

DTE - DC - PHYSICAL EDUCATION

FURTHER READING

RELAY BATON EXCHANGE

There are two (2) types of baton exchange:

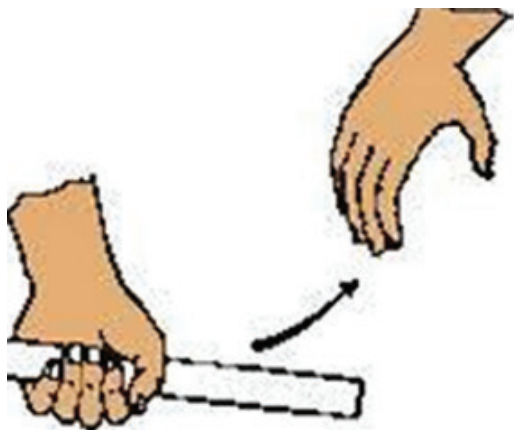
1. Visual
2. Non-visual

Visual Baton Exchange is the process where the outgoing runner looks back for help at the incoming runner while handing over the baton. It relies on a cue to understand when and where the baton will be passed. This type of exchange is frequently used in relays of longer distances (4 X 400m) because the runner is not required to be at top speed by the time he receives the baton.

Non-visual Baton Exchange means that the runner who is going to receive the baton will not see the baton placed into his or her hand. Non-Visual Exchanges or hand-offs are commonly used in 4x100m relays. There are three types of non-visual exchanges: the up sweep, down sweep and push pass.

Up-sweep Technique

The receiving hand is extended behind them at hip height with the palm facing down and a wide angle between the thumb and the rest of the fingers. The incoming athlete passes the baton in an upward movement into the receiving hand. The advantage of this method is that this is a normal position for the receiving hand. A disadvantage is that it may require some manipulation of the baton in the hand to make the next exchange safely.



Down-sweep Technique

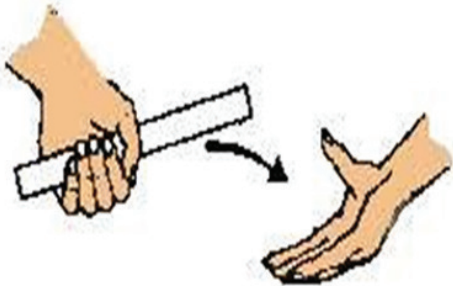
The receiving hand is extended behind them at hip height with the palm facing up and a wide angle between the thumb and the rest of the fingers. The incoming athlete passes the baton in a downward movement into the receiving hand. The advantage of this method is that it will require no manipulation of the baton to safely

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make the next baton exchange. A disadvantage is that it is not a natural position of the outgoing athlete's hand to receive the baton.



Push- Pass Technique

The outgoing runner's arm is extended out behind them parallel to the ground and the hand is open with the thumb pointing down. The incoming runner holds the baton vertically and pushes it straight into the open hand.



Rules and Regulations of Relay Races

Relay races involve teams of runners passing a baton to complete a set distance. The races require speed, coordination, and precision in baton exchanges. Below are the key rules and regulations set by World Athletics (WA) for relay races.

Team Composition

1. Each relay team consists of four runners.
2. In mixed relays, teams must have two male and two female athletes.

Baton Exchange Rules

1. The baton must be passed within the designated exchange zone.
2. The exchange zone is 30 meters long (20m acceleration zone + 10m exchange zone in 4x100m).
3. Dropping the baton is allowed, but only the athlete who dropped it can pick it up. The baton must be carried by hand and not thrown.

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Lane Discipline

1. In 4 × 100m and 4 × 200m relays, runners must stay in their assigned lanes.
2. In 4 × 400m and longer relays, runners may break into the inside lane after the first curve.

Starting Rules

1. The first runner must start from a stationary position (blocks allowed for 4x100m and 4x400m).
2. A false start leads to disqualification.
3. The race starts with the starter's gun.

Finishing Rules

The race is completed when the last runner crosses the finish line with the baton. Teams without the baton at the finish line are disqualified.

Disqualification Rules

1. Passing the baton outside the exchange zone.
2. Obstructing or interfering with another team.
3. Stepping out of assigned lanes in 4x100m and 4x200m.
4. Throwing the baton instead of handing it over.
5. False start by the first runner.

Mixed Relay Rules

1. Teams must have two men and two women.
2. The order of runners is decided by the team.
3. Standard distance: 4x400m mixed relay.
4. drills for relay techniques

Drills for Relay Exchange Techniques

1. Baton Handling & Grip Drills

Baton Pass Basics Drill

- Practice gripping the baton correctly (firm but relaxed).
- Hold it near the bottom to allow an easy exchange.
- Receiver keeps hand steady and fingers spread for easy reception.

Drop and Catch Drill

- Stand in pairs and practice dropping and catching the baton.
- Helps develop reflexes and secure grip during exchanges.

2. Stationary Baton Exchange Drills

Hand Placement Drill

- Runners stand still while practicing proper baton hand placement.
- Focus on smooth upward/downward or push-pass motion.

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Visual Exchange Drill

- The receiver watches the baton as it is being passed.
- Helps beginners build confidence in catching the baton.

3. Moving Exchange Drills

Jogging Baton Exchange Drill

- Runners jog at a slow pace while practicing baton exchanges.
- Ensures smooth transitions before adding speed.

Acceleration Exchange Drill

- The outgoing runner accelerates into the exchange zone.
- Focus on reaching full speed before receiving the baton.

4. No-Look (Blind) Exchange Drills

Non-Visual Pass Drill

- Outgoing runner extends the hand backward without looking.
- Incoming runner places the baton into the correct hand.
- Builds trust and reaction time.

Lane Awareness Drill

- Runners practice exchanging while staying in their designated lane.
- Prevents disqualifications due to lane violations.

5. Full-Speed Exchange Drills

Flying Start Drill

- The outgoing runner starts moving before receiving the baton.
- Focus on speed, timing, and smooth handoff.

Timed Exchange Drill

- Time each baton exchange to improve efficiency.
- Reduce time taken in the exchange zone.

Race Simulation Drill

- Run a full 4x100m or 4x400m relay with proper exchange techniques.
- Mimics real race conditions under pressure.

6. Baton Exchange Under Pressure Drills

Reaction Time Drill

- Runners exchange the baton on a clap or command.
- Improves speed and reaction time.

Distraction Drill

- Introduce obstacles (noise, cones) to simulate race conditions.
- Helps runners stay focused under pressure.