

NIFT 30-ROUND PISTOL MOVING PERFORMANCE STANDARDS

★ 30 ROUNDS | 25-5 YARDS | 4 TARGETS | MOVE BETWEEN POSITIONS ★

Shooter Name: _____ Date: _____ Run #: ☐ 1 (Cold) ☐ 2 (Warm)
Instructor: _____ Weather / Conditions: _____

FIREARM INFORMATION		
Pistol Make/Model: _____	Holster Type: _____	
Caliber: _____	Magazine Capacity: _____	
Sights / Optic: ☐ Iron Sights ☐ Red Dot	Magazines Used: _____	
Rounds Fired: 30	Ammunition Type: _____	

COURSE OF FIRE – MOVE & ENGAGE				
STAGE	DESCRIPTION / MOVEMENT	DISTANCE	ROUNDS	PAR TIME
1	Start at 25 Yards – Accuracy - Start holstered - Draw and fire 5 rounds - Engage T1 - Move to next position	25 Yards	5	12 sec
2	At 20 Yards – Lateral Movement + Slide Lock Reload 2 rounds T1, 2 rounds T2 1 round T3 while moving - Slide locks – Reload 2 rounds T3, 2 rounds T4 1 round T1 while moving	20 Yards	10	16 sec
3	Moving Forward – 15 to 10 Yards - Start at 15 yards, move forward 2 rounds T1 while moving 2 rounds T2 2 rounds T3 2 rounds T4 - Stop at 10 yards	15 to 10 Yards	8	12 sec
4	At 5 Yards – Close Performance + Slide Lock Reload - Start loaded with 2 rounds 2 rounds T1 - Slide locks – Reload 1 round T2, 1 round T3, 1 round T4	5 Yards	5	6 sec
TOTAL			30	

SCORING	
POINT VALUE PER HIT	
A Zone	= 5 points
C Zone	= 3 points
D Zone	= 1 point
Miss	= 0 points
PERFORMANCE STANDARDS	
☒ Two mandatory slide-lock reloads	
☒ No safety violations	
☒ Finger off trigger while moving	
☒ Muzzle always pointed downrange	
☒ Move efficiently between positions	
☒ Complete all stages within par time	
SKILLS EVALUATED	
- Pistol marksmanship - Draw and presentation - Movement and footwork - Target transitions - Slide-lock reload efficiency - Recoil management - Time management - Safe weapon handling	

• Shooter must move to the next position after completing each stage. • Maintain muzzle discipline while moving.

SCORE SHEET							
STAGE	A (5 PTS)	C (3 PTS)	D (1 PT)	MISS (0 PTS)	POINTS EARNED	PAR TIME (SECONDS)	TIME (SECONDS)
1							☐
2							☐
3							☐
4							☐
TOTAL							

HIT FACTOR EVALUATION	
TOTAL POINTS EARNED: _____ / 150	
TOTAL TIME: _____ sec	
HIT FACTOR = _____ (Total Points + Total Time)	
MINIMUM HIT FACTOR TO PASS: 0.90	
HIT FACTOR RATING	
≥ 0.90 = PASS	
< 0.90 = FAIL	

INSTRUCTOR NOTES	

Instructor Signature: _____ Date: _____