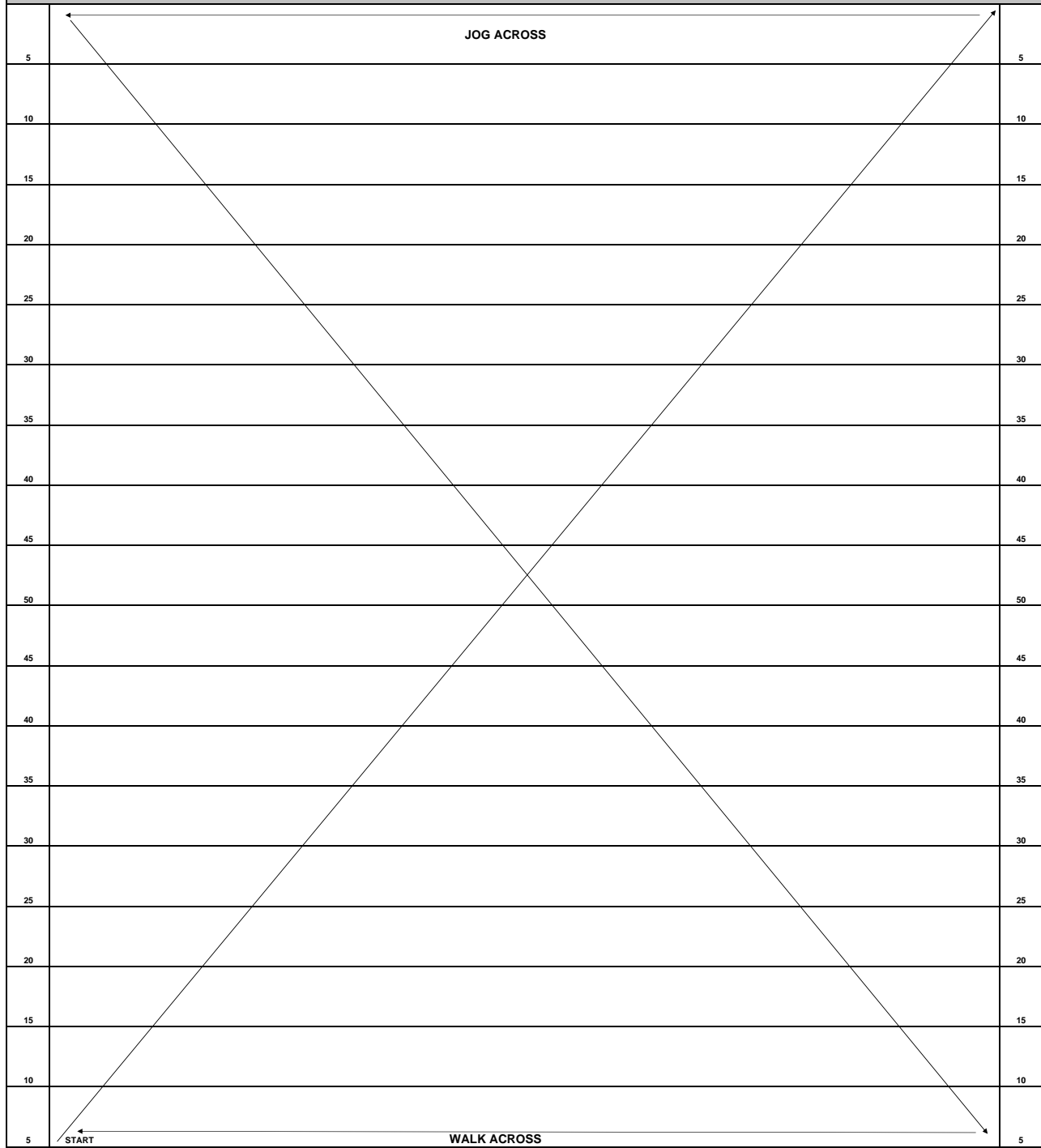


END ZONE



FULL FIELD = SPRINT ACROSS TO OPPOSITE CORNER, JOG ALONG GOALLINE, SPRINT BACK ACROSS, WALK ACROSS GOALLINE AND REPEAT.

HALF FIELD IS THE SAME BUT YOU RUN ACROSS THE 50 YARD LINE