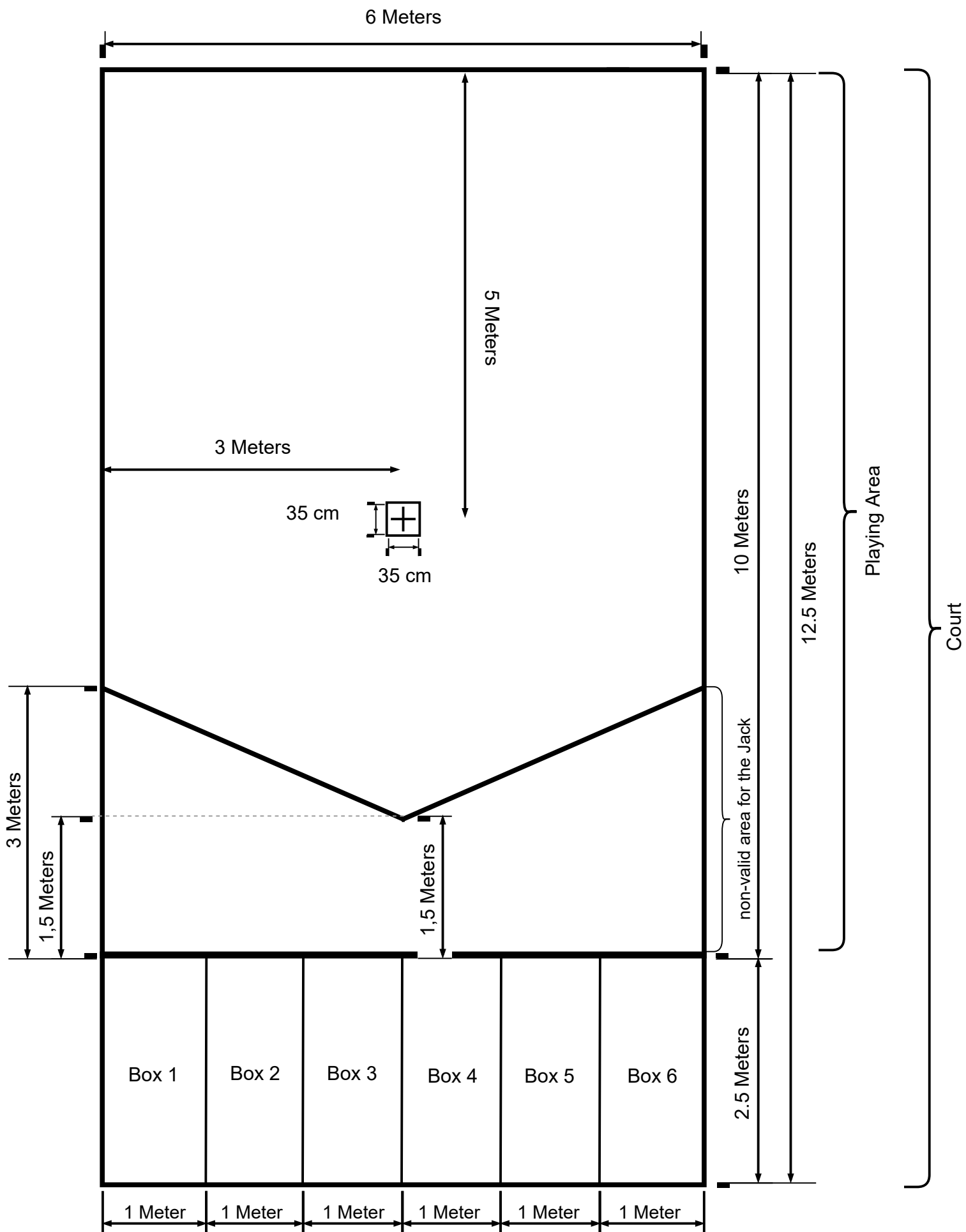


**Red Side**  
**Coach's Area**

**Score Table**

**Blue Side**  
**Coach's Area**



## **Taping and Measurement Guidelines**

Wide tape for exterior lines, throwing line and V line.

Narrow tape for throwing box dividers, the cross and **35cm x 35cm** target box

Each leg of the cross should be between 15 and 25 cm

6 meter lines: from the inside of the side lines.

12.5 meters side lines: from inside of the front line and inside of the back line.

10 meters: from inside the front line to the back of the throwing line.

5 meters: from inside the front line to the centre of the cross.

3 meters: from inside the sideline to the centre of the cross.

3 meters: from the back of the throwing line to the front of the V line.

1.5 meters: from the back of the throwing line to the front vertex of the V line.

2.5 meters: from inside the back line to inside (which is also the back) of the throwing line.

1 meter box lines: evenly spread over either side of the meter marks.