

**Course Name - Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (B) II**

**Paper No. - B**

**Lecture No. – 18**

**Lecture Title**  
**Relay Race - 2**

**FAQ's**

**Q-1 What is the technique in Frankfurt exchange?**

**Ans-** Frankfurt exchange is combination of the outside and the inside exchange methods: the first and third passes are on the inside and the second is on the outside. The runners in the bend hold the baton in the right hand, the runners on straight-aways in the left hand. After receiving, there is no change-over of the baton to the other hand.

**Q-2 What is outside exchange?**

**Ans-** The incoming runner holds the baton in his left hand. He approaches the receiving member from outside and passes the baton into his right (outer) hand. This type of exchange is used preferably for beginners, because they are better at grasping the baton with the right than with the left hand.

**Q-3 Which baton exchange methods are used in relay races?**

**Ans-** The outside-, the inside- and the Frankfurt (or mixed method) are used. All three methods are practically equivalent.

**Q-4 What is technical training in Relay races?**

**Ans-** The training in technique in relays is a quick, economic and safe baton-exchange. All exercises should therefore be chiefly concentrated on these points. Hence it is suggested that practicing the use of the baton be started without much preliminary work.

**Q-5 What is Baton-exchange under competitive conditions?**

**Ans-** It should be quick safe and economic baton-pass. Good utilization of the take-over zone, optimal time gain. Check the time of exchange by taking times at 30 meters. Measured area of 30 meter, beginning 10 meter before the take-over zone and ending with it.