

**AAF&G IDPA Course Of Fire**

**6&7 September 2013  
IDPA Match**

**8 Stages with a round count of 128 Pistol**



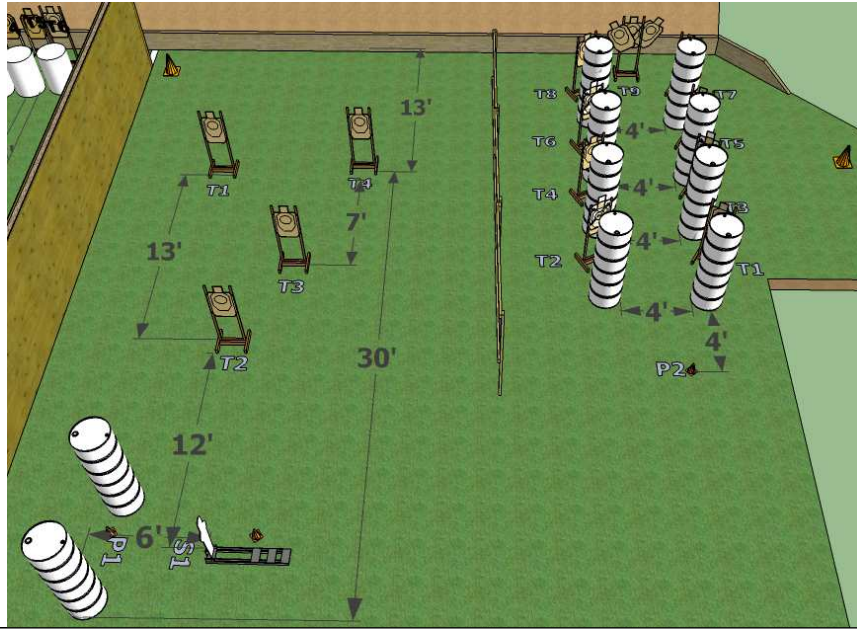
# COF Rules

- **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.)

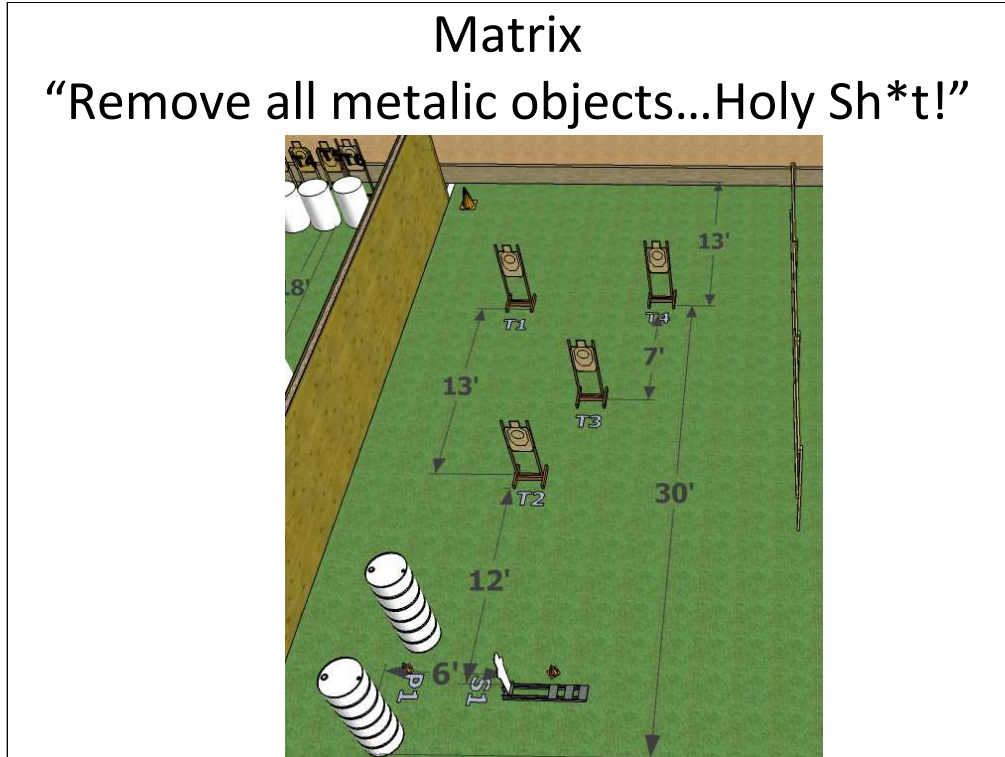
- CoF 11. On stages that have a minimum round count one (1) round higher than the capacity of a competitors firearm, emptying the firearm and failing to reload so as not to engage the last shot in order to gain a competitive advantage will result in an FTDR.
- CoF 12. Determine and clearly mark muzzle 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.

# Bay 1 - Matrix



## Matrix

“Remove all metallic objects...Holy Sh\*t!”



### Bay 1 Left

#### STAGE 1: Free Style, Limited Vickers, 12 rounds

**Scenario:** [Rescue Morpheus p.1] This is the Matrix scene where Neo and Trinity are on what is thought to be a suicide mission to rescue Morpheus. They walk through and set off the metal detector. S1 is the guard that wants to search you. T1-T4 are the other guards at the entrance.

**Procedure:** Starting at P1 with hands holding your cover open like you were being searched facing S1, at the buzzer, push down S1 with your strong hand, **TURN**, draw and engage T1-T4 in tactical priority while moving laterally between the orange cones. All paper targets get 3 shots.

#### Setup notes:

##### Target Heights:

T1 – 5 ft

T2 – 6 ft

T3 – 5 ft

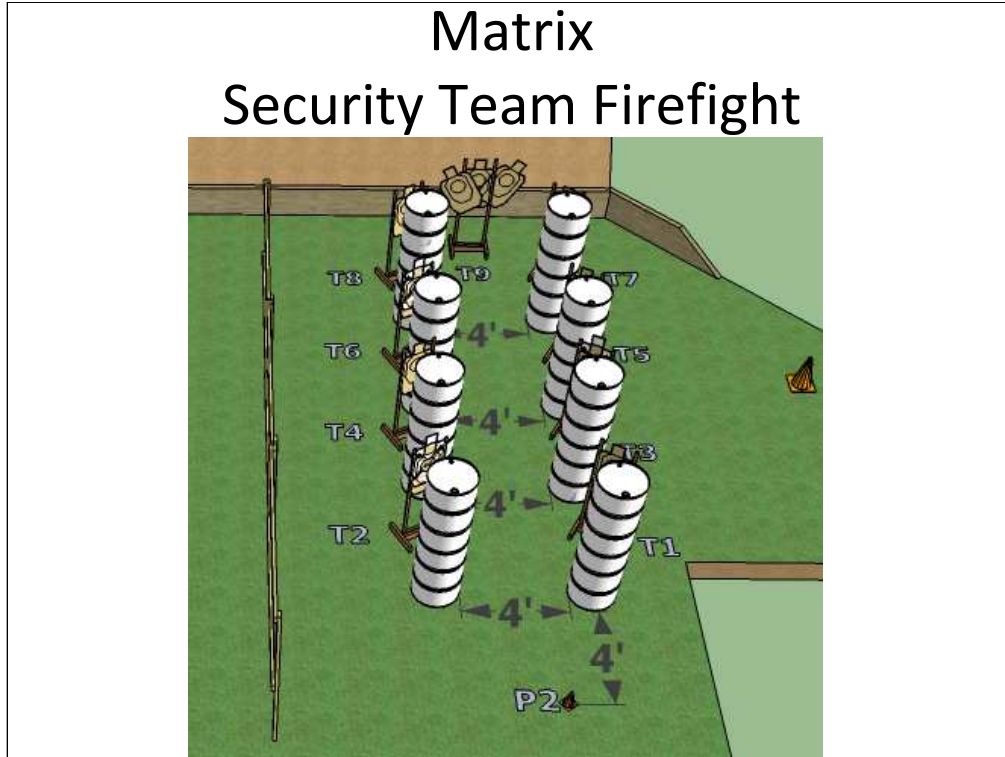
T4 – 4 ft

**SCORING:** Limited Vickers, 12 rounds max.

**TARGETS:** 4 IDPA, 1 large Popper

**SCORED HITS:** 3 on Paper Targets

# Matrix Security Team Firefight



## Bay 1 Right

**STAGE 2: Free Style, Limited Vickers, 12 rounds max.**

**Scenario: [Rescue Morpheus p.2]** After you have eliminated the guards at the metal detector, heavily armed and armored troops confront you around the pillars of the entrance. Mr. Smith is waiting for you at the end of the hall doing his high tech bobbing and weaving.

**Procedure:** Begin at P2, facing up range. At signal, turn, draw, advance using cover to engage T1-T8 with 1 head shot each. Two of the targets will be a No-Shoot. T9 must be engaged last with 2 head shots to each of the 3 Smiths. Change the location of the 2 No-Shoots for each shooter.

## Setup notes:

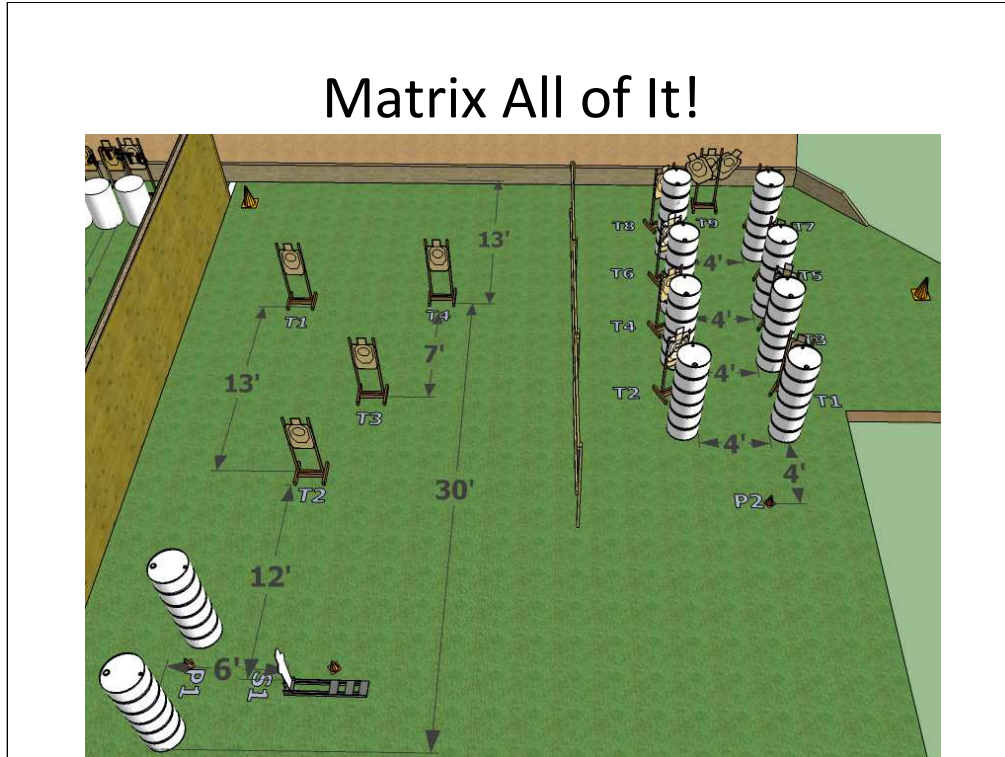
**Target Heights:** T1-6ft; T2- 5ft; T3-5 ft; T4-6ft; T5 – 5 ft;T6 – 6 ft;T7 – 5 ft;T8 – 4 ft; T9 – 5, 6, and 4 ft

**SCORING:** Stage 2 – Limited Vickers, 12 rounds

**TARGETS:** 11 IDPA

**SCORED HITS:** 2 on target

# Matrix All of It!



## Bay 1 Left and Right

### STAGE 3: Free Style, Vickers, 17 rounds minimum

**Scenario:** [Rescue Morpheus] This is the full scene combining stage 1 and 2 together.

**Procedure:** Starting at P1 with hands holding your cover open like you were being searched facing S1, at the buzzer, push down S1 with your strong hand, draw and engage T1-T4 in tactical priority with 2 shots each while moving laterally between the orange cones. Do not pass cone until T1-T4 have been engaged. Move to P2 and advance between barrels using cover to engage T1-T8 with 1 head shot each. Two of the targets will be a No-Shoot. T9 must be engaged last with 1 head shot to each of the 3 Smiths. Move the No-Shoots between shooters.

### Setup notes:

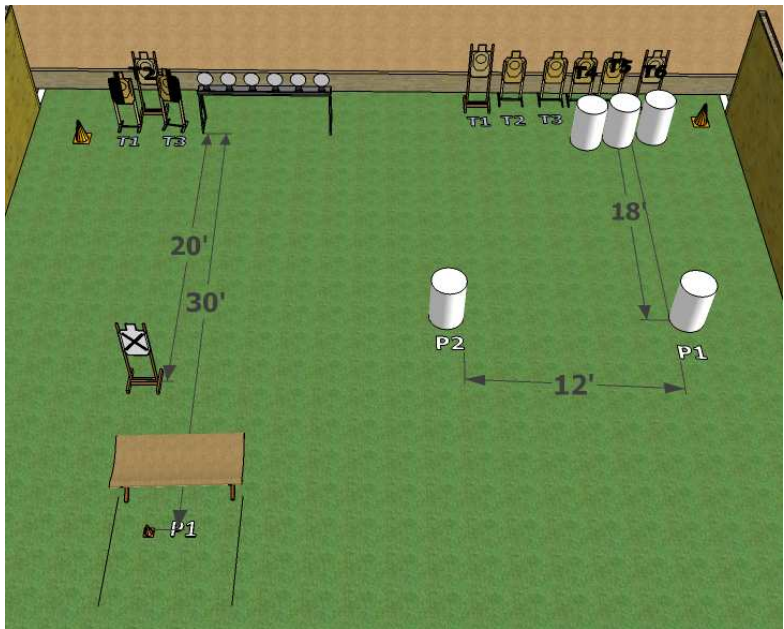
Target Heights as indicated on Stage1 and Stage 2

**SCORING:** Vickers, 17 rounds min.

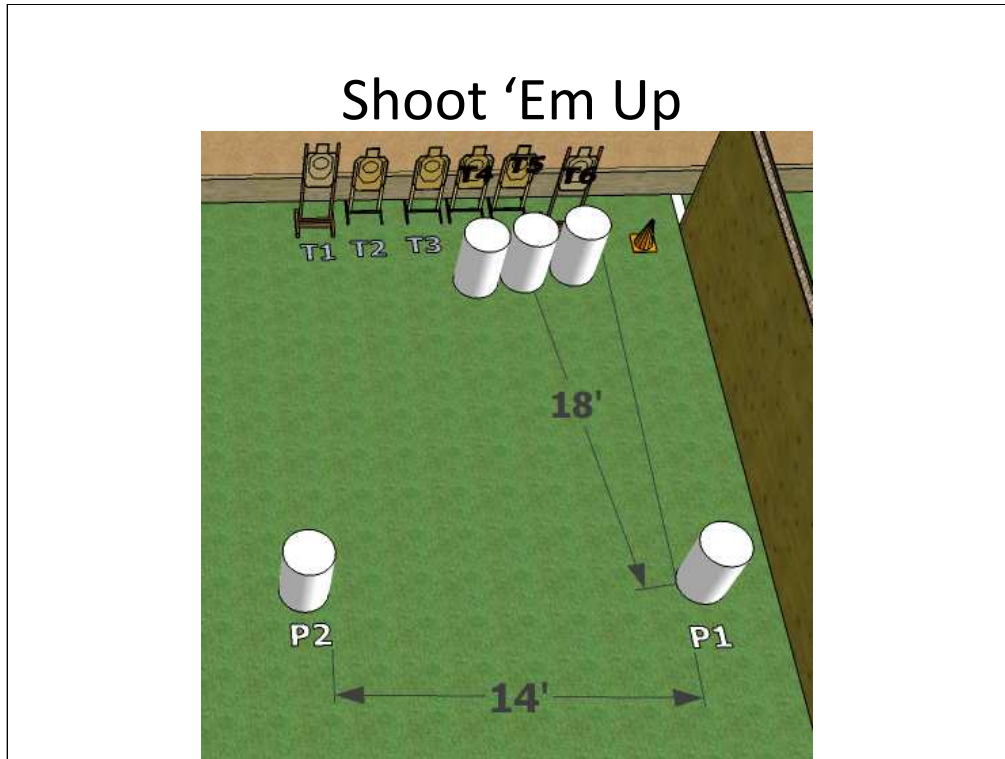
**TARGETS:** As indicated for Stage 1 and Stage 2

**SCORED HITS:** Best 2 on target T1-T4. Head shot only on other targets

# Bay 2 – Shoot ‘Em Up







**Bay 2 Right**

**STAGE 4: Strong Hand Only, Limited Vickers, 12 rounds.**

**Scenario:** You holding a baby crouching behind a barrel when the bad guys arrive. Protect the baby and take out the bad guys.

**Procedure:** Start at P1 crouching or kneeling with baby in your weak hand. On the start signal, stand, draw and engage T1-T6 with 1 shot each. Then while moving to P2 reengage T1-T6 with one shot each. If you reach P2 before completing the engagement, you must take cover behind barrel. You must shoot around the side of the barrel at both P1 and P2.

**STAGE 5: Strong Hand Only, Limited Vickers, 6 rounds.**

Procedure: Same as above except move from P2 to P1

**Setup notes:**

**Target Heights**

T1 – 5 ft; T2 – 4.5 ft; T3 – 4 ft; T4 – 6 ft; T5 – 4 ft; T6 – 4 ft,

**SCORING:**

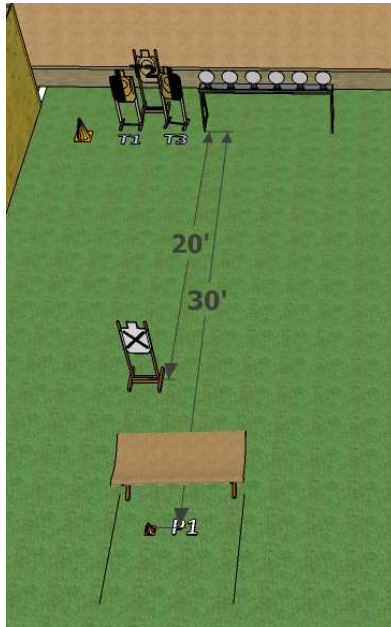
Stage 4 : Limited Vickers, 12 rounds.

Stage 5 : Limited Vickers, 12 rounds.

**TARGETS: 6 IDPA, Baby**

**SCORED HITS: 4 on target**

## Shoot 'Em Up Breast Milk and Bad Guys



### Bay 2 Left

**STAGE 6: Free Style, Vickers, 12 rounds min.**

**Scenario:** The interrogation begins. A woman's obsession and her clients fetish for breast milk gives you the upper hand when pulling information from this eccentric prostitute. The plate rack represents bottles of breast milk that you shoot which upsets the "no shoot," which also alerts the enemies within the brothel to your whereabouts.

**Procedure:** Starting at P1, on the signal, draw and engage Plate Rack. All steel must fall. Then engage T1-T3 with 2 shots each. You can move within the length of the cot to shoot around the no shoot. All paper gets 2 shots.

**Setup notes:**

### Target Heights

T1 – 5 ft

T2 – 6 ft

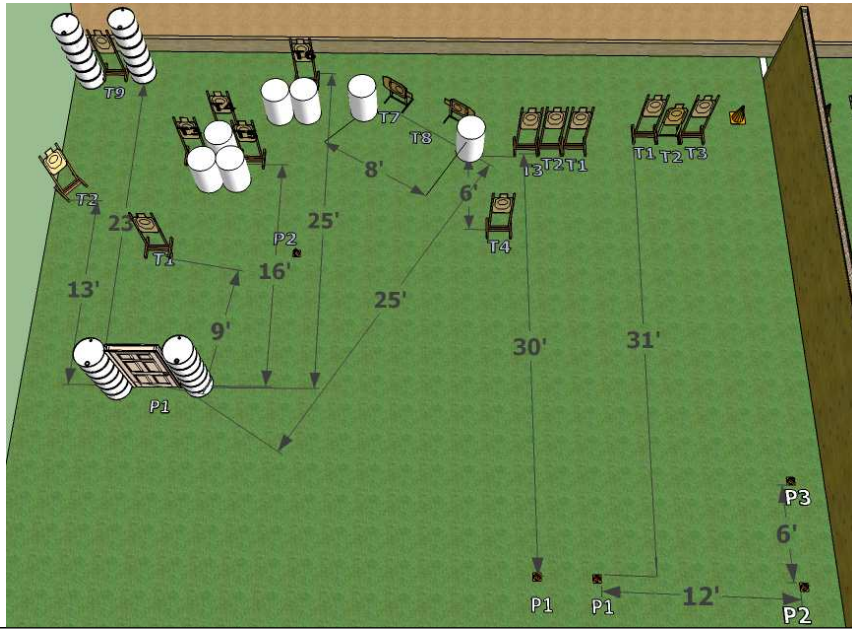
T3 – 6 ft

**SCORING: Vickers, 12 rounds min.**

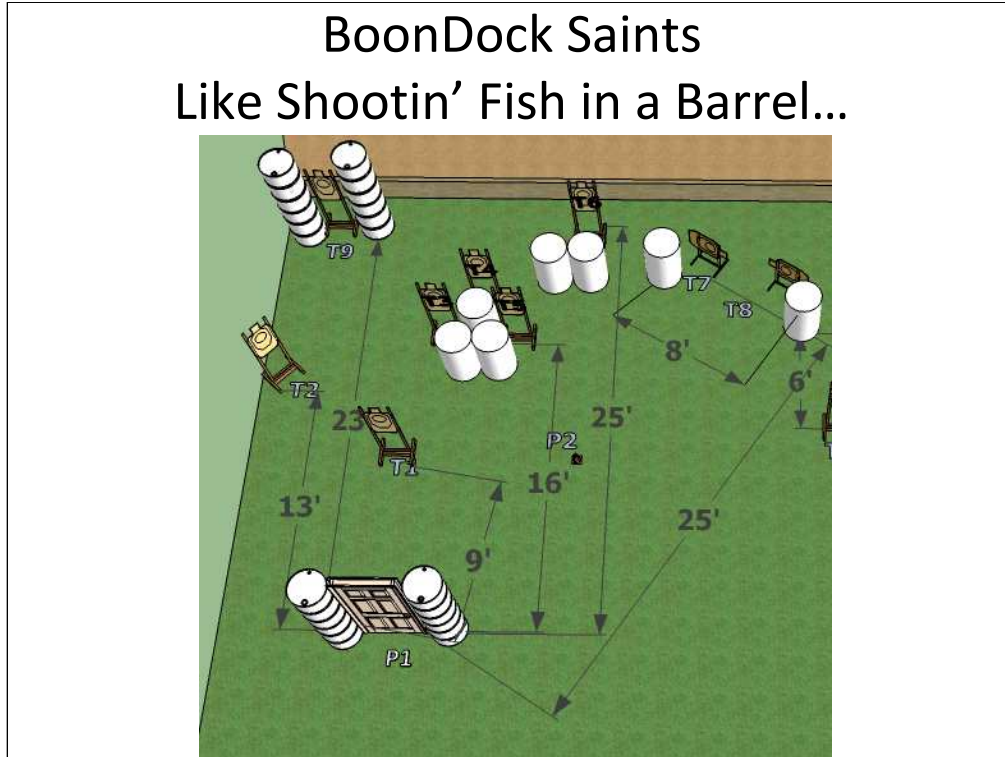
**TARGETS: 3 IDPA, Plate Rack**

**SCORED HITS: Best 2 on paper targets.**

# Bay 3 - Boondock Saints



## BoonDock Saints Like Shootin' Fish in a Barrel...



**Bay 3 Left**  
**STAGE 7: Free Style, Vickers 18 shots minimum.**

**Scenario:** This is the scene near the end where the MacManus brothers and Rocco enter the house to find 9 bad guys. T1 opens the door and backs away, T2 is on the phone, T3-T5 are playing cards, T6 is tending bar, T7 and T8 are playing pool. T9 is in the bathroom. Like shootin' fish in a barrel...

**Procedure:** Starting at P1 with the strong hand on the door, on the signal open the door, step into the house, then draw and engage T1-T6 with 2 shots each in tactical priority. Drop to your knees at P2 and engage T7-T8 hiding under the pool table with 2 shots each. Turn and engage T9 in the doorway with 2 shots. T7 and T8 must be engaged after T1-T6. T9 must be engaged last.

**Notes:**

**Setup notes:**

**Target Heights**

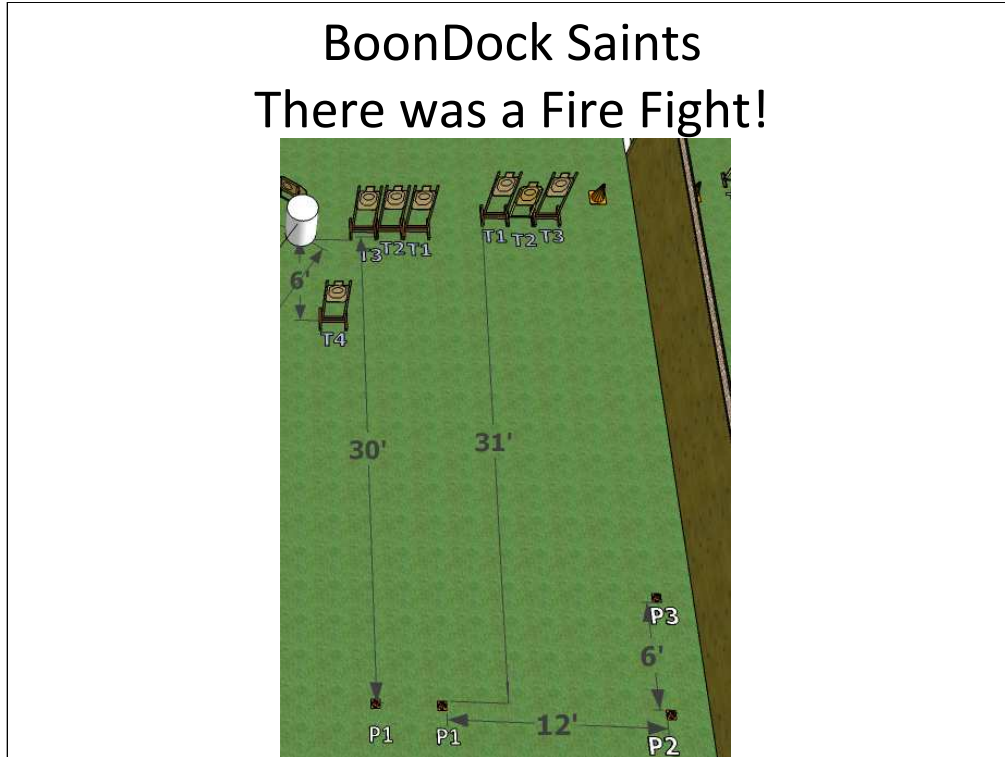
**T1 – 6 ft; T2 – 5 ft; T3 – 5ft; T4 – 4 ft; T5- 6ft; T6-5ft; T7 and T8 – even with top of barrels; T9-6ft**

**SCORING: Vickers, 18 rounds min.**

**TARGETS: 9 IDPA**

**SCORED HITS: Best 2 on target**

## BoonDock Saints There was a Fire Fight!



### **Bay 3 Center**

#### **STAGE 8: Free Style, Limited Vickers 12 shots**

**Scenario:** The MacManus brothers and Rocco exit the house from the front door and have no idea what they're in for, the 6 men (Their father with 6 guns) greets you outside. There was a Fire Fight!

**Procedure:** Starting at P1, on the signal draw and engage T1, T2, T3, and T4 in that order (the sequence represents the father moving as he did in the movie) with 3 shots each.

### **Bay 3 Right**

#### **STAGE 9: Free Style, Limited Vickers 12 shots**

**Scenario:** You are the father with 6 guns fighting like 6 men. There was a Fire Fight!

**Procedure:** Starting at P1, on the signal draw, while moving laterally to P2, engage T1-T3 with 4 shots each in tactical sequence (1-1-4-3-3). If you reach P2 before completing, advance to P3. You must be moving while shooting.

#### **Target Heights**

**Center T1 – 6 ft; Right T1 – 5 ft; T2 – 4ft; T3 – 5 ft;**

**SCORING: Limited Vickers, 12 rounds max for both stages**

**TARGETS: 4 IDPA**

**SCORED HITS: Limited Vickers, 4 on target max for Stage 9**