricade list is: one (1) 6-foot A-frame stepladder, one (1) 5-gallon plastic bucket, one (1) 2-gallon plastic bucket, three (3) cinder blocks measuring 8"x8"x16" , 10 feet of any rope, one (1) folding chair with an open back , three (3) used pickup truck tires that can be obtained for free at any tire store or junk yard (overall diameter between 28-32"), two (2) 55-gallon plastic drums, one (1) saw horse with a shelf on the bottom, one (1) tank trap, one (1) rooftop with a recommended minimum pitch of 4/12, and a recommended maximum pitch of 9/12, one (1) tripod with a suggested minimum rating of holding 35 lbs. and the maximum (fully extended) height must be 50" or more (many matches have attendees who voluntarily provide a loaner tripod if one is needed for the match), and one (1) NRL22 Pyramid (a cut sheet is available to download and located in [Match Director assets](#) on the NRL22.com website).

5. \* The NRL22 will gather and publish local monthly match scores from all participating clubs for a flat fee of \$35 per month per club. This will allow every club's participating competitors to be able to compete with every participating competitor in the entire nation every month. The NRL22 will utilize the local monthly scores to track who qualifies for the NRL22 National Championship Match and as one way to distribute sponsor's prizes. Match Directors will be required to submit scores to the NRL22 if they are using the current month's published course of fire to host a match and each club must be registered for the current season. The NRL22 will track scores for every competitor that competes in a match, however only the scores of members with a current NRL22 membership will be published.
6. \* The NRL22 will publish and update a leaderboard throughout each week as scores are submitted so members can see how they are performing across the nation. The leaderboard will be used for invites to the National Championship as written in Section 4. B. 2. The leaderboard functions as follows: Each month the NRL22 publishes a course of fire. The leaderboard will track each member's top score in each division, for each course of fire published, based on percentage of the overall match winner's score. The member's top 6 months (courses of fire) will be tallied together to give the member's score for the leaderboard. NRL22 matches must have a minimum of 5 competitors to be counted towards the leaderboard; however, all matches regardless of size are eligible to earn classification credits.
7. \* NRL22 membership will be valid for both NRL22 and NRL22X Leagues. Competitors will have a 7-day grace period following each match to purchase or renew their NRL22 membership for the current season. Due to the NRL22 National Championship occurring after the points race for the upcoming season has already begun, an extended grace period beginning with the first eligible match of the new season through 30 days following the previous season's NRL22 National Championship will be honored. i.e. Approximately the first 60-90 days of each season depending on the season beginning/end dates and the date of the National Championship. Memberships for the upcoming season purchased prior to the deadline for the extended grace period will have all scores accumulated for the upcoming season retroactively applied to the upcoming season's standings. NRL22 membership shall be \$60 for adults and \$25 for Young Guns.
8. The NRL22 will shop for and promote sponsors through media efforts. Sponsor's donated prizes will be distributed every month by that sponsor's wishes. NRL22 will do a monthly YouTube Live show to award prizes. Members will get their name entered into the random drawing every time they shoot a match throughout the month. Winners will be notified by email and social media of the prizes they have won. (Example: Product X wishes for their prize to go to the top overall competitor. Every club's top overall competitor will be put in a random number generator and awarded that prize.)

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## **B. Competitor's Responsibilities**

1. Competitors will treat Match Directors and Range Officers with respect at all times. From time to time, disagreements arise between competitors and match officials. This is fine, so long as mutual respect and calm communication occurs. The Match Director's ruling is always final.
2. All participants in NRL22 matches are looked upon as Safety Officers. Any participant that witnesses an unsafe act is to call for a ceasefire and stop the unsafe act. The participant should then inform the closest Range Officer of the act.
3. It is the competitor's responsibility to know the NRL22 Rules and Regulations prior to a competition.

4. Competitors should actively participate in any stage briefing to move the shoot along smoothly.
5. Competitors shall understand that at the beginning of the stage, when asked by the Range Officer “Do you understand the course of fire?” If they give an affirmative answer, that will be their last opportunity to get clarification. Because of this, arguments that they did not understand anything about the stage, or its targets are invalid.
6. Competitors should be good squad mates by helping police brass, helping Range Officers when directed, and providing coaching to other competitors off-the-clock, before or after their stage is complete. Competitors are encouraged to share gear, strategies, and insight, but doing so is optional and not required. Help setting up and taking down the match is also a big help to the club.
7. Members may participate in multiple different clubs in one month and will earn a random draw entry for every match attended; however, members will only be entered into the winner drawing once per month. Shooting multiple entries in the same match is not allowed.
8. Sponsors are very important to the NRL22. It is encouraged that the competitor writes emails or utilizes social media to thank the sponsors that supported the competition.

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### **C. Match Director’s Responsibilities**

NRL22’s goal of making precision rifle sports accessible to all communities cannot be achieved without Match Directors. Recognizing their invaluable role, NRL22 consistently focuses on acknowledging their contributions and continually strives to make it easier for anyone to host an NRL22 match.

1. Match Directors are responsible for the overall direction of a match. He or she is the person in charge at that event. A safety brief is provided at the top of this page and should be a good starting point for the topics covered for all competitors prior to the start of the match.
2. NRL22 is intended to grow the sport, so Match Directors are encouraged to keep their matches open to the public. The monthly course of fire is intended to be as inclusive as possible for as many communities as possible and to provide an avenue for each locality to compete in the larger national match for prizes, points, and qualification.
3. Each monthly course of fire is only 5 stages. Local Match Directors are encouraged to run additional stages with maximum creativity suited to their range and competitor's tastes. Perhaps run and gun, pistol, or longer range is what your club likes. Please share your favorite stages with the NRL22 community on social media.
4. Match Directors must have a scoring system that allows for quick tabulation of points and must allow competitors to see their scores after the stage. If utilizing paper scoring, rain should be accounted for. If using electronic scoring, failure of equipment and battery life should be accounted for, and paper backup should be available. The use of tablets is highly encouraged. It allows for accurate and timely tabulation of scores, without manually calculating scores. Additionally, the use of tablets allows for the Match Director to verify any alterations to scores and to quickly submit scores to the NRL22 and for competitors to see their raw score.
5. \* Match Directors shall provide no less than a 30-minute sight in period with paper placed in a safe location at a distance of 50 yards to zero your rifle. If the Match Director chooses to, he/she can have multiple targets (steel and/or paper) at various distances for competitors to verify and/or gather

D.O.P.E. (Data on previous engagements); however, having additional targets beyond 50 yards is not mandatory.

6. \* Match Directors must submit match scores within 7 days after the end of the match and pay the score tracking fee if they are utilizing the NRL22 COF, advertising their match as a NRL22 match, and have NRL22 members that attended their match. NRL22 strives to update classifications and the points race for members as soon as possible. Scores received after 7 days may lead to adjustments in classifications and additional reprocessing activities and therefore will be handled on a case-by-case basis and may incur a late submission fee. To ensure integrity and transparency of the points race for members, no exceptions will be made for scores submitted beyond 30 days after the date of the match.
7. \*At the beginning of the season, the club's Match Director must log onto the NRL22 web site to [register or renew their club and pay the \\$20 annual club fee](#). This money will be used to create and maintain club information on the NRL22 web site. The web site will also be updated so that new competitors can search for clubs close to them or in any area of the country.
8. \*Match Directors will submit scores of all competitors who attended and competed in their match. If a competitor leaves mid-match for any reason and has competed in any NRL22 stage, then those points earned will be submitted as the competitor's final score.
9. If a Match Director chooses to use an online scoring application like PractiScore or Impact Scoring to calculate scores, then he/she will not mark a competitor as DQ within that system if the competitor did not attend the match. It is recommended that the Match Director delete all no-show competitors from the match on the app prior to publishing scores.
10. Sponsors are very important to the NRL22. Match Directors are encouraged to pass along an email to all competitors after the competition with the email address for every sponsor for thank you notes.

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#### D. Range Officer's Responsibilities

1. Range Officers are any person assisting in running a competition, not including the Match Director. They can be the person running a stage, a spotter, the sign in person, or anyone that the Match Director acknowledged, as working the match.
2. Range Officers should understand all Rules and Regulations prior to the start of the competition to ensure the safety of all participants. Any Range Officer witnessing unsafe acts shall call ceasefire and correct the unsafe act as soon as possible.
3. Range Officers that are running a stage shall have complete knowledge of the stage that they are responsible for. They shall conduct a stage briefing for all competitors prior to each stage and assist in target location on stages that allow for prior target knowledge. After the stage briefing, the squad will have 5 minutes to prep before the first competitor is called. Once the stage begins, the Range Officer shall run every competitor through that stage as close to the same as humanly possible. Match Directors shall ensure that Range Officers utilize standard commands at their competition.

**Standard commands** are as follows: **"Do you understand the course of fire?"** If no questions are asked, then **"Please load and make ready"**. Once the competitor makes his or her rifle ready, **"Are you ready?"** Once an affirmative is obtained, **"Stand by,"** then the start tone should follow, or the verbal command **"Engage"**. After each shot is fired, a command of **"impact"**, **"wrong target"**, or **"wrong position"** should be given to alert the competitor of the results of that shot. Acceptable options for missed shots are remaining silent or **"no-call"**.

4. Range Officers that are serving as spotters are responsible for calling hits or misses. The following standard calls are to be used AFTER a competitor has fired a shot: **“impact”**, **“wrong target”**, or **“wrong position”**. Acceptable standard calls for missed shots are remaining silent or **“no-call”**. Competitors may ask closed ended questions while engaging targets where a “Yes” or “No” answer can only be given e.g. “I’m on the far target, correct?” (This is an acceptable question) versus “What target am I on?” (This is not a closed-ended question and not allowed). Spotters should use loud clear voices when calling stages. Calling wind and D.O.P.E. corrections during the stage is not allowed for seasoned competitors. NRL22 is intended to be a friendly environment for beginners to learn the sport of precision rifle so coaching is encouraged for new competitors. “New competitors” is a term that is not strictly defined; however, it is generally recommended to be competitors who are shooting their first or second NRL22 match or are classified as a Novice.
5. Incorrect commands or calls made by Range Officer does not warrant a re-shoot in most scenarios and the competitor will only receive points for impacts that were in alignment with the stage description, but the ultimate decision on a situational reshoot will be left to the match director’s discretion.
6. Impacts on a target only count when the actual steel target is hit. Depending on the manufacturer, a target may have a small piece of steel where the target stand goes through, that part is still considered the target. In addition, the stem of a KYL is considered part of the target but impacts near the hinge or the crossbar are not allowed. If a range officer determines that a competitor is intentionally shooting NEAR the hinge or crossbar of a KYL rack, this activity can be deemed as cheating and is grounds for match DQ. Impacts on target hangers, stands, and/or straps will not count as an impact. If a target moves after a shot has been fired, then that shot will be recorded as an impact, unless the Range Officer is able to clearly determine that the impact was not made on the steel target but rather the target hanger/stand/strap.
7. Anytime a Range Officer is not able to settle a grievance presented by a competitor, he or she shall request the Match Director to make the final judgment.
8. Range Officers will ensure that the competitor's chamber is cleared, magazine removed, and chamber flag/block inserted prior to the competitor moving their rifle off the firing line/prop.
9. It is highly recommended to have separate people spotting impacts and running the tablet. Ideally the spotter will have a mechanical, thumb operated, clicker counter to tally impacts while the other individual is recording the result of each shot on the tablet. Upon completion of the competitor's allotted time, the spotter should confirm the number of impacts with the person operating the tablet. This process minimizes errors and ensures the spotter can watch for safety and concentrate on accurate impact calls.

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#### **E. Specific Competition Rules**

1. The NRL22 monthly course of fire will always have 5 stages which may consist of prone, barricades, positional or a combination of any 3.
2. Seasoned competitors will only be allowed to take a position on any prop while on the clock and while shooting the stage. This will ensure that they don’t gain an advantage and helps to move the match along; however, the NRL22 is intended to be a friendly environment for beginners to learn the sport. Therefore, touching the props and getting tips on building a stable shooting position is encouraged for newer competitors. “New competitors” is a term that is not strictly defined; however, it is generally

recommended to be competitors who are shooting their first or second NRL22 match. Everything within Section 3. E. 2. is at the discretion of the Match Director.

3. Shooting props cannot be moved nor positioned in a different manner unless the stage description clearly states to do so unless it must be repositioned to ensure it is safe for use. Bringing additional props onto a stage such as chairs, buckets, range equipment, etc. may not be used to assist the competitor in shooting a stage.
4. When shooting off any prop/barricade, the rifle must be primarily supported by said prop/barricade.
5. Targets that are part of the competition will not be engaged to check DOPE nor practice.
6. Mulligans of any kind will not be allowed at NRL22 monthly matches.
7. The timed stage will be conducted as follows:
  - a. The Range Officer shall, at a minimum, utilize a simple stopwatch that can time down to a hundredth of a second. (0.01 seconds)
  - b. The time starts when the Range Officer says "start" or "engage" which also starts the stage.
  - c. After the required number of rounds for the stage have been fired, the Range Officer will stop the timer. If a shot timer is used, then the Range Officer will make every attempt to capture the last shot on the shot timer. The competitor is granted a buffer time of 0.30 seconds if a shot timer is being used to accurately capture the time. This means that if the last shot registers as 120.30 then the competitor will be granted that point. The buffer of 0.30 seconds applies to all stages where a shot timer is being used.
  - d. The Range Officer records the time elapsed down to the hundredth of a second.
  - e. 0.1 bonus points shall be awarded for each second remaining.

Example: The course of fire is 120 seconds with 10 target engagements. The competitor hits all 10 targets for 100 points. The course of fire was completed in 111.35 seconds. The competitor is awarded 0.865 bonus points for time remaining. The competitor's score for the stage would be 100.865.

8. Reshoots shall only be permitted in the event of an interruption of the stage that was outside the control of the competitor. This includes target failure, called ceasefires for any reason not caused by the competitor, a broken prop, or any other reason outside of the competitors control deemed reasonable by the Match Director. Target failure is defined as a target falling off the stand or stuck to such a degree that the competitor does not have the same advantage as they did at the beginning of the stage. Reshoots will not be permitted for equipment malfunctions unless the firearm was provided as a loaner rifle by the club/Match Director. Reshoots will not be permitted for competitors who claim to have not understood the stage description/target engagements after the stage begins (stage begins when time has been started), nor permitted due to variations or irregularities in the Range Officer's commands. Competitors who are granted a reshoot must reshoot the stage in the same manner with the exact same equipment. With Match Director approval, the Range Officer can give a competitor the option for a reshoot without having been asked by the competitor if the Range Officer observes an incident which hindered the competitor. The competitor can request a reshoot if he/she believes one is warranted but only under the aforementioned circumstances. The competitor will have a period of two minutes to explain their grievance to the Range Officer. The Range Officer will then contact the Match Director to determine if a reshoot will be granted. The score on the reshoot will be the only score used. There are two types of reshoots available to the competitor:

- a. A Full Reshoot - which means the competitor will run the entire stage over from start to finish.
- b. A Partial Reshoot - which means the competitor is placed in the exact same position they were in at the time of the stoppage and will have the exact amount of time placed back on the clock which was remaining at the time of the stoppage. The remaining time will start within 10 seconds of the competitor getting into position. If either the position or the time remaining cannot be determined, the competitor must take a full reshoot.

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#### **SECTION 4: NATIONAL CHAMPIONSHIP**

##### **A. National Championship Match Rules**

1. The NRL22 championship will be conducted according to the [NRL22X rules](#) and the rules laid out in Section 4 of the NRL22X rules.

##### **B. National Championship Match Date, Location, and Qualification**

1. The NRL22 will be responsible for conducting a National Championship match at the end of the season. The National Championship will take place in June 2026 not far from the Huntsville Alabama area and will be hosted by Levi Wilson, Todd Sanders, and Matt McDole. Further specific details will be disclosed closer to the match date.
2. 45% of the National Championship match participants will come from NRL22, 45% will come from NRL22X, and 10% from international NRL22 clubs.
3. Young Guns and Ladies Divisions will receive no less than 10% of the allotted NRL22 invites and the rest will be divided between the remaining divisions based on season participation. (example: if 100 spots are available to NRL22 competitors and the season's participation levels are 54% Open, 8% Young Guns, 8% Ladies, 10% OG, 10% Air Rifle, and 10% Base, then invites will be extended to the top 50 Open competitors, top 10 Ladies competitors, top 10 Young Gun competitors, top 10 Old Gun competitors, top 10 Air Rifle Competitors, and top 10 Base competitors). Invites will continue to be sent to the next competitors in each division until 50 Open competitors are registered and 10 competitors in each other division are registered or until every competitor in that division has been invited.
4. Invites will be emailed directly to NRL22 members from the NRL22 based on the member's NRL22 Leaderboard placement. The NRL22 Leaderboard tracks every member's best score for each month and then combines the member's score from their top 6 months in that division to determine their leaderboard score.
5. Invites are earned by season performance within that division and therefore members may only compete in the National Championship in a division for which they earned an invite.
6. NRL22 will allocate 10% of the invites and inform the international clubs on how many invites are awarded to international competitors.
7. The NRL22 Series National Champion in each division and the rest of the rankings will be determined by combining each competitor's leaderboard score with the National Championship match points. The National Championship match will be worth double points.

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#### **SECTION 5: RIFLE RULES, DIVISIONS, CLASSIFICATIONS, and SCORING**

**A. Rifle Rules**

1. Rifles must be chambered in .22 Long Rifle. This cartridge is the most common and available rimfire cartridge. At these ranges it also most closely mimics centerfire cartridges at Precision Rifle. 17 HMR, 22 Magnum and like rimfires cartridges are not allowed.
2. Any .22 Long Rifle chambered rifle may be used, however, rifles with removable magazines must be used. Rifles with fixed tubular magazines are not allowed as they are more difficult to make safe.
3. Air Rifles may be used in accordance with the rules laid out in Section 5.B.6 regarding Air Rifle Division.
4. Any scope, iron sights, or electronic sights may be used. However, magnified rifle scopes with externally adjustable turrets and reticles designed to assist in holdover and measurement are highly recommended.
5. Competitors may participate in the Air Rifle, Young Guns, Open, Old Guns, Adaptive, or Ladies division with an Air Rifle provided they meet the other requirements for the division they choose to compete in.
6. Competitors may only utilize one rifle in a competition. If a breakage occurs, the competitor must get permission from the Match Director before using a different rifle.

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**B. Divisions**

NRL22 monthly matches have eight divisions - Open, Base, Young Guns, Ladies, Air Rifle, Old Guns, Semi-Auto, and Adaptive. NRL22 is intended to be a friendly environment for beginners to learn the sport of precision rifle so coaching is encouraged for new competitors of all divisions. "New competitors" is a term that is not strictly defined; however, it is generally recommended to be competitors who are shooting their first or second NRL22 match or are classified as a Novice.

1. Competitors must pick one division to shoot at the beginning of a local monthly shoot or the National Championship. The competitor is only eligible for placement in the division in which they signed up. For example, if a female competitor with a base rifle signs up for Ladies division and wins the entire shoot, she will only be recognized for the placement in the division in which she signed up for. In this example, that would be the Ladies division.
2. Open division is for any competitor that does not meet the criteria of Base, Young Guns, Ladies, Old Guns, Air Rifle, Semi-Auto, or Adaptive division.
3. Base division is intended to be budget oriented and friendly to new competitors. Any rifle system that comes in at or under a combined MSRP of \$1650 USD, as listed on the manufacturer's website, shall be eligible to compete in Base division. This \$1650 USD combined MSRP price is the limit for the sum of the rifle's MSRP and the scope's MSRP.
  - a. The following are considered accessories to the rifle and are allowed in Base division: Interchangeable/removable grips utilizing factory attachment points, bottom metal/trigger guard/magwell, scope rings, scope bases, bipods, suppressors, data card holders, magazines, spare magazine holders, auto bolt releases, extended magazine releases, bubble levels, digital levels, bolt knobs, and rail attached weights or weights utilizing factory attachment points.
  - b. Factory barrels must remain in their original factory specifications. Threading of the barrel is allowed. Replacement barrels must also remain in the original factory specifications of the

original rifle. i.e. a CZ 457 Pro Varmint barrel may not be replaced with a CZ 457 Manners MTR barrel.

- c. Barrel tuners, or items attached to the barrel that act as a tuner are not allowed in Base division. Thread protectors and suppressors are allowed in Base division.
  - d. Aftermarket triggers are not allowed. Only the following adjustments of the factory trigger are allowed: replacing springs, safe adjustment of trigger pull weight, and/or the polishing of internal components.
  - e. The addition of internal weights is not allowed.
  - f. Modifications to the stock are not allowed. Drilling holes in the stock is also prohibited unless being done to accommodate one of the following exceptions listed below:
    - i. Bedding of the action
    - ii. Mounting a flat rail (e.g. arca or picatinny) to the bottom of the forend.
    - iii. Adding a cheek riser
    - iv. Adding a sling stud.
  - g. Base rifles must remain in their factory configured stock/chassis. Applying paint and/or cerakote to the original factory stock/chassis is allowed, but if a barreled action is removed from the factory stock/chassis and placed in an aftermarket stock not available by the manufacturer and not available as an option to purchase as a complete rifle, then that rifle will be an Open division rifle. i.e. a CZ 457 MTR barreled action may not be placed in a CZ 457 Pro Varmint stock.
  - h. The production status and MSRP on the first day of the season will be considered valid for the entire season. Left-handed models identical in configuration to right-handed models but with a higher MSRP will be recognized at the MSRP of the right-handed version. Base division competitors should be mindful that manufacturers may change the MSRP of their products from time to time. Rifles and scopes that are out of production on the first day of the season are eligible if the last production year MSRP of the rifle and optic adjusted for inflation using the following link [https://www.bls.gov/data/inflation\\_calculator.htm](https://www.bls.gov/data/inflation_calculator.htm) fall within the MSRP limits and the rifle meets all other criteria for Base division. NRL22 will not maintain a list of authorized rifles or scopes due to the dynamics of the ever-changing cycle of revised models, new products, and upgrades being released by manufacturers.
  - i. At sign in, the Match Director should inspect the rifle and ensure that the rifle meets the aforementioned criteria. If the MSRP goes over or unauthorized modifications have been made, the competitor shall compete in the Open division or another division so long as he/she meets the criteria of that division. It is difficult for local Match Directors to keep up with every detail. Base division competitors are encouraged to assist local Match Directors with ensuring Base division rifles appropriately fall into Base division. Match Directors are responsible for enforcing the Base division regulation matters when they arise on a case-by-case basis. For the National Championship, these rules will be followed to the letter. There will be a gunsmith or a representative from NRL22 present at the NRL22 Championship for Base division rifle inspections.
4. Young Guns division will be for any competitor who is 17 years old or younger. Competitors 17 years old or less on the first day of the season are eligible to compete in Young Guns division for the entire season. A parent or guardian must be present with the competitor, who will take responsibility for the

actions of the Young Gun. From time to time, the parent or guardian may need to assist the Young Gun with the firearm during a stage however the Young Gun must be acutely aware of safe and responsible firearm manipulation at all times. Please note that NRL22 monthly matches are intended to be a friendly environment for learning and new competitors. Young Guns may voluntarily sign up to compete in any other division instead of Young Guns, if they meet the requirements of that division. There are two levels of assistance available to Young Guns competitors:

- a. Novice & Marksman – All verbal coaching and hands-on assistance is allowed at any time.
- b. Sharpshooter & Expert – No verbal coaching or hands-on assistance while on the clock.

5. Ladies division is for competitors born as biological females. Alternatively, Ladies may voluntarily sign up to compete in any other division if the competitor meets the requirements of that division.
6. Air Rifle division is for competitors using a rifle that operates with compressed air to fire a pellet or slug. There are no projectile weight restrictions, but the rifle must be .30 caliber or smaller with muzzle energy not exceeding 110 foot pounds of energy (FPE). (See formula below to calculate energy.) Tethered tanks are not allowed. Alternatively, competitors using air rifles may voluntarily sign up to compete in any other division as long as they meet the requirements of that division.
  - a. Measuring foot pounds of energy (FPE) requires knowing the pellet's velocity and weight. Use a chronograph to determine velocity, then apply the formula:

$$\text{Energy} = \text{Pellet Weight} * \text{Velocity}^2 / 450240.$$

For example a 33 grain pellet at 1,020 ft/sec would have 76.26 FPE.

$$33 * 1020^2 = 34333200 / 450240 = 76.255 \text{ FPE}$$

A 40 grain lead bullet measuring at 1,080 ft/sec has 103.62 FPE.

7. Old Guns (OG) division is available to any competitor 60 years old and older. Any competitor that will turn 60 years old during the current season (May 1st thru April 30th) will be eligible to compete in the Old Guns division for the entire season and may start competing in Old Guns division on the first day of the season (May 1st). Old Guns competitors may voluntarily choose to compete in any other division as long as they meet the requirement of that division. Old Guns division will shoot the same course of fire following the same stage instructions as all other competitors.
8. Semi-auto division is available for any competitor without restrictions to price or attachments. A semi-auto rifle is a rifle that automatically reloads after firing a single round out of a magazine with each trigger pull. To reiterate the safety aspect, semi-automatic rifles can move with a closed bolt, but the mechanical safety must be engaged and the competitor must yell "safe" to indicate the mechanical safety has been engaged.
9. Adaptive division is an optional division that will be available to any competitor that has special needs/considerations severely limiting their ability to participate in the match as written. This division is intended to allow participation in the monthly NRL22 courses of fire for individuals who are no longer able to perform a significant amount of the motions published within the course of fire. A few examples would be competitors who have had spinal fusions preventing prone positions, or competitors who have declined mobility due to many years of living life to the fullest, or folks who have a passion for precision rifle but shooting the published course of fire would result in a long drive home in pain followed by another day or two of being stiff and sore. It is up to the Adaptive division participants to have reviewed the course of fire prior to the local match. An example would be utilizing a tripod and stool instead of shooting prone or using a stool when shooting from the sawhorse or tank trap tips. It is important to

note that adaptations to the course of fire are only acceptable in the monthly NRL22 format and changes to the course of fire are not allowed in NRL22X nor in the NRL22 National Championship. Adaptive competitors with active NRL22 memberships will still be recognized for the monthly drawings but will be combined into the Old Guns division for the live show. Hosting the Adaptive division is solely at the discretion of the Match Director.

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### C. Classifications

1. Any match hosted within the NRL22's umbrella of events has four classifications - Novice, Marksman, Sharpshooter, and Expert. Classifications are based on experience, participation, and skill. Classifications are intended to allow competitors to grow and track their progress through the sport. All competitors will be classified and classed up based on participation and performance at any match within the NRL22 umbrella of events that is submitted for score. NRL22 will display classification levels for all members.
2. Classifications will carry over from one season to the next. Throughout the season, competitors will continue to earn credits towards classing up to the next classification level. All competitors and their historical performance at NRL22 events will be assessed to properly classify new members as well as properly award current members for credits earned against non-member competitors. From time to time, skilled competitors with a lack of historical precedence in NRL22 events will be classed lower than expected however, the system is designed to allow these competitors to quickly ascend up into their proper classification.
3. Competitors will class up once they have reached the maximum number of credits allowed for that class. Credits earned will always start at zero for each class achieved. If a competitor earns more than the credits allowed within a class, they will still enter the new class with zero credits. Maximum credits are based on 24 months of accumulated credits. Credits older than 2 years will expire and will no longer count towards your class credits.

Maximum credits allowed in each class are as follows:

- a. Expert - Unlimited
  - b. Sharpshooter - 12 credits
  - c. Marksman - 8 credits
  - d. Novice - 6 credits
4. Earning Credits for Classing Up: Competitors will earn credits to class up by earning the high score or tying for the high score in their class, or by outscoring higher classed competitors. Credits will be distributed as follows:
    - a. National Championship: The top 5 scores in each class will receive 4 credits; the 6th and 7th place scores in each class will receive 3 credits; the 8th and 9th place scores in each class will receive 2 credits; the 10th place score in each class will receive 1 credit.
    - b. All other sanctioned events will award credits based on the number of competitors in each respective class at that event combined with any higher classed competitors that a competitor outscored. \*

- i. Outsourcing Higher Classed Competitors: Each competitor who outscores a higher classed competitor will receive 0.1 credits per higher classed competitor that they outscored.
- ii. High Overall Credit: The competitor with the highest overall score for the entire event will earn 1 credit if the event has a minimum of 20 shooters, and there are less than 3 competitors in the high overall competitor's class (or higher\*). A competitor will only receive a credit for high overall score or a credit from a class win but not both.
- iii. 0 - 2 competitors in class (or higher\*): 0 credits
- iv. 3 - 9 competitors in class (or higher\*): 1 credit for class winner.
- v. 10 - 14 competitors in class (or higher\*): 2 credits for class winner, and 1 credit for second place.
- vi. 15 - 29 competitors in class (or higher\*): 4 credits for class winner, 2 credits for second, and 1 credit for third place.
- vii. 30 - 44 competitors in class (or higher\*): 4 credits for class winner, 4 credits for second, 2 credits for third, and 1 credit for fourth place.
- viii. 45+ competitors in class (or higher\*): 4 credits for class winner, 4 credits for second and third, 3 credits for fourth, 2 credits for fifth, and 1 credit for sixth place.

[CLICK HERE FOR A VISUAL CLASSIFICATION CHART](#)

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#### **D. Equipment and Shooting Positions**

1. NRL22 competitors are considered to be the most welcoming participants in any shooting sport. Sharing of equipment, especially to new competitors, is highly encouraged.
2. Unless mentioned in the course of fire or rules below, any shooting equipment may be used; however, the use of additional props such as chairs, buckets, range equipment, etc. may not be used to assist the competitor in shooting a stage.
3. Tripods and shooting sticks are not allowed on any stage unless the stage specifically incorporates the tripod into the stage from the NRL22 list of approved props. All competitors must use the same tripod that is provided by the Match Director.
4. The bipod is not considered equipment and is part of the rifle system; however, it cannot be used to support the rifle while shooting in any unsupported position. The bipod does not have to be removed while shooting in an unsupported position.

#### **Unsupported Shooting Positions**

5. A sling is designed to provide a way to carry the rifle and also to assist in unsupported positional shooting. The sling may attach at 1 or 2 points to the rifle. It may have cuffs or adjustments to aid in unsupported positional shooting. A sling is the only authorized piece of equipment that may be used in any unsupported position.
6. The standing unsupported position means both legs are fully erect with both feet flat on the ground and the rifle being supported by a sling, hand and/or shoulder.

7. Kneeling unsupported position means that one knee must be in contact with the ground, the other knee may be on the ground. The competitor may also sit on the leg that is on the ground. The rifle can only be supported by the knee, sling, hand and/or shoulder.
8. In the unsupported seated position, the competitor must have their butt on the ground. The competitor may use their knees, sling, hand and/or shoulder to support the rifle.
9. In the prone unsupported position, the competitor will be laying flat on the ground with the rifle being solely supported by the competitor's hand and/or shoulder, a sling may be used as well. It is never acceptable to have any part of the rifle, or any part of the hand, resting on the ground to support the rifle. The ground includes a mat, tarp, bag, glove, coat, etc.

### **Supported Shooting Positions**

10. Prone supported means that the rifle has a forward support such as a bipod or support bag when a bipod is not available. Additionally, a rear bag or hand may be used as rear support.
11. The standing position means both legs are fully erect with both feet flat on the ground and the rifle being supported by the competitor and the prop.
12. The kneeling position means that at least one knee must be in contact with the ground at all times and the rifle being supported by the competitor and the prop.
13. The seated position means the competitor must have their butt on the ground and the rifle being supported by the competitor and the prop.
14. Strong side means that the competitor is using their dominant shoulder, hand, and eye.
15. Weak side or support side means that the competitor is using their non-dominant shoulder, hand, and eye.

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### **E. Local Match and Series Scoring**

1. Local Match points for each season will be earned by competing in any of the 12 sanctioned NRL22 local monthly competitions of the season (May 1st thru April 30th).
2. Match points will be based on the percentage of the winning score. (For example, if the winning competitor scores 480.865 points, and the second-place competitor scores 460.21 points you would divide 460.21 by 480.865 and multiply by 100 to end up with 95.705 points) Points will be rounded to the thousandth. Competitors are encouraged to compete in multiple matches to increase their monthly leaderboard score and will earn an entry into the random drawing for every match attended; however, members will only be allowed one entry into the monthly winner drawings.
3. Environmental conditions, slight difference in Course of Fire interpretation, use of the different options in the course of fire and local match sizes are inevitably going to be different. For all these reasons, the winner of the local shoot sets the benchmark to what is achievable in those conditions. Example: The open winner of the Las Vegas local match scores 485/500 points with no wind and 30 competitors. The open winner of the Albuquerque local match scores 230/500 points with sustained 30 MPH winds and 12 participants. NRL22 sees both scores as the same 100 points and both winners along with any other local match winners are eligible for a chance at any prizes designated for each of their respective divisions.

4. The NRL22 leaderboard functions as follows: Each month the NRL22 publishes a course of fire. The leaderboard will track each member's top score in each division, for each course of fire published, based on percentage of the overall match winner's score. The member's top 6 months (courses of fire) will be tallied together to give the member's score for the leaderboard. NRL22 matches must have a minimum of 5 competitors to be counted towards the leaderboard; however, all matches regardless of size are eligible to earn classification credits.
5. The NRL22 Series National Champion in each division will be determined by combining each competitor's leaderboard score with the National Championship match points. The National Championship match will be worth double points.

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## **SECTION 6: SPORTSMANSHIP**

### **A. Good Sportsmanship.**

1. Good Sportsmanship is one of the founding principles of NRL22 and is highly regarded by the NRL as a whole. Good sportsmanship helps grow the sport, creates positive role models, and is impressive to the sponsors. It is not something that can be quantified but is easy to recognize by all participants.
2. The NRL22 is intended to promote and grow the sport of competitive shooting. It is expected that all members and competitors be inclusive and respectful of all other members, competitors, and the general public in order to portray the NRL22 (and by extension the larger shooting sports community) in a positive manner. This expectation extends beyond the match proper and includes social media. Instances of bullying, bigotry, slurs, racism, spam posts, excessive negativity, or similar behaviors on official NRL22 social media channels will not be tolerated. The NRL22 will monitor posts and comments on official NRL22 social media channels and may remove posts, comments, and/or members that violate this policy.
3. It is encouraged that members and competitors post and comment in a manner that promotes both the NRL22 and the larger shooting sports community, promotes matches, provides positive feedback, assists newer competitors, provides constructive feedback (both positive and negative), and promotes civil and productive discourse.

### **B. Unsportsmanlike Conduct.**

1. Unsportsmanlike conduct is taken very seriously by NRL22.
2. Examples of bad sportsmanship include treating participants or range staff with disrespect, unwarranted complaining, throwing tantrums, or being unpleasant.

### **C. Cheating**

The NRL22X defines cheating as acting dishonestly or unfairly in order to gain an advantage in competition. Examples of cheating are:

1. Sabotaging another competitor's equipment.
2. Using unauthorized modifications in the Base division.
3. Altering or destruction of score sheets.

4. Any other act as deemed unfair/cheating by a Range Officer or Match Director.

#### **D. Penalties for Unsportsmanlike Conduct and Cheating**

1. Any competitor who is deemed as acting in an unsportsmanlike fashion will be subject to any penalty that the Match Director deems appropriate including warnings; stage zeros and/or match DQ and being removed from competition.
2. The only penalty appropriate for cheating shall be the Match Director issuing a match DQ and being removed from competition.
3. In the event of a competitor being removed from a competition for cheating or unsportsmanlike conduct no match points will be awarded.
4. Depending on the severity of unsportsmanlike conduct and/or cheating may result in the competitor being suspended from the NRL22 for a minimum of a year.

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#### **Addendum**

1. [Tank Trap Plans](#)
2. [Tank Trap Anatomy](#)
3. Rooftop Plans
4. [NRL22 Pyramid](#)

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#### *Documentation Log*

2025-04-29 – 2026 NRL22 Rules posted to NRL22.com.

2025-07-29 – Section 5.B.3.f updated to more clearly represent intended definition.