

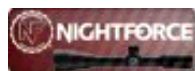
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New Rules for NRA 's AR Tactical Mid-Range Prone-2026

DE-F-Open · Yesterday at 4:56 AM



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Yesterday at 4:56 AM

New #1

Heads up - we have new rules for NRA's AR Tactical.

On Saturday, January 10, 2026, the NRA Board of Directors approved newly revised rules for AR Tactical Mid-Range Prone competition. These revisions are designed to simplify and clarify the rules and to address the many concerns raised by competitors over the years.

DE-F-Open

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An **unofficial copy of these revised rules** is attached as a pdf. Look for the official version to be posted to the NRA Competitions Division website in the near future.

Note that AR Tactical is no longer "provisional" which means that AR Tactical is now a "mature" NRA High Power discipline meaning that national records may now be established and that AR Tactical may now become an official portion of the High Power Mid-Range National Championship.

Also note that there are now two categories of AR Tactical Rifles -
(1) **AR-Military & Police (AR-M&P)** consisting of "Any semi-automatic centerfire rifle constructed on an AR_Style Platform chambered in either .223/5.56mm or 7.62 mm/.308 caliber;" and
(2) **AR-Any Rifle (AR-Any)** consisting of "Any semi-automatic centerfire rifle constructed on an AR-Style Platform in any bore diameter not less than .223 cal/5.56mm and not exceeding .308 cal./7.62 mm. Magnums are permitted."

Finally, please note that under these revised rules, suppressors are permitted in those jurisdictions where they are legal.

As said before, look for the official version of these revised rules to be posted on the NRA Competitions Division website -

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RULE 3.3.2 AR Tactical Mid-Range Prone Rifle -

AR Tactical Mid-Range Prone Rifles used for Mid-Range Prone competitions are divided into two categories, AR-Military & Police (AR-M&P) and AR-Any Rifle (AR-Any). As the name implies, these rifles are fired from the prone position during Mid-Range competition at 300, 500 and 600 yards on standard High Power Rifle targets.

(a) AR-Military & Police Rifle (AR-M&P): Any semi-automatic centerfire rifle constructed on an AR-Style Platform chambered in either (1) 5.56mm/.223 caliber or (2) 7.62mm/.308 caliber.

(b) AR-Any Rifle (AR-Any): Any semi-automatic centerfire rifle constructed on an AR-Style Platform in any bore diameter not less than .223cal./5.56mm and not exceeding .308cal./7.63 mm. Magnums are permitted.

(c) Barrel. Actual barrel length may not exceed 22.0", not including the suppressor, if any. Suppressors are permitted in jurisdictions where civilian ownership and use are permitted by law. Factory-installed flash hiders are permitted. Muzzle brakes, compensators, and tuners are prohibited.

(d) Trigger. Only military-style triggers are permitted. Minimum trigger-pull weight may not be less than 4.5 pounds

(e) Sights. Optical sights (scopes) are permitted but may not exceed 16x magnification. Taping is permitted. Metallic sights (irons) are permitted. All other sighting systems are prohibited.

(f) Stock. The buttstock and cheek piece must be symmetrical and in line with the centerline of the bore. Tactical stocks that allow for adjustment of length of pull and cheek-piece height are permitted. Butt plates may be adjustable for height but must be vertical and perpendicular to bore centerline. Pistol grips are permitted but may not extend more than 6 inches below the centerline of the bore and may not be equipped with a hand rest or orthopedic grip.

(g) Reduced Capacity Magazines. Reduced capacity magazines (loading sleds) are permitted.

(h) Maximum weight. The rifle, scope, bipod, suppressor (if any), sling (if any), and empty magazine may not exceed 14 pounds in overall weight.

(i) Front Rest. The front rest is limited to a Harris-style folding/collapsible bipod. Bipod legs may be adjustable for height but must be capable of folding up parallel to the stock. Bipods which are adjustable for elevation and/or windage between shots by use of a

“joystick” or other similar device are prohibited. Bipods with swivel tops are permitted. Slings are permitted but may not be used in conjunction with a bipod.

(j) Rear Rest. A rear rest consisting of a soft bag without ears or special shaping is permitted but not required.

(Revisor’s Note: With the addition of this new subsection, AR-Tactical Mid-Range Prone national records may now be set and recognized as provided elsewhere in these Rules and AR Tactical Mid-Range Prone Rifles may now be included as a rifle category in NRA Mid-Range Prone National Matches championship events.)”