

CCTV-5

中央电视台体育节目中心
体育英语教学节目

体育英语

Sports English

第 六 册



清华大学出版社



徐学军

你可以想像，2008年的某一个北京奥运夜晚，由于具备了条件，我们和世界上不同肤色的人们聚在一起，气氛快乐而融洽，那么，是否可以从今天的学习开始，为明天的沟通做准备呢？

朋友不是书，书却是朋友，朋友可能背叛你，书却永远忠实于你。因此，像选择书一样去选择朋友，像热爱朋友一样去热爱书。

对书的选择因人而异，选择精彩脱俗的故事书，时间得到了消遣；选择诗文、哲思、短语，生活悟出了道理；读大自然的书，当你走出来的时候，仿佛成了孩子。《体育英语》不同于以上三种，对于您也许是休息，也许是调味酒，也许出于热爱——对体育的热爱。没错，喜欢体育也要喜欢《体育英语》，用英文说“why not”。它不仅带您到体育赛场，而且可以使您的体育知识空间更加广阔，让我们一起走进《体育英语》。



彩奇风

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北京

内 容 简 介

本书系根据中央电视台体育节目中心《体育英语》栏目已播出的部分节目整理而成,内容涉及游泳、跳水、花样游泳、水球等奥运会正式比赛项目,每个项目都从项目的历史讲到规则,涉及到很多专业词汇和知识,并在电视节目的基础上增加了一些新的内容。适合从体育知识和英语两方面学习的读者。

随书赠送的电视节目视频光盘将为读者的学习提供帮助。

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编者的话

前几年法国政府做出了一个规定：为了法语的纯洁，所有公共场所的招牌都必须用法文标注。法语是否因此得到纯洁我不知道，知道的只是在那里连点个菜都麻烦。

我也希望2008年参加北京奥运会的外国人都会说中国话，但是这个希望肯定不会成为现实，所以作为东道主我们只好去将就一下客人，所以也就有了《体育英语》这个节目和这本书。

对有些人来说，语言是一种艺术，但对于大多数人来讲语言只是交流的工具。我们这个节目并不是系统地教大家学英语，而是告诉大家体育的东西在英语里怎样表达，告诉大家奥运会里最需要的是哪些英语。这个节目和教材不可能使学习者通过“托福”考试，却可以使具有一定英语水平的人将他们学过的英语用于体育，用于2008年的北京奥运会。

根据以往奥运会的经验，当地志愿者的热情与能力对于在那里举行的奥运会是至关重要的。热情在我们中国是不用担心的，但是能力之中就含有表达的能力，而英语是没有办法一蹴而就的。愿意在2008年北京奥运会中担任一名志愿者的人，《体育英语》可以是一个帮助你实现梦想的工具。

《体育英语》这个节目当然不仅仅是为了帮助志愿者，实际上凡是喜欢中央电视台体育频道的观众都不太可能绕过体育中的英语，特别是在今后几年。因为奥运会的关系，所有国际体育协会都要在2008年之前在北京举行热身赛，体育频道将会制作和播出其中的大部分赛事。当我们播出国内赛事的时候，当然会使用中文字幕和中文的介绍。但是当我们的信号传向全世界的时候，只能使用全世界目前通行的英文。所以知道一点某个项目的英语表达方式，一定会给中国的体育电视观众带来些许方便。

《体育英语》这个节目的初衷是支持北京申办奥运会，所以当梦想成真之后，这个栏目也就顺理成章地成为了要播出到2008年的节目，因此对今后的内容我们会根据2008年的需要设计，会延伸到中国生活的各个方面，将北京生活和国际体育连接得更加紧密。

在这个节目播出之后，我们收到许多观众的询问，希望看到重播，希望得到教材。为了满足这部分观众的要求，我们将节目中的核心内容集中到这本书和随书所赠的光盘里，希望能够给每一个需要的观众一点帮助。



马国力

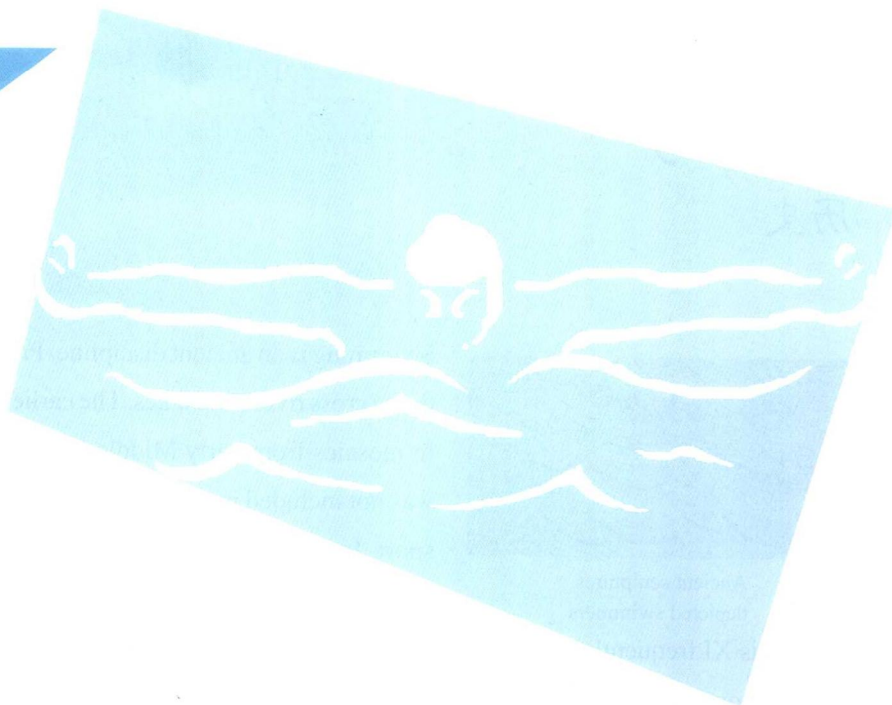
中央电视台体育节目中心主任

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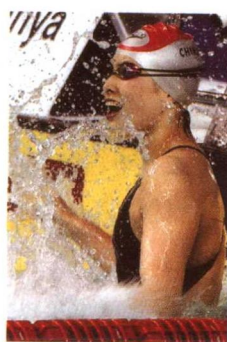
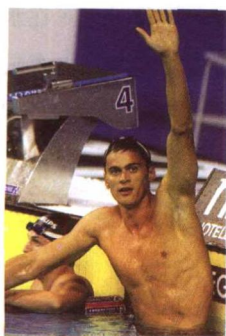
Chapter 87

The Swimming (I) 游泳(一)



Some scientists believe that human beings are born with an instinctive ability to use their arms and legs to stay afloat. That instinct, however, disappears within a few months after birth. Later in life many children and adults learn to swim in order to be safe around the water, to have fun, and to participate in competition.

一些科学家认为人们有一种与生俱来的本能，就是用胳膊和腿来保持身体漂浮在水中。然而这种本能在出生后几周就会消失。而在他们以后的生活里，很多孩子和成人开始学习游泳则是为了在水中能更安全，也更有兴趣，还有就是参加比赛。



History



历史



Ancient sculptures
depicted swimmers

Swimming is an ancient discipline. Prehistoric man had to learn to swim in order to cross rivers and lakes. The earliest references to swimming can be found in mosaics from early Middle Eastern civilizations. And though swimming was not included in the ancient Olympic Games, the Greeks did practice the sport. In fact, Plato considered a man uneducated if he didn't know how to swim. Both Julius Caesar and Charlemagne were known as great swimmers

and Louis XI frequently took swims in the river Seine. The appearance of two North American Indians at a swim meet in London and the travels to South America of an Englishman revolutionized the sport forever. The North Americans shocked the British in 1844 with their dramatic overarm stroke. Their arm motions were likened to windmills on the water. Meanwhile, Frederick Cavill, an Englishman based in Australia, witnessed similar techniques during his travels in South America. Cavill taught the new technique to his six sons, who all went on to be championship swimmers. When asked to describe the new style, one of Cavill's sons said it was "like crawling through the water". It became known as the Australian crawl, the stroke that's now known as the front crawl or freestyle.

游泳是一种古老的运动形式。远古时代，人们为了渡过河流湖泊，必须学会游泳。在早期中东文明的壁画上，能够找到关于游泳的最早记载。尽管古代奥运会不包含游泳项目，游泳对希腊人来说却并不陌生。事实上柏拉图认为不会游泳的人缺乏教养。尤利乌斯·凯撒和查理曼大帝都很擅长游泳，路易十一也常去塞纳河中游泳锻炼。两位北美洲印第安人在一次伦敦举办的游泳比赛上的表现，以及一名英国人在南美洲的所见所闻，彻底改变了这项运动。1844年，这两位北美洲人以其强劲有力的手臂划水动作震惊了英国。他们手臂的动作就像是风车在水中转动。



同时，英籍澳大利亚人弗雷德·卡维尔在游历南美洲时，也亲眼目睹了类似的姿势。卡维尔将这种新姿势传授给他的6个儿子，他们相继夺得了游泳比赛的冠军，当谈到这种新方法时，卡维尔的一个儿子描述它“像在水中爬行”。由此，人们称这种泳姿为澳大利亚爬泳，也就是今天的爬泳或自由泳。

"My will to live completely overcame my desire to win." That was the reaction of 19-year-old Hungarian Alfred Hajos after he won the 1 200 meters



freestyle at the first modern Olympic Games in Athens in 1896. Olympic swimming has come a long way, to temperature-controlled 50-meter pools, wave-killing gutters, lane markers designed to reduce turbulence, and has achieved the status as one of the Games' most glamour events. It is really a far cry from those early tentative days. The Olympics have produced a number of legends in the pool, perhaps the most famous being American Johnny Weissmuller, who followed up his five gold medals in 1924 and 1928 with a career as Tarzan in Hollywood, and Mark Spitz. Between 1968 and 1972, Spitz collected a whopping nine gold medals.



Johnny Weissmuller
in *Tarzan*

“我求生的意念完全超过了获胜的愿望。”这就是 19 岁的匈牙利人阿尔弗雷德·哈约斯，在赢得 1896 年雅典举办的第一届现代奥运 1 200 米自由泳冠军后的心声。奥运会的游泳比赛发展到今天的 50 米常温控游泳池、消除波纹水槽、专为减少水流扰动而设计的泳道标志线，以及成为奥运会中最富魅力的比赛项目之一，走过了一段漫长的道路。与早期相比，真可谓相距甚远。一个又一个传奇在奥运会的游泳池里诞生。其中最享誉盛名的当属美国人琼尼·韦斯缪勒，他在 1924 年和 1928 年先后获得 5 枚奥运金牌，后来又出演了好莱坞系列片《人猿泰山》。还有马克·施皮茨，1968 年至 1972 年间，施皮茨竟史无前例地夺得 9 枚金牌。



Alfred Hajos

Mark Spitz

马克·施皮茨

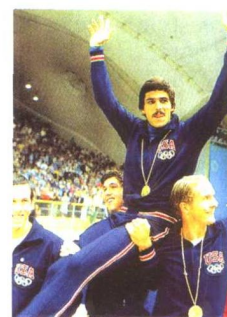


At the 1972 Olympics in Munich, Spitz not only became the first athlete to take home seven gold medals (three in relays, two in freestyle and two in butterfly), but he set new world records in all seven events. American Spitz had already won a bronze, a silver and two gold medals in Mexico City in 1968; with a total of 11 medals, he shares the record for the most gold medals ever won by Olympians with two other swimmers. Having broken world records 26 times, Spitz has received numerous honors. He was awarded the AAU James E. Sullivan Award in 1971, and was named the 1972 World Athlete of the Year. In 1977 He was inducted into the International Swimming Hall of Fame as an Honor Swimmer.

美国游泳运动员马克·施皮茨在 1972 年慕尼黑奥运会上不仅成为历史上第一位一次获得 7 枚金牌的运动员



(接力赛 3 枚, 自由泳 2 枚, 蝶泳 2 枚), 而且在 7 个项目中全部创造世界纪录。施皮茨在 1968 年墨西哥城奥运会上已获得过 1 枚铜牌、1 枚银牌和 2 枚金牌。这样他共获得 11 枚奖牌, 成为奥运史上第三位获得过 9 枚金牌的奥运选手。他 26 次打破世界纪录, 因此被授予多项荣誉。1971 年获得美国体育最高奖——沙利文奖, 1972 年他被命名为该年度“世界最佳运动员”, 1977 年他被列入“游泳名人纪念馆”。



More About Swimming

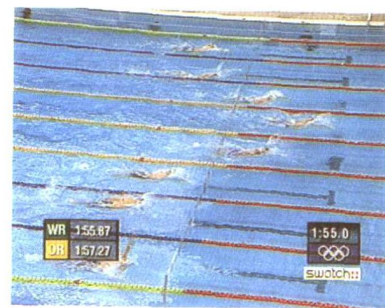
History of Swimming 游泳的历史

There is no exact date for when swimming was invented, but there is evidence dating the sport back for centuries. Mosaics and drawings from Middle Eastern civilizations and Pompeii show man swimming in a dog stroke. Greeks held swimming in a high regard as well, so much so that men of the ancient times often considered others less worthy if they could not run or swim. A man was considered uneducated by Plato if he could not swim. But it was an 1844 race in London, England that displayed swimming close to what we know today. Thanks to England's Swimming Society, several American Indians were brought over for the race and dominated the competition using windmill strokes resembling today's freestyle. Despite the Indians' advanced style, the English still relied on the breaststroke—the stroke mainly used by Captain Matthew Webb when he became the first to swim across the English Channel in 1875.



Olympic History of Swimming 游泳在奥运会上的历史

Swimming has been held at every Olympic Games. The early events were usually only conducted in freestyle (crawl) or breaststroke. Backstroke was added as of the 1904 Games. In the 1940s, breaststrokers discovered they could go much faster by bringing both arms overhead together. This was banned in the breaststroke shortly thereafter but became the butterfly stroke, which is now the fourth stroke used in competitive swimming. Women's swimming was first held at the 1912 Olympics. It has since been conducted at all the Olympics. Men and women compete in an almost identical pro-



gramme. They have the same number of events but the freestyle distance for women is 800 meters while for men it is 1 500 meters .

List of Events 游泳比赛项目单

100m backstroke 100 米仰泳	200m backstroke 200 米仰泳
100m breaststroke 100 米蛙泳	200m breaststroke 200 米蛙泳
100m butterfly 100 米蝶泳	200m butterfly 200 米蝶泳
100m freestyle 100 米自由泳	200m freestyle 200 米自由泳
200m individual medley 200 米个人混合泳	400m individual medley 400 米个人混合泳
50m freestyle 50 米自由泳	400m freestyle 400 米自由泳
4x100m freestyle relay 4x100 米自由泳接力	4x200m freestyle relay 4x200 米自由泳接力
800m freestyle for women 800 米自由泳 (女子)	4x100m medley relay 4x100 米混合泳接力
1 500m freestyle for men 1 500 米自由泳 (男子)	

FINA 国际业余游泳联合会



The founding of the *Fédération Internationale de Natation* (FINA) in 1908 was a pragmatic response to an increase in international sporting events, crowned by the Olympic Games. At the first modern Olympics in 1896, three swimming contests were held. However, no universally accepted rules, regulations or definitions governed the swimming events.

In order to unify the rules and create a forum for international meetings, the leaders of the eight attending countries (Germany, Belgium, Denmark, Finland, France, Great Britain, Hungary and Sweden) met on 19 July 1908 at the Manchester Hotel, London, on the occasion of the Games of the IV Olympiad, and resolved to form a world-wide swimming association. Priority decisions or goals were clear: to standardise the rules for swimming, diving and water polo; to obtain control of world records and to maintain an up-to-date list of these records; and finally, to ensure the direction of Olympic Games competitions for swimming, diving and water polo.

Now, FINA is the only recognized body in the world which governs Swimming, Open Water Swimming, Diving, Water Polo, Synchronized Swimming, and Masters internationally. FINA has 179 affiliated Federations. ^[1]



[1] 截至 2002 年度。

Competition



比赛



Women's swimming events became a regular part of the Olympic Games in 1912, and men and women now compete in 16 events each. They involve four different strokes across a range of distances. Freestyle races cover 50, 100, 200, 400, 800 and 1 500 meters. The 800m is for women only, the 1 500m for men only. The butterfly, backstroke and breaststroke races each cover 100 and 200 meters. All four strokes are used in the 200m and 400m individual medley events. The 4×100m freestyle,

4×200m freestyle and 4×100m medley relays complete the program. Each race has eight swimmers. Preliminary heats in the 50m, 100m and 200m lead to semi-finals and finals based on the fastest times. In relays and individual events of 400 meters or more, the eight fastest finishers in the preliminaries advance directly to the finals.

1912 年，女子游泳比赛登上了奥运舞台，男、女各有 16 个比赛项目，包括不同游距的 4 个大项——自由泳有 50 米、100 米、200 米、400 米、800 米和 1 500 米。800 米单属女子比赛，1 500 米单属男子比赛。蝶泳、仰泳和蛙泳设有 100 米和 200 米比赛。200 米和 400 米个人混合泳采用以上 4 种泳姿，含 200 米和 400 米比赛。后来比赛又增加了 4×100 米自由泳、4×200 米自由泳和 4×100 米混合接力，比赛项目日趋完善。每场比赛有 8 名参赛选手，50 米、100 米和 200 米项目通过预赛、半决赛和决赛决出冠军。400 米及 400 米以上的个人项目和接力赛中，预赛的前 8 名可直接进入决赛。



The sprint races—the 50 meters and

100m—are all-out bursts of speed from start to finish. Swimmers want to hit the wall on a full stroke, and not glide into, or reach for the wall. Reaching or gliding could cost a swimmer a tenth of a second, which is a lot in a 50m race. The start is also critical in the sprint, as is the swimmer's head position. The swimmer should keep his or her head straight ahead and maintain concentration because there's a lot of spray in a straight out sprint.

The slightest mistake in a sprint can cost a swimmer precious hundredth of seconds and the difference between a medal and fourth place. The middle distance, the 200m, is perhaps the most grueling race because the swimmer

must have a shrewd sense of pace, as well as the ability to swim at a fast, but controlled speed. A swimmer who goes out too fast too early will burn out near the end of the race. At the 100m mark, a swimmer must maintain his or her focus and not fall behind. The three-quarter mark is the most crucial time for the 200m swimmers—it's here that they start their "kick", or sprint to the end of a race. The 400m, 800m and 1 500m races require the swimmer to constantly be aware of where he/she is in the race and how tired he/she is becoming. Swimming the first portion of the race too quickly can sap a swimmer's strength and lead to a weak finish. On the other hand, swimming the first



portion of the race too slowly can separate the swimmer from the pack and make catching up impossible. There are two main strategies in distance racing. Swimmers may choose to swim the race evenly (that is to hold the same pace throughout) or they may "negative split" the race—that is swimming the second half of a race faster than the first.

短距离项目的游距为 50 米和 100 米，它要求运动员在比赛时，不能滑行，而要一鼓作气地向终点冲刺。任何触摸或滑行都会浪费运动员的时间，哪怕只是零点几秒。50 米比赛中最重要的是时间，出发也非常关键，尤其是运动员在出发时头部所处的位置。为减小比赛时水流的阻力，运动员的头部必须保持向前，以减小失误。因为在比赛中，即使是 1%秒也是格外宝贵的，可能仅仅这点差距，就会让选手痛失奖牌。中距离比赛，比如 200 米，可能是最令人精疲力竭的比赛，因为运动员必须对速度有精确的把握，既要游得快又能控制速度，如果刚开始游得太快，快结束时就会耗尽精力，游到 100 米时则要集中注意力，而且绝对不能落后。对于 200 米项目的运动员，最关键的时刻从 150 米开始，这时他们开始“加速打水”，向比赛的终点冲刺。400 米、800 米和 1 500 米比赛，运动员要清楚自己在比赛中的位置，以及自己的体能状况。比赛初期游得太快会衰竭体力，致使后期无力冲刺，如果初期游得太慢则会掉队，断送了后来居上的机会。长距离比赛有两个重要战略，其一是运动员可以选择匀速游，即始终保持同样的速度，或者后半程加速游，即第二段游程比第一段快。

In each event, the 24 swimmers with the fastest qualifying times are placed in the last three heats or preliminaries of eight swimmers each. The fastest



swimmer swims in the third heat, the second fastest in the second heat, the third fastest in the first heat, then the fourth fastest in the last heat, and so on. If more than 24 swimmers qualify in an event, the rest are seeded in the earlier heats. In relays and individual events of 400m or more, the eight fastest heat swimmers advance straight to the final. In all events of 200m or less, the top 16 from the heats compete in two semi-finals. Again, seeding decides the draw for the semi-finals.

奥运会的游泳比赛，根据运动员的达标成绩，速度最快的 24 名运动员，



分成 3 组参加预赛，每组 8 名选手。比赛时，最快的运动员被安排在最后一轮比赛中，速度第二快的在第二轮，第三快的在第一轮，第四快的在最后一轮，依此类推。如果某项比赛多于 24 名运动员具有参赛资格，剩下的运动员将被安排参加开始的附加比赛。400 米或者更长的接力和个人项目，预赛中前 8 名选手可直接进入决赛。200 米及更短的项目，预赛中前 16 名选手将参加两场半决赛。半决赛也按运动员的比赛成绩进行分组。



More About Swimming

International Competition 国际赛事



The highest level of swimming competition occurs at the Summer Olympic Games, held every four years and governed by the International Olympic Committee (IOC). The International Federation of Amateur Swimming (FINA) governs almost all other international competitions. The two most important meets are the long-course (50-m) world championships and the short-course (25-m) world championships, which are held in alternate years.

Each winter, FINA also sponsors a World Cup circuit held in 25-m pools.

Many regional meets are held every two or four years. These include the Pan-Pacific Championships for nations in Asia and the Pacific Ocean region, the European championships, the Pan American Games for the countries of North and South America, and the African championships. To participate in international meets, a swimmer must be selected by his or her national federation. Many countries base the selection on performances at national championships or Olympic trials. In addition, swimmers must meet international time standards predetermined by FINA. However, each country is allowed to select one swimmer per event regardless of the swimmer's times.

Lane Assignment 泳道分配

Swimmers and relay teams are seeded according to their heat or qualifying times so that the fastest swimmers are in the central lanes of the pool and the slowest are in the outer ones. The lane assignments are:

Lane	1	2	3	4	5	6	7	8
Speed	7th	5th	3rd	1st	2nd	4th	6th	8th

Open Water Swimming 天然水域游泳

Open water swimming shall be defined as any competition that takes place in rivers, lakes or oceans. Long distance swimming shall be defined as any event in open water competitions up to a maximum of 10 kilometres. Marathon swimming shall be defined as any event in open water competitions over 10 kilometres.



The Pool 游泳池

*A minimum **Depth** of 1.35 metre, extending from 1.0 metre to at least 6.0 meters from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere. **Lanes** shall be at least 2.5 meters wide, with two spaces of at least 0.2 metre outside of the first and last lanes. **Water Temperature** shall be 25°—28°.*

Course 长池

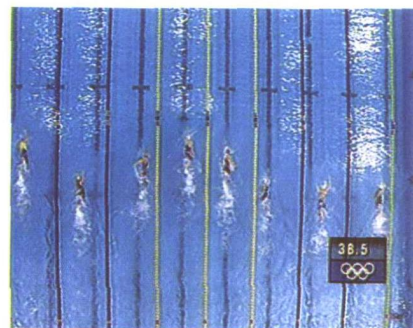
A pool configured for swimming with a 50 metre long racing course.

Course 短池

A pool configured in 25-yard or 25-metre lengths.

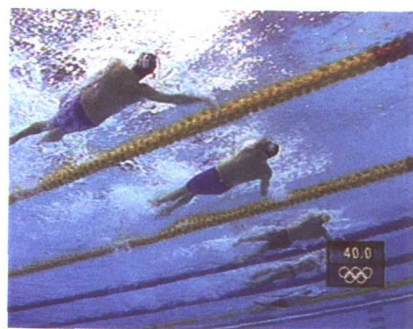
Lane 泳道

The area of the pool 50 meters long and 2.5m wide in which each swimmer remains for the duration of the race.



Lane Rope (Lane Line) 分道线 (水线)

The dividers used to delineate the individual lanes. Made of individual finned disks strung on a cable, rotating on the cable when hit by a wave.



Lane Markings 泳道标志线

The guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

Backstroke Turn Indicators 仰泳转身标志线

Flagged ropes suspended across the pool, minimum 1.8 meters and maximum 2.5 meters above the water surface, from fixed standards placed 5.0 meters from each end wall.

Starting Blocks 出发台

The starting blocks from which the swimmer dives into the pool to begin the race. The front edge of the block is 76 centimetres above the surface of the water.

Touch Pad 触模板

The pad at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system.



Speed English



Speed English

Lap Card 圈数牌

A card displayed by a turn judge at each end of a lane to inform swimmers in the longer races how many laps remain.

Gutter 水槽

The area at the edges of the pool into which water overflows during a race to be recirculated into the pool. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

KEY WORDS 重点词汇

swimming	游泳	starting blocks	出发台
touch pad	触摸板	lane	泳道
length	泳道单程长度	seeding	泳道
heat	预赛		

Chapter 88

The Swimming (II) 游泳(二)



游泳的 4 种泳姿:

Freestyle 自由泳

Breaststroke 蛙泳

Butterfly 蝶泳

Backstroke 仰泳



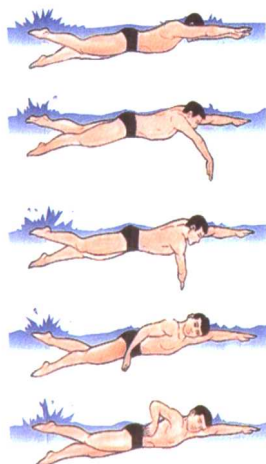
Speed English



Speed English

Freestyle

自由泳



自由泳

Characterized by its long overhead stroke and vigorous flutter kick, the freestyle is the fastest and most powerful of the swimming strokes. It is also the oldest. In about 1875, an English swimmer and coach named J. Arthur Trudgen began teaching a style of overarm swimming that he had watched South American Indians use. He taught it with a conventional scissor kick. The style became known as The Trudgen, and it was adopted around the world. However, this stroke was to evolve further. Around the turn of the century, an Australian-based Englishman named Fred Cavill began putting all the pieces together. Cavill, who had studied various swimming styles, taught an overarm stroke that differed from The Trudgen by using a flutter kick, similar to freestyles' kick today. Several of Cavill's sons also used the stroke with such success that it became known overseas as the Australian Crawl. Today, this stroke is better known as "the crawl". The freestyle

made its Olympic debut in 1896 and was held in the open waters in and around the Bay of Zea, near Piraeus and was watched by nearly 20 000 spectators on shore. The only two swimming events featured in the Athens Olympics were the 100m and 1 500m freestyle. During the 1 500m, the waters were so rough and cold, that a boat had to pluck suffering swimmers out of the numbing waters. Alfred Hajos of Hungary won that first 1 500m event, one of only two men to actually finish. The 100m wasn't held in 1900, but came back as a permanent feature of the Olympics in 1904. The freestyle actually is not a stroke, but the freedom to choose the stroke used in the race. Swimmers pick a stroke traditionally known as the "Australian crawl" or "front crawl". There is actually stricter definition of freestyle in the medley events, or combination races, which include all four strokes. In the freestyle leg, the swimmer must use the crawl. The main rule relating to freestyle is that some part of the body must be above the surface of the water at all times. In other words, competitors are not allowed to swim under water except for immediately following the start and after each turn, when they are allowed to stay submerged for 15 metres.



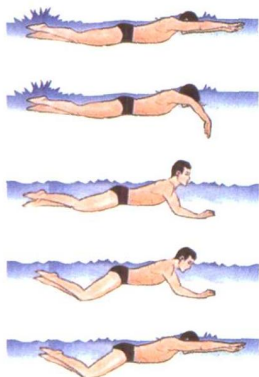
自由泳是最快、最有力的泳姿，特点是用长划臂动作，两腿用力交替打水。自由泳历史悠久，大约在 1875 年，英国运动员兼教练亚瑟·特鲁登，在观察了南美印第安人的游泳姿势后，开始教授自己的队员，一种在划水时手臂伸出水面的姿势，他按照传统的剪式打腿姿势去教队员，这种姿势在世界范围内被广泛采用，被称为“特鲁

登姿势”，然而这种姿势却没有进一步发展。19 世纪末 20 世纪初，一位名叫弗雷德·卡维尔的英格兰籍澳大利亚人，尝试着将各种泳姿的优点结合起来，在研究了各种各样的游泳方式后，卡维尔发明了一种不同于特鲁登姿势的蹬水的方法，类似于今天的自由泳选手蹬水的姿势。卡维尔的几个儿子使用这种姿势取得了骄人的成绩，以致在国外被称为澳大利亚爬泳，最后被称为爬泳并沿用至今。1896 年，在第一届奥运会上就进行了自由泳比赛，比赛在室外举行，地点是皮雷埃夫斯港附近的齐娥湾，大约有两万名观众观看比赛。在这届雅典奥运会上，两个游泳项目最吸引人，即 100 米和 1 500 米自由泳。自由泳其实并不是只有一种泳姿，在比赛中可以自由选择，运动员都选择了这种传统的澳大利亚爬泳。在 4 种泳姿都囊括在内的混合泳里面，自由泳实际上有着严格的规定，运动员必须使用爬泳，涉及自由泳的主要规则是：在整个比赛过程中，身体的一部分必须一直保持在水面以上。换言之，运动员不能在水下游，但比赛开始和转身阶段，他们可在水下游 15 米。



Breaststroke

蛙泳



蛙泳

The breaststroke is the most difficult swimming stroke to master. All leg and arm movements must be made. Only the backward and out frog-leg kick is allowed. Alternating movements are not allowed. Except for the start and the first stroke and kick after each turn, a part of the head must break the surface of the water during each stroke and kick cycle. The arm pull is a heart-shaped pattern in the front of the body. It's not a big pull like the other strokes, which is why the times in the breast stroke are comparatively slower than other strokes. The breaststroke is always been the most controversial stroke because of ongoing arguments over what constitutes legal or illegal technique. The Berlin Olympics in 1936 saw one of the first attempts at incorporating the then-controversial butterfly stroke into the women's 200m breaststroke event, as a few swimmers were recovering their arms above the water rather than under to save time and energy. In 1952, this new stroke, named the butterfly, was given its own rules and competitions separate from the breaststroke.



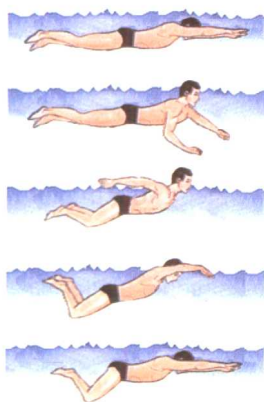


蛙泳是最难掌握的泳姿，腿和臂都要运动，只允许下蛙泳蹬腿和外蛙泳蹬腿，不能使用交替动作。除了出发以及每次转身后的第一下划水和蹬腿，每一次划水和蹬腿时，头部必须露出水面一部分，在胸前使用水平的划水动作，但不像其他泳姿那样用力划水，这就是为什么蛙泳与其他泳姿相比相对较慢的原因。由于一直在争论动作是否犯规，蛙泳一直是最有争议的泳姿，1936年举办的柏林奥运会上，最早发现有争议的蝶泳动作被尝试着融入到女子200米蛙泳

项目中，当时几名运动员不在水中移臂，而改为空中移臂，这样既省时又省力。直到1952年，这种新式泳姿，即蝶泳从蛙泳中分出来，成为正式比赛项目。

Butterfly

蝶泳



蝶泳

Nicknamed “the fly”, the butterfly is the most physically demanding of the strokes, but is also the most beautiful to watch. The butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick, in which both legs move up and down together. No flutter kicking is allowed. The butterfly was developed in the 1930s, but didn’t become an official Olympic stroke until the 1956 Summer Games. Years earlier, swimmers discovered a loophole in the breaststroke that allowed swimmers to bring their arms forward over the water instead of under it. This was more efficient and saved energy. Controversy followed and while not everyone was doing this quasi-breaststroke, those swimmers that did, were winning races with good times. Eventually, the new stroke was given its name, the butterfly. Perhaps a strange name for such an explosive stroke, but it

stuck. In 1998, FINA, swimming’s governing body, passed a rule that each swimmer’s head must surface within 15 meters of the start of the race. This rule was passed because some swimmers were using a faster, extended underwater start prior to the restriction. The butterfly, which evolved out of a loophole in the rules of breaststroke, is similar to breaststroke, except that the arm stroke and leg kick are made on a vertical plain rather than a horizontal one. As in the breaststroke, butterfly swimmers must swim face down and on the surface of the water—apart from the start and after each turn when they may travel underwater



for up to 15 metres. They must also touch the end of the pool with both hands at each turn and at the finish. In the butterfly stroke, both arms and legs must be moving simultaneously — the arms over the head and legs together in a dolphin kick.

蝶泳因动作像“蝴蝶飞舞”而得名，是最需要体力的泳姿，但也最具观赏性，蝶泳时两臂从空中移向前方，腿部蹬水动作酷似海豚，两腿要上下移动，不允许爬泳打腿姿势。在 19 世纪 30 年代，蝶泳就发展起来，但直到 1956 年才正式成为奥运会项目，多年以前，运动员发现蛙泳时，两臂可提出水面做向前移臂的动作，而取代放在水下的动作，这样速度快又省力，人们因此争论不休，由于并不是每个人都采用类似的蛙泳动作，采用的运动员就会多次赢得比赛。最后，这种泳姿被命名为蝶泳，对这种泳姿的命名可能有些奇特，但却一直沿用。1998 年，游泳比赛的管理机构——国际泳联，通过了一项规则规定每个运动员比赛出发游过 15 米后，头部必须浮出水面，制定这条规则是因为有些运动员在此规定前，潜泳距离过长而速度提高。蝶泳是从蛙泳的规则中发展出来的，和蛙泳很相像，除了蝶泳的划水和踢腿动作都是在垂直平面上进行，而蛙泳是在水平面上。和蛙泳运动员相比，蝶泳运动员除了开始阶段和每次转身以后，可以在水下潜行 15 米之外，必须脸部朝上在水面游；在转身和结束的时候，也必须使用双手触壁；两臂必须一起向前摆动，腿必须一起踢出去，采用海豚踢。

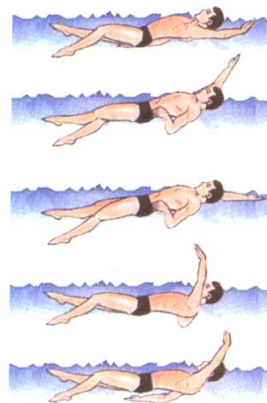


Backstroke

仰泳



The backstroke is the only stroke in which swimmers swim on their back and the only stroke that begins in the water. Elite backstrokers always have to be aware of where they are in the pool without looking to their side, which would interrupt their rhythm in the water. They always know when they should turn and when to lunge backward for the wall. Popularized by Harry Hebner of the United States at the 1912 Olympics, the backstroke is an alternating, wind-milling motion of the arms which resembles an upside down crawl. Swimmers start the race in the water by holding the handgrips on the starting blocks. The remainder of the body is in the crouch position. Backstrokers must keep their feet and toes below the water's surface while in the starting position. FINA, swimming's governing body, recently changed the rules to stipulate that each swimmer's head must surface with-



仰 泳

in 15 meters of the start of the race. The rule was passed after several swimmers were using longer underwater starts to their advantage. Since 1991, swimmers are no longer required to touch the wall with their hands before executing a turn. This change caused many Olympic Records to fall.

仰泳是惟一的一种仰卧的泳姿，也是惟一一种在水中开始比赛的泳姿。优秀的仰泳运动员无需环顾左右就能意识到自己在泳池中所处的位置，否则将打乱在水中的节奏。他们非常清楚自己什么时候应该转身，什么时候前滚翻触壁。仰泳是由美国人哈里·赫布涅尔在 1912 年奥运会上推广开来，两臂轮流划水，类似于反爬泳，运动员出发时要握住出发台的握手器，身体的其他部分蜷缩起来，同时保持他们的脚和脚趾在水面以下。国际泳联——游泳比赛的管理机构，最近更改了比赛规则，规定运动员在水下最多游 15 米，这条规则正是针对几个运动员因潜泳距离过长而优势明显。自 1991 年起，运动员不必转身前用手触壁，这条规则的更改导致多项奥运会纪录被刷新。



Medley

混合泳



Having a handle of all four swimming disciplines is essential for individual medley or “IM” swimmers. It maybe a statement of the obvious, perhaps, but the IM swimmers are the most fundamentally sound and versatile athletes in the pool. IM swimmers can master three of the four strokes, but if they can’t master the fourth, they will lose the race. In the IM, a swimmer begins with the butterfly, changes to the backstroke after a quarter of the race, swims the breaststroke for another quarter and finishes with the freestyle. The IM is swum in 200 metre and 400m distances, which means the swimmers must have phenomenal endurance. The men’s and women’s 400m medley was first held at the 1964 Tokyo Games, while the 200m began at the next Olympics in Mexico City. The first medley relay, which features four different swimmers swimming four different strokes, was held at the 1960 Summer Games in Rome. The individual medley, commonly referred to as the “IM”, features all four competitive strokes. In the IM, a swimmer begins with the butterfly, changes to the backstroke after a quarter of the race, swims the breaststroke for another quarter and finishes with the freestyle.



掌握全部 4 种泳姿，对个人混合泳运动员来说是基本的。毋庸置疑，个人混合泳运动员是泳池里最全面的运动员。个人混合泳运动员掌握了 3 种泳姿，但却不精于第四种，他们仍将输掉比赛。个人混合泳运动员使用的泳姿顺序依次为蝶泳、仰泳、蛙泳和自由泳，每种泳姿游距各占全程的 1/4。个人混合泳设 200 米和 400 米泳距，这就意味着运动员必须具有突出的耐力。男子和女子 400 米混合泳项目在 1964 年东京奥运会上开始列为比赛项目。200 米项目则开始于 4 年以后的墨西哥城奥运会。混合泳接力赛，即 4 名运动员分别使用 4 种泳姿，在 1960 年罗马奥运会上第一次出现。个人混合泳运动员需要掌握 4 种泳姿，在个人混合泳中，运动员以蝶泳、仰泳、蛙泳、自由泳的顺序游完全程。每种泳姿游全程的 1/4。



More About Swimming

Glossary 游泳词汇

Lap 游程

One length of the pool- 50 meters in Olympic competition.

Length 泳道单程长度

One lap, from one end of the pool to the other.

Split 分段 (成绩)

A swimmer's intermediate time in a race, registered every 50 metres, to record the swimmer's pace.

Seeding 泳道排位

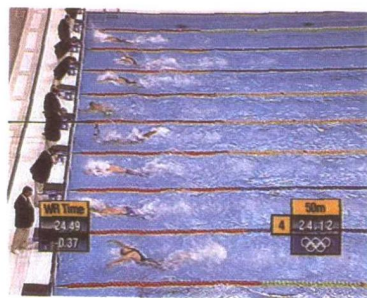
The placing of the fastest swimmers in the central lanes of the pool and the slowest in the outer ones, according to their heat or qualifying time.

Prelim (Heat) 预赛

Short for "preliminary" and also known as a heat. Swimmers try to qualify for semi-finals and finals in the prelims.

Relay 接力赛

A race between teams of swimmers, with each swimmer swimming one leg of the event.

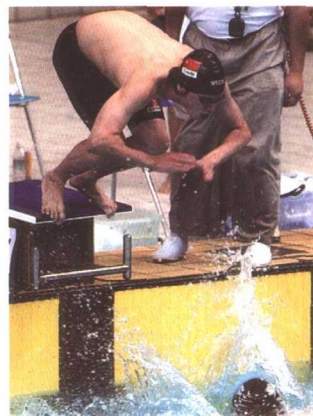


Leg 接力中每一游程运动员

One of a number of sections of an event or relay, each of which must be completed to determine the winner.

Relay Exchange 接力赛中的交接

The exchange between the swimmer in the water and the next swimmer on the relay team. In a perfect exchange the finishing swimmer will touch the touch pad while the next swimmer is about to leave the starting block with his or her body extended over the water.



Break (接力赛中的) 抢先出发

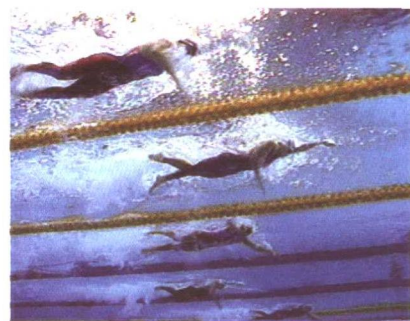
To move on or leave the blocks before the starting signal, or before a teammate touches the touch pad in a relay event.

Crawl 爬泳

A stroke made in the prone position characterized by alternate over arm movements and a continuous up-and-down kick; originally known as the Australian crawl.

“Scissor” Kick 剪式打腿

A propelling motion of the legs by which they move essentially like the blades of a pair of scissors, once used in competitive racing but now relegated to the sidestroke.



Dolphin Kick 海豚式打腿

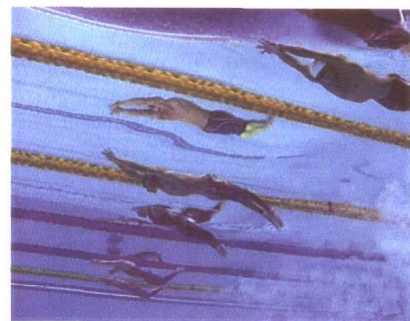
A kick performed in the butterfly stroke by which the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession; also used in backstroke starts and turns.

Flutter-kick 震动打腿 (浅打腿)

A kick, usually performed as part of the crawl, where the legs are held straight and moved up and down alternately.

Streamline 使身体呈流线型姿态

To make the body as long as possible by stretching out in the water from feet to legs to shoulders to arms and even to finger tips to reduce resistance.



Touch 触壁

To touch the end of the pool with the hand or hands, completing an event or relay leg.

Gravity Wave 重力波浪

The wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool and return to the surface in the form of turbulence.

Cadence 划水节奏

Distance covered per stroke. Also rhythm or tempo.

Negative Split 后半程加速

A race strategy in the distance events in which the swimmer covers the second half of the race in less time than the first half.

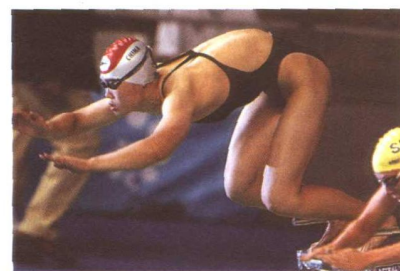


Starts 出发



The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.



Grab Start 抓台式出发



Track Start 蹲踞式出发



Handle Start 出发

Speed English



Speed English

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

One Start Rule 出发规则

A rule by which swimmers are disqualified after a break has caused a false start in an event.

False Start 出发犯规

Leaving the starting block or moving on the block before the starter officially starts the race.

False-start Rope 犯规召回绳

A rope dropped into the water about 15 meters from the starting end of the pool to stop any swimmer who does not hear a false-start signal.



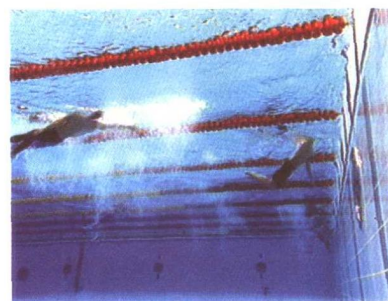
Roll 绕身体纵轴滚动

To move on the blocks prior to the starting signal. A roll is usually caught by the starter, but swimmers will often try to guess the starter's reaction time and get a good start. Also refers to movement on the blocks before a teammate touches the touch pad in a relay.

Turns 转身

Open Turn (Touch Turn) 手触壁转身

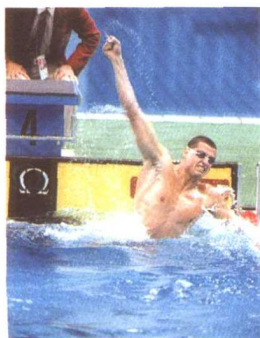
Open turns involve touching the wall with the hand, then reversing direction; used in Breaststroke, Butterfly, and Individual Medley when switching strokes.



Tumble turn (Flip Turn) 滚翻转身 (脚触壁)

An underwater roll at the end of a lap, used in backstroke and freestyle, allowing the swimmer to push off from the end of the pool with the feet, also known as flip turn.

Matthew Biondi 比昂迪



He is considered the best freestyle swimmer of all time. He began as a member of the United States water polo team before moving on to freestyle swimming. Thanks to advertising campaigns he was able to swim with dolphins in the Bahamas, and he claimed that this helped his training. Matt Biondi was a member of the water polo team of Berkeley University in California between 1983 and 1985. He also swam for the Oso Dorado swimming club. At the 1984 Olympic Games he won a gold medal as the third member of the world-record-breaking 4×100m freestyle relay team. He won seven gold medals at the 1986 swimming world championships, more than anyone

else in the history of the championships. His winning streak continued at the 1988 Olympic Games in Seoul, where he won a total of seven medals: five gold, one silver and one bronze. The gold medals were for the 50m and 100m freestyle events, the 4×100m and 4×200m freestyle relays and the 4×100m medley relay. He also set a world record in the 50m freestyle and an Olympic record in the 100m, with the world's second fastest time of 48.42 seconds. His silver medal was for the 100m butterfly, and the bronze for 200m freestyle. In 1990 he won a gold medal at the Goodwill Games and another at the 1991 world championships. In 1992, during the Barcelona Olympic Games, Biondi won 2 more medals (gold in the 4x100m relay freestyle and silver in the 50m freestyle).

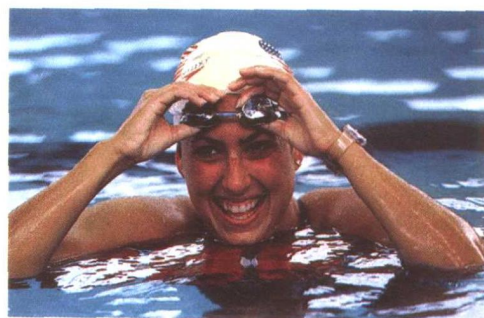
Krisztina Egerszegi 克里斯蒂娜·艾盖尔塞吉

Krisztina Egerszegi is the only woman to win five gold medals in individual swimming events. Egerszegi was only 14 years old when she competed at the 1988 Seoul Olympics. Emboldened by the silver medal she gained in the 100m backstroke, she felt that she could upset the favoured East Germans at 200m, even though, at 45kg, she was 19kg lighter than any of her opponents in the final. Egerszegi sprinted into the lead after the midrace turn and won going away. In 1992, Egerszegi, by now a seasoned 18-year-old, won both backstroke events. She also entered and won the 400m individual medley, recording the fastest time since Petra Schneider's chemically augmented 1982 world record. At the 1996 Atlanta Games, Egerszegi earned a bronze medal in the 400 IM and then won the 200m backstroke to become only the second swimmer in history to win the same event three times. Her margin of victory, 4.15 seconds, was the greatest in any women's 200m event. In 1996, Egerszegi did not enter the 100m backstroke, however her leadoff backstroke time in the medley relay, 1:01.15, was faster than the winning time in the 100m backstroke final.



Janet Evans 珍妮特·埃文斯

Janet Evans is probably the greatest female long-distance swimmer of all time. She first came to prominence at the 1986 Goodwill Games, and she entered the 1988 Olympics as the world record holder in the 400m, 800m, and 1500m. She did not disappoint, improving her own world record in winning the 400m, in addition to taking gold medals in the 800m and the 400m individual medley. On her second Olympic appearance in 1992 she successfully defended her 800m title but suffered her first defeat in the 400m since 1986 when she was placed second to Dagmar Hase (GER). Evans competed at the 1996 Olympics but was past her prime and failed to win a medal in the 800m freestyle, her only event in Atlanta. Her greatest years were from 1987—1989, when she set two world records over 400m, two at 800m, and two at 1500m. Between 1986 and 1995, she won 25 out of 27 major international races over 400m and 22 out of 23 over 800m. Up to 1999, Evans still held the world record



for the 400, 800, and 1 500m freestyle events, with times she set in 1988—1989.

Ian Thorpe 伊恩·索普



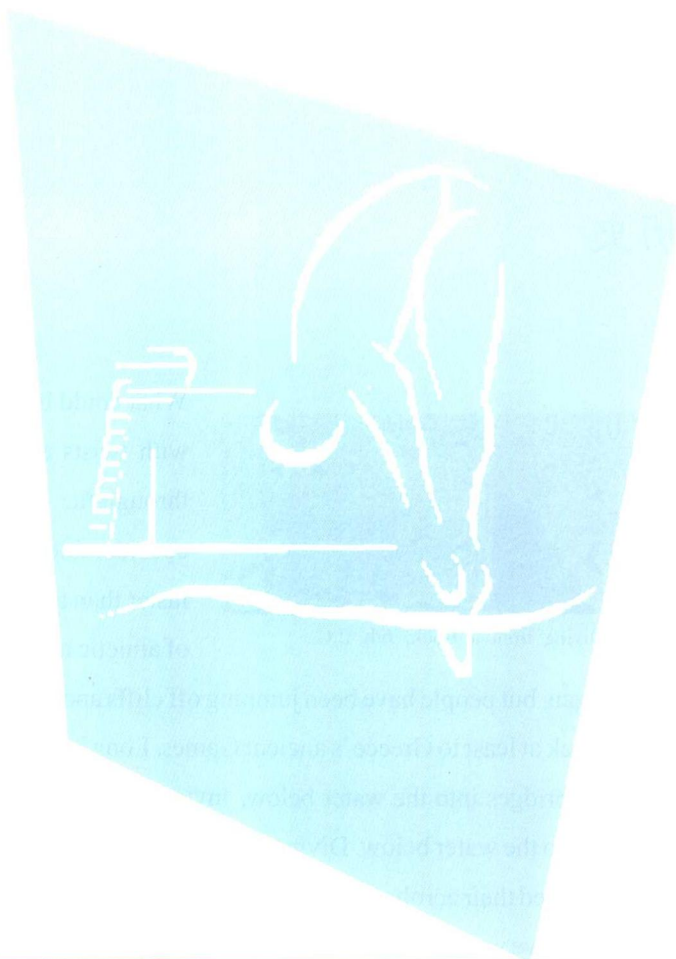
Ian Thorpe entered the 2000 Sydney Olympics bearing the weight of tremendous expectations as a locally born swimming world champion in a nation that loves swimming heroes. And he was only 17 years old. On the very first day of competition, Thorpe showed that he could handle the pressure. Racing in the 400m freestyle, he won the gold medal by breaking his own world record. An hour after this triumph, Thorpe swam the anchor leg for Australia in the 4×100m freestyle relay. He came from behind to barely beat Gary Hall, Jr. of the United States in a thrilling finish. Two days later, Thorpe earned a silver medal behind Pieter van den Hoogenband in the 200m freestyle. Next he swam the leadoff leg for Australia's 4×200m freestyle relay team that went on to win in world record time. Thorpe gained a fifth medal, a silver, by swimming in a preliminary heat of the medley relay.

KEY WORDS 重点词汇

stroke	泳姿	freestyle	自由泳
breaststroke	蛙泳	butterfly	蝶泳
backstroke	仰泳	medley	混合泳
individual medley (IM)	个人混合泳	medley rela	混合泳
dolphin kick	海豚式打腿		

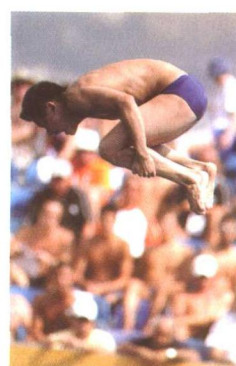
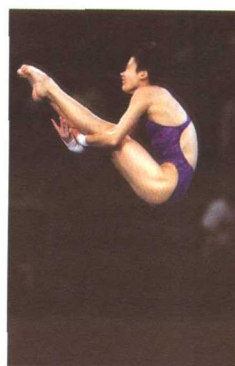
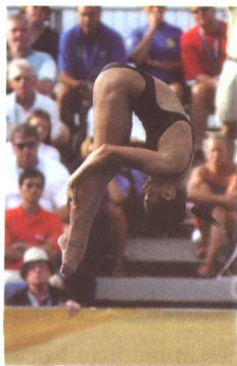
Chapter 89

The Diving (I) 跳水(一)



The sport of diving began in Europe in the early 1800s when Swedish and German gymnasts took their acrobatics to the beach to practise their jumps and twists over water. Diving was originally considered a diversion from gymnastics, and was only seen as a sport in its own right in the late 19th century.

跳水运动开始于 19 世纪早期的欧洲，当时瑞典和德国体操选手在海面上练习跳跃和翻转。跳水就被看做是这些体操选手的一种娱乐项目，在 19 世纪末期被看做为一种体育运动。





Diving from a Rock, 6th B.C.

What could be more exhilarating than watching a diver execute a dive with twists and turns in mere fractions of seconds before plunging through the water? A sport of grace and finesse, diving also involves considerable speed, as the diver's body can hit the water's surface going faster than a car traveling through town, making diving a unique blend of athletic and artistic talents. No one knows exactly when diving offi-

cially began, but people have been jumping off cliffs and into the sea for millennia. Historical evidence suggests that it dates back at least to Greece's ancient Games. Long before the modern springboard and platform, people dived off cliffs and bridges into the water below, invigorated by the adrenaline rush as they descended through the air and plunged into the water below. Diving developed further as an athletic discipline in 17th-century Europe, when gymnasts practiced their acrobatics over water. The first official diving competition took place in 1880 in England. Initially, the only dive was a straight forward one, resembling a swimmer's standard entry into the pool.

没有比观看跳水运动员入水之前短短几秒之内做转体等跳水动作更让人愉悦的事情了。跳水不仅动作优雅，讲究技巧，而且具有相当快的速度，因为跳水运动员的身体触水时，速度能够快于穿越市区的汽车，这使得跳水成为运动和艺术独一无二的完美结合。无人确切知道跳水正式始于何时，但从悬崖跳入水中的活动已有数千年历史。史料证实跳水的起源至少要追溯到希腊远古的比赛。在现代跳板和跳台发明之前的很长一段时间里，人们都是从悬崖或桥上跳入水中，在从空中下降直至入水的过程中，迅速分泌的肾上腺素使得人们产生了兴奋和快乐的感觉。跳水在 17 世纪进一步发展成为一种体育运动。运动员要在水面上完成各种技巧动作。1880 年在英国举行了第一次正式的跳水比赛，最初跳水只有直体向前跳水一种姿势，酷似游泳者的标准入水。



While swimming and diving are seen as inter-connected sporting disciplines, part of the same water family so to speak, contemporary diving has more in common really with gymnastics. In the early 1800s, Swedish and German gymnasts practiced their somersaults and twists over water. Their practices became known as fancy diving, a term that stuck until the early 1900s. When diving debuted at the 1904 Olympics, one of the two events was a plunge for distance, the goal being to swim the furthest underwater after a dive. The event was dropped immediately because it

was not well received by the audience—not really a spectator sport as most of the action happened under the water. At the 1908 Games in London, the pool was 100m long and the diving tower was removable. In 1908, springboard diving was added to the original platform diving event. At the 1912 Stockholm Games “fancy highdiving” was introduced and it was the first time women were allowed to compete in their own platform event. Women had a springboard event which began in 1920. The first concrete diving tower appeared in 1924 in Paris. In the 1920s, divers grew tired of the slow rotation from rigid take-offs starting with a straight position. They became fancier as the pike and tuck positions began to dominate, making multiple somersaults possible.



虽然游泳和跳水因为都是水上运动，而通常被联系在一起，现代跳水与体操却有着更多相似之处。19 世纪初期，瑞典和德国的体操运动员在水上练习翻滚以及转体。他们的实践发展成为人们所知的花式跳水，这一词沿用至 20 世纪早期。当跳水在 1904 年奥运会上初次亮相的时候，两个比赛项目之一是类似跳远一样的跳水，其目的是让运动员获得冲力以便能在水底下游得最远，该项目不久就被取消了，因为观众并不看好它，它不是一项真正的观赏性运动。1908 年在伦敦举行的奥运会上，跳水池的长度为 100 米，跳台也是可以活动的。那年跳板项目出现，成为继最初的跳台跳水之后的新项目。1912 年斯德哥尔摩奥运会上，“花式高台跳水”出现，女子第一次有了自己的跳台项目。1920 年女子跳板项目设立，第一个水泥跳台诞生于 1924 年的巴黎。20 世纪 20 年代时跳水运动员厌倦了缓慢的旋转动作，这是由僵硬的起跳加直体姿势造成的。当屈体和抱膝成为主要的跳水姿势后，更多的翻腾动作使运动员有了更加精彩的表现。



More About Diving

Development of World Diving 跳水的发展

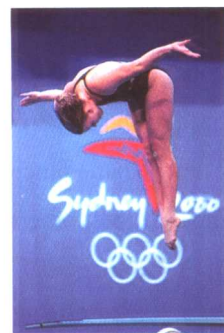
Diving developed in Europe in the 17th century, when gymnasts practised their acrobatics over water. The modern sport of diving originated in Germany and Sweden at the beginning of the 19th century. The sports were named springboard diving, plain high diving, and fancy high diving. Competitive diving first gained international prominence in the early 20th



century, when men's plain high diving debuted as an Olympic event at the 1904 Games. Springboard diving joined the Games four years later in London, England. Men's fancy high diving and women's plain high diving became Olympic sports at the 1912 Games in Stockholm, Sweden.

Olympic History 跳水在奥运会上的历史

Diving was contested at the 1904 Olympics in St. Louis, and its appearance on the Olympic programme in both springboard and platform events has been continuous since 1908. The diving programme has been relatively constant since 1928, with men and women competing in both the 10 metre platform and the 3 metre springboard events. Prior to that time, a men's event for plain high diving was on the programme in 1912, 1920 and 1924. Early Olympic competitions also differed in the heights of the platform and springboard. Two new events were added to the Olympic programme in 2000 for both men and women, these being synchronized platform diving and synchronized springboard diving. These events consist of two divers leaving the platform or springboard simultaneously and diving together. Usually the athletes perform the same dive, although occasionally dives which complement each other are chosen.



Diving Facilities and Equipment 跳水设施

Platform 跳台

Platform competitions use three heights: 5 m (16.4 ft), 7.5 m (24.6 ft), and 10 m (32.8 ft). The platforms vary in width and length depending on their height. The 10-m platform is 2 m (6.6 ft) wide and 6 m (19.7 ft) long. A nonslip material covers the surface and the front edge of the platform, and handrails surround the back and sides. Many pools have stacked platforms, with one platform built directly above another. The platform above projects a minimum of 76 cm (30 in) beyond the platform below, so that the diver does not hit the lower one on the way down. Collegiate divers may use all three platform heights during competition. In platform competitions at the Olympic Games, world championships, and World Cup, 10 m is the standard height.



Springboard 跳板

Competitive springboards are 1 m (3.3 ft) and 3 m (9.8 ft) above the surface of the water. They are made of an aluminum alloy and measure 4.9 m (16 ft) long and .5 m (1.6 ft) wide. Springboards hang over the pool at least 1.5 m (5 ft) beyond the edge. The last portion of the board is made of a lightweight material that minimizes the potential for serious injury if a diver accidentally hits it with the hands, arms, feet, or head. High school divers use 1-m springboards. Both 1-m and 3-m boards are used in collegiate competitions, as well as the world championships and World Cup. Olympic springboard diving is limited to the 3-m competition.



Diving Today 当代跳水

Diving today is one of the world's most popular sports. Thousands of people dive every day in some form in almost all of the world's countries. Many Chinese divers actually go to Diving school when they are very young, where training and study are of equal importance. In the Olympic games, diving is always one of the most popular events for its excitement, beauty and drama.



Amateur Diving 业余跳水

Amateur diving is the organized sport which athletes compete in at swimming pools around the world. In Amateur competitions, divers compete always against members of their same sex. There are junior competitions where age is taken into considerations, and senior competitions which are open to all age groups. In most cases divers all perform a list of dives. These lists are made up of easier dives called compulsories, and harder dives called optionals. The group of compulsory dives has a limit of combined difficulty and must cover all groups of dives. The optional dives must also cover all groups of dives, but has no difficulty limit. Some competitions only have optional dives.



Professional Diving (High Diving 高台跳水 and Cliff Diving 悬崖跳水)



Professional diving is when the athletes are paid to perform in some form of High Diving or Stunt Diving. There are acrobatic diving shows all over the world in amusement parks, fairs and water parks. These shows often contain a combination of normal diving, clown diving, fire diving, and high diving. Clown divers delight the crowd with all sort of humorous antics. Fire divers done protective clothing and set themselves on fire before diving into the water.

High Diving consists of acrobatic dives between 23 - 28 metres, from 75-90 feet up, many times into very shallow water of around 9 feet deep. When the diver takes off from a natural rock rather than a man-made platform, it is referred to as Cliff Diving. From that height, the athlete has around 3 seconds before impacting on the surface of the water. The speed when entering the water is between 78 km/h and 100 km/h.

Speed English



Speed English

Diving Events Rules



跳水规则



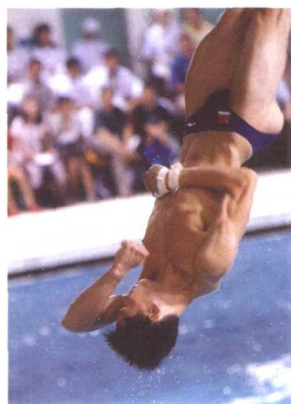
The individual medal diving events are the men's 3m springboard, the men's 10m platform, the women's 3m springboard and the women's 10m platform. Using "fancy" to describe diving is probably more apt for synchronized diving, which made its Olympic debut at the 2000 Sydney Olympics. Synchronized diving events consist of men's 3m and 10m and women's 3m and 10m. These events consist of two divers leaving the platform or springboard simultaneously and diving together. Usually the athletes perform the same dive, although occasionally dives which complement each other are chosen. Divers must attempt a set number of dives selected from each of the main diving groups. The springboard competition consists of five groups: front, back, reverse, inward and twisting. Platform competition includes those five groups, plus the armstand dive. The United States has dominated the sport of diving, perhaps to an even greater extent than any other sport at the Olympics. In the 1980s the Chinese entered diving competition and posed the first serious threat to American dominance. And now, China claims to be the dream team in diving, being the target of envy on both the platform and springboard for years. Led by such stars as Fu Mingxia and Xiong Ni, the team swept five out of the eight gold medals on offer at the millennium Olympic Games in Sydney.



跳水的个人竞赛项目分为男子 3 米跳板、男子 10 米跳台、女子 3 米跳板和女子 10 米跳台。“花式”用以描述双人跳水可能更确切。2000 年悉尼奥运会上，双人跳水第一次亮相，双人跳水项目分为男女 3 米跳板和男女 10 米跳台，该项目要求两名运动员同时起跳共同完成动作，通常运动员的动作是一致的，但有时也会选择互补性动作。跳水运动员必须完成一定数量的动作，这些动作分别选自不同的组别。跳板比赛有 5 组动作：向前、向后、反身、向内和转体。跳台比赛除上述 5 组动作外，还有臂立跳水动作。美国在跳水上一直占有绝对优势，也许是其他任何奥运会项目无法比拟的。20 世纪 80 年代中国进军跳水项目，美国的霸主地位第一次受到威胁。现在中国声明要成为跳水梦之队，数年来中国的跳台和跳板项目，一直是令人嫉妒的对象。悉尼奥运会上，在伏明霞和熊倪等体育明星的带领下，中国跳水队员将跳水比赛 8 枚金牌中的 5 枚收入囊中。

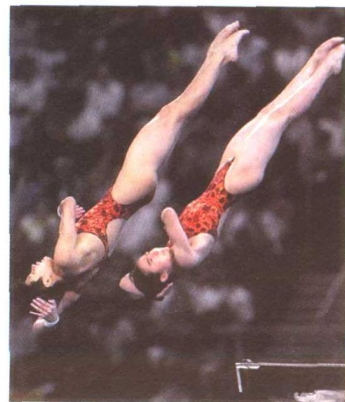


In diving competitions, competitors perform a series of dives and are awarded points up to 10, depending upon their elegance and skill. The points are then adjusted for the degree of difficulty, based on the number and types of maneuvers attempted, such as somersaults, pikes, tucks and twists. A reverse 1.5 somersault with 4.5 twists, for example, is among the most difficult. Judges are appointed by FINA, the international body governing diving. If possible, the nationalities of the judges differ from the competitors. The referee is in charge of the competition and makes sure all regulations are followed. Judges rate both technique and style. Judges assess the diver's approach, take-off, elevation, execution and entry. Individual diving events have seven judges. For synchronized diving, four judges will assess the divers' skills and five others will judge how the pairs match each other in terms of height, distance from the springboard or platform, speed of rotation and entry into the water. Five judges assess the synchronization of the dives, and four award marks for execution. Two of the four judges judging the execution focus on each diver's performance. The synchronization judges focus exclusively on synchronization in the approach, take-off (including similarity of height), coordinated timing of movements during flight, similarity of entry angles, comparative distance from the board at entry, and simultaneous entries. The highest and lowest scores awarded for both execution and synchronization are discarded, and the final score is calculated in the same manner as other dives. Each dive is considered without regard to the difficulty figure.



比赛中选手们将完成一系列跳水动作，每跳的满分为 10 分，按运动员动作的优美性和技术性给分，然后评分将根据难度系数进行调整。难度系数以动作数量以及翻腾、转体、屈体和抱膝等空中技术和姿势为基础，例如反身翻腾 1 周半转体 4 周半，它的难度系数最大。裁判员由国际游泳联合会指定，这是负责跳水项目的国际组织，如有可能，裁判员的国籍将不与选手的国籍相同，裁判长全面负责比赛工作，确保一切活动按竞赛规程进行，裁判员按照技术和动作类型评分，对选手的助跑、起跳、起跳高度、动作完成以及入水情况进行评定。单人比赛设 7 名裁判员，而双人跳水比赛中，4 名裁判员负责评定动作的技术质量，另 5 名则评判选手的相互配合情况，比如高度与板或台的距离、旋转速度以及入水情况。5 名裁判员评判动作的同步性，4 名裁判员评判动作的完成质量，其中每 2 名负责评判一名选手，评判同步配合的裁判员专门负责评判动作的同步性，例如助跑、起跳、起跳高度的一致性、空中动作配合的时间、入水角度的一致性、入水时与板或台的相对距离、入水时间的一致性。技术质量和同步配合两方面的最高分和最低分都将被去掉，最后得分的计算方法与其他项目相同，评判时不考虑难度系数。

比赛中选手们将完成一系列跳水动作，每跳的满分为 10 分，按运动员动作的优美性和技术性给分，然后评分将根据难度系数进行调整。难度系数以动作数量以及翻腾、转体、屈体和抱膝等空中技术和姿势为基础，例如反身翻腾 1 周半转体 4 周半，它的难度系数最大。裁判员由国际游泳联合会指定，这是负责跳水项目的国际组织，如有可能，裁判员的国籍将不与选手的国籍相同，裁判长全面负责比赛工作，确保一切活动按竞赛规程进行，裁判员按照技术和动作类型评分，对选手的助跑、起跳、起跳高度、动作完成以及入水情况进行评定。单人比赛设 7 名裁判员，而双人跳水比赛中，4 名裁判员负责评定动作的技术质量，另 5 名则评判选手的相互配合情况，比如高度与板或台的距离、旋转速度以及入水情况。5 名裁判员评判动作的同步性，4 名裁判员评判动作的完成质量，其中每 2 名负责评判一名选手，评判同步配合的裁判员专门负责评判动作的同步性，例如助跑、起跳、起跳高度的一致性、空中动作配合的时间、入水角度的一致性、入水时与板或台的相对距离、入水时间的一致性。技术质量和同步配合两方面的最高分和最低分都将被去掉，最后得分的计算方法与其他项目相同，评判时不考虑难度系数。



More About Diving

跳水种类

Standing Dive 立定跳水

A forward or backward facing dive from a standing position at the end of the springboard or platform.

Arm Stand Dive 臂立跳水

A dive that begins from a handstand position, used only in platform diving.

Running Dive 跑动跳水

A dive performed with a walking or running approach.



Other Rules 其他规则

The diver must be able to see the surface of the water during the dive, and FINA has several requirements to ensure this. Springboards and platforms in outdoor pools must face north in the northern hemisphere and south in the southern hemisphere; this avoids glare from the sun, which lies to the south in the northern hemisphere and to the north in the southern hemisphere. For indoor pools and for diving at night in outdoor pools, lighting must be sufficient. Any sources of illumination should prevent glare.



A smooth surface of water can make it difficult for athletes to judge the distance to the water. Therefore, many competition pools have machines that agitate the water under the springboards and platforms, making the surface more visible. Some pools that host major events have elevators that take divers to the top of the platform and underwater windows below the surface of the pool for observers and television cameras.

Diving Techniques 跳水技术

A basic dive has four distinct phases: the starting position, the take-off, the in-flight maneuvers, and the entry into the water. Divers learn each of these components by repeating the dive or skill over and over. Divers also use skill progressions to learn more difficult dives. They first master simple skills such as feetfirst jumps before learning body positions, alignment, somersaults, and twists. These complex skills are often taught on dry land using special equipment such as trampolines combined with safety harnesses that can suspend the diver in the air with ropes. Foam pits that cushion landings from low springboards are also used.

Approach 跑台、走板

Three or more steps a diver takes to the end of a springboard or platform before take-off.

Take-off 起跳

A diver's lift-off from the board.

Elevation 起跳高度

The height a diver achieves from a take-off.

Execution 动作的完成

The performance of a dive, judged on mechanics, technique, form and grace.

Entry 入水

The end of a dive when the diver enters the water. Ideally, the diver should be vertical and create little or no splash.

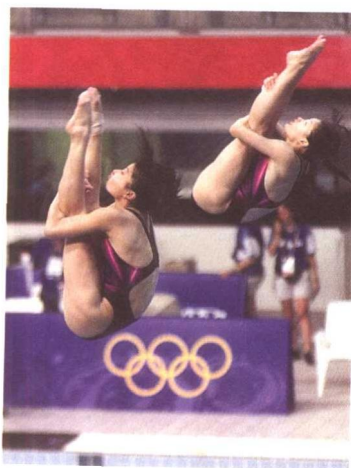
Rip 压水花

The ideal entry that creates little splash, named for its ripping sound as the diver enters the water.

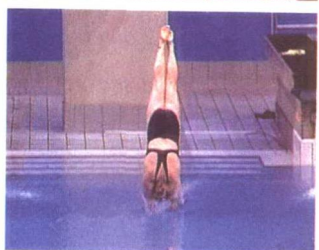
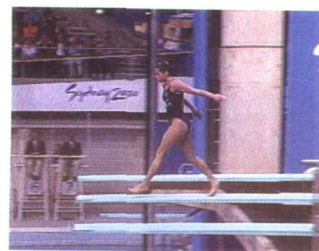
Synchronized Diving 双人同步跳水

In the sport of synchronized diving, two divers take off at the same time and coordinate their movements in the air. These divers are performing the same maneuver after one has executed a forward-facing takeoff and the other a backward-facing takeoff.

In 1999 the International Olympic Committee approved synchronized diving as a sport at the 2000 Olympic Games in Sydney, Australia. The ruling allowed for two events (3-m springboard and 10-m platform) for both



men and women. In synchronized diving, a pair of divers form a team that simultaneously dives from the same height. Over five rounds, pairs must perform one round with forward facing take-offs by both divers, one round with backward facing take-offs by both divers, and one round with one diver taking off forward and one taking off backward. In the other two rounds, take-off position is optional. Judges score each individual diver's execution, as well the synchronization of the pair's performance. Judges consider factors such as the approach and the take-off; the similarity of height the divers reach during the dive; the coordinated timing of the movements during the flight; the similarity of the angles of the entries; the comparative distance from the board at entry; and the coordinated timing of the entries.

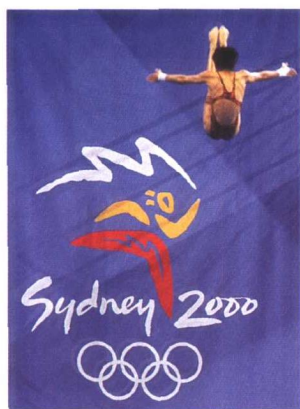


Approach



Approach

Competition 跳水的竞赛项目



The number of dives in a competition varies by age group. Olympic and world championship competitions have three sessions. Before the first session, called the preliminaries, the dive order is randomly selected and posted for the divers to see. During the preliminaries divers perform a list of dives without regard to degree of difficulty. Men perform six dives and women perform five. The top 18 divers advance to the next session, the semifinals, and follow the same dive order. Each diver performs another list of dives that may not exceed the degree of difficulty established by the rules. Men and women diving from the 3-m springboard perform five dives, while only four dives are performed from the 10-m platform. The preliminary and semifinals scores are then added together and the top 12 divers advance to the finals. In the finals, divers compete in the reverse order of their standing, with the lowest-scoring diver going first. Men perform six dives while women perform five dives. After the finals are completed, the semifinals scores and finals scores are added together. The diver who scores the most points wins the competition.

KEY WORDS 重点词汇

springboard diving
synchronized diving
take-off
execution
standing dive
armstand d

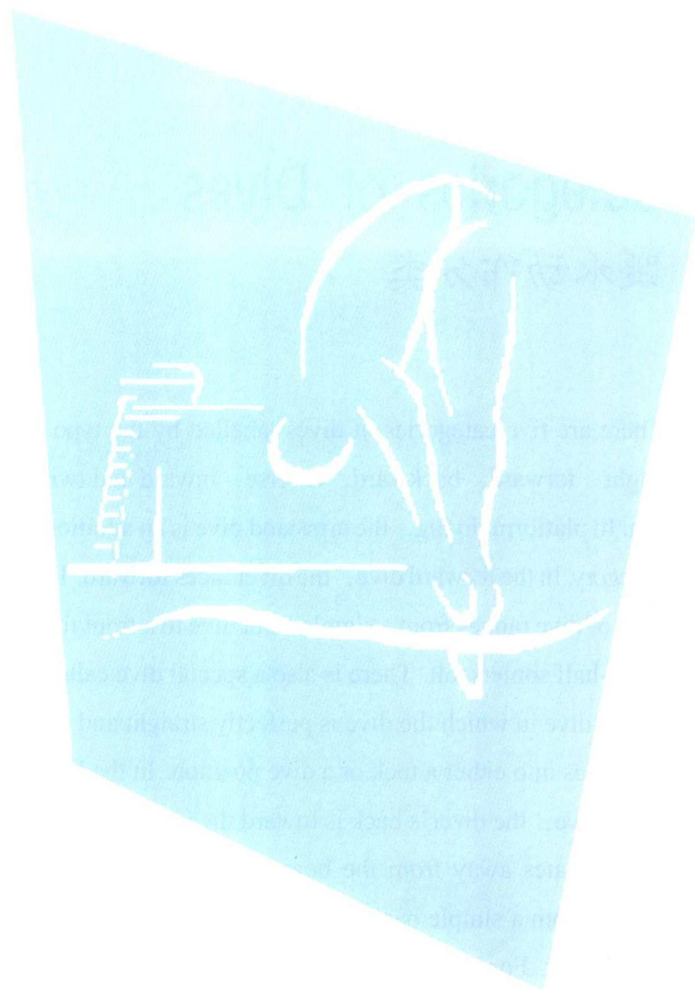
跳板跳水
双人跳水
起跳
动作的完成
立定跳水
臂立跳水

platform diving
approach
elevation
entry
running dive
rip

跳台跳水
助跑
起跳高度
入水
跑动跳水
压水花

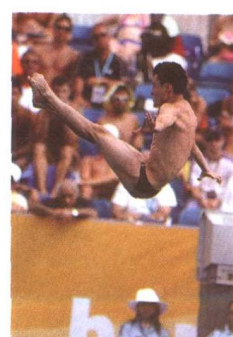
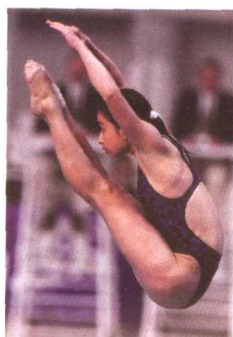
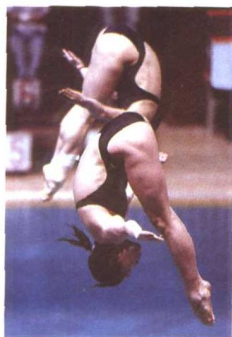
Chapter 90

The Diving (II) 跳水(二)



Good diving is always easy to watch, but a little knowledge of some of the intricacies makes the pleasure that much greater.

观看跳水是很容易的，然而如果有一些复杂些的技巧，跳水就会变得更有乐趣。

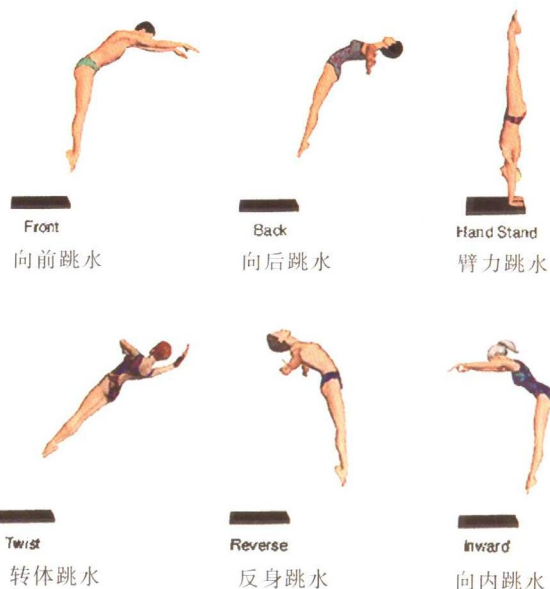


Categories of Dives

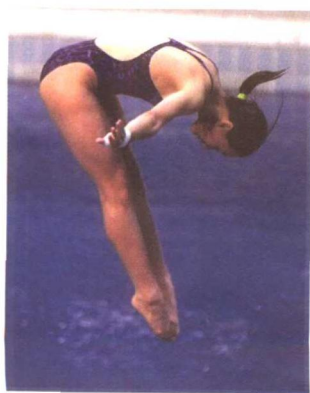
跳水动作分类



There are five categories of dives labelled by the type of flight: forward, backward, reverse, inward and twisting. In platform diving, the armstand dive is an additional category. In the forward dive, the diver faces forward. This type of dive ranges from a simple front dive to a front four-and-a-half somersault. There is also a special dive called a flying dive in which the dive is perfectly straight and then collapses into either a tuck or a dive position. In the backward dive, the diver's back is toward the water, and the diver rotates away from the board. The backward dive ranges from a simple back dive to a back three-and-a-half somersault. For the reverse dive, the diver faces forward and rotates back toward the board. The dive ranges from a simple reverse dive to a reverse three-and-a-half somersault. In the inward dive, the diver faces away from the water and rotates back toward the board. The range for this dive is from a simple inward dive to a three-and-a-half somersault. Like the forward dive, there is a flying inward dive, which is perfectly straight for the first 90 degrees and then collapses into either a tuck or a dive position.



跳水动作分为 5 组：向前跳水、向后跳水、反身跳水、向内跳水和转体跳水。跳台跳水还包括臂立跳水一组。



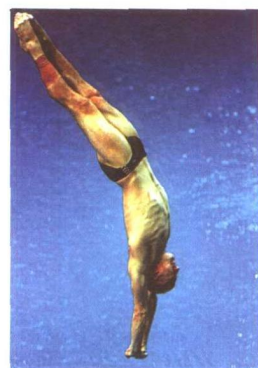
向前跳水时运动员面对池起跳，这组动作从简单的向前动作一直到向前翻腾 4 周半，还有一种特殊的动作叫做飞身，运动员的身体由明显的直体姿势变化为抱膝或屈体姿势。向后跳水时运动员背对跳水池起跳，向后翻腾离开跳板（台），向后跳水从简单的向后动作，一直到向后翻腾 3 周半。反身跳水时运动员面对池起跳，向板（台）的方向做向后翻腾，这组动作从简单的反身跳水，一直到反身翻腾 3 周半。向内跳水时运动员背对池起跳，向板（台）的方向做向前翻腾，该组从简单的向内动作一直到向内翻腾 3 周半，和向前跳水一样，向内跳水中也有向内飞身跳水动作。运动员的身体在第一个 1/4 周时保持明显的直体姿势，然后变为抱膝或屈体姿势。



For the armstand dive, the diver begins the dive from a motionless handstand at the edge of the platform. There are many variations of the armstand dive including forward hand stands, backward hand stands, twisting hand stands and forward cut-through hand stand dives. When starting the approach, the diver should be completely erect, with arms straight forward, to the sides or over the head. The approach to the end of the board must be smooth, straight and leading into the hurdle, the springing action on the board gaining upward propulsion. The take-off must clear the board by an ample safety margin. Any

component of a dive executed from the straight, tuck, pike or free positions, must be crisp and controlled, and held long enough to clearly identify it. The diver's entry must be vertical or nearly vertical, with a straight body, feet together and toes pointed. For a head-first entry, arms are extended overhead with hands together; for a feet-first entry, arms are held tightly against the sides for streamlining.

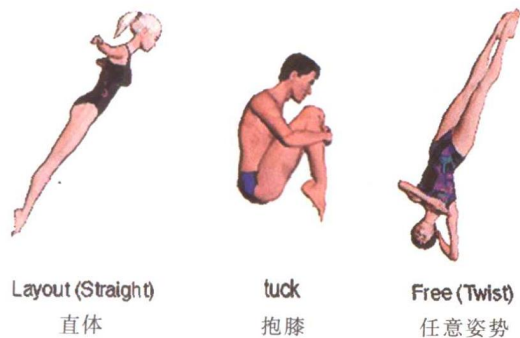
臂立跳水的开始姿势是运动员静止倒立在跳台前端，臂立跳水有很多种动作：包括向前手倒立、向后手倒立、转体手倒立和向前中穿手倒立。助跑开始时运动员的身体应挺直，两臂向前伸直，放于体侧或举过头顶，助跑应平稳连续路线直，一直到板（台）前端完成踩跳步。踩跳步是指能够获得向上推进力的弹跳动作起跳应干净利落并与板的边缘有足够的安全距离，跳水动作选用直体、抱膝屈体或任意姿势来完成。动作的各个部分都必须干净利落控制良好，并且有足够长时间以供清楚辨认。运动员入水时身体必须垂直或接近垂直，身体伸直，双脚并拢，脚尖绷直。头先入水时，双臂应伸直举过头顶，双手并拢。脚先入水时，双臂应贴紧身体形成流线型。



Speed English



Speed English



Every dive incorporates one of four diving positions: tuck, pike, layout and free. In the tuck position, the body is bent at the knees and hips, and the knees are held together and drawn to the chest with the heels close to the buttocks. In the pike position, the body is bent at the waist and the legs are straight. A diver can touch his or her toes on a simple dive, perform an open pike in a one-and-a-half somersault dive or grab his or her pike closed for a dive that has multiple rotations. In the layout position, the body is bent at the waist and the legs are straight. In the free position used for twisting dives, a combination of the tuck, pike or layout is used.

任何跳水动作都包含以下4种姿势：抱膝、屈体、直体和任意姿势。采用抱膝姿势时，身体在膝关节和髋部弯曲，双膝并拢，大腿紧贴胸部，脚跟贴近臀部。采用屈体姿势时，身体在髋部弯曲，双腿伸直，运动员在做简单

跳水动作时，手可以触及脚尖，在完成翻腾 1 周半动作时，手臂可以伸直侧举或前举。在完成多周翻腾动作时，两手则可抱住小腿，完成直体姿势时，身体和腿不得弯曲，双脚并拢，脚尖绷直，转体跳水中所用的任意姿势可以任选抱膝、屈体或直体。



Closed Pike
屈体(抱膝)



Pike
屈体



Open Pike
屈体(打开)

Designation

跳水动作的编号



In diving competitions, all dives shall be designated by a system of 3 or 4 numerals followed by a single letter. The first digit shall indicate the group to which the dive belongs:

1 = Front \ 2 = Back \ 3 = Reverse \ 4 = Inward \ 5 = Twisting \ 6 = Armstand

In the Front, Back, Reverse and Inward groups, a 1 in the second digit indicates that the dive has a flying action during the dive. When there is no flying action the second digit shall be 0. The third digit shall indicate the number of half somersaults being performed. For example 1 = half somersault, 3 = one and half somersaults etc.

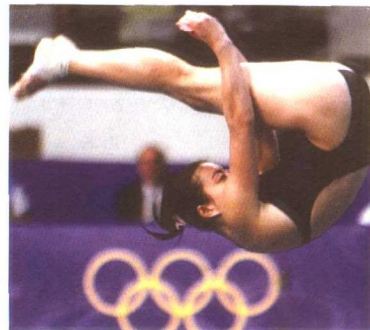
In Armstand dives the second digit indicates the group or direction to which the dive belongs:

1 = Front \ 2 = Back \ 3 = Reverse

In the Twisting group (those dives beginning with the digit 5) the second digit indicates the group or direction of the take-off. In the Twisting and Armstand groups the fourth digit shall indicate the number of half twists being performed. The letter at the end of the dive number shall indicate the position in which the dive is performed:

A = Straight \ B = Pike \ C = Tuck \ D = Free

Free position means any combination of the other positions and is restricted to twisting dives.



跳水比赛中所有的动作都用3位或4位数字加上一个字母表示,第一个数字表明该动作的组别:

1代表向前组;2代表向后组;3代表反身组;4代表向内组;5代表转体组;6代表臂立组。

在向前、向后、反身和向内组里,第二位数字如果为1则说明有飞身动作,无飞身动作则第二个数字为0。
第三个数字表示翻腾的半周数,例如1表示翻腾半周,3表示翻腾1周半。

臂立动作的第二个数字表示该动作所属的组别或起跳方向:

1代表向前组;2代表向后组;3代表反身组。

转体组动作的编号都以5开头,第二个数字表示组别或起跳方向,转体组和臂立组的第4个数字都表示转体的半周数,动作编号末尾的字母表示动作的空中姿势:

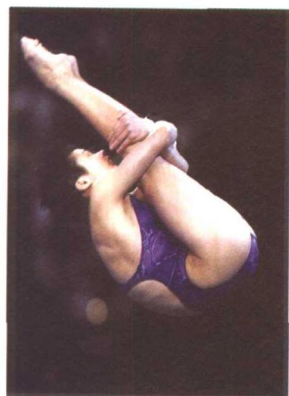
A代表直体;B代表屈体;C代表抱膝;D代表任意姿势。

任意姿势表明该姿势是其他3种姿势的任意组合,但只有转体跳水时才可使用。



The Degree of Difficulty

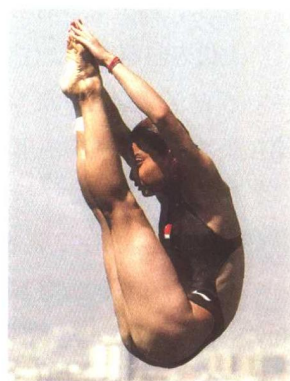
难度系数



The degree of difficulty of each dive shall be calculated using the component values and according to the following formula: $A + B + C + D + E = \text{DEGREE OF DIFFICULTY}$. A rating, ranging from 1.3 to 3.7 that measures the difficulty of a specific dive and is factored into the total score after the judges give their scores. The degree of difficulty is a critical component of diving. FINA assigns each dive a degree of difficulty based on a mathematical formula. The approach, the number of somersaults, the number of twists, the flight position and the entry position determine the degree of difficulty. For example, a forward two-and-a-half somersault pike from the 3m springboard has a degree of difficulty of 2.4, while a reverse three-and-a-half somersault tuck from the 10

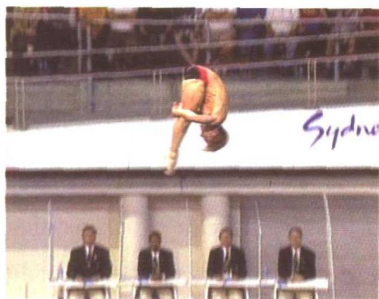
metre platform is 3.4. A reverse one-and-a-half somersault with four-and-a-half twists is among the most difficult. Divers perform 10 dives, five compulsory and five optional. The compulsory dives cover the five types of dives: forward, backward, inward, reverse and twist. The degree of difficulty for the first five dives is limited to 9.5. The optional dives include the same five positions as the compulsories, but there is no limit on the degree of difficulty. There are more somersaults and twists in the options, which increase the degree of difficulty.

每个跳水动作的难度系数都是 5 部分难度值的总和。参照公式：难度系数 = A+B+C+D+E。难度系数是跳水动作的关键部分，国际体育联合会按照数学公式给每一个动作都规定了难度系数、根据助跑、翻腾周数、转体周数、空中姿势和入水姿势等决定难度系数。例如 3 米板的向前翻腾 2 周半屈体动作，它的难度系数是 2.4；10 米跳台的反身翻腾 3 周半抱膝，它的难度系数是 3.4；反身翻腾 1 周半转体 4 周半，它的难度系数最大。在女子跳板项目中，运动员必须完成 10 个动作、5 个规定动作和 5 个自选动作。规定动作从向前、向后、向内、反身和转体 5 个组别中各选 1 个，其难度系数总和不超过 9.5，自选动作和规定动作一样，也必须包括 5 组动作，但没有难度系数的限制，自选动作中翻腾和转体更多，这样就增加了难度系数。



More About Diving

Judging the Dive 跳水裁判



Although several divers may do the same dive, each performance never looks quite the same. This is because each individual has unique mannerisms, characteristics of movement, strengths and timing—all adding up to an abstract but observable phenomenon called “style”.

Style is difficult to assess by any standard, except whether or not you like it. This is why judging is difficult. Even though there are criteria of execution all divers must meet, evaluation remains a subjective process.

No matter how well a dive is performed, artistic likes and dislikes of the judges play a large part in the outcome of any contest, and for this reason there are usually differences of opinion among coaches, competitors, judges and spectators about the accuracy of results.

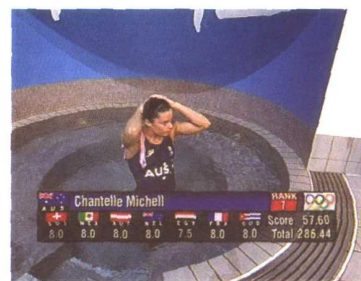
A dive is scored between zero and 10 points (full or half point increments) by each judge. Note that the guidelines do not indicate an award of 10 as “perfect”, but instead as “very good”.

Very Good	Good	Satisfactory	Deficient	Unsatisfactory	Failed
8.5 to 10	6.5 to 8	5 to 6	2.5 to 4.5	0.5 to 2	0

Scoring 计分

Seven judges are used in individual competition. When the judges awards are given, the high and low scores will be eliminated and the remaining five scores totaled. The number will be multiplied by the degree of difficulty rating assigned to the dive. The DD is predetermined with a table range from 1.2 to 3.7 in one-tenth increments. This is then multiplied by 0.6.

There are nine judges in the synchronized diving events, two judges will rate one individual diver, two other judges will rate the second individual diver, and five judges will rate the synchronization of the pair. The high and low individual scores and the high and low synchronization scores will be thrown out. The final score is then determined following the formula above.



FINA Degree of Difficulty Formula and Components 难度系数公式和组成

Each dive is different and some are harder than others, for example it is harder to do a 4 1/2 somersault than it is to perform a 1 1/2 somersault. Degree of Difficulty (DD) is calculated by adding: $A + B + C + D + E$

A. Somersaults 翻腾周数

More numbers of half somersaults have more factors.

B. Flight Position 空中姿势

At the same dive, the factor of straight is higher than factor of pike, and pike than tuck.

C. Twists 转体周数

More numbers of half twists have more factors.

D. Approach 起跳方式

Different approach have different factor.

E. Unnatural Entry 入水特点

The unnatural entry means: the diver does not see the water until dive action is substantially completed.

Unnatural entry can add 0.1.

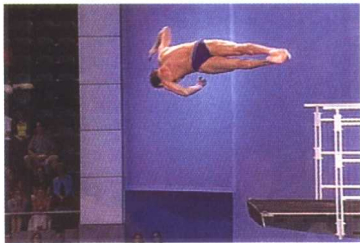
Example :

Dive	Pos	Hght	A	B	C	D	E	DD
632	B	10	1.4	0.3	0	0.5	0.1	2.3



Flying 飞身

Used to describe a dive in which the diver assumes a straight position from take off, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees) .



Diving Degrees of Difficulty—10 metre platform ^[1]

Dive	A	B	C	D	Description
102	1.8	1.7	1.6		Forward somersault 向前翻腾 1 周
103	1.9	1.6	1.5		Forward 1 1/2 somersaults 向前翻腾 1 周半
109			3.5		Forward 4 1/2 somersaults 向前翻腾 4 周半
113		1.8	1.7		Forward flying 1 1/2 somersaults 向前飞身翻腾 1 周半
115		2.6	2.4		Forward flying 2 1/2 somersault 向前飞身翻腾 2 周半
Dive	A	B	C	D	Description
205	3.3	2.9	2.7		Back 2 1/2 somersaults
207		3.6	3.3		Back 3 1/2 somersaults
213			2.1		Back flying 1 1/2 somersaults
Dive	A	B	C	D	Description
302	2.0	1.9	1.8		Reverse somersault
307			3.4		Reverse 3 1/2 somersaults
313			2.2		Reverse flying 1 1/2 somersaults
Dive	A	B	C	D	Description
402		1.6	1.5		Inward somersault
407		3.5	3.2		Inward 3 1/2 somersaults
413		2.5	2.3		Inward flying 1 1/2 somersault
Dive	A	B	C	D	Description
5138				3.3	Forward 1 1/2 somersaults; 4 twists
5212	2.2				Back dive; 1 twist
5239				3.6	Back 1 1/2 somersaults; 4 1/2 twists
5312	2.3				Reverse dive 1; twist
5337				3.3	Reverse 1 1/2 somersaults; 3 1/2 twists
5412	2.1	1.8			Inward dive; 1 twist
5421		1.7	1.6		Inward somersault; 1/2 twist
5434				2.7	Inward 1 1/2 somersaults; 2 twists

[1] 相同的动作、且仅给出部分动作

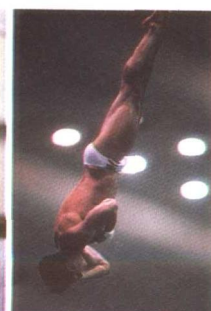
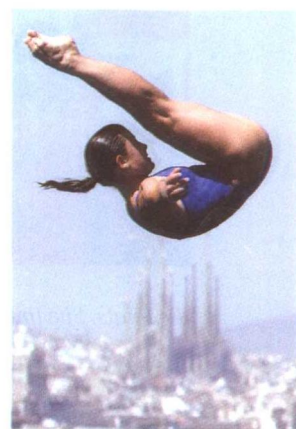
Dive	A	B	C	D	Description
600	1.6				Armstand dive
612	2.0	1.9	1.7		Armstand somersault
616		3.1	2.8		Armstand triple somersault
622	2.3	2.2	2.0		Armstand back somersault
631	1.9	1.8	1.6		Armstand forward cut-through
636			3.3		Armstand cut-through reverse 2 1/2 somersault
6142				2.7	Armstand forward 2 somersaults; 2 twists
6243				2.9	Armstand back 2 somersaults; 1 1/2 twists

Contemporary Main Force in Diving

Divers from Germany and Sweden dominated early international competition. After Swedish coach Ernst Bransten immigrated to the United States, however, American divers improved dramatically. From the 1932 Games in Los Angeles, California, through the 1956 Games in Melbourne, Australia, American men and women won gold medals in each diving event except the 1956 men's platform competition. During the 1960s and 1970s, American divers began to share the world stage with Europeans, and American diver Greg Louganis dominated men's competition during the 1980s. In the 1980s Chinese divers emerged as the top divers in the women's events. With the exception of Canadian diver Sylvie Bernier's springboard gold medal in 1984, Chinese divers placed first at every Olympic competition from 1984 through 1996. Outstanding Chinese divers included Gao Min, who won springboard gold medals at the 1988 Games and the 1992 Games in Barcelona, Spain, and Fu Mingxia, who won her first gold in 1992 on the platform and then won both springboard and platform at the 1996 Games in Atlanta, Georgia.

Greg Louganis 洛加尼斯

Adopted in infancy by a couple from San Diego, California, Gregory Efthimios Louganis graduated from the University of California at Irvine in 1983. A reading disability affected his early schooling and made him painfully shy, but as a child he excelled in dance classes. He soon began gymnastics to relieve an asthma condition, then started diving competitively. At the age of 11 he scored a perfect mark of ten in the Junior Olympics diving competition in Colorado Springs,



Colorado. At the 1976 Olympics in Montréal, Canada, Louganis won a silver medal in platform diving. In 1984, he won gold medals in both springboard and platform diving at the 1984 Olympics in Los Angeles. For his accomplishments that year, Louganis won the James E. Sullivan Memorial Award. Louganis was inducted into the U.S. Olympic Hall of Fame in 1985. At the 1988 Olympics in Seoul, South Korea, he successfully defended his springboard and platform titles, becoming the first man to win both titles in successive Olympics. After the 1988 Olympics Louganis retired from diving to pursue an acting career. In 1993 he appeared in the Broadway play Jeffrey. Two years later his memoir *Breaking the Surface* was published, and in it he revealed that he suffered from acquired immunodeficiency syndrome (AIDS).

Gao Min 高敏



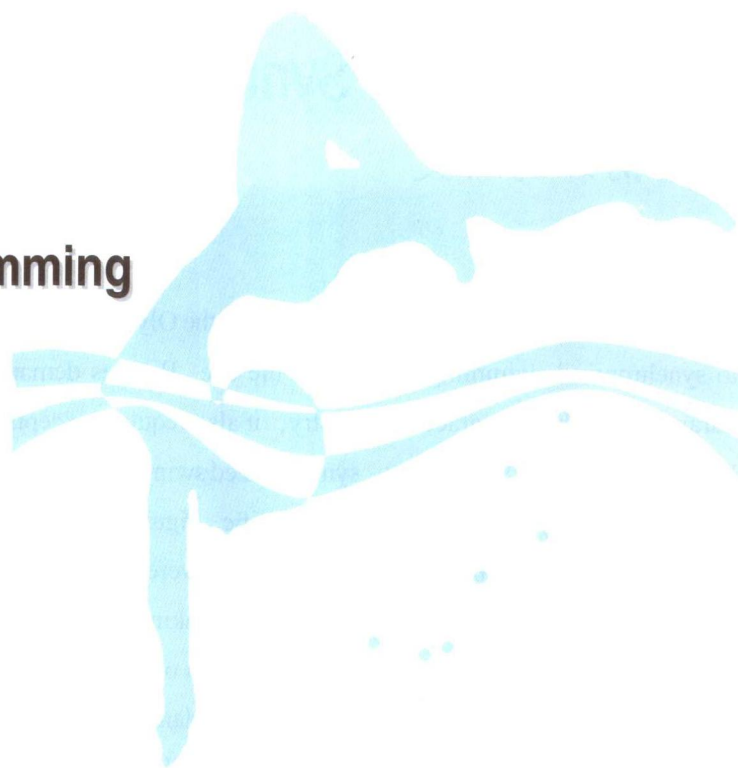
Gao Min made her renown as a world top class diver at the age of 15. Whenever she appeared at any of the three major world diving competitions—the Olympic diving competitions, world diving championships or world cup, the springboard gold medal was Gao Min's sure trophy. No wonder a foreign commentator writes: "It is a tragedy for a woman diver to be a contemporary of Gao Min." But to Miss Gao, the Barcelona Olympics gave her untold pressure. For that was her bowing-out performance and she could not afford to lose the gold medal. What's more, she had to overcome the difficulties resulting from the numerous injuries she had accumulated. When she placed third in the preliminaries, people could almost hear sighs from the crowd for her. Then came the finals. She finished ninth after the first two dives and leaped to the second place after the third dive, a compulsory one, which left her only 5.64 points behind the leader. After the sixth dive, Miss Gao caught up with the leader. After thinking for a little while, Gao made a beautiful dive in the seventh round and was awarded 67.2 points for that dive. Her opponent did poorly under the pressure. Miss Gao, however, fought with the pains in her shoulders and back from her old injuries and succeeded in pulling ahead in the following dives to widen her lead. The gold medal awarded her a precious full stop to her diving career. Her retirement from the springboard marked the end of an epoch of the world women's springboard diving.

KEY WORDS 重点词汇

straight	直体	pike	屈体
tuck	抱膝	layout	直体
free position	自由姿势	degree of difficult	难度系数

Chapter 91

The Synchronized Swimming 花样游泳



A water sport in which contestants perform choreographed maneuvers set to music. Synchronized swimming requires agility, grace, timing, musical interpretation, and overall body strength.

It looks like perhaps the most effortless event at the Olympic Games, but there is more to synchronized swimming than meets the eye. Besides demanding strength, endurance, flexibility, grace and artistry, it also requires exceptional breath control.

虽然看似最轻松的奥运项目，花样游泳却不是看起来这么简单。它要求选手具备体力、耐力、柔韧性、优雅性和艺术性，还要有超常的控制呼吸



Sport English



Sport English

The History of Synchronized Swimming



花样游泳的历史

It looks like perhaps the most effortless event at the Olympic Games, but there is more to synchronized swimming than meets the eye. Besides demanding strength, endurance, flexibility, grace and artistry, it also requires exceptional breath control. But back in the late 19th century, synchronized swimming was known under different names such as artistic, ornamental, scientific, figure or pattern swimming as well as water ballet, and the first “artistic swimmers” were male actors who staged dancing displays in water as a form of entertainment. The first record of a competition taking place was a men’s event in Berlin in 1891. By the turn of the century, women had moved toward the forefront of synchronized swimming. An Australian champion swimmer, Annette Kellerman, entertained audiences with dances performed in water in New York in 1907. But it was Canada and the United States that made real strides in establishing “water ballet” as a sport. Not surprisingly, the two nations have been powerhouses and fair rivals in the sport ever since. The origins of synchronized swimming as we know it today are rooted in the swimming safety courses that took place at the Royal Life Saving Society. In 1924, a group of Canadian women, led by national-caliber water polo player and diver Margaret “Peg” Seller, developed what they called “ornamental swimming” from lifesaving and swimming techniques. Within a year, rules were established and the first competitions were organized. The world’s first provincial championship was held in Montreal in Canada where Seller was crowned champion.



虽然看似最轻松的奥运项目，花样游泳却不是看起来这么简单。它要求选手具备体力、耐力、柔韧性、优雅性和艺术性，还要有超常的控制呼吸的能力。19 世纪晚期对花样游泳的称呼各异：艺术游泳、观赏游泳、科学游泳、形体游泳、造型游泳、水上芭蕾等。第一位“艺术游泳者”是一名男演员，他在水中表演舞蹈以取悦观众。1891 年在柏林举行了首届男子比赛。20 世纪初女性成为花样游泳的主角。1907 年，澳大利亚游泳冠军安妮特·克莱曼在纽约表演水中舞蹈。因为美国和加拿大的功劳，花样游泳成为一项体育赛事。而这两国也自然成为这项运动的霸主和对手。今天的花样游泳起源于加拿大。它曾是皇家救生协会开设的一门游泳安全课程。1924 年，加拿大的水球和跳水运动员玛格利特·塞勒带领同事，综合救生和游泳的技巧发展出一种“观赏游泳”。不到一年的时间里，出台了正式比赛规则，并举办了第一次花样游泳比赛。世界首次地区花样游泳锦标赛在加拿大的蒙特利尔举行，塞勒获得冠军。



From that point on, synchronized swimming's popularity continued to grow, especially in the United States. A radio announcer at the 1934 World's Fair in Chicago first used the term "synchronized swimming". And following the popularity of Billy Rose's Aquacade at the New York World's Fair in 1939, Hollywood created the first synchronized swimming movie star, Esther Williams. Williams, once a teenaged swimming champion, starred in films in the 1940s and

1950s in which she performed a series of acrobatic ballet moves in water to music. The star of *Bathing Beauty* and *Million Dollar Mermaid* said, "I was called America's mermaid because it appeared that I could stay under water indefinitely." While Hollywood was admiring Esther Williams on screen, the first national championships were being established in the United States and Canada. The US first held theirs in 1946 with duet and team competitions, and Canada followed in 1948. International competitions soon followed. Synchro was a demonstration sport at the 1951 Pan American Games in Buenos Aires in Argentina, and at the 1952 Olympic Games in Helsinki in Finland. FINA, the international federation for aquatic sports embraced Synchro in 1954. It was featured at the inaugural World Swimming Championships in 1973 in Belgrade and was accepted into the official Olympic program as a woman's event in 1984.

花样游泳运动在美国日益盛行。1934年在芝加哥举行的世界博览会上,一名电台播音员首次称之为同步游泳。1939年在纽约举行的世界博览会上,



比利·罗斯的水中歌舞表演大受欢迎。其后,好莱坞力推影星伊斯特·威廉斯,她曾获得全美青少年游泳冠军。1940

年到1950年间她主演了多部影片,配合音乐表演水中特技芭蕾动作。《出水芙蓉》和《百万美元美人鱼》是威廉斯的名作。她说:"他们叫我美国美人鱼,因为他们觉得我能永远呆在水里"。好莱坞捧红了伊斯特·威廉斯,同时美国和加拿大国内分别开展了花样游泳锦标赛。1946年美国举行了全国锦标赛,比赛包括双人赛和团体赛。加拿大全国比赛也于1948年举行。随后,国际性花样游泳比赛也迅速开展起来。花样游泳作为表演项目出现在1951年布宜诺斯艾利斯举行的泛美运动会和1952年的赫尔辛基奥运会。1954年,花样游泳正式成为国际水上运动联合会管辖的水上项目。在1973年贝尔格莱德举行的世界游泳锦标赛上,花样游泳正式亮相。1984年,花样游泳成为奥运会的正式女子比赛项目。



More About Synchronized Swimming

Discipline's Origin and Olympic History 花样游泳的起源和在奥运会上的历史

Synchronized swimming is one of the few disciplines to be contested only by women (rhythmic gymnastics and softball are the others). Synchronized swimming is a relatively new discipline, with its origins dating back to the beginning of the 20th century. Water show activities were popularized in the United States by Annette Kellerman (1886—1975), an Australian swimmer who toured the United States, performing her water acrobatics in a glass tank. The sport was then developed in the United States by Katherine Curtis, who experimented around 1915 with water figures, and had the figures performed to musical accompaniment. Her students performed at the 1933—1934 Chicago “Century of Progress” Fair, where the announcer, former



Olympic swimming gold medallist Norman Ross, coined the term “synchronized swimming”. Synchronized swimming was later popularized by American film star Esther Williams, who performed water ballet in several American movies. The competitive aspect was developed about the same time when Frank Havlicek, a student of Curtis, drew up a set of rules.

Synchronized swimming was first held in 1984 during the Los Angeles Olympics with solo and duet events. These events were also contested at the 1988 Games in Seoul and 1992 Games in Barcelona. However, both events were discontinued in 1996 in Atlanta, replaced by an 8-person team event.

The programme for the Sydney 2000 Games included the team event as well as the return of the duet event.

The Equipment of Synchronized Swimming 花样游泳的器材

Unusual, but vital, equipment helps the women maintain the illusion of effortlessness, no simple task considering they perform strenuous movements upside down and underwater while holding their breath. A nose clip prevents water from entering the nose, allowing the swimmers to remain underwater for long periods. Gel keeps the hair in place. Make-up brings out the features. Most im-



portantly, an underwater speaker lets the swimmers hear the music clearly while underwater, helping them achieve the split-second timing critical to synchronized swimming.

Annette Kellerman 安妮特·凯勒曼

Annette Kellerman is remembered in sports history as the Mother of synchronized swimming, and creator of the one-piece bathing suit.

Most people's introduction to Annette Kellerman was through a 1952 Esther



Williams film spectacular called Million Dollar Mermaid. In the film, Esther Williams portrays the life of the young Kellerman, from

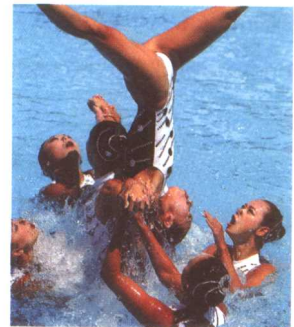
her childhood in Australia to her success as the star of the world-famous "Hippodrome" in New York City. Kellerman began swimming due to a childhood illness that barely

left her able to walk. Soon she was winning swim competitions in Australia. According to the film, Kellerman moved to America and turned to diving in an aquatic tank at circus-like shows in order to earn money for herself and her aging father.

In the early 1900s, Kellerman dazzled audiences by performing synchronized swimming spectacles in the huge Hippodrome indoor tank. She was also the author of a 1918 book *Physical Beauty: How to Keep It*.

Men Were First with Nose Clip and Synchronicity

Now confined to the fairer sex, synchronized swimming began with men in the 19th century, when it was known by various names including water ballet, figure swimming and ornamental swimming. Male actors staged the first recorded synchronized swimming contest in Berlin in 1891. Anette Kellerman, an Australian swimmer, stole the men's thunder, however, when she performed in a glass tank in New York in 1907. Ever since, Synchro has been synonymous with women.



PictureHistory

Speed English



Speed English

The Scoring System of Synchronized Swimming



花样游泳的评分



As in gymnastics and diving, judges use specific criteria to award up to a maximum 10 points. The judges's cores are registered in tenths of a point. Two panels of five judges are positioned around the pool, with one panel assessing technical merit and the other focusing on artistic impression. Technical merit refers to the level of excellence demonstrated by the swimmers when performing highly specialized skills. It covers three areas: execution, synchronization and difficulty.

Execution includes strokes and propulsion techniques, figures and the precision of patterns. The swimmer should be high in the water and smooth and effortless in movement. Judges also look at the swimmers' endurance levels—top level swimmers are expected to maintain high-quality strokes and propulsion techniques from the start to the finish of their routines, and their figures and patterns should be as precise and as difficult at the end of a routine as they are at the beginning. Execution counts for 40% in both the duet and team competition. Judges look at how well swimmers synchronize with each other and with the music. Members of the team or duet should be synchronized in body positions, movements and transitions. They need to be synchronized when below the water, as well as when they are at surface level or above it. Synchronization counts for 20 per cent in the duet and 30 per cent in the team event. When considering difficulty, judges look for the demands a routine places on the swimmers's strength and technical proficiency. Judges also look at the difficulty of the strokes, patterns, and synchronization as they are performed throughout the routine. Another consideration is the risk factor—swimmers are rewarded for the performance of extremely difficult skills. Difficulty counts for 40 per cent in the duet and 30 per cent in the team competition. Artistic impression refers to the overall look and feel of a routine. The artistic impression judging panel looks at the variety and creativity of a team's choreography. They consider the fluidity of the movements and transitions and how the mood and dynamics of the music complement the performance.





与体操、跳水比赛一样，花样游泳比赛的裁判使用的评分标准非常详细。满分是 10 分，分数精确到小数点后 1 位。裁判分 2 组，每组 5 人，分别评判技术价值和艺术印象。技术价值针对专业动作的表演情况，包括质量、同步和难度 3 个方面。动作完成质量指运动员划水、推进技术、动作和造型的精确程度。运动员应出水高位，保持动作的轻松和流畅。裁判员同时观察运动员的耐力。一名优秀的运动员在完成整套动作时，自始至终保持高质量的划水和推进。整套动作和造型始终既精确又有高难度。质量分占团体赛和双人赛总分的 40%。比赛时，运动员之间的配合，还有她们与音乐之间的和谐同步，也是评分的指标。在团体和双人赛中，运动员身体姿势、动作

和衔接都应协调一致，无论在水下或是水面上都能做到同步。同步分在双人赛中占总分的 20%，在团体赛中占总分的 30%。裁判对难度的评分考虑因素包括：运动员的技术熟练程度和耐力，以及整套动作的划水、造型和同步情况。比赛鼓励运动员尝试高难度动作，完成得好的话，可以得到加分。难度分在双人比赛中占总分的 40%，在团体赛中占 30%。艺术印象指动作的总体观赏性和带给观众的感受。艺术印象裁判主要注意造型的编排设计是否具有多样性和创造性，动作和衔接是否流畅，音乐力度和感觉是否与表演融为一体。



Synchronized Swimming

花样游泳比赛



The requirements of the technical routine are rigid. While swimmers can select their own music, they must perform a set of elements in a preordained order. The required elements are set every four years by the Technical Synchronized Swimming Committee. In Sydney, duets have to complete seven required moves, while teams have to do eight. Swimmers have to complete technical routines within 10 seconds of their required times: 2 minutes and 20 seconds for the duet event, and 2 minutes and 50 seconds for the team. Teams and duets select their own movements and music for the free routine.

Their aim is to create a routine that has creativity and flair, but which also incorporates difficult movements. A routine should also use the whole of the pool area, include contrasts in mood and tempo, and include innovative movements, intricate patterns and pattern changes, and spectacular aerial movements. Free routines last four minutes for duets and five minutes in the team event. An example of an aerial movement would have team members throwing another member in the air to do a backflip. Judges look at how patterns are shaped, how well they're held, and how clear they are. The more patterns performed, the more complex they are, and the faster the transitions between, will all mean higher scores. In all routines, 10 seconds is allowed for deckwork, that is if the swimmers choose to begin that way. The deckwork sets the tone for the routine and gives judges, and the audience, an idea of what to expect. While deckwork is not considered in the judging, it can help to create a good first impression and establish the program's theme.



花样游泳对规定动作的要求非常严格。运动员可以自选音乐，但必须按既定顺序表演一系列动作。花样游泳技术委员会每隔4年选定一次规定动作。在悉尼奥运会上，双人比赛有7个规定动作，而团体赛有8个。规定时间一到，运动员就必须在10秒内完成全部动作。双人赛限时2分20秒，团体赛限时2分50秒。在团体赛和双人赛的自选动作比赛中，动作和音乐都由运动员自选，但整套动作要有创造性和美感，还要有一定的难度。全套动作应利用整个游泳池，在速度和情绪的表达上应有对比。

另外还应有创新的动作、复杂的造型和

造型之间的变换，以及别具一格的空中动作。双人赛的自选动作限时为4分钟，团体赛限时5分钟。空中动作是指类似于一人被同伴抛到空中，接着表演后空翻这样的动作。另外，每个造型的编排和表现，以及完成造型动作是否完整、清晰，也是裁判评分的重要指标。造型越多，越复杂，衔接越快，就越能获得高分。在比赛开始前，运动员有10秒的时间做岸上动作。岸上动作可以为表演设定基调，使裁判和观众熟悉将要表演的内容。岸上动作不在裁判的打分之一列，但能带来良好的第一印象，并且有利于设定表演的主题。



More About Synchronized Swimming

Competitive Synchronized Swimming Event 花样游泳的竞赛项目

Three competitive synchronized swimming events are recognized internationally: solo, duet, and team (consisting of eight swimmers), although all three events are not always held at each competition. In each event, synchronized swimmers compete in three categories: figures, technical routine, and free routine. All three categories are also not always held at each competition.



In the figures competition, swimmers perform 4 of a possible 20 figures, or combinations of movements. A panel of judges awards points from 0 to 10 based on the accuracy of the performance and the timing, height, stability, and control of the figures. In the technical routine, the swimmers must perform a set list of elements, or combinations of figures and swimming strokes, in a prescribed order. In the free routine, swimmers can create their own choreography of figures and strokes. In the technical and free routines, which can last from two to five minutes each, depending on whether they are in solo, duet, or team competition, a panel of judges awards points from 0 to 10 in the categories of technical merit and artistic impression. Technical merit encompasses the execution, synchronization, and difficulty of the elements. Artistic impression includes the choreography, musical interpretation, and manner of presentation of the performance. Routines are enhanced by swimmers' use of original and expressive movements, patterns, and rhythms. The scores for the figures and the routines are weighted according to a formula and combined for each competitor to determine the winner.



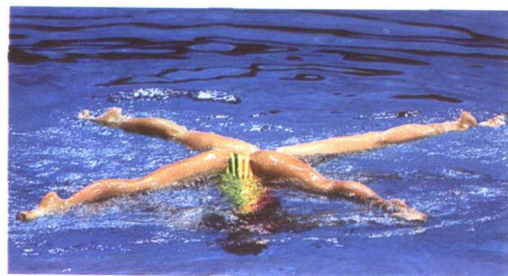
Glossary

Required Elements 规定动作

Eight to ten fixed figures or other requirements that must be performed by all participants in a Technical Routine session.

Free Routine 自选动作

A routine where the choreography and choice of music is completely free.



Routine 自选动作

A composition of strokes, figures and parts thereof, choreographed to music. It is judged on both technical merit and artistic impression.

Artistic Impression 艺术印象

An effect, image or feeling retained as a result of a swimmer's routine, covers the three areas of choreography, interpretation of music and manner of presentation.

Artistic impression Score 艺术印象分

The score given by each judge of panel two for: choreography, music interpretation and manner of presentation.

Technical Merit 技术价值

The level of excellence demonstrated by the swimmers' mastery of highly specialized skills.

Technical Merit Score 技术价值分

The score given by each judge in panel one for execution, synchronization and difficulty.

Degree of Difficulty 难度

A weighting applied to a particular figure for scoring purposes in a figure competition.

Execution 动作完成质量

The performance level of the skills demonstrated.

Risk Factor 冒险因素

The use of a difficult action in which an error in execution may cause a near disaster.

Deckwork 岸上动作

The mood-setting moves that swimmers perform on the deck once the music starts before they enter the water.

Figure 形体

A combination of body positions and transitions performed in a prescribed manner.

Pattern 造型

A formation made by the spatial relationship between the members of a team.

Propulsion Technique 推进技术

The way a swimmer uses her arms, legs or both to move through the water, a driving force.

Vertical Position 垂直位置

A position where the body is extended perpendicular to the surface with the legs together and head down with



head, hips and ankles in line.

Ballet Leg 芭蕾腿

A position where one leg is extended perpendicular to the water surface, with the body in a back layout position.

Ballet Leg Double 双芭蕾腿

A position where the legs are together and extended perpendicular to the water surface, with the face at the surface.

Crane 鹤立式

A position where the body is extended in a vertical position with one leg extended forward at a 90-degree angle.

Flamingo 火鹤式

A position where one leg is extended perpendicular to the surface while the other leg is drawn to the chest, with the lower leg parallel to the surface and the face at the surface.

Spin 旋转

An ascending or descending rotation in a vertical position, performed in a uniform motion unless otherwise specified.

Full Twist 旋转一周

A rotation of 360 degrees at sustained height.

Half Twist 旋转半周

A rotation of 180 degrees at sustained height.

Combined Spin 组合旋转

A descending spin of at least 360 degrees followed, without a pause, by an equal ascending spin in the same direction.

Continuous Spin 连续旋转

A descending spin with a rapid rotation of at least 720 degrees.

Twirl 急转

A rapid twist of 180 degrees.

Twist 屈体

A rotation at sustained height.

Twist Spin 屈体旋

A move that involves a half-twist followed, without a pause, by a continuous spin.



Speed English



Speed English

Lift 托举

When one or more swimmers gives support to lift another swimmer (or more) above the surface of the water.

Split 劈叉

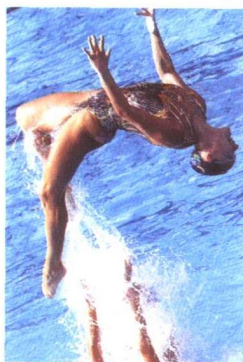
A position where the legs are split evenly forward and back, with the feet and thighs at the surface while the lower back is arched and the hips, shoulders and head are in a vertical line in the water.

Rocket split 跃起劈叉

A move involving a thrust to the vertical position, followed by a rapid leg split before returning to the vertical position at maximum height.

Scull 划水

A movement of the hands designed to apply continuous pressure against the water to propel, balance and support the body.



KEY WORDS 重点词汇

synchronized swimming

花样游泳

water ballet

水上芭蕾

front layout

仰浮

back layout

俯浮

flip turn

滚翻

twirl

急转

spit

劈叉

spin

旋转

flamingo

火鹤姿势

crane

鹤立式

ballet leg

芭蕾腿

solo

单人赛

duet

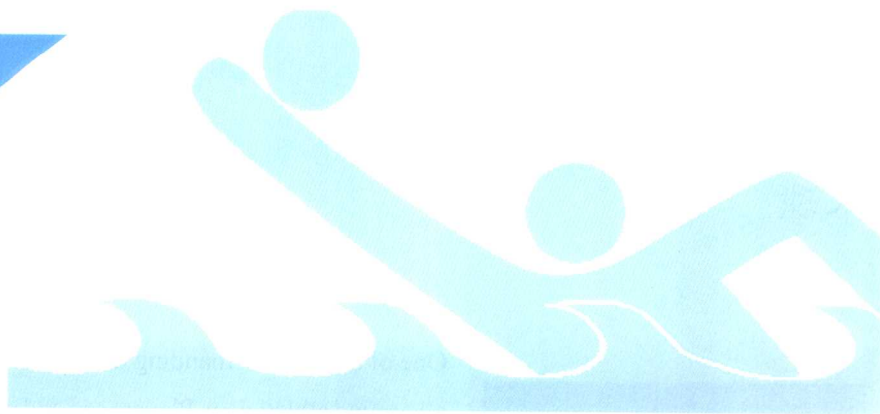
双人赛

team eve

团体赛

Chapter 92

The Water Polo 水球



As swimming became a popular recreation in England during the 1860s and 1870s, several water sports developed, roughly patterned after land sports. Among them were water football (or soccer), water rugby, water handball, and water polo, in which players rode on floating barrels, painted to look like horses, and struck the ball with a stick ...

...in 1900, Water polo was the first team sport added to the Olympic program.



Water Polo



水球



One of the most demanding of team sports, water polo requires tremendous all-around athleticism. Players can end up swimming over three kilometers in a game, all without touching the sides or bottom of the pool. In addition to being strong swimmers, they must also be able to handle the rigors of the contact sport. Opponents constantly battle for the ball, resulting in frequent fouls and stoppages of play. Water polo resembles several other teams sports, with the obvious difference being that is played in water. Just as in soccer and team

handball, the object is to score by putting the ball past the goalkeeper into a net, with a number of tactics, maneuvers and ball movements similar to basketball. Tall, long-armed athletes are the prototype for the game, where 85% of the body is submerged. About the same underwater percentage holds true for the grabbing, holding, kicking, wrestling and yanking of swimsuits that makes the game even tougher.

水球是最高难度的团体运动之一，它要求运动员具有全面的身体素质。一场比赛下来运动员要游 3 000 米，而且不能触摸池壁或池底。运动员不仅要身体强壮，还得能应付激烈残酷的身体接触。比赛双方积极拼抢，犯规频繁出现，比赛也时常因此中断。水球和很多团体运动十分相似，它最显著的特点就是在水中进行。和足球、手球一样，水球比赛的目标也是越过守门员，将球送入网中得分。在战术、队员调遣和传球技巧上，水球和篮球比赛有很多相似之处。水球运动员大多身高臂长，身体的 85% 以上都泡在水里，在水中跟对手抓、拿、踢、摔，还要拉拽对方的泳衣。这些都增加了比赛的激烈程度。



The History of Water Polo



水球的历史

Water polo was a physical sport from the start. Some accounts suggest that resort owners invented the game in Eng-



land during the mid-1800s, in an attempt to attract guests. Played on lakes and rivers, players rode wooden barrels and hit the ball with kayak paddles, similar to the gentleman's polo played on horseback. After the elimination of the paddles and barrels, the game was adapted to swimming pools in 1870 by the London Swimming Club, and the first official game was played at the Crystal Palace Plunge in London. The game became a version of rugby on water, based more on brute strength than athletic skill.

A common trick players used was to place the small ball in their swimming trunks, and swim underwater towards the goal where they would score by using both hands to place the ball on the pool's deck. By 1880, the modern version of the sport began to evolve in Scotland. Rule changes included scoring on a net 10 feet long by three feet high, roughly three-metres by one-metre, and using a leather ball similar to the size of a soccer ball.

水球一直是一项激烈的体育运动。据史料记载，它产生于 19 世纪中期，是英格兰庄园主与客人娱乐的游戏。比赛在湖里或河中进行，参赛者骑在木桶上持桨击球。这与人称绅士运动的马球有几分相似。渐渐地，水球不再将木桶和木桨作为器械。1870 年伦敦游泳俱乐部举行水球比赛，把场地改为游泳池。首次正式比赛在伦敦水晶游泳馆举行，那时的比赛类似于水中橄榄球，主要是体力的而非技术的较量。运动员常采用的技巧是在水下持球游向球门，双手将球置于泳池台上得分。1880 年现代水球运动成型于苏格兰，比赛规则也相应调整。球网长 3 米，高 1 米，球入网则得分。比赛采用皮质球，大小和足球差不多。



The Rules of Water Polo

水球的规则

Each water polo team has seven players, including one goalkeeper, in the pool at one time, with six reserves on the sidelines. The game is divided into four seven-minute periods. If the score is tied after the end of regulation during the playoff round, two three-minute periods are played. If the score still remains tied, a third sudden-death period decides the contest. The offensive team has 35 seconds to shoot the ball once it gains possession. Players advance the ball by dribbling, that is swimming with the ball or passing the ball, and can score goals off any part of their body





tracts and the two opposing teams swim for the ball.

水球比赛双方各有 7 名球员，其中包括 1 名守门员，最多可以有 6 名替补队员在边线外候场。每场比赛分为 4 节，每节 7 分钟。最后决赛时如果出现平局，就要进行两节各 3 分钟的加时赛。如果加时赛后比分仍然一样，则再进行突然死亡法比赛。一方得球后必须在 35 秒之内完成进攻。运动员能带球游泳或者传球，还能使用除握拳外身体任何部分击

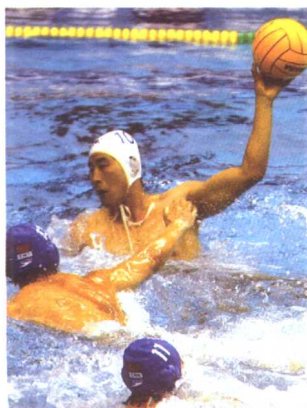
球射门。球完全越过网线才能算进球得分。越位规则与足球和冰

球比赛类似，防守队员如果不在球后，就不能进入对方 2 米线禁区内。比赛中可以换人的时间包括进球后、每节比赛后休息时间以及球员受伤或被罚下场时。开球时队员在两边球门线后各排成 1 行，队员之间距离 1 米。球由一个浮标固定在泳池中间，裁判鸣哨时撤走浮标，比赛开始，双方队员向球游去。



The Water polo fouls can be categorized into minor and major. Minor or ordinary fouls account for 90 per cent of the fouls called during a match and include hitting the ball with a clenched fist when shooting or passing and holding the

ball underwater when being tackled. Physical contact such as pushing and blocking an opponent who does not have the ball is not allowed. Putting both hands on the ball simultaneously, except for the goalkeeper and delay of game, when the 35-second clock expires, are other minor fouls. All of the above fouls result in the opposing team receiving a free throw, which must be taken within three seconds and cannot be a direct throw on net. Major, or exclusion fouls are called for more violent or unsportsmanlike acts, such as kicking or striking an opponent or deliberately splashing water in his or her face. The offending player is sent to the exclusion area located at each end of the pool, like a penalty box in hockey. The team is short-handed for 20-seconds un-



less it is scored upon or regains possession. An exclusion foul can also be called if a defending player commits two minor fouls within three seconds. “Brutality” refers to fouls that are deemed a direct attempt to injure. The offending player is ejected from the game with no substitute allowed to take his or her place.

水球比赛有一般犯规和严重犯规之分。90%以上的犯规是一般犯规，其中包括射门时握拳击球，在争夺时将球压入水中，还有推挡对方非持球队员



次间接任意球。发球必须在 3 秒钟以内完成，而且不能直接射门。严重犯规指粗野行为，或与体育精神不符的行为，例如踢、打对方队员，或有意将水泼在对方脸上等。犯规运动员将被判离赛场，在泳池两端候场，类似于冰球比赛。这时一方球队出现人数不足的情况，直到该方得分、持球或者 20 秒后，他们的替补队员才能上场。如果一名防守队员在 3 秒钟内连续出现两次一般犯规，也将被判罚严重犯规。严重犯规是指以伤害对方为目的的行为，犯规队员将被罚下场，并且不允许替补队员上场。

A penalty throw is like a penalty kick in soccer. It is called when a defending player fouls an opponent attempting to score from inside the four-metre line. The offensive player shoots the ball from the four-metre line with only the goalkeeper defending. A corner throw, similar to a corner kick in soccer, is awarded to the offence when a defensive player is the last to touch the ball before it goes over the goal line outside the goalposts. The offence inbounds the ball from the two-metre line on the side the ball went out. A goal throw is taken by the goaltender from outside the two-metre area when an offensive player is the last to touch the ball before it goes over the goal line outside the goalposts and results in the goalkeeper throwing the ball from the two-metre area. Goalies can throw the ball at any time from inside the four-metre line, but cannot cross the half line. Two referees, one on each side of the pool, monitor the play from elevated platforms. One goal judge, just like in ice hockey, is situated at each net to determine whether the ball completely crosses the goal line.



水球的直接任意球与足球的点球类似，防守队员在本区 4 米线禁区内犯规将被罚直接任意球。进攻队员在



4 米线处直接罚球，球门处只允许守门员防守。水球中的角球和足球比赛一样。当球越过球门线但没有进球时，如果最后触球的是防守方队员，则在 2 米线标志处由攻方掷角球；如果最后触球为攻方队员，则由守门员在 2 米区内掷球门球。守门员能随时在 4 米线内发球，但他不能游过中线。赛场边有两名裁判坐在升降机上监视全场。在每个球门后各有 1 名监门员，判断球是否越过了球门线。

More About Water Polo

Discipline's Origin 水球运动的起源

Water polo was developed in Europe and the United States as two separate sports. In the United States it was termed softball water polo, with the ball being an unfilled bladder. The sport was very rough, often degenerating into numerous fights. In 1897, Harold Reeder of New York formulated the first American rules for the discipline, which were aimed at decreasing the excessive roughness of the game. The game is called water polo because players initially rode on floating barrels that resembled mock horses, and swung at the ball with mallet-like sticks, similar to those used in equestrian polo.

Ultimately, the European style of water polo predominated and today it is the form of the game practised universally. It is more scientific, faster and less dangerous than the original American game. The current game consists of seven-man teams playing four seven-minute periods.

Olympic History 水球在奥运会上的历史

Men's water polo was played during the 1900 Paris Olympics. It has been contested at all Games since 1908. By far the greatest exponents of water polo have been the Hungarians. Between 1928 and 1980, Hungary never failed to win a medal at the Olympics, and took home 6 of 10 possible gold medals between 1932 and 1976. Despite the fact that Hungary did not compete in 1984, a team from that country did win one Olympic bronze medal between 1980 and 1996. In 2000, Hungary came back to win its 7th water polo gold medal.

Women's water polo made its Olympic debut during the 2000 Sydney Games. The Australian team became the first to win gold in this new event.

Women Water Polo 女子水球

Women have played water polo since the game's early days, but participation was not widespread until the 1960s. In 1961 United States Water Polo established a national club championship for women. It has hosted one for men since 1890. Women's water polo became an Olympic medal sport at the 2000 Games in Sydney, Australia.



Playing Area and Facilities 场地和设施

In men's water polo competition, the pool or water area must be a minimum of 20m wide and a maximum of 30m long, with a depth of 1.8m. In women's competition, the playing area is 17m wide and 25m long.

The ball, which resembles a soccer ball, is a tightly inflated rubber sphere, 68 to 71cm in circumference and weighing 400 to 450g.

The goals are rectangular netted frames of wood, metal, or plastic that float on the water surface. In size, each goal must be 30cm deep, 3m wide, and 90cm high from the water surface to the top of the frame.

Goal Line 球门线

An imaginary line that extends across the pool at the mouth of the goal. The playing area extends at least .3meters behind the goal line.

Two-metre Line 2 米线

An imaginary line marked with red buoys two meters from each goal line.

Four-metre Line 4 米线

An imaginary line marked with yellow buoys four meters from each goal line.

Seven-metre Line 7 米线

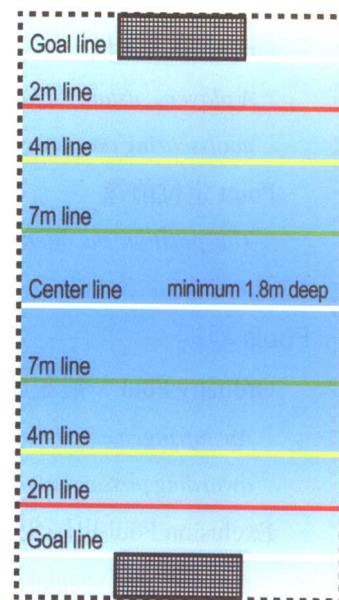
An imaginary line marked with green buoys seven meters from each goal line.

Half-distance Line 中线

An imaginary line marked with white buoys that divides the field of play into two equal ends.

Exclusion Area 出场区

The designated area outside the field of play where excluded players wait to return to the game.



Players and Officials 运动员和官员

A water polo team consists of seven players—a goalkeeper and six field players. Players wear caps of different colors for team identification; the official rules stipulate white for one team, blue for the other, and red caps for the goalies. A match requires two referees, two goal judges, two timekeepers, and two recorders. Games are divided into four periods of 7 minutes each, with a 2-minute interval between periods.

Field Player 场上队员

Any player other than the goalkeeper.

Centre-forward 中锋 (定位中锋、死中锋)

A team's main attacking player, usually big and strong in men's play, who takes



position directly in front of the opponent's goal between the two-metre and four-metre lines; also known as the hole man, hole set or two-metre man.

Centre-Back 中卫

A defensive player whose main task is to counter the opposition's centre-forward.

Hole Guard 定位后卫、死后卫

A defensive player who takes position in front of his or her own goal and guards the hole set.

Driver 争球队员

A player, usually a fast swimmer, whose main task is to move the ball into goal-scoring position.

Point 定位前锋

The position on offence that is farthest from the goal in the 12 o'clock position.

Fouls 犯规

Ordinary Foul 一般犯规

An infringement by a player that, in most cases, leads to the referee awarding possession of the ball to the opposing team.

Exclusion Foul 出场犯规

A foul serious enough that the offending player is sent to the exclusion area.

Two-metre Violation 两米违例

An ordinary foul called when a player is inside the opponent's two-metre line and the ball is not farther ahead.

Four-metre Foul 4 米犯规

A foul by a defensive player inside the four-metre line directly aimed at preventing a goal.

Dead-time Foul 死球犯规

Any foul committed during dead time.

Penalty Foul 4 米区内犯规

A foul committed by a defending player within his four-metre area that is judged to have prevented a goal from being scored.

Personal Foul 个人犯规

An exclusion foul or penalty foul recorded against a player.



Ball Under 球入水

A foul called on a player for taking or holding the ball underwater when an opponent tackles the player.

Double Dead-time Foul 双死球犯规

Simultaneous fouls by both an offensive and defensive player during dead time.

Stalling 拖延时间 (35 秒违例)

An ordinary foul for a team's failure to shoot or advance the ball within 35 seconds.

The ball 球

Swim-off 抢中线球

A race for the ball in the centre of the field of play to start each period.

Face Off 裁判球

A throw by a referee giving each team an equal chance to reach the ball following a stoppage where neither team was solely to blame; also called a neutral throw.

Free Throw 间接任意球

The standard method of restarting play after the ball crosses the sideline or after any foul that does not earn a penalty throw.

Corner Throw 角球

A throw used to restart play if a defensive player touched the ball last before it went out over the goal line.

Goal Throw 球门球

A throw by the defending goalkeeper to restart play if an attacking player was the last to touch the ball before it went out over the goal line.

Penalty Throw 直接任意球

A throw from the four-metre line by a member of the attacking team, defended only by the goalkeeper, after a penalty foul against a defending player.

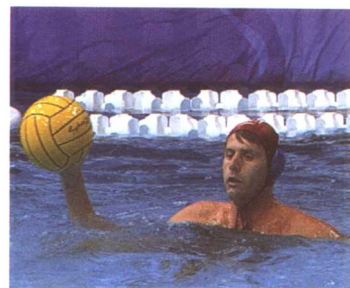
More glossaries 其他词汇

Double Hole 双死中锋进攻

An offence using two hole sets, one in front of each post of the goal; also known as a double post.

Dead Time 死球时间

The time between the whistle for a foul and the restarting of play and the clock.



Live Time 活球时间

When the clock is running.

Dry Pass 干传

A pass made so that the receiver can catch it before it hits the water.

Wet Pass 湿传、水面传球

A pass from one player to another, but designed to land in the water.

Wet Shot 水面射门

A shot attempted while the ball is controlled in the water, usually a quick wrist shot.



Man-down / Man-up 多打少

A 20-second situation for the defensive team where it plays with one less player than the offence after a defensive player commits an exclusion foul.

First English



KEY WORDS 重点词汇

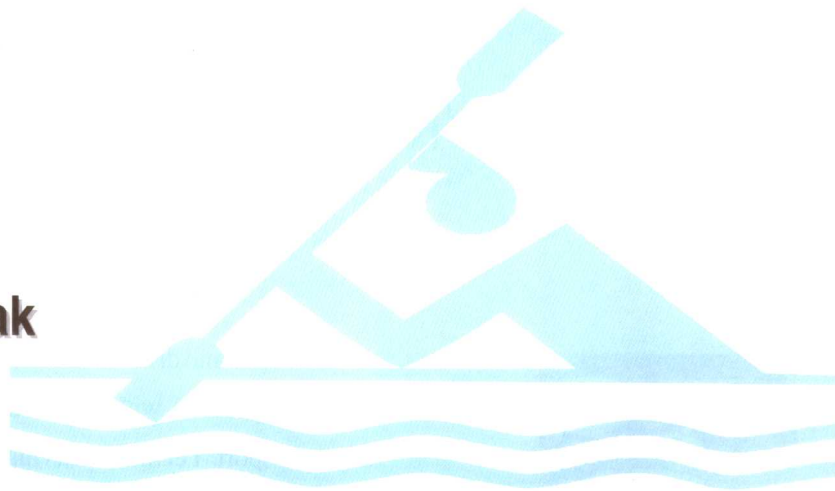
water polo	水球	goal	得分
penalty throw	直接任意球	corner throw	角球
free throw	任意球	goal throw	球门球
goal judge	监门员	time keeper	计时员
minor f	一般犯规	major fou	严重犯规



First English

Chapter 93

The Canoe and Kayak 皮划艇



“Across the broad breast of the river at rest gayly I glide.
For my paddle dips deep, in its long, steady sweep through the sleeping tide;
And the new-risen sun gilds the drops as they run,
Like pearls from the blades with a tinkling song,
And the ripples dance bright, and they laugh outright all my wake along;
When I launch my canoe in the sweet, clear morn,
We’re the merriest pair by the waters bone.”



About Canoe/Kayak



皮划艇历史



A whalebone and driftwood frame, with a sea-lion skin stretched tautly over it and waterproofed with whale fat, hardly sounds like the stuff of a new Olympic sport. Yet the kayaks that meant life to the Inuits in the Arctic for centuries have become the racing kayaks of the modern world—even if the building materials have changed dramatically. There are two basic types of canoe. The original canoe, an open-topped bark canoe, was a dug-out type developed by Native North Americans. In the northern Arctic regions, the Aleuts

and Inuits developed the close-topped kayak, which kept the frigid Arctic waters from entering the canoe. It wasn't until the middle of the 19th century that English lawyer John MacGregor built his own version of a kayak and paddled the lakes and rivers of Europe and kept a journal of his adventures. The accounts of his travels inspired others. In 1866 he founded the Royal Canoe Club to help establish this growing pastime. A year later the club held its first regatta with 300 paddlers. A few years later, interest had spread to other parts of Europe and to North America.

用一个鲸鱼骨架和浮木蒙上海狮皮，再用鲸油做上防水，这些听起来很难与一项新的奥运会项目相关联。然而这就是北极因纽特人多少世纪以来赖以生存的工具，现在已成为现代人进行运动比赛的用船，不过其制作材质已有了很大改观。皮划艇可分为两个基本种类：最早的皮划艇就是上部敞开的独木舟，是由北美土著人挖空树干做成的。而在北极地区阿吕特和因纽特人则发明了上部密封的皮艇，这可以防止北极冰冷的水进入船里。直到 19 世纪中叶，英国律师约翰·麦克雷戈制作了自己的一种皮艇，划着它游历欧洲的江

河湖泊，并记录下他的经历。他的旅游日记激发了很多人。1866 年，他成立了皇家划艇俱乐部来推广这项休闲运动。一年后，该俱乐部举行了有 300 人参加的划艇比赛。又过了几年，该运动开始流行于欧洲其他地方和北美。

World championships in canoeing began in 1938. The first international federation to govern canoeing was the Internationale Representantskapet for Kanotidrott (IRK) which was formed in 1924. After World War II, this organization was succeeded by the Fédération Internationale de Cano? (FIC). In 1924, canoeing was on the Olympic program as a demonstration sport. Canoeing became a full medal sport in 1936 with both canoe and kayak events. The program has varied a great deal over



the years with many events now discontinued and several new ones added. Women began Olympic canoeing, competing only in kayaks, in 1948. Canoeing is popular in Europe, which absolutely dominates the sport at the Olympic Games and in international competition. Over 90% of all Olympic medals in canoeing have been won by European nations. The trend in recent years has been towards shorter races. World Championships are now contested over 200 500 and 1 000 metres, while Olympic events are held over 500 and 1 000 metres. Events are held for men with one, two, or four paddlers in a canoe or kayak. Women compete only in kayak events both at the Olympics and internationally, in singles, doubles, and quads.



皮划艇的世界锦标赛开始于 1938 年。最早的皮划艇国际管理组织是成立于 1924 年的国际皮划艇代表大会。第二次世界大战后，该组织被国际皮划艇联合会代替。皮划艇作为表演项目出现在奥运会上。1936 年包括皮艇和划艇的皮划艇成为奥运会正式比赛项目，其项目设置在后来做了很大的调整。有许多项目被取消，也新增设了不少项目。女子项目于 1948 年进入奥运会，但只设立皮艇。皮划艇运动盛行于欧洲，因此它是欧洲国家在奥运会和国际赛事上的优势项目。欧洲国家获得了 90% 以上的皮划艇奥运奖牌。

近年来，皮划艇运动的发展趋势趋向短道比赛。世界锦标赛设立 200 米、500 米和 1 000 米比赛。而奥运会则设立 500 和 1 000 米比赛。男子项目包括单人、双人和四人的划艇和皮艇赛项；而女子在奥运会和国际比赛中，只有皮艇的单人、双人和四人比赛。

Sprint Canoeing



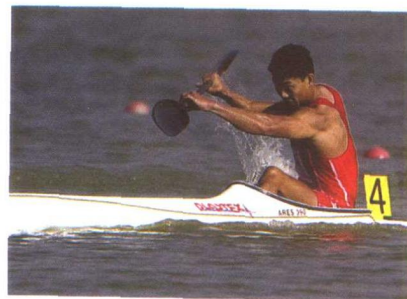
Sprint Canoeing

Sprint Course on Flatwater

静水速度赛

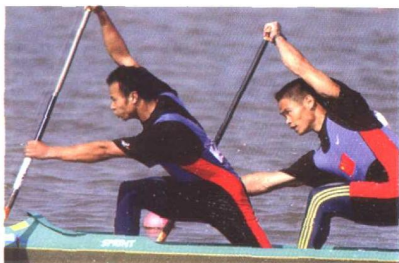


A sprint race course consists of nine marked lanes over distances of 500 and 1 000 metres. As the competition suggests, the 500m canoe race is not dissimilar from the 100m run. It's an all-out sprint where medal winners are separated by mere hundredths of a second. These are high pressure races—a slight misplacement of a paddle or a loss of rhythm can lead to a disastrous result with often no more than .05 seconds separating medallists from the rest of the field. In contrast to slalom canoes and kayaks, the V-shaped hulls of sprint boats are built purely for speed to slice through the water. However, the design makes them more unstable and the paddler



must always maintain his or her balance while paddling. Sprint kayakers use specially designed wing paddles for greater power and efficiency. In sprint competition, races are held on flat water, with competitors assigned to lanes. Women race in the 500-metre K1, K2 and K4. Men compete in the 500m and 1 000m K1 and K2, 1 000m K4 and 500m and 1 000m C1 and C2 (canoe).

速度赛包括 9 个赛道，距离为 500 米和 1 000 米。从竞争的角度看，500 米速度赛很像百米短跑，是一种拼速度的比赛，成绩要以 1%秒来区分。这是要求很高的比赛，桨叶的轻微错位或节奏的紊乱都会在 0.05 秒内将奖牌送给对手。与激流回旋赛的比赛用艇相比，速度赛使用 V 型船体造型的目的是为了冲破水的阻力而获取速度，然而这种设计却造成了船体的不稳定。运动员必须用桨来保持平衡，速度赛皮艇选手通常采用双叶桨来加大动力和划水效率。在速度赛中，比赛在静水面上进行。赛手按赛道划行，女子项目包括 500 米的单人、双人和四人的皮艇；男子项目则包括 500 和 1 000 米的单人、双人皮艇、1 000 四人皮艇，以及 500 和 1 000 的单人、双人划艇。



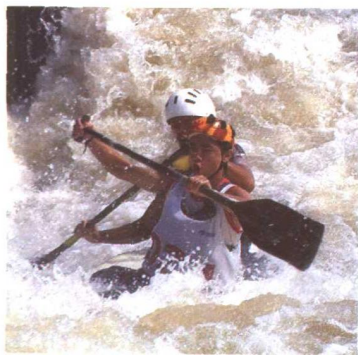
Speed Kayaking



Speed Kayaking

Slalom

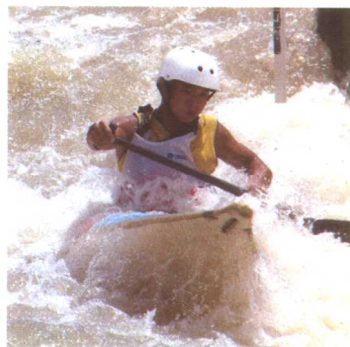
激流回旋



Although canoe and kayak events were placed on the Olympic program in 1936, it wasn't until 1972 that they went beyond just flatwater racing. Whitewater slalom, or slalom canoe racing became popular shortly before World War II with the first known competition occurring in 1933. World championships in slalom canoe racing were introduced in 1949. Slalom canoeing, was first held at the Olympics in 1972 in Munich. The sport was not contested in the Olympics between 1976 and 1988, but returned to the Olympic program in 1992, and has been contested ever since. In addition to competitive slalom racing, whitewater canoeists also practice by attempting to run very difficult rapids and. There are numerous rating systems, but in North America the rapids are rated from Class I (the mildest) to Class VI (the most difficult). While flat racers must paddle continuously in a straight line, whitewater racers are propelled by the current of the water. They must develop the ability to slow down, stop, and turn around obstacles and racing gates.

虽然皮划艇在1936年就被列入奥运会比赛项目，但直到1972年，其比赛项目才超出了静水项目的范围。激流回旋，或称之为回旋划艇赛，在第二次世界大战以前就已经流行开来。第一次比赛于1933年举行，激流回旋赛的世锦赛举行于1949年。该项目于1972年在慕尼黑首次参加奥运会，但在1976年和1988年的奥运会上被中断，1992年重返奥林匹克赛场后延续至今。除了竞争激烈的回旋赛，激流划艇选手还要对付艰难的急流。对激流的评估有多种方法：在北美分为1级（最柔缓的）到5级（最艰难的）共5个等级。静水项目的运动员必须保持直线划行，而激流回旋选手则靠河水的湍流前进，他们必须学会如何减速、停下，以及如何绕过障碍和穿越水门。

There is no standard course in slalom—races can be held either on a river or on a man-made course and usually cover a distance of 300-400 metres. The object of the slalom competition is to quickly cover a rapid river course, negotiating between 20-25 gates suspended over the river by wires. Competitors race against the clock and are penalized by having time added to their run for touching or missing a gate. A top-level competitive course should flow smoothly and allow the paddlers to show their skill in a wide range of boat handling techniques while using the river's force to maneuver through the gates. Kayakers tend to have slightly more control than slalom canoeists when negotiating gates through rushing waters since they paddle from both sides. Unlike flatwater canoeing and kayaking, where placings are determined by the order of finish in a final race, whitewater competition is a race against the clock. The timing of a run stops when the finish line is broken by the competitor's body. Each competitor gets two runs. The final score is determined by adding both runs. Penalty points are added in for incorrect negotiation of the gates. A competitor's score is calculated according to the following formula:



Speed English

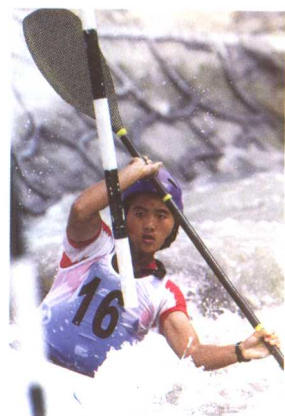


Speed English

Running time (in seconds) + Penalty points = Total score

Prior to Sydney, paddlers got two runs and only the best score counted in competition. A rule change now takes the average between the two runs as a competitor's final score.

激流回旋没有特定赛场，比赛既可以在河流中进行，也可以在人工隧道中进行，通常长度为300到400米。比赛的目的是尽快划过该水道，并穿越20到25个浮在水上的门。比赛选手既要有速度，但如出现碰撞或漏穿水门时，又要被罚加时。高水平的比赛应该漂流平稳，选手可以展示各种控制船体的技术，利用水的动力穿梭于水门障碍之间。与静水皮划艇不同的是，激流项目不是以最终完成赛段的先后来决定名次的，而是以计时来决定的。计时在选手身体最终撞线时停止计时。每名选手划两次，由这两次成绩来决定最终成绩，而错穿水门的罚时也会被记入。参赛选手的成绩按下列公式计算：



比赛时间（以秒计算）+ 罚分 = 最终得分

在悉尼奥运会之前，选手赛两次，只记录最好成绩。现在规则的改变则取两次的平均值为最后成绩。

More About Canoe Kayak

John MacGregor (1825—1892) 约翰·迈克格雷格



John MacGregor, through his extremely popular books and magazine articles from 1865 to 1892, practically invented the sport of canoeing (or kayaking, we would call it today).

One correspondent tells us MacGregor spent part of his youth in Halifax, Nova Scotia, where his father was stationed in the 1830s in a fort. He may have picked up some canoeing experience there. He graduated from Trinity College, Cambridge, earned an M.A., and became a barrister-at-law in the Temple, London. He formed and became Captain of the Royal Canoe Club, England. From reading his books you will notice he carried in his canoe a number of religious tracts (in this movement called “Muscular Christianity”) written in the local language and was always ready to hand them out. He did not travel on Sundays, but did lecture on his travels and gave much of the profits to charities, especially to boys in the inner cities. He published accounts of several other canoe cruises, including one to Scandinavia and another to Jordan and Egypt. We have seen the Baltic cruise book but haven’t had time to scan it yet. The appendix to that book gives some construction details for his canoe designs.

International Canoe Federation (ICF) 国际皮划艇联合会



The International Canoe Federation (ICF) is the International Sports Federation responsible for Canoeing and other paddle sports and is recognized by the IOC. January 19th, 1924, representatives of 19 national clubs met in Copenhagen to establish the Internationale Representationschaft des Kanusport (IRK). Also in 1924, canoeing was a demonstration sport at the Paris Olympics. The IRK’s attempt to make canoeing a full-fledged Olympic sport didn’t succeed, however, until 1936. In World War II the IRK headquarters in Munich was destroyed by Allied bombs. However, the IRK was re-organized as the International Canoe Federation in 1946 and, when the Olympics resumed in 1948, canoeing was again on the program. Now, the ICF officially has 115 member federations.^[1] ICF comprises seven disciplines: Flatwater, Slalom, Marathon, Wildwater, Canoe Polo, Canoe Sailing and Dragon Boat.

[1] 截止 2002 年 10 月。

Difference between a Kayak and a Canoe 皮艇和划艇的区别

There are several differences between these two types of craft.

Kayaks 皮艇

The current form of kayaks originated from the Eskimos they generally have a covered in deck and are paddled from a seated position with double ended paddles. Eskimos in the Arctic made them out of seal skins generally using whale bones and driftwood to form the frame. It is quite possible to roll back up again using the paddle after capsizing one of these kayaks as a spray cover is generally used to seal the opening around the paddler.



Canoes 划艇

The current form of canoes originated from the North American Indians, they are generally open boats with turned up ends, which are paddled from a kneeling or sitting position with single ended paddles. They were often made of birch bark with a timber frame. Both Canoes and Kayaks come in a variety of sizes and shapes for different purposes and numbers of paddlers. Most canoes and kayaks are currently made of a form of blow moulded plastic which is very tough and absorbs a lot of impact with rocks and other objects as they are paddled around. Specialist boats are often made of glassfibre or some of the advanced composites using kevlar and carbon fibre such as those used for the bodywork of formula one racing cars and racing yachts.



There are three characteristics that distinguish canoe from kayak: first, the canoeists use single-bladed paddles; second, there is no rudder in canoe, and the canoe was navigated by the canoeist in a kneeling position; third, the canoe is an open boat; Any of various light canoes made watertight by a flexible closure around the waist of the seated occupant, and propelled by a double-bladed paddle, we call them kayak.

Equipments 装备

Hull 船身

The frame or body of a boat.

Cockpit 座舱

The enclosed space in a kayak or slalom canoe where paddler (s) sit.

Deck 甲板

The closed-in area over the bow and/or stem of a canoe or kayak, intended to shed water and strengthen the gunwales.



Rudder 船舵

A piece of wood, metal or plastic hinged to the stern of a sprint kayak to steer the craft.

Paddle (不带支架的) 短桨

The canoe paddler uses a paddle which has one flat blade on one end of the paddle shaft, which may not be fixed to the boat in any way.

Bent-shaft paddle 弯把桨

A paddle with a bend in the shaft, intended to increase power but compromising control.

Single-bladed Paddle 单叶桨

A paddle with a blade at one end.

Double-bladed Paddle 双叶桨

A paddle with a blade at each end, used in kayaks to paddle on each side of the boat.

Grip 桨柄

The end of a canoe paddle opposite from the blade.

Blade 桨叶

The wide part of a paddle which passes through the water.

Spray Skirts 防水围裙

Paddlers wear spray skirts which attach around the cockpit and seal them into the boat to prevent water from entering.

Gate 水门

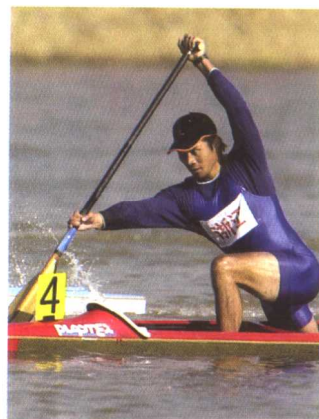
Striped poles suspended just above the water from a wire stretched across the course.

Flat Water Competition 静水比赛

Flat water refers to lake water or a slow-moving river current with no rapids. So we call a straight canoe/kayak race on open, flat water, Sprint Course. The races are held on flat water, with competitors assigned to lanes. Women compete only in kayaks, the closed boats paddled from a sitting position with a double-blade paddle. Men race in kayaks and canoes, the open boats paddled from a kneeling position with a single-blade paddle.

Whitewater Competition 激流比赛

Whitewater refers to turbulent water that is caused by the water flowing around or over obstacles in the



current. A zigzag contest for canoes and kayaks, over such a winding course is called slalom. The slalom events, involving men's K1, C1 and C2 and women's K1 (denoting one or two paddlers in a canoe or kayak), require the paddlers to negotiate 20 to 25 gates in turbulent water over a 300-metre course. Competitors aim to complete the course in the shortest time, factoring in penalties.



Glossary 术语汇编

Rudder 掌舵

To drag the paddle to create resistance, causing the stern of a canoe to turn in the direction of the rudder side when performed by the sternsman.

Bowman 头桨手

A paddler who kneels or sits in the forward position of a canoe or kayak; also known as a "bowhand".

Sternsman 尾桨手

A paddler who kneels or sits in the back position of a canoe or kayak.

Draw 侧拉转向划桨

A stroke pulling in towards the paddler at 90 degrees to the direction of travel, causing the bow of the canoe to turn in the direction of the drawing side when performed by the bowhand.



J Stroke 钩型划法

A paddle stroke that ends with a rudder manoeuvre.

Sweep 内弧划法

A stroke made in a broad curve, turning a canoe in the direction opposite the sweeping side when performed by the sternsman.

Chute 狭道

An area where a river is suddenly constricted, compressing and amplifying the current's energy into a narrow tongue of water.

Downstream 顺水

In the same direction as the flow of the water.

Upstream 逆水

Against the flow of the water.

River Left 顺水方向



The left side of the waterway as it appears to a paddler facing downstream.

River Right 逆水方向

The right side of the waterway as it appears to a paddler facing downstream.

Downstream Gate 顺水门

A green-and-white-striped slalom gate negotiated in the same direction as the flow of the water.

Upstream Gate 逆水水门

A red-and-white-striped slalom gate that must be negotiated against the flow of the water.

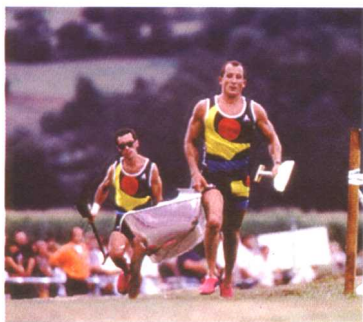
50-second Penalty 罚 50 秒

A penalty against slalom paddlers for ,usually ,failing to pass through a gate.

Two-second Penalty 罚两秒

A penalty assessed against slalom paddlers who touch a gate pole while attempting to pass through a gate.

Canoe Marathon 划艇马拉松



Canoeing over long distances has been known as long as canoeing has been an organized sport. International interest first really came about in the 1960's, when national teams started participating regularly in the Devises and Sella events as well as in the Liffey Descent in Ireland.

Today Canoe Marathon is being practiced around the world on all continents and in more than 50 countries. The excitement of a Marathon race particularly during the portages, and the high quality of paddlers in most classes indicate, that Canoe Marathon has the potential of becoming one

of the more important disciplines of the International Canoe Federation. One or two categories of Canoe Marathon at Olympic Games could add to the image of our sport in general. A sport with a lot of exciting variety.

Wildwater 激流皮划艇

Wildwater is at once one of the most physically demanding of paddle-sports, because it requires its participants to be strong over the course of four to five miles of class three to four whitewater, yet it also requires strategic acuity to balance raw power and speed with execution and timing. The success of each race depends on the athlete's ability to parse the waves, holes and rocks of a natural riverbed while red-lining the body's internal motor. In the late 1990s wildwater introduced sprint or "rapid racing" formats to help boost spectator interest in the sport and help it be considered for future Olympic Games.



Canoe Polo 划艇水球

The International Canoe Polo rules were introduced in 1990. The game is played on an area of 30 by 20 metres, with goals of 1.5 by 1 metre hanging 2 meters above the water level. Playing time for a game is twice 10 minutes, which can be interrupted by a referee for a "time out". The game starts with the players in their kayaks on their own goal line and the ball in the center of the playing field. The players of both teams will then try to get hold of the ball, which can be played by hand or by pushing the ball with the paddle. The opponent is allowed to push the player over in the water and to attack the player in possession of the ball. To make the sport more interesting and fast, a player is not allowed to keep the ball for more than five seconds after which he must throw the ball.



Canoe Sailing 划艇航行

Sailing the International 10 Square Metre Canoe is the most exciting challenge in single-handed dinghy sailing, and it is also one of the oldest forms of the sport. The pioneer was John MacGregor in the second half of the 19th century with his "Rob Roy" canoe, which was fitted with a simple lugsail to assist whenever the wind was favourable. In 1874 the Royal Canoe Club presented the Sailing Challenge Cup, which has been competed for annually ever since (with the exception of the war years), thus making it among the oldest of trophies which are still competed for today. One of the early canoe sailors was Warrington Baden-Powell, brother of the founder of the Boy Scout movement, and many other famous persons have been associated with canoe sailing, including Uffa Fox, a name synonymous with the development of the sailing dinghy.



Dragon Boat 赛龙舟

Dragons have got a symbolic meaning for the Chinese. A classic dragon has the head of oxen, the antler of a deer, the mane of a horse, the body of a python, the claws of a hawk, the fins and tail of a fish. Through his strength and power he can ride on clouds and haze and command wind and rain as well. Dragonboats resemble the above-described dragons. Bow and stern are crafted as dragonhead and -tail. The hull is painted with scales. The paddles symbolically represent the claws. In general there are about 18-20 paddles per boat, plus a drummer and a helmsman.



The competitions in the dragonboat discipline have long become a high-performance issue. Initial fun-teams have developed into teams with world-class paddlers. World Championships, European Championships and other

Continental Championships are well established and the medals are hard to come by. A whole new and different set of dimensions has opened up for the sport of canoeing. There is no other sport, where 22 people are at the same time on the “playing ground”! This is a harmony that can only be achieved through many hours of paddling, training camps and with the according attitude towards team spirit.



Birgit Fischer 波吉特·费希尔



Birgit Fischer is the only woman to win Olympic medals 20 years apart. She is also the only canoeist to earn ten medals. She began her Olympic career in 1980. When she won the kayak singles, she became, at age 18, the youngest canoeing champion in Olympic history. She did not compete in 1984 because her nation, East Germany, boycotted the Los Angeles Games. She would have been favoured to win all three women's kayak events, just as she did at the world championships of 1981, 1982 and 1983. Fischer did make it to the 1988 Olympics. In the singles final, she was upset by Vania Gesheva of Bulgaria. However, Fischer returned $1\frac{1}{2}$ hours later to earn a gold medal in the pairs race. The next day, she added another gold in the kayak fours. In 1992, Fischer won another gold medal in singles and gained a silver in fours. In Atlanta, she earned a gold medal in fours and a silver in pairs. She also placed fourth in the singles event, missing a medal by less than six tenths of a second. At the 2000 Olympics, Fischer, by now 38 years old, won yet another gold medal in the fours. The following day, in her last Olympic performance, she won the kayak pairs to bring her career gold medal total to six.

KEY WORDS 重点词汇

canoe	划艇	kayak	皮艇
flat water	静水	sprint	速度赛
whitewater	激流	slalom	障碍回旋
blade	桨叶	rudder	船舵
lane	赛道	gate	水门

Chapter 94

The Rowing and Sailing 赛艇和帆船

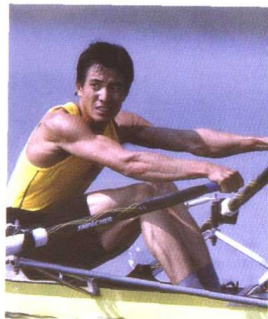


I am sailing, I am sailing
Home again across the sea
I am sailing stormy waters
To be near you, to be free

I am flying, I am flying
Like a bird across the sky
I am flying, passing high clouds
To be near you, to be free

Can you hear me? Can you hear me?
Through the dark night far away
I am dying forever crying
To be near you, who can say

We are sailing, We are sailing
Home again across the sea
We are sailing stormy waters
To be near you, to be free
Oh, Lord, to be near you, to be free



Sport English



Sport English

Rowing

赛艇



More than any other sport, rowing seems to combine the extremes of athletic experience. Rowers often tell of the rapture of gliding weightlessly across the water in the serenity of a sunrise, and later enduring the pain and exhaustion of all-out competition. Often, rowing will form the basis of lifelong bonds and even lay claim to the intelligence, heart, body and soul of its participants. Whatever its mystique, rowing does teach people something about themselves through their reliance on, and sacrifice for the crew. In short, it seems to epitomize the Olympic ideal.

与其他体育项目不同，赛艇使运动员拥有非凡的运动体验。划手们常常乐于讲述在晨曦中静静滑过水面的愉悦，与激烈比赛后持续的疲惫与伤痛。赛艇能成为很多人一生钟爱的运动，也同时考验着每一个参与者的智慧、精神、体魄与灵魂。无论多么神秘，赛艇运动使人类在集体中认识自我，获得依靠的同

时为他人奉献。简言之，赛艇是奥林匹克精神的化身。

Rowing was first used as a means of transport in the ancient cultures of Egypt, Greece and Rome. Rowing as a sport probably began in Victorian England in the 17th and early 18th centuries. By the 19th century, rowing was popular in Europe and had been exported to America. Early races were usually contested by professionals, and heavy betting on races was common. The first Oxford-Cambridge race took place in 1828 and Yale and Harvard first rowed against each other in 1852 on New Hampshire's Lake Winnepesaukee.



最初划船是一种交通方式，出现于埃及、希腊和罗马古文明中。直到 17 世纪英国维多利亚时代和 18 世纪早期，赛艇才成为一项体育运动。19 世纪赛艇运动已经风靡欧洲，并传播到美国。早期的比赛在专业选手之间进行。人们常常为比赛押下巨额赌注。1828 年举行首届牛津—剑桥赛艇比赛。1852 年美国新罕布什尔的温妮皮克湖上举行了首届耶鲁—哈佛赛艇比赛。

Competitive rowing boats may have become lighter and faster, but as one expert sums up Olympic rowing; it all boils down to spirit and guts—the rower's credo. From single sculls to the powerful eights, the strategy is to sprint for the first 500 metres, maintain a grueling pace in the middle 1,000 and then sprint for the final 500 metres. Crews have a stroke rate of about 40 strokes per minute over the middle 1 000 metres, but that's increased to about 47 during the first and last 500 metres. That translates into an average speed of about 20 km/h over the 2 000-metre course. The Olympic Games added women's rowing competition in 1976, and women now compete in six of the 14 medal events, covering the same distance as the men 2 000 metres. The races are divided into sculling and sweep oar, with heavyweight and lightweight divisions. A rower has one oar in sweep rowing, an oar in each hand in sculling. Boats have one, two, four or eight rowers. The eights have a cox, who steers the boat and directs the crew. In all other boats, one rower steers by controlling a small rudder with a foot pedal. Men and women each compete in single, double and quadruple sculls, lightweight double scull, the eight and coxless pair. Men also race in coxless fours and lightweight coxless fours. All boats race in heats, with the top finishers advancing directly to the semifinals or the six-boat final. The other boats get a second chance in the repechage—a chance to “fish again” with the top boats again qualifying. The progression system—and any semifinals—depends on the number of boats in each event.



Sport English



Sport English

竞技赛艇轻巧敏捷,但是正如一位专家评价那样,赛艇比赛最终是精神和勇气的较量,是对选手信念的考验。从单人双桨赛到强有力的8人赛,比赛策略都是冲过前500米,中间1 000米保持高速,最后500米全力冲刺。在中段1 000米中,选手保持每分钟40桨的速度。但在开始和最后冲刺时,速度都要提高到每分钟47桨。2 000米的距离中,赛艇平均速度是每小时20公里。1976年开设女子赛艇比赛,在赛艇全部14块金牌中,女子项目占6块。与男子比赛一样,在2 000米长的航道



上进行。比赛分为双桨比赛和单桨比赛,并有轻重量级之分。单桨比赛中选手只有一支桨,双桨比赛则是一人两桨。有单人、双人、四人和八人赛艇。八人赛艇还需一名舵手负责掌舵和指挥队员。其他比赛中由一名划手掌舵通过脚踏板控制一个小小的舵。男女比赛均设单人赛、双人赛、四人赛和轻量级双人赛、八人赛和无舵手双人赛。男子比赛还开设无舵手四人赛和轻量级无舵手四人赛。比赛竞争十分激烈,获胜者直接进入半决赛或6支队伍之间的决赛。其余的队伍还有补充赛机会。如若胜出依然能参加决赛。具体比赛规程和半决赛情况,取决于每个项目参赛队伍数量。

More About Rowing

Olympic History 赛艇历史



The only time that rowing has not been contested in the Olympics was in 1896. The sport was actually on the programme that year but rough seas forced the cancellation of the events. There are multiple events for men in both sweep events and sculling events. These have included single, double, and quadruple races in scull events. In the sweep events, the races included are two and four oarsmen, with and without coxswain, and the large boat event with eight oarsmen and a coxswain. Women were admitted to the Olympic programme in 1976. They compete in a streamlined programme, with only one sweep event for two and four oarswomen, and a coxed eight event.

The Olympic rowing programme underwent a change beginning at the 1996 Olympics, with the introduction of lightweight events. The men's coxed pairs and coxed fours were discontinued, replaced by the lightweight double sculls and lightweight coxless fours. The women's coxless pairs event was discontinued and replaced by lightweight double sculls. The weight limits for lightweight events are as follows: individual women must not weigh more than 59kg, with the average crew weight no more than 57kg; individual men must not weigh more than 72.5kg, with the average crew weight being no more than 70kg.

International Rowing Federation (FISA) 国际赛艇联合会

FISA, “Fédération Internationale des Sociétés d’Aviron” in French, or the English equivalent International Federation of Rowing Associations, was founded by representatives from France, Switzerland, Belgium, Adriatica (now a part of Italy) and Italy in Turin on June 25, 1892. FISA is the oldest international sports federation in the Olympic movement. Its first headquarters office was established in Lausanne, Switzerland in 1922 and, after moving away, returned to its roots in February 1996. Now, FISA has 115 member National Rowing Federations. ^[1]

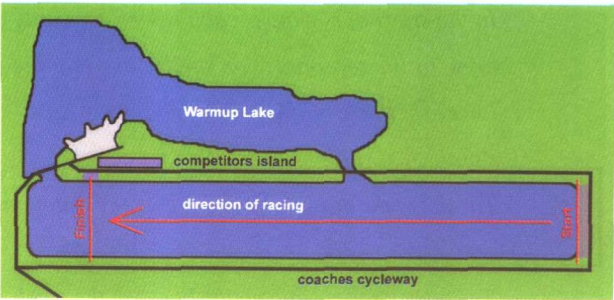


[1] 截止 2002 年 12 月

The Course 场地

All of the 14 race categories take place on a 2 000-metre course, the length established in the 1912 Stockholm Games. Practically all of the courses at elite events are artificially made to control variables such as depth, currents and waves so that rowers can have as clean a race as possible. Every course has nine lanes, but only six are used

in any single race. On average, rowing lanes have a width of 13 metres. The first 100 meters are red and different colors alternate every 250m thereafter. The final 100m reverts back to red.



Equipment 装备

Although the fundamental techniques of rowing have remained unchanged over the centuries, the design, construction, and weight of rowing equipment have been modified significantly, especially in the course of the 20th century. Racing craft, called shells, vary in length from 18.3m (60ft) for an 8-oared shell to 7.3m (24ft) for a single scull. The large, heavy, and often unwieldy wooden rowboats of the past have been transformed into long, slender, and light keelless shells,



built on a wooden or fiber framework, and equipped with seats for the rowers that slide back and forth. The rowers' feet fit into shoes, called footboards, that are fixed to the boat's bottom. Oars are usually about 3.7m (about 12ft) long, with blades of 61cm to 91cm (24cm to 36in) in length and 15cm (6in) in width; in recent years the blades have become shorter and broader. The oars are connected to the shell by means of a metal oarlock, a contrivance on the boat's gunwales in or on which the oar rests, allowing it to swing freely.

Shell 艇身	Bow 船首
Keel 龙骨	Rudder 艇舵
Rib 肋木	Fin 鳍板
Gunwale 船舷上缘	skeg 鳍板
Oar 桨	Handle 桨柄
Blade 桨页	Loom 桨杆
Button(桨)卡扣	Rowlock 桨叉 Oarlock 桨叉
Outtrigger 舷外桨架 Rigger 舷外桨架	Scull 短桨

Technique 技术

In the sport of rowing, each rower uses only one oar, and usually the right and left oar are alternated. The crew in the top boat, or shell, are leaning forward to put their oars in the water, while the crew in the lower shell are halfway through their stroke.

Catch 抓水

The act of the oar initially engaging the water during rowing.

Drive 划水、拉桨

The part of the rowing action between the catch and the release when the oar is moving through the water with force.

Release 桨叶出水

The part of the rowing action when the oar is removed from the water after driving through it.

Recovery 回桨

The part of the rowing action between the release and the catch in which an oar is positioned for the next stroke.



Steven Redgrave 史蒂文·雷德格雷夫



Steven Redgrave of Great Britain is the only rower to earn gold medals in five consecutive Olympics. Redgrave began his streak at the 1984 Los Angeles Games as a member of the British coxed fours crew. In Seoul in 1988, Redgrave teamed up with Andrew Holmes and Patrick Sweeney to win the coxless pairs. Between Olympics, Redgrave found a new partner, Matthew Pinsent, and the pair won the coxless pairs at the 1992 Barcelona Games. In 1996, in their 100th race together, Redgrave and Pinsent successfully defended their title. At the age of 38, Redgrave returned to the Olympics in 2000 and earned a fifth gold medal, this time as a member of the British coxless fours team. Between 1986 and 1999, during every year in which a world championships was held, Redgrave won at least one medal, including nine golds.

KEY WORDS 重点词汇

rowing	赛艇	crew	船员
flat water	舵手	sweep oar	大桨
coxless pair	无舵手双人	eight with coxswain	八人有舵手比赛
double sculls	双人双桨比赛	lightweight coxless four	轻量级四人无舵手比赛
quadruple sculls	四人双桨比赛		

Sailing History



帆船历史



Sailing, also called yachting, has been as much a means of transport as a sport down through the centuries. In the modern sense, yachting probably originated in the Netherlands, and the word seems to come from the Dutch “jaght” or “jaght schip,” probably a light, fast naval craft. The sport was brought to England by King Charles II in the mid-1600s after his exile to Holland. International yacht racing began in 1851 when a syndicate of members of the New York Yacht Club built a 101-foot schooner named America. The

yacht was sailed to England where it won a trophy called the Hundred Guineas Cup in a race around the Isle of Wight under the auspices of the Royal Yacht Squadron. The trophy was renamed The America’s Cup, after the yacht, not after the United States, as is commonly thought. The trophy remained in the hands of the United States, and specifically New York Yacht Club, until 1983 when an Australian yacht finally broke the American stranglehold.

帆船曾被称为游艇，数百年来既是体育项目也是交通工具。今天看来游艇运动或许起源于荷兰。“游艇”一词来源于荷兰语的 jaght 和 jaght schip，意思是轻快的水上交通工具。17 世纪中期查理二世曾流放荷兰，归国时将游艇运动引入英国。1851 年起出现了国际帆船比赛。当年参赛的纽约游艇俱乐部广大成员集体修建了一条 30 多米长的大帆船，命名为美国号。这条帆船抵达英格兰后，参加了皇家游艇协会举行的环韦德岛帆船比赛，并赢得了一百几内亚杯。

这座奖杯更名为美国杯，因为获得奖杯的游艇名称为美国号，而并不是像常人想像的那样，以美利坚合众国命名。此后这座奖杯仍然存放于美国纽约游艇俱乐部。1983 年澳大利亚帆船运动崛起，才打破美国对这项运动的垄断。

Racing sailboats has been part of the Olympics for 100 years, but for the first time the event traditionally known as yachting is attempting to play down its image as a sport for the wealthy who sail large and expensive boats. Following the Atlanta games, the sport officially changed its name to sailing and has good justification for doing so. Six of the nine boat classes are small dinghies and sailboards—and could hardly be called yachts. At the 1900 Games where yachting was introduced, the largest category of boat was the 10-20 ton class. Things have since been downsized and simplified. Now boats are weighed in kilograms, not tons. And it is the sailing and athletic abilities of the competi-



Sport English



Sport English

tors, not the boats, that makes today's Olympic sailing a legitimate sporting spectacle.

帆船比赛作为奥运项目已有百年历史，直到最近才改变其富人运动的形象，不再是必须购买庞大昂贵的游艇才能参与的运动。亚特兰大奥运会后，游艇比赛正式更名为帆船比赛。这一举动也理所应当。在 9 项帆船比赛中，6 项是帆板比赛和小帆船比赛，这些都不应被称作游艇比赛。1900 年奥运会帆船被正式列入比赛时，最大的船有 10 吨~20 吨重，之后帆船的体积不断减小，设计日趋简洁，如今帆船的重量以公斤而不是吨计量。帆船运动和选手的技术使这项运动成为一项奥运奇观，它们的重要性远远超过船只本身。



Sailing—as a competition

帆船比赛



Olympic level sailing is a far cry from the casual recreational version. Competitors jokingly refer to racing as a popular nautical contact sport. While direct contact may not happen all that often at Olympic level, with as many as 50 boats vying for the lead in a fleet race, things can get pretty hairy out on the water. Most of the Olympic classes are in the dinghy category—a small, lightweight sailboat where only superior sailing overcomes the elements. In a number of boat classes, sailors are strapped into trapezes which keep their bodies from flying off the craft, but allow them to jump acrobatically around the deck to jib a sail or make a quick tack. Often, the only part of them actually in the boat is their feet. Such athleticism requires strength training, as well as sailing know-how.

Races will be held on six different course areas over 15 days. There are two types of courses—the windward-return and trapezoidal. The windward-return course requires boats to sail into the wind to one mark, then return with the wind to a second mark. The Trapezoidal course is a four-leg course with separate start and finish lines. The layout allows two races to take place simultaneously on the same course with staggered start times.

奥运水平的帆船比赛远非娱乐，参赛者戏称为流行的海上接触性比赛。尽管在奥运赛场上，直接身体接触极少出现，但多达 50 艘帆船争先恐后飞驰向前，水面上的确看起来密密麻麻。奥运帆船比赛项目不少是帆板级别。

帆板又小又轻，只有非常优秀的选手才能驾驭。在某些级别的帆船比赛中，选手必须绑在吊架上，只有这样才能保证选手不离开船体，同时能在甲板上自由运动、扬帆或者转向。通常他们只有双脚真正在帆船上。这项运动要求运动员具备体力，接受过驾驭帆船的专门训练。比赛持续 15 天分 6 个航线进行。航线主要分两种：迎风往返和梯形航线。迎风往返航线要求帆船迎风驾驶，到达一个标志处后顺风返回，直到另外一个标记处。梯形航线呈四边形，出发和返回的线单独分开。这种方式使得两场比赛可以在同一水域同时进行，但是要在不同时间出发。

At the Sydney Games there were 11 different sailing events using nine different classes of boats: The 49er (making its debut), 470, Europe, Finn, Laser, Mistral, Soling, Star and Tornado. The 470 and Mistral (windsurfing) class have separate races for men and women. The 49er, Laser, Soling, Star and Tornado are open classes. The Europe class is women only race while the Finn is men only. These two classes tend to attract the cream of the sailing crop because of the challenges involved in sailing small craft solo. There will be a change in boat type at the Athens 2004 Olympic Games from Soling to Yngling in the fleet/ match race Keelboat Open class.



在悉尼奥运会上共有 11 项帆船比赛，使用 9 个级别的帆船，即首次出现的 49 人级、帆船 470 级、欧洲级、芬兰级、激光级、米氏级、索林级、星级、特纳多级、470 级和米氏级，分设男女比赛。而 49 人级、激光级、索林级和特纳多级是混合比赛；帆船欧洲级仅设女子比赛；帆船芬兰级只限于男子比赛，这两项比赛吸引了最优秀的帆船手，因为单人小帆板比赛具有极大挑战性。2004 年雅典奥运会上，帆船比赛类别将会有所改变，在龙骨船类混合比赛中，索林级将会改为宜林级。

More About Sailing

International Sailing Federation (ISAF) 国际帆船联合会

From its inception, the governing body for the sport of sailing has been known as the International Yacht Racing Union (IYRU). The IYRU was founded on 1907, until 1960 a totally universal code of racing rules for while world was agreed and implemented. On 5th August 1996, the IYRU changed its name to the International Sailing Federation (ISAF). The ISAF currently consists of 122 member nations who are its principle members, and responsible for the decision making process that governs the sailing world. [1] The ISAF,



[1] 截止 2002 年 12 月。

from its outset, has worked towards a primary goal to ensure that as many people as possible go sailing.

Olympic History

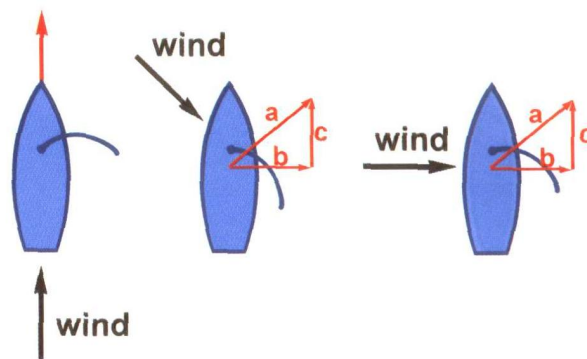
Sailing, also called yachting, was first contested at the 1900 Olympics. It made its next Olympic appearance in 1908 and has been on every Olympic programme since that year. Sailing has had a varied programme that is usually changed every few Olympiads as the popularity of various boats waxes and wanes. The trend has been towards smaller and smaller boats, with fewer crew members. In some of the early Olympics, crews had as many as 10-12 sailors. During the 2000 Sydney Games, only one event had a three-person crew (Soling), with six events contested by lone sailors. Women have always been allowed to compete in Olympic sailing with men, but in 1984, separate sailing events were introduced exclusively for women. The Olympic sailing programme in 2000 consisted of men's, women's and mixed events.



In effect, sailing made its Olympic debut in Sydney, as it became the first Olympic sport to make a name change. The sport had always been called yachting in the past.

Basic Principles of Sailing Boats 帆船的基本原理

Methods of sailing vary according to the manner in which boats are rigged, but the essential principles of sailing are the same for all craft. The simplest and most easily understood point of sailing is called in nautical terms sailing before the wind. The term running before the wind is also used. As the term indicates, the boat follows the same course that the wind is blowing. The sail or sails are set at approximately a 90° angle to the longitudinal axis of the boat, with power derived from the push of the wind on the sails' back surfaces.

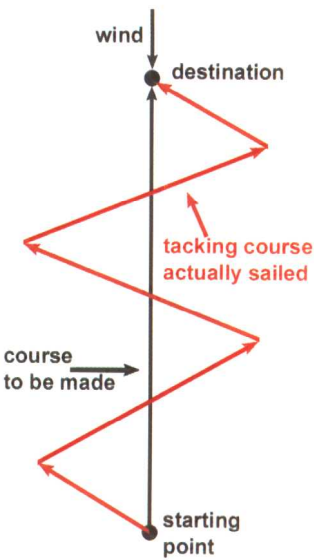


In sailing off the wind, the wind reaches the craft from the side, or beam, and the sails are set at approximately 45° from the axis of the craft. In this sailing position, the wind exerts a pulling rather than a pushing action on the sails, which act as airfoils, like the wings of an airplane. The general principle of wind action is that the wind flows at a greater rate of speed along the forward surface of the sail, creating an area of lower pressure ahead of the sail. The actual force exerted by the wind is at right angles to the sail, as indicated by the dotted line a. This force would tend to drive the boat at an oblique angle if the hull of the boat were perfectly flat. Every sailboat, however, is equipped with a fixed keel or a retractable centerboard, which acts as a flat

longitudinal plane to prevent the boat from moving sideways through the water. The effect of this plane is shown by the dotted line b, and the actual course of the boat, the result of both the force of the wind and the resisting force of the keel, is the dotted line c, representing forward motion.

Tacking 逆风航行

If boats were able to sail only before the wind and off the wind, it would be impossible to reach a destination upwind from the starting point. By sailing on the wind, however, a sailboat can make a course approximately 45° away from the wind direction. By sailing a succession of such courses, first to the left and then to the right of the wind direction, a maneuver called tacking, sailboats can zigzag in an upwind direction. A vessel is said to be on the starboard tack when sailing so that the wind is blowing from the right or starboard side, and to be on the port tack when the wind is blowing from the left or port side.



Competition 比赛

Races fall into two categories: fleet racing and match racing. Fleet racing involves all competing boats racing against each other at the same time. Match racing is where two boats compete one-on-one. All events are fleet races with the exception of the Soling event, which starts with a series of six fleet races to determine the top 12 competitors, who then advance to a match racing elimination series. Scores are awarded according to finishing positions in each race. The lowest accumulated scores throughout the regatta earn the medals.

帆船比赛共分 9 个级别

Mistral Sailboard - women /men	米氏帆船——男、女
Europe Single-handed dinghy - women	欧洲级单人小帆船——女子
Finn Single-handed dinghy - men	芬兰级单人小帆船——男子
Laser Single-handed dinghy - open	激光级单人小帆船——混合
470 Double-handed dinghy - women/men	470 人级双人小帆船——男、女
49er Double-handed, high-performance dinghy - open	49 人级双人高速小帆船——混合
Tornado Double-handed catamaran - open	托纳多双人双体帆船——混合
Star Two-person keelboat - open	星级双人龙骨帆船——混合
Soling Three-person keelboat -open	索林级三人龙骨帆船——混合

The time limit for Mistrals and 49ers is one hour. The limit is 90 minutes for Laser, Europe, 470 and Tornado competition. For Finn, Star and Soling, it is two hours.

The race committee decides the course for each race, based on wind direction, and is responsible for laying the

necessary buoys. The committee may change a course or shorten or abandon a race if the wind's direction or strength or another element of the race changes markedly.

Paul Elvström 保罗·埃尔斯特罗姆



Denmark's Paul Elvström is one of history's greatest Olympians, winner of four consecutive individual yachting gold medals, and who competed as a yachtsman in eight Games over a 40-year period. He won the Firefly yachting class in 1948 and the Finn monotype class in 1952, 1956 and 1960 and was the first competitor in any sport to win individual gold medals at four successive Games. After being a reserve on the Danish team in 1964, he then competed in 1968 and 1972 without winning a medal. Elvström also competed in 1984 and 1988 when his daughter, Trine, crewed for him, making them the only father/daughter combo to have competed together at the Olympics. Trine and Paul Elvström were European champions in the Tornado class in 1983—1984. He also won 13 World Championships in seven different monotype sailing classes. Paul Elvström is one of only four Olympic athletes to have competed over a 40-year span.



KEY WORDS 重点词汇

sailing	帆船比赛	yachting	游艇运动
craft	木筏	windward-return	迎风往返
trapezoidal	梯形路线	finn	芬兰级
mistral	米氏级	soling	索林级
keelboat	龙骨船		

Chapter 95

The Equestrian(I) 马术(一)



The Horse is the projection of people's dreams about themselves-strong, powerful, beautiful, and it has the capability of giving us escape from our mundane existence.



General Introduction



马术概况

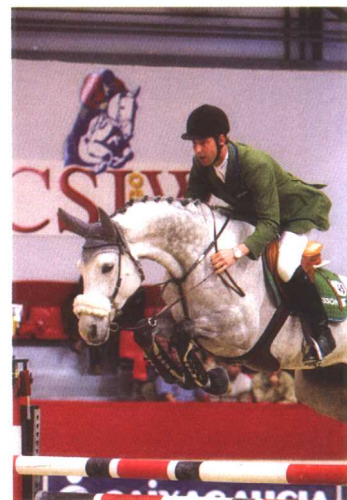
Equestrian events have deep roots, as far back as the chariot races in ancient Greece and Rome and the pentathlon of the Ancient Olympics. While unity and partnership can be seen between horse and rider in all the equestrian events, each discipline has its own physical requirements and subtleties.

马术运动历史悠久，可以追溯到古希腊和罗马时期的战车赛和古奥林匹克的 5 项全能比赛。骑手和赛马之间的默契配合贯穿所有马术项目，而每个单项又有其各自的体制上的要求。

Equestrian events were first contested by men in 1900 and by women in 1952. The idea of including equestrian sport into the Olympics was already raised when the first Olympic Games were being planned for 1896 in Athens but, due to organisational problems, it did not succeed. The equestrian program prepared as what it is today was introduced for the first time into the 1912 Olympic Games in Stockholm. It includes three events: show jumping is a sport of rhythm and sheer physical ability, as the horse-rider team attempt to jump over a series of obstacles in a set time period, without any faults. In dressage, the horses look as though they are dancing to music. It's a delicate and aesthetically pleasing performance in which each horse performs compulsory movements that test the rider's control. The three-day event is perhaps the ultimate test of the horse's and rider's courage, skill and stamina, because it tests the horse's all-around athletic abilities. It includes dressage, a cross-country component and show jumping.

现代马术于 1900 年首次举行男子比赛。女子比赛始于 1952 年。早在 1896 年策划首届雅典奥运会时就已经提出了将马术项目引入奥运会比赛的设想，但由于组织原因没有成功。今天的马术比赛项目是首次在

1912 年的斯德哥尔摩奥运会上确定的。它包括 3 个项目：场地障碍赛是一项要求节奏与体质的运动，骑手们在规定的时间内跨越一系列的障碍，不允许有任何失误；而在盛装舞步中，赛马看起来像是在随着音乐跳舞，是一种精细而富有美感的表演。通过马匹表演的各种规定动作，来考验骑手对马匹的控制能力；三日赛也许是对赛马和骑手勇气、技巧和毅力的最终检验，因为它测试了马匹的全面运动素质，它又包括盛装舞步、越野赛和障碍赛。





The FEI is the international governing body of Equestrian sport recognized by the International Olympic Committee. It was founded in 1921 and is based in Lausanne, Switzerland since 1991. It today counts some 127 member-countries.^[1] The organization establishes rules and regulations for the conduct of international equestrian events in the Jumping, Dressage, Eventing, Driving, Vaulting and Endurance Riding disciplines. This includes the supervision and maintenance of the health and welfare of the horses taking part as well as the respect of the principles of horsemanship. Sweden dominated equestrian events initially, but was overtaken by Germany, an equestrian powerhouse and the country that probably has the best breeding and development program in the world. Over the years, the Americans have also proven to be formidable riders. Within the last 10 years, Brazil has become a strong force, particularly in show jumping. Another equestrian strength is Canada.

国际马术联合会是马术运动由国际奥委会认定的国际管理组织。它成立于 1921 年。1991 年起，总部设于瑞士的洛桑，今天拥有 127 个成员国。该组织负责确立各种国际马术赛事的规章，涉及的赛事有障碍赛、盛装舞步、3 日赛、驾车赛、跳跃赛和耐力赛。而涉及的规章则涵盖对于参赛马的健康与安全的监管和维护，以及马术规则方面的内容。瑞典最初为赛马项目的佼佼者，后被另一马术强国——德国赶超。它在赛马培育和发展方面堪称世界第一。后来几年里美国成为又一大马术强国。在最近的 10 年里，巴西显示出强势。尤其是在场地障碍赛中。而另一个当今马术强队则是加拿大队。



Speed English



Speed English

Exam of Horses

马匹的挑选



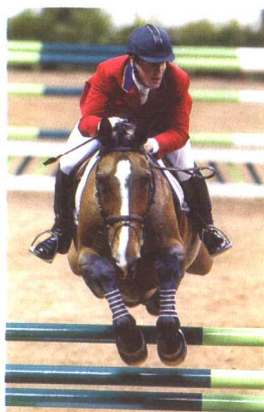
Equestrian is the only event where animal and human compete as a pair. So an exam of the horse becomes very important when a rider decides to choose a horse. A prepurchase exam may not necessarily be a guarantee of future soundness, but the exam is actually a glimpse into the horse's physiological



[1] 截止 2002 年 12 月,有 130 个。

state during a certain moment in time. A horse that is an athlete will probably have some lumps and bumps. It's pretty rare to find a totally normal horse. If you evaluate a horse critically enough you are going to find little things here and there. Even if you find them, it doesn't mean it's going to be the end of the road. The key to a pre-purchase exam is the horse's intended use. Problems that prevent a horse from being a grand prix jumper might be perfectly acceptable for a trail horse ridden on flat ground. A horse can be lame in a certain clinical situation, but for its intended use, it might do just fine. A young horse that has done little or no work would be expected to have a clean clinical exam, and good radiographs and other diagnostics. An older campaigner with a steady history and a few arthritic changes may be perfectly suitable for a life of continued work for an amateur rider. However, for a high-level competitive show horse, the same clinical exam and x-rays could be a problem. Little problems can mean a lot to an athlete.

马术运动是惟一一项动物和人配合的比赛。因此检验马匹对骑手来说是非常重要的，买马前对于马的检验虽不是未来的保证，但这种检验可以对马匹在一定时间内身体状况有一个大致了解。作为运动选手的马匹有可能带有伤肿，要找一匹完好的马匹很难。如果你在选马时过于挑剔，你可能很难找到合适的。即使找到，也不意味着一了百了。买马前的检测关键取决于马的用途。一些妨碍马匹参加障碍赛的毛病，也许并不妨碍它参加陆地上的比赛。从某种诊断角度看有问题的马，也许并不影响它的特殊用途。一匹未经历过任何赛事的马，也许在诊断和x光片上没有任何伤病，但一匹带有关节炎的赛场老马，也许对于一位业余选手依然可以继续。然而，对一个高水平的赛马来说，这些却可以构成问题。因此赛马的身体状况对赛手来说至关重要。



More About Equestrian

马的类型和品种

马按照个性和气质分为热血马、冷血马和温血马 3 大类，这种分类方式实与马血液的温度或体温毫无关系。

hot-blooded 热血马

热血马是跑得最快的马，通常用来作为赛马。最具代表性的品种有：阿



拉伯马 (Arabian)、英国的纯血马 (Thoroughbred)。

cold-blooded 冷血马

冷血马具有庞大的身躯与骨架, 安静、沉稳, 通常用来作为工作马。最具代表性的品种有: 英国苏格兰的克莱兹代尔马 (Clydesdale)、法国的佩尔什马 (Percheron)。

warm-blooded 温血马

不管在体型、个性与脾气上, 温血马介于热血马与冷血马之间, 是由热血马与冷血马杂交育种出来的品种, 通常马术运动所用的马大多是温血马。

British thoroughbred 英格兰的纯血马 (热血马)

The Thoroughbred breed began in England more than 300 years ago, when native English mares which were stronger and yet docile were bred to three stallions imported from the Mediterranean Middle East. The result was the Thoroughbred: a horse that can carry weight with sustained speed over extended distances. Since the 1700s, the pedigree of every registered Thoroughbred has been recorded in detail. Ancestry of all Thoroughbreds today can be traced through the male line to one or more of these three stallions—the Godolphin Barb, the Darley Arabian or the Byerly Turk.



Arabian horse 阿拉伯马 (热血马)

The Arabians horses were imported by Europeans to cross with native breed. Today, they are found throughout the world and the blood of Arabians flows in all breeds of light horses.

Akhal-Teke 阿克哈-塔克马 (热血马)

The Akhal-Teke has been renowned as cavalry mounts and racehorses for some 3 000 years. it has established a reputation of great stamina and courage. Today the Akhal-Teke is used in show jumping and dressage in addition to daily use under saddle.



Hanoverian 汉诺威马 (温血马)

The Hanoverian is a noble warm-blood horse with natural balance, impulsion and elegant, elastic movements characterized by a floating trot, a round rhythmic canter, and a ground-covering walk.

Selle Francais 塞拉·法兰西马 (温血马)

The Selle Francais is the epitome of what a sport horse should be, athlet-



Speed English



Speed English

ic, strong, good bone and muscle, intelligent with a tractable disposition. Primarily known for its excellence in show jumping, the versatile Selle Francais also excels in dressage and eventing.

Appaloosa 阿帕卢莎马 (温血马)

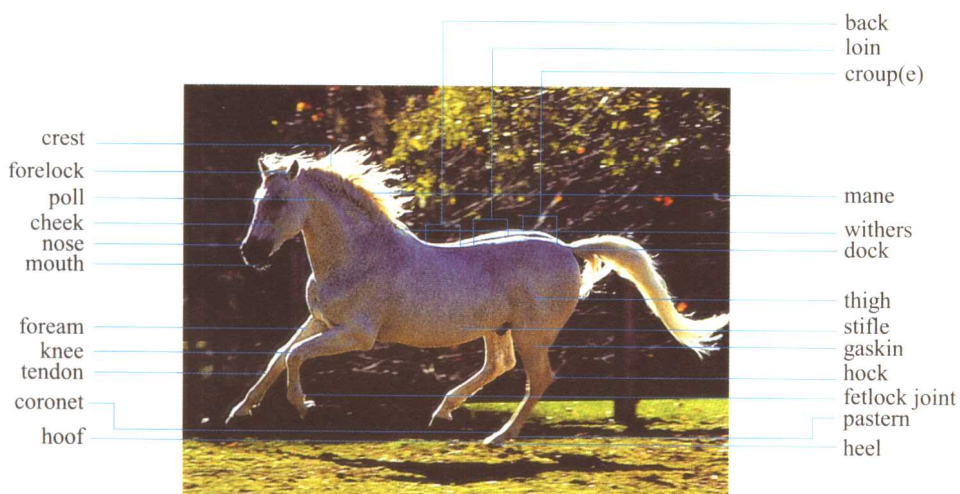
The Appaloosa's heritage is as colorful and unique as its coat pattern. They are found in nearly every discipline. (Setting speed records on the race track, excelling at advanced levels of dressage, jumping, games, reining, roping, pleasure, endurance and as gentle family horses - any of these roles can be filled by the versatile Appaloosa.)

Frederiksborg——腓特烈斯堡马 (温血马)

The Frederiksborg is the oldest horse breed in Denmark. The breed was highly valued as a good school horse, reliable and elegant. It also made a high-class carriage horse and military charger.



马匹各部位名称



forelock 额毛

poll (马) 脖颈

crest 鬃毛 (顶)

mane 马鬃 (颈)

cheek 颊

gaskin 胫

back 马背

loin 马腰

nose 马鼻

mouth 马嘴

withers 马肩隆

forearm 前臂

pastern (马足的) 胶骨

heel 蹄后

croup (e) 马臀

dock 马尾根

tendon 腱

stifle 后腿腾关节

thigh 马腿

knee 膝

hoof 蹄前

coronet 蹄冠

fetlock joint 球关节

hock 跗节

Dressage

盛装舞步



Dressage tests the rider's control over the horse by having the horse perform compulsory movements, or tests, in response to its rider's subtle aids and signals. There are three rounds: the first two have a set routine of dressage movements, including passages, pirouettes and piaffes in a walk, trot and canter, while the third is freestyle, with routines individually choreographed and performed to music. Riding attire consists of the required top hat, tails and black boots plus white breeches for men and white or light fawn breeches for women. A hunting stock, a broad band worn around the neck, is recommended, although a white

shirt and tie or choker are also acceptable. However, riders who have belonged to a military or police force are allowed to wear their uniforms. English-style saddles are used. The horse must have a double bridle. The ring of the bit cannot exceed 8 cm in diameter. The spurs must be metal, and the arms must be smooth. Decorations are prohibited apart from plaiting of the horse's mane.

Initially, only commissioned military officers were eligible to compete in dressage. As of 1952, after the rules changed, both men and women were eligible to compete. That year, Denmark's Lis Hartel became the first female medallist, capturing the silver. Five judges are positioned at specific locations around the arena to evaluate the performance from different perspectives. Each movement earns a score from zero to 10. Some of the more difficult movements earn scores that are doubled. Judges also award collective marks for the horse's pace, impulsion and submission and the rider's position by gauging the aesthetic quality of each performance as a whole. Those scores are then converted into percentages. Rider and horse can earn up to 100 per cent; winning Olympic level competition scores are generally in the 70-per-cent range. In the individual event, after the final round the rider with the highest score wins. The team event is decided after the first round by adding the best three individual scores from each team. Ten teams of three or four riders each compete in the team event.



Speed English



Speed English



盛装舞步是通过马表演规定动作来检测骑手控制马的能力，同时也检测马对骑手指挥及轻按时的反应能力。比赛包括三轮：前两轮为规定动作，包括各种行走、小跑、慢跑中的高抬腿步、前后肢旋转、高抬腿原地舞步，而第三轮为根据音乐自行设计自由式。骑术服装包括高礼帽、燕尾服、黑色马靴以及男式的白色马裤和女士白色或淡棕色的马裤，颈上围着宽领带。白色衬衫和领带也是可以接受的。不过，代表军队或警察机构参赛的选手可以穿着制服。比赛使用英式马鞍。马匹必须有双马缰，马嚼口的直径不能超过 8 厘米。马刺为金属制，器具光滑。除了为马鬃编辫子，其他装饰是禁止的。最初，只有指定的

军官才可以参加盛装舞步赛。从 1952 年改变规则后，男女都可以参加比赛。那一年，丹麦的丽斯·哈尔特成为第一位获奖牌的女选手，她名列第二。竞技场四周规定的位置设有 5 名裁判，从不同的角度评判表演。每个动作分值从 0 到 10。一些较难的动作的分值会加倍。裁判们还会对马匹的步伐、状态和驯服度以及骑手整体表现集体打分。最后的分数转换为百分比。骑手和赛马最高可以获取 100%。奥运赛场上的比分水平通常在 70% 以上。在个人比赛项目中，最后一轮结束后得分最高者获胜。在团体比赛中，成绩取决于第一轮比赛中的各队前三名成绩之和。由 3 至 4 人组成的 10 支队参加团体决赛。

Harmony is the essence of dressage. A partnership develops between the horse and rider, and the best performances are the ones where it appears that the horse performs all of its movements with no visible signals from the rider. The object of dressage is to develop the horse physically and mentally, in harmony with its own natural ways of moving and thinking, and the compulsory movements test the level of balance, strength and obedience a horse has reached. The horse will look as though it's dancing, very light on its feet, as if it has springs in its feet. Symmetry and accuracy are paramount. When they do certain lines with certain moves, you can see if a horse has hit it exactly. The horse and rider are awarded points according to the level of accuracy of each movement, as well as the harmony. Less accuracy means fewer points. Note the rider's position. The rider should be balanced and supple around the waist and hips, with the upper body easy, free and erect. The hands should be low and close together, but not touching each other or the horse, while the elbows and arms should be close to the body. The horse's attitude is important: it should be happy and alert, its ears cocked, or slightly back, its head quiet and its tail swinging gently. The horse should also respond willingly, easily accepting the rider's control. The hind feet should follow the same path as the fore feet. Circles and transitions between gaits should be smooth. While casual spectators can appreciate the beauty of the performance, unfortunately they may not understand why a horse and rider team loses marks, but you can look for different



movements such as the leg yield, the half-pass, the passage, the piaffe and the pirouette.

和谐是盛装舞步的核心。赛马和骑手将需要密切合作。最理想的表演应该是马的每一个动作好像不需要任何骑手的明显指示。盛装舞步的目的就是发展赛马的体力和脑力，与其自身的行动和思维相和谐，规定动作检验的是赛马的平衡、力量和驯服度。匀称和准确极为重要。当他们沿着一定的线路表演一定动作时，你可以发觉一匹赛马是否动作准确。赛马和骑手根据每个动作的准确度以及和谐程度，可以获得适当的加分：准确度越小，得分越少。注意骑手的姿势：骑手必须保持平衡，腰胯灵活，上体直立放松，双手低放、靠紧，但不能相碰或接触马匹，而双肘应靠近身体。马的状态很重要，应该表现得欢喜、警觉，双耳直立或轻微向后，头部安稳，尾部轻轻摆动。赛马的反应也应积极、轻松接受骑手的指挥。后腿应沿着前腿的路线。步法间的循环与转换应该流畅。普通观众可以只注意表演的观赏性，并不一定理解赛马和骑手因何丢分。但你还是可以对比不同的动作，诸如顺腿势、斜横步、高抬腿舞步、高抬腿原地舞步和前后肢的旋转等。



More About Dressage

盛装舞步中几种常见的动作

Leg Yield 顺腿势

the horse moves both forward and sideways with only the slightest bend away from the direction in which the horse is moving.

Half-pass 斜横步

the horse moves both forward and sideways, bent in the direction of the movement, more so than in the leg yield.

Passage 高抬腿舞步

A passage is a suspended trot in slow motion in which each diagonally opposite pair of feet is raised and returned to the ground alternately.

Piaffe 高抬腿原地舞步

A piaffe is a trot performed nearly on the spot, and it requires the utmost collection and engagement from the horse.

Pirouette 前后肢旋转



Speed English



Speed English

A pirouette is a rhythmic turning on the spot at the walk and canter in which the inside hind foot is the pivot for the circle and ideally returns to the spot each time it is lifted from the ground.

Gait (Pace) 步法

Any of a horse's characteristic motions, including, in order of speed, a walk, trot, canter or gallop.

Trot 小跑

An easy gait of a horse (between a walk and a canter in speed) where the legs move in diagonal pairs alternately.

Canter 慢跑步

An easy gait of a horse (between a trot and a gallop in speed) where, in the course of each stride, three legs are off the ground at once.

Gallop 疾驰, 飞奔

The fastest gait of a horse, essentially equivalent to running.



Tack 赛马器具

Blinkers 马眼罩	Pelham 大勒衔
Billet 马鞍的扣带	Pommel 前鞍桥
Bit 马嚼子	Saddle 马鞍
Breeches 马裤	Seat 鞍座
Bridle 缰绳	Spur 马刺
Cantle 后鞍桥	Stirrup 蹬
Curb 勒马绳	Surcingle/Bally Band 马腹带
Curb-Bit/Chain/Rein 勒衔 / 链 / 缰	Throat Lash 咽喉革
Lining/Saddle Pads 衬套	Whip 马鞭
Halter 马笼头	

KEY WORDS 重点词汇

equestrian	马术运动	gallop	疾驰
three-day event	三日赛	half-pass	斜横步
dressage	盛装舞步赛	pirouette	前后肢旋转
show jumping	场地障碍赛	leg yield	顺腿势
International Equestrian Federation(FEI)	国际马术联合会	piaffe	高抬腿,原地舞步
gait	步伐	passage	高抬腿舞步
trot	小跑	canter	慢跑

Chapter 96

The Equestrian(II) 马术(二)

Half the failures in life arise from pulling in one's horse as he is leaping.

—Ugustus Hare (1792-1834)

English Theologian



Show Jumping

场地障碍赛



Like the other equestrian events, show jumping is a sport of harmony, rhythm and sheer physical ability as horse and rider work together to overcome a series of obstacles. Worldwide, it is the most popular equestrian event, largely because it's exciting to watch, easier to follow than dressage and simpler to stage than the three-day event. When the sport of jumping began, the event consisted of a solitary high fence. By the late 18th century, jumping became integral to the sport of fox hunting and popular among the wealthy upper class in England and elsewhere in Europe. Grand prix style show jumping first appeared in Paris in 1866 and was followed by international jumping competitions. When individual jumping began at the Olympics in 1900, competitors jumped a lone fence. Now, there are between 15 and 20 jumps, including triple bars, parallel rails, water jumps and simulated stone walls. The goal is to complete the course with the fewest faults acquired from penalties or errors. Riders with the fewest faults win. When a tie for first place occurs, a jump-off is held to determine the winner. The course is changed, and the obstacles are moved or raised. The winner is the rider with the fewest faults and the fastest time. The team event debuted in Stockholm in 1912, and men and women compete against each other in both the individual and team events. In Olympics, riders and horses qualify by country, not world ranking. The 16 nations in the team event will have three or four riders each. The individual event consists of three qualifying rounds and two final rounds. The team event is decided in the second and third qualifying rounds. A draw determines the starting order. Warm-up occurs in the schooling area about 20 minutes prior to the rider's turn.



像马术项目中的其他项目一样，场地障碍赛是一种考验和谐、节奏和体能的运动。赛马要配合骑手跨越一系列障碍。从全球范围来讲，它是马术运动中最为流行的一项，主要是由于它看起来令人兴奋，比盛装舞步和三日赛容易看懂。障碍赛的最初比赛使用的都是固定的高栅栏。在18世纪晚期，障碍赛往往同猎捕狐狸的运动相关。在英国和部分欧洲国家的上层社会很是流行。场地障碍大奖赛首次于1866年巴黎举行，随后成

像马术项目中的其他项目一样，场地障碍赛是一种考验和谐、节奏和体能的运动。赛马要配合骑手跨越一系列障碍。从全球范围来讲，它是马术运动中最为流行的一项，主要是由于它看起来令人兴奋，比盛装舞步和三日赛容易看懂。障碍赛的最初比赛使用的都是固定的高栅栏。在18世纪晚期，障碍赛往往同猎捕狐狸的运动相关。在英国和部分欧洲国家的上层社会很是流行。场地障碍大奖赛首次于1866年巴黎举行，随后成





为了国际场地障碍赛。当个人场地障碍赛进入 1900 年奥运会时，参赛者跨越的是单一的栅栏，而现在却有 15 到 20 个障碍，包括三重障、平行围栏、水沟障碍和石墙。失误最少的选手获胜。当第一名的位置出现并列时，由加赛来决定获胜者。路线会被改变，障碍被移动或升高，失误最少、时间最快的获胜。团体项目始于 1912 年的斯德哥尔摩，男子和女子共同参加个人和团体的比赛。在奥运会比赛中，骑手和赛马的竞赛资格是按地区选拔而不是全球排行，由 16 支队伍参加，每队 3 人至 4 人。个人赛包括 3 轮资格赛和两轮决赛，团体赛取决于第二轮和第三轮资格赛。比赛顺序由抽签决定，热身活动在选手进入比赛前的 20 分钟前于训练区内进行。

Show jumping is relatively easy to follow—after watching a few riders it is easy to understand the sport and the scoring. Courses are designed to test the horse's ability, so spectators may notice sharp turns in the course between jumps that challenge the horse. Some rider-horse pairs will be able to manoeuvre easily throughout the entire course faultlessly, while others will knock rails over. It's usually easy to tell which jumps are the most difficult. There are five kinds of jumps: verticals, spreads, combinations, walls and water jumps. It is also easy to see when a horse and rider are not in unison because a horse will resist and may refuse to attempt a jump. In such cases, the rider will circle back and attempt the jump again. When you see a horse getting strong and a rider reacting by pulling on the reins, or kicking hard, or turning hard, that's a telltale sign that the partnership is not working. If the rider makes it look easy, the jumping is well done. It takes a lot of time and training for a good partnership to develop between a horse and rider. While it is the horse that physically jumps over the obstacles, the rider prompts the horse by using his or her legs as well as the reins to control and guide the horse's movements. The horse reacts to the rider's motions and emotions, but since the horse has a mind of its own, the rider must also be aware of and respond to the horse's motions and emotions. Before the event, riders survey the course by walking around and planning the best strategy to complete it. A rider walks the line he or she intends to ride, stepping it off according to the length of the horse's stride. Determining the best take-off point for each jump is vital. If the take-off point is too close, the horse will hit the fence with its front legs on the way up. If the take-off point is too far away, the horse will land early and may knock down a rail with its hind legs. Of course, hitting the proper takeoff point becomes more difficult in combination jumps.



场地障碍赛相对容易看懂，观看完几名选手后就可以了解。比赛路线是用来检



验赛马能力的，因此观众可以注意路线中设立在障碍之间，用来考验赛马的急转弯。一些选手可以轻松地完成整个赛段而没有任何失误，而其他则会踢翻障碍。通常很容易判断哪些障碍最为困难。障碍包括 5 种：垂直障碍、宽围栏障碍、障碍组合、墙和水沟。赛马和骑手缺乏配合也容易看出，因为马会拒绝跨越障碍。在这种情况下，骑手会圈回马，重新跨越。如果你看到马表现得越来越强烈，而骑手则表现出拉缰绳，或踢马，或转弯勉强，这就表明他们之间的配合是失败的。如果骑手表现得很轻松，那么障碍跨越得也会很成功。骑手和赛马之间的配合需要大量的时间和练习。由赛马完成跨越障碍的动作，而骑手则通过他（她）的腿或缰绳，来控制 and 引导马的运动，赛马对骑手的动作和情绪做出反应。但由于赛马本身具有自己的头脑，骑手也必须注意并对赛马的动作和情绪做出反应。比赛之前，骑手需要对路线有所了解，并计划完成的最佳策略。骑手沿着他（她）将行走的路线，以赛马步伐的幅度度量全程。选择最佳的起跳点是非常重要的。如果起跳点过近，赛马的前腿会在上跳时碰到围栏；如果起跳点过远，赛马过早落地会使后腿碰掉横杆。当然，在障碍组合中，正确的起跳点就变得更为困难了。



More About Show Jumping

场地障碍赛的场地设计

The full length of the show jumping course is 4 000m. and each course typically consists of fences from 4 feet to 5-feet-6 inches in height and 5 feet to 6 feet in spread. (They are designed to fall if struck by a hoof so the horses won't get hurt.) The designs can change daily and even between events. Course designers have at least three tasks: Create a test for the rider, create a test for the horse and provide an aesthetic show for the crowd. Although the course designs aren't kept in a lockbox before competitions, riders usually learn about the courses the day of the event. The difficulty in jumping contests lies in how tight corners are, how high the obstacles are and how odd the distances are between them.



场地障碍赛中的 5 种障碍

Vertical 垂直障碍

Verticals include Gate and Fence. Although they have no spread width, verticals are among the most difficult jumps.



Spread 双层障碍

Spreads include triple bars and oxers. Parallel oxers present the most difficulty.



Combination 组合障碍

A combination consists of two or three jumps, a stride or two apart and are designed to be one of the toughest tests of the horse and rider's athletic ability.



Water jump 水沟障碍

Water jumps usually have a low hedge or fence at the leading edge, and competitors must clear the lath at the landing edge.

Wall 墙障碍

Walls are designed to look like actual brick or stone walls.

Glossary 术语汇编

Disobedience (Refusal) 拒跳、不服从

In jumping, a general term for a horse's refusal, run-out, resistance, turning in a circle or deviating from the course.

Fault 罚分

In jumping, a unit of scoring equal to each point a rider is penalised for committing an error.

Knock Down 碰撞障碍

To cause any part of an obstacle to fall.

Penalty Point 罚分

A point added to a rider's score for committing an error.

Jump-off 平分决胜

In jumping, an extra round held to break a tie for first place after the final scheduled round of competition.

Schooling Area 调教区

In jumping, the area designated for warming up the horses before competing.



Three-day Event

三日赛



The three-day event is a competition consisting of dressage, cross-country and show jumping. The winning horse and rider excel at dressage one day, gallop strongly in cross country the next and still have enough stamina and suppleness left to complete the show jumping course. Initially, army officers used the three-day event to demonstrate their military prowess. Competition was restricted to active-duty army officers until 1956; women could not compete until 1964. In three-day event, points are scored in penalties during each event. The rider and team with the fewest penalty points after the final event wins. If there is a tie, the rider or team with the best cross country score wins. A team can consist of four riders, but only the best three scores are used. European and American riders have traditionally

dominated the three-day event, but recently Australia and New Zealand have come out on top.

三日赛包括盛装舞步、越野赛和场地障碍。要取得胜利的选手应该在盛装舞步中表现突出，并在接下来的越野赛中奔跑迅速，还能够有足够的毅力和灵活度来完成剩下的场地障碍赛。最初，军士利用三日赛来显示他们的军事实力。直到 1956 年前，这种比赛一直限于军士间。女子 1964 年被准许参加比赛。在三日赛中，分数是计算每场比赛中的罚分，决赛后，罚分最少的个人和团队获胜。如果出现比分相同，在越野赛中成绩最好的骑手和团队获胜。团体参赛队可以包括 4 名骑手，但只计算成绩最好的前 3 名，三日赛一向是欧洲和美洲选手的强项，但近来澳大利亚选手和新西兰选手已赶超上来。



First comes the dressage, where you are looking for accuracy, beauty and harmony between the rider and horse, and elegance and certainly obedience. The horse must respond to the rider, and they must look like they are one. And in the show jumping portion of the three-day event, the jumps aren't as high as in the show jumping event itself. The purpose is to make sure that the horse is still sound on the final day. In the cross-country segment, most jumps also have an easi-

er, but slower alternate route. Spectators can see how well the horse and rider work together and how easy or hard it is for a horse to clear a jump. The cross-country segment is physically demanding on both the horse and the rider because the team must both race against the clock and clear the jumps.

三日赛首先进行的是盛装舞步，其中你所注重的应该是准确度、美感和骑手与赛马之间的默契，以及高雅和一定的驯服度。赛马必须配合骑手，他们必须看起来形为一体；在越野赛阶段，多数障碍也变得简单，路线减缓。观众可以观看人和马配合的程度，以及马跨越障碍的情况。而在三日赛中的场地障碍赛中，设置的障碍不像单独的障碍赛那么高，其目的就是显示赛马在最后的一天中依然健壮。



The cross-country event is an exciting speed test, like downhill skiing. It takes a brave horse and rider. It takes a horse and rider that are in control, and that takes a lot of training. But riding and manoeuvring a horse is a lot more challenging than strapping oneself into a pair of downhill skis. (The horse has a mind of its own and sometimes a rider has to react to the horse's emotions.) In the cross-country segment, the most gruelling part of the event, the horse and rider must clear up to 35 obstacles in a set time limit including water, banks, drops, ditches and jumps as high as 1.2 metres. In the past,

many cross-country courses have proven too challenging. Horses were spent by the end, if they could finish at all. Since 1968, no horse has been killed or seriously injured in three-day event at the Olympics. Greater care is now taken to ensure that the horses can complete the course safely without serious injury or worse, death. Today, concerns abound about how safe and humane the cross-country segment is. Equestrian events are possibly an endangered sport in the Olympics and are often scrutinized because of their cost and concerns about animal welfare.

越野赛是令人兴奋的速度赛，就像速降滑雪，需要骑手和赛马的勇气，要求赛马和骑手的控制力和大量的训练。但是驾驭一匹赛马要比速降滑雪更具挑战性。越野赛是三日赛中最严酷的赛段。赛马和骑手必须在规定时间内跨越 35 个障碍，包括水沟、浅滩、斜坡、壕沟和 1.2 米高的障碍。在过去，许多越野赛过于严酷，赛马在完成全程后最终毙命。1968 年起，奥运会的三日赛上，再没有出现马匹的伤亡现象。人们现在倾注更多的注意力来确保赛马在完成比赛后不会受到伤害或发生更糟糕的事——死亡。今天，对于越野赛的安全度和仁慈度的关注极多，马术项目也许是奥运会中最为危险的运动，并经常因为它的高额费用以及涉及的对于动物保护问题而受到社会关注。



More About Equestrian

Glossary 术语汇编

Fence 障碍物

1. in jumping, a vertical obstacle usually no higher than 1.6 meters but involving substantial width, constructed with colourful poles, planks, hedges, fake stone or brick, or flowers.

2. in the three-day event, a vertical obstacle usually less than 1.2 meters high and constructed with natural materials designed to fit with the terrain.



Obstacle 障碍

In show jumping and the three-day event, an object a horse must clear to complete the course, such as a fence, gate or water jump.



Oxer 木栅障碍

A single fence consisting of two elements which make a spread jump, such as parallel oxers.



Gate 起跑门

A vertical fence made with planks, balustrades, gates or other items to present a solid obstacle.



Rail 围栏

In showjumping and the three-day event, a pole which makes up a part of some obstacles.



Aid 扶助指挥

A prompt that a rider gives a horse to change gaits, turn, etc., using the hands, legs, voice or body weight.

On the Bit

A term used for a horse being restrained by pressure on the bit, with the horse attentive to the rider's aids.

On the Flat

A term referring to riding or training performed over ground without obstacles.



其他形式的国际马术比赛项目

Apart from the three disciplines we discussed through all this two chapters, there are still many other forms of equestrian events played all around the world. Three other disciplines offered in the world Equestrian game are vaulting, endurance riding and driving.

Vaulting 马上技巧

Vaulting is gymnastics on a moving horse, an ancient sport which had its beginnings in the bull vaulting of the ancient Minoans. It was used in the training of cavalry troops since Roman times, throughout the Middle Ages and into the Twentieth Century. Vaulting became an Olympic event in the 1920 Olympic Games in Antwerp, where the competitors were cavalry teams. Vaulting is officially recognized as an international equestrian discipline by the FEI. It is one of the six disciplines offered at the World Equestrian Games.



Endurance riding 耐力赛

Endurance riding is an unusual sport. To be successful, your horse must undergo veterinary examinations throughout the race to determine whether he is fit to continue. Endurance rides can be from 25 to 100 miles in length, with one to four phases of approximately 25 miles each. The race can be spaced over two days. At the end of each phase, riders must wait until the horse's pulse returns to an acceptable rate, then have the horse formally checked over for pulse rate, heart rate, weight, and overall condition (mouth and back sores or abrasions). Endurance became an FEI recognised sport in 1982. It is now popular in Australia, New Zealand, France, United Kingdom, Germany, South Africa, United States and all the Arab Gulf States.



Driving 马车赛

Driving is the sport of using horses or ponies to pull a variety of carriages over a predesignated course. Competitive driving follows a similar format to other horse trials and consists of three disciplines: dressage, marathon and obstacle course;

Driving Dressage Phase 马车盛装舞步赛

Precision, elegance and obedience are tested in Driving Dressage. The Dressage test asks the drivers to demonstrate the freedom of movement, regularity or paces, harmony, impulsion and correct positioning of the horse(s) and the style, accuracy and general command of the driver. Drivers face several problems not encountered by others' equestrian disciplines: The horse is pulling a vehicle of some weight, which affects the



way he moves. Drivers competing with a pair or a team of horses must have them working together as they go through the movements of the test.

Marathon Driving Phase 马车马拉松赛

The object of the Marathon in the driving competition is to test the stamina and fitness of the horses, and the judgement of pace and horsemanship of the driver. The course is divided into five sections for advanced four-in-hands, single and pair horses, or into three sections (A, B, E) for ponies or intermediate classes:

- A. Any pace 8 kilometres
- C. Trot Speed Section 4 kilometres
- B. Walk 1 kilometre
- D. Walk 1 kilometre
- E. Trot (any pace for advanced) and Obstacles 8 kilometres



Cones 马车绕标赛

This exciting test is the Carriage Driver's equivalent of stadium jumping, testing the driving teams' ability to negotiate a course of cones. In the arena, Drivers are under increasing pressure to hold their place in the standings. As the turnout passes through a set of cones, the carriage wheels clear the cones by less than six inches on each side. It doesn't take much to topple a ball. One fallen ball can displace the competitor from the winner circle. Real skill is needed to drive a cones course well.



KEY WORDS 重点词汇

obstacle	障碍物	vertical	直立障碍
spread	双层木栏障碍	aid	扶助指挥
balk	拒跳	fence	障碍物
gate	起跑门	cross-country	越野赛
steeplechase	越障赛马		

Chapter 97

The Football(I) 足球(一)



足球，1863 年起源于英国，当时橄榄球和足球分离开来成为各自独立的运动项目。同年，在英格兰成立了世界上第一个足球协会——英格兰足球总会（The FA）。现在，足球是世界第一运动。



History of Football

足球的历史



The history of football as we know goes back nearly 150 years. It all began back in 1863 in England, when the new games of rugby football and association football went their separate ways. That year, the world's first football association was founded—The Football Association of England. But the practice of kicking a round object with one's feet can be traced back well before the 19th century. There is evidence of half a dozen different games, versions of modern-day football, down through the ages.

现代足球的历史跨越 150 年。始于 1863 年的英格兰，当时橄榄球比赛和足球联赛分离了开来，成为各自独立的比赛项目。当年世界上第一个足球协会正式成立，那就是英格兰足球协会。用脚踢球的历史追溯到 19 世纪前。十几种不同的运动与现代足球都有类似之处，逐步发展至今形成现代足球。

And, believe it or not, the very earliest form of the game seems to have taken root in China. A military manual dating from the period of the Han Dynasty, in the 2nd or 3rd century BC, includes among the physical education exercises something known as "Tsu'Chu". This involved kicking a leather ball filled with feathers and hair through an opening, measuring only 30 - 40 cm in width, and into a small net fixed onto long bamboo canes—a feat which obviously demanded great skill and excellent technique. A variation of this exercise also existed, whereby the player was not permitted to aim at his target unimpeded, but had to use his feet, chest, back and shoulders while trying to withstand



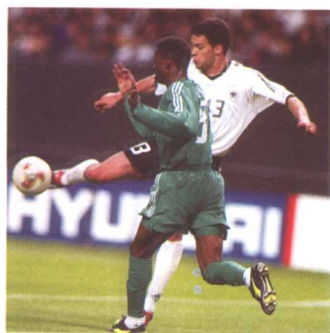
the attacks of his opponents. Use of the hands was not permitted. So, the ball artistry of today's top players is therefore not quite as new as some people may assume.

信不信由你，足球运动最早出现在中国。在公元前 2 世纪或公元前 3 世纪中国汉代的军队记录中，就有名为“蹴鞠”的体育训练。这种活动要求参与者踢一个皮质的球，球里充塞羽毛和毛发，通过一个 30 厘米~40 厘米的网口，把球踢进竹条上绑的小网中，显然这对技巧和方法要求极高。还有一种比赛与之略有不同，参与者必须受到对方的阻碍，他可用脚、胸、背、肩抵抗攻击，但不许使用手。所以说，现代足球运动员的高超技艺其实古已有之，这大大出乎我们的意料。

But fast-forwarding through the centuries, the game we know today began to take shape



on 26 October 1863 when eleven London clubs and schools sent their representatives to a meeting in the place called Freeman's Tavern to establish a clear set of rules for football games that could be understood by all and agreed by all. This meeting marked the birth of the Football Association. The eternal dispute concerning shin-kicking, tripping and carrying the ball was discussed thoroughly at this and consecutive meetings until eventually on 8 December the die-hard exponents of the Rugby style took their final leave. They were in the minority anyway. They wanted no part in a game that forbade tripping, shin-kicking and carrying the ball. A stage had been reached where the ideals of the two groups were no longer compatible. On 8 December 1863, football and rugby finally split. The separation became permanent and complete six years later when a provision was included in the football association rules forbidding any handling of the ball.



将视线从几千年前转回后，现代足球成型于 1863 年 10 月 26 号，当时英国 11 所学校和足球俱乐部派出代表会聚于弗莱曼森酒店，他们希望制定明晰的比赛规则，统一理解并共同遵守。这次会议标志着足球协会的诞生，并开始了关于踢、摔绊和持球的讨论。其后于 12 月 8 日召开的会议上，终于将橄榄球和足球动作区分开来。仅有少数人支持使用橄榄球动作，其中包括大量踢、摔绊和持球，这使得对比赛规则的意见分歧日益加剧。1863 年 12 月 8 日，足球与橄榄球正式分离。这次分离注定成为永远，因为 6 年之后足球规则中规定禁止任何手球行为。

Milestones of Football

足球的大事记



- 1857 The first soccer club was established in Sheffield, England.
世界上第一个足球俱乐部于英格兰的谢菲尔德成立。
- 1863 The Football Association (FA) was created and uniform rules were established there.
英格兰足球总会成立，并制定了统一的规则。
- 1871 The Football Association Cup tournament was held.
英格兰足总杯开始举办。



1872 The first international game was played between England and Scotland.
第一场国际比赛在英格兰和苏格兰之间进行。

1872 Corner kicks were introduced. Circumference of ball fixed.
角球被引入。球的周长被确定。

1874 Offside rule was introduced.
引入越位规则。

1877 Game limited to 90 minutes.
比赛时间确定为 90 分钟。

1878 A referee used a whistle for the first time.
裁判首次使用哨子。

1882 Throw-ins had to be made two-handed.
采用双手掷界外球。

1883 The International Football Association Board was set up by England, Ireland, Scotland and Wales.
英格兰、爱尔兰、苏格兰和威尔士组建国际足球协会委员会。

1885 The Football Association recognized professional players.
英格兰足总注册职业球员。

1888 The first Regular full-time league play started in England.
第一个正规的联赛在英格兰创立。

1890 Goal nets used for the first time.
球网首次出现。

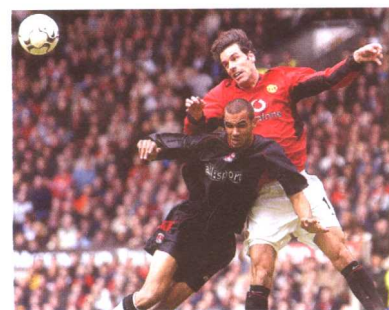
1891 Penalty kicks were introduced.
引入点球规则。

1895 The British Ladies' Football Club played its first match.
英国女子足球俱乐部进行首场比赛。

1904 A world governing body, the Fédération Internationale de Football Association (FIFA), was created.
世界范围的管理机构——国际足联成立。

1908 The football was made a regular Olympic Games event.
足球成为奥运会正式比赛项目。

1930 The first men's World Cup took place.
首届男子足球世界杯举行。



More About Football

Where does the word “soccer” come from? 足球一词起源于何处?

In the 1880s students of Oxford university abbreviated words by adding “er” to the end; for instance, breakfast became “brekkers” and “rugby rules” was referred to as “rugger”. When one student, Charles Wreford Brown, was asked if he'd like to play rugger, he was the first to abbreviate “association rules” (Football Association rules) by answering, “No, soccer.” Brown later became an England international and Football Association vice-president.



Olympic History 足球在奥运会上的历史



Olympic football tournaments were contested in 1900 and 1904, and the sport has been held at every Olympics with the exception of 1932 in Los Angeles. Currently, professional players may compete at the Olympics with some restrictions. The players must be 23 years old or less, but three exceptions to this age limit are allowed for each team.

Women's football appeared on the Olympic programme for the first time during the Atlanta Games in 1996. Women footballers also have an Olympic age limit, but opposite to that of men. Olympic women footballers must be at least 16 years old.

Referee and its history 裁判及其历史

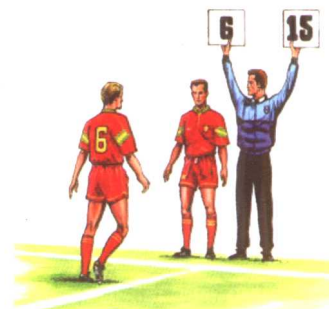
The early players didn't need a referee! They were gentlemen, and any dispute could be settled by the two captains. Of course, this idyllic state of affairs couldn't last, especially when competitive soccer in the form of the Football Association's Cup came along in 1872. By this time, it had become the practice for each team to appoint an umpire. These two gentleman then ran about the pitch, keeping an eye on matters. They had no right to interfere with the game, but could be “appealed to” by the players, just as in the game of cricket today. They were given the power to award a free kick for handball in 1873, and for other offences in 1874. Also in 1874, umpires could send a player off for “persistent infringement of the rules”.

Of course, it is not surprising that occasionally the two umpires could not agree on a decision, and so the need arose for a neutral observer, the “referee”. The first mention of the referee occurs in 1880. He was appointed



by mutual agreement of the two clubs. He was required to “keep a record of the game” and act as timekeeper. He had the power to caution players who were guilty of ungentlemanly conduct, without consulting the umpires (though any such caution was made with the umpires present). If a player continued to transgress, or was guilty of violent conduct, the referee could send him off and report him, even if the player then proffered an apology. The referee was given greater powers in 1889/1890, when was allowed to award a free kick for foul play without waiting for an appeal. It was only at this point that I suspect he needed a whistle! The well known story that the referee’s whistle was first used at a Nottingham Forest v. Sheffield Norfolk game in 1878 seems not to stand up to scrutiny! Forest didn’t play Norfolk in 1878, and the referee had no need for a whistle anyway!

Not until the 1891/1892 season was he finally given the powers he has today, and allowed onto the field of play. The two umpires now assumed the role of linesmen, or “assistant referees” as we have to call them from 1996 onwards!



Referee 裁判

The chief official; he makes all final decisions, acts as timekeeper, calls all fouls and starts and stops play.

Assistant Referees (lineman) 巡边员

The two officials who assist the referee in making his decisions; they monitor the sidelines and goal lines to determine when a ball goes out of bounds and they carry a flag to signal their observations.



Fourth official 第四官员

In FIFA-sponsored competitions, the first official is an official with responsibility for supervising substitutions, keeping order in the technical areas and so forth.

Goalnets 球门网

What finer sight is there than the ripple of the net as a goal is scored? Even the sound of the leather skimming across the nylon is tantalising. Yet, when football was first played, there were no nets. This led to arguments as to whether a goal had been scored or not, until a Liverpool engineer, John Alexander Brodie, decided to design “a huge pocket” for the goal.



The world’s first footballer ever to “put the ball in back of the net” was Geary of Everton, at a trial game in Nottingham, England, in January 1891. The referee that day, incidentally, was Sam Widdowson, the man who invented shinpads. Brodie went on to develop several other inventions

and complete engineering works across Britain, Spain and India. But he always said that goalnets were his finest achievement. And who are we to disagree?

Red and Yellow Cards 红牌、黄牌

Not content with blowing an all-powerful Acme Thunderer whistle, it was an English referee who first thought of using red and yellow cards.

Ken Aston was in charge of the referees at the 1966 World Cup. During England's stormy quarter-final against Argentina at Wembley, the visiting captain, Antonio Rattin, refused to leave the field after being sent off by the German referee, Rudolf Kreitlein. Aston ran on to the pitch and, in his schoolboy Spanish, tried to persuade Rattin to depart so the game could continue. Driving away from the stadium later that day Aston began to ponder the problem of how referees could make their intentions clear to players without having to speak the same language. At that same moment he stopped at some traffic lights and saw the red, amber and green. And that's how the idea of using coloured cards was born.



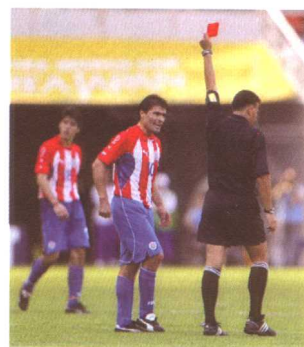
Red and yellow cards were first used by FIFA referees during the 1970 World Cup in Mexico. Ironically, not one player was sent off throughout that entire tournament! Although the idea was born in England, red and yellow cards were not used in the English leagues until 1976. Even then, following complaints by players that referees were brandishing the cards too readily, their use was suspended between 1981 and 1987.

Yellow Card 黄牌

A playing card-sized card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also called a caution; 2 yellow cards in one game earns a player an automatic red card, signaling his removal from the game.

Red Card 红牌

It's a playing card-sized card that a referee holds up to signal a player's removal from the game; either for two yellow cards or such serious offences as spitting, dangerous play, violence, an intentional handball or another foul that prevents a goal from being scored. The player's team must play the rest of the game short-handed; presented for violent behavior or multiple rule infractions (two yellow cards = one red card).





For the Good of the Game

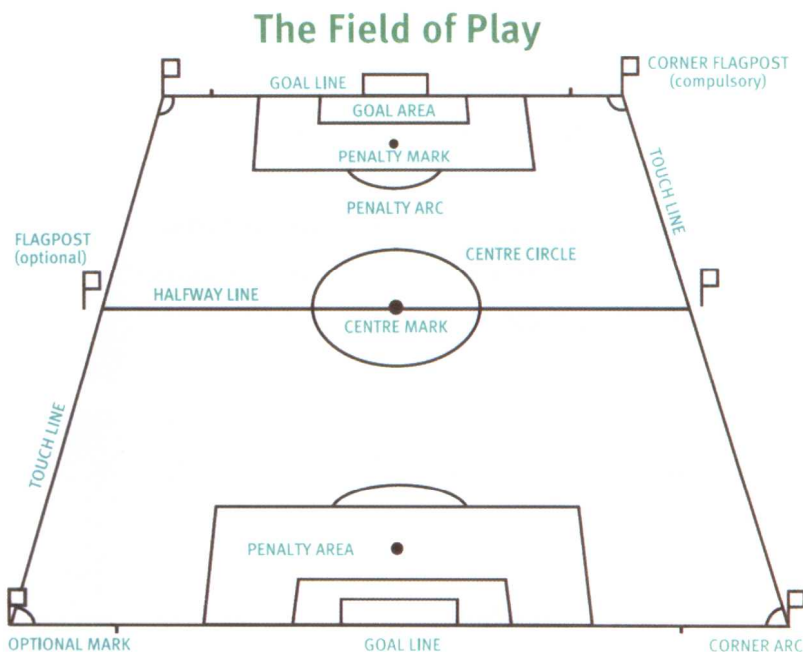
FIFA is committed by its Statutes not only to the positive promotion of football through development programs, but also to supervising international competitions and to safeguarding the sport and its good image against abuse of its rules and regulations. And FIFA sees to it that the game is played to one unified set of rules, the Laws of the Game, all over the world. Football's ever growing popularity, its enormous appeal especially to young people, its expanding economic, social and even political significance and, not least, its importance for the media have all combined to make the sport a vital common denominator for varied interest groups. This trend means that FIFA is also obliged to deal with matters outside its immediate sporting sphere of activity. FIFA's main aim is, and always will be, the active promotion and development of football worldwide. But the world body also has a duty to play its own willing part in preserving traditional sporting values in order to reflect the increasingly important status which sport in general, and football in particular, enjoys in our modern society.



国际足联对自己的使命有明确规定，不仅要通过一系列计划发展足球运动，还要管理国际比赛，同时维护这项运动的形象和自身的发展，制止任何违反规定的行为。国际足联确保了比赛按统一规定进行，即遵循全球一致的比赛规则。如今足球日益流行，尤其吸引众多年轻人，随之将产生巨大的经济、社会、政治意义。对媒体来说它也举足轻重。总之足球与不同团体利益息息相关。这个潮流使得国际足联不得不涉足很多足球运动之外的事情。国际足联现在和未来的主旨是在世界范围内推广和发展足球运动。这个国际机构也致力于维护传统的运动价值，使之反映体育和足球对于现代社会的重要意义。

Field of Play

足球场



Grass field, or pitch 球场

It is 100 to 110m long by 64 to 75m wide. The halfway line crosses the middle, dividing the field into two equal halves and dissecting the center circle.

Center circle 中圈

It refers to the circle in the middle of the field with a radius of 9.15m.

Center mark 中心标记

It is the mid-point of the center circle from which the ball is kicked to start play or restart play after a goal has been scored.

Midfield line or center line 中线

It is a line that divides the field in half along its width.

Goals 球门

Each team defends a goal, 2.44m high and 7.32m wide.



Crossbar 横梁

The horizontal beam that forms the top of a goal and sits on top of the two posts; It is 7.32m long and supported 2.44m above the ground.

Goalposts 球门柱

They are two vertical beams located 7.32m apart which extend 2.44m high to form the sides of a goal and support the crossbar.

Goal Line 球门线

The line on which the goal stands, marking each end of the field of play.

Goal Area 球门区

The rectangular goal area lies inside and parallel to the penalty area and extends to 5.5m outside of each goalpost and runs 5.5m into the field of play. Attackers cannot charge the goalkeeper inside the goal area.

Penalty Area 罚球区

A space in front of each goal where any of various infringements by the defending team results in a penalty kick for the attacking team; also called the "penalty box".

Penalty Spot 罚球点

The small circular spot located 12 yards in front of the center of the goal line from which all penalty kicks are taken; positioned at the center of the penalty arc.

Penalty Arc 罚球弧

A circular arc whose center is the penalty spot and extends from the top of the penalty area; it designates an area that opposing players are not allowed to enter prior to a penalty kick.

Sideline 边线

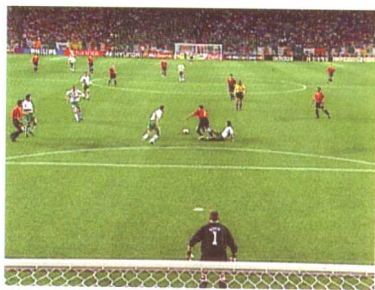
It is a boundary line on the side of the field; also called a "touchline".

Corner Arc 角球弧

A quarter-circle with a radius of 1 m located at each of the 4 corners of the field; on a corner kick, the ball must be kicked from inside this arc.

Corner Flag 角旗

The flag located at each of the 4 corners of the field, inside the corner area.



More About Football

History of FIFA 国际足联的历史

The Fédération Internationale de Football Association (FIFA) was founded in Paris on 21 May 1904. The foundation act was signed by the authorised representatives of the following Associations: France, Belgium, Denmark, Netherlands, Spain, Sweden and Switzerland.

FIFA only consisted of European Associations up until 1909. The first members from overseas joined in the following order: South Africa in 1909/1910, Argentina and Chile in 1912, USA in 1913. This was the start of FIFA's international activities. The long path towards full expansion had been sketched out. The first World Cup was opened at the Centenary Stadium in Montevideo on 18 July 1930. A new epoch had begun for world football. 1946 saw the return of the four British Associations to FIFA. When Dr. João Havelange was elected at the 39th Congress in 1974, he was ready to consider football not only as a competition, but also to try and find new ways and means to worldwide technical development and to prepare new generations for this. Havelange's installation in FIFA's headquarters heralded the dawn of a new era. On 8 June 1998 Joseph S. Blatter (SUI) was elected as the successor to João Havelange as the eighth FIFA President.



Now, FIFA has 204 Member Associations. ^[1]

Presidents of FIFA 国际足联主席

Robert Guerin 罗伯特·盖因	法国	1904—1906
Daniel Woolfall 丹尼尔·伍尔福尔	美国	1906—1918
Jules Rimet 朱尔斯·雷米特	法国	1921—1954
Rodolfe Seeldrayers 罗道尔夫·西尔德赖尔	比利时	1954—1955
Arthur Drewry 阿瑟·德鲁里	美国	1956—1961
Sir Stanley Rous 斯坦利·劳斯勋爵	美国	1961—1974
Dr.Joao Havelange 若奥·阿维兰热	巴西	1974—1998
Sepp Blatter 布拉特	瑞典	1998—

[1] 截止 2002 年 12 月。

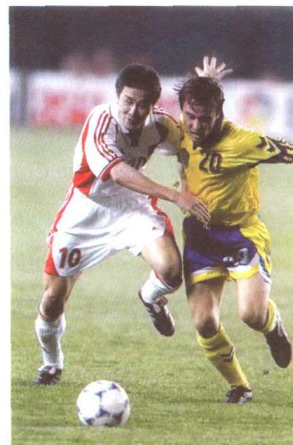


International fair play campaigns are one of the most effective means by which FIFA seeks to strengthen the ethical basis for football and for sport as a wider concept. A new Fair Play logo was introduced in 1993, together with a new trophy awarded at FIFA competitions and annually to an individual or a group, to stimulate awareness of how the dynamics of football are directly related to the elegance fundamental to all sporting endeavour. The world's top teams and players have a responsibility as role models for young people taking up the game, and FIFA has acknowledged this fact by obliging all the players in the World Cup finals and other FIFA events to sign a Fair Play Declaration.

Recent years have sadly seen a number of disturbances and occasional tragedies at football matches in various parts of the world which have emphasised how neither FIFA, the continental confederations nor the national associations can be primarily responsible for questions of security outside the stadia, nor for the socio-economic conditions which are predominantly at the root of these problems.

The incidence of occurrences bringing football into disrepute has, however, been successfully reduced as a result of close cooperation with the respective authorities and strict guidelines for match organisation and stadium design. FIFA is convinced that all-seater stadia are an important element in the on-going efforts to eradicate the problem of spectator disturbances which still remains latent in some countries and which unfortunately sometimes still manifests itself at matches.

Football cannot escape the fact that multi-cultural societies do not always engender racial harmony. Applying this awareness to football spectators and teams,



FIFA remains true to the anti-discrimination ethics of its Statutes by lending willing support to the efforts of various organisations working to combat all forms of racial agitation in football.

As well as rewarding its various world champion teams with cups and diplomas, FIFA also presents titles to individuals; the FIFA Fair Play Trophy is for the team with the best behaviour. Special acts of fair play are also recognized by an annual award which often goes to an individual or a group who otherwise enjoy little share of the spotlight.



Football 足球

The ball must be 68 to 70cm in circumference and not weigh more than 450g or less than 410g.

The first football was a pig's bladder, inflated with human lung power, and knotted at the end like a balloon.

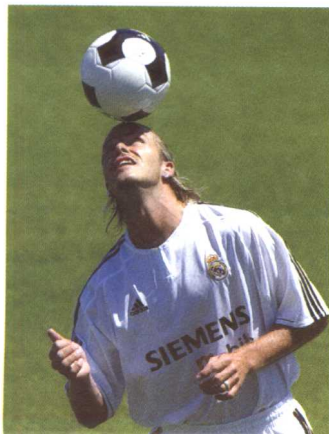
Boot and shoemakers then made a leather case for the ball, reflecting the shape of the bladder. This was “plum shaped”; rounder than today’s rugby ball, but certainly not spherical.

In 1862 came the invention of an india rubber bladder and a pump with which to inflate it. This allowed the production of a round ball, though some manufacturers still had a button at each end of the ball to hold the stitching together at the point where the leather panels met. “Button-less balls” was a prime marketing buzzword for suppliers and manufacturers in the 1880s!

There was nothing in the early rules about the size of the ball to be used. Some of those used in the “village” kickabouts were enormous by today’s standards. To quote the Brighton College Football Song:

And Eton may play with a pill if they please
And Harrow may stick to their Cheshire Cheese
And Rugby their outgrown egg, but here
Is the perfect game of the perfect sphere

The first time that a “standard” ball was specified was for a representative game between the (London) Football Association and Sheffield Association in March 1866, when it was stated that “Lillywhite’s No.5” must be used. Later, the Harrow Chequers club proposed that a fixed size of ball should be used for the FA’s Challenge Cup Competition. The general agreement was that Lillywhite’s number 5 should be used. After the tape measure was produced, the law became a ball of average circumference of not less than 27 inches and not more than 28 inches. This rule was extended to encompass all games in 1883. A standard weight



followed in 1889: from 12 to 15 ounces. This was amended in 1937 to become 14 to 16 ounces.

It was the practice on mainland Europe, at least until the 1940s, to use a smaller sized ball, the number 4. The England team were somewhat bemused to be asked to play with a no. 4 in an international in Portugal in 1947. They finally persuaded the referee to use a no. 5, but after Tommy Lawton had opened the scoring for England, the players found a no. 4 had been substituted! England won 10-0, so it didn’t help the Portuguese much!

The finalists in the first World Cup Final in 1930, Uruguay and Argentina, could not agree on the size of ball to be used. Different sized balls were used in



Sport English



Sport English

each half!

Though the old leather balls could be treated with dubbin in order to keep them in good condition, they usually became waterlogged and heavy in wet weather. Modern balls have a waterproof coating. Anyone able to visit the Gilbert rugby museum in Rugby, England will find a fascinating display of early balls, soccer as well as rugby. The museum is just opposite Rugby School. I believe a craftsman is often to be found in the museum, demonstrating the art of stitching a football.

足球运动员穿着的规定

The basic compulsory equipment of a player is:

—a jersey or shirt

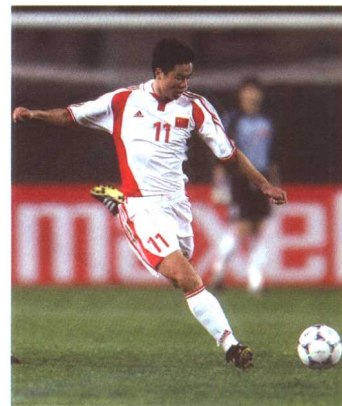
—shorts -

—stockings

—shinguards

—footwear.

If thermal undershorts are worn, they are of the same main color as the shorts.



KEY WORDS 重点词汇

football	足球	soccer	足球
rugby	橄榄球	simulation	假摔
black whistle	黑哨	FIFA	国际足球联合会
center circle	中圈	penalty area	罚球区
goal area	球门区	goals	球门
crossbar	横梁	goalposts	球门柱
goal line	球门线		

Chapter 98

The Football(II) 足球(二)



Football or Soccer is a game of control, passing, scoring and defending. Two teams with 11 players each try to score more goals than the opposing team by kicking or heading the ball into the opponent's goal. Players can use any part of their bodies, except their hands and arms, to control, propel and pass the ball; only the goalkeepers can touch the ball with their hands.

足球是一种控球、传球、进攻和防守的运动。双方的 11 名球员都试图通过脚踢或头顶，将球攻入对方球门来获得比对手更高的分数。运动员可以使用除了手和胳膊以外的身体的各个部位控球、带球和传球；只有守门员可以使用双手接触球。



Rules and Players



规则和球员

A match is 90 minutes, divided into two 45-minute halves, with a 15-minute half-time break.

整场比赛为 90 分钟，分上下两个半时，加时赛为 30 分钟。

Only goalkeepers can touch the ball with their hands or arms.

在比赛中只有守门员可以用手触球。

The goalkeeper can only touch the ball when inside the penalty area, the rectangle around his or her own goal.

守门员只有在罚球区才可以用手触球。

If a defender kicks the ball back to the goalkeeper, the goalkeeper can only kick the ball.

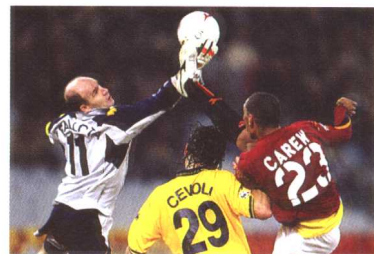
守门员不能用手接回传球。

Only three substitutions per team per game are allowed.

每队每场比赛只允许有 3 次换人，当然在一些热身赛中双方可以约定。

No player can rejoin the game after being replaced by a substitute.

被替换下场的球员不能重新参加比赛。



Offside



越位



A referee calls an attacking player offside when he or she is closer to the goal line than either the ball or an opposing defender. A player in an offside position is only penalized if the referee judges him or her to be interfering with play, interfering with an opponent or gaining an advantage by being in that position. A player behind the ball cannot be offside. An attacker who runs offside to collect a pass is not offside if he or she was onside when the ball was passed. The opposing team receives an indirect free kick when offside is called. The offside rule's purpose is to stop teams from bunching players

at the opposing team's goal. A player is not offside if he or she receives the ball directly from a goal kick, a throw-in, or a corner kick.

当运动员比球或对方球员先接近球门线时，裁判员就会判该运动员越位。运动员只是在干扰比赛，干扰对手或利用越位的位置获取优势时，才会被裁判判罚越位。当运动员在球的后面时，不构成越位。如果进攻队员在球被传出来之时没有越位，而只是在接传球时处于越位位置，则不构成越位。越位犯规时，对方将获得间接任意球的机会。越位规则的制定就是为了防止球队的球员出现在对方球门前时而对方无人防守。如果球员直接接球门球、界外球或角球时，将不会被判罚越位球。



OFFSIDE 越位

The attacker who receives the ball from his team-mate, number 9, is offside since he is nearer to his opponents' goal line than the ball and the second last defender and gains an advantage by being in that position.

进攻队员接到同队 9 号队员的传球，为越位。因为他较球和最后第二名防守队员更接近于对方球门线，并利用越位位置获得了优势。



Not Offside 不越位

The attacker who receives the ball from his team-mate, number 8, is not offside because, when the ball is kicked, he is level with the second last defender.

进攻队员接到同队 8 号队员的传球，不越位。因为当球被踢时，他齐平于最后第二名防守队员。



Not Offside 不越位

The attacker, number 9, is not offside because, when the ball is played to him by his team-mate, number 7, he is level with the second last defender.

进攻队员 9 号不越位。因为当同队 7 号队员将球踢给他时，他齐平于最后第二名防守队员。



Not Offside 不越位

A player cannot be offside from a throw-in.

队员直接接得界外掷球，不越位。



Offside 越位

The attacker, number 9, is offside because he is involved in active play and is interfering with the goalkeeper.

进攻队员 9 号越位。因为他介入实际比赛中，对守门员构成干扰。



Offside 越位

The attacker, number 9, is offside because he is in an offside position and is interfering with the goalkeeper.

进攻队员 9 号越位。因为他处于越位位置，且对守门员构成了干扰。



Not Offside 不越位

The player lying in the goal area is not offside since he is not involved in active play and is not interfering with the goalkeeper.

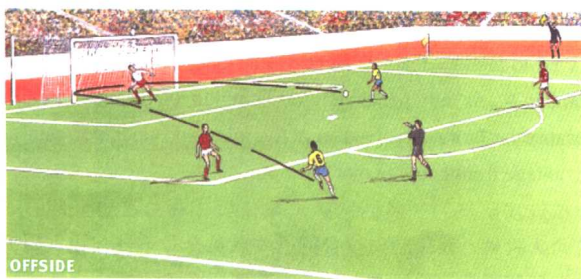
躺在球门区地上的队员不越位。因为他未介入实际比赛，对守门员不造成干扰。



Not Offside 不越位

Although the attacker is in an offside position when the ball is kicked by his team-mate, number 10, he is not penalized because he is not involved in active play and does not gain an advantage by being in that position.

当同队 10 号队员踢球时，虽然一名进攻队员处于越位位置，但他不应该被判罚越位，因为他没有利用越位位置获得优势，没有实际介入比赛。



Offside 越位

The shot by number 6 rebounds from the goalpost to a team-mate, who is penalized for being in an offside position, because when the ball is played, he is involved in active play and gains an advantage by being in that position.

6 号队员踢出的球从门柱弹向一名处于越位位置的同队队员，他要被判罚越位。因为当球被踢时，他利用越位位置获得了利益并实际介入了比赛。



Offside 越位

The shot by a team-mate rebounds from the goalkeeper to number 8, who is penalized for being in an offside position because, when the ball is played, he is involved in active play and gains an advantage by being in that position.

同队队员踢出的球从守门员身上弹向处于越位位置的 8 号队员，他要被判罚。因为当球被踢时，他利用越位位置获得了利益，并实际介入了比赛。



Not Offside 不越位

The ball is kicked to the goalkeeper by a team-mate and an attacking player moves to challenge him.

球被同队队员踢向守门员，一名进攻队员跑向他去争抢。



Not Offside 不越位

The goalkeeper kicks the ball upfield and the attacking player, number 9, turns to take up an inside position.

守门员将球踢向场地远处，进攻队员 9 号转身到场内的一个位置上。



Not Offside 不越位

The ball is intercepted by a team-mate of the attacking player and played to another team-mate on the wing. The attacking player, number 9, is not penalized for being in an offside position because he is not involved in active play and does not gain an advantage from being in that position.

球被进攻队员的一名同队队员截住后，踢给右边上的另一名同队队员，处于越位位置的进攻队员9号不被判罚。因为他没有利用越位位置获得利益，并实际介入比赛。

More About Football

Offside Law 越位规则

The need for an “offside” law goes back to the early years of the game. A player was “off his side” if he was standing in front of the ball, that is, between the ball and the opponent’s goal. To the Sheffield Association, this didn’t matter at all! There was no offside rule, and players known as “kick throughs” were positioned permanently near the opponents goal.

The people who drew up other “rules of the game” in the mid nineteenth century had been brought up with the idea of keeping all players “behind” the ball, disallowing the forward pass, and making progress towards the opposition’s goal by means of dribbling with the ball or in a scrum. For a game of soccer to flow freely, it was essential to allow the forward pass, thus raising the need for an offside law. The Cambridge rules of 1848 stated that it needed three of the opponents side between a forward player and the goal for him to be “onside”. However, the Uppingham rules of 1862 remained strictly against the forward pass; “if the ball is kicked by his own side past a player, he may not touch it, or advance, until one of the other side has first kicked it, or one of his own side, having followed it up, has been able, when in front of him, to kick it”. The first set of Football Association rules agreed with the Uppingham idea.

As football developed in the 1860s and 1870s, the offside law proved the biggest argument between the clubs.



Sheffield got rid of the “kick throughs” by amending their laws so that one member of the defending side was required between a forward player and the opponents goal; the Football Association adopted the Cambridge idea of three! Finally, Sheffield came into line with the F. A., and “three players” were the rule until 1925. The change to “two players” rule lead to an immediate increase in goal scoring. 4 700 goals were scored in 1848 Football League games in 1924/1925. It rose to 6 373 goals (from the same number of games) in 1925/1926.



Assistant Referee Signals 助理裁判员的信号

Substitution 换人	Offside 越位	Throw-in 界外球	Offside on the near side of the field 近端越位	Offside in the center side of the field 中间越位	Offside on the far side of the field 远端越位

The Ball In and Out of Play 比赛进行及死球

Ball Out of Play 比赛成死球

The ball is out of play when:

—it has wholly crossed the goal line or touch line whether on the ground or in the air.

—play has been stopped by the referee.

Ball In Play 比赛进行

The ball is in play at all other times, including when:

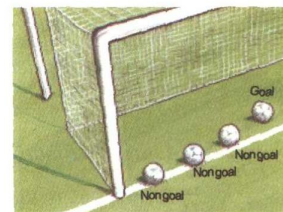
—it rebounds from a goalpost, crossbar or corner flagpost and remains in the field of play.

—it rebounds from either the referee or an assistant referee when they are on the field of play.



Goal Scored 进球得分

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.



Free Kick 任意球

A kick where the defence must stay 9.15m (10 yds) away, awarded after offences ranging from the less serious, such as impeding a player, to the more serious, such as dangerous charging, striking, pushing, tripping, kicking or an intentional handball.

Free kicks are either direct or indirect. For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.



Direct free kick

Direct Free Kick 直接任意球

A free kick where the ball may be kicked directly at the opponents' goal. If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

Indirect Free Kick 间接任意球

A free kick where a goal can be scored only if the ball subsequently touches another player before it enters the goal. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded; if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.



Indirect free kick

Throw-in 掷界外球

A throw from a player on the sideline into the field of play, awarded after the ball goes out over the sideline. A goal cannot be scored directly from a throw-in.

At the moment of delivering the ball, the thrower;

- faces the field of play.
- has part of each foot either on the touch line or on the ground outside the touch line.
- uses both hands.
- delivers the ball from behind and over his head.

The thrower may not touch the ball again until it has touched another player.



Mr. John Murray talking

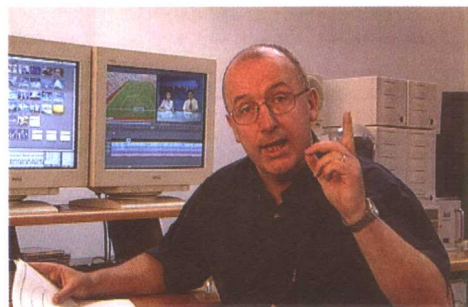
约翰·莫瑞谈足球



My name is John Murray, I'm the voice of Sports English. And I've been since episode one. Many months ago. I've covered everything from the stage from Ping Pong to synchronized swimming. But I want to let you on a secret—my big passion is soccer, and in the next few days, I've been lucky enough to be heading to Korea to watch China playing in the World Cup. Well, we all have our own idea about who the best player in the world of football have been, past and present. If you'd spare me a few

moments now, I'm gonna give you my list in alphabetical order of the players, who I think are the best in the game.

我的名字叫约翰·莫瑞，我是《体育英语》的配音。我先来讲一段小故事。从好几个月前，我们全面细致地介绍了许多项目：从乒乓球到花样游泳。但在这里我要向大家透露一个秘密：我个人最钟情的运动是足球。过几天我将很幸运地去韩国观看中国队在世界杯上的比赛。我们每个人都有自己认为最出色的足球球员，过去的和现在的。如果你给我几分钟的时间，我将依照字母的顺序给出我认为的世界上最出色的球星。



A:

The great Brazilian Carlos Alberto, Demetrio Albertini, the Colombian Faustino Asprilla.

伟大的巴西球员阿尔贝托；阿尔贝蒂尼；哥伦比亚球员阿斯普里拉。



Carlos Alberto



Demetrio Albertini



Faustino Asprilla



Franz Beckenbauer

Sports English



Sports English

B:

The “Casear” himself—Franz Beckenbauer, the man who captained Germany to the World Cup in 1974. The free kicks specialist for England—David Beckham, who hopes to be fit in time for next month’s World Cup. Italian Roberto Baggio, who won’t be there next month. Argentinian Gabriel Omar Batistuta, and the great Italian Libero Franco Baresi.





凯撒大帝——贝肯鲍尔，1974 年世界杯德国队队长；英格兰的任意球高手——贝克汉姆，不知他能否参加下个月的世界杯；意大利的罗伯特·巴乔，他不能参加本届世界杯；阿根廷的巴蒂斯图塔；伟大的意大利自由人巴雷西。

			
David Beckham	Roberto Baggio	Gabriel Omar Batistuta	Franco Baresi

C:

Under C, you have the likes of Dutch man Johan Cruyff. Eric Cantona, who was found of kicking spectators the other time. The great Bobby Charlton, who was on the England team that won the World Cup in 1966. And Hernán Crespo.

以字母 C 开头的有荷兰的克鲁伊夫；还有曾脚踢观众的坎通纳；伟大的博比·查尔顿，他率领英格兰赢得 1966 年世界杯；还有克雷斯波。

			
Johan Cruyff	Eric Cantona	Bobby Charlton	Hernán Crespo

D:

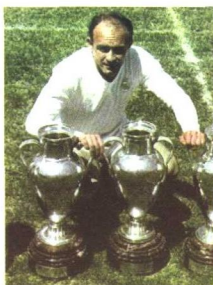
Under D, you have Alessandro Del Piero, Alfredo Di Stefano, Didi, Kenny Dalglish. Russian goalkeeper Rinat

Dassaev, and Brazilian Carlos Dunga.

以字母 D 开头的有德尔·皮耶罗；迪·斯蒂凡诺；迪迪；达格利什；前苏联守门员达萨耶夫和巴西的邓加。



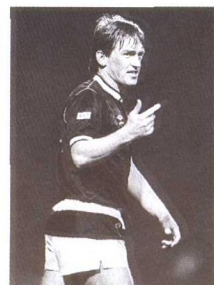
Alessandro Del Piero



Alfredo Di Stefano



Didi

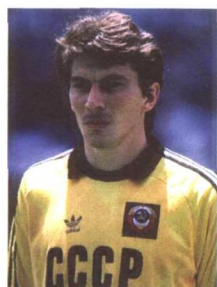


Kenny Dalglish

E:

Who would forget Eusebio Ferreira Da Silva, the great Portuguese player. And the current Brazilian star Giovane Elber.

谁也忘不了伟大的葡萄牙球员尤西比奥；还有巴西现役球星埃尔伯。



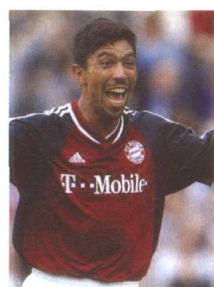
Rinat Dassaev



Carlos Dunga



Eusebio Ferreira Da Silva



Giovane Elber

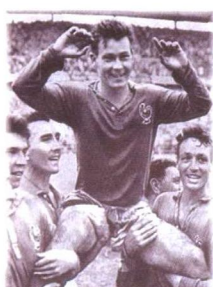
F:

Under F, we have the current “world footballer of the year” Luis Filipe Madeira Figo. And Just Fontaine.

以字母 F 开头的有世界足球先生菲戈，还有方丹。



Luis Filipe Madeira Figo



Just Fontaine



Garrincha

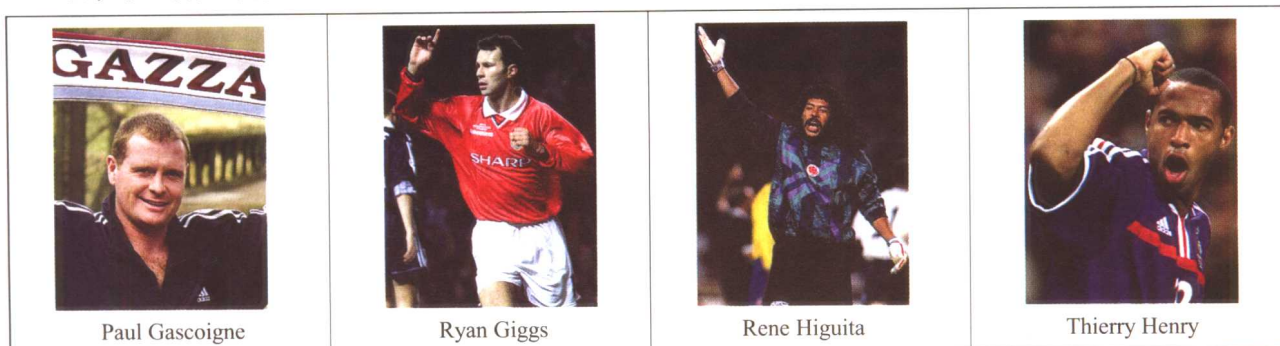


Ruud Gullit

G:

Under G, Brazilian Garrincha. Ruud Gullit the man with the “dredlock” . Of course Paul Gascoigne. The wild Sweeper from MU Ryan Giggs.

以字母 G 打头的有巴西的加林查；满头辫子的古力特；加斯科因；来自曼联队的吉格斯。



H:

Under h, Rene Higuita. Arsenal star and star of the French World Cup success Thierry Henry. American woman star Mia Hamm.

姓氏以 H 开头的有伊基塔；阿森纳球星亨利，他是法国卫冕世界杯的希望；美国女足明星米亚·哈姆。



I:

We can think of Italian player, striker Filippo Inzaghi.

以字母 I 开头的有意大利球员因扎吉。



J:

Under J, you have the likes of Juninho, and Mario Jardel. And the great Jairzinho, the man who's got such cracking goals in the 1970 world Cup.

以字母 J 开头的有儒尼尼奥和贾德尔；伟大的扎金霍，他在 1970 年世界杯的破门令人难忘。

K:

Reminds us of Jurgen Klinsmann, the German striker. And Mario Alberto Kempes, the man who single-handedly won the World Cup for Argentina in 1978. Oliver Kahn, the German goalkeeper, Dutch striker Patrick Kluivert, and the great Irish man Roy Keane, Kevin Keegan.

以字母 K 开头的有德国球员克林斯曼；为阿根廷捧走 1978 年世界杯立下汗马功劳的肯佩斯；德国守门员卡恩；荷兰前锋克鲁伊维特；伟大的爱尔兰球员基恩、凯文·基冈。



Patrick Kluivert



Roy Keane



Kevin Keegan



Gary Lineker

L:

Gary Lineker, Michael Laudrup

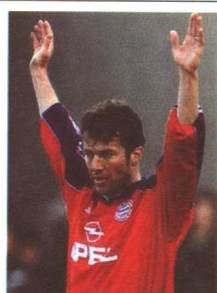
以字母 L 开头的有莱因克尔、米歇尔·劳德鲁普。



Michael Laudrup



Diego Armando Maradona



Lothar Matthaus



Paolo Maldini

M:

Under M, the great Diego Armando Maradona, who helped Argentina won the wc in 1986 with the jubious goal against England. Lothar Matthaus, the German. Paolo Maldini, who will take part in his 4th consecutive World Cup in Korea next month. And of course Bobby Moore, the captain of 1966 England team. Gerd Muller, who scored the winning goal for Germany in 1974.

Speed English



Speed English

以字母 M 开头的有伟大的马拉多纳，他为阿根廷夺得 1986 年世界杯，并用上帝之手打进了英格兰一个球；德国运动员马特乌斯；马尔蒂尼，本届世界杯是他连续四次参加的世界杯；博比·摩尔，是 1966 年英格兰队队长；穆勒，为德国 1974 年捧杯踢进了关键性的一球。



N:

Under N, Hungarian Pavel Nedved.

以字母 N 开头的有球员内德维德。

O:

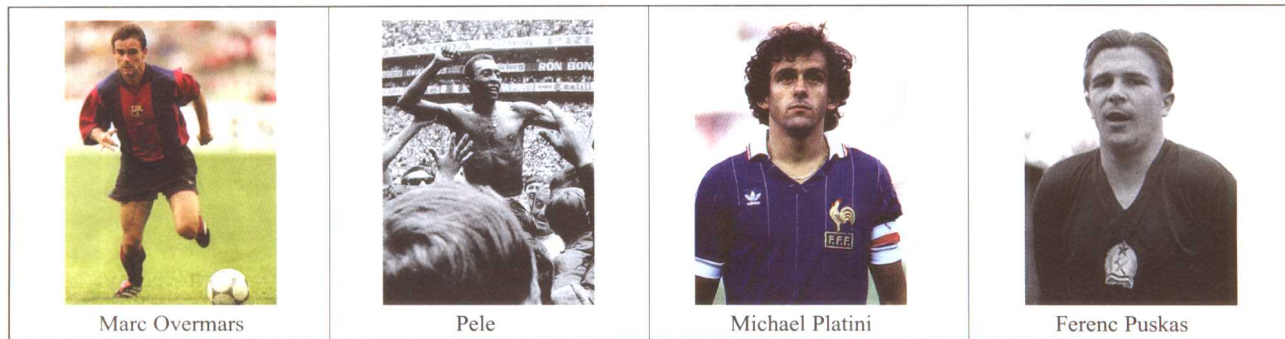
Michael Owen, the great “mikerlon”, the Liverpool striker. And of course Marc Overmars of Holland.

以字母 O 开头的有伟大的利物浦前锋欧文；荷兰运动员奥维马斯。

P:

The great Pele, the man who coined the expression “the beautiful game”, and arguably the greatest player of all time. Michael Platini, the French player. And Ferenc Puskas, the famous Hungarian player.




伟大的贝利，是他让足球成为“精彩的游戏”，贝利的伟大之处前无古人后无来者；法国球员普拉蒂尼；著名的匈牙利运动员普斯卡斯。



Q:

Q of course reminds me of some Chinese stars, Qi Hong and Qu Bo.

字母 Q 让我想起中国运动员祁宏和曲波。

			
Qi Hong	Qu Bo	Ronaldo	Rivaldo

R:

Under R, Ronaldo who hopefully will be fit enough to take his place in the wc. The Brazilian midfielder Rivaldo. And of course Romario, who won't be there next month and that's created some controversy. The Spanish player Raul Gonzalez Blanco who played for "Ray on the Draid" . Paolo Rossi, who helped Italy won the wc in 1982. And Frank Rijkaard, the former Dutch star. Ian Rush, the great Liverpool goal scorer. Karl Heinz Rummenigge, the German.

以字母 R 开头的有罗纳尔多，希望他能快点康复，参加下个月的世界杯；巴西中锋里瓦尔多；罗马里奥，他不能参加本届世界杯的事实，引起了轩然大波；为皇家马德里效力的西班牙球员劳尔帮助意大利夺得 1982 年世界杯的保罗·罗西；前荷兰球星里杰卡尔德；伟大的利物浦射门高手拉什；德国球员鲁梅尼格。

			
Romario	Raul Gonzalez Blanco	Paolo Rossi	Frank Rijkaard
			
Ian Rush	Karl Heinz Rummenigge	Nilton Santos	Socrates

S:

Under S, we have Nilton Santos, Socrates. And of course the Chinese lady star Sun wen. The great Danish goal

keeper Peter Schmeichel. Dutch defender Japp Stam. Russian player Andrei Shevchenko. The Croatian player Davor Suker. And German midfielder Matthias Sammer.

以字母 S 开头的有桑托斯；苏格拉底；中国女足明星孙雯；伟大的丹麦守门员舒梅切尔；荷兰后卫斯塔姆；乌克兰球员舍夫琴科；克罗地亚球员苏克；德国中锋萨默尔。



T:

When it comes to T, we think of Francesco Totti and Francesco Toldo, who both be playing for Italy in the wc. And of course, the French striker David Trezeguet.

以字母 T 开头的有意大利的托蒂和托尔多，他们将参加本届世界杯；法国球员特雷泽盖。



U:

There are no Us that I can think of.

没有姓氏是以 U 开头的球员。

V:

But when it comes to V, the great Dutch player Marco Van Basten, who scored the winning goal when Holland won the European Championships in 1988. Christian Vieri of Italy. The Manchester United striker Ruud Van Nistelrooy. Former Germany striker and current team coach Rudi Voller.

以字母 V 开头的有伟大的荷兰运动员范·巴斯腾，是他为荷兰夺取 1988 年欧洲杯踢进了关键的一球；意大利的维埃里；曼联队前锋范·尼斯特鲁伊；前德国队前锋、现任教练沃勒尔。



David Trezeguet



Marco Van Basten



Christian Vieri



Ruud Van Nistelrooy

W:

The Ws include George Weah of Liberia and Ian Wright of Wales.

以字母 W 开头的有利比亚的维阿和威尔士的伊恩·赖特。

Y:

When it comes to Y, the great Soviet goalkeeper Yashin. Manchester United striker Dwight Yorke.

以字母 Y 开头的有伟大的前苏联守门员雅辛；曼联前锋约克。



Rudi Voller



George Weah



Ian Wright



Yashin

Z:

Under Z, the great Arthur Zico of Brazil one of the best players in the world at the moment Zinedine Zidane. The former Italian goalkeeper Dino Zoff.

以字母 Z 开头的有伟大的巴西球员济科；目前世界上最优秀的足球运动员之一的齐达内；前意大利守门员佐夫。



Dwight Yorke



Arthur Zico



Zinedine Zidane



Dino Zoff

Speed English



Speed English

But last of all, I'm gonna try a brief thing and name what I think would be a fairly strong World Team of the 20th Century.

最后，我还将试着给出我自己认为的 20 世纪最强的阵容。

Goalkeeper:

Yashin (Soviet Union);

Defence:

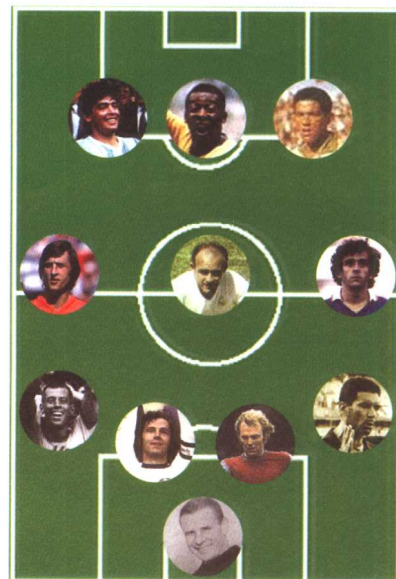
Carlos Alberto (Brazil), Beckenbauer (West Germany), Bobby Moore (England), Nilton Santos (Brazil);

Midfield:

Cruyff (Netherlands), Di Stefano (Argentina), Platini (French);

Attack:

Pele, Garrincha (Brazil) and Maradona (Argentina) .



Well, I'm off the World Cup now to see some of the players I've been mentioned there in action. Lucky me. I've already been privileged enough to see China qualify for their first ever finals. I was up in Shenyang when they play United Arab Emirates, Uzbekistan, Oman, Qatar. And what thrills and excitement to see a country historically qualify for their first finals. Fingers crossed, dig it on well there.

Millions of people around the world love soccer and love sport, have a great time when they attend events. And I can think of no better way to learn a language than through the medium of sport.

So, remember, Learning English the easy way through sport.

Chapter 99

The FIFA World Cup (I) 足球世界杯(一)



“The world Cup” is the world’ s grandest sporting event. Every four years, the best 24 teams (now 32 entries) in the world come together to celebrate this beautiful game with a spectacular tournament and cultural celebration that cannot be duplicated anywhere.

—Pele, professional soccer player



Begining of the World Cup

世界杯起源

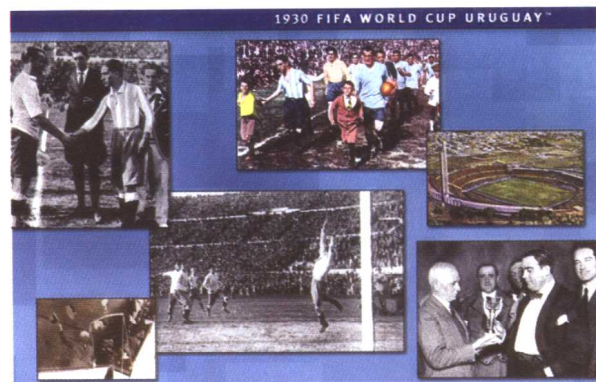


Even though FIFA was formed in 1904, it took the organization almost three decades to launch a genuine international competition. Up to then, the Olympics had been the only tournament with world-wide participation, but that was for amateurs only. However, more and more nations had adopted professionalism and what was known as “shamateurism” was creeping into the amateur game. In May 1928, the FIFA Congress decided to stage a world championship. First, the host country had to be chosen. Italy, the

Netherlands, Spain, Sweden and Hungary all submitted their candidatures. Right from the start, Uruguay was the favorite to succeed in its bid: the country had won the twofold Olympic titles (in 1924 and 1928), and was celebrating 100th anniversary of independence in 1930. So it was that the first World Cup got underway at the Centenary

Stadium in Montevideo on 18 July, in 1930. An exciting new era had begun for world football.

尽管国际足联成立于 1904 年，但直到 1930 年后才开始组织国际比赛，之前全球性的足球比赛只有在奥运会上出现，而且参赛队员必须是业余球员，但是越来越多的国家举行职业比赛，职业运动员冒充业余队员的做法在业余比赛中屡屡出现。1928 年 5 月举行的国际足联大会决定开创一项世界性的足球赛事，并着手选定主办国。虽然意大利、荷兰、西班牙、瑞典和匈牙利也提交了申请，但乌拉圭众望所归地获得主办权。乌拉圭是 1924 年和 1928 年两届奥运会足球冠军，加上他们正在为两年后召开的独立 100 周年庆祝大会做准备，首届世界杯在乌拉圭首都蒙得维的亚的世纪体育场开幕，时间是 1930 年 7 月 18 日，由此揭开了世界足球新的篇章。



Jules Rimet

朱利斯·雷米特



French man, Jules Rimet, 48 in his age, became 3rd President of FIFA on 1 March 1921. During the 33 years of his presidency, FIFA experienced an incredible upswing in its fortunes despite the interruption of World War II. Soccer historian talked about a “Jules Rimet Era” because he managed to reorganize FIFA and to make the dream of a World Cup a reality. On passing on the reins of FIFA in 1954, when he officially opened the 5th World Cup in Switzerland, Rimet at his stage will be proud of FIFA’s organization that has 85 members! For the last time, the “Father of the World Cup” presented the captain of the victorious

German team with the “Jules Rimet Trophy” and so departed from the top rank of the game.

法国人雷米特于 1921 年 3 月当选为国际足联第 3 任主席，在他任职的 33 年中，国际足联发展迅速，即使经历了第二次世界大战的冲击。我们称之为“朱利斯·雷米特时代”，因为他使国际足联获得了世界认可，也使世界杯的构想成为现实。1954 年他将国际足联大权移交他人。在瑞士，他颁发了第 5 届世界杯，那时国际足联已拥有 85 名成员。这位世界杯之父的最后一次颁奖，是将“雷米特杯”授予获胜的前西德队队长，他就此离开了国际足联掌门之位。



Speed English



Speed English



Review

历届回顾

The first FIFA World Cup backed in 1930 attracted 13 nations, including four from Europe, eight from South America and a representative team from the United States. The host Uruguay beat Argentina by 4-2 in the final to become the inaugural champion. In 1938 the 3rd FIFA World Cup competition was held on French soil and enjoyed huge popular success. It was the last opportunity for a display of international fellowship through football before war broke out the following year. The modern soccer game came



home to England in its 8th competition in 1966. Among those qualifying for the second round in England were the North Koreans, who surprised everybody by knocking out the Italians and then taking a 3-0 lead over the Portuguese in the tournament's most dazzling match. They eventually lost that game. What will happen in 2002, only time can tell.



首届世界杯仅有 13 个国家派队参加，其中包括 4 支欧洲球队，8 支南美球队和美国代表队。乌拉圭 4 比 2 击败阿根廷获得冠军。1938 年法国世界杯获得极大成功，这是第二次世界大战前最后一次世界性足球比赛，次年爆发了战争。第 8 届世界杯在英格兰举办，现代足球终于重归故里，朝鲜队进入了第二轮比赛，没人想到他们能击败意大利队，他们还一度以 3 比 0 领先葡萄牙，朝葡之战是那届比赛中最炫目的一场，尽管朝鲜最终输掉了比赛。2002 年又会有什么故事上演呢？只能到时候才会知道。

Intro of Some Teams



参赛球队介绍



Brazil 巴西



Brazil, the FIFA World Cup record-breakers, and the only team to have played in all previous tournaments and the only one to have lifted the coveted trophy four times, will once again grace the 2002 FIFA World Cup in Korea/Japan with its hollowed name. 160 million adoring Brazilians and the millions of foreign fans of their brand of football are waiting in an anticipation. Brazil are Brazil. And the FIFA World Cup is their favorite arena.

巴西队保持了一项世界杯记录，只有他们参加了所有决赛阶段的比赛，并且 4 次捧起冠军奖杯。在 2002 年韩日世界杯上，巴西这个名字将再次为世界杯添彩，1.6 亿巴西人和上亿热衷巴西足球的各国球迷都在期待他们的表现。巴西队就是巴西队。世界杯是他们最钟爱的赛场。

Argentina 阿根廷

The number 13 can be an indicator of good times and bad—depending on where you live in the world. So as Argentina prepare for their 13th FIFA World Cup (tm) finals appearance, coach Marcelo Bielsa must be wondering exactly what to expect from next month trip to Korea/Japan. If Argentina steers



clear of injuries, they will be among the favorites to lift the trophy on June 30.

13 可以预示好运或者霉运, 这取决于不同的地域习惯。阿根廷队第 13 次参加世界杯的时候, 教练马塞洛·贝萨一定正为今夏韩日之旅要如何大显身手而伤脑筋。如果阿根廷队能远离伤病, 那它将是在 6 月 30 日举起世界杯的热门球队之一。

Germany 德国

Germany's national football team is second only to Brazil in terms of historical achievement. However, the country has been in a state of decline for the past decade, and the team is now desperately looking for the spark that will bring them back among the world's football elite.

德国国家队的足球战绩仅次于巴西, 这支球队在过去的 10 年里成绩不佳, 现在更是期望能绝处逢生, 设法重回世界足坛巅峰。



France 法国



While coach Roger Lemerre faces selection headaches that many of his peers would love to have, the current French side does have a certain weakness in central defense. But France can recapture the defensive solidity that won them World Cup in 1998 as host and can break forward with the devastating fluidity that saw them lift the UEFA European Championship 2000, then they will be a difficult side to beat come June in Korea/Japan.

虽然勒雷梅尔教练在挑选球员上有很大余地, 可能让同行们羡慕, 但目前的法国队中场防守十分薄弱。如果法国队能重新巩固赖以赢得 1998 年法国世界杯的防守, 并能保持酣畅淋漓的快速突破, 如同 2000 年欧洲杯时一样, 他们将在韩日世界杯上所向披靡。

China 中国

While the long wait for the first ever appearance on the highest stage has finally ended for China, and in June Milu will lead the world's most populous nation to World Cup in Korea/Japan. Chinese football had been waiting 44 years to make its mark on the global game and the appearance at this year's finals will be a step into the unknown.

在经历了漫长的等待之后, 中国终于登上足球的最高舞台, 米卢将世界上人口最多的国家带进了 2002 世界杯的赛场, 中国足球为这次登场等待了 44 年, 他们在决赛阶段的表现会怎样呢?



More About World Cup

Jules Rimet Cup 雷米特杯



Two years before the inaugural FIFA World Cup (tm) in 1930, the newly drafted regulations stipulated that the winners should be rewarded with a new trophy, with French sculptor Abel Lafleur being assigned this prestigious task.

The little trophy had a hazardous existence. The Italian Vice-President of FIFA, Dr. Ottorino Barassi, hid it in a shoe-box under his bed throughout the Second World War and thus saved it from falling into the hands of occupying troops. Then in 1966, the cup disappeared while on display as part of the build-up to the World Cup in England and was only recovered, buried under a tree, by a little dog called Pickles. Finally, in 1983, it was stolen again, this time in Rio de Janeiro, and apparently melted down by the thieves. The Brazilian Football Association, who had earned the right to keep the trophy after having won it three times, ordered a replica to be made. The original trophy was 35cm high and weighed approximately 3.8kg. The statuette was made of sterling silver and gold plated, with a blue base made of semi-precious stone (lapis lazuli). There was a gold plate on each of the four sides of the base, on which were engraved the name of the trophy as well as the names of the nine winners between 1930 and 19.

FIFA World Cup 大力神杯



After the lose of Jules Rimet Cup, FIFA commissioned a new trophy for the tenth World Cup in 1974. It was designed by Silvio Gazzanigi of Italy. Made of 18-carat gold and malachite, the cup is 36cm tall and weighs 5kg. The sculpture depicts two triumphant football players holding a globe in their raised hands. The trophy is passed on to each winning team that gets to keep an identical (but gold-plated) replica. The base contains two layers of semi-precious malachite and has room for 17 small plaques bearing the name of the winners-space enough for the World Champions up to the year 2038. The making of the statue cost about \$50 000, today its value is estimated to over \$10 000 000.

List of the Past World Cup 历届世界杯的冠亚军

Year	Host	Winner	Finalgame
1930	Uruguay	Uruguay	Uruguay-Argentina 4 : 2 (1 : 2)
1934	Italy	Italy	Italy-Czechoslovakia 2 : 1 (0 : 0, 1 : 1)
1938	France	Italy	Italy-Hungary 4 : 2 (3 : 1)
1950	Brasil	Uruguay	Uruguay-Brasil 2 : 1 (0 : 0)
1954	Switzerland	WestGermany	West Germany-Hungary 3 : 2 (2 : 2)
1958	Sweden	Brasil	Brasil-Sweden 5 : 2 (2 : 1)
1962	Chile	Brasil	Brasil-Czechoslovakia 3 : 1 (1 : 1)
1966	England	England	England-West Germany 4 : 2 (2 : 2, 1 : 1)
1970	Mexico	Brasil	Brasil-Italy 4 : 1 (1 : 1)
1974	WestGermany	WestGermany	West Germany-Holland 2 : 1 (2 : 1)
1978	Argentina	Argentina	Argentina-Holland 3 : 1 (1 : 1, 1 : 0)
1982	Spain	Italy	Italy-West Germany 3 : 1 (0 : 0)
1986	Mexico	Argentina	Argentina-West Germany 3 : 2 (1 : 0)
1990	Italy	WestGermany	West Germany-Argentina 1 : 0 (0 : 0)
1994	USA	Brasil	Brasil-Italy 0 : 0 (penalties : 3 : 2)
1998	France	France	France-Brasil 3 : 0 (2 : 0)
2002	Korea, Japan	Brasil	Brasil-Germany 2 : 0 (0 : 0)

Historic Moments 历史时刻

- The first host was Uruguay, 1930.
- The first game was played on July 13th, 1930, between France and Mexico.
- The first goal was scored by Laurent of France in this game.
- The first hat-trick was scored by Steibile of Argentina, vs Mexico, on July 19th, 1930.
- In the same game, the first penalty kick was awarded to Mexico, vs Argentina. It was scored by Manuel Rosas, the goalkeeper was Angelo Bossio. Argentina won the game 6-3.
- The first penalty kick missed was by Valdemar de Brito (Brazil) vs Spain on May 27th, 1934. The goalkeeper was Ricardo Zamora. Spain won the game 3-1.



- *First Winner—Uruguay, 1930.*
- *The First Asian country to be in the finals was Dutch East Indies, 1938.*
- *The First African country to be in the finals was Egypt, 1934.*
- *First consecutive Winner—Italy, 1934, 1938.*
- *First 3-times Winner—Brazil, 1958, 1962, 1994.*
- *First 4-times Winner—Brazil, 1958, 1962, 1994, 2002.*
- *First 5-times Winner—Brazil, 1958, 1962, 1994, 2002.*
- *First over time game was played between Austria and France, on May 27th, 1934. Austria won the game 3-2.*
- *First game tied was between Italy and Spain, in 1934. Italy won the replay 1-0.*
- *Substitute was first allowed in 1970.*
- *The first substitute used was Anatoli Pusatch (Soviet Union) vs Mexico 19. He replaced Shesterniev.*
- *The first goalkeeper to be substituted was Steve Adamache (Romania) vs Brazil. He was replaced by Necula Raducanu.*
- *The fastest substitution—6 minutes into the game, between Italy and Argentina in 1978. Mauro Bellugi (Italy) was replaced by Antonello Cucureddu.*
- *The first substitute to score a goal was Juan Basaguren (Mexico) vs El Salvador 4-0 in 1970.*
- *First Play-off game to decide group standing was in 1954. Turkey and West Germany both finished with 2 points; West Germany won the play-off 7-2. On the same day, Switzerland and Italy also had the play-off game as they both finished tied for second place in group 4. Switzerland won 4-1.*
- *The First team to take advantage of the goal difference rule is England, in 1962. They finished ahead of Argentina even though they both finished with 3 points.*
- *The first time group standing was decided outside the field was in 1990. Both Netherlands and Republic of Ireland finished with 3 points, and with the an identical goal difference. Ireland won the lot draw and finished second.*
- *First final went to over time was in 1934, Italy beat Czechoslovakia 2-1.*
- *The first brothers to play in the final are Jack and Bobby Charlton of England, the winner in 1966. However, Rene and Willy Van de Kerkof (twins) of the Netherlands played on the losing side in the 1978 final.*
- *First penalty awarded in the final was in 1974. Netherlands got the penalty only one*



minute into the game. Johan Neeskens scored. Later in the same game, West Germany was awarded a penalty, Paul Brieter equalized from the penalty spot.



- The first time all 4 teams finished tied was in 1994. Norway, Mexico, Republic of Ireland and Italy all finished with a win, a tie and a loss. Even the goal difference were all zero! Eventually, Mexico finished first because they scored 3 goals, and Norway was eliminated because they only got 1 goal to show for. Rep. of Ireland once again won the lot draw to finish ahead of Italy.
- Penalty shoot-out was first introduced in 1982.
- First game decided on penalty shoot-out was a semi-final game between France and West Germany in 1982. West Germany won 3-3 (5-4).
- First final decided on penalty shoot-out was between Brazil and Italy in 1994. Brazil won 0-0 (3-2).
- Golden goal was first introduced in 1998.
- First Golden Goal was scored by Laurent Blanc of France, against Paraguay in the round of 16, on June 28, 1998.
- First player to Scored a hat-trick in 2 finals is Gabriel Bastistuta of Argentina, in 1994 and 1998.
- First player being sent off in 2 tournaments is Rigobert Song of Cameroon, in 1994 and 1998.
- The first coach being fired during the tournament was Carlos Alberto Parreira of Saudi Arabia in 1998. He was fired after Saudi Arabia lost the first 2 games. (Note: Later in the same tournament, South Korea and Tunisia also fired their coaches, Cha Bum-Kun and Henry Kasperczak respectively), both were fired after their team lost the first 2 games.



Speed English



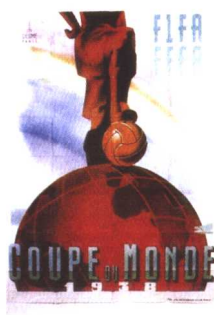





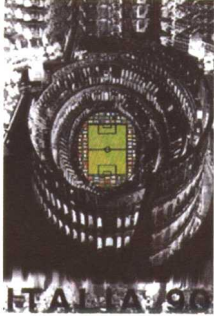
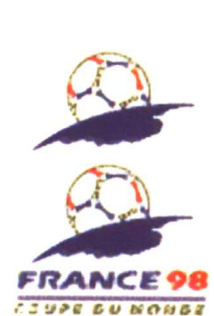


Speed English

The Historical Goals 历史性的进球

Goal #	Scorer	for/against	score at the moment	final score	where	date
1	Laurent	France/Mexico	1—0	4—1	Montevideo	13/07/1930
100	Schiavio	Italy/USA	5—1	7—1	Rome	27/05/1934
200	Keller	Sweden/Cuba	8—0	8—0	Antibes	12/06/1938
300	Chico	Brazil/Spain	3—0	6—1	Rio de Janeiro	13/07/1950
400	Morlock	West Germany/Turkey	5—1	7—2	Zurich	23/06/1954
500	Collins	Scotland/Paraguay	2—3	2—3	Norrkoping	11/06/1958
600	Jerkovic	Yugoslavia/Uruguay	3—1	3—1	Arica	02/06/1962
700	Pak Seung Zin	North Korea/Chile	1—1	1—1	Middlesbrough	15/07/1966
800	Muller	W. Germany/Bulgaria	5—2	5—2	Leon	07/06/1970
900	Yazalde	Argentina/Haiti	1—0	4—1	Munich	23/06/1974
1000	Rensenbrink	Netherlands/Scotland	1—0	2—3	Mendoza	11/06/1978
1100	Baltacha	USSR/New Zealand	3—0	3—0	Malaga	19/06/1982
1200	Papin	France/Canada	1—0	1—0	Leon	01/06/1986
1300	Lineker	England/Paraguay	3—0	3—0	Mexico City	18/06/1986
1400	Ekstrom	Sweden/Costa Rica	1—0	1—2	Genoa	20/06/1990
1500	Caniggia	Argentina/Nigeria	1—1	2—1	Boston	25/06/1994
1600	F. Hierro	Spain/Nigeria	1—0	2—3	Nantes	13/06/1998
1700	S. Komljenovic	Yugoslavia/USA	1—0	1—0	Nantes	25/06/1998
1800	Brian McBride	USA/Portugal	3—0	3—2	Suwon, Korea	04/06/2002
1900	Umit Davala	Turkey/Japan	1—0	1—0	Miyagi, Japan	18/06/2002
1916	Ronaldo	Brazil/Germany	2—0	2—0	Yokohama, Japan	30/06/2002

Posters of the Past World Cups 历届世界杯宣传画

 <p>1930 Uruguay</p>	 <p>1934 Italy</p>	 <p>1938 France</p>	 <p>1950 Brasil</p>
 <p>1954 Switzerland</p>	 <p>1958 Sweden</p>	 <p>1962 Chile</p>	 <p>1966 England</p>
 <p>1970 Mexico</p>	 <p>1974 West Germany</p>	 <p>1978 Argentina</p>	 <p>1982 Spain</p>
 <p>1986 Mexico</p>	 <p>1990 Italy</p>	 <p>1994 USA</p>	 <p>1998 France</p>

Speed English



Speed English

Posters of the Past World Cups 历届世界杯宣传画

		
World Cup Willie, a lion	Juanito, a boy with the huge Mexican hat.	Tip and Tap, the first time two characters appeared. Perhaps symbolic the two Germanys were both in the finals.
England, 1966	Mexico, 1970	W. Germany, 1974
		
Gauchito, a boy in Argentina uniform.	Naranjito, a tangerine	Pique, a pepper with the Mexican hat.
Argentina, 1978	Spain, 1982	Mexico, 1986
		
Ciao, a figure made up with blocks in Italy's colour.	Striker, a dog. It's probably the first time it gets more attention and it comes in many shape and size, even animated and stuffed toy form.	Footix, a rooster. It became as big as the game! It even had it's own web site!
Italy, 1990	USA, 1994	France, 1998

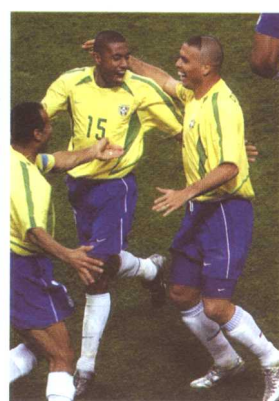
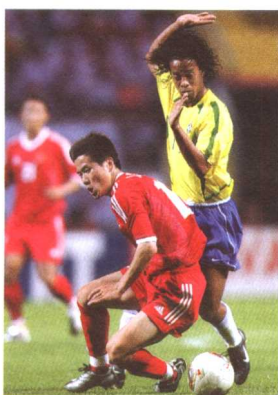
Chapter 100

The FIFA World Cup (II) 足球世界杯(二)



The way some people talk about soccer, you'd think the result of one game was a matter of life and death. They don't understand. It's more than that...

—Bill Shankly, Liverpool soccer manager



The World Cup in Korean & Japan



韩日联合主办世界杯



Five years has passed since the momentous decision was taken in May 1996 that the first FIFA World Cup of the 21st century would be held for the first time on Asian soil, and for the first time be hosted by two nations. Korea and Japan continue to work in close co-operation, to make the event a success. Korea has built 10 brand new, state-of-the-art stadia, including the largest football-only stadium in Asia. The stadia reflect both the dynamism of the game of football and the traditional lines of Korean architecture. Korea has arranged hundreds of cultural events and exhibitions throughout the nation, celebrating the game of football by providing newcomers to Korea with an opportunity to discover a little of what the country has to offer. Many thousands of Japanese volunteers are undergoing training to ensure that people will take home fond memories of their stay in the country. The two host countries say they will take all possible measures to ensure that each and every team in the finals will be able to participate to the full extent of their ability, to ensure that guests who come to their country to watch the matches and people watching it at home glued to their television sets will thoroughly enjoy the spectacle.



1996年5月国际足联历史性地决定,21世纪首届世界杯足球赛,将在亚洲的土地上举行,并头一次由两个国家共同承办。韩国和日本为世界杯通力合作以确保比赛的成功举行,韩国建设了10个崭新的体育场,其中包括亚洲最大的足球场,这些体育场体现了足球的活力,也展示着韩国建筑传统的魅力。韩国还安排了上百种文化活动和演出以庆祝世界杯的举行,同时也为初到韩国的旅游者提供了解这个国家的机会。上千名日本志愿者正在接受训练,为了保证来日本的旅客满意而归。这两个国家尽一切努力保证参加决赛阶段比赛的球队发挥最佳水平。到韩、日现场观赛的球迷,以及在家里看电视转播的观众都能感受到这次比赛的盛况。



Preliminary

赛制和选拔



Preliminary matches for the World Cup begin about two years before the finals. Regional elimination tournaments narrow the field of competition. Once the field of 32 countries has been established, those teams meet in the World Cup final tournament. Historically, a single nation has hosted the tournament, with matches taking place throughout the country in different cities. The host country's national team is always given an automatic berth in the field of 32 entries. The 16th FIFA World Cup was the largest ever, contested by 32 teams with 64 matches played. 32 countries meant 30 qualifying spots, providing more opportunities for teams from Africa and Asia. The four-team groups also reflected the geographical spread, with all but one of the pools comprising two Europeans, one from the Americas and one from Africa or Asia.

世界杯的预赛提前 2 年开始, 各地区采取的是淘汰赛制, 产生 32 支球队参加世界杯的决赛, 他们将在世界杯决赛中相遇。历年来决赛基本是由一个国家主办, 比赛在全国各地的运动场举行, 主办国的球队直接成为 32 支决赛球队中的一支。第 16 届世界杯盛况空前, 共有 32 支队伍参加, 举行 64 场比赛。32 个参赛队是这样产生的, 各国围绕 30 个参赛资格进行角逐, 非洲和亚洲获得比以往更多席位, 每组 4 支的分组考虑了地域的分布, 除一个小组外, 其余小组里都有两支欧洲球队、一支美洲球队和一支亚洲或非洲球队。



More About Soccer

Final Replayed

Over the course of a passion-filled month, 32 nations from every corner of the globe were painfully and tearfully whittled to two towering giants, two fierce contenders. And in just 90 dramatic minutes in Yokohama, Japan, a legend

was forged, and an age-old tale told, as “Pentacampeao”^[1] Brazil and Ronaldo. And as he remembered lying, crying on an operating table with blood pouring from his knee, Ronaldo fought with valour for the vindication and rebirth only a bouncing ball and a Final can offer. And play he did, though it seemed France 98 déjà vu all over again as he missed three golden opportunities in the first 45 minutes in a ghostly reminder of football’s crueler face. Brazil poured forward in homage of their fanciful, rhythmic forbearers. But after flouting chance after chance, German efficiency and cold realism looked to be lurking with intent. Lev Yashin Award winner, keeper and captain Oliver Kahn shined like a true legend, a statue carved from the roughest stone as he put the Mannschaft on his broad shoulders one last time.

But as the woodwork played a crucial role, the cruelest of all twists and the brightest bits of lady luck’s spoils rained down on the night. As Rivaldo rifled a shot in on Kahn, the finest, seemingly infallible goalkeeper in all the land, spilled the ball right to the feet of the previously luckless Ronaldo. And in a moment, the snake-bitten striker was born again after years of pain and self-doubt...and perhaps a legend too. The now-lordly “Phenomenon” struck again as Rivaldo dummied brilliantly leaving a simple strike for the finally blessed South American Samba king to grab his twelfth finals goal and a place among the pantheon of football’s true greats.



With the landmark win, Brazil become the only nation to have lifted the symbol of pure victory on every continent where she traveled. Giants never die, and myths live forever. In a tournament of upsets, flux and profound change, the mythical Brazilians danced into history yet again.

Brazil combines the stars and the records

Luiz Felipe Scolari’s Brazil not only managed to lift the first FIFA World Cup of the century, but also beat three records in doing so: the first tournament winner to notch up seven straight victories, a captain who played in his third consecutive Final and a striker who was the first to score more than six goals in the final stages since Germany 1974.



As a result, a squad that was under heavy fire prior to the finals after its poor showing in the qualifying competition, not only ended up bringing home Brazil’s fifth trophy, but also ranked highly in the history of the FIFA World Cup.

Seven straight wins

A narrow 2-1 win against Turkey in their opening fixture in Group C failed to dispel the doubts. However, far from folding under the media criticism, Scolari’s team bounced back smartly, thrashing an inexperienced China 4-0

[1] Pentacampeao 意为“5次冠军”。

and defeating the uninhibited Costa Ricans, though not without Marcos having to pick the ball out of the net on more than one occasion (5-3).

The last 16 was not an easy hurdle to overcome, but after drawing more sweat than usual, Brazil finally disposed of Belgium 2-0. The 2-1 win over England in the quarter-finals marked a change in Brazil's game, which from then on saw them take their chances better than their rivals to beat Turkey 1-0 and Germany 2-0. This meant that Scolari's team won the trophy with the maximum number of points, an honour shared with their predecessors of 19 (six wins out of six), Italy in 1938 and Uruguay in 1930 (both with four).

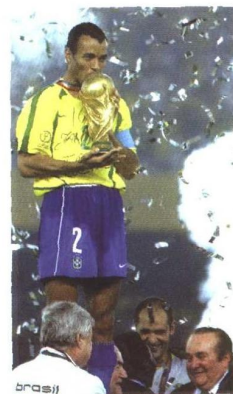


Cafú, the three-final man

Brazil's captain and eternal right back took part in his third consecutive FIFA World Cup Final, a first-ever in the history of the competition.

In USA 1994, although Cafú was not in the first-choice line-up, an injury to Jorginho opened his way to the Final against Italy, during which a Brazil spearheaded by Romario and Bebeto ultimately won the title on penalties. Four years later, in France 1998, Cafú was a fundamental component of the Brazilian system at right back, but could do little to avoid a 3-0 beating from the French.

30 June 2002 in Yokohama, Japan saw Cafú fulfil his dream, after playing a decisive role in his third Final, this time against Germany, and lifting the trophy as captain.

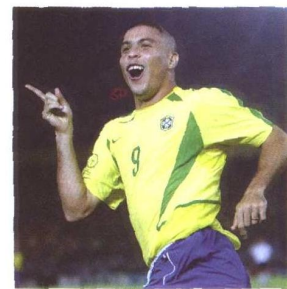


"Winning this cup means I can now relax and smile when I speak. For me, it has all been down to hard work, and nothing else." underlined the record holder after this historic victory.

Ronaldo breaks six-goal curse

The striker only came back from a series of injuries a month before the tournament and without being in top form physically, he still made the difference. Not only did he hit the net in six of Brazil's seven matches, he was also the first leading scorer in the FIFA World Cup to break the six-goal mark since Poland's Gregorz Lato notched up six in Germany 1974.

Ronaldo got his name on the scoresheet against Turkey (2), China, Costa Rica (2), Belgium and Germany (2), thereby outdoing a whole series of illustrious names frustrated by the "six-goal curse": Mario Kempes, Paolo Rossi, Gary Lineker, Salvatore Schillaci, Oleg Salenko and Davor Suker.



"I want to thank all my teammates. I battled for two years to get over my injury and I'm very happy to have scored twice and helped Brazil to win our fifth Cup." said Ronaldo, speaking in Yokohama, after beating Rudi

Voller's Germany in the decisive Final game.

Greatest Goal in FIFA World Cup History 世界杯最佳进球

1986 Diego Maradona 达戈·马拉多纳

Match	Date:	Final Score
ARG/ENG	22.06.1986	ARG : ENG2: 1

It has been said he would never have scored it, if the self-proclaimed "hand of God" goal had been disallowed. But the truth is Diego Maradona's second goal against England in the 1986 FIFA World Cup Mexico seemed to have more of a Godly touch about it. Picking up the ball from inside his own half, the pint-sized Argentine skipped past challenge after challenge. Always appearing to be on the point of tumbling, he was miraculously able to retain his balance before rounding Peter Shilton and slotting the ball home for a goal manufactured in heaven. It is perhaps the most famous goal of all time but only the second most famous of this game.



1998 Michael Owen 迈克尔·欧文

Match	Date:	Final Score
ARG/ENG	30.06.1998	ARG:ENG2:2 (4:3penaltykicks)

At just 18-years-old Michael Owen became a world superstar overnight with this spectacular individual effort against Argentina in the second-round of the 1998 FIFA World Cup France. The teenage striker picked the ball up on the half-way line and proceeded to bear down on goal at astonishing speed. After beating three defenders he had the confidence to brush aside a team mate and finish off the wonder goal with a shot into the top corner of the net.



1958 Pele 贝利

Match	Date:	Final Score
BRA/SWE	29.06.1958	BRA: SWE 5:2

Despite the black and white pictures, there is no trickery in the images of this goal — the 17-year-old really did have the ball tied to his foot. Pele's touch inside the penalty area and uncanny ability to know where defenders would move before they did was perfectly displayed with this strike against host nation Sweden in the 1958 FIFA World Cup. After the match the defender, to whom Pele had lifted the ball over before volleying into the net, said he wanted to go over and congratulate the player for the piece of skill.



2006 FIFA World Cup in Germany 2006 德国世界杯

Starting Slots 各大洲席位

The 32 places have been allocated as follows :

Europe	Asia	South America	Oceania	Africa	North and Central America and Caribbean	Total
14	4.5	4	1	5	3.5	32

Contrary to previous World Cups, only the hosts—in this case, Germany—will automatically qualify. Defending champions Brazil will be required to qualify in the South American preliminaries. For the first time in the history of FIFA, Oceania has received a direct slot.

The Celebrating Faces of Football

The spirit of the 2006 FIFA World Cup is expressed in one single image—the Celebrating Faces of Football. On November 19, 2002, the Organizing Committee (OC) presented the Official Emblem of the 2006 FIFA World Cup at a spectacular show in Gelsenkirchen's Arena Auf Schalke.



Finals

The draw for the finals will take place on 10 and 11 December 2005 in Leipzig. The provisional date for the opening game is 9 June 2006 at the new Stadion München. Each team will play three matches in the group phase, with the best sixteen progressing to the second round. The final is scheduled for 9 July 2006. Berlin's Olympiastadion is favourite to host the showcase event.

FIFA Women's World Cup 女子足球世界杯

The FIFA Women's World Cup was brought to life on the initiative of Dr. João Havelange, then President of FIFA. The first competition was played in China in November of 1991 and proved to be a resounding success. The championship has enabled FIFA to give women access to world class soccer competitions. The United States captured the first title.

Four years later, at the 2nd Women's World Cup in Sweden, the honours went to the team from Norway. In 1999, the final in the USA smashed all crowd records for a singles women's sports event by drawing in 90 185 fans. Following a long and gripping battle, the Americans managed to recapture the cup after a penalty shoot-out against the Chinese. In USA 2003, a golden goal gave the reigning European Champions, Germany, their first World Championship. Tina Theune-Meyer became first female coach to win World Cup title.

The next FIFA Women's World Cup will be staged in China in 2007.



Weather and Playfields

天气和赛场



Fields in South America and Africa are usually drier and thus in better shape than European fields. One result is that the South American and African styles of play focus more on individual skills and a certain dramatic flair. There are fewer long passes but more dribbling and short, intricate passing movement. Because the weather is usually hot, the game is also often played at a slower pace than it is in Europe. Weather and field conditions sometimes

dictate what strategies teams use. For instance, in Britain and other parts of Europe the game is played in fall, winter, and spring, when fields are wet and soggy. Therefore, the British playing style uses long passes and direct sprints toward the opponent's goal, because short passes and fancy dribbling can be difficult in poor field conditions.

南美和非洲气候干燥，球场质量高于欧洲，因此南美和非洲球风更注重个人技术和表演才能，缺少长传但擅长盘带和高超的短距离传球技术，因为天气较热，比赛节奏比欧洲缓慢。天气和球场情况决定比赛的战术运用，在英国和其他欧洲国家，秋、冬、春三季球场湿润，所以英国足球擅长长传冲吊和直接射门，而短距离传球和花样繁多的盘带在条件恶劣的场地里极其困难。

A Piece of Commence from Sportscaster

赛事解说节选



During an open and fast-paced first half, China fully held their own against a Uruguayan team studded with Europe-based players such as Inter Milan's Alvaro Recoba and Juventus defender Paolo Montero, and Sebastian Abreu, of Mexican side Cruz Azul, slotted home two chances in the 74th and 87th minutes, both inside the Chinese penalty area after neat attacking interplay. He had also found the net on 42 minutes but the strike was disallowed for offside. Chinese substitute Zhao Junzhe had two clear chances to equalize, forcing one good save and ballooning a second shot over the crossbar. Despite the loss, China's



coach Milu said he was happy with the way the game went. He told the reporters afterwards, "For the first 70 minutes, we were just as good. But then they scored two goals, but that is football."

上半场比赛节奏很快，而且没有换人限制，中国成功抵抗了乌拉圭队。很多乌拉圭球员在欧洲俱乐部踢球，比如在国际米兰效力的雷克巴和尤文图斯队的后卫蒙特洛，来自墨西哥蓝十字俱乐部的阿布鲁在 74 分钟和 87 分钟各进一球，都是在中国队禁区内突破防守后进球的。42 分钟时他还有一个射门，但是裁判判定越位在前。中国替补队员肇俊哲有两次破门机会，但一次被守门员截获，另一次踢飞。尽管结果不太令人满意，中国队主教练米卢对此评价不错，他说：“在开始的 70 分钟里，队员表现很好，但是却让乌拉圭队进了两个球，足球比赛就是这样的。”



More About Soccer

Glossary of a Soccer Player's Making 有关足球运动员素质的词汇 [1]

acceleration 加速	adaptability 适应	aggression 侵略性
agility 敏捷度	anticipation 预见	balance 平衡
bravery 勇气	creatively 创造	crossing 传中
determination 决定	dribbling 盘带	flair 才华
finishing 进球	heading 头球	influence 影响
jumping 弹跳	long Shots 远射	long throws 掷界外球
marking 盯防	off the Ball 无球跑动	pace 速度
passing 传球	penalty Taking 踢点球	positioning 位置感
set pieces 罚任意球	stamina 体力	strength 力量
tackling 拦截	teamwork 协作	technique 技术
work rating 工作效率		

[1] 书中给出的是一些游戏中对球员素质的词汇。

守门员专有词汇

aerial ability 高空球控制	command of Area 禁区控制	communication 防守指挥
eccentricity 古怪指数	handling 手接球	kicking 开球门球
one on ones 一对一	reflexs 反应	rushing out 出击
tendency to punch 出击倾向	throwing 手抛球	

Position 位置

Goalkeeper / Goalie 守门员

The only player who is allowed to handle the ball, whose special duty is to prevent the ball from going into the goal.

Defender / Fullback / Back 后卫

One of the players generally positioned in the defensive half of the field and primarily responsible for preventing the opposition from scoring.

Stopper 盯人中卫

Name of a position; the defender that marks the best scorer, generally positioned in front of the sweeper.

Sweeper 拖后中卫、清道夫

Position name; usually applied to a central defender playing behind the stopper and wing fullbacks with responsibility for "sweeping up" loose through balls which are played in behind the other defenders.

Midfielder / Halfback / Linkmen 前卫、中场队员

One of the players generally positioned near the middle of the field and primarily responsible for creating scoring opportunities for the strikers.

Attacking Midfielder 攻击型前卫、前腰

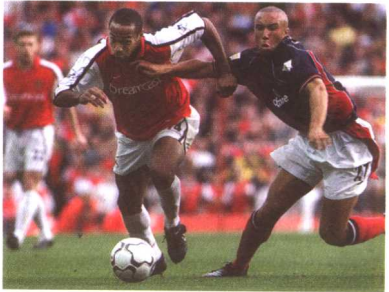
The most forward-playing midfielder, playing right behind the forwards; they support the offense by providing passes to forwards to set up goals. Also called Withdrawn Forward.

Defensive Midfielder 防守型前卫、后腰

The player positioned just in front of their team's defense.

Forward / Striker / Attacker 前锋

An offensive player who generally plays far upfield and concentrates on trying to score goals.



Wing / Winger 边 (锋、前卫)

As in “wing forward” or “wing midfielder”. A player who normally plays near the sideline, the main responsibilities of a wing is to provide the strikers with accurate crossing passes so they can shoot at the goal; often the fastest players and best dribblers on a team.

Formation 阵型

The way a coach positions the players on a team; a 4-3-3 formation means four fullbacks, three midfielders and three forwards.

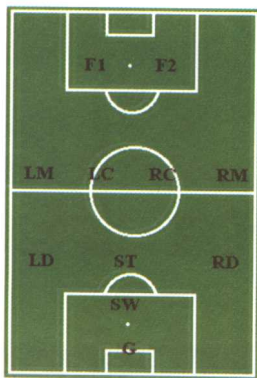
Different formations on the field 场上各种阵型

Assuming that a team is using the standard number of players on the field (10 field players and one goalie), there are many different basic team formations it may use on the field.

A team formation, or how a team lines up on the field, can tell you how the players may play during a game.

If a team employs a 5-4-1 formation the squad is probably preparing to play a defensive or counter-attacking game with more players on the defensive line.

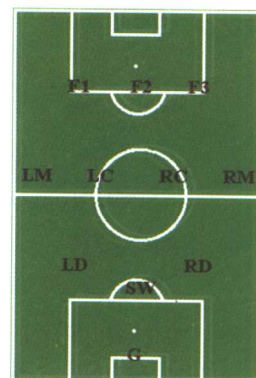
In contrast, a team that uses a 3-4-3 formation will probably play more of an offensive match. (Numbers are always read from defense to offense or backfield forward, denoting defenders, midfielders and forwards respectively.)



The most common formation is the 4-4-2. The four defenders generally play in a “flat” line across the back, while two midfielders are stationed centrally and one on each wing. The 4-4-2 provides a team with enough defenders to feel secure defensively, while also allowing the midfielders the flexibility to join the attack when the situation warrants it.

Another popular formation is the 3-5-2. In theory, this system allows a team to defend with as many as eight players (3 defenders and 5 midfielders) if it has to, and it allows a team to attack with as many seven (2 forwards and 5 midfielder). The midfield in this formation is designed with three midfielders in the center and one on each wing. The wing, or flank, midfielders have a endline-to-endline responsibility, meaning they are expected to defend as well as attack.

The 4-3-3 is also a common formation. With four defenders a team can easily cover the width of the field. Three midfielders—commonly all stationed centrally—can outnumber an opposing midfield playing the 4-4-2.



The purpose of any formation is to best utilize the skills and talents of the team members. Where coaches often fail is by putting players into a system, as a opposed to designing a system that best suits the players.

Glossary

Advantage 有利

Allow play to continue when the team against which an offence has been committed will benefit from such an advantage.

Take a dive 假摔

To fake an illegal tackle in an attempt to gain a free kick from the referee; also known as to “act” or “dive”.



Wall 人墙

A defensive formation where defensive players stand shoulder-to-shoulder between an opposing kicker and the goal to try to block a free kick.



Save 救球

The act of preventing a goal.

Clearing 解围

When the defensive team kicks, throws or heads the ball out of the goal or penalty areas.

Feinting 假动作

Using deceptive moves, usually of the head and shoulders, to put an opponent off balance.



Open space 空当

An area on the field that is not occupied by any player.

Back Pass 回传

A pass made to a player behind.

Punt 踢凌空球

When a goalie kicks the ball out of his hands.

2-on-1 break 二过一

2 attacking players breaking against 1 defensive player.

Give and Go (Pass) 踢墙式二过一

A pass where one player gives the ball to a nearby teammate and then sprints forward to open space to receive a pass in return. Same as “Wall Pass.”



Own Goal 乌龙球

A goal scored when a player accidentally puts the ball in his/her own goal.

Chapter 101

The Football Club (II) 足球俱乐部(一)



The national associations can be divided into the following groups: Africa, Asia, CONCACAF, Europe, Oceania, South America, in which UEFA—the Union of European Football Associations—is the governing body of football on the continent of Europe. The core mission of UEFA is to safeguard the development of European football at every level of the game and to promote the principles of unity and solidarity.



THE F.A. PREMIER LEAGUE



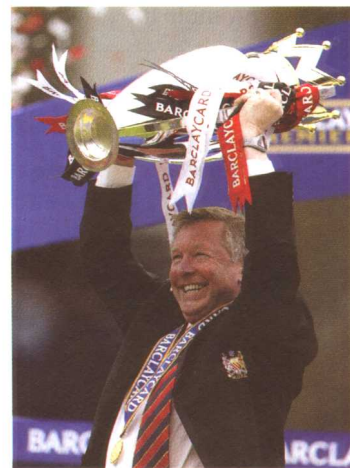
Manchester united 曼彻斯特联队



The horizons of the Newton Heath Lancashire and Yorkshire Railway workers in 1878 amounted to little more than a series of non-competitive fixtures against fellow railwaymen. From this humble beginning, the edifice that came to style itself—the world's greatest football club—Manchester United, at least forged its reputation. In 1902, the name of the club changed from Newton Heath to Manchester United. In 1908, the mercurial Billy Meredith had made his first switch across Manchester to help secure the League Championship of the year and the FA Cup of 1909 in style. The title was clinched again, on the last day of the 1910—1911 season, but there

followed an extended period of failure for the new club. But in 1948, the FA Cup was captured under the new captain—Mick Busby. The crowning moment for Manchester United came in 1968, when they beat Benfica in the European Cup final by 4-1. Sadly, Busby failed to bring in new blood, and the club entered a decline in the early 1970s, which was to last until the mid 1980s. But that all changed in the 1990s, home nating in the united famous win over Bayern Munich in the 1990 Champion League finals.

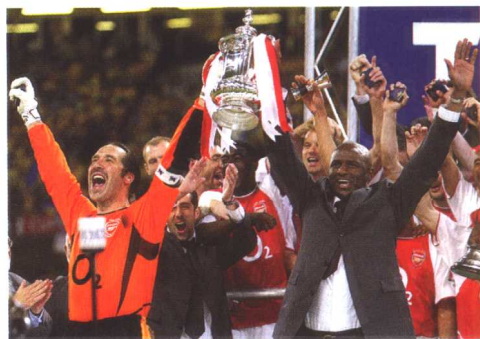
最早的牛顿赫斯足球队是由兰开夏和约克夏铁路工人，在 1878 年为了同当地人比赛而组成的一支业余球队。就是在这个不起眼的基础上，造就了世界上最伟大的足球俱乐部——曼彻斯特联队，最终造就了它的声誉。1902 年，俱乐部改名为曼彻斯特联队。1908 年，足智多谋的比利·梅瑞狄斯首次加盟曼联队，确保了该队当年的联赛冠军以及 1909 年的英格兰足总杯。在 1910 年至 1911 年赛季在最后时刻，他们再次确保了这一头衔，但随后是俱乐部一段漫长的低谷时期。新教练迈克·巴斯比率领曼联队于 1948 年再次获得足总杯冠军。曼联队当时的辉煌时刻是在 1968 年，他们以 4 比 1 的比分在冠军杯决赛中战胜本菲卡队。可惜的是，巴斯比没能及时引入新球员。俱乐部在 20 世纪 70 年代初衰败下来，并持续到 20 世纪 80 年代中期。进入 20 世纪 90 年代后，一切有所改变。1990 年迎来了其最辉煌的战绩，在冠军联赛决赛中战胜了拜仁慕尼黑。



Arsenal 阿森纳队

Formed by workers at the Royal Arsenal Armaments Factory in Woolwich, in south London, in 1886, the club

was originally known as Dial Square. It soon changed its name to Royal Arsenal, then Woolwich Arsenal, and finally, in 1914, to Arsenal. The arrival of Herbert Chapman as manager in 1925 heralded the start of the first great period in Arsenal's history, and the result was five league titles and two FA Cup triumphs in the 1930s. But there followed a barren period for the club, which ended only after Bertie Mee was appointed manager in 1966. In 1970, Arsenal won the Fairs Cup and then, the following season, the League and FA double. As the 1970s wore on, the 1979 FA Cup was the only trophy acquired between the double-winning year and 1989. With George Graham as the coach, Arsenal captured the title again in 1991, losing only once in the league, against Chelsea, all season.



1886 年，伦敦南部沃尔维齐的皇家阿森纳军工厂的工人组建了一个俱乐部，最早称为戴尔广场。后来很快改名为皇家阿森纳，随后是沃尔维奇阿森纳，最后在 1914 年定名为阿森纳。1925 年，俱乐部经理哈尔伯特·查普曼的到来揭开了阿森纳历史上第一个辉煌时段。在 20 世纪 30 年代，共赢得 5 次联赛冠军和 2 次足总杯，但随后进入俱乐部的低谷时期。直到 1966 年波尔蒂·米接任俱乐部经理。1970 年，阿森纳赢得欧洲足球博览会冠军。随后的赛季，成为联赛和足总杯的双料冠军。但他们在 20 世纪 70 年代的战绩平平。1979 年的足总杯是那个双料冠军年到 1989 年之间的惟一的一次胜利。教练乔治·格拉汉姆的上任，使阿森纳队在 1991 年又卷土重来。在联赛的整个赛季中，仅输了一场比赛，对手是切尔西。

Liverpool 利物浦队



Over the past 30 years there is no doubting that Liverpool have been the dominant force in Merseyside football and for much of that time the dominant force in England and in Europe. Yet in their formative years they played second fiddle to the more glamorous and successful team of Everton at Goodison Park. In fact, Liverpool Football Club was set up in 1892 as a breakaway from the Everton club, who were founder members of the Football League.

在过去的 30 年中，利物浦队无疑是默西塞德郡的强队，很多时候也是英格兰乃至欧洲的强队。然而在他们最初形成之时，他们是作为古迪逊公园的优秀球队——埃弗顿的替补队出现的。利物浦队是在 1892 年，从埃弗顿俱乐部划分出来之后成立的。埃弗顿是英格兰足总的创始成员之一。

More About English Premier League

The FA (Football Association) 英格兰足总



The Football Association came into being on October 26, 1863, when a meeting of members of the leading clubs and schools playing the sport decided to co-operate in framing a unified set of official rules under which everyone could play.

The development which did most to promote the sport's development came on July 20, 1871, when it was proposed that a Challenge Cup be established for competition among members. After this membership increased rapidly and had reached 128 by 1881. The FA Challenge Cup is, of course, thus the oldest competition in the world game and also one of the most famous and prestigious.

As governing body of the sport in England, the FA works to promote, develop and protect the game at all levels although much of this work does not attract the headline attention of the top level professional game. High profile activities include the organisation of the FA Cup with its spectacular annual Final at Wembley and the England national team's participation in major events such as the World Cup which England hosted in 1966 and the European Championship which it welcomed for the first time in June 1996.



The FA Premier League 英格兰超级联赛



Going into its centenary season in 1988, the Football League was forced to stave off a threat by 10 of the leading teams to break away and form a Super League, in the hunt for more television money. On the pitch Liverpool and Arsenal exchanged the Championship for four years in the late 1980s and early 1990s (including the Gunners dramatic last minute clincher at Anfield in 1989) before Leeds United claimed the final First Division title in 1992. On the terraces changes were also taking place following the Hillsborough disaster in

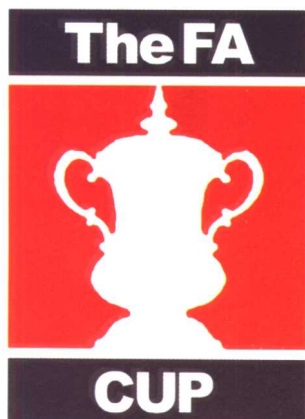
1989 in which 96 Liverpool fans were crushed to death during the club's FA Cup semi-final against Nottingham Forest. All-seater stadiums were becoming the norm thanks to the extra money coming into the game via TV revenue. Rumblings of discontent started in 1991 with the FA's unveiling of their "Blueprint for Football" which put forward the idea of a Super League of 18 clubs. On 14th June 1991, 16 First Division clubs signed a document of intent to join the newly named Premier League, and eventually all 22 First Division clubs tendered their resignation from the League;

the FA Premier League became official on September 23rd. The FA agreed to continue with three up and three down promotion and relegation, proposed a reduction of the Premier League to 20, and struck a television deal with Sky and BBC.

The FA Premier League was formed on 20 February 1992 and took over as the top professional league from season 1992—1993. This meant a break-up of the 104-year-old Football League that had operated until then with four divisions.



The FA Cup 英格兰足总杯



The FA Challenge Cup is the oldest and most famous football competition in the world.

The number of entries in the competition has risen steadily from the original 15 clubs in 1871. In the inter-war years over 600 clubs took part. Now there is a standard of ability and ground facilities which must be reached before a club's entry is accepted by The FA Challenge Cup Committee.

The Competition begins with an Extra-Preliminary Round in August. There is then a Preliminary Round, four Qualifying Rounds, followed by six Rounds in the Competition Proper, a Semi-Final and a Final. Currently, the Football Conference Clubs are exempted to the Fourth Qualifying Round, the Football League Second and Third Division Clubs are exempted to the First Round Proper and the FA Premier League Clubs and Football League First Division Clubs are exempted to the Third Round Proper stage. All matches, except the Semi-Final and Final ties are replayed if drawn after 90 minutes. The Semi-Finals and Final tie are played to a finish on the day.

Manchester United have won the Cup the most times (10) and two clubs have won it three years in a row—Wanderers (1876—1878) and Blackburn Rovers (1884—1886). Bury beat Derby County 6-0 in the 1903 Final to record the biggest margin of victory.

The Cup Final, staged at Wembley from 1923 to 2000 had a legendary status within the game that looks set to continue while the Final is played at Cardiff's Millennium Stadium.



				
Arsenal 阿森纳	Aston Villa 阿斯顿维拉	Birmingham 伯明翰	Blackburn Rovers 布萊克本	Bolton Wanderers 博尔顿
				
Charlton Athletic 查尔顿	Chelsea 切尔西	Everton 埃弗顿	Fulham 福尔汉姆	Leeds United 利兹联
				
Leicester City 莱斯特城	Liverpool 利物浦	Manchester City 曼城	Manchester United 曼联	Middlesbrough 米德尔斯堡
				
Newcastle United 纽卡斯尔	Portsmouth 朴茨茅斯	Southampton 南安普顿	Tottenham Hotspur 托特纳姆热刺	Wolves 狼

Speed English



Speed English

THE BUNDESLIGA



Dortmund 多特蒙德队



The club was found in 1909 by 17 young men from the Germany city of Dortmund. They originally played in blue and white but changed to black and yellow in 1913. Although the first official match took place on 15 November 1911, Dortmund's time finally came in 1956, when they won their first German title. Then, 4-2 victory against Karlsruhe was celebrated by more than 250 000 Dortmunders. The experienced team defended their title successfully in 1957 with a glorious 4-1 triumph against Hamburg. Borussia

Dortmund reached the 1965—1966 Cup Winners' Cup final in Glasgow. The date 5 May 1966 was to be the proudest in their history as Dortmund beat Liverpool 2-1 after extra time in that game. It was the first piece of European silverware to be won from a team from the Bundesliga. In the following years the team sank lower and lower down the table until 1994 when they regain their German title for the fourth time and the fifth time in 1995.

俱乐部是在 1909 年，由 17 位德国多特蒙德的年轻人创立。球队原来的球衣为蓝白相间，但在 1913 年后更换为黑黄相间。虽然第一次正式比赛于 1911 年 11 月 15 日举行，但多特蒙德真正的时代却始于 1956 年，那年他们赢得了他们的第一个冠军，4 比 2 战胜卡尔斯鲁厄的战绩使得 25 万多特蒙德人欢呼不已。这支经验丰富的球队又在 1957 年以 4 比 1 大胜汉堡队后成功卫冕。多特蒙德队于 1965 年至 1966 年赛季进入在格拉斯哥举行的优胜者杯决赛。1966 年 5 月 5 日是多特蒙德队历史上最为骄傲的日子，他们在加时赛中以 2 比 1 击败利物浦队。这是德国的球队第一次赢得该奖杯。在随后的数年里，该队成绩一路下滑，直到 1994 年他们第四次赢得德甲冠军，并在 1995 年第五次获得该殊荣。



Bayern 拜仁队

In the 1970s the name of Bayern Munich was synonymous with success. They won their domestic league title three years running (1972—1974) and proved themselves the best team in Europe by lifting the European Cup in three consecutive seasons (1974—1976). The team also formed the backbone of the West Germany team that won the World Cup in 1974. The story of the most successful German football club in history began on 27 February

1900, when Franz John founded Football Club Bayern in a Munich restaurant, Gisela. With 700 members in 1920, Bayern Munich became the biggest club in the city. Today, more than 80 000 members follow the team's fortunes. The 1980s, Bayern suffered two bitter defeats in European Cup finals, but with 11 domestic trophies, their power at home was consolidated. Former Borussia Dortmund coach Ottmar Hitzfeld took over the reins in 1998 and led Bayern to the title, and a heartbreaking defeat by Manchester United in the 1999 Champions League final.

But since Bayern has made—and last year, they beat Flancia after penalty in the champion league final to become champion.



在 20 世纪 70 年代, 拜仁慕尼黑的名字就是成功的代名词。他们在 1972 年—1974 连续 3 年赢得国内联赛冠军, 并在 1974 年—1976 连续 3 个赛季捧走欧洲冠军杯的, 充分向世人证明他们是欧洲最好的球队。该队又是 1974 年前西德获得世界杯时国家队的主力阵容的基础。这个德国最成功的足球俱乐部的历史始于 1900 年 2 月 27 日, 当时在吉赛拉的一家慕尼黑餐馆由弗朗兹·约翰成立了拜仁足球俱乐部。在 1920 年, 拜仁慕尼黑拥有 700 个会员, 因此成为该市最大的俱乐部。今天, 超过 8 万的会员是俱乐部的

宝贵财富。20 世纪 80 年代, 拜仁在冠军杯决赛中遭受了两次重创。但 11 次国内冠军仍确保了它在国内的地位。1998 年, 多特蒙德的前主教练希斯菲尔德接手拜仁队, 并带队向冠军杯发起冲击。虽然在 1999 年的决赛中惨败给曼联队, 但在去年, 他们利用点球战胜了瓦伦西亚, 获得冠军联赛的冠军。

Bayern can also claim to have one of the best goalkeepers in the world. Tall, muscular and with a shock of blond hair, 32-year-old Kahn joined Bayern from Karlsruhe SC in 1994, and was hailed as the best goalkeeper in the world in the 1990s, A great shot-stopper with unique reflexes, Kahn commands his defence with authority and very few flaws apart from alloctional tendency to over-react with a record for nasty fouls on ...forwards.

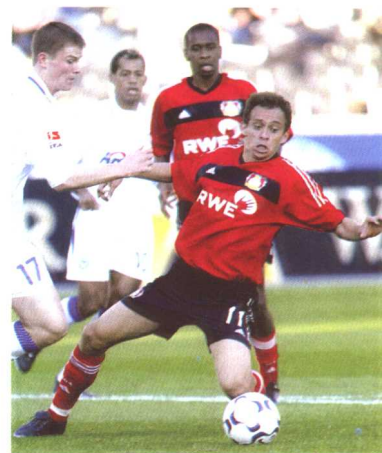
拜仁另一个可以向世人炫耀的就是, 他们拥有一个世界上最优秀的守门员, 身高体健, 长着一头的金发, 32 岁的卡恩。1994 年卡恩从卡尔斯鲁厄加盟拜仁队。他被誉为 20 世纪 90 年代最出色的守门员。作为守门员, 卡恩的反应敏捷, 技术出众。除了对对方球员的犯规有过激行为之外, 他几乎无可挑剔。



Leverkusen 勒沃库森队

Bayer, the pharmaceutical company that invented the Aspirin, has pumped millions of Deutschmarks into Bayer

Leverkusen. It was established in 1904 as a sports club for Bayer which employs approximately half the working population of this small town outside Cologne, and the football side was created in 1907. Before being promoted to the second division in 1975, Bayer were very much a regional player in the game and never challenged clubs of the size of Borussia Monchengladbach, FC Cologne or Bayern Munich. In 1979, Bayer were promoted to the first division and have not been out of the top flight since. It was in 1985 when Erich Ribbeck, who would later take charge of the German national team, was appointed coach that the side really took off. He led this small-town club into Europe in 1986 and 1987, and only a year later Bayer won the Uefa Cup in dramatic fashion, the greatest achievement in its history. The next significant trophy came in 1993 when Bayer scraped a 1-0 victory in the German football association Cup. The appointment of Christoph Daum as coach in 1996, however, transformed Bayer into a powerhouse in the Bundesliga, finishing runners-up to Bayern Munich in the first season and qualifying for the European Champions League in 1997 and 1998. Daum had arrogantly predicted that Bayer would win the league at the mid-point of the 1998—1999 season. This was not to be, but his use of a three-man attack has paid dividends and Bayer continue to push Bayern in the search for that elusive first title.



拜尔是发明阿斯匹林的药业公司，它对勒沃库森队投注了大量资金。在 1904 年初建时，勒沃库森是拜尔员工的一个体育俱乐部，其成员几乎占了这个科隆城外小镇人口的一半。其足球队则成立于 1907 年，在 1975 年晋级成为乙级队之前，拜尔只是一个地方球队，从未与门兴格拉德巴赫、科隆或拜仁慕尼黑等高级别俱乐部进行过比赛。1979 年，拜尔勒沃库森成为甲级队，并自此从未降过级。1985 年，当本可以入主国家队的埃里克·里贝被任命为勒沃库森的主教练之后，该队才开始真正的腾飞。他在 1986 年和 1987 年将这个小镇俱乐部带进了欧洲赛场。仅在一年后，就奇迹般地获得了联盟杯赛冠军，成为该队历史上最伟大的一次战绩。勒沃库森的第二次辉煌期是在 1993 年，该队以 1 比 0 获得了德国足协杯的胜利。1996 年，克里斯托夫·道姆被任命为该队教练，他使勒沃库森成为德国足联中的强队，上任后第一个赛季仅次于拜仁慕尼黑，取得了 1997 年和 1998 年冠军联赛的资格。道姆曾骄傲地宣称，他们将在 1998 年至 1999 年赛季中夺冠，但最后未能如愿。然而他的三人进攻战术仍显示了威力。勒沃库森队依旧是拜仁队夺冠的强敌。

More About Bundesliga

Bundesliga 德国足球联赛



The starting signal for the Bundesliga, which was constituted of five Oberligen Nord, Süd, West, Südwest and Berlin (fourth division north, south, west, south west, and Berlin), was given on August 24, 1963. This was preceded by vehement discussions on the structure of the new Bundesliga consisting of a pool of 16 teams and the respective rules. However, all doubts that had accompanied the start-up were brushed away by the impressive results. What has put a particular stamp on the highest German league is the record holder FC Bayern Munich who won the 18th title in 2003.

Now, 18 teams compete season by season in the Bundesliga for the title of the German champion. Matches are played in a round robin mode in first and second leg ties (at home and away). The bottom three of the table are relegated directly and are replaced by the three best teams of the 2nd Bundesliga.

In a sensational match in 1998, the 1.FC Kaiserslautern won the German championship. The “Red Devils” from the Betzenberg were the first team who won promotion to the Bundesliga and made it right through to the first place in the German top-flight league. After the title was won, the Palatine crowds were overwhelmed and the whole region celebrated the victory of the new German champion.

Since 1995/1996, The German champion and the runner-up are qualified automatically for the Champions League. Starting with the season 1999/2000, the Champions League was extended to 32 clubs. Thus, it is also possible for the third and fourth-placed of the Bundesliga to qualify for the Champions League. They enter in the third qualifying round. The teams participating in this round can be sure that in case they drop out they will still have the guarantee to start in the UEFA Cup. The fifth and sixth of the Bundesliga and the winner of the DFB cup—or the finalist, in case the cup winner should be entitled to start also in the Champions League—are qualified for the first UEFA cup round. Two clubs—the seventh and the eighth of the table, unless the cup winner occupies this place, and provided the respective club has signed up—may qualify via the UI cup for the UEFA cup.



				
FC Kaiserslautern 凯泽斯劳滕	FC Köln 科隆	1860 München 慕尼黑 1860	Bayer 04 Leverkusen 勒沃库森	Bayern München 拜仁慕尼黑
				
Borussia Dortmund 多特蒙德	Borussia Mönchengladbach 门兴格拉德巴赫	Eintracht Frankfurt 法兰克福	Hamburger SV 汉堡	Hannover 96 汉诺威 96
				
Hansa Rostock 罗斯托克	Hertha BSC Berlin 柏林赫塔	SC Freiburg 弗莱堡	Schalke 04 沙尔克 04	VfB Stuttgart 斯图加特
				
VfL Wolfsburg 沃尔夫斯堡	VfL Bochum 波鸿	Werder Bremen 不来梅		

[1] 德国足球甲级联赛共 18 支球队。

More About UEFA

UEFA and major competitions 欧洲足联及主要赛事



UEFA was founded in Basle (Switzerland) on 15 June 1954. Since then, the parent body of European football has grown into the cornerstone of the game on this continent, working and acting on behalf of Europe's national football associations to promote football and strengthen its position in the world.

The European Champion Clubs' Cup, Europe's flagship club event featuring the continent's domestic champion clubs, was founded in April 1955; the Inter-Cities' Fairs Cup (the forerunner of today's UEFA Cup) was founded later that month, and a new European competition for senior national representative teams, the European Nations' Cup, got under way in 1958 after two years of groundwork. UEFA also took over responsibility from FIFA in 1956 for staging the popular International Youth Tournament. With the later years' revamping of UEFA's structures, UEFA has been pursuing an intensification of dialogue with the top clubs and leagues. It has become the 'guardian' of football in Europe.

From the start of the 1990s, European football underwent a series of dramatic changes. The game became more commercially-oriented, and there were considerable developments in political, social and legal terms. Football was now not only an important social phenomenon —the game had become extremely big business, with huge sums of money at stake, and many stakeholders and interest groups involved. Now there are three major competitions under the control of UEFA: UEFA Champions League, UEFA Cup, and UEFA Cup Winners' Cup.



European Nations' Cup 欧洲杯

FIFA approved the formation of continental football associations at its Extraordinary Congress in Paris in 1953 and UEFA was duly formed on 15 June 1954. By the following year the European Champion Clubs' Cup was brought into being and by 1956 the groundwork got under way for a competition for the continent's national teams. Two years later, the first-ever qualifying matches for the European Nations' Cup began to take place, with 16 teams taking part.



The format for the first competition remained in place for some time. Early rounds were played over two legs, home-and-away, on a knockout basis until the semi-finals, which were then played in a host country. Given the effort that Henri Delaunay of the French Football Federation had put into UEFA and European football generally, and this tournament in particular, it was appropriate that in the summer of 1960 the first European Championship Finals—named the European Nations' Cup—were held in France. The trophy itself is still named after him.

UEFA Champions League 冠军联赛

The UEFA Champions League is UEFA's most prestigious club competition. Originally created as the European Champion Clubs' Cup prior to the 1955/1956 season, the competition changed format and name in time for the 1992/1993 season.



Since then, the competition has continued to evolve, maintaining a mixture of round-robin group matches together with the traditional knock-out format. For the 2003/2004 season, following the three qualifying rounds, a new format for the 32-team group stage (eight groups with four teams each) will be implemented.

The group winners and runners-up will advance to the knock-out stage of the competition, with the eight third-placed teams moving to the UEFA Cup third round, while the eight fourth-placed teams will be eliminated.

The 16 clubs that advance to the knock-out stage will play two matches against each other on a home and away basis, with the club scoring the greater aggregate of goals qualifying for the next round. In the event of both teams scoring the same number of goals, the team which scores more goals away qualifies. The two teams that advance from the knock-out round contest the final, held as a single match.



UEFA Cup 联盟杯



The UEFA Cup is a competition for the runners-up and the Cup Winners of each country, some teams expelled from the Champions League, the best teams of the Intertoto Cup, and teams from countries who top the UEFA Fair Play competition. If the cup winner of a country also qualifies for the Champions League, then the losing team of the cup final is qualified for the UEFA Cup. If both cup finalists qualify for the Champions League, then an additional team based on league position will be qualified. However, the losing cup finalist does not get the UEFA Cup cup-winner spot, but is treated as a league entrant. The "cup-winner" spot of that country goes to the team with the highest league position. In some countries (England and France) the last league entrant position is given to the League Cup Winner.

G-14

G-14 is the outcome of the determination of the chairmen of the leading football clubs in Europe to join forces. They chose to ally the power of their experience and the legitimacy of their professional and operational abilities to form the best ever synergy of skills that will actively help to secure the future of football and the necessary changes it has to pass through. There is no denying that the collective achievements, experience and financial weight and influence of the principal European Football Clubs deserve to be heard as the voice of this sport's "excellence". Nowadays, the group has grown into 18 members.



G-14' s Members

Real MadridCF 皇家马德里	AC Milan AC 米兰
AFC Ajax 阿贾克斯	Liverpool 利物浦
Bayern Munchen 拜仁慕尼黑	Internazionale Milano 国际米兰
FC Barcelona 巴塞罗那	Man.United FC 曼联
Juventus 尤文图斯	Borussia Dortmund 多特蒙德
PSV 埃因霍温	F.C.do Porto 波尔图
Olympique de Marseille 马赛	Paris Saint-Germain 巴黎圣日尔曼
Arsenal 阿森纳	Bayer 04 Leverkusen 勒沃库森
Olympique Lyonnais 里昂	Valencia 巴伦西亚

Chapter 102

The Football Club (II) 足球俱乐部(二)



There are now 52 associations under UEFA's wing, and UEFA's constant objective is to seek a consensus among its members. It is protecting and nurturing the well-being of the sport at all levels, from the elite and its stars to the thousands who play the game as a hobby.



THE LEGA-CALCIO SERIE A



The year 1946 marked the return to great football in Italy. The FIGC member clubs held their first general meeting, for 21 years and aimed to organize a whole revision of the organization. The meeting in Florence also decided about the new championships: an “A” Division, was to be established organized in a single round with twenty teams playing against each other; a “B” Division with three rounds, and a “C” Division with three different inter-regional rounds, including a total of 256 teams. Football was making giant strip in Italy and in 1957 the Federal Council decided to create an official status of “professional football player”, for all the players in the “A” and “B” Divisions. On March 4 1981, the law no. 91 was passed. This

was a very important moment for Italian sport and in particular for football, because all Italian football players were free to sign a contract for a well defined length of time, and to decide about their future career. On 8 May 1981, the Serie A and B Presidents’ Assembly decided to make sponsorships legal, which was a revolutionary innovation.

1946 年，足球运动在意大利重新兴起。意大利足协各成员俱乐部 21 年来第一次举行集会重建该组织。在佛罗伦萨举行的这次会议，同时决定举办新的联赛：甲级赛事包括 20 支球队所进行的循环赛；乙级赛事包括 3 轮比赛；丙级赛事包括 3 轮不同地区球队的比赛，共有 256 支队伍参加。从此，足球在意大利有了长足的进展，1957 年，足协决定在甲、乙两级联赛中建立足球职业运动员制度。1981 年 3 月 4 日，第 91 条法案获得通过。这对意大利的体育，尤其是足球非常重要，因为所有意大利球员都可以自由选择签约期，来决定他们的未来。1981 年 3 月 8 日，甲、乙两级赛事的主席大会决定商业赞助合法化，这是一项具有改革性的举措。

Milan AC AC 米兰

Milan’s famous soccer team dates back to 1899, when it was still officially called the Milan Football and Cricket Club. Early on, the colors for the club were chosen to be red and black and the



symbol or mascot was chosen to be the Devil, to strike fear into the hearts of opponents. In 1945 the club was given the name AC Milan, which has kept ever since. Over time they became known throughout the world as AC Milan, winning 3 World Club Championships, 5 European Champions Cups and 16 Italian championships. 6 times one of Milan’s players have won the prestigious France Football Magazine player of the year award. And there



are 1 100 AC Milan Fan Clubs in Italy and abroad with total 137 000 members.

米兰这支著名的球队始于 1899 年，当时称为米兰足球与板球俱乐部。早期俱乐部队服选择红黑相间颜色，并采用魔鬼作为吉祥物，以从心理上震慑对手。1945 年，球队更名为 AC 米兰并延续至今。随着时间的推移，AC 米兰的名字传遍世界，他们有着 3 次世界俱乐部冠军、5 次欧洲冠军和 16 次意大利冠军的战绩。该队曾有 6 人被著名的法国足球杂志评为年度足球先生。该队在意大利的球迷俱乐部达 1 100 个，海外成员达 137 000 个之多。

Inter 国际米兰



Inter fans are proud of the fact that their club

was born as a splinter group of AC Milan, or more precisely, of Milan Football and Cricket Club as they were known at the time. Giovanni Paramitthiotti (who would become the club's first chairman) led the Milan rebels, who were contesting the club's policy of limiting membership to just Italians and Englishmen. Paramitthiotti's faction believed that a football club should be open to all, regardless of nationality, and as a result, the name Internazionale was chosen. and thus, on 9 March,

1908, Internazionale Football Club was founded. Although Inter has been through many up and down, the fans can always take solace in the fact that, along with Juventus, they are the only club never to have been relegated to Serie B.

让国际米兰的球迷们自豪的是，他们的俱乐部诞生于 AC 米兰的分裂，确切地说，是米兰足球与板球俱乐部的分裂。杰奥瓦尼·帕拉米蒂奥特，即俱乐部的首任主席，领导了这次反叛，理由是俱乐部对球员的制度不合理，只有意大利和英国球员不受限制。以帕拉米蒂奥特为首的成员认为，一个足球俱乐部应该对所有人开放，不限国籍，结果就选择了国际二字作为名称。随后，在 1908 年的 3 月 9 日，国际米兰俱乐部成立了。虽然国际米兰的发展历经坎坷，但使其球迷总可以聊以自慰的是，他们的俱乐部同尤文图斯队一样，从未降级到过乙级。

Ronaldo is regarded as Brazil's greatest football talent since Pele. He was spotted at the age of 14 Two years later, he was playing in the Brazilian First Division, and scored 54 goals in 54 games, which "not even Pele managed that at the start of his career". The top teams in Europe clamoured for his signature. He decided it would be good to go there to learn more about the game. He ended his first season in Dutch Football, top scorer with 35 goals. At the start of the 1996 season, he was transferred to Spanish giants Barcelona. But after only one season there, Ronaldo was on his way to Serie A. He finally ended months of speculation over his future when he signed a five-year contract with



Italian club Internazionale in June.

罗纳尔多被认为是自贝利之后，巴西最伟大的足球天才。他 14 岁时初露锋芒，两年之后，他就在巴西甲级球队踢球，并在 54 场比赛中射入 54 球，就连贝利初涉足坛时也曾有过如此佳绩。欧洲顶级球队的签约纷纷而至，因此他决定到欧洲谋求发展，并在他的第一个赛季中，以 35 粒进球成为荷兰的最佳射手。在 1996 年赛季之始，他转会到西班牙强队巴塞罗那。仅过了一个赛季后，他开始进军意甲。经过数月的考虑，他终于在 6 月决定同意大利的国际米兰队签下了 5 年的合约。



Roma 罗马



Roma were founded in 1927 when the three biggest teams in Rome (Alba, Fortitudo and Roman) came together to form Associazione Sportiva Roma. The loyal fan base were mainly from the working-class Testaccio area of Rome. Seven years after Roma's formation, Italy won the World Cup. As a testament to how far the club had come, they provided two players for the national team —right-winger Enrico Guiata and half-back Attilio Ferraris. At the same time, Roma were considered virtually unbeatable at home with the goal scoring prowess

of Rodolfo Volk helping them to a top six finish in their first seven seasons in Serie A. These days, The goals of Gabriel Batistuta combined with the guile of fans' favourite Francesco Totti, gave Roma an edge that the club had lacked for many seasons.

罗马队成立于 1927 年，当时 3 支罗马最大的球队——阿尔巴队、福蒂多队和罗马人队合并而成为罗马运动协会。其球迷多来自罗马泰斯塔克希欧区的工人阶层。罗马队成立 7 年后，意大利获得了世界冠军。作为球队发展的见证，他们向国家队输送了两名队员，右边锋恩里科·吉阿塔和后场阿蒂里奥·法拉里斯。同时由于鲁道夫·尔科的射门技巧，使他们在进入意甲的最初 7 个赛季中，都进入了 6 强，从而使罗马队成为国内不可战胜的强队。今天巴蒂斯图塔的射门，加上球迷喜爱的托蒂的足智多谋，为罗马队带来了多年未有的成绩。



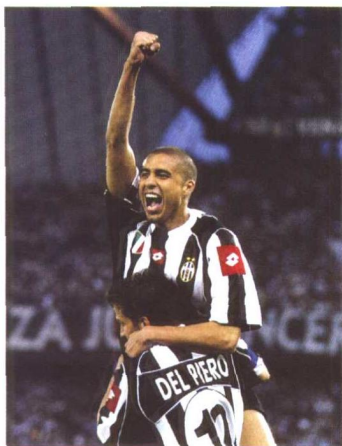
Gabriel Batistuta is one of the best strikers in the world. Like every player, Batistuta's career beginnings were not easy. He was a regular on temporary basis with Newell in Argentina in 1988. Later he was sent to Deportivo Italiano of Buenos Aires, Gabriel Batistuta made his debut in the National Team was on March 27, 1991. He made his mark at Copa America in 1991 when he emerged the top scorer for Argentina with 6 goals in 6 matches on their way to win

the tournament.

巴蒂斯图塔是世界著名前锋之一。像所有的运动员一样，巴蒂斯图塔运动生涯之初并非一帆风顺。1988 年他暂时成为纽维尔队的正式球员，后来他被送到在布宜诺斯艾利斯的意大利德珀尔蒂沃队。1991 年 3 月 27 日，巴蒂斯图塔首次代表阿根廷国家队比赛。他成名于 1991 年的美洲杯，在赢得冠军的过程中，他为阿根廷在 6 场比赛中射入 6 球，成为最佳射手。



Juventus 尤文图斯



Juventus were formed in 1897 as the brainchild of a group of Torinese students who gave the team their Latin name which means “youth”. Initially the Turin giants did not dominate the Italian game but once the Agnelli family—owners of FIAT—took over they effectively ended the era of the small provincial club. Packed full of the best Italian talent and gifted South Americans, Juventus won an unprecedented five titles in a row in the 1930s to mark their arrival as a major force in the Italian game. It was a role they would never relinquish. Indeed, many experts rated the Juve strike force in the following years. The statistic showed Juve have fans not only from Italy but from the rest of the world and 78 per cent of English supporters who follow I-

talian football say they follow Juventus.

尤文图斯成立于 1897 年，是由突利尼斯的学生计划发起的，因此使用拉丁语中的“青年”作为队名。开始时，这个都灵强队并未成为意大利足坛劲旅，但一经菲亚特的所有者——阿吉利家族的接管，他们立即结束了地区小俱乐部的时代。拥有意大利和南美最优秀的足球天才，尤文图斯在 20 世纪 30 年代史无前例地连续 5 次夺冠，标志着他们已成为意大利足坛的劲旅。他们一直保持着这种地位，事实上，许多行家也都认为在近近年来该队一直都是强队。调查显示，尤文图斯队的球迷不仅来自意大利，而且遍布全世界。在英国，喜爱意大利足球的球迷中，78%说他们最喜欢尤文图斯队。



Speed English



Speed English

More About Italian Series A

2003—2004 赛季的意甲球队^[1]

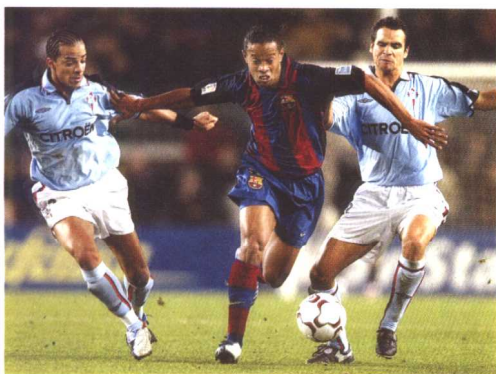
				
Ancona 安科纳	Bologna 博洛尼亚	Brescia 布雷西亚	Chievo Verona 切沃	Empoli 恩波利
				
Inter 国际米兰	Juventus 尤文图斯	Lazio 拉齐奥	Lecce 莱切	Milan AC 米兰
				
Modena 摩德纳	Parma 帕尔马	Perugia 佩鲁贾	Reggina 雷吉纳	Roma 罗马
				
Sampdoria 桑普多利亚	Siena 锡耶纳	Udinese 乌迪内斯		

[1] 意大利足球甲级联赛共有 18 支队。

Spanish Premier League



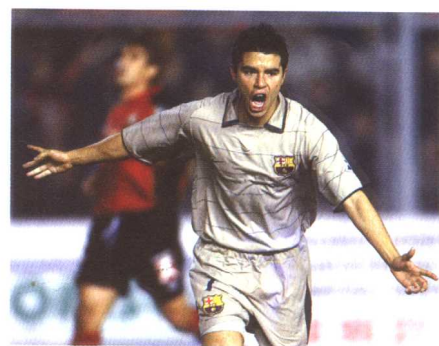
Barcelona 巴塞罗那队



No one could have guessed that a team who employed a local shepherd as their first goalkeeper would one day establish itself as a veritable giant of world football. Barcelona, the definitive symbol of the people and culture of Spain's fiercely autonomous region of Catalonia, is the club with by far the highest league attendances and the most season-ticket holders in the world. The first line-up, after the club was officially founded in 1899, contained more foreign than Catalan names for a series of three games against a highly rated team from the city's English community. Although Barcelona captured the inaugural Spanish Championship in 1929, the following decade was one of the least successful in their history. It was the post-civil war period that finally sealed Barcelona's position as the symbol of Catalonia and hope and pride of a repressed people.

没有人可以想像，一个曾经雇用了一个牧羊人作为他们的第一个守门员的球队有一天成为世界足坛巨人。巴塞罗那，这个带有强烈的西班牙加泰罗尼亚地区的人文和文化特征的俱乐部拥有最多的参与者和世界上最多的现场观众。1899年俱乐部正式成立之后，球队最早的阵容中，外籍球员要多于加泰罗尼亚的球员，那3场比赛是与城里一支来自英国的强队进行的。虽然巴塞罗那队在1929年获得了西班牙联赛冠军，随后的10年却是他们历史上最无成绩的年代。直到第二次世界大战后，才结束了巴塞罗那仅作为加泰罗尼亚地区象征和那里被压抑人们的希望和骄傲的角色。

Nevertheless, it took the team until 1979 to win their first European trophy—the Winners Cup. The title served to spur on Barcelona's ambitions and the board decided that if they were to be the greatest, they would bring the best. And among the best is Rivaldo, a superb dribbler and deadly from free kicks, he is equally effective on the left side of midfield or in attack. Rivaldo, a Braziler, was transferred to Barcelona after his huge success scoring with Deportivo 21 goals in his first season. And in the 1998—1999 season he was the inspiration behind Barcelona's second successive championship. He was duly voted World, European Soccer player of the year.

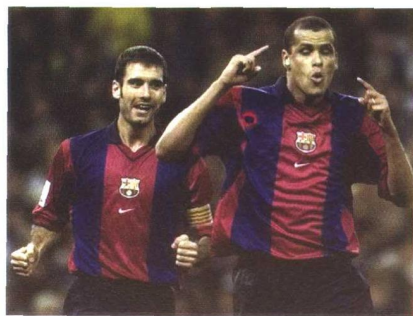


Speed English



Speed English

然而，该队直到 1979 年才赢得了他们第一个欧洲冠军——优胜者杯，这一胜利激发了巴塞罗那人的信心。董事会认为，如果他们要成为最好的队就必须引进最优秀的球员。而里瓦尔多就是这些最优秀中的一员。里瓦尔多带球技术好，擅长任意球，在中场左边和进攻位置都能发挥作用。里瓦尔多在拉科鲁尼亚的第一赛季中，赢得 21 粒进球而大获成功后，转会到巴塞罗那队。在 1998 年至 1999 年的赛季中，他成为巴塞罗那队成功卫冕的核心人物，并被选为年度世界足球先生和欧洲足球先生。



Real Madrid 皇家马德里队



From an inexperienced 3:1 defeat in the hands of Barcelona in their first season through their legendary and first truly international clubs of the 1950s and 1960s, a 32 years wait to regain the European Cup and the most recent crushing of the traditional rival of Barcelona and their success of the Champion of league final, Real Madrid have come to symbolize Spanish football and for some Spain itself. Real came to international prominence at the same time as Spanish football began to make an impact on the World Cups of the 1950s. Madrid's Spanish players in the early 1970s were consistent but not the most exciting and in the 1980s the stalwarts were Emilio Butragueno, Michel and Martin Vazquez. However, the collapse in confidence of Spanish football following the debacle of France 1998 had a knock-on effect. The fact that this season represents Real's centenary was the catalyst to the club's ambition to bring home the Champions League trophy, which they truly did with their 2-1 success over Bayer Leverkusen in May.

从第一次参赛以 1 比 3 输给巴塞罗那，一直到 20 世纪五六十年代的富有传奇色彩的第一支真正意义上的国际俱乐部、32 年后的重获欧洲杯，以及在最近赛事上重创老对手巴塞罗那队，使得皇家马德里队成为西班牙足球的象征，而对于一些人来说，它就是西班牙。皇家马德里在 20 世纪 50 年代赢得国际声誉，当时西班牙足球刚开始在世界杯上产生影响。该队 20 世纪 70 年代的西班牙球员阵容整齐，但缺少耀眼的明星，而 80 年代要属布特拉格诺、米歇尔和马丁·范奎斯。然而西班牙足球的信心在 1998 年法国的惨败后受到严重打击。本赛季马德里队迎来了百年纪念，这使俱乐部重新唤起夺回冠军的信心。结果他们在 5 月以 2 比 1 战胜勒沃库森而如愿以偿。



More about Soccer

2003—2004 赛季的西甲球队^[1]

				
Albacete Balompié 阿尔巴塞特	Athletic Bilbao 毕尔巴鄂竞技	Athletic Madrid 马德里竞技	F.C. Barcelona 巴塞罗那	Celta de Vigo 塞尔塔
				
Deportivo 拉科鲁尼亚	R.C.D. Espanyol 西班牙人	Málaga C.F. 马拉加	R.C.D. Mallorca 马洛卡	Murcia C.F. 穆尔西亚
				
Osasuna 奥萨苏纳	Racing Santander 桑坦德竞技	Real Betis 皇家贝蒂斯	Real Madrid 皇家马德里	Real Sociedad 皇家社会
				
Real Valladolid 瓦拉多利德	Real Zaragoza 萨拉戈萨	Sevilla F. C. 塞维利亚	Valencia C. F. 瓦伦西亚	Villarreal C. F. 维拉利尔

[1] 西班牙足球甲级联赛共有 20 支队，后 3 名降级。

其他著名的俱乐部

AFC Ajax 阿贾克斯



Founded in 1900 Ajax of Amsterdam has one of the richest histories of any European Football Club. Their impressive results include 27 National Champions, 14 Dutch Cups, 9 European Titles and 2 world championships. Aside from their success at the professional level Ajax is known around for it's premium on developing young talent in their Youth Training. Many of the world's best have wore the Ajax colours as young players including Johan Crujff, Marco van Basten, Patrick Kluivert, Frank Rijkaard and Aron Winter.

PSV 埃因霍温



The Eindhoven Football Club PSV was founded on 31 August 1913, at the end of a large Philips sports feast marking the 100th anniversary of Dutch independence. Originally PSV Football was one of 19 members of the Philips Sports Club (in Dutch abbreviated to PSV). The present Philips Stadium is still on the same location as when it was first built. Their honours include 17 National Champions, 7 Dutch Cups and 2 European Titles. PSV has a rich history of goalscorers, such as Romario, Van Nistelrooy, Gullit, Van der Kuijlen, and Ronaldo.

F. C. do Porto 波尔图



FC Porto is a football team in the first division of the Portuguese Football League. It was founded in 1893 by António Nicolau de Almeida and is based in Oporto, Portugal. Its home stadium is Estádio do Dragão. FC Porto is a glamorous team, which has totally won 23 Portuguese League Champions with a Europe Champion in 1987, an Intercontinental Cup and a UEFA Super Cup in 1988, and a UEFA Cup in 2003.

Olympique de Marseille 马赛



The Olympique de Marseille was formed in 1899. The Stade-Vélodrome is the legendary home ground of OM, the professional team whose motto is "Droit au but" (A play on words literally meaning "Straight in the back of the net" but also signifying "Go for it!"). The team is famous for having won 8 French Championships, 10 French Cup and European Champions Cup in 1993. In order to satisfy its exuberant supporters, the club has always called upon great players such as Cantona, Papin, Deschamps, Desailly, Barthez, Weah, etc...

Paris Saint-Germain 巴黎圣日尔曼



Formed in 1970 following a merger between FC Paris and Saint-Germain-en-Laye, Paris Saint-Germain FC have proved successful in their short history, having won two league titles, five French Cups, two League cups as well as the 1996 UEFA Cup Winners' Cup. With a clutch of top players in club history such as David Ginola, Youri Djorkaeff, George Weah, Nicolas Anelka and Ronaldino.

Olympique Lyonnais 里昂



The Olympique Lyonnais was founded as Lyon Olympique in 1912, club renamed in Olympique Lyonnais in 1950. Its home stadium is Stade de Gerland.

Valencia 巴伦西亚



Valencia CF have long lived under the shadow of Spain's big two, Real Madrid CF and Barcelona FC, but recent years have seen the side emerge as one of the strongest in Europe, as they proved by reaching two consecutive UEFA Champions League finals in 1999/2000 and 2000/2001. The club, which has boasted world-class players such as Mario Alberto Kempes, Alfredo Di Stefano, Romario, Santiago Cañizares and Gaizka Mendieta.

Boca Juniors 博卡青年



Boca Juniors were founded on April 3, 1905 by Italian immigrants living in the Boca district of Buenos Aires. Among the many legendary players to have donned the famous Boca shirt are Diego Maradona and Gabriel Batistuta. Boca have won numerous national championship and cup competitions but are just as well known for their international achievements, winning the Copa Libertadores five times (1977, 1978, 2000, 2001 and 2003) and the Intercontinental Cup triple (1977, 2000 and 2003).

River Plate 河床



Club Atletico River Plate, formed in 1901, have a more affluent image than their city rivals Boca Juniors. But the club has also produced some top class players such as Alfredo Di Steffano and Hernan Crespo. River are a dominant force in Argentinian football, winning six Aperturachampionships and four Clausuras since 1991. The club's home ground in Buenos Aires is called the River Plate Stadium.

Sao Paulo 圣保罗



Founded in 1935, Sao Paulo Futebol Clube has won Brazilian National Championship three times (1977, 1986, 1991). It won the Paulista Championship (for teams in the Sao Paulo area in southern Brazil) in 2000 and 1998. 1992 and 1993 were treble-winning years for the club with wins in the Copa Libertadores, Intercontinental Cup and South American Recopa. Its massive Morumbi stadium can house 100 000 soccer-mad fans.

Santos 桑托斯



Founded in 1912, Santos Futebol Clube is one of Brazil's most famous teams. The great Pele played for Santos from 1956 to 1974; a golden era for the club. During this time Santos won 11 Paulista championships and five Brazilian Cups. The club also won Copa Libertadores and Intercontinental Cup doubles in 1962 and '63. After a long period without much success, Santos won the Brazilian Championship (Campeonato Brasileiro) in 2002. The club's home ground is the Urbano Caldeira (Vila Belmiro).

Chelsea 切尔西



Formed in 1905, Chelsea Football Club has won three FA Cups and two League Cups but only one domestic championship (1955). The club has also won the Cup Winners' Cup twice (1971, 1998) and the European Super Cup (1998). The high-profile take-over of the club by Russian billionaire Roman Abramovic before the start of the 2003—2004 season resulted in a massive shopping spree. Tens of millions of pounds were spent in a bid to turn the Stamford Bridge club into a top-class champions league winning outfit. Only time will tell if money can buy them success.

Manchester City 曼城



Manchester City Football Club was originally formed as 'West Gorton St Marks' in 1880. The club's name was changed to Manchester City FC in 1894. Man City, as they are popularly known, have won four FA Cups (1904, 1934, 1956, 1969), two First Division titles (1937, 1968), two League Cups (1970, 1976) and a Cup Winners' Cup (1970). Under the guidance of former England manager, Kevin Keegan, City got promotion to the English Premiership for the 2002—2003 season and moved into the brand new City of Manchester Stadium before the 2003—2004 season.

Chapter 103

The Cycling 自行车

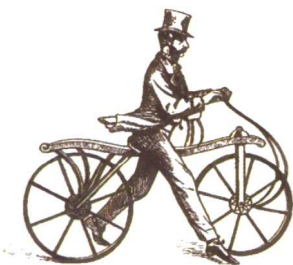


Cycling, bicycle riding either as a competitive sport or for recreation. It is popular throughout the world, but especially in Europe.



Bicycle History

自行车的历史



Bicycles used in cycling may bear some resemblance to their ancestors, but modern technology has done wonders to knock precious ounces off a bike's weight and make it that much faster. Frames and wheels have gone from heavy steel models to lightweight aluminum, titanium and even carbon fiber, making for faster times and broken records. But the origins of the bicycle itself date back to Paris in 1791, when Comte de Sivrac unveiled a machine riding on two large wheels in the gardens of Palais Royal. The primitive bicycle boasted a padded saddle and a flat handlebar, although the front wheel did not turn for steering purposes. The design was somewhat improved when Karl, Baron von Drais built what he called a "walking machine or shiftwalker" in 1817. But something was still missing. Like Sivrac's bike, von Drais' device lacked pedals, forcing riders to push the machine with their feet. The velocipede, or fast foot, remedied this situation by attaching pedals directly to the front wheel, much like the modern child's tricycle. Constructed entirely of wood, it soon earned the nickname of "the boneshaker".

比赛用的自行车和最初的发明略有相似，但现代技术带来巨大的改变，如今的自行车更加轻巧敏捷。车架与车轮都不再是钢质，而是重量很小的铝、钛，甚至碳纤维。这使得自行车行驶更加快速，比赛记录不断被刷新。自行车 1791 年诞生于巴黎，孔特·希拉克在皇家草坪上展示了一个由两个大轮子组成的机器。这个早期自行车有车座和车把各一个，但是前轮并不能摇摆控制行驶。冯·杜拉斯男爵改进了这个发明，在 1817 年制造出新自行车，叫“行走机器”，又叫“移动步行者”。但是还有不足之处，杜拉斯男爵的发明和希拉克的自行车一样没有踏板，骑车者必须用脚推动车前进。脚踏两轮车（也叫“快足”）的出现改变了这一切，它



的前轮加上了踏板，有些类似于现在的儿童三轮车。当时完全木制的自行车被人们称为“骨头振荡器”。

This design was improved once again in 1842, when Scottish blacksmith Kirkpatrick Macmillan built a series of connecting rods to drive the rear wheel from a set of pedals located directly under the rider. When rubber tires replaced wood and steel in 1868, the package was almost complete. The addition of pneumatic tires in 1888 made the bicycle worthy of riding—and racing—over

long distances. Since then, the sport's evolution has been a steady climb as athletes and engineers experiment with anything that might shave a few seconds off their times. The sport's boom in the late 19th century made it a natural for the first modern Olympic Games in 1896. That inaugural Olympic road race was held on the marathon course, with riders completing two laps covering a total of 87 kilometres. Outside of the Olympics the sport has enjoyed a huge following 1903, when Henri Desgranges organized the first Tour de France.



1842 年，自行车的设计得到改善。苏格兰铁匠马克米兰发明了踏板，他以一系列相连的铁棒驱动车轮，而动力来自于骑手身下的脚踏板。1868 年，橡胶轮胎取代了木质或铁质轮胎，自行车就此基本成型。1888 年，充气轮胎使远距离骑车甚至赛车成为可能。从那时起这项运动不断发展，运动员和设计师不停地试验新材料，使自行车为人们节省哪怕分秒时间。19 世纪晚期自行车运动得到普及，自然成为首届奥运会比赛项目之一。奥运公路自行车赛在马拉松赛场举行，选手骑了两圈共 87 公里。除奥运会外，这项运动也有别的著名赛事，1903 年亨利·德斯格朗吉组织了首届环法自行车赛。

Speed English



Speed English

More About Cycling

UCI 国际自行车联盟



of five Continental Confederations, 159 National Associations. ^[1]

The International Cycling Union is the International Federation of cycling; it represents the association of the National Federations of cycling. It is a non-governmental, international and world-wide organization. It was founded on 14 April 1900 in Paris by the representatives of the National Federations of Belgium, France, the United States, Switzerland and Italy. Its headquarters are in Aigle in Switzerland. Today, the UCI consists

[1] 截至到 2003 年 12 月。

Olympic History

Cycling is one of the few sports that has been on the programme of every Olympic Games. The programme has varied but now consists of road races, track races and mountain biking. BMX racing will add to the 2008 Summer Olympic Games in Beijing, China.

An individual road race was contested at the 1896 Olympics and at all of the Olympic Games since 1912. In Athens in 1896, the original Olympic road race took place on the marathon course, with the riders travelling from Athens to Marathon and then returning to Athens' Phaliron velodrome. A team road race event was also on the programme from 1912 to 1956. This event consisted of

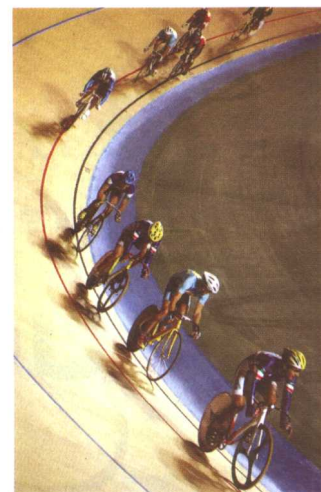


adding up team placements or times from the individual road race. In 1960, the team road race was replaced by a 100 kilometre team time trial. The team time trial was dropped from the Olympic programme after the 1992 Olympics, and the individual time trial on the road was returned to the programme after 64 years of absence. Women began competing in cycling at the Olympics in 1984, with an individual road race

as the only event. In 1996 and 2000, women also competed in an individual road time trial, similar to the men.

Track racing has been held at all Olympic Games except for 1912 in Stockholm, when only a road race event was held. The programme has varied a great deal, especially in the early years and recently. The Olympic track cycling programme underwent little change from 1924 to 1992, with the programme consisting basically of a match sprint event, a 1-kilometre time trial, a tandem match sprint, and a team pursuit race. In 1964, an individual pursuit race was added, and the tandem match sprint was eliminated after 1972. In 1984, women were admitted to Olympic cycling with a single road race. In 1988 a sprint race on the track for women was also held and in 1992, the women contested an individual pursuit track race.

In 1993, cross-country mountain biking became an Olympic discipline, making its Olympic debut in the programme of the 1996 Atlanta Olympics.

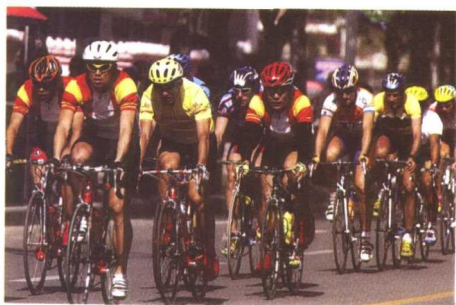
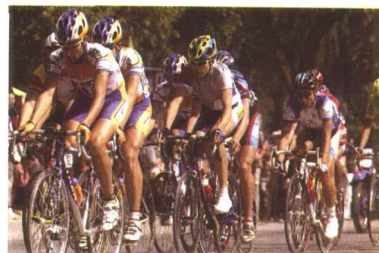


Cycling Road

公路赛



The men's and women's road races and time trials now comprise the four events that make up the Olympic road-racing program. The road races begin with mass starts. The men race over 239km and the women over 120. The time trials are raced against the clock, with riders starting at 90-second intervals. In those, the men race over 46.8km, the women over 31.2km. Road race rules are simple: after a mass start the first rider across the finish line wins. Although classified as an individual event, teams usually designate a leader who drafts behind his or her teammates for much of the race to save his or her energy for the final sprint to the finish line. In the time trial, however, pure power reigns supreme. Competitors leave the starting line at intervals and are not permitted to draft. The rider with the fastest time wins.



男/女公路赛和计时赛构成4个奥运自行车比赛项目。公路赛集体开始，男子比赛距离239公里，女子比赛距离120公里。计时赛以时间为准，选手出发时间间隔90秒。男子比赛超过46.8公里，女子比赛超过31.2公里。公路赛的规则很简单，集体出发以后最先到达终点者取胜。尽管这是个人项目，参赛者通常组队并选出队长，队长在同伴身后骑行，为最后冲刺节省力气。计时赛仅仅考验选手的力量，参赛者相继出发不能跟随，用时最短者取胜。

Speed English



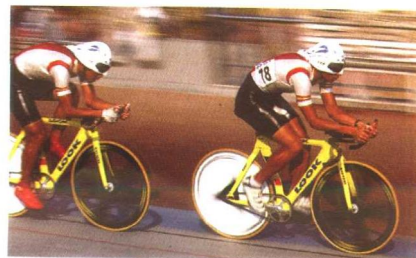
Speed English

Cycling Track

场地赛



Road racing and mountain biking relate easily to the average rider's view of cycling. Track cycling does not. In track cycling, the riders go nowhere, just around and around an oval track banked at 42 degrees. The track names the velodrome, and the helmets, suits and bikes bearing no resemblance



to a common two-wheeler more closely resemble something out of Star Wars. Those idiosyncrasies grew out of years of refinement, though. All were aimed at helping man push bicycles faster and faster. The 1984 Los Angeles Olympic Games, in particular, fielded a wave of futuristic machines, including the debut of the spokeless, carbon-fiber disc wheel. Another revolution occurred in the 1992 Barcelona Games, where Great Britain's Chris Boardman broke world records and lapped the world champion in the final with a bike fully utilizing carbon-fiber technology and aerodynamic cross-sections, weighing less than nine kilograms.

公路赛和越野赛符合普通人眼中的自行车比赛，但场地赛略有不同。场地赛上选手不需要行进很远，只在一个 42 度的椭圆赛场上转圈，赛场叫做 velodrome。选手的头盔服装和自行车都很奇特，看起来像星球大战里的道具。这些奇怪的东西都是数年改进的成果，只为提高选手速度。1984 年洛杉矶奥运会成为现代自行车的展示，其中包括没有辐条的碳素圆盘轮胎。1992 年巴塞罗那奥运会也成为自行车革命的见证。英国选手格雷·博得曼打破世界纪录并超过世界冠军，他使用一辆完全由碳素纤维制成并采用了空气动力学原理的自行车，该车重量不到 9 公斤。



Mountain Bike

山地车



Mountain biking debuted in the Games in 1996 at Atlanta. The sport was about 40 years old then, if you date it back to the university student who first stripped down his bicycle, converted it and headed for the hills in 1953. The sport was just 20 years old, though, if you date it back to the first organized competition outside San Francisco. The members of the Velo Club Mount Tamalpais generally receive the credit for establishing mountain biking as a sport. They invented the Repack Downhill race, held regularly between 1976 and 1979 just across the famed Golden Gate Bridge from San Francisco. The races attracted riders from near and far, and the media soon followed. It was a cool sport, a fringe sport. By 1990, it had turned into a truly professional sport, complete with World Championships. Cross-country sees the riders riding over what is usually a



very hilly, sometimes mountainous course, usually on natural terrain. They may need to maneuver over trees, branches, rocks and streams. Men race between 40 and 50 kilometres, and women cover 30 to 40km. The exact distances are decided the night before the race, when officials ponder the weather conditions and aim for an optimum finishing time of two hours and 15 minutes for the top man, two hours for the top woman. The course is set so men complete six to seven laps and women race five to six.

越野自行车赛始于 1996 年亚特兰大奥运会, 那时这项运动已有 40 年历史, 始于 1953 年大学生改变自行车结构并骑着自行车上山, 但是旧金山举行首次比赛还不到 20 年。维罗俱乐部的成员堪称越野自行车运动的开山鼻祖。他们设立了 "重复下山" 赛。1976 年至 1979 年间定期举行比赛, 路线通过著名的旧金山金门大桥。该项赛事吸引了各地选手, 也被媒体大量报道, 这是一项很有个性的运动, 一项边缘运动。1990 年起该运动成为职业比赛, 并拥有世界锦标赛。越野自行车赛选手穿越丘陵, 有时路线蜿蜒于崇山峻岭之间, 通常都是在自然环境下比赛。他们必须穿越树林枝丫, 应付岩石和溪流。男子比赛距离 40 公里到 50 公里, 女子比赛 30 公里到 40 公里。路线的长度在比赛的前一天晚上决定。组织者们考虑天气情况, 并希望男子冠军用时 2 小时 15 分钟, 女子冠军用时 2 小时。男子路线重复 6 次至 7 次, 女子重复 5 次至 6 次



QIXIE

器械

Each type of cycling requires a specific type of bicycle. Road racing bikes have lightweight frames usually built of steel, aluminum, titanium, or carbon fiber. They are equipped with downward curving handlebars, thin high-pressure tires, narrow saddles, brakes, and a front and rear derailleur that shifts the chain through as many as 16 different gear combinations. The bikes' overall lightness (8 to 10 kg/18 to 23 lbs) and short wheelbase encourage speed and quick handling. Track bikes are similar in appearance and construction to road racing bicycles, except that they lack brakes, have no variable gear mechanism, and weigh about 7 to 9 kg. Mountain bikes are built to withstand the rigor-



ous conditions of off-road riding. Although their frames are commonly constructed of the same materials as other racing bikes, they have sturdier tubing. Mountain bikes are equipped with straight handlebars; wide, low-pressure, knobby tires; powerful brakes; and bar-mounted shift levers controlling up to 24 gears.

比赛不同对自行车的要求不同。公路赛用车结构很轻，通常由钢、铝、钛或碳素制成。手把向下弯曲，车轮很细但气很足，车座很窄，有刹车和前后变速器，能以 16 种不同方式调节链条和齿轮。全车重 8 公斤到 10 公斤，短轴距以提高速度和方便控制。场地赛用车与公路赛用车类似，但是没有刹车或其他控制齿轮的装置。重量为 7 公斤到 9 公斤。山地车要承受艰苦条件的考验，尽管它的材料与其他比赛用车无异。它的管子更牢固。山地车车把是直的，车胎宽、多节而且气不是特别足，刹车灵敏并有 24 档变速装置。



More About Cycling

List of events 事件一览表

	Men	Women
	individual road race	individual road race
	individual time trial	individual time trial
	1km time trial	500m time trial
	individual pursuit	individual pursuit
	points race	points race
	sprint	sprint
	keirin	
	madison	
	olympic sprint	
	team pursuit (4000m)	
	cross-country	cross-country

Cycling Track 场地自行车赛

Time trial 计时赛

A race in which riders start individually and race against the clock

Individual pursuit 个人追逐赛

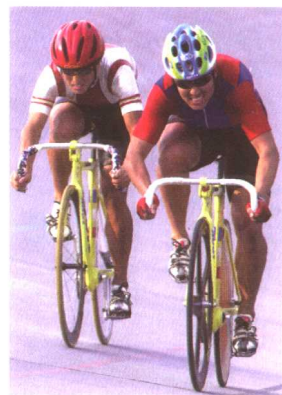
Only two riders contest the pursuit, each starts at a point marked half way along the opposing straights of the track. From the start gun to the finish, the purpose of the race is to catch the other rider. If a rider catches his or her rival before the designated race distance, the race ends immediately. Otherwise the pursuit is decided by the rider who completes the distance in the shorter time. The winner passes through progressive rounds in a knock-out format contest. (4 000m for men, 3 000m for women)

Points race 记分赛

The longest of the track races. A bunch of riders sprints for points at the end of each lap. At the end of the race, the rider with the greatest points total is the winner. (40km for men, 24km for women)

Sprint 个人争先赛

Also known as “200m Sprint” or “Match Sprint”. Nowadays, there is a Sprint category both men and women. A line is marked 200 meters before the finish, and the riders’ times beyond this line are measured. This is why the race is sometimes called the 200m Sprint. Races are contested over a distance of one kilometre, with two riders at a time on the track, jockeying for the best position from which to unleash their final surge at the finish line. The contest uses a knock-out format, and each heat is contested over two races, and if needed a third race is used as a tie-breaker.



Keirin 凯林赛

The keirin is one of the most exciting events in cycling because of the speeds. The event is a 2 000 metre paced event in which the riders ride behind a motorised derny, which increases the potential speeds. The derny paces the riders for 1 400 meters and then pulls off the track, at which time the cyclists begin a furious sprint to the finish. Keirin racing has traditionally been practised in Japan, where it has been a professional sport for over 20 years, and in which pari-mutuel betting on the riders is permitted.



Madison 麦迪逊赛

The Madison is a mass-start event comprising teams of two riders per team. It is similar to a team points race, as points are awarded to the top finishers at the intermediate sprints and for the finishing sprint. Only one of the two

team riders is on the track at any one time, riding for a number of laps, and then exchanging with his partner, who is propelled onto the track by a hand sling from the cyclist leaving the track.

Team pursuit 团体追逐赛

This is similar to the individual pursuit race, except that there are two teams of four riders each. The teams ride in pace lines and the leader changes every half-lap or every lap. Standard distance is 4 000 metres. The team's time is taken when the third rider crosses the finish line, so the fourth rider doesn't have to finish.

Olympic sprint 奥林匹克争先赛

The Olympic sprint is a team sprint event, with each team consisting of three riders. Two teams compete against each other, starting on opposite sides of the track, with the goal being to catch the other team, or finish three laps of the track first. Each of the three riders leads their team for a single lap. The time for the final rider to finish the third lap is the time for the team.



A Short History of BMX BMX 小轮车的历史



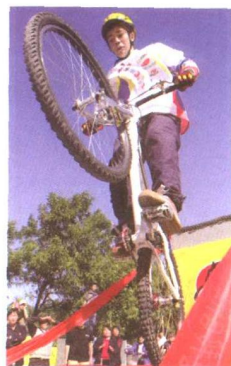
Bicycle moto cross (bmx) started in the late 1960s in California, around the time that motocross became a popular sport in the USA.

The motorized version of the sport was the inspiration for the human powered competition. Children and teenagers with the desire but not the means to participate in motocross sated their appetite by racing bicycles on self-built tracks. These young adventurers completed the imitation by dressing themselves up in motocross gear. The sport was given

the name "bmx" and the conception was complete.

Bmx racing offered exciting action at a low cost, close to home. It is easy to see why the sport was an instant hit. In California the sport was more popular than anywhere else. During the early 1970s a sanctioning body for bmx was founded in the U.S.A. This is considered as the official start of bmx racing. As that decade progressed, the sport was introduced on other continents too, among them Europe in 1978.

In April 1981, the International BMX Federation was founded, and the first world championships were held in 1982. Bmx rapidly developed as a unique sporting entity, and after several years clearly had more in common with cycling than motorcycling codes. Thus, since January 1993 bmx has been fully integrated into the UCI.



Tour de France 环法自行车赛

The Tour de France began as a wild adventure for only the heartiest of riders, back in 1903. The race initially began as a publicity stunt for the magazine l'Auto. It was a 2 500 km race taking place across 19 days, in six stages. Riders were expected to ride day and night, and push themselves to extreme limits. Sixty riders began the race, and the winner was Maurice Garin.

The Tour de France was paused for World War I and World War II, and has continued strong ever since, with its routes and difficulties changing over the years. It currently runs almost 3 500 km over 3 weeks—a stage a day. There are almost 200 riders in the race now.



As of 2003, there were 89 Tour de France held, with the 100th anniversary of the Tour de France. Lance Armstrong won 5 in a row, his name will be ranked with those Jacques Anquetil, Eddy Merckx, Bernard Hinault, and Miguel Induráin, who have won five championships all together.

The Route of the 2003 Tour de France

Running from Saturday July 5th to Sunday July 27th, the 2003 Tour de France will be made up of one prologue and 20 stages and will cover a total distance of 3 427.5 kilometres.

These 20 stages have the following profiles:

- 10 flat stages 平原赛段
- 7 mountain stages 山地赛段
- 2 individual time-trial stages 个人计时赛段
- 1 team time-trial stage 团体计时比赛段

Distinctive aspects of the race:

- 3 mountain finishes
- 2 rest days
- 102.5 kilometres of individual time-trials
- 69 kilometres of team time-trials
- 1 transfer by train (TGV) and 1 by car
- 21 Category 1, Category 2 and highest level passes will be climbed.

Glossary of Cycling 术语汇编

Attack 超越

A sudden acceleration to move ahead of another rider or group of riders.



Break/breakaway 摆脱

A rider or group of riders that has left the main group behind.

Echelon 梯形队形

A staggered line of riders, each downwind of the rider ahead, allowing them to move considerably faster than a solo rider or small group of riders.

Gregario 领骑者

A team rider who will sacrifice his / her individual performance to help a designated team-mate.

Lead Out 跟骑

To sprint in front of another rider, almost always a teammate, so that rider can take advantage of the draft for a time, before coming past with an even faster sprint toward the finish.

Lapped 被套圈

A rider who has fallen behind another rider by one lap of the track, course or circuit is said to have been lapped.

Repechage (落选) 补充赛

A round (usually in sprint competitions) in which losers of previous heats race against each other to gain re-entry into the competition.

Velodrome 自行车赛车场

A track built specifically for bicycle racing, made up of two long straights and two short, curved end sections that are sharply banked. Most velodromes are 1/3 of a kilometer around, though some are as short as 200 meters and others as long as 500 metres.



Chapter 104

The Modern Pentathlon and Triathlon 现代五项和铁人三项

The most perfect sportsmen, therefore, are the Pentathletes because in their bodies strength and speed are combined in beautiful harmony.

—Aristotle

Great works are performed not by speed or strength but perseverance.

—Samuel Johnson



Modern Pentathlon



现代五项



With a slate of five wildly disparate events—shooting, fencing, swimming, equestrian show jumping and cross-country running under a scoring system similar to that of the decathlon/heptathlon—the modern pentathlon is perhaps the most eccentric and arcane of Olympic events. You might even be tempted to call it pre-modern pentathlon and wonder just who is drawn to such an odd mishmash of events—is it the domain of survivalists holed up in the back country of Montana, or European aristocrats with too much time on their hands? The latter might not be that far off,

considering the honorary president of the UIPM, the international body governing modern pentathlon, is none other than Prince Albert of Monaco.

现代五项运动由 5 个不同部分组成：射击、击剑、游泳、马术和越野赛跑。计分方式类似于十项和七项全能。这项运动在奥运会中最古怪奇特。你甚至会叫它后现代五项全能。谁会参加这样的奇怪运动组合——是经历过蒙大纳山区隐居生活考验过的幸存者，还是那些过于悠闲的欧洲贵族？这两者比起来，还是后者比较接近。因为现代五项的管理机构——国际现代五项联合会的名誉主席，正是摩纳哥王子阿尔伯特。

De Coubertin, looking for an event that would exalt the most complete soldier-athlete, saw the demands of shooting, fencing, swimming, riding and running as a way of updating the pentathlon of antiquity—the glamour event of the ancient Olympics which featured soldiers running, jumping, wrestling and throwing the javelin and discus.

德·顾拜旦一直在寻找一个能充分体现士兵型运动员特色的体育运动。他在射击、击剑、游泳、马术和越野赛跑这几项运动中找到了灵感。古代奥运会中极具挑战意味的五项全能项目，是由士兵们参与的赛跑、跳跃、摔跤、掷标枪和铁饼几个项目组成的。



Shooting—All 24 competitors in the men's and women's events will line up to shoot at electronic targets 10 meters away with the targets automatically reset after each shot.

射击比赛的形式是 24 名参赛选手，不分男女。射击射程为 10 米，靶子是可自动更新的电子目标。

Fencing—Like all Olympic fencing, this component will be held on the

tradition fencing strip—called a piste—which is 1.5m wide and 14m long. On-guard lines are drawn two meters from the center line with rear-limit lines drawn seven meters from the center line. The two meters at either end of the piste are different colors to alert competitors that they are approaching the rear-limit lines.



击剑比赛的形式与奥运会比赛一样，在传统的长 14 米、宽 1.5 米的剑道上举行。距中线 2 米处是开始线、7 米处是端线。剑道两端距端线 2 米处，用不同颜色划分，以便运动员分辨自己在剑道上的位置。

Swimming—This component uses the standard 50m Olympic pool. The race covers four laps.



游泳比赛采用奥运会标准的 50 米泳池。运动员必须游 4 圈。

Riding—Riders must stay within the flags that outline the course, with red flags to their right and white flags to their left. They must jump the obstacles, ranging in height from 1.2m to 1.5m, in a set order.



马术比赛中，运动员必须在规定的线路内完成动作。以红旗在其右侧，白旗在其左侧为准。比赛时，运动员必须依序跨越高度在 1.2 米~1.5 米之间的障碍。

Running—Competitors run four laps of a 750m course constructed in a stadium filled with twists and turns to simulate a cross-country race.

越野跑比赛是在室内的仿真场地举行，具有一定坡度和弯度。运动员必须跑 4 圈，赛程 750 米。

It's an unpredictable event, largely due to its multi-disciplinary make-up and because de Coubertin followed the myth of the French soldier pretty faithfully. Athletes who are strong swimmers and runners often blow their medal chances with shoddy shooting. Others are completely overmatched in the round-robin fencing tournament, in which all bouts are over in a minute or less. And they're given just 20 minutes to get comfortable with a horse they've never ridden before, then try to coax it around a show jumping course. Many medal-bound athletes have had their chances ruined by horses that don't like them or that just don't feel inclined to jump fences. The modern pentathlon has been a part of the Olympics since its introduction at the 1912 Stockholm Games, and until the 1960s, it was utterly dominated by Sweden, which won eight of the first nine gold medals. Since 1960, Hungary, where modern



pentathlon verges on being the national sport, has claimed five gold medals in individual competition and three in the team event that was introduced in 1952 and discontinued 40 years later. Previously held over four to five days, the modern pentathlon reverted to its true character at the Atlanta Games in 1996 with a one-day event. The pattern continued at Sydney and will be the same during the Athens 2004 Olympic Games.



现代五项运动的比赛结果让人难以预料。也许是因为它的多元化特点，也许是顾拜旦太偏重于强调法国士兵的神秘感，运动员们即使在游泳和越野赛跑中取得了好成绩，也会因为差劲的射击技术而痛失奖牌，还有的人已经被一剑定胜负的击剑单循环赛折腾的筋疲力尽了，还要在20分钟后马上投身到马术比赛中，而且必须尽快适应一匹从未谋面的赛马，共同跨越障碍。许多运动员都因为受到赛马的“冷遇”或者不合作而惨遭淘汰。现代五项自从1912年首次成为斯德哥尔摩奥运会的比赛项目以来，一直都是奥运会的常规项目。20世纪60年代以前，瑞典始终保持着这个项目的领先地位，摘走了9枚金牌中的8枚。此后，匈牙利渐渐显示出了它的实力。这个将现代五项作为“国技”的国家，先后夺得个人比赛的5枚金牌和3枚团体金牌。尽管团体比赛是1952年才增加的，而且还销声匿迹了40多年。早先的现代五项比赛在4天至5天内进行。1996年亚特兰大奥运会将比赛改在一天内举行，充分体现了全能项目的特点。此后的悉尼奥运会和2004年雅典奥运会，也将继续采纳这种比赛形式。

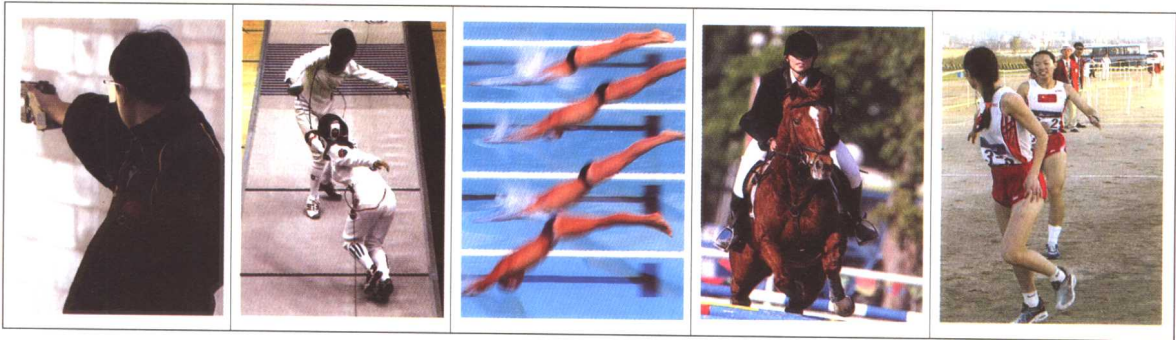
More About Modern Pentathlon

UIPM 国际现代五项联合会



Modern Pentathlon was administered directly by the IOC until 1948, when the International Modern Pentathlon Union (UIPM) was founded by Gustaf Dyrssen (1920 Olympic Champion) from Sweden as the first President and Sven Thofelt, Secretary General, and later to be President for 28 years (IOC Member 1970—1976). In 1960, Biathlon (cross country skiing and rifle shooting) was introduced in the Olympic Program and joined the Union which thereafter became the Union Internationale de Pentathlon Moderne and Biathlon (UIPMB). In 1993, an agreement was made to retain the Union as

an umbrella body under which the UIPM and the International Biathlon (IBU) could act autonomously. The UIPMB, however, continued to be the only international multi-sport organisation recognised by the IOC.



Having matured into an organisation capable of continuing on its own, the IBU decided on June 26, 1998, to exist autonomously. The separation from the UIPMB took effect on September 26, 1998, creating two distinct International Federations—the UIPM and the IBU, both of which are recognized by the IOC and GAISF. The two sports will continue to maintain relations in various aspects, including marketing.

The Five Events and Points at the Olympic Games 奥运上的 5 个比赛项目和计分

		Individuals	Team relay
Shooting		Air pistol Calibre 4, 5mm/. 177 calibre	
		Range 10m 20 shots in 20 targets	Range 10m 3×10 shots in 3×10 targets
	Scoring	1 000 points = 172 target points 1 target point = +/- 12 points	1 000 points = 258 target points 1 target point = +/- 12 points
Fencing		Electric épée	
		Pool unique One decisive hit in 1 minute	Team Member No; “X”1 v “Y”1; “X”2 v “Y”2; “X”3 v “Y”3 3 decisive hits in 3 separate mins
	Scoring	Formula: 70% bouts won corresponds to 1 000 points. Each victory over or under this number is in accordance with the number of bouts. Example: 32 fencers take part=31 boats 70% bouts = 22 victories = 1 000 points; ± 1 victory = ± 28 points	
Swimming		Freestyle	
		200m	3 × 100m
	Scoring	1 000 points= 02:30. 00 (male) 02:40. 00 (female)	1 000 points= 03:15. 00 (male) 03:30. 00 (female)
		Each 0. 33 second faster or slower than the optimal time is worth +/-4 points.	

Riding		Show jumping competition. Speed 350m/minute - Indoor 300m/minute	
		12 obstacles, 350-450m course	3 horses; 9 obstacles, 3×350m course (without combination) obligatory
	Scoring	A clear round in the time allowed shall give the pentathlete and/or team in Relay 1 200 points. All penalty points are deducted from this sum. Penalty: +1sec = -4 points -80 points for each obstacle or element, which was not jumped.	
Running		Handicap start / Any surface	
		3 000m	3×1500m
	Scoring	1 000 points= 10:00.00 (male) 11 : 20.00 (female)	1 000 points= 14 : 00.00 (male) 15 : 30.00 (female)
		Each second faster or slower than the prescribed time is worth +/-4 points.	

Handicap Start 差点起跑

The starting system for the running event in which the runners start the course according to their point margin with the overall leader.

KEY WORDS 重点词汇

modern pentathlon

现代五项

double combination

双重障碍

oxer

木栏障碍

salle

比赛场地

corps a corps

身体接触

air pistol

气手枪

target points

得分

dry fire

哑火

Triathlon

铁人三项



Watching 50 competitors dive off a pontoon and literally swim for their lives over and under their opponents. Then watching those same competitors strip out of swim caps and wetsuits and jump onto bicycles. From there, they race against a pack of others to get to the next station where they drop off their bikes and try to run 10km on wobbly legs. doesn't all of this excitement and activity motivate us to get out of our armchairs and get fit? Umm... maybe not. Especially after seeing the anguished faces of competitors after this demanding race. The triathlon is considered the ultimate endurance competition as it combines three grueling races into one—a swimming leg, cycling leg, and running leg.



50 多人从码头一起跃入水中，层层叠叠向远方游去。还是这些人，脱掉湿漉漉的泳衣泳帽之后，立即跳上自行车，密密麻麻驶向下一个站点，然后扔下自行车，再歪歪斜斜跑上 10 公里。是不是看完这些令人激动的比赛，就会令我们从沙发上跳起，开始锻炼身体？嗯……未必。运动员赛后扭曲的表情让人望而却步。铁人三项是对毅力极限的挑战。它综合了 3 种严酷的运动：游泳、自行车、跑步。

Informal versions of triathlons began in California in 1973 as a way to keep runners from being bored with their track workouts. In 1974, the San Diego track club found the first official triathlon event. However, most of the world first learned about the triathlon through the Hawaiian Ironman competition. The 1978 creation of this infamous race actually started with a dispute between three US Marines about who was the best athlete—swimmer, cyclist, or marathoner. The 1980s brought the standardization of distances for the triathlon. Organizers of competitions used the guidelines of races in each sport (for example, track's 10 000m) and combined them into one. In 1989, the International Triathlon Union (ITU) was established in Avignon, in France. And the first official world championship was held. Since then 140 countries have affiliated under the umbrella of the ITU.

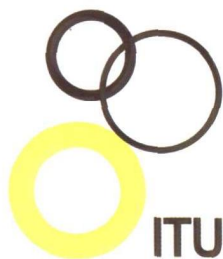


据非正式记载,铁人三项出现于1973年的美国加利福尼亚。当时是为了给跑步者增加乐趣。1974年,圣地亚哥的跑步俱乐部组织了首次正式的铁人三项比赛。现在铁人三项的世界知名度有赖于夏威夷铁人三项比赛。1978年这项有名的比赛从美国水兵的争论中诞生,到底谁是最强壮的运动员——游泳选手、自行车选手还是马拉松选手。20世纪80年代为铁人三项比赛制定了标准距离。组织者分别规定3种比赛的标准:比如对1万米长跑的具体要求,并综合出台了统一规定。1989年国际铁人三项运动联合会在法国的阿维尼翁成立,并举办了首次正式的比赛。此后吸纳了140个成员国。



More About Triathlon

Olympic History



Triathlon was invented in the early 1970s by the San Diego Track Club, as an alternative workout to the rigours of track training. The club's first event consisted of a 10km run, an 8km cycle and a 500 metre swim. Over the next decade, triathlon grew by leaps and bounds and soon gained recognition throughout the world. In 1989, the International Triathlon Union (ITU) was founded in Avignon, France, and the first official world championships were held. The official distance for triathlon was set at a 1 500 metre swim, a 40km cycle and a 10km run—taken from existing events in each discipline already on the Olympic programme. This standard distance is used for the ITU World Cup series and was also featured at the Sydney Olympic Games.

Since 1989, the sport has grown rapidly and now has over a hundred affiliated national federations around the world. In 1994, at the International Olympic Committee's Congress in Paris, France, triathlon was awarded full medal status on the Olympic programme and triathlon made its debut at the 2000 Olympic Summer Games in Sydney, Australia. The



women's event took place on the first day while the men competed on day two. Triathlon was one of the first medals awarded at the Sydney Olympics. Brigitte McMahon (SUI) and Simon Whitfield (CAN) won triathlon's first Olympic gold medals.

Triathlon is much more than survival of the fittest. The Olympic event is a very tactical race where the competitors need to study the course and possess an elite fitness level to finish it. Top triathletes train from three to seven hours a day, with one to three workouts per day. Sometimes there's a day off, but only once every few weeks. Many athletes have separate coaches for each discipline in order to fine tune their techniques and strategies. Women are expected to finish in just over two hours, with men requiring about 1 hour 50 minutes. The women race on the opening morning of the Games, followed by the men the next morning.



Some Supplementary Terms of Triathlon

Transition 换项

The period in between stages of the triathlon, where competitors change equipment for the next discipline (swim to bike and bike to run).



Transition area 换项区

The area where transitions take place. Most events have one main transition area but occasionally there will be two separate areas for each transition (swim to bike and bike to run).

Transition time 换项时间

The time it takes each competitor to complete their transition. This time is counted in their overall time for the race.



Winter Triathlon 冬季铁人三项

Winter Triathlon is also another multi-event competitions governed by ITU, which constitutes a new concept of Triathlon consisting of running, mountain-biking (MTB) and Cross country skiing.

KEY WORDS 重点词汇

triathlon
swimming

铁人三项
游泳

cross-country running

越野跑

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