

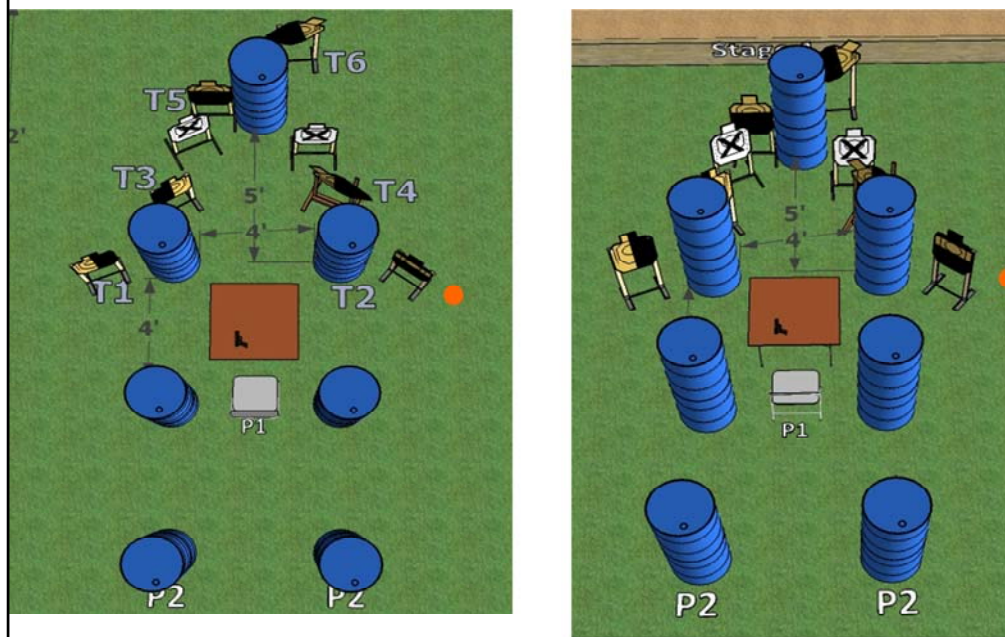
# COF Rules

- CoF 1. All CoF must either simulate a possible real life scenario or test skills that might reasonably be used in a real life self-defense confrontation. If you cannot honestly say "that could happen," it probably won't make a good IDPA stage.
- CoF 2. Seventy-five percent of all shots required in a match must be fifteen (15) yards or less. Occasional targets out to thirty-five (35) yards are to be encouraged.
- CoF 3. Shooter movement of more than ten (10) yards between firing points and fifteen (15) yards total movement in a string of fire is not permitted.
- CoF 4. Only one (1) non-threat target may be used per every three (3) threat targets in any string of fire.
- CoF 5. Avoid designing courses of fire that will substantially disadvantage senior and mobility-challenged shooters.
- CoF 6. At least 5% of all shots required in a match are to be fired on the move. A combination of shooting on the move and the use of moving targets is even more realistic. Statistics show that most shootings involve movement on the part of both good and bad guys.
- CoF 7. Any CoF that requires the shooter to re-engage a target in two (2) or more strings of fire MUST be scored Limited Vickers or scored and taped between strings.
- CoF 8. No threat target shall be located so that it can be hit by shooting through another threat target.
- CoF 9. When cover is available, it MUST be used both when shooting and reloading.
- CoF 10. Targets must be engaged in tactical priority unless tactical sequence is specified. Targets within two (2) yards of each other relative to the distance from the shooter are considered to be equal in threat.

## COF Rules (Cont.)

- CoF 11. On stages that have a minimum round count one (1) round higher than the capacity of a competitors firearm, emptying the firearm and failing to reload so as not to engage the last shot in order to gain a competitive advantage will result in an FTDR.
- CoF 12. Determine and clearly mark muzzle safe points.
- CoF 13. Use concealment for scenario stages when appropriate. Exception: Police or military officers when using actual duty gear.
- CoF 14. No "strong-hand only" strings of fire may require the shooter to engage targets more than ten (10) yards distant.
- CoF 15. No "weak-hand only" strings of fire may require the shooter to engage targets more than seven (7) yards distant.
- CoF 16. No "weak-hand only" reloading.
- CoF 17. No head-box shots are to be required more than ten (10) yards distant.
- CoF 18. No more than 25% of the shots required on any string of fire may be on steel targets and no more than 10% of the total shots required in the match may be on steel.
- CoF 19. No string of fire may exceed a maximum requirement of eighteen (18) rounds.
- CoF 20. No foot-fault lines may be used on any scenario stage.
- CoF 21. After the match has started, all course design changes are final. CoF cannot be changed unless all competitors that have previously completed the stage get to re-shoot it.
- CoF 22. CoF should be "revolver neutral" whenever possible.

## Hassled at Work



### Bay 1 Right

#### STAGE 1: Strong Hand Only (SHO), Limited Vickers

**Scenario:** Your seated at your desk when you are confronted by six armed attackers who break in.

**Procedure:** P1 Seated in chair hands on knees, gun loaded on the table. Shooter starts seated in chair hands on knees and remains in the chair while shooting. Gun on the table and loaded to IDPA capacity. On the buzzer draw and engage targets tactical priority with 2 rounds each. Reload as needed. All targets get 2 shots.

#### STAGE 2: Free style, Limited Vickers

**Scenario:** Your in the back room conducting inventory when you are confronted by six armed attackers who break in.

**Procedure:** Shooter starts at P2 (either side) hands on barrel, gun loaded and holstered loaded to IDPA capacity. On the buzzer draw and engage targets tactical priority with 2 rounds each. Reload as needed. All targets get 2 shots.

**Setup notes:** Vary heights on targets. Left no-shoot lines up with edge of Down Zero on T5. Right no shoot visually lines up with edge of Head on T6.

#### Target Heights:

- T1 – 5 ft
- T2 – 6 ft
- T3 – 5 ft
- T4 – 6 ft
- T5 - 4 ft
- T6 – 5 ft

**SCORING:** Stage 1 - Limited Vickers, 12 rounds max. Stage 2 - Limited Vickers, 12 rounds max.

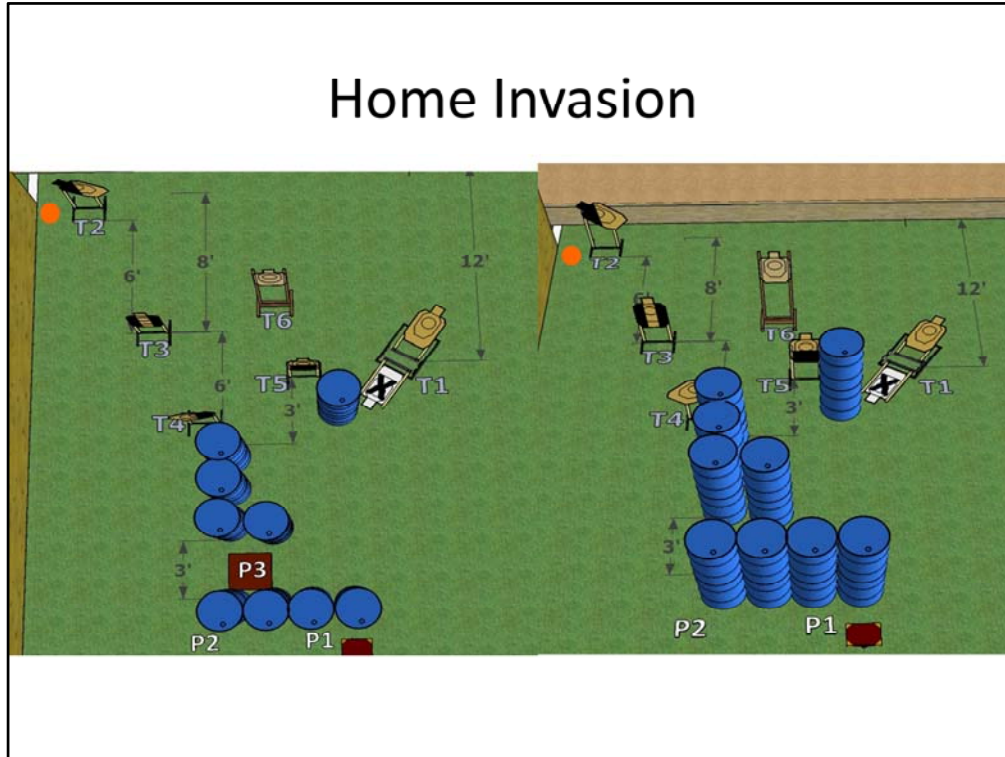
**TARGETS:** 6 IDPA, 2 non threat

**SCORED HITS:** Limited Vickers, Only 2 on Target

**START-STOP:** Audible - Last shot

**CONCEALMENT REQUIRED:** YES

# Home Invasion



## Bay 1 Left STAGE 3: Free Style, Vickers

**Scenario:** When walking down your hall after being awoken by strange noises, you discover that your house is being invaded. Exercise your Castle Doctrine rights!

**Procedure:** Begin at P1, Facing barrel, flashlight (Laser) in weak hand, strong hand at side. At signal, draw and move to right and step on box to activate clam shell target, fire two shots at T1. Move to P2 and engage T2-T4 in tactical priority with 2 shots each. Perform a tactical reload at P2. Move to P3 and engage T5 and T6 in tactical priority with 2 shots each.

**Notes:** Laser must be anywhere on target that is engaged. No laser on target incurs a procedural per target. Extending foot outside cover of barrel at P1, P2 or P3 is a procedural.

**Setup notes:** Note the location for each uniquely painted target.

### Target Heights

- T1 – 5 ft
- T2 – 6 ft
- T3 – 4.5 ft
- T4 – 5 ft
- T5 – 6 ft
- T6 – 5 ft

**SCORING:** Stage 3 – Vickers, 12 rounds min.

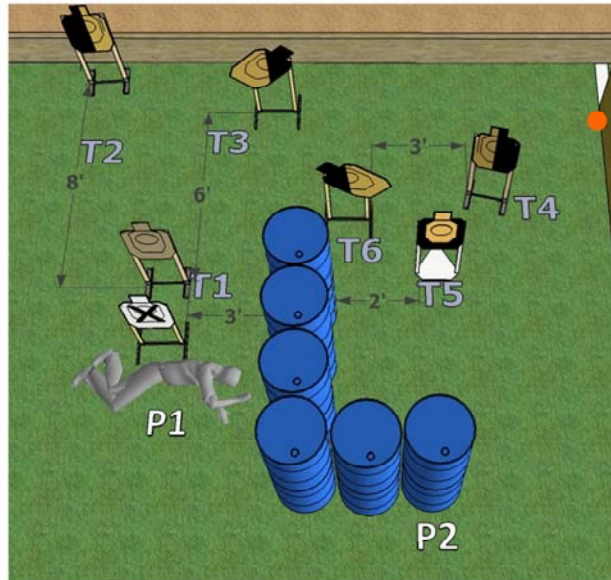
**TARGETS:** 6 IDPA, 1 non threat

**SCORED HITS:** Best 2 on target

**START-STOP:** Audible - Last shot

**CONCEALMENT REQUIRED:** YES

## Parking Lot Good Samaritan



### Bay 2 Right

#### STAGE 4: Free Style, Limited Vickers

**Scenario:** You've just witnessed a fight at the park where one man was beaten and is down on the ground. You stop to call 911 and render first aid. The attackers take offence to your help and come back to finish the job and to finish you.

**Procedure:** Start at P1, kneeling at the side of the victim with both hands touching him. On the start signal, engage T1-T3 with 2 rounds each while retreating to P2 and using cover in tactical priority. At P2 engage T4-T6 in tactical priority 2 shots each.

#### STAGE 5: Free Style, Limited Vickers.

**Procedure:** Starting at P2 engage T4-T6 in tactical priority 2 shots each. Move to left side of barrels and engage T1-T3 in tactical priority with 2 shots each.

**Setup notes:** No Shoot is aligned with T1. Shooter must move to shoot around no-shoot to engage T1. Or you can use the L. L. D. B. approach and shoot through the no-shoot – not recommended.

#### Target Heights

T1 – 6 ft; T2 – 4.5 ft; T3 – 5 ft; T4 – 6 ft; T5 – 5 ft; T6 – 6 ft; No-shoot at 6 ft

#### SCORING:

Stage 5 :Limited Vickers, 12 rounds max.

Stage 6: Limited Vickers, 12 rounds max.

TARGETS: 6 IDPA, 1 non threat

SCORED HITS: Stage 5: Limited Vickers ; Stage 6: Limited

START-STOP: Audible - Last shot

CONCEALMENT REQUIRED: YES

# I hate Convenience Stores!



## Bay 2 Left STAGE 6: Free Style, Vickers

**Scenario:** You walk into your local convenience store to find yourself in the middle of an armed robbery with the shop owner being held hostage.

**Procedure:** On the signal, draw and engage T1 and T2 while retreating to P2 with 3 shots each in tactical priority. At P2, in any order, engage left popper from left side of barricade to activate T3 and right popper from right side of barricade to activate T4. Engage T3 and T4 with 3 shots each.

**Notes:** T3 and T4 are hidden until activated by their respective popper. T3 and T4 are drop turner disappearing targets.

**Setup notes:** T-Shirts on T3 and T4. No-shoot lines up with edge of both Poppers.

### Target Heights

T1 – 5 ft  
T2 – 6 ft  
T3 – 4 ft  
T4 – 5 ft

**SCORING:** Vickers, 14 rounds min.

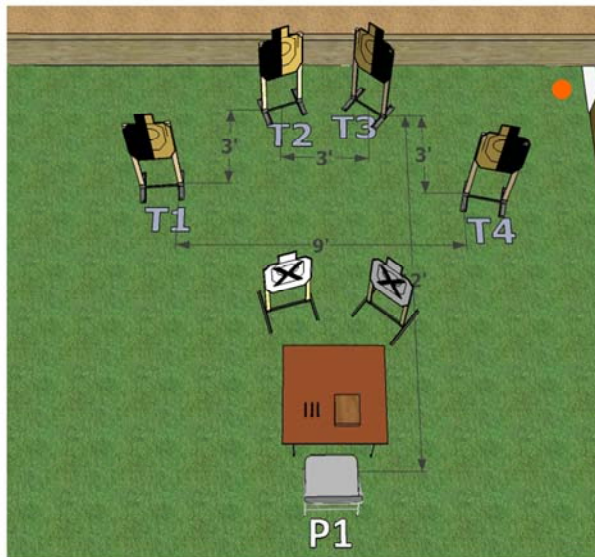
**TARGETS:** 4 IDPA, 1 non threat, 2 small Poppers.

**SCORED HITS:** Best 3 on all targets.

**START-STOP:** Audible - Last shot

**CONCEALMENT REQUIRED:** YES

## Bad Day at the Office



### Bay 3 Left STAGE 7: Free Style, Limited Vickers

**Scenario:** You are at the office discussing end of day receipts with two assistants when armed thugs try to rob you at gunpoint. Two thugs are in the doorway while two thugs have entered your office and are partially protected by file cabinets.

**Procedure:** START POSITION: P1, Seated with hands on your knees, unloaded gun in the IDPA box on the table. All ammo also on the table. Magazines and speed loaders, loaded to division capacity. On the start signal, retrieve gun, load and engage T1-T4 in tactical sequence with 1 round each. During the firefight, your weak hand is wounded. Finish them off with 2 shots each strong hand only. 3 shots per target. Note: All targets are equidistant.

### STAGE 8: Free Style, Limited Vickers

**Procedure:** Same as above except this time strong hand is wounded so finish them off with your weak hand.

**Setup notes:** No-shoots should be positioned so that shooter is required to lean to shoot around no-shoot to engage targets.

### Target Heights: Target Heights

T1 – 5 ft

T2 – 6 ft

T3 – 4 ft – D.L . memorial target

T4 – 5 ft

Left No shoot is 6 ft, Right no shoot is 5 ft.

### SCORING:

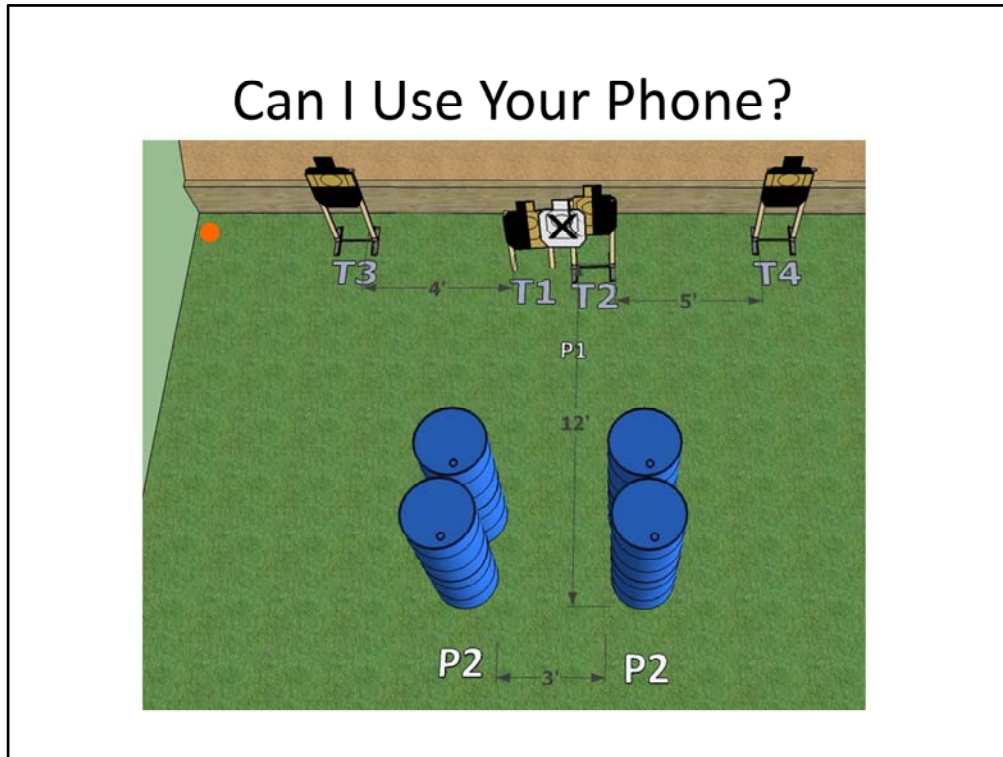
Stage 5 :Limited Vickers, 16 rounds max.

Stage 6: Vickers, Best 2 on target

TARGETS: 8 IDPA, 3 non threat

SCORED HITS: Stage 8: Limited Vickers ; Stage 9: Vickers, Best 2 on target

START-STOP: Audible - Last shot



**Bay 3 Right**  
**STAGE 7: Free Style, Vickers**

**Scenario:** You hear the doorbell ring then several knocks at your front door. You ask who it is and your neighbor responds that she would like to use your phone. When you open the door, two Bad Guys are in the doorway holding your neighbor hostage and threatening you with a gun. You notice two other bad guys through your windows on either side of the door.

**Procedure:** Shooter begins at P1. At the buzzer draw weapon and engage targets T1 and T2 with three rounds each, while retreating to P2. Take cover behind wall at P2, your choice of sides. Engage T3 and T4 with 3 rounds each through hallway (between barrels). Move down hall (barrels) as necessary to engage T3 and T4. Maintain 50% cover.

**Setup notes:** Edge of No Shoot targets line up with Down Zero of T1 and T3.

**Target Heights**

**T1 – 5 ft; T2 – 6 ft; T3 – 6 ft; T4 – 5 ft; No shoot even with T1.**

**SCORING:**

**Stage 9 :Vickers, 12 rounds min.**

**TARGETS: 4 IDPA, 1 non threat**

**SCORED HITS: Vickers, best 3 on target**

**START-STOP: Audible - Last shot**

**CONCEALMENT REQUIRED: YES**