



你可以想像,2008年的某一个北京奥运夜晚,由于县备了条件,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。

对书的选择固人而异,选择精彩脱俗的故事书,时间得到了消遣;选择请文、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。设错,喜欢体育也要喜欢《体育英语》,用英文说"Why not"。它不仅可以带您到体育赛场,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》。



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欢迎访问:清华商务出版在线www.tupub.com

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

清华大学出版社 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,内容涉及体操、冰雪运动和射击、射剑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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图书在版编目(CIP)数据

体育英语. 第 5 册 / 中央电视台体育节目中心编. 一北京: 清华大学出版, 2004.8 ISBN 7-302-08927-2

I. 体… II. 中… III. 体育—英语 IV. H31 中国版本图书馆 CIP 数据核字(2004)第 061430 号

出版者:清华大学出版社

http://www.tup.com.cn

社总机: 010-62770175

责任编辑:徐学军

印刷者: 北京鑫丰华彩印有限公司

装 订 者: 三河市李旗庄少明装订厂

发 行 者: 新华书店总店北京发行所

开 本: 210×250 印张: 17.25 字数: 459 千字

版 次: 2004年8月第1版 2004年8月第1次印刷

书 号: ISBN 7-302-08927-2/H·580

印 数: 1~5000

定 价: 63.00 元

本书如存在文字不清、漏印以及缺页、倒页、脱页等印装质量问题,请与清华大学出版社出版部联系调换。联系电话: (010) 62770175-3103 或 (010) 62795704

址:北京清华大学学研大厦

编: 100084

客户服务: 010-62776969

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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

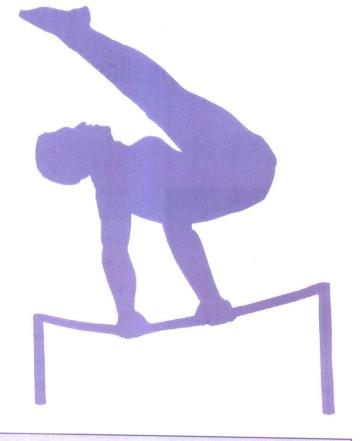
中央电视台体育节目中心主任

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Chapter 67

The Gymnastics 体操



Gymnastics,体操运动包括一系列范围广泛的运动,可以锻炼身体许多部位的肌肉,像腕部、背部、手臂,其练习包括跟斗、跳跃和平衡等。体操一词源于古希腊语——"gymnasion",意思是"一个裸体锻炼场所"。在古希腊,运动场随处可见,人们聚集在这里不单单是为了锻炼身体,还为了更好地学习艺术、音乐和哲学。从某种程度上讲,古时的体操运动有点像今天的田径运动。







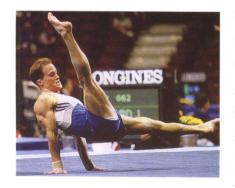


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History of Gymnastics

体操的历史





Gymnastics consists of a wide range of exercises that build various muscles of the body, such as the wrist, the back, and the arm. The exercises include tumbling, vaulting, and balancing. The word gymnastics comes from the Ancient Greek term — "gymnasion", meaning "a place for exercising naked". In ancient Greece, a gymnasium was an institution common to the town. Men gathered not only to practice sport, but to get better understanding of art, music and philosophy. In a way, the gymnastics of ancient times was the track and field sports of today, with some variations. Although in

modern times weight lifting is a sport separate from gymnastics, the Greeks combined the routines of both sports for their young men. The students were required to run, jump, throw weights, discus and javelin; lift weights and wrestle. Indeed, the Roman Emperor at the time banned gymnastic activity as well as competitions like the Ancient Games. Gymnastic activity didn't appear again in public until the 16th century.

体操运动包括一系列范围广泛的运动:可以锻炼身体许多部位的肌肉,像腕部、背部、和手臂。其练习包括跟斗、跳跃和平衡等。体操一词源于古希腊语——"gymnasion",意思是"一个裸体锻炼场所"。在古希腊,运动场随处可见。人们聚集在这里不单单是为了锻炼身体,还为了更好地学习艺术、音乐和哲学。从某种程度上讲,古时的体操运动有点像今天的田径运动,只是略有不同。虽然举重现在是一项独立于体操的运动,但对古希腊的年轻人来说,它们属于同样的运动。学生们所被要求从事的运动有跑、跳、投掷、铁饼和标枪;举重和摔跤。实际上,在罗马皇帝禁止古奥林匹亚运动会的同时,体操运动也被禁止了。直到16世纪,体操运动才再次公开出现。The revival of gymnastics in modern times was largely due to the influence of Friedrich Ludwig Jahn,a German who saw gymnastics as helping the moral as well



as the physical development of the young. He was credited with devising at least three of the modern gymnastic apparatus—the rings, the horizontal bar, and the parallel bars. The international governing body for the sport — FIG, that is the Federation Internationale de Gymnastique, was founded in 1896. The same year, gymnastics was included in the program of the first modern Olympics. In that first Olympic Games, men from five countries competed in events including the horizontal bar, parallel bars, pommel horse, rings and vault. The early



Olympic Games featured gymnastic disciplines which wouldn't be associated with the flipping and twisting we see today. The six set exercises for men in gymnastics were eventually set in 1936, the 11th Olympic Games in Berlin, They were floor exercises, the vault, pommel horse, horizontal bar, parallel bars and rings. The four set exercises for women in gymnastics were finally set in 1952 at the 15th Olympic Games in Finland. They were vault, uneven bars, balance beam and floor exercises. At the 1952 Olympic Games, a recorded number of 23 nations sent teams to Helsinki. In addition, several countries were represented by individuals, giving the men's event a total of 183 competitors. Besides the Olympic Games, the main international competitions are the Gymnastics World Championships and the Gymnastics World Cup.

体操运动在现代的再次崛起,很大程度上受到了德瑞奇·陆德文·杨 的影响,这位德国人发现了体操对于发展年轻人的精神品质和体魄很有 益处。他的主要贡献在于发明了至少三种当今的体操器械、吊环、单杠 和双杠。体操国际管理组织——FIG,即国际体操联合会成立于 1896 年, 同年,体操被列入第一届现代奥运会。在第一届奥运会上,来自五个国 家的男选手在单杠、双杠、鞍马、吊环和跳马项目上展开了角逐。早期 奥林匹克运动会上所进行的体操比赛很难使人联想起我们今天所看到的 各种跳跃和转体。男子体操六个项目的最终确立是在1936年第11届柏



林奥运会上,包括:自由体操、跳马、鞍马、单杠、双杠和吊环。女子体操四个项目的最终确立是在1952年第15 届芬兰奥运会上,分别是跳马、高低杠、平衡木和自由体操。在芬兰举行的1952年的奥运会上,据记载有23个国 家派队到赫尔辛基,此外,还有几个国家派个人参赛,使男子项目的总人数达到了183人。除了奥运会,其他主要 (体操) 国际赛事为世界体操锦标赛和体操世界杯赛。

More About mnastics

The history of gymnastics 体操的历史

The earliest evidence of gymnastics can be found on frescoes from the Minoan civilization (2700-1400 BC), which depict acrobats leaping over the horns of a bull.

"Gymnastics" is derived from the Greek word "gumnos" (naked) and, while gymnastics was never included in the ancient Olympic Games, it was regarded as training for other sports, such as wrestling and athletics. When the Games were abolished in 393 AD, there was a decline in the participation of many sports, including gymnastics. For



Friedrich Ludwig Jahn Father of gymnastics (1778 - 1852)



several centuries, therefore, the sport was practiced mainly by acrobats performing their skills in traveling circuses and for royalty.

In the 18th century, philosophers began to stress the importance of physical exercise, but it was not until Frederic Louis Jahn recognized the national importance of gymnastics and turned it into a means of the



German patriotic feeling that gymnastics became popular throughout Europe. Jahn, called the "father of gymnastics", invented various apparatus and exercises, wrote a book called "Die Deutsche Turnkunst" and developed Turner (gymnastic) societies in Germany. By the late 1800's many other countries had formed their own gymnastics societies, each of which was organized on a national level. Nicolas J. Cuperus, president of the Belgian Gymnastics Federation, invited delegates from several European gymnastics unions to a meeting held in conjunction with the Belgian gymnastics festival in 1881, and thus was born the European Gymnastics Federation, or FEG (renamed the Federation Internationale de Gymnastique ("FIG") in 1921).

The early competitions featured both gymnastics exercises (on pommel horse, rings, parallel and high bars, for example) and athletic exercises (running, high jump, weight lifting and pole vaulting), and were held in outdoor arenas. The athletic events were abolished at the 1936 Olympic Games, and were used for the last time at the 1950 World Championships.



Women began performing in gymnastics societies in the late 1800's. The first international festival which included female participation was held in Luxembourg in 1909, and exercises included rhythmic, balletic and choreographic routines. The Amsterdam Olympics of 1928 featured the first women's gymnastics competition; women competed at the World Championships for the first time at the 1934 Budapest Worlds.

International Gymnastic Federation (FIG) 国际体操联合会

The Fédération Européenne de Gymnastique (FEG) was formed on July 23, 1881, when representatives of the



gymnastics associations of Belgium, France and the Netherlands met in Liège. As a governing body it is held in high esteem by both its member federations and gymnastics clubs throughout five continents.

In 1896 Athens' Olympic Games, the FEG, recognised by the IOC, did not officially participate in these Games as an international federation. Until 1908 Olympics, the FEG participated in the Olympic Games as an official international federation, responsible for gymnastics worldwide. However, when the USA was admitted in 1921, the Committee changed its name to the Fédération Internationale

^[1] FIG 的会员数截至到 2002 年 12 月。本书的体操图片由中国体操网 www.cga.net.cn 提供。



de Gymnastique or FIG, as it is known today. Now, FIG has 125 affiliated Federations [1]. FIG comprises three Olympic disciplines: artistic, rhythmic and trampoline.

Disciplines of Gymnastics 体操运动的分顶

General Gymnastics 大众体操

General Gymnastics is a non-competitive form of gymnastics practised under the auspices of the FIG. This cul-



minates in a world festival of gymnastics, the World Gymnaestrada, held every four years with more than 25, 000 participants.

General Gymnastics is the historical and cultural base of all FIG activities.

It plays a leading role within the IOC "Sport for All" activites. General Gymnastics is the basis for all physical activities. Events are inspired by "Sport for All"; they are an extension. In terms of the new gymnastics disciplines that emerge, the FIG considers that General Gymnastics was born of a sociocultural idea, free of any

speculative, economic ulterior motives! As a major FIG activity, General Gymnastics (about 30 million members) must play a part in the social life of each individual worldwide, differentiating itself from anything that may be harmful to its image. Moreover, the discipline is highly recognised by the IOC due to its humanitarian and educational objectives.

General Gymnastics involves a wide range of sports activities for all age groups and for specific target groups, for the main part in the field of gymnastics, apparatus gymnastics and games with main emphasis put on different aspects which vary from one country to another.



Artistic Gymnastics 竞技体操

The term "artistic gymnastics" emerged in the early 1800's to

distinguish free-flowing styles from the techniques used by the military. Although viewed as a novelty by many, gymnastics competitions began to flourish in schools, athletic clubs and various organisations across Europe in the 1880's. When the Olympic movement was resurrected at Athens in 1896, gymnastics made a fitting return.

| Men's Artistic Gymnastics (MAG) | | Women'S Artistic Gymnastics (WAG) | |
|---------------------------------|--|-----------------------------------|---|
| | Floor Exercise (FX) 自由体操 Pommel Horse (PH) 鞍马 Rings (RG)吊环 Vault (VT)跳马 Parallel Bars (PB)双杠 Horizontal Bar (HB) 单杠 | | Vault (VT) 跳马 Uneven Bars(UB)高低杠 Balance Beam(BB)平衡木 Floor Exercise (FX)自由体操 |



Rhythmic Gymnastics 艺术体操



Rhythmic Gymnastics is an aesthetic discipline falling midway between art and sport. It is practised exclusively by women and performed to music while using small hand apparatus—rope, hoop, ball, clubs and/or ribbon. The spectacular appeal of Rhythmic Gymnastics with its grace, harmony and beauty is enormous.

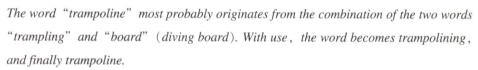
At the world class level the difficulty of body movements performed in combination with skilful handling of the apparatus is fascinating. However, learning and developing such skills require as much hard work as in Artistic Gymnastics or any form of dance.

In order to get to world class level, a rhythmic gymnast needs natural talent, the

ability to handle hard training which will further develop strength, flexibility, jumping abilities, spatial orientation, stamina and handling skills with the apparatus. Finally, Rhythmic Gymnastics is about developing personal style and the ability to get one's own artistic message and charisma across to the audience.

Trampoline 蹦床

From observing the fall of trapeze artists into the safety net, George nissen (USA) started to develop ideas for the trampoline. Physical Education Professor and champion in diving and tumbling, he constructs the first trampoline prototype in his garage in the 1930's by binding a piece of canvas to a metal frame using elastic bands. The trampoline was born.



Trampolining (individual or synchronised) is an elite sport, a discipline symbolising freedom, flying and space, harmoniously associated with boldness, elegance and precision. The multiple somersaults and twists at a height of about eight meters require a fine technique, perfect body control and most aesthetic movements. The trampoline is used as a basic training device for all sports which contain acrobatic elements. Trampolining is spectacular. It combines courage, elegance, agility, magic, youth.

Tumbling

Tumbling is characterised by continuous speedy, complex, rhythmic hands to feet, feet to hands, and feet to feet acrobatics within six seconds on a dynamic track 25m long. Tumbling is a highly spectacular sport in which a perfect combination of speed, rhythm as well as somersaulting and twisting movements are required.

Double Mini Trampoline

Developed from the common Minitramp, it allows more acrobatic performance. After a run-





up the competitors show one skill on the apparatus followed by a second skill onto a landing mat. High level performers show double and triple somersaults with twists!

Sports Aerobics 健身操



Sports Aerobics is the ability to perform continuous complex and high intensity movement patterns to music, which originate from traditional aerobic dance.

The main purpose of traditional aerobic dance is to improve cardiovascular endurance and fitness levels by combining a series of aerobic movements with repetitions in order to involve major muscle groups, to increase the heart rate. Because of the repetition of the movements for a long period of time, the only concern was to maintain the alignment of the body.

When the sport became a part of the gymnastics family, it was necessary to add difficulty criteria to the artistic and technical aspects in order to make a competitive sport.

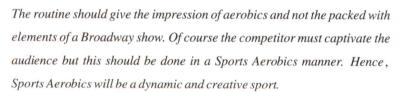
The definition of competitive Sports Aerobics

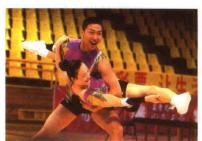
The routine must demonstrate continuous movement, flexibility, strength and utilization of the seven basic steps with a high degree of perfectly executed elements of difficulty. Combinations of basic aerobic dance steps together with arm movement patterns performed to music to create dynamic, rhythmic and continuous sequences of high and low impact movements. The selection of the routines should provide a desired intensity to exemplify the cardiovascular nature of aerobics.



Initially by adding difficulty elements as a criterion, competitors tended to concentrate more weighting on the difficulty elements (which is less than 10% of the Final score) than the artistic area. The secret is how to integrate the difficulty elements fluently with the aerobic movements in order to create a dynamic choreography for the sport. The routine must show a balance between variety of aerobic dance movement patterns and difficulty elements.

Another trend was that sports aerobic routines were done more at the floor level. This contradicted with the traditional aerobic movements which are performed in a standing position with vertical rebound activity. Therefore, the new Code of Points restricts six elements maximum on the floor.









Spectacular, dynamic, practised by both men and women alike, "acro" sport is one of the oldest known disciplines. Its name comes from the Greek acrobateo, meaning to rise or go forth and was practised as early as the ancient Egyptian period. Integrated into the FIG since 1999, this discipline requires courage, strength and stamina, while demanding flexibility and skill. Exercises are accompanied by music, harmoneously in keeping with gymnasts' choreography, body movements and musical culture.

Sports Acrobatics (ACRO) favours body control in various positions, both on the ground and in the air.

For this reason, the sport is included in the training programme of pilots, cosmonauts and parachutists.

Acrobatics is practised as Men's, Women's or Mixed Pairs, as Women's Groups (3) or as Men's Groups (4). Time allowed for each exercise is 2 min 30 to 3 min, depending on the figures presented. The floor area measures 12×12 meters. Balance and Tempo are key elements to exercises in Pairs. Element combination is a determining factor for the value of the exercise. The balance routine does not include flying elements and a balance must be held for a given time (2s for pairs, 4s for groups). The driving force of the Tempo routine is the flying element.

If Tempo in Groups is the same as in Pairs, the concept of Balance is quite another matter. In fact, the forming of the impressive pyramids entails the highest of risks. Exercises are presented without music and regulations authorise the use of additional mats. Choreography and individual elements contribute to the whole of the exercise.

With the arrival of Sports Acrobatics, the Fédération Internationale de Gymnastique (FIG) reaches the end of an integrative sport and educational quest aimed at unifying all forms of competitive gymnastics, and encouraging and developing general gymnastics for the good of all, at any age.





Like Artistics, Rhythmics, Aerobics and Trampoline, Sports Acrobatics draws its basic elements from the same source, elements that shape its physical expression. Choreography, agility, balance, strength, grace and the use of apparatus make the difference between one FIG discipline and another.



Olympic History 体操项目在奥运会上的历史

Artistic Gymnastics 竞技体操

The early Olympic Games featured some gymnastic disciplines which could scarcely be deemed "artistic", however, rope climbing, tumbling and club swinging were among the events that failed to survive the refining process. The Olympic programme began to settle in 1924, with men competing for individual medals and in team events on each apparatus. Four years later, women began competing in Olympic gymnastics at Amsterdam. Gymnastics has been present at every Olympic Games.

Rhythmic Gymnastics 艺术体操

The rhythmic individual all-around competition was introduced into the Olympic Games in 1984, with Lori Fung winning gold for Canada. During the Sydney 2000 Games, the Russian Federation took home the gold in both the group all-round competition and the individual all-round competition.

Trampoline 蹦床

parallel bars

uneven bars

As of January 1,1999, trampoline became a discipline of gymnastics at the Olympic Games. Trampoline competitions for both men and women were added to the Olympic programme and made their debut during the Sydney 2000 Olympic Games.





| Federation Internation | nale de Gymnastique | 国际体操联合会 | in thodals as well as |
|------------------------|---------------------|--------------|-----------------------|
| gymnastics | 体操 | gymnast | 体操运动员 |
| floor exercises | 自由体操 | pommel horse | 鞍马 |
| rings | 吊环 | vault | 跳马 |

双杠

高低杠

KEY WORDS 重点词汇

horizontal bar

balance beam



平衡木

Rules

规则





In major competitions, there are a head judge and eight judges presiding over each apparatus. Each gymnast's performance is evaluated in strict accordance with the standards and points of reference laid down by the FIG. The eight judges are split into two panels. The "A" panel of two judges. who calculate the "Start Value" which is the maximum score a gymnast can receive based on the contents of the routine they just performed, and the

"B" panel of six judges who determine deductions based on the execution of the routine. Basically gymnasts are penalized for general faults, such as lack of assurance, rhythm, or suppleness, or for faults specific to the apparatus or exercise. Scores awarded by the judges are adjusted mathematically to produce the final score. Movement and exercises are officially defined and graded in terms of difficulty into five categories—from A to E, with E as the most difficult one. Men's gymnastics is a sport that exemplifies strength and dynamic ability. Good gymnasts strike a balance between artistry and raw strength, speed, agility and coordination. Gymnastics so is a combination of art and strength. Woman's gymnastics is a very artistic sport as well as being highly technical and easily captivates the spirit of the spectator. There once were routines called compulsory or set exercises, which were devised specifically for the main competition and had to be learned and performed by every competitor. Apart from the compulsory exercises, there were also voluntary or optional exercises, chosen by the competitor. Well after the Atlanta 1996 Olympic Games, a single qualification competition and a separate team final took the place of the old Competition of Compulsory and Optional exercises, which were previously used to determine team medals as well as sort out the qualification of individuals for the finals.

在重要赛事中,由一个裁判长和八个裁判员对每个项目进行评判,每名运动员的 表现将严格依照国际体联的标准和评分规则进行评定。八名裁判分成两组: A组(2 人) 计算起评分, 即该套动作的最高分, 这是依照运动员所完成的动作而定; 而 B 组 (6人) 根据动作完成情况进行减分。一般运动员的减分因素包括:常规失误,比如缺 乏稳定性、节奏感或灵活性,或者在各单项上特殊要求方面的失误。裁判们所打出的 分被精确地计算出最后得分。比赛动作由官方规定,并在难度系数上分为5级,从A 到 E, E 级难度最高。男子体操运动是一项注重力量和活力的运动, 一个出色的男子 体操运动员应均衡的具有艺术感、力量以及速度、灵活和协调性,因此体操运动是艺







W



术与力量的结合。而女子体操尤为富有艺术性,同时又具有高超的技巧,很容易调动观众的情绪。比赛套路中曾 经有规定动作的说法,它是为每次重大赛事特别设计,是每个运动员必须学会并完成的动作。除了规定动作,还 有运动员自行挑选的自选动作。而在 1996 年亚特兰大奥运会之后,单独的预选赛和分开的团体决赛代替了原来的 规定动作和自选动作的比赛,这些比赛都曾经用来决定团体奖牌和选拔有资格进入单项决赛的个人。

More About mnastics

Men's General Rules 男子规则概要

On all apparatus, the maximum score for an exercise is 10 points and this forms the basics for all deductions, which are applied only in tenths of a point. The Final Score of an exercise will be established by an A-jury and a B-jury.

Exercise on Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar are evaluated on the basis of the following four factors, subdivided for the A-and B-juries:

| A-jury: | | To establish the Start Value of an exercise, |
|----------|-----------------------|--|
| | Difficulty | 2.80 points |
| | Special Requirements | 1.00 points |
| | Bonus Points | 1. 20 points |
| | | 5.00 points |
| B- jury: | | To register the execution errors related to technique and body position. |
| | Exercise presentation | 5.00 points |
| | Total: | 10.00 points |

Women's General Rules 女子规则概要

The exercises will be evaluated from 10.00 points on the apparatus—uneven bars, balance beam, and floor.

| A-jury: | To establish the Start Value of an exercise. |
|-----------------------|--|
| Value Parts | 2.60 points |
| Special Requirements | 1. 20 points |
| Additive Value | 1. 20 points |
| | 5.00 points |
| B- jury: | To deduct for faults in composition, execution, and artisty. |
| Exercise presentation | 5.00 points |
| Total: | 10.00 points |

Difficulty (or Value Parts) Requirements 雅度要求

| | A-element | B-element | C-element | Value: |
|-----------------|-----------|-----------|-----------|-------------|
| Value: | 0.1 | 0.3 | 0.5 | |
| Men's Number: | 4 | 3 | 3 | 2.80 points |
| Women's Number: | 2 | 3 | 3 | 2.60 points |

In the evaluation of Difficulty, only its actual maximum value, of 2.80 points for men or 2.60 points for women, may be awarded. The performance of additional A, B or C value parts does not increase the total 2.80 value for Difficulty. Gymnasts may show D-parts, E-parts and Super-E-parts which will be rewarded with Bonus Points if shown with technically good execution. If a gymnast is capable of perfoming more difficulties than required or of replacing the easier ones with more difficult ones, he may do so but without increasing the total value of Difficulty. Therefore, a higher difficulty element always replaces a lower one completely.

Special Requirements 特殊要求

Bonus Points 加分

This evaluation factor provides the A-jury the possibility of awarding up to 1.20 bonus points for performance of difficult elements and connections. Bonus points are awarded only for individual element or connections, which are recognized as D-, E-, or Super-E-elements and are performed without a large error.

Each D-element can be awarded 0.10 points; each E-element, 0.20 points; and each Super-E-element, 0.30 points.



0.10 each time for D+D

0.20 each time for D+E, E+D, E+E

0.40 each time for D+E+D

Exercise presentation 动作完成分

The exercise presentation consists of only those factors that constitute the essence of a contemporary gymnastics performance and the absence of which results in deductions by the B-jury. The exercise presentation has a maximum value of 5.0 points. The following deductions will apply for each and every discemible aesthetic or technical deviation from the expected perfect performance. These deductions must be taken regardless of the difficulty of the element or exercise.

| Small Error | Medium Error | Large Error | Fall |
|-------------|--------------|-------------|------|
| 0.1 | 0.2 | 0.3 | 0.5 |

Degree of Difficulty 难度系数

A rating measures the difficulty of specific moves and is factored into the total score after judges have scored the execution of the moves.

Score of Vault 跳马的评分

The Vaults will be evaluated from the Start Values as listed in the Table of Vaults.



Competition Format

赛事的组织



The International Gymnastics Federation decides the Olympic competition format. Medals are awarded in three distinct categories of competition: Team Final, All-round Final, and Apparatus Final, The team allround competition—featuring 12 teams—is staged following the qualifying. It's a "new life" competition, and the scores from qualifying are not carried forward. Each participating country in the team competition fields a team of six gymnasts. Five gymnasts perform their own optional

exercises on each apparatus, and four scores count—the lowest score in each rotation is discarded. Each exercise is scored separately, and the sum of the top four scores is the team score. The team that accumulates the highest total score wins the gold medal. Thirty-six gymnasts advance to the individual all-round final based on their scores in qualifying, but not necessarily the top 36. No more than three gymnasts from any country may advance, opening the door for talented individuals from countries with underdeveloped gymnastics programs. All-round competitors also get "new life". During the individual all-round event, each gymnast performs an optional routine on each apparatus, four for the women and six for the men. Women's vault is an exception. Competitors perform two vaults and the scores are average. Competitor with the highest cumulative score is crowned the Olympic all-round champion, considered the most prestigious title in gymnastics.

国际体操联合会负责奥运会的赛事组织形式, 共设立3种类别的比赛奖项: 团体赛、个人全能赛和个人单项 赛。进行团体决赛的12支队伍遵从下列赛事规程——我们称之为"新生"赛,意思是预赛的成绩不带入决赛。 每一个参加团体决赛的国家派送由6名队员组成的运动队。其中5名运动员在每个器械上完成各自的自选动作并 记录其中的4个分数,每轮中最低的分数忽略不计。每项器械单独记分, (各项)最高的4个分值之和为全队成

绩,积分最高的队获得金牌。有36名运动员可以进入个人全能决赛,基 于他们在预赛中成绩,但并非一定是最高分的前36名,因为每个国家人 选人数不能超过3名。这为来自体操运动还不发达国家的优秀运动员提供 了机会。个人全能赛也遵从"新生"赛的原则,在个人全能决赛中,每名 运动员在每项器械上完成一套自选动作:女子4项,男子6项。女子跳马 例外,参赛者跳两次,取平均成绩。参赛者中积分最高者,获得奥林匹克 全能冠军。这被视为体操界最为荣耀的头衔。











More About mnastics

Gymnastics World Championships 世界体操锦标赛

The first large-scale competition was the 1896 Olympics in Athens, Greece. The first international event following 1896 Olympics was held in 1903 in Antwerp, Belgium. There competed gymnasts from such places as Belgium, France, Luxembourg and the Netherlands. This event is now considered the first World Championship. The first men's team competition was added and held in 1904 Olympics at St. Louis. By the ninth World Championship in 1930 at Luxembourg, the gymnastic competition included track and field events such as pole vault, broad jump, shot put, rope climb, and 100-meter dash. Following that, track and field events started to disap-



pear from gymnastics events, such as World Championships. They fully disappeared from the sport of gymnastics by 1954 World Championships. During 1924 Olympics in France marked the begining of what they are today. In gymnastics, men started to compete for individual Olympic titles in each gymnastic event. The first women's gymnastic team debuted during the 1928 Olympics. The first women's event during 1928 Olympics was the team combined exercise, where it was dominated by Netherlands.

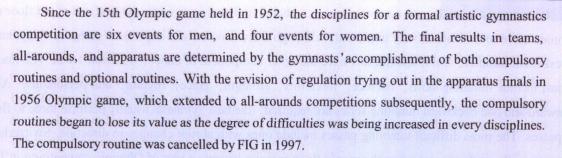
Gymnastics World Cup 体操世界杯赛

The World Cup competition was established by the FIG in the 1970s as a major international tournament in non-Olympic and non-World Championship years. The first edition was held in 1975 in London's Wembley Arena. Another World Cup was held two years later, and then annually for four years. After the 1982 World Cup the format was switched to every four years with competitions held in 1986 and 1990. After 1990, the World Cup was not held for eight years. In 1998, the first World Cup for individual apparatus finals was held in Sabae, Japan. The tournaments have been held around the world, from Eastern Europe (Zagreb, 1982 and Glasgow, 2002), Asia (Beijing, 1986 and Sabae, 1998), South America (São Paulo, 1977) and North America (Toronto, 1980).

| KEY WORDS 重点词汇 | | | | |
|---------------------------------------|----------------|--|---------|--|
| head judge Start Value | 裁判长 | Routine | 比赛套路 | |
| compulsory or set exercises | 起评分规定动作 | award Scores voluntary or optional exercises | 打分 自选动作 | |
| team final individual all-round final | 团体决赛 个人全能决赛 | apparatus finals | 单项决赛 | |

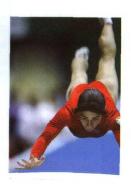
Chapter 68

The Artistic Gymnastics(|) 竞技体操(一)



自 1952 年第 15 届奥运会开始,在正规的体操比赛上,按规则规定的比赛项目为男子 6 项,女子 4 项。比赛按规定动作及自选动作两种比赛成绩确定团体、全能、单项名次。 1956 年奥运会,试行了单项决赛(自选动作)的办法,后又扩大到全能比赛。后来因各项目难度发展迅速,规定动作失去了比赛的价值,1997 年国际体联取消了规定动作的比赛。









%

Floor Exercises

自由体操





The floor competition area is 12 square metres for both men and women. There is a one-metre safety border. The floor must have a surface elasticity suited to powerful takeoffs and soft landings. In both the men's and women's routines, they will move around the mat, trying to utilize as much of the area as possible. The men's floor exercise is done with no musical accompaniment. It lasts between 50 and 70 seconds and consists primarily of passes performed in different directions, covering the entire floor. It emphasizes movements that demonstrate strength, flexibility and balance. The women's routine lasts 60 to 90 seconds, and features theatrical and acrobatic moves, changing direction to make the best use of the floor area. In

the women's routine, dance is very important, although there is no artistic impression category. A gymnast may be an excellent tumbler, but if she doesn't have the other component of dance, she won't win. The floor exercise must include tumbling skills, balance, flexibility, strength, grace, rhythm, and personality. Although one forward and one backward tumbling series are required, the best gymnasts usually perform three to five tumbling passes. The most difficult tumbling passes include ones with abrupt changes in direction. Switzerland and Hungary were the early powers when the men's floor exercise became a part of Olympic competition in 1932. In the 1960s and 1970s Japan and the Soviet Union were dominant. In 1984, China's Li Ning went home with more medals than any athlete at the Los Angeles Games with three gold, two silver, and one bronze, including a gold in the floor. Floor exercise for women became an Olympic event in 1952. Hungary, the Soviet Union, Romania are among the dominant counties in this event.

男女自由体操比赛场地均为 12m²,并有一米的安全区。场地表面要求有一定的弹性以适应(运动员)有力的起跳和轻柔的落地动作。在男女比赛套路中,运动员要求在垫子上四处移动,充分地利用比赛的场地。男子自由体操不要求音乐伴奏,全套动作为时 50~70s,其中应包括不同方向的跟斗,利用到整个场地。其动作要求表现出力量、灵活性和平衡。女子套路为时 60~90s,突出表现力量和技巧性的动作,变换各种方向以充分利用

路为时 60~90s, 突出表现力量和技巧性的动作, 变换各种方向以充分利用 场地。在女子套路中, 舞蹈是非常重要的因素, 虽然没有印象分, 但如果运动员只能完成很漂亮的跟斗, 而在她 的动作中却没有舞蹈的成分, 她是不会获得成功的。自由体操动作应包括跟斗技术、平衡、灵活性、力量、美感、节奏和个人表现力。虽然规则只要求一个前向和一个后向的跟斗串, 但优秀的运动员通常会完成一串 (3 到 5 个)



跟斗,难度最高的跟斗串中,包括有途中突然转换方向的编排。瑞士和匈牙利是早期男子自由体操的强国,当时自由体操刚成为1932年奥运会比赛项目。到了20世纪六七十年代,日本和前苏联成为该项目的强队。在1984年,中国的李宁赢得了最多的奖牌,捧走了洛杉矶奥运会的三金两银一铜,其中就包含自由体操的金牌。女子自由体操成为奥运会项目是在1952年,匈牙利、苏联、罗马尼亚是该项目的强国。

More About mnastivs

Body position 身体姿态

layout (or stretched) 直体

A position in which the body is extended to full length, either straight or slightly arched pike 屈体

A position in which the body is bent forward at the hips by more than 90 degrees, while the legs are kept straight

tuck 团身

A position where the knees and hips are bent and drawn into the chest, with the body folded at the waist.

arch 挺身

A position where the body is curved backward

straddle 分腿

A position in which the legs are spread far apart to the side

splits 劈叉

A position where one leg is extended forward and the other backward, at right angles to the body

twist 空中转体

A move in acrobatic skills where a gymnast rotates around the body's longitudinal axis, defined by the spine

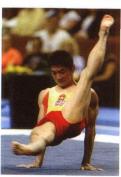
turn 原地转体

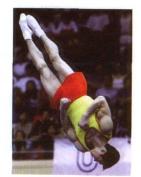
A rotation on the body's axis supported by one or both feet

balance 平衡

A static position which holds a distinct shape







A position where the legs are raised off the floor close together and the body is supported by the hands to form a "V" shape

L-sit 直角 (L式) 平衡:

support level 水平支撑:

cross (or side) split 横劈叉;

stanging scale fontways 燕式平衡

lunge 弓步

A position often used to prepare for a pivot, with one foot well in front of the other and taking most of the weight with the knee bent

handstand 倒立

Hands are flat on the floor, legs are together and body is completely extended in a vertical position

Press handstand 慢起手倒立:

hand walk 倒立爬行;

Japanese handstand 日本 (倒十字) 倒立

leap 单脚跳(单脚起跳,双脚落地)

split leap 劈叉跳

A forward leap from one foot, landing on the opposite foot and assuming a split position in mid-air

jump 双脚跳 (双脚起跳,单脚或双脚落地)

Sissone 西松跳

A split jump where one leg is above the horizontal plane and the other is below it

hop 单脚跳(单脚起跳,单脚落地)

roll 滚翻

roll forward 前滚翻; roll backward 后滚翻; dive roll 鱼跃前滚翻; hecht roll 挺身鱼跃前滚翻

walkover 软翻

A move where a gymnast moves from a standing position through a handstand position to a standing position while "walking" through the air with the feet

handspring 手翻

Springing off the hands by putting the weight on the arms and using a strong push from the shoulders, a gymnast can be done either forward or backward, usually a linking movement









back handspring 后手翻

A move where a gymnast takes off from one or two feet, jumps backward onto the hands and lands on the feet, also known as a "flic-flac" or "flip-flop"

front handspring 前手翻

A handspring that begins with a forward flip

Cartwheel (or handspring sideway) 侧手翻

A move in which the hands are placed on the mat or apparatus to one side of the body, one after the other, with the legs following

RO, roundoff (or Arab spring) 踺子

A move similar to the cartwheel, with a half twist and the legs moving together 踺子小翻

cartwheel with 1/4 turn to back handspring 侧手翻向内转体 90°接后手翻 flyspring 鱼跃前手翻

salto 空翻

An aerial flip or somersault in which the feet come up over the head and the body rotates around the axis of the waist

aerial 空翻

A skill performed without the hands touching the floor or the apparatus Also used as an adjective, as in aerial cartwheel and aerial walkover

Arabian cartwheel 阿拉伯空翻 (侧空翻); butterfly 旋子 (水平侧空翻)

whip back (tempo salto backward) 快速后空翻

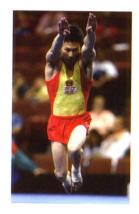
A movement similar to the back handspring, except that the hands don't touch the floor

Exercise named players 以运动员姓名命名的动作

There are a large number of movement jargons in the athletic gymnastics, some of which were named after the names of the countries before 1960s, such as Arabian cartwheel, Czech giant swing, Japanese handstand



and so on. The mainstream of gymnastics development has been the innovation of movement and technique as well as the increase of movement difficulty since 1960s. Therefore, in order to encourage gymnasts to create new and difficult movements and promote the development of gymnastics, FIG made new and difficult movements that are not already in the Code of Points at an FIG event (World Championships, World Cup, or Olympics) and named them after the names of gymnasts who finished the movements first. As a matter of fact, this implementation was not only beneficial to the innovation of movements, but also helpful to standardize the gymnastics jargons.





Men's Floor Exercise Element Group 男子自由体操动作组别[2]

Element Group I: Balance, strength and flexibility element

第1组:平衡、力量和柔韧动作

Meniceill 梅尼契利 (A组)

From stand or support, push off 1 foot through handstand or back walkover.

站立或支撑接单足离地手倒立或后软翻

Element Group II: Leaps, Jumps, Turns and leg circle element

第Ⅱ组:单脚跳、双脚跳、转体和全旋动作

Tong Fei 童非 (B组)

Butterfly with 1/1 twist

蝴蝶跳转体 360°(旋子转体 360°)

Gogaladze 戈戈拉 (D组)

Flare or Circle to handstand, continue to flare or circle.

分腿全旋成手倒立,落下接分腿全旋

Element Group III: Acrobatic elements forward

第Ⅲ组:向前的技巧动作

Marinich 马里尼奇 (B组)

Handspring salto forward tucked to roll out

前手翻经团身一周接前滚翻

Element Group IV: Acrobatic elements backwards

第 IV 组:向后的技巧动作

Ljukin 柳金 (SE 组)

Triple salto backward tucked

团身后空翻三周

Element Group V: Acrobaticelements sideways or backward jumps with 1/2 turn to salto forwards

第 V 组: 向侧的技巧动作和向后的起跳转体 180°

Li Yuejiu 李月久 (C组)

Straddled 3/2 salto sideway, 1/4 twist to roll forward

分腿侧空翻一周半同时转体 90°前滚翻

Lou Yun 楼云 (E组)

Double salto straddled with 1/1 twist









^[2] FIG 将各体操单项的难度动作类别分组,其中,男子都分为5大类,女子的类别则各个单项略有不同。

Women's Floor Exercise Element Group 女子自由体操动作组别

1. Gymnastic leaps, jumps, and hops 跳跃动作

Plataroti 普莱泰罗蒂 (C组)

Split leap forward with leg change through forward, sideward, to backward, horizontal

向前交换腿劈叉跳, 前腿经前、侧至后水平

schuschunova 舒舒诺娃 (C组)

Side split jump with landing to front lying support or similar, also with 1/2 turn

横劈腿跳,落地成俯撑或类似的动作,也可以转体 180°

2. Gymnastic turns 转休

1/1 to 3/2 illusion turn, without touching floor with free leg or hand 鹞子翻身转体 360°~540°, 摆动腿或手不得触地 2/1 turn in tuckstand on one leg-free leg position optional (C组) 单腿蹲转体 720°, 摆动腿姿势任选

3. Handstand 手倒立

Jump to handstand-return movement optional (A 组) 跳起成手倒立,还原动作任诜

4. Rolls 滚翻

Stretched jump forward. with 1/1 twist to hecht roll (B组) 向前直体跳起转体 360°挺身鱼跃前滚翻

5. Walkovers, cartwheels, etc.软翻、侧手翻等

Tsavdaridou 萨弗特利多 (C组)

Arabian (backward take-off) with 1/4 twist-aerial cartwheel-continuing with 1/4 twist to front lying support

向后跳起转体 90°侧空翻转体 90°成俯撑

6. Salto forward 前空翻

Podkopayeva 波特科帕雅娃 (E组) Double salto forward., also with 1/2 twist 团身前空翻两周,也可以转体 180°

7. Salto sideward-arabian 侧空翻

Andreasen 安德里森 (E组)

Arabian double salto, also with 1/2 twist

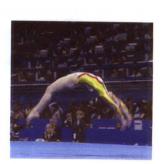














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阿拉伯前空翻两周,也可转体 180°

8. Salto backward 后空翻

Tchusovitina 丘索维金娜 (E组)

Double salto backward. stretched with 1/1 twist in second salto

直体后空翻两周,在第二周时转体 360°



跳马

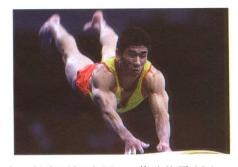




For the men's vault, the synthetic leather horse is 1.35 metres high. The horse is in-line with the runway that is one-metre wide and no more than 25 metres long. The landing mat is up to 25.4cm (10inches) thick, but it is very firm to help the gymnasts control their landings. The women's vault is slightly shorter than the men's standing at 1.25 metres high, and the runway is the same as the men's. In the men's and women's event two vaults must be performed. Each vault is assigned a base score according to its degree of difficulty and the average of the two scores is the final score.

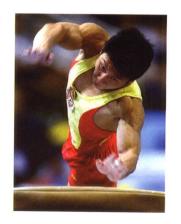
A successful vault starts with the gymnast making a strong, accelerating run down the carpeted runway. He or she will then jump onto the springboard to propel themselves up and over the horse. The gymnast must land firmly on

the mat, in line with the horse, springboard and runway, with his or her feet together and no extra steps taken. In both the men's and women's vault, the height of the vault is vital. The higher the start value, the better chance of a high score Gymnasts must designate which vault they will perform beforehand. In the qualifying, each gymnast performs one vault. In the team, individual all-round and apparatus finals, two different vaults must be performed and the average of the two scores counts.



在男子跳马中,用合成革制成的跳马高 1.35m。跳马前的助跑道 1m 宽、长度不超过 25m,落地垫子 25.4cm (10 in) 厚,但要求一定的强度以使运动员可以控制落地。女子跳马稍短于男子,马高 1.25m,助跑道长度同男子。在男女比赛中都要求跳两次,每一跳都会依据(动作的)难度系数给一个起评分,两跳的平均分为最后得分。一

个成功的跳马动作开始于有力、快速的助跑、随后踏板,跃起腾空于跳马之上。运动员必须平稳落地与跳马、跳板和助跑道在一条线上,双脚并拢,没有撤步动作。无论男子还是女子跳马,跳跃的高度是至关重要的,而起评分越高,得高分的机会越大,运动员必须事先标明其要完成的动作。在预赛中,每名运动员跳一次,而在团体赛、个人全能和单项赛中,每人必须完成两个不同的跳跃,并取其平均分。



More About mnastics

Vault 跳马

Each vault has a value according to its difficulty. The vault should demonstrate clean and powerful movements combining height and length with one or more rotations and finish in a controlled landing. Marks are also awarded for the control of the body and the landing position. For a long time there was no specific apparatus for vault. In its place the pommel horse was simply set up lengthwise and used for competitions. At the first modern Olympics, held in Athens in 1896, vault was a separate discipline won by German Carl Schuhmann from Charlottenburg (Berlin). Seven years later at the first world championships in Antwerp, Belgium, a straddle through over the 'long horse' was one of many compulsory routines.



preflight 第一腾空

The part of the vault before the gymnasts hands hit the horse

postflight 第二腾空

The second half, after pushes off the vault

repulsion 推手

landing 落地

Men's Vault Element Group 男子跳马动作组别

Vault group I: Direct vaults

第1组:直接跳

stoop 屈体腾越







hecht 水平腾越

Vault group II: Vaults with 1/1 turn in the first flight phase

第 II 组:第一腾空加转体 360°

jump forward. with 1/1 turn and handspring forward. and salto forward. piked 前跳转体 360°前手翻屈体前空翻(SV=9.2)

Vault group III: Handspring and Yamashita style vault

第Ⅲ组:前手翻及山下类型动作

Yamashita "山下"跳 (SV=8.0)

forward. handspring piked

前手翻屈体腾越

Cuervo 奎尔沃 (SV=8.4)

Handspring forward. with 1/2 turn and salto backward. tucked

前手翻转体 180°团身后空翻

Lou Yun 楼云 (SV=9.6):

Handspring forward. and salto forward. stretched with 3/2 twist

前手翻直体前空翻转体 540°

Xiao Jun Feng 肖俊峰 (SV=10.0):

Handspring forward. and double salto forward. tucked with $1/2\ turn$

前手翻团身前空翻两周转体 180°

Vault group IV: Vaults with 1/4 or 1/2 turn in the first flight phase

第 IV 组:第一腾空加转体 90°或 180°

Tsukahara "塚原"跳 (SV=8.4)

Handspring sideway with 1/4 turn and salto backward. tucked

侧手翻转体 90°团身后空翻

Lu Yu Fu 卢裕富 (SV=10.0)

Tsukahara with salto backward piked

屈体"塚原"跳加转一周(侧手翻转体90°屈体后空翻两周)

Vault group V: Round off entry vaults

第 ∨ 组: 踺子上板

Yurchenko 尤尔钦科 (SV=8.4)

Round off, handspring backward, and salto backward, tucked

踺子后手翻团身后空翻

Nemov 涅莫夫 (SV=9.0)

Round off, 1/2 turn and handspring forward. and salto forward. piked with











1/2 twist

踺子转体 180°前手翻屈体前空翻转体 180°

Scherbo 谢尔博 (SV=9.1)

Round off, jump backward. with 1/1 turn to back handspring and salto backward. stretched

踺子后跳转体 360°后手翻直体后空翻

Women's Vault Element Group 女子跳马动作组别

1. Vaults without salto

科尔布特 (SV=9.0)

1/1 turn on -1/1 turn off

跳转 360°前手翻转体 360°

2. Handspring forward with or without 1/1 turn in every phase

Polozkova 波洛兹科娃 (SV=9.7)

Handspring on -1/2 turn and stretched salto backward.

前手翻转体 180°直体后空翻

3. Handspring with 1/2 turn in entry phase

Phelps 费尔普斯 (SV=9.5)

1/2 turn on-1/2 turn and stretched salto forward.off

跳起转体 180°一转体 180°直体前空翻

4. Round-off in entry phase

Yurchenko 尤尔钦科 (SV=9.4)

Round-off, flic-flac on -stretched salto backward. with 1/1 turn off

踺子后手翻直体后空翻转体 360°

Hristakieva 赫尔塔金耶娃 (SV=9.4)

Round-off, flic-flac on -1/2 turn and salto forward. stretched off

踺子后手翻转体 180°直体前空翻

5. Round-off with or without 1/2 or 1/1 turn in entry phase

Luconi 卢考尼 (SV=9.4)

Round-off, flic-flac with 1/1 turn on -tucked salto backward. off

踺子转体 360°后手翻团身后空翻

Khorkina 霍尔金娜 (SV=9.7)

Round-off, flic-flac with 1/2 turn on -1/2 turn and piked salto backward. off

踺子转体 180°前手翻转体 180°屈体后空翻











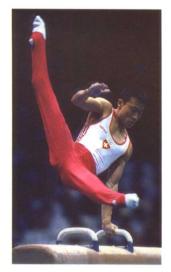


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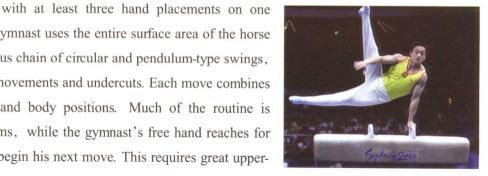
Pommel Horse

鞍马



The pommel horse stands 1.05 metres tall from the top of the mat and is 35 centimetres wide by 1.6m long. The (width of the handles (or "pommels") can be adjusted to between 40 to 45cm apart depending on the shoulder width) and swing style of the gymnast. Each pommel is slightly curved and raised approximately 10.16cm (4 inches) above the leather. The basic exercises on pommel horse include the undercut. double leg circles and scissors. The gymnast should perform clean swings without stopping. He should change directions and travel forward and backwards across the longitudinal axis of the pommel horse without letting his body touch it. A pommel horse routine also is required to contain two scissors movements, circle movements on all three parts of the pommel horse, and a skill

pommel. In a routine, the gymnast uses the entire surface area of the horse while performing a continuous chain of circular and pendulum-type swings. double leg circles, scissor movements and undercuts. Each move combines complex hand placements and body positions. Much of the routine is performed on alternating arms, while the gymnast's free hand reaches for another part of the horse to begin his next move. This requires great upperbody and abdominal strength.





鞍马从垫子上算起高为 1.05m, 宽 35cm, 长 1.6m。把手(或鞍环)之间的距离 可在 40~45cm 之间进行调节,这要依据运动员的肩宽和摆动动作。每个鞍环都有一 些弧度,比马身高出约为 10.16cm (4in)。鞍马的基本动作包括:异侧摆越、双腿全 旋和交叉。运动员的摆动应干脆利落,没有停顿,应该通过改变方向,在鞍马的纵轴 上做前后摆动而不碰器械。鞍马的全套动作中要求包括:两个交叉动作、在马上三个 部位的全旋动作和至少在一个马鞍有三次移位动作。在跳马套路中,运动员充分利用 鞍马的表面并连续地完成各种旋转和摆动、双腿全旋、交叉动作和异侧摆越。每个动 作都包含复杂的移手和身体姿势,多数套路中都包括移手动作,即运动员腾出一只手 移向鞍马的另一部位,继续下一个动作,这要求很强的上肢和腹部力量。



More About mnastics

Support 支撑

straddle support 骑撑; rear support 仰撑; cross support 侧撑; side support 正撑

scissors 双腿交叉

A standard pommel-horse manoeuvre where the legs straddle the horse as they swing around it and the hands are lifted in turn to let the leg pass

Leg circle 并腿全旋

A standard pommel-horse move where a gymnast keeps the legs together and swings them in a full circle around the horse, with each hand lifted in turn from the pommel to let the legs pass

Flairs 分腿全旋

With alternating hand support, the legs are straight and straddled and circle the body.

Thomas flairs 托马斯全旋

Named after US gymnast Kurt Thomas, straddle leg rotations on the pommel horse

spindle 打滚

Double leg circle or flair-circle with 1/2 turn of the body in the opposite direction of the leg circle(s)

travel 移位

pommel 鞍环; leather

Double rear (Kehrswing) 直角转体; wende swings 挺身转体 Russian wendeswing 俄罗斯环上 360° (挺身全旋转体 360°)

Men's Pommel Horse Element Group 男子鞍马动作组别

Element Group I: Single leg swings

第1组: 单腿摆越

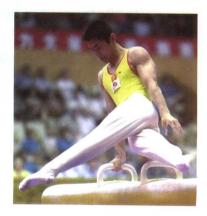
Li Ning 李宁 (C组)

Scissor forward. with 1/4 turn through handstand on 1 pommel, lower to support with straddle legs.









正交叉转体 90°经单环起倒立落下成骑撑。

Element Group II: Circles in side and cross support, with or without spindles and handstands

第Ⅱ组: 并腿全旋、托马斯全旋打滚和不打滚, 倒立或不倒立

Magyar 马乔尔转体 (E组)

Cross support frontways on end, 1/1 spindle inside 1 circle 马头一次全旋沿纵轴内转 360°(马头打滚)

Element Group III: Travels in side support and cross support

第Ⅲ组:正撑和侧撑移位

bilozerchev 比洛泽尔采夫 (C组)

From cross support on end, travel forward. in 2 circles to 1st pommel, to 2nd pommel, with 1/4 turn to side support on other end 侧撑马头两次全旋依次撑单环前移至另一马头成正撑

Magyar travel 马乔尔移位 (D组)

Any other travel forward. in cross support to other end 侧撑马头纵向前移至另一马头

Element Group IV: Kehr swings and wende swings

第 IV 组: 直角转体和挺身转体

Tong Fei 童非 (D组)

From side support on end, russian wendeswing forward. to other end without support on or between the pommel

马端正撑全旋隔两环挺身转体 180°成另一马端正撑(俗称大移位)

Element Group V: Dismounts

第 V 组:下法

kolyvanov 克里瓦诺夫 (D组)

From side support on end, circle or flair to handstand and travel 3/3 with pirouette of $>360^\circ$

马端正撑全旋成手倒立纵向移位至另一马头倒立转体大于360°下









Rings

吊环





The proper name of the event is "still" rings, because the rings must remain still throughout the routine. This presents one of the toughest challenges in gymnastics, as the rings are suspended from the ceiling by a pair of pliable straps, which in itself is an unstable setup. Although the still rings are perhaps the most physically demanding apparatus in gymnastics, the athletes must give an "effortless" impression to the judges. Strength skills and swing skills are required in a still rings routine as well as a forward swing movement to handstand, a backward swing movement to handstand, and a static strength element. It's the gymnast's upper body strength that keeps the apparatus under control. An extreme upper-body-strength-to-body-weight ratio is essential to becoming a world-class gymnast in this event. The most

common execution deductions are for strength moves performed at less-than-perfect angles. For example, an inverted cross that is held with the shoulders a little higher than the rings will get big deductions. Static strength elements held for less than two seconds also will receive a deduction. Judges do not start counting these holds until the gymnast arrives in a still position. Great rings routines comprise multiple strength skills such as a cross, in-

verted cross, planche or Maltese. These often are combined with swing skills or slow-moving strength skills for higher value. Better gymnasts will scatter their skills throughout the program to illustrate their strength and endurance. The body should not sag or twist, and the arms should



not shake. The rings should be absolutely still and in control throughout each strength hold.



这项运动的确切名字为"静止"吊环,因为双环必须在全套动作中保持静止。 这是体操运动中最难的一个项目。双环是由富有柔韧性的皮带吊起来的,这种设置 本身就不很稳定。虽然静止吊环或许是体操中对体力要求最高的项目,运动员却要 表现得不费任何力量。力量技巧和摆动技巧是静止吊环所要求的,同时还应该包括 前摆接手倒立,后摆接手倒立和静止动作。这需要运动员的上肢力量来控制器械, 理想的上肢力量与体重之比是成为该项目优秀运动员的重要因素。对完成情况最常





见的减分情况是:在力量动作中角度不够,例如,在倒十字支撑中双肩稍高出双环会使分数大打折扣,静力动作保持不足2秒钟的也要减分,裁判在运动员动作静止后开始计时。一套优秀的吊环动作包括多种力量型技术,诸如十字支撑、倒十字支撑和水平支撑,这些动作经常伴有摆动技术、或更高分值的慢起力量性技术。优秀的运动员在全套动作中运用各种技巧,来表现他们的力量和持久力,身体不能下垂或弯曲,手臂不能抖动,在静止动作中吊环必须保证绝对静止。



More About mnastics

swing 摆动

uprise 摆上;felge 翻上;kip 屈伸上;giant swing 大回环 hang 悬垂

hanging scale 水平悬垂;hanging scale rearways 后水平悬垂 support 支撑

Iron cross (or cross) 十字支撑; inverted cross 倒十字支撑;

L-sit 直角支撑; straddled L-sit 分腿直角支撑; L-cross 直角十字支撑; planche (support scale) —(高于环的) 水平支撑;

swallow or Maltese cross(support scale at ring height)(与环水平的) 十字水平支撑,马耳他十字

pull 用力压上

inlocate 前转肩

Men's Pommel Hoyse Element Group 男子鞍马动作组别

Element Group I: Kip and swing elements

第1组: 屈身上和摆动动作(包括直角支撑)

Li Ning 2 李宁 2 (C组)

From support, back toss to hang rearway to uprise forward. to support 支撑后翻成后悬垂前摆上成支撑

O'neil 奥·奈里 (E组)







直体后翻两周成悬垂前摆

Element Group II: Swings to Handstand (2 seconds)

第Ⅱ组: 摆动至手倒立(停2秒)

felge upward 后上; felge upward swing 翻上

Felge upward with straight arms to handstand (C组)

直臂后上成手倒立

Element Group III: Swings to stretched hold elements (not L-sits)

(2 seconds)

第Ⅲ组:摆动至静止力量动作,不包括直角支撑(停2秒)

tabakos 塔巴克斯 (E组)

Uprise forward. swing directly to swallow

前摆上十字水平支撑

Element Group IV: Strength elements and hold elements (2 seconds)

第 Ⅳ 组:力量动作和静止力量动作(停2秒)

Li Xiaoshuang 李小双 (C组)

From support, lower slowly with stretched arms to hang, and pull with stretched arms to cross

从支撑开始慢落下成悬垂再直臂压上成十字支撑

Element Group V: Dismounts

第 V 组:下法

Balabanov 巴拉巴诺夫 (D组)

Double salto forward, piked with 1/2 twist

屈体前空翻两周转体 180°下













著名的体操运动员 [3]

Nikolay Andrianov 尼古拉·安德里阿诺夫

He had been interested in the sport from a young age, and won his first major title at the Spartakiads in 1969. European champion in the pommel horse and horse vault, he was determined to win the Olympic Games, a goal he achieved in 1972 in Munich, winning the gold medal in the floor exercises. He enhanced the prestige of his country's gymnastics with his marvellous performance at the 1976 Games in Montreal where he won a total of four gold medals (including the all-round), one silver and one bronze in individual



^[3] 其他的著名体操运动员:李宁、拉蒂妮娜、科马内齐、谢尔博等在本书的第一册中已有介绍,请参阅。

events as well as the team silver. At the 1976 Games in Montreal he dominated the individual events in a way never seen before. He won in the long horse vault, rings and floor exercises, and helped the USSR team to the silver medal. At the 1980 Olympic Games in Moscow he added more medals to his medal tally. He won two gold medals in the team and vault events. He also took home two silver medals (individual all-round, floor exercises) and a bronze medal (horizontal bar).

Boris Shakhlin 鲍里斯·沙赫林



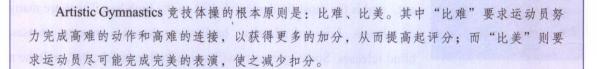
Boris Shakhlin of the Soviet Union won six gold medals in individual gymnastic events, which remains an Olympic best for men, bettered only by Vera Caslavska. Between 1956 and 1964, he won a total of 13 medals (seven gold, four silver, two bronze) with his strongest individual event being the pommelled horse in which he won gold in 1960 and 1964. His 13 Olympic medals was a record for men until it was bettered by fellow Soviet gymnast Nikolay Andrianov. He also won a total of 14 medals at the World Championships. Shakhlin won four individual titles at the 1958 World Championships: all-

around, horizontal bar, parallel bars, and pommelled horse. Unusually tall for a gymnast, his height and reach were a distinct advantage on the horizontal bar but caused him difficulty on the horizontal bar but caused him difficulty on the floor exercise.

| KEY WORDS 重点词汇 | | | | | |
|-----------------|-------|--------------------|-------|--|--|
| tumbling | 跟斗 | landing | 落地 | | |
| acceleration | 加速 | springboard | 踏板 | | |
| handspring | 手翻 | flic-flac | 后手翻 | | |
| cartwheel | 侧手翻 | salto | 空翻 | | |
| take-off | 起跳 | pre-flight | 第一腾空 | | |
| repulsion | 推手 | post-flight | 第二腾空 | | |
| undercut | 异侧摆越 | double leg circles | 双腿全旋 | | |
| scissors | 交叉 | Thomas flairs | 托马斯全旋 | | |
| handstand | 手倒立 | iron cross | 十字支撑 | | |
| inverted cross | 倒十字支撑 | planche or Maltese | 水平支撑 | | |
| static strength | 静力 | | | | |

Chapter 69

The Artistic Gymnastics(川) 竞技体操(二)











W

Horizontal Bar

单杠



Considered by many as the pinnacle of the men's events, the horizontal bar or "high bar" features high flying release moves at great speeds and heights. The horizontal bar stands 2.55 metres tall from the top of the mat. It is 2.4 metres long and 2.8 centimetres in diameter. Horizontal bars are made of steel. Beneath the apparatus, 25.4cm (10-inch) thick landing mats provide a firm surface for landings. Gymnasts may have help from a teammate or coach to lift them up to the bar. Spotters can be on hand in case of an accident, but cannot aid the athletes. The "high bar" is considered the most exciting men's event because of the tremendous speeds and height at which the skills are performed. Gymnasts release and re-grasp the bar, change grips, and swing forward or backwards from fully extended handstands. This type of move is called a giant, and is the most fundamental skill on the high bar. There are many types of releases. Forward releases, backward releases, one-arm releases, and blind releases. Some gymnasts will swing in front of the bar, release and re-

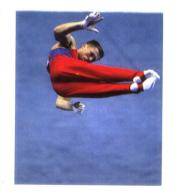
turn to the bar with a half-turn or more. Some flip over the bar and re-grasp, such as Kovacs. Some fly over the bar backwards, such as Tkatchev. All of the moves are named after the gymnasts who preformed them first at a

World or Olympic competition. Grips also vary. Examples of grips include the Eagle or L grip and Dorsal grip. The horizontal bar is all about gravity, the physics of the pendulum, and raw courage. Short movements close to the bar are fast and technical. Long movements are slower. Releases can be long and flowing or very fast and complex. The best horizontal bar routines feature multiple release moves that are usually connected through combination.

单杠或称高杠,被许多人认为男子项目中的顶尖运动,以快而高的脱杠腾空为特点。单杠从垫子表面算起,杠高 2.55m,长 2.4m,直径 2.8cm,由金属制成。在杠下,铺有 25.4cm(10-in)的厚垫,为(运动员)下杠提供保障。运动员可以在队友或教练的帮助下上杠,助手可以在场以防万一,但不能帮助运动员。"高杠"之所以被称为最激动人心的男子项目,是因为其技巧中表现出的速度和



高度,运动员(双手)脱杠,再握杠,换握,从伸展的手倒立接前后摆,这类动作称之为大回环,是单杠上最基本的动作。手脱杠的动作有很多种,向前,向后脱杠,单手脱杠和反向脱杠。有些运动员在杠前摆起,脱杠,转体半圈或更多后再回杠。有些腾空于杠上再接握杠,比如卡夫卡;有些向后腾空托杠,如特卡切夫腾跃。所有这些动作都是依据在世锦赛或奥运会第一个使用该动作的运动员的名字命名的。握杠也是各种各样的,例如扭臂握和吊臂握。单杠运动全部都是利用重力、握锤原理以及足够的勇气。贴近杠的短小动作快而巧,幅度大的,动作相对慢些。脱杠动作可以长而飘或快而复杂。最完美的单杠动作应该有大量脱杠动作,并通过编排串接起来。



More About mnastics

grip 握

overgrip 正握

el-grip 扭臂握

undergrip 反握

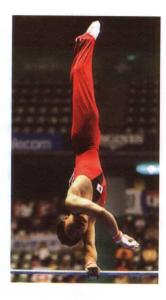
hop change of the grip 推跳换握

giant swing 大回环

one arm giant swing 单臂大回环 free hip circle 腾身回环 free straddle circle 分腿向外回环 stoop circle 屈体立撑回环

uprise 摆上

forward (front) uprise 前摆上 kip 屈伸上 drop kip 后倒屈伸上 shoot up 弧形上 dorsal hang 后悬垂 hecht 蹦杠





Men's Horizontal Bar Element Group 男子单杠动作组别

Element Group I: Long hang swings and turns

第1组:有或没有转体的悬垂摆动

Zou Li Min 邹利敏 (D 组)

On 1 arm giant swing forward. with 1/1 turn to el-grip and 1/1 turn to undergrip 向前大回环转体 360°成单臂扭臂握

Rybalko 利巴尔科 (E组)

Giant swing backward. with hop 3/2 turn to el-grip

向后大回环跳握转体 540°成扭臂握

Element Group II: Flight elements

第Ⅱ组:飞行动作

Carballo 卡波罗 (C组)

Stoop circle forward. to straddle cut with 1/2 twist

后撑前回环分腿后切转体 180°

Markelov 马凯洛夫 (C组)

Back uprise and straddle hecht with 1/2 twist to hang

后摆上分腿腾越转体 180°成悬垂

Walstrom 瓦斯托姆 (E组)

Back uprise and hecgt with 3/2 twist to hang

后摆转体 540°抓杠成悬垂

Tkatchev 特卡切夫腾越 (C组)

Swing forward. and vault backward. straddle to hang

前摆向后分腿腾越成悬垂

Gienger 京格尔空翻 (C组)

Swing forward and salto backward piked with 1/2 turn to hang

向前大回环后空翻转体 180°成悬垂

Kovacs 科瓦斯 (D组)

Double salto backward, tucked over the bar

团身后空翻两周越杠抓杠

Jager 叶格尔 (C组)

Swing backward. and salto forward.tucked, piked or straddle to hang

后摆屈体或分腿前空翻

Xiao Ruizhi 肖瑞智 (C组)

Swing forward. and counter salto forward.straddle to hang







前摆分腿前空翻成反握前翻

Element Group III: Elements near the bar

第Ⅲ组:近杠动作

Endo 远藤 (B组)

Free straddle circle forward, through handspring

分腿支撑前回环成手倒立

Stalder 斯塔尔德 (B组)

Free straddle circle backward, through handspring

分腿支撑后回环成手倒立

Element Group IV: El-grip, dorsal hang, and elements rearways to the bar 第 IV 组: 扭臂握和后悬垂动作以及背对杠完成的动作

Ono 小野 (B组)

From dorsal hang, uprise forward, with 1/2 turn to support

后悬垂前摆上转体 180°成支撑

Steineman (B组)

斯坦尼曼

From dorsal hang, uprise forward. to support rearways

后悬垂前摆上成支后撑

Czech giant awing 捷克大回环,俗称"正吊"(D组)

Giant swing rearways backward.

后悬垂向后大回环

Russian giant 俄式大回环,俗称"反吊"(C组)

Giant swing rearways forward.

反握后悬垂向前大回环

Element Group V: Dismounts

第 Ⅴ 组:下法

Hoffmann 霍夫曼

Triple salto backward.tucked over the bar

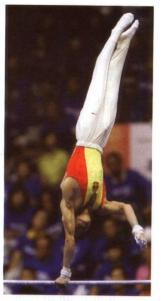
团身后空翻三周越杠下

Tsukahara 塚原

Double salto backward, tucked or piked with 1/1 twist

前摆团身或屈体后空翻两周转体 360°下







Parallel Bars

双杠



A parallel bar routine must contain several skills rated by level by the International Gymnastics Federation. Combining skills with multiple saltos and pirouettes as well as giant. Swings with pirouettes or saltos are the most common ways for gymnasts to satisfy these requirements. Parallel bars, or P-bars as they are commonly known, stand 1.75 metres from the top of the mat. Each bar is 3.5 metres long. The two bars can be adjusted to between 42 and 52 centimeters apart. The wider the bars, the more freedom the

gymnast has to swing. Bars that are adjusted too widely, however, are difficult to catch after releases. Most gymnasts adjust the bars to the width of their shoulders and add an additional inch or so on each side. Although

not a requirement, some of the better gymnasts move outside the two rails, performing handstands, presses, kips, and circles on only one bar. The most difficult skills, such as front and back saltos, require the gymnast to lose sight of the bars for a moment (this is commonly known as a blind release). The more of these skills performed in succession, the more challenging the routine — and the higher the score if performed well. Giants are very dynamic and must be free of slack. Any looseness will make it difficult to hang on at the bottom of the giant. The parallel bars routine must also contain two swinging elements and a release move where both hands release and re-grasp the bars.



一套双杠的动作应包括国际体联所规定的一系列技巧,它由大量的空翻,转体和大回环组成。转体摆动或空翻是运动员在比赛中最常运用的手段。双杠或常称的"P-杠",从垫面起,高1.75m,每杠3.5m长,两杠之间可



以在 42 到 52cm 之间调节。间距越宽,运动员摆动越自由。但如果两杠间距过大,则加大了腾空后再抓杠的难度。大多数运动员根据他们的肩宽,来调节双杠之间的宽度,每边只做 2.54cm(1 英寸)左右的调整。虽非要求,但一些优秀运动员常移到杠外,在一根杠上做各种倒立,用力慢起,屈体起和全旋动作。最难的动作比如前后空翻,这就会使运动员暂时看不到双杠,常称为背向脱杠。多数这些动作都要求连续完成。整套动作越富有挑战性,顺利完成后所得的分数就越高。

大回环应做的干净利落,不能有一点懈怠,任何一点松懈都会使大回环结尾的悬挂动作难以控制。双杠整套动作 必须包括两个摆动动作和一个腾空动作,即双手脱杠再抓杠。

More About mnastics

Men's Pommel Horse Element Group 男子双杠动作组别

Element Group I: Swing elements through support on both bars

第1组:在两杠上成支撑或经支撑的摆动动作

Healy 希里 (希里夸尔) (C组)

Swing backward. through handstand with 1/1 turn on 1 arm to support 后摆经手倒立前翻转体 360°成支撑

Diamidov 季阿米多夫 (C组)

Swing forward. with 1/1 or 5/4 turn on 1 arm to handspring 前摆经单臂支撑转体 360°成倒立

Element Group II: Swing elements through upper arm hang 第Ⅱ组:成挂臂支撑或经挂臂支撑的摆动动作

upper arm hang 挂臂悬垂

shoot up 弧形上

Dimitrenko 迪米钦科 (E组)

Roll backward. with salto backward. tucked to upper arm hang 后滚翻接团身后空翻成挂臂

Element Group III: Swing elements through hang on both bars\

第Ⅲ组:在两杠上成悬垂或经悬垂的摆动动作

cast 弧形上

inlocation 前转肩

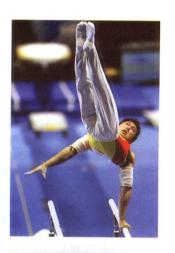
cut 切杠

basket 杠下回环

bent arm 屈臂

arm hang 挂臂撑

Kenmotsu 监物 (C组)









Giant swing backward, to handstand

向后大回环成倒立

Korolev 科罗廖夫 (C组)

Giant swing backward, with straddle cut to support

向后大回环分腿前切成支撑

Tichonkich (SE 组)

Basket with 1/1 turn to handstand

杠下回环转体 360°成手倒立

Element Group IV: Strength, hold and leg swing elements and elements sideways on one bar

第 IV 组:力量、静止和摆腿动作以及一杠上的侧向动作

glide 长振; glide kip 长振屈伸上

Li Donghua 李东华(B组)

Glide kip through V-sit and hop 1/2 turn to hang on other rail

正悬垂前上经锐角支撑跳转体 180°越远杠成正悬垂

Element Group V: Dismounts

第 V 组: 下法

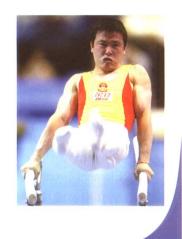
wende 侧腾越下

Roethlisberger (D组)

High wende and salto backward.tucked or piked

团身或屈体后空翻侧腾越下





Uneven Bars

高低杠

The two uneven bars are oval and are made of a fiberglass core covered with a wood veneer. Each bar is 3.5 metres long. The high bar may be set anywhere between 2.2 and 2.4m off the floor. The low bar may be set at a height between 1.4 and 1.6m. The bars are parallel to each other but set at different heights, thus the name asymmetrical or uneven bars. The distance between them can be adjusted depending on the size of the gymnast, to a maximum





of 1.5 metres. Gymnasts wear "handguards" or "grips" made of heavy leather with a dowel sewn in just below the finger loops. They will also use chalk to help with the grip. The uneven bars are said to be the most spectacular of the women's events because it requires strength, courage, precision, and split second timing. Gymnasts

will mount the apparatus from the ground or off a beatboard. The gymnast moves from the low bar to the high bar, incorporating many grip changes, releases and regrasps, changes of direction, saltos and circle swings

through the handstand position. Each bar routine must include at least three bar changes and two release moves. Watch for big swings that begin from handstands on the high bar, and incorporate multiple hand changes, pirouettes and release elements. These hand movements are classified as in-bar work. The entire routine should flow from one movement to the next without pauses, extra swings or additional supports. The higher and faster the swings and the release moves, the greater the risk is involved. Theoretically, the higher the degree of difficulty, the higher the gymnast's



final score. Daring dismounts including double saltos, layouts, or twists can also earn a gymnast more bonus points, especially if they have a clean, "stuck" landing.



高低杠的两根杠(截面)是椭圆形的,杠芯为纤维玻璃,木制表层。每根杠长3.5m。高杠的高度可以距地面2.2到2.4m,而低杠的高度为1.4m到1.6m。两根杠平行排列,只是高度不同,高低杠因此得名。两杠之间的距离可以根据运动员的身材进行调节,最大间距为1.5m。运动员可以佩戴护手,护手用皮子缝制而成,置于手心部位,他们也可以使用白镁粉来帮助握杠。高低杠被誉为女子项目中最有看头

的,因为它对运动员的力量,勇气,动作的准确度和 计时精准要求很高。运动员上杠可以从地面上,也可 利用踏板。运动员从低杠到高杠,运用多种换握、脱 杠和再握杠,改变方向,空翻和倒立后衔接的环摆, 每套高低杠动作必须包括至少三次换杠和两次腾空脱

杠。在高杠上的倒立转接大摆的动作结合大量的换手、转体和腾空因素,这些动作被称为杠内动作。整套动作要求从一个动作到下一个动作的衔接中不能有停顿、多余的摆动和支撑动作。摆动和脱杠腾空越高、越快,危险性越大,理论上讲,难度系数越大,运动员的最后得分就越高。高难度的下法包括两次空翻,直体和转体,也可以为运动员获取加分。尤其是在落地利索,稳健的情况下。



More Aboutymnastics

Women's Uneven Bars Element Group 女子高低杠动作组别 High Bar (HB) 高杠; Low Bar (LB) 低杠。

1. Mounts 上法

Hecht jump (legs together) with hand repulsion over LB to hang on HB 并腿腾越手推低杠成高杠悬重

Gurova 古洛娃 (E组)

Round-off in front of LB, flic-flac with 1/1 twist to clear support or through handstand phase on LB

低杠前踺子跳转 360°成低杠支撑或手倒立

2. Casts, counter swings

Comaneci salto 科马内奇空翻 (E组)

front support on HB -cast with salto forward. straddled to hang on HB 高杠支撑后摆前空翻成高杠悬垂

Miller 米勒 (D组)

cast to handstand with 3/2 turn in handstand phase to mixed-L or L grip 后摆手倒立在倒立阶段转体 540°成扭反握或扭臂握

3. Underswings, clear hip circles

Ma 马燕红 (D组)

Clear hip circle to handstand with 1/1 turn in handstand phase

腾身回环成手倒立,倒立阶段转体360°

Strong 斯特朗 (SE组)

Handstand on HB, facing LB -underswing with 3/2 turn and flight over LB to hang on LB

高杠倒立面对低杠弧形转体 540° 腾越低杠成低杠悬垂

4. Giant swings backward.

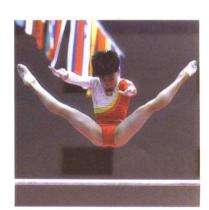
Schuschunova 舒舒诺娃 (SE组)

Handstand on HB -giant circle backward. and counter straddle-reverse hecht flight with 1/1 turn over HB to hang

高杠手倒立,向后大回环转体360°分腿后切腾越高杠成悬垂







5. Giant swings-circles forward.

Mo-salto 莫空翻(莫慧兰)(SE组)

Circle swing forward. in L grip with salto forward. tucked over HB to hang on HB in reverse grip

扭臂握向前回环摆动, 团身前空翻越高杠成高杠反握悬垂

6. Stalder circles 斯塔尔德

Stadler forward. 反掏; Stadler backward. 正掏

Khorkina 霍尔金娜 (E组)

Stalder backward. to handstand on HB with 3/2 turn in handstand phase 正掏回环成手倒立,在倒立阶段转体540°

7. Circles swings, hechts

Steinmann circle 斯塔曼 (C组)

Clear rear pike support on HB (legs together) -full circle swing backward. to finish in clear rear support on HB

高杠屈体腾身后撑, 充分向后回环摆动一周至高杠屈体腾身后撑 Maloney 马洛尼 (D组)

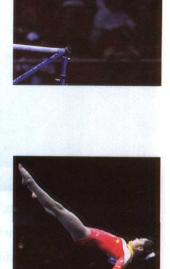
Inner front support on LB -pike sole circle backward. through handstand with flight to hang on HB

低杠内支撑, 屈体立撑后回环成手倒立腾越至高杠悬垂

8. Dismounts 下法

Ma 马燕红 (SE组)

Hip circle backward. on HB -hecht to salto backward, with 1/1 twist 高杠腹回环绷杠后空翻转体 360°下

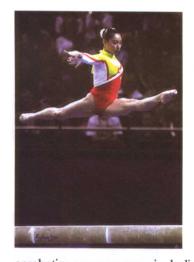


Front English

W

Balance Beam

平衡木



The balance beam is made of foam-padded aluminum covered with vinyl. It is five metres long, 10 centimetres wide and 1.2m off the ground. It was first introduced to Olympic competition in 1952. A beam routine lasts between 70 and 90 seconds and covers the entire length of the apparatus, incorporating dance movements, flips, jumps, turns, and balances and strength moves. There is a 0.10 point deduction for exceeding the time limit. Falls cost 0.50. Gymnasts have 30 seconds to remount the apparatus after a fall. Otherwise, the exercise is terminated. Performing on an apparatus just 10.16cm (four inches) wide takes incredible concentration and accuracy. Routines have evolved from simple turns, jumps, and balance moves, to Olga Korbut's daring backflip in 1972, to the kinds of daredevil

acrobatics we see now, including front tucks and tumbling sequences featuring three backflips in a row. During a good routine a gymnast will give the impression that she is performing on the floor, and not on a strip just

10.16cm (four inches) wide. The combination work is very popular and you'll see one acrobatic move flow right into the next, from a jump to a leap to a full turn. Combination work has become very important to the beam routine because the athletes are trying to get bonus points, so the more things they combine, the more bonus points they collect. Although many beam routines feature spectacular tumbling and dismounts, judges have several other factors to consider, including grace, flexibility, rhythm, tempo, balance, and confidence. Anything on beam that visu-



ally veers from perfection, and the judges will mark a deduction in points.

平衡木是由泡沫材料衬垫的铝制成,

表面覆有乙烯基,长 5m,宽 10cm,离地高 1.2m。1952 年第一次引入奥运会,一套平衡木动作为时 70 至 90s,应运用器械的全部长度,动作包括舞蹈动作、跟斗、跳跃、转体以及平衡和力量性的动作。全套动作超时扣 0.1 分,掉下器械扣 0.5 分,运动员在掉下器械后的 30 秒钟后必须再次上器械,否则,比赛将终止。在一个只有 10.16cm 宽的器械上表



演需要难以想象的精力集中和准确性。套路动作的发展从简单的转体、跳跃和平衡动作,到 1972 年科尔布特惊险的后空翻,再到我们现在看到的各种难度技巧动作和连续的三个后空翻。在一套完美的动作中,运动员会表现的像在大地上,而不像是在只有 10.16cm 宽的窄条上表演。这种动作的编排已经很常见了,你可以见到一个技巧动作从右做到左,从大跳到小跳,再到 360 度转体,动作的编排在平衡木中变得非常重要。因为运动员要取得高分,所以这些动作的编排越多,加分就越多。虽然许多平衡木的动作套路以精彩的跟头和下法引人注目,裁判员还要考虑其他的一些因素,包括美感、柔韧性、节奏、速度、平衡和自信程度。任何在平衡木上表现出的视觉缺陷,裁判都要予以减分。



More Aboutymnastics

Women's Balance Beam Element Group 女子平衡木动作组别

1. Mounts 上木

Baitova 拜托娃 (C组)

Two flank circles followd by leg "Flair"

两次全旋上

Silivas 西里瓦斯 (C组)

Jump to neckstand, 1/1 turn over shoulder to cheststand

跳起颈倒立经肩转体 360°成颈倒立

Dunn 邓恩 (D组)

Round-off at end of beam -flic-flac with 1/2 turn and walkover forward.

木端助跑踺子转体 90°接前软翻

Rankin 兰肯 (D组)

Jump or press on once arm to handstand

斜进助跑跳起成单臂手倒立

Gurova 古洛娃 (C组)

Round-off at end of beam -jump with 1/2 twist to near side handstand

正面助跑踺子后手翻转体 180°成横木支撑

Tsavdaridou 恰夫达林顿 (D组)

Round-off at end of beam -flic-flac with 1/1 twsit to cross stand on beam, also into





swing down to cross straddle sit

木端助跑踺子后手翻转体 360°成骑坐

Garrison 加里森 (SE组)

Round-off at end of beam -salto backward. stretched with 1/1 twsit to cross stand on beam 木端助跑踺子直体后空翻转体 360°上

2. Gymnastic leaps, jumps, and hops

split leap forward. 向前劈腿跳 (单脚起跳)

split leap forward. with leg change 向前交换腿劈腿跳

split jump in place 原地劈腿跳 (双脚起跳)

side split 侧劈腿

stride leap 跨步跳

scissors leap 剪式跳

straddle jump 分腿跳

pike jump 屈体跳

tuck jump 团身跳

stag leap-jump (split leap-jump with bending of front leg) 鹿跳

sheep jump (tuck jump with arch) 羊跳

cat leap (scissors leap forward. or backward. with bent) 猫跳

A leap where a gymnast takes off from one foot, raising one knee and then the other

wolf leap-jump (one leg tucked, one leg extended) 狼跳

ring leap-jump 结环跳

The legs are in a splits position, with the front leg straight and the back leg bent, while the back, head and arms are arched backward, forming a "ring" shape. stag-ring leap (ring leap with bending of front leg) 鹿结环跳

8 8 1 (8 1

Yang Bo 杨波 (E组)

from cross stand -jump to cross split and backward. bending of upper body 劈叉结环跳

3. Gymnastic turns

turn in knee scale 跪平衡转体

turn in tuck stand on one leg 单腿墩转

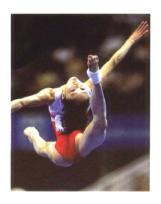
turn in prone position 俯卧转体

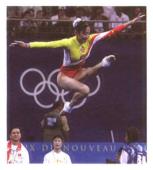
Okino 阿基洛 (E组)

3/1 turn on one leg

单腿转体 1080°

Li Li 李莉 (C组)











5/4 turn on back in kip position 闭身背转 540°

4. Waves

body wave 身体波浪:

A wave-like movement of the entire body passing through the hips, shoulders, arms and head

5. Holds-stands

standing split 劈腿站立

scale in balance stand 高起踵平衡站立

handstands with large arch span 大背弓手倒立

Hand-li 李 (C组)

Side handstand -release one hand with swing down swd. to side sit, back lying or other end position

横木手倒立,一手放开侧倒下摆动成横木坐,后仰或其他结束姿势

6. Rolls

roll forward. without hand support 手不撑木的前滚翻 neck roll 颈滚翻

Garrison 加里森 (C组)

free shoulder roll forward. with straightening to tuck stand or stand without hand support 手不支撑的直体经肩前滚翻成墩立或站立

7. Walkovers, carwheels, etc.

Gainer flic-flac 前跳后手翻; gainer salto backward.前跳后空翻

Turning Bridge (B组)

Scale forward., 1/2 turn to walkover backward

燕式平衡转体 180°接后软翻

Tic-toc (A组)

Walkover forward., backward.

前软翻点木后软翻

Chen 陈翠婷 (C组)

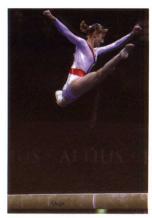
Flic-flac with tucking and stretching of leg in flight phase withswing down to cross straddle sit

由团身至直体后空翻下摆成纵木分腿坐

8. Saltos

拉拉提

salto backward. stretched with step-out









直体后空翻分腿落

Grigoras 克里格拉斯 (E组)

salto forward. tucked with 1/2 twist take-off from both legs

双脚起跳的团身前空翻转体 360°

Produnova 普罗杜诺娃 (E组)

Jump forward. with 1/2 twist -salto backward.piked

向前跳起转体 180° 屈体后空翻

9. Dismounts 下法

Bohmerova 鲍曼诺娃 (B组)

Gainer salto stretched with 3/2 twist to side of beam

前跳直体后空翻转体 540°木侧下

Svetlana Vasilevna Khorkina 霍尔金娜

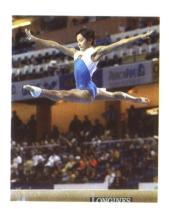
Russia's most successful gymnast, with a remarkable and unique style, is Svetlana Vasilevna Khorkina. She is



tall and elegant, using her height (164 cm)! to full advantage. Almost contradicting the laws of physics, on her own specialty apparatus, the asymmetric bars, Svetlana has won about every major medal, dominating podiums all over the world, including a unique series of four consecutive world titles. A big triumph is probably winning the 1997 World Championships All Around title, given her emotional reaction she probably didn't expect this to happen The year after, in her home country of Russia, Svetlana won the 1998 European Championships as well. In 2000 Svetlana achieved another remarkable, perhaps even unique feat. While many thought it impossible for her to win a major all around title again, she did exactly

this in the 2000 European Championhips! In the most important event, the 2000 Olympic Games, Svetlana had a rough time. Still, she won three medals. In 2001 World Championships she proved she is the best gymnast in the world again, becoming World Champion again! She won Silver in the teams, individual Golds in All Around, Vault and Asymmetric Bars. In 2002, Svetlana proved she is still capable of competing at her best. In the 2002 European Championships, she won her third consequitive All Around Gold, a record she shares with gymnastics legend Nadia Comaneci.

| KEY WORDS 重点词汇 | | | | |
|--|---------------------------------------|---|-------------------------|--|
| release the bar grip Tkatchev dorsal grip handguards backflip | 脱杠 握杠 特卡切夫腾越 吊臂握 护手 后翻 | re-grasp the bar giant eagle or L grip salto dismount acrobatic move | 再握杠 大四臂握 空下 技巧 | |



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Chapter 70

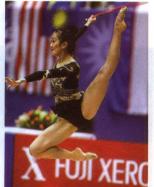
The Rhythmic Gymnastics 艺术体操

Rhythmic Gymnastics 艺术体操是将芭蕾和富有创意的动作与音乐相结合的运动。运动员将绳、圈、球、棒、带编排到舞蹈和技巧的动作中,其包含的舞蹈动作要多于竞技体操。所有动作套路都要求在地板上和不同音乐的伴奏下完成。五项器械的运用就像运动员身体的延伸,应与她们的动作和表情相吻合。艺术体操出现于19世纪末,20世纪初,其理念是借用舞蹈中的音乐和动作来获取美学意义上的表达、优雅与节奏。





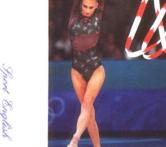




Introduction

介绍

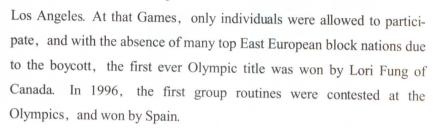




Rhythmic sportive gymnastics combines ballet and creative movements with music. with participants working with ribbons, balls, hoops, ropes and clubs in a choreographed dance—and—tumble routine. It has a lot more dance than artistic gymnastics. Everything is done on the floor with far different routines and different music. The five pieces of apparatus must be used like an extension of the gymnast's body and should harmonize with the rhythm of their body's movement and expression. This graceful form of gymnastics began at the end of the 19th and early 20th century. It is based on the idea of making use of music and movements borrowed from dance and achieving its aesthetic expressiveness, gracefulness and rhythm. Francois Delsart in particular was considered to be the founder of one of the first systems preceding Rhythmic

sportive Gymnastics. Another Frenchman, Jacque Dalcrose further developed the idea and created Rhythmic sportive Gymnastics. But it is the famous dancer Isadora Duncan, with her rebellion against the dogmas of classical ballet, that changed the direction of development of both the art and the sport as an independent competitive sport, Rhythmic sportive Gymnastics started in the former Soviet Union during the 1940s. It was recognized by the FIG in 1961. World Championships were place in Budapest in Hungary in 1963. World Championships for Group Exercises were first organized in Copenhagen in Denmark in 1967. Even though rhythmic sportive gymnastics, a modern form of gymnastics, has its own world championships, it did not be-





艺术体操是将芭蕾和富有创意的动作与音乐相结合的运动。运动员 将绳、圈、球、棒、带编排到舞蹈和技巧的动作中,其包含的舞蹈动作要



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多于竞技体操,所有不同的动作套路都要求在地板上,不同音乐的伴奏下完成。五项器械的运用就像运动员身体的延伸,应与她们的动作和表情相吻合。艺术体操出现于19世纪末,20世纪初,其理念是借用舞蹈中的音乐和动作来获取美学意义上的表达、优雅与节奏。佛朗索瓦·戴尔萨尔特被视为艺术体操诞生前该项目最早的奠基人,另一位法国人雅克·达尔克罗兹进一步拓展了其理念,创立了艺术体操,但是著名的舞蹈家邓肯却以她对于古典芭蕾的反叛,同时影响了艺术和艺术体操的发展方向。作为独立的比赛项目,艺术体操于20世纪40年代开始在前苏联流行,1961年被国际体联认可。首届世锦赛于1963年在匈牙利的布达佩斯举行,世锦赛首次的团体赛于1967年



在丹麦的哥本哈根举行。虽然艺术体操作为一种现代的体操运动形式拥有自己的世锦赛,但它进入奥运会却是在1984年的洛杉矶。在该届奥运会上,只设有个人项目比赛。由于众多东欧顶级运动员因联合抵制而缺阵,第一枚奥运会艺术体操的金牌被加拿大的罗利·冯获得。1996年团体赛被第一次列入奥运会,西班牙队获得冠军。



Competitions take place on a carpet floor area 12 square metres. Exercises are broken into two divisions: individual and group. Competitions for individual exercises include the team all-round competition, the individual all-round competition and the finals by apparatus individual competition. There are also the group all-round competition and the group exercises final competition. The officials in major international competitions include a jury of one head judge and six judges. There are also line judges. The individual exercise which lasts between one minute and 15 seconds to one minute and 30 seconds is judged by two juries. While the group exercise which includes five gymnasts should last between two minutes and 15 seconds to two minutes and 30 seconds and is judged by two juries, one composi-

tion jury and one execution jury. The exercises of rhythmic sportive gymnastics should contain continuous, free-flowing movement, jumps and leaps, pivots and balance, flexibilities, skips and hops, turns and swings. To-

day's rhythmic sportive gymnasts are highly trained and show a remarkable combination of flexibility, agility, dexterity, co-ordination and imaginative dance. The skill of the gymnasts using the five apparatus often defies belief. In group exercise, five gymnasts do a routine at the same time with each other. They may all use the same apparatus or they could have different apparatus at the same time. The main idea is to have all the gymnasts doing the movements at the same time (although this doesn't always have to be true). They also have to exchange apparatus with each other and meet other requirements. Of course they must have the same good quality of movement to music, grace,





flexibly and difficulty as you have to have in individual rhythmic gymnastics routines. Formation, elements of difficulty, elements with the left hand, exchanges of apparatus, originality and risk taking are the essential exercises, in which the spirit of cooperation between members of the group is the most important element.

艺术体操比赛在 12m²的地毯上进行。比赛分为两类:个人和集体,个人比赛包括个人团体赛、个人全能赛和个人单项赛决赛;集体项目包

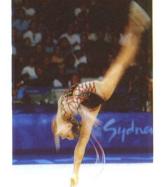
括集体全能和集体单项决赛。国际大赛的裁判组包括一名裁判长和 6 名裁判员,还设有边裁。个人比赛用时 1min15s 至 1min30s,由两个裁判组裁定。由 5 名运动员组成的团体赛用时 2min15s 至 2min30s,由两个裁判组裁定,包括编排组和完成组。艺术体操的比赛套路应包括连续、流畅的动作,大跳、旋转和平衡,柔韧动作,小跳、和各种转体及摆动。现在的艺术体操运动员都经过严格训练,在柔韧性、灵敏度、熟练程度、协调性和舞蹈性上表现出很高的水平。运动员运用 5 种器械的能力时常令人难以置信。在团体赛中,5 名运动员同时表演一套动作,她们可以使用同一种器械,或者同时使用不同的器械,其宗旨在于使所有的运动员动作一致(但并不一定总要这样),她们也会相互交换器械并完成其他规定动作。当然,她们还必须完成同样高质量的动作以配合音乐,表现优美、柔韧和难度,就像在个人艺术体操项目中要求的那样,队形、难度系数、左手动作、交换器械、创新性和惊险性在套路中非常重要,其中队员之间的合作精神是最重要的因素。



Discipline's Origin

When rhythmic gymnastics first caught the attention of the FIG in the middle of the 20th century, its devotees

were calling it "modern gymnastics". Yet its hazy history can clearly be traced to at least the last century. In the 1800s rhythmic gymnastics operated under the guise of group gymnastics, and included a trace of elementary choreography. It grew slowly until the first experimental competitions appeared in Eastern Europe in the 1930s, but, by the time the FIG became interested, its complex floor routines had captured the attention of a wide circle of female gymnasts. Rhythmic gymnastics requires balletic grace and incorporates many positions and leaps derived from classical ballet, including pliés, jetés, attitudes and arabesques. However, it also grew out of the German system of emphasising apparatus work



for muscle development, combined with the Swedish system of free exercise for developing rhythm. The FIG recognised rhythmic gymnastics as an official discipline in 1962 and, a year later, Budapest officials organised an international tournament. In 1964 the tournament was officially declared the first Rhythmic Gymnastics World Championships.

Basic facts & rules about the Rhythmic Gymnastics

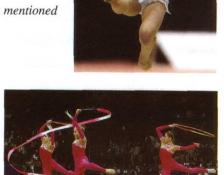
- Women only compete in Rhythmic Gymnastics although in Japan and some other countries, men also practice the sport.
- All routines are performed to music, of one or more instruments. Vocals without lyrics are allowed as music accompaniment.
- The floor area is a carpeted surface measuring 13×13 meters, surrounded by a one-meter wide security border.
- The hand apparatus used in Rhythmic Gymnastics are Rope, Hoop, Ball, Clubs and Ribbon. However, only four of them are part of the program, according to bi-annual rotation of the apparatus.
- During the exercise, the apparatus must be in constant motion: movements with great variety of shape, amplitude, direction, plane and speed should be performed.
- Loss of apparatus:
 0.10 if the apparatus is immediately retrieved
 0.30 if the apparatus is retrieved after short traveling (1 or 2 steps)
 0.50 if the apparatus is retrieved after large traveling (more than 2 steps)
- Composing a routine is based on including in it some specific fundamental groups of body movements and also technical groups in apparatus usage.
 Nevertheless, each exercise includes far more variety than briefly mentioned below.

Program for individual gymnasts 个人项目

The program for individual gymnasts usually consists of four exercises using four of the five apparatus in the program (rope, hoop, ball, clubs, and ribbon). The length of each exercise is from 1'15" to 1'30". The program for individual gymnasts includes: team all-round competition 个人团体赛, the individual all-round competition 个人全能赛, and the finals by apparatus individual competition 个人单项器械决赛.









Program for groups 集体项目

The progeam for group gymnasts usually consists of two exercises: one with one single type of apparatus and the other with several types of apparatus. The length of each exercise is from 2'15" to 2'30". The program for group gymnasts includes:

the group all-round competition 集体全能比赛, and the group exercises final competition 集体单项决赛.

Jury composition & scoring 裁判

There are two juries in major competitions, each jury is divided into two divisions. A and B.

| Jury A | Composition Jury 编排组 which is divided into 2 subgroups | |
|----------------------|---|--------------------------------------|
| Jury A1: Jury A2: | Technical Value 技术价值 (evaluating the number and level of the difficulties): Artistic Value 艺术价值 (evaluating the musical accompaniment and choreography): | Max. 10.00 points Max. 10.00 points |
| Jury B | Execution Jury 完成组 (evaluating the technical faults): | Max. 10.00 points |
| Final Score | made by adding the three scores: $TV + AV + EX$ | Max. 30.00 pts |

Technical Value 技术价值

The best 10 difficulties of every exercise will be taken in consideration to determine the score for technical value. The groups of body movement elements include

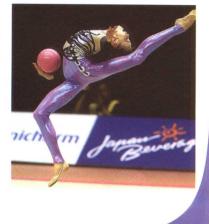
| Fundamental groups (valid for difficulties): | Jumps and leaps; Balances; Pivots; Flexibility/waves |
|--|---|
| Other groups (valid for linking moves): | Travelings; skips and hops; swings and circles; turns |

The difficulties include seven groups. They are A, B, C, D, E, F and G. The values of the difficulties are from A=0.10 to G=0.70. The Value of the combinations is obtained by adding the value of the difficulties included in these combinations.

Artistic Value 艺术价值

Artistic value has a maximum of 10.00 points, which are divided as follows:

2.00 points for music and 8.00 points for choreography.



Apparatuses

器械



The five apparatuses used in rhythmic sportive gymnastics include ribbons. balls, hoops, ropes and clubs. All exercises have musical accompaniment. The music and the gymnast should form one integrated whole, avoiding random musical arrangements. Exercise of each apparatus contains different particular techniques.

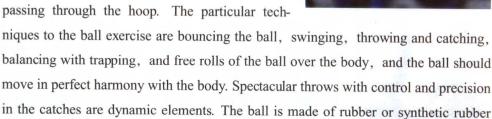
The rope can be made of hemp or synthetic material similar to hemp. Exercises should contain swinging the rope in various directions —over, around, and un-

der the gymnast's body. The gymnast can also throw and catch the rope, toss it, perform balances with it, and

perform many other movements, such as jumps and leaps, hops and skips, and rotation. The hoop has an interior diameter of from 80 to 90 cm, and a minimum weight of 300 grams. The hoop efines a space. This space is used to



the utmost by the gymnast, who moves within the circle formed. Exercises include rolls on the floor or on the body, rotations, swings, throws and



like material, weighing a minimum of 400 grams. The di-

ameter of the ball is between 18 and 20 cm. Swinging, throws and catches, circling, clapping, trapping, spinning, are also included in club techniques. The clubs may be made of wood or synthetic material, 40 to 50 cm long, weighing a minimum of 150 grams per club. Its particular techniques are mills, asymmetric movements and tapping. The ribbon is attached to the stick by means of a thread, nylon cord or rings. Snakes, spirals, swings, throws and catches, traps, figure eights, circles, wrapping around yourself are the common exercises.







运动员使用的 5 种器械包括带、球、圈、绳和棒。所有的动作都有音乐伴奏,音乐与运动员应该相结合,避免随意的音乐选择。每种器械都包含各自不同的特殊技术,绳是由麻纤或类似麻纤的合成料制成的,其动作有各个方向上绳的摆动—包括体上绕体和体下摆动。运动员还可以抛接绳、甩动绳、利用绳做各种平衡动作以及其他动作,诸如:大跳、小跳和翻转动作。圈的内径为 80 到 90cm,最轻为 300g。圈限定了一定的空间,运动员会充分利用这个空间进行表现,包括利用圈在地板或身上的各种滚动以及翻转、摆动、抛起和钻圈的动作。球操中的特殊动作包括:反弹球、摆球、抛接球、平衡动作以及球在身体上的自由滚动,球的运动应该和身体相协调,精彩并有控制的抛球和准确的接球是其中有活力的表现因素。球是由橡胶或合成胶类的



材料制成,重量不低于 400g,直径 18 到 20cm。摆动、抛接、环绕等也同样应用在棒操中。棒由木或合成材料制成,棒长 40 到 50cm,每根棒的重量不低于 150g。其特殊技巧有小五花、不对称动作和击打动作。带是通过尼龙线或环系在棍上的、蛇形、螺旋、摆动、抛接、8 字、绕环、环绕身体是带操中常见的动作。

Kabaeva Alina





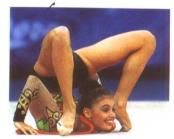


The sports best-known exponent, Kabaeva Alina, comes from Tashkent in Uzbekistan. Alina has had many changes of coaches, some of whom did not consider her to be particularly talented in the sport. But eventually, Alina's mother brought her to Moscow-based coach, Irina Viner who was amazed by Alina's ability. She said the Uzbke gymnast had a rare combination of two qualities which were crucial in Rhythmic Gymnastics—they are flexibility and jumping ability. In 1999 Alina became

European Champion for the second consecutive time and also captured the World Championship title in

Osaka in Japan. In June 2000 she added a third European title to her list of achievements, at the event in Zaragosa in Spain.

这项运动最著名的运动员——卡巴耶娃·艾莲娜,来自乌兹别克斯坦的塔什干。 艾莲娜曾几易教练,她们中一些人认为她不具备从事艺术体操的天赋。但是后来,



她母亲把她交给一位莫斯科教练伊利纳·维娜尔,这位教练惊异于艾莲娜的能力,她认为在这位乌兹别克斯坦运动员身上具有体操运动员非常关键的两项素质(柔韧性和弹跳力)的罕见的结合。在1999年,艾莲娜蝉联欧洲锦标赛冠军,同时获得日本大阪世界锦标赛冠军。2000年6月,在西班牙的萨拉格拉,她又第三次成为欧锦赛冠军。

More About hythmic Gymnastics

Rhythmic Apparatus 艺术体操的器械

Each movement of a rhythmic gymnastics routine involves a high degree of athletic skill. Physical abilities needed by a rhythmic gymnast include strength, power, flexibility, agility, dexterity and endurance. In the group event, athletes need to develop teamwork, sensitivity, quick adaptation and anticipation, in addition to the aforementioned skills.

Because each piece of apparatus is so different in its composition, the athlete must coordinate very difficult body movements with the apparatus elements.

The gymnast also needs to make many physical adjustments between each event.

Rope 绳

The fundamental groups of body movement for rope are jumps/leaps skips and hops. The technical groups for rope are rotations, throws and catches and small tosses. Handling the apparatus includes swings, circles, figure eights and "sails". Rope is very dynamic apparatus requiring agility, jumping ability and coordination. The rope's shape throughout the routine should remain well designed, without any curves.

jumps and leaps 大跳; hops and skips 小跳;

leaps in the rope 大跳过绳; skipping on the rope 小跳过绳; swing 摆动; circle 绕环; small circles 小绕环; figure eights 8 字

Hoop 圏

The fundamental groups of body movement for hoop are jumps/leaps, pivots, balance and flexibility. The technical groups for hoop are the rolls over the body or on the floor, rotations around the hand or other parts of the body, throws and catches and passing over or through the hoop. Handling the apparatus includes swings, circles and figure eights.







Hoop is the apparatus offering greatest variety of movements and technical skills. It must be used on all levels and planes. Any vibration of the hoop in the air is penalized. front splits with back bend of the trunk 踹熊

passing through the hoop 穿圈

The fundamental groups of body movement for ball are flexibility elements. The technical groups for ball include throws and catches, bouncing and rolling over the body or on the floor. Handling includes "thrusts", swings, circles, figure eight or "flip overs".

Ball is by tradition an elegant and "lyrical" rather than dynamic apparatus. The ball should rest in the gymnast's hand and not against the wrist, all the time during performance; no grip is allowed, the movement should be flowing and sensuous.

bouncing (dribble) the ball 拍球

throwing and catching 抛接

free rolls of the ball over the body or floor 球在身上或地面上的自由滚动

Clubs 棒

The fundamental groups of body movement for clubs are balance elements. The technical groups for clubs include mills, small circles, throws and catches and tapping. Handling includes "thrusts", figure eights and asymmetric movements.

Clubs are a great hand game! Their handling requires rhythmic work, psychomotor coordination and clockwork precision. Clubs are especially popular with ambidextrous gymnasts.

mills 小五花

twists 环绕

asymmetric figures 不对称动作

Ribbon 带

The fundamental groups of body movement for ribbon are the Pivots. The technical groups for ribbon are the snakes (serpents), spirals, throws and catches, small tosses. Handling includes "thrusts", swings, circles and figure eights.

The movements with the ribbon should be large and free flowing. Any knots in the ribbon are penalized. Its function is to create designs in space. Working with the ribbon requires strength of the shoulder and arm muscles.

spirals 螺形; spiral pivot 螺形转体

Snake 蛇形







A perfect fusion of athletics and aesthetics, gymnastics ranks among the defining sports of the Olympic Games. Trampoline gymnastics debuted at the Sydney 2000 Games featuring both men's and women's individual events. The Russian Federation took home two gold medals at the Sydney 2000 Olympic Games as Alexander Moskalenko and Irina Karavaeva were crowned with gold medals.

Equipment for trampoline 蹦床的装备

Trampoline 蹦床

The trampoline consists of a metal frame supporting the spring bed that the gymnasts bounce off to perform their routines. The trampoline is 5.05 metres long, 2.91m wide and 1.155m high. The bed is made from nylon or string material and is only about six millimetres thick.

Mat 垫子

A large, thick mat, known as the safety platform, sits on the floor at each end of the trampoline. It is designed to cushion the impact if anyone falls from the trampoline.

Glossary of trampoline 蹦床的术语

Routine.

A combination of movements or manoeuvres displaying a full range of skills on one apparatus

Composition:

The structure of a gymnastics routine

Compulsories:

Pre-designed routines that contain specific movements required of all gymnasts Optionals:

Manoeuvres selected by the gymnast which portray their best skills, often with a high degree of difficulty

Dismount:

To leave an apparatus at the end of a routine, usually done with a difficult twist or salto









Quadriffis:

Any quadruple somersault with a twist

Randolph:

A front somersault with 2.5 twists; also known as a "Randy".

Rudolph:

A front somersault with 11/2 twists; also known as a "Rudy"

Adolph:

A front somersault with $3\frac{1}{2}$ twists in trampoline









| | KEY WORDS 重点词汇 | | | |
|-----------------------------|----------------|---------------------|-------|--|
| Rythmic Sportive Gymnastics | 艺术体操 | ribbon | 彩带 | |
| ball | 球 | hoop | 圈 | |
| rope | 绳 | club | 棒 | |
| jury | 裁判 | line judge | 边线裁判 | |
| composition jury | 编排组 | execution jury | 完成组 | |
| throw and catch | 抛接 | jump and leap | 大跳 | |
| hop and skip | 小跳 | rotation | 滚动 | |
| mill | 小五花 | asymmetric movement | 不对称动作 | |
| snake | 蛇形 | spiral | 螺形 | |

Chapter 71

The Ice and Snowing Sports 冰雪运动

Ice and Snowing Sports 冰雪运动,是在天然或人工冰雪场地借助各种装具进行的各项冬季体育运动的总称,通常分为冰上运动和雪上运动两大类。冰雪运动作为一个特殊的运动项目群,有自己单独的、世界范围的大型运动会——冬季奥林匹克运动会。在 2002 年盐湖城冬奥会上包括有 Bobsleigh 有舵雪橇、Biathlon 冬季两项、Curling 冰上溜石、Ice Hockey 冰球、Luge 运动雪橇、Skiing 滑雪、Skating 滑冰等 7 个大项,78 个小项。









Sport English

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Winter Olympic Games

冬季奥运会



The first "White Olympics", as they were called at that time, were held in the famous international tourist resort of Chamonix, in 1924 at the foot of Mont Blanc on the French slopes. Another famous tourist resort, St. Moritz in Switzerland, hosted the second Winter Games in 1928. From 1928 onwards the IOC prohibited the holding of the Winter Games in the same country as the summer games. The traditional dominance of the Norwegian cross-country skiers was challenged at the third Winter Games in 1932 which were held outside Europe for the first time. The event took place at Lake Placid, a ski station among the Adirondacks in

New York, in the United States. The fourth winter Olympics were held in Garmisch-Partenkirchen in Germany in 1936, and saw the Olympic flame burning for the first time.

当时被称作白色奥运会的第一届冬季奥运会,在1924年于旅游胜地夏蒙尼举行,该地位于蒙特布朗山脚下。 另一个旅游胜地瑞士的圣莫里茨于1928年承办了第二届冬季奥运会。1928年以前,国际奥委会禁止冬季奥运会 与夏季奥运会在同一个国家举行。在1932年第三届冬季奥运会上,传统的越野滑雪强国挪威的霸主地位开始动 摇,这也是第一次在欧洲以外举行的冬季奥运会,这届奥运会在美国纽约州阿德罗德的滑雪胜地普莱西德湖举行。 1936年第四届冬季奥运会在德国加木施-帕腾基兴举行,这届冬季奥运会第一次点燃了奥运圣火。

After two winter games had been cancelled because of the Second World War the Winter Games reseumed normal business in 1948, again in St. Moritz in Switzerland. The 1952 Oslo Games were the first hosted by Norway. Cortina, Italy, one of the most beautiful winter resorts in the world, hosted the seventh winter Olympics in 1956. The site of the eighth Winter Games in 1960 was Squaw Valley in California in the United States. The Olympics in the Innsbruck in Austria in 1964 saw the introduction of computers and electronic timing. These were also the first games to be fully covered by television. The 1968 Winter Games were held in Grenoble in France. The 1972 Winter Games were held at Sapporo, in Japan. The Winter Olympics were



held for a second time at Innsbruck in Austria, in 1976. The 1980 Games saw a reture to Lake Placid in the United States. The 1984 Winter Olympics were held in the city of Sarajevo, a beautiful city that was to be turned into a crumbling room by civil war in Yugoslavia just few years later. The 1988 Games were held at



Calgary in Canada. The 1992 Games at Albertville in France. The 1994 Games at Lillehammer in Norway. The 1998 Games saw a return to the east to Nagano, in Japan. The 19th Winter Olympics were scheduled to take place in Salt Lake City in the United States in 2002.



在二战期间冬季奥运会被迫停止了8年后,1948年冬季奥运会在瑞士圣莫里茨恢复举行。1952年奥斯陆冬季奥运会是第一次在挪威举行的冬季奥运会。意大利的科尔蒂纳是世界上最美丽的冬季旅游胜地之一,1956年承办了第七届冬奥会。1960年,第八届冬季奥运会在美国加利福尼亚的斯阔谷举行。在1964年奥地利的因斯布鲁克冬季奥运会上,第一次使用了电子计算机,从此采用了电子计时,这也是第一届全程有电视转播的比赛。1968年冬季奥运会在法国格勒诺布尔举行;1972年冬季奥运会在日本札幌举行;第十二届冬季奥运会于1976年在奥地利的因斯布洛克举行;1980年冬季奥运会在美国普莱西德湖举行;1984年冬季奥运会在南斯拉夫的萨拉热窝举行;1988年冬季奥运会在加拿大卡尔加里举行;1992年冬季奥运会在法国阿尔贝维尔举行;1994年冬

季奥运会在挪威利勒哈默尔举行; 1998 年冬季奥运会在日本长野举行; 第十九届冬季奥运会定于 2002 年在美国 盐湖城举行。

More Aboutinter Olympic Games

New Order for Olympic Medals 奥运会颁发奖牌的新顺序



Changing a century—old tradition, the IOC agreed in July 2001 to switch the order of awarding medals, with the champion getting the gold last rather than first. The change, meant to shine a brighter spotlight on the gold medalists, would take place on a test basis at the Salt Lake City Winter Games, then be reviewed to see if it's made permanent. The IOC also will fine-tune the system for ice hockey, where medals have been

awarded over two days. All other aspects of the medals ceremony remain unchanged. The board voted 13-2 to award the bronze medal first, followed by silver and gold, the reverse of the order followed since the start of the modern games in 1896. Under the traditional pattern, the gold medalist stood on the top of the podium alone, while silver and bronze medalists were then honored. Critics said it left the second-and third-best athletes as virtual afterthoughts. Now the champion will step up to the highest platform on the medals' podium after the bronze and silver medalists already have taken their spots.

Salt Lake City bribery scandal 盐湖城行贿丑闻

On June 16, 1995, the International Olympic Committee (IOC) announced the selection of Salt Lake City, Utah as the site for the 2002 Olympic Winter Games. On November 23, 1998, the media made known to the public the possibility of a scandal involving the Salt Lake Organizing Committee (SLOC) and the IOC. The allegations against the SLOC included a scholarship and international assistance program that awarded scholarships totaling \$400 000 to thirteen students who were relatives of IOC members. The SLOC allegedly was also trying to influence votes by providing free plastic surgery, health care, shopping sprees, ski weekends, first-class air travel, luxury accommodations, fur coats, and other expensive gifts to IOC members and their families. Some of the gifts included \$10 000 worth of guns and rifles made by Browning, a Utah-based firearms maker. The total value of the gifts exceeded more than \$1 million. Ten members of IOC were expelled or forced to resign during the investigations of this bribery scandal.

Olympic Reforms 奥运会改革

On Dec. 12, 1999, IOC wrapped up a weekend assembly by approving all 50 proposals made by a reform subcommittee called the IOC 2000 Commission. Here are some of the major changes:

Visits to Olympic Bid Cities 视察奥运会申办城市

Members voted 89-10, with one abstention, in favor of banning allexpenses-paid visits to cities bidding for the Olympics.

Age Limits 年龄限制

The age limit for committee members was lowered from 80 to 70. Current members, however, are grandfathered in and can serve until the end of the calendar year that included their 80th birthday.



Term Limits 任期限制

Delegates voted unanimously to give up lifetime terms and approved the introduction of eight-year terms. After eight years candidates can seek re-election by their peers. The IOC president will also have term limits. He or she will be elected to an eight-year term as well, but will only be eligible for a four-year term by re-election.

IOC Membership 国际奥委会委员数量

The committee increased its maximum membership number from 100 to 115 and filled the new spots with active Olympic athletes. Ten of the 15 athletes were sworn in at the meeting. Their eight-year terms are not renewable. The rest of the seats are filled as follows: 15 presidents of international federations; 15 presidents of national Olympic committees and 70 individual members. No country is allowed more than one elected member.

Leadership 领导层

The executive board was expanded from 11 to 15 members.

New Election Procedure 新的选举程序

Proposed candidates will be screened by selection committee, made up of seven IOC members (including at least one athlete). The selection committee will judge candidates on certain criteria and will compile a report of their recommendations for the Executive Board. Previously there was no review procedure for committee candidates.

OPENING CEREMONY

盐湖城冬季奥运会比赛日程

Feb. 8,2002, and the eyes of the world focused on the Rice—Eccles Olympic Stadium to witness the spectacle of the Opening Ceremony for the 2002 Olympic Winter Games in Salt Lake City. The ceremony will also mark the successful conclusion of the Olympic Torch Relay, which, will of course raise the question as to who will ignite the Olympic Cauldron? [5]



每个人的关注都放在了盐湖城冬季奥运会开幕式的盛况上。开幕式也是奥林匹克火炬接力的终点,在这里人们最想问的就是:到底谁将点燃奥林匹克圣火呢?



Day 2 第二天:

Day 2 marks the Salt Lake Games' first full program of Olympic competition. Highlights should be the pairs short program in figure skating, the women's moguls qualifying and final, and the men's 5000 meters in speed skating.

在第二天盐湖城冬奥会的比赛全部开始了,这一天热点项目是双人花样滑冰的短节目比赛,女子雪上技巧的资格赛和决赛,以及男子 5000m 速滑。

Day 3 第三天:

One of the most thrilling competitions in sports takes place today with the Olympic men's downhill.

体育比赛中最令人激动的一刻将在第三天出现,那就是奥林匹克男子高山速降。

Day 4 第四天:

The highlight of today's action is the German luge athlete Georg Hackl's quest to win his fourth consecutive men's singles Olympic gold medal.

[5] 编者注:本期节目制作于盐湖城冬奥会开幕前,故在文中使用大量的将来时态。



今天的重头戏在于德国单人无舵雪橇运动员盖·海克尔能否连续四次获得男子单人赛的奥运会金牌。

Day 5 第五天:

The lightning-fast men's 500-meter speed skating race will burn up Utah Olympic Oval, known for its fast ice.

闪电般的男子 500m 速滑将在以冰面坚实闻名的犹他州椭圆式冰场内展开。 Day 6 第六天:

The Olympic Winter Games take flight on Day 6 in ski jumping's K-120 individual finals. Also on today's plate is men's ice hockey, frantically paced and fun to watch short track speed skating, and the men's combined in alpine skiing.

进入冬季奥运会第六天,跳台滑雪的 120m 级个人决赛开始了。同时还有男子冰球,以及快节奏、颇具观赏性的短道速滑,还有男子团体高山滑雪比赛。

Day 7 第七天:

On February 14, men's figure skaters are hoping Valentine's Day promises love from the judges as they compete in the medal-deciding free skate. Expect to see plenty of high-flying, risky quadruple jumps.

男子花样滑冰的自由滑将最终决定奖牌归属,希望情人节能够得到裁判的垂青。 但愿在比赛中能够多次看到高高跃起的高难度的四周跳。





The Canadian men's ice hockey team hits the ice for the first time today led by captain Mario Lemieux.

以马里奥·勒米斯为队长的加拿大男子冰球队今天首次亮相。 Day 9 第九天:

On tap for Day 9 is the men's super-G, in which American Daron Rahlves will attempt to back up his 2001 World Championship title.

第九天的精彩部分是男子超大回转滑雪,曾夺得2001年世界锦标赛冠军的美国运动员达龙·里维斯希望在该项比赛中再创辉煌。

Day 10 第十天:

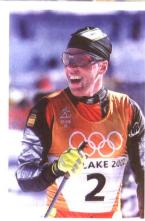
Another powerhouse matchup in men's ice hockey is slated for Day 10. Sweden and the Czech Republic, the last two Olympic gold medalists, face off at the E Center.

男子冰球比赛的另一亮点将在这一天出现。前两届冬季奥运会冠军瑞典队和捷克 共和国队将在 E 体育中心相遇。

Day 11 第十一天:

Artistry and innovation on the ice reach their peak tonight in ice dancing's final free





dance program.

冰面上的艺术与创新将在今夜达到高潮,这就是冰上舞蹈的自由舞节目决赛。

Day 12 第十二天:

Ladies'figure skating takes center stage on Day 12 of the Games. Men's aerial freestyle skiers will be flipping and twisting for medals today, too. In other action, women's bobsleigh will award medals for the first time in Olympic history.

女子花样滑冰走上了今天的中央舞台。男子的自由滑选手们也将展开激烈角逐。此外,奥运史上第一次女子 雪橇比赛将在今天决定奖牌的归属。

Day 13 第十三天:

Skeleton takes the spotlight on Day 13 at Utah Olympic Park. The sport was last contested at an Olympic Winter Games by men in 1948, but it was back in 2002.

第十三天,在犹他州奥林匹克公园,男子四人有舵雪橇将是众人目光的焦点。 这项运动最后一次亮相还是在 1948 年冬季奥运会上,但在 2002 年它又回来了。 Day 14 第十四天:

One of the most highly anticipated events of every Olympic Winter Games takes place tonight under the lights as the free skate determines the medals in ladies' figure skating.



每届冬季奥运会上最令人期待的比赛之一将在今晚进行,女子花样滑冰自由滑将决定奖牌的归属。

Day 15 第十五天:

Day 15 promises to be one of the most thrilling of the Salt Lake Games, with both men's ice hockey semifinal games the featured matchups. No matter which teams reach this "Final Four," they'll be packed with NHL All-Star talent.

第十五天将出现盐湖城冬季奥运会上最令人激动时刻之——男子冰球的半决赛。无论哪些队伍可以进入前四名,他们都可能被美国冰球联合



会列入全明星阵容。

Day 16 第十六天:

The last full day of Olympic Winter Games competition takes place today, and it shouldn't disappoint. German bobsleigh driver Christoph Langen will try to once again assert his dominance by winning gold in the four-man.

今天是冬季奥运会安排全天比赛的最后一天,而且一定不会让人失望。在男子四人有舵雪橇比赛中,德国队长克里斯多夫·腊根将会试图证明自己的霸主地位。

Day 17 第十七天:

In the spirit of saving the best for last, the Olympic Winter Games of 2002 will end after the men's ice hockey

final. The defending gold medalist Czech Republic, led by goaltender Dominik Hasek and forward Jaromir Jagr, will try to repeat its surprising performance from Nagano. Also on the program today is the women's 30km classical event in cross-country skiing and the grand finale of the Winter Games, the dramatic Closing Ceremony.



在大将压后阵的宗旨下,2002 年冬季奥运会将以男子冰球决赛作为结束。以 守门员多米尼克·哈谢克和前锋杰罗米尔·贾格为首的金牌卫冕者捷克共和国队,会力争将长野的精彩表演再次上演,今天的内容还有女子30km 越野接力赛,以及冬季奥运会的大结局——精彩的闭幕式。

More About Lake City 2002

Introduction of Salt Lake City 盐湖城介绍



The Salt Lake City metropolitan area is the home to about 1.2 million people and is located in a large mountain valley about 30 miles long and 15 miles wide. It has been referred to as the most beautifully situated city in the world, with the high Wasatch Mountains on the east, the Oquirrh Mountains on the west, and the Great Salt Lake just northwest of the city. The valley is bisected almost north and south by the Jordan River,

which flows from the fresh-water Utah Lake in Utah County, north to the Great Salt Lake.

Salt Lake City is the capitol city of Utah and was founded in 1849 by the "Mormon" pioneers. In the last one hundred years, the economy of Salt Lake City and the surrounding areas has developed from agrarian and mining to industrial and technological. Mining still plays a part in the area with Kennecott Copper Cooperation op-

erating the world's largest open-pit copper mine in the Oquirrh Mountains, about 25 miles southwest of the center of Salt Lake City. Also, minerals (salt in particular) continue to be extracted from the Great Salt Lake adding to the economic stability of the area. Salt Lake City is the headquarters of the Church of Jesus Christ of Latter-Day Saints, also known as the Mormons. Among many points of interest are the Brigham Young Monument, the Temple, and the Roman Catholic Cathedral of the Madeleine.



Sport English

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Salt Lake City Olympic Winter Games 盐湖城冬季奥运会

The Salt Lake City Olympic Winter Games saw the expansion of the Olympic program to 78 events, including the return of skeleton and the introduction of women's bobsleigh. Athletes from a record 18 nations earned gold medals.

Participation:

77 National Olympic Committees (Nations)

2 399 athletes (886 women, 1 513 men)

78 events

The medal tables of Salt Lake City Olympics 盐湖城冬季奥运会奖牌榜

The medal tables by country are based on the number of medals won, with gold medals taking priority over silver and bronze. A team victory counts as one medal.

The International Olympic Committee (IOC) does not recognise global ranking per country; the medal tables are displayed for information only.

| Nation | Gold | Silver | Gronz |
|------------------------------------|---|-------------------|-------|
| 1. Germany GER | 12 | 16 | 7 |
| 2. Norway NOR | 11 | 7 (116) 30 7 | 7 |
| 3. United States of America USA | 10 | 14 14 | 11 |
| 4. Russian Federation RUS | 6 | 6 | 4 |
| 5. Canada CAN | 6 | 3 | 8 |
| 6. France FRA | 4 | 5 | 2 |
| 7. Italy ITA | 4 | 4 | 4 |
| 8. Finland FIN | machine ally of 4 hardvidor | 2 | 1 |
| 9. Netherlands NED | 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 | 5 Assistant | 0 |
| 10. Austria AUT | 3 | 4 | 11 |
| 11. Switzerland SUI | 3 | 2 | 6 |
| 12. Croatia CRO | 3 | 1 | 0 |
| 13. People's Republic of China CHN | 2 2 | 2 | 4 |
| 14. Korea KOR | until the set of 2 | 2 | 0 |
| 15. Australia AUS | 2 | 0 | 0 |
| 16. Spain ESP | 2 | 0 | 0 |
| 17. Estonia EST | 1 | 1 | 1 |
| 18. Czech Republic CZE | (ma), services 1 1 most 2 | 0 | 1 |
| 19. Great Britain GBR | z cathoricazail sia lada | 0 1 | 1 |
| 20. Sweden SWE | 0 | 2 | 4 |
| 21. Bulgaria BUL | 0 | 1 | 2 |
| 22. Japan JPN | 0 | 1 | 1 |
| 23. Poland POL | 0 | amatros (pomosan) | 1 |
| 24. Belarus BLR | 0 | 0 | 1 |
| 25. Slovenia SLO | 0 | 0 | 1 |



First ever gold medal for China 中国获得首枚冬奥会金牌



In the short track speed skating women's 500m final, Yang Yang A (CHN) won the gold, beating Evgenia Radanova (BUL) and teammate Wang Chunlu. Yang, 25, whose name is tagged with the letter A to distinguish her from her younger teammate and namesake, Yang Yang (S), is the overall World Cup winner this season, with the top points in the 1 000m and 1 500m. The world champion, who was standing in the first start position in final A, jumped to the leading position and led the pack of six to take the gold medal in 44.187 seconds. She beat her long-time rival and friend Evgenia Radanova of Bulgaria to the second by 0.065 seconds. It is the first ever

Winter Olympic gold medal for China since Chinese skaters and skiiers made

their debut in the Lake Placid Games in 1980. She then won a silver medal as part of China's 3 000m relay team. Yang Yang A won a second gold in the 1 000m. She became the first short track skater to win two golds in one Games. Yang Yang gave all winter sports a great boost with this first gold medal. She offers value of dynamism, teamwork and the pursuit of excellence.



New on the program 新增项目

Hockey, boxing, soccer and other traditionally male-dominated sports began opening their doors to women before the icy runs of bobsleigh. To the amazement of many, it's taken until the year 2002 to have women's bobsleigh debut as an Olympic event. For the first time, women's bobsleigh was part of the program with the two-person event. Bobsleigh remained almost exclusively a male domain until the 1980s. The construction of the artificial track at Canada Olympic Park in Calgary for the 1988 Winter Games was an important step in piquing interest in women's bobsleigh both at home and abroad. The biggest moment in women's bobsleigh history to

date came on Oct. 2, 1999, when the International Olympic Committee confirmed women's bobsleigh would be an official medal sport at the 2002 Winter Games in Salt Lake City. Women's bobsleigh continues to grow at a rapid pace. There are over 30 teams from 18 countries competing on the World Cup circuit, which started in 1999, and the first women's world championship was held in February 2000. More nations are participating and injecting funds into women's training and sled design since the sport gained Olympic status. In fact, the top three medal contenders in the first Olympic women's bobsleigh competition in Salt Lake are former lugers: Germans Sandra Prokoff and Susi Erdmann (a two-time Olympic luge medallist) and American Jean Racine, who won the



2000-2001 World Cup championship. The result is bigger, stronger and faster crews pushing less dead weight at the always critical start. Women's bobsleigh is getting from increased coaching, sponsors, track time, shipping of sleds etc. since becoming an Olympic sport. Now it's official, more people want a part of it.

New technology for the judges 裁判使用的新技术

Making its first Olympics appearance, Instant Video Replay system found itself in the midst of the heated Winter Games' figure skating judging controversy. The Instant Replay system uses digital disc recorders to capture a skater's performance for fast and easy review. Using Instant Replay, the judges can quickly locate a portion of the skating program they'd like to see again. It's extremely easy to use and offers instantaneous access. While this is the first time the system has been used in the Olympics, it has performed flawlessly for the International Skating Union (ISU) for three years. The system was designed and selected by the ISU as a new tool for their judges. As the skaters perform their routines, a



system operator marks the in and out points of the skater's required elements ("death spiral," "triple jump," etc.) in his/her routine. All skating judges have their own touch panels and can then review the segments by pressing buttons with the name of the element. The Instant Replay system also interfaces with computer scoring systems. The ISU uses the Instant Replay system at its four major events: the World Championships, the Junior World Championships, the European Championships, and the Four Continents event.

Two Olympic Champions 两个奥运会冠军



Two golds were awarded in pairs figure skating rather than a gold and a silver. The International Olympic Committee (IOC) Executive Board decided to award Jamie Salé and David Pelletier from Canada a gold medal in the Figure Skating, Pairs Competition in Salt Lake City. Following a meeting with IOC President Jacques Rogge, International Skating Union (ISU)President Ottavio Cinquanta called an ISU Council meeting on February 14, following

the Figure Skating, Men's Free Skate, competition. The ISU Council decided to suspend Judge Marie Reine Le Gougne for misconduct and to recommend to the IOC Executive Board that it also award a gold medal to Jamie Salé and David Pelletier. The IOC Executive Board agreed with and accepted the recommendation from the ISU to award the gold medal. The IOC Executive Board thanked the ISU Council for its speedy resolution of the matter for the sake of the athletes involved and those still to compete.

Canada after 50 years of waiting 加拿大 50 年的等候

Canada finally ended its agonizing 50-year wait to win the Olympic gold medal in its national sport, beating the United States as Jerome Iginla and Joe Sakic each scored twice in a historic 5-2 victory. In the final of the

men's tournament, Canada's ice hockey team became the Olympic champions by beating the United States (5-2) and won his first men's hockey Olympic gold medal in 50 years. The men's final featured two teams made up of NHL All-Stars. The Canadian lineup included Mario Lemieux, Joe Sakic and Paul Kariya. The American team featured such super snipers as Brett Hull, Brian Leetch and Mike Modano. Led by NHL stars such as "Super Mario" Lemieux, Wayne Gretzky's troops took a new title for Canada, 50 years after their victory in Squaw Valley. The loss also snapped the United States' 70-year winning streak on Olympic home ice. Canada's pursuit of the gold medal mesmerized Canadians.



The game drew the largest TV audience in the nation's history—not just for sports, but for any event. The men's gold-medal game in the Olympics at Salt Lake City drew hockey's highest television rating in 22 years.

| The second second | 现代 - | KEY WORDS | 重点词汇 | |
|-------------------|----------------------|-----------|---------------------------|------|
| | Olympic Winter Games | 冬季奥运会 | Nordic combined | 北欧两项 |
| | bobsleign | 无舵雪橇 | figure skating | 花样滑冰 |
| | ice hockey | 冰球 | biathlon | 冬季两项 |
| | Alpine skiing | 高山滑雪 | cross-country skiing | 越野滑雪 |
| | curling | 冰上溜石 (冰壶) | freestyle skiing | 自由滑 |
| | luge | 无舵雪橇 | short track speed skating | 短道速滑 |
| | ski jumping | 跳台滑雪 | snowboarding | 单板滑雪 |
| | speed skating | 速度滑冰 | | |

3

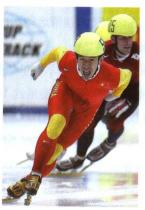
Chapter 72

The Speed Skate and Short Track Speed Skating 速度滑冰和短跑道速度滑冰

Speed Skating,速度滑冰,简称速滑。速度滑冰历史悠久,它是冰上运动的源头,冰上运动的其他项目都是在速度滑冰的基础上产生和发展起来的。速度滑冰比赛在周长400m的跑道上进行,跑道由两条直线和两条 180 度的弧线连接而成,分内、外两道。比赛时每组 2 人,同时滑跑,每滑 1 圈交换 1 次内、外道。Short Track Speed Skating,短跑道速度滑冰,简称短道速滑,起源于加拿大。比赛场地面积为 30×60m,跑道每圈长111.12m。比赛出发时,多名运动员在一条起跑线上同时起跑,滑行过程中可以随时超越对手。









Speed Skating

速度滑冰





Although the Netherlands is the birthplace of speed skating, the first known skating competition is thought to have been a 15-meter race that took place in Britain on February 4, 1763. Competitions sprung up across the northern part of Europe shortly thereafter, but the first official speed skating events were not held until 1863 in Oslo in Norway. In 1889, the Netherlands hosted the first World Championships, bringing together the Dutch, Russians, Americans and British. The International Skating Union (ISU) was founded in 1892 in Scheveningen in Netherlands, and has governed the sport of speed skating ever since. Speed skating has been part of the Olympics since the first Winter Games in 1924. At first, only men

raced, but in 1960, four women's speed skating events were held at the Olympic Winter Games in Squaw Valley. The women's 5000 meters was added to the Olympic program in Calgary in 1988, completing the 10 events that were competed for in Salt Lake City in 2002. There are 10 speed skating events, sometimes referred to as long track speed skating, on the 2002 Olympic program — five events for men and five events for women. They

are the 500 meters, 1000m, 1500m, 3000m, 5000m and 10000m.

虽然荷兰是速度滑冰运动的诞生地,可是第一场公认的滑冰比赛却是在1763年2月4日于英国举行的,比赛距离为15m。在这之后很快欧洲北部就出现了各种比赛,但是直到1863年在挪威的奥斯陆才首次正式举办了滑冰比赛。1889年,荷兰举行了第一届世界锦标赛,荷兰、俄罗斯、美国和英国的运动员参加了比赛。国际滑冰联盟于1892年在荷兰的斯海弗宁恩成立,直到今天仍在负责管理速滑运动。自从1924年第一



届冬季奥运会开始,速滑就是比赛项目之一。起初,只有男子运动员参加,而到了 1960 年期阔谷冬季奥运会,开始设立了 4 个女子速滑比赛项目。1988 年卡尔加里冬奥会上增加了女子 5 000m 项目,2002 年盐湖城冬奥会上的 10 项比赛就是从此开始完善的。2002 年冬奥会的这 10 项比赛有时指长道速滑比赛,其中包括 5 项男子比赛和 5 项女子比赛。比赛分 500m,1000m,1500m,3 000m,5 000m 和 1 0000m 几种。

The standard indoor track is on a double 400-meter ring of ice produced artificially. Two opponents at a time compete and at each round they must change lanes, because the inside ring is shorter than the outside one. The change of lanes must occur when the skaters reach the straight exchange stretch, located in the area opposite the





home stretch, and the right of precedence is given to the skater who goes from the outside ring to the inside ring. The inside ring skater is responsible for collisions, if any occur, unless clearly obstructed by his or her opponent. The skater must also remain five meters behind the opponent when both are in the cross-over area. Skaters may restart the competition only when they suffer interference, including cases where another athlete falls and disturbs the race of the opponent. In these cases the skaters are given 30 minutes to rest before the competition is repeated and the race with the best time is the one taken into consideration. Skaters who fall during the race can get up and

resume the race, though on short distances, such as the 500 or 1000 meters, they usually just give it up. If a skater falls right before the finish line, the time is counted from the moment in which the skate of the athlete cuts the finish line, even though his/her body lies before it. However, skaters reaching the finish line in a slide are penalized with 0.2 additional seconds penalty: the reason for this is to discourage them from trying to gain seconds by sliding into the finish.

标准的室内滑道是由人工冰面上的两道 400m 环线组成。比赛中,两名选手分为一组,每一圈都要换道一次。原因是内圈的长度要比外圈短。选手要在到达直道的中心点时换道,位置与所在的道相反。从外圈换到内圈的选手享有优先权。如果发生碰撞由内圈的选手负责,除非受到了对手的明显阻挡。当他们进入换道区时,内圈选手需在对手的身后保持 5m 的距离。只有当运动员发生冲突时,才可以进行重赛,所谓冲突是指一名运动员跌倒而干扰对手的前进。这时,运动员可以休息 30min 后进行重赛,比赛须考虑何种情况对选手更为有利。在比赛中跌倒的选手可以站起来继续比赛。然而在短距离的比赛中,例如 500m 或者 1 000m,



跌倒的人通常都会放弃比赛。如果选手恰好在终点线前跌倒成绩以运动员的冰刀触到终点线的一刻为准,不考虑运动员的身体是否到达终点线。如果运动员溜过终点线的话,他的成绩中必须增加 0.2s,这是为了避免运动员利用溜过终点的办法缩短时间。

More About peed Skating

History of Speed Skating 速度滑冰的历史

It is believed that skates were developed about 3000 years ago in Scandinavia. In the Netherlands, skating served as a way to travel over the canals in winter and the Dutch are still among the world's most avid skaters. Although the Netherlands is the birthplace of speed skating, the first known skating competition is thought to

have been held in 1763 in Britain. Competitions sprung up across the northern part of Europe shortly after, but the first official speed skating events were not held until 1863 in Oslo, Norway. In 1889, the Netherlands hosted the first World Championships, bringing together the Dutch, Russians, Americans and British, while the International Skating Union (ISU) held its first championships in 1893, one year after the formation of the Union. The first known speed skating competi-

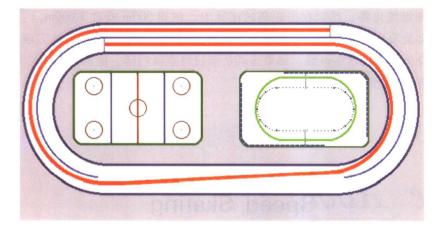


tion for women took place in 1805 on a straight course in Leeuwarden, the Netherlands. The sport also spread to North America in the mid-1800s.

Speed skating was first contested at the 1924 Olympic Winter Games and has been on the Olympic Winter programme ever since. Women first competed at the Olympics in 1932 when it was a demonstration sport. Women's speed skating as a full medal sport began in 1960.

Olympic speed skating has almost always been contested in the European system of skating time trials in two-man pairs. In 1932 at Lake Placid, the Americans convinced the International Skating Union (ISU) to hold the events in the North American style of pack racing. Many Europeans boycotted the events as a result and the Americans won all four gold medals. This style of the sport, however, was later to develop into short track (or indoor) speed skating, which was admitted to the Olympic program as a medal sport in 1992, after having been a demonstration sport in 1988.

Speed skating rink 速度滑冰场



Lane 跑道

Pairs racing is conducted in lanes, against the clock. To equalize the distances skated, the skaters have to change lanes at the crossover, halfway through each lap.

straight 直道; curve 弯道

Markers 标记

Indicate the line the skater must follow. An athlete can shift them and change lanes, as long as the distance skated is not reduced.

Crossover 换道区

Halfway through each lap in pairs skating, the skaters have to change lanes in a designated area called the crossover.

Snow line (edge) 雪线(跑道分界线)

Speed skating equipment 速度滑冰的装备

armband colours 标志带

Skaters in the outer lane wear a red armband and skaters on the inner lane wear a white armband.

Blade 刀刃

The part of the blade that comes in contact with the ice forms a straight line. Men's speed skating blades are generally 42-46 cm long. The longer the blade, the faster the skate up to a point where length would become an obstacle. The underside of the blade is only about 1mm thick.

Glasses 眼镜

Glasses protect skaters' eyes from the wind and ice chips. The lens reduces glare and improves visibility of the track.

racing suit 紧身比赛服

Skaters wear skin-tight racing suits with hoods to decrease air resistance. Racing suits must conform to the natural shape of the skater's body. Insertion or attachment of forms or devices to create a different shape is not permitted.

clap skate 新型冰鞋



Unlike conventional skates, the heel of the clap-skate blade is not attached to the boot, and the toe of the blade is affixed to the boot with a hinged apparatus. At the end of each stride, as the skater picks up the skate, the blade briefly disconnects from the heel of the boot, thereby keeping the blade on the ice longer and increasing the skater's pushing power. When the blade has fully extended, a spring mechanism mounted on the

front of the boot snaps the blade back up to the boot, resulting in the clapping sound that gives the skate its name.







The International Skating Union (ISU) was founded in 1892 and is the oldest governing international winter sport federation. During the last half of the nineteenth century, informal international competitions in both Speed Skating and Figure Skating were organized occasionally in different parts of the world. The first modern Speed Skating competition was held in Norway in 1863 and the first major International Speed Skating race was held in Hamburg (GER) in 1885. In 1882, the

first International Figure Skating competition took place in Vienna (AUT). Currently, ISU has 77 members of affiliated national federations ^[6]. Since the foundation of the ISU the ice skating disciplines have developed steadily over time to occupy the significant role they now enjoy in the world of sport. Now ISU has four disciplines: Figure skating, Synchronized skating, Speed skating, and Short track speed skating.

Current Speed Skating World Records 速度滑冰世界记录[7]

Ladies 女子

| 500 meters: | Catriona LeMay Doan | CAN | 37"22 | 2001-12-09 |
|---------------|---------------------|-----|---------|------------|
| 1,000 meters: | Chris Witty | USA | 1'13"83 | 2002-02-17 |
| 1,500 meters: | Anni Friesinger | GER | 1'54"02 | 2002-02-20 |
| 3,000 meters: | Claudia Pechstein | GER | 3′57″70 | 2002-02-10 |
| 5,000 meters: | Claudia Pechstein | GER | 6'46"91 | 2002-02-23 |

Men 男子

| 500 meters: | Hiroyasu Shimizu | JPN | 34"32 | 2001-03-10 |
|----------------|-------------------|-----|----------|------------|
| 1,000 meters: | Gerard van Velde | NED | 1'07"18 | 2002-02-16 |
| 1,500 meters: | Derek Parra | USA | 1'43"95 | 2002-02-19 |
| 3,000 meters: | Gianni Romme | NED | 3'42"75 | 2000-08-11 |
| 5,000 meters: | Jochem Uytdehaage | NED | 6'14"66 | 2002-02-09 |
| 10,000 meters: | Jochem Uytdehaage | NED | 12'58"92 | 2002-02-22 |





^[6] 截止到 2003 年底。

^[7] 截止到 2003 年 7 月 4 日。

Speed skater Lidiya Skoblikova first competed in the Olympics in 1960. She won gold medals in the 1 500m and the 3 000m, setting a world record in the former event. She also placed fourth at 1 000m. At the 1963 world championships, she won all four distances that were contested. When the 1964 Innsbruck Winter Games began, Skoblikova was considered the heavy favorite in the 1 000m, the 1 500m and the 3 000m, but was thought to be vulnerable in the 500m, the first women's speed skating race of the Games. In fact, Skoblikova led a Russian sweep in the 500. The next day, she set an Olympic record in the 1 500m, winning by 2.9 seconds, the largest margin in the his-



tory of the event. She went on to win the 1 000m and the 3 000m to become the first person to earn four gold medals in a single Winter Olympics. She was also the first winter athlete to win six career gold medals and she remains the only woman in the history of the Winter Olympics to win six gold medals in individual events.

Johann Olav Koss (NOR) 约翰·奥拉夫·科斯



In 1992 Johann Koss spent the day of the Opening Ceremony in a hospital bed with an inflamed pancreas. After passing a gallstone, he travelled to Albertville. He finished only seventh at 5 000m, an event in which he held the world record, but a week after leaving the hospital he won a gold medal in the 1 500m and then added a silver at 10 000m. At the Lillehammer Games, Koss dominated the speed skating events. First he broke his

own world record in the 5 000m. Then he defended his 1 500m title, setting another world record. Finally he won the 10 000m, bettering his own world record by 12.99 seconds and winning the event by 18.70 seconds—the second largest margin of victory in Olympic history. As a symbol of respect, the Dutch team presented Koss with a golden butterfly, an honour normally reserved for gold medal winners from their own country. An active supporter of the humanitarian Olympic Aid project, Koss was chosen in 1999 to be a member of the International Olympic Committee, announcing his departure from the Athletes' Commission during the 2002 Session in Salt Lake City.

Claudia Pechstein (Germany) 克劳迪娅·佩希施泰因

Claudia Pechstein's Olympic career spanned four Winter Games. She earned at least one medal every time, gaining a complete set of medals at 3 000m and a remarkable three gold medals and one bronze at 5 000m. Pechstein won her 5 000m bronze in 1992. At the 1994 Lillehammer Games, she added a bronze in the 3 000m and then bettered her personal record for 5 000m by an incredible 19.21 seconds to upset teammate Gunda Niemann by a half second. In 1998, at the Nagano











Olympics, Pechstein moved up to second place in the 3 000 metres (behind Niemann) and then set a world record in the 5 000 metres to beat Niemann by a mere four hundredths of a second, the equivalent of half a metre. At the 2002 Salt Lake City Olympics, Pechstein completed her progression in the 3 000m by winning the gold medal. She also broke her own world record in the event by more than $1^{1}/_{2}$ seconds. After finishing sixth in the 1 500m (she placed seventh in 1998), Pechstein entered the 5 000m as the two-time defending Olympic champion. This time she broke the world record by $5^{1}/_{2}$ seconds and earned yet another gold medal.

Jochem Uytdehaage (Netherlands) 简克恩·尤滕哈格

Jochem Uytdehaage did not record his first top-three finish in a World Cup race until November 23, 2001. Yet only $2^l/_2$ months later, he was the most successful skater at the Salt Lake City Olympics. Uytdehaage entered three races and broke the world record in each of them. In the 5 000m event, he bettered Gianni Romme's world record by more than four seconds to take the gold medal ahead of Derek Parra. Uytdehaage beat the 1 500m world record as well, but finished second when Parra skated even faster. Uytdehaage came back to win the 10 000 metres by 11.11 seconds, skating the distance in 12 minutes 58.92 seconds. He was the first skater to break the 13-minute barrier for $10\,000$ m.



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| | KEY WORDS 重点词汇 | | |
|----------------------------------|----------------|----------------|------|
| International Skating Union (ISL | J) 国际滑冰联盟 | speed skating | 速度滑冰 |
| ice sports | 冰上运动 | skate | 冰刀 |
| long track speed skating | 长道速滑 | starting point | 出发点 |
| dressing area | 更衣室 | start line | 起跑线 |
| pre-start line | 预备起跑线 | straight | 直道 |
| finish line | 终点线 | outside ring | 外圈 |
| change lanes | 换道 | curve | 弯道 |
| inside ring | 内圈 | | |

Short Track Speed Skating

短道速度滑冰



Short track speed skating races began to occur in Europe shortly after speed skating became an established international sport. The International Skating Union was founded in 1892, three years after the first long-track World Championships. However, it was not until the early 1900s that short track found its audience in North America. Official ISU championships began in 1978, but the first ISU World Championships didn't occur until 1981 in Meudon-la-Foret in France. Prior to the arrival of

short track at the Olympics, it was common for skaters to compete in short and long-track events. Short track ovals were covered and offered a place for skaters to train all year. Many long-track racers would practice sprinting and turning techniques around the small oval. Some even competed in short track competitions. With the development of new indoor long-track facilities, the cross-sport training is not as popular anymore. Also, now that short track has become established as an Olympic sport, racers have been forced to specialize to succeed. Following the success of its Olympic debut, short track was expanded to six events in Lillehammer in 1994, with the men and women competing in the 500, 1000 and relay. The program has once again been expanded for the Salt Lake City Games, with the IOC adding the men's and women's 1500 for a total of eight events.

当速度滑冰被确定为一项国际体育项目后不久, 短道速 滑开始在欧洲出现。国际滑冰联盟于1892年建立,它距离第 一届长道速滑世界锦标赛举行仅有短短3年。然而直到20世 纪初,短道速滑才逐渐为北美地区所接受。国际滑冰联盟的 官方锦标赛始于1978年,但是国际滑冰联盟的第一届世界锦 标赛直到 1981 年才在法国的默东举行。在短道谏滑没有出现 在奥运会上之前, 多数运动员都是既参加短道也参加长道比 赛的。短道的冰场是在室内,这就为运动员提供了全年进行 训练的场所。很多长道的运动员都在短道冰场上练习滑跑和



转弯技术,有些长道运动员也曾在短道比赛中一展风采,随着新的室内长道冰场的出现,长道运动员不再利用短 道冰场进行训练。同时,短道比赛也成为了奥运会项目,运动员为了成功,只能专攻一项技能。短道速滑在奥运







会中初次登场大获成功,1994年利勒海默尔冬季奥运会上,短道速滑设立了6个正式比赛项目,包括男子和女子的500m、1000m和接力赛。在盐湖城冬季奥运会上,国际奥委会为短道速滑增加了新的项目:男子和女子的1500m比赛,这就是本届冬季奥运会短道速滑的8个项目。



Short track speed skating is an elimination event in which athletes race in packs and try to outskate and outwit fellow competitors within their heats. Eventually, the field is narrowed to a handful of finalists. The first one to cross the finish line is the winner. Time is secondary. In fact, Olympic and world records have been set in non-medal heats. Individual competitions begin with 32 athletes. Individual heats feature four skaters at a time in a mass start. Athletes skate counter-clockwise, and the first two across the finish line advance to

the next round. Sometimes more than two advance, depending on the number of heats and the nature of any disqualifications. There are eight teams that take part in the short track relay race and each team consists of four skaters plus one substitute. Each country cannot have more than one team on the track. Each team is free to decide how many laps each athlete will do, but the two final laps must be run by the same skater. If a relay were to occur at this time, the entire team would be disqualified and only if there is a fall can a substitution be made in this final phase. Competition takes place on a 111.12-meter oval laid out on an indoor rink built to international ice hockey dimensions. There are no lanes. Only the turns are marked, and seven cones delineate each one.

短道速滑是一种排他性的比赛,多名运动员同时出现在场上,力争通过施加压力影响对手的发挥,最终,只剩下少数参赛者得到进入决赛的机会。第一个到达终点线的人即为胜者,时间长短并不是最重要的,事实上,奥运会纪录和世界纪录都是在不涉及到奖牌归属的热身赛中创下的。个人项目的比赛在初赛中有32名运动员参加,每4人分为一组进行比赛。运动员以逆时针方向滑行,前两名到达终点线的选手可晋级至下一轮比赛。有时晋级者



不止两人,这得看参加热身赛的人数和被剥夺资格者的人数。短道速滑接力赛有8支队伍参加,每队有4名选手和1名替补选手。在赛场上每个国家只能有一支队伍出现。本队可自由决定每名选手滑多少圈,但是最后两圈只能由同一名选手完成。如果此时接力,全队都将丧失比赛资格。如果该名运动员跌倒则例外,可以由替补选手完成最后阶段的比赛。短道速滑比赛在国际标准的室内冰球场上举行,椭圆形场地的周长为111.12m。场地没有标志线,只有弯道处用七个锥体标志出来。

Sport English







More About Track Speed Skating

History of Short Track Speed Skating 短道速滑的历史

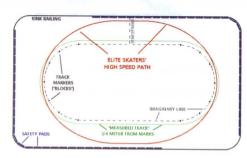
Short track (or indoor) speed skating was first practiced in Europe at the end of the 19th century and quickly spread to the United States and Canada, where it became extremely popular. Competitions were organized there from 1906 onwards and annual championships were held in the two countries. The sport was so widely appreciated in North America that the organizers of the 1932 Games at Lake Placid with the consent of the International Skating Union (ISU) followed for the speed skating events the then current North American racing rules with its



mass starts and "pack" style of racing. Short track speed skating was first introduced as a full medal sport in 1992 at Albertville after having been a demonstration sport at the 1988 Olympic Winter Games in Calgary.

Short track speed skating has long been in the shadow of "long track" (originally outdoor) speed skating, its older, more conservative cousin, and while it has been keenly contested for over a century internationly, has only been on the Olympic scene for a relatively short time. It has rapidly equalled and passed the older sport in the extent of participation and interest in it around the World. This exciting sport has proved extremely popular with spectators ever since its inclusion in the Winter Games in 1992, because of the speed, tightness of the indoor track, closeness of the skaters and potential for collisions and falls. Actually, the walls of the indoor rink are padded for the protection of the participants.

Short Track Speed Skating Rink 短道速滑场地



Short track speed skating takes place on a 111.12 m oval track on a rink measuring 30m×60m. Because the corners are tight and it can be difficult for skaters to maintain control, the boards must be covered by protective mats of polyurethane foam at least 20 cm thick with a minimum height of 1 m. The mats are covered with a water-resistant and cut-resistant material and they must be attached to the boards as well as to each other.

markers 标记

Track markers are made of plastic and indicate the boundaries of the track. They are not attached to the ice.

track 跑道

The tack is marked only with seven track markers inside each curve. Crossing the inside markers in the curve results in disqualification.

Equipment of Short Track Speed Skating 短道速滑的装备 gloves 手套

Gloves are worn to protect skaters' hands from blades. They are especially important when going around a curve because the hand is placed on the ice to help maintain balance.

goggles 护目镜

Goggles are not required, but some skaters wear them to protect their eyes from wind and ice chips. Tinted lenses reduce glare and aid visibility.



helmet 头盔

Hard plastic helmets prevent potential head injuries resulting from crashes with competitors, ice or side walls protective wear 护具

Knee, shin, and sometimes neck guards offer protection from the blades of the skater in front.

skin-tight suit 紧身比赛服

Skin-tight suits mould to the skater's body to reduce wind resistance.

skates 冰鞋

Short track boots lace higher up the ankle than traditional skates and are constructed from customised foot moulds and with heavier materials to help stabilise the foot and ankle around corners. To grip the ice around turns, blades are extremely sharp and are bent in at an arc that mirrors the direction of the turn. In addition, blades are placed off-centre to the left so the boot does not touch the ice when the skater leans into the turn.



Blade Bending 弯曲刀刃

Blade bending is used in short track to allow the skater to hold the corners better as well as achieve faster times. The blade has quite a lot of rocker (curve) around 6 to 8 meters radius, although not as much as a hockey skate, to facilitate rotation of the blade through the corner.

The blade of long track speed skates has less rocker than the short track skate, around a 19 to 22 meters radius, since the 400 meters skating oval corners are wider and the straightaways longer, the lesser rocker of this skate means more blade on the ice which results in faster speeds. More rocker means a blade is more maneuverable/slower, while less makes the blade faster/less maneuverable, and also requires more strength.

Relay Races 接力赛

Relay races normally involve four teams of four skaters per race. Each skater must take at least one turn out on

the track. Normally, the skaters will exchange turns in rotation, with those not on the track either resting, covering the skater on the track, or preparing to receive a relay, all on the inside of the track. Instead of passing a baton, the skater on the track needs to only tag the incoming skater to complete an exchange. However, in order to maintain momentum, it is more common for the incoming skater to crouch and receive a push from be-



hind. In the event of a fall, a covering skater may tag the fallen skater and continue the race. A gun will sound indicating three laps remaining, which means that each team may only complete one more exchange. One skater must complete the final two laps, except if the skater falls.

Right of way 占道权

In short track skating, the lead skater has the right of way and the passing skater is responsible for avoiding body contact. In long track skating, the skater who starts in the outside lane has the right of way at the crossover if they arrive at the same time, but otherwise the skater in the lead has the right of way.

Current Short Track Speed Skating World Records ^图 短道速滑世界记录 Men 男子

| 500 meters: | Jeffrey Scholten | CAN | 41"289 | 2003-03-08 |
|---------------------|-----------------------|-----|----------|------------|
| 1 000 meters: | Jean-Francois Monette | CAN | 1'25"662 | 2003-03-09 |
| 1 500 meters: | Steve Robillard | CAN | 2'12"234 | 2002-10-11 |
| 3 000 meters: | Steve Robillard | CAN | 4'38"061 | 2002-10-13 |
| 5 000 meters Relay: | Canada | CAN | 6'43"730 | 2001-10-14 |

Ladies 女子

| 500 meters: | Evgenia Radanova | BUL | 43"671 | 2001-10-19 |
|---------------------|-------------------|-----|----------|------------|
| 1 000 meters: | Chun-Sa Byun | KOR | 1'30"483 | 2003-01-12 |
| 1 500 meters: | Eun-Kyung Choi | KOR | 2'21"069 | 2002-02-13 |
| 3 000 meters: | Eun-Kyung Choi | KOR | 5'01"976 | 2000-10-22 |
| 3 000 meters Relay: | Republic of Korea | KOR | 4'12"793 | 2002-02-20 |

Yang YANG(A)(大)杨扬:中国第一个冬奥会冠军



Yang Yang (A) entered the 1998 Nagano Games as the reigning world champion in both the 500m and the 1 000m. However, at the Olympics, she was disqualified in the quarterfinals of the 500m. In the 1 000m, she set a world record in the quarterfinals and won her semifinal heat by defeating the defending Olympic champion, Chun Lee-kyung. In the final, Yang led coming out of the last turn, but Chun slipped inside her and thrust her leg across the finish line first. To add to her distress, Yang was disqualified for trying to block Chun with her arm.

Yang's only medal, a silver, came in the relay. Despite her Olympic disappointments, Yang continued to dominate the world championships. Between 1997 and 2001, she qualified for 18 of 20 individual finals and won 12 of them. Her 2002 Olympic experience began with frustration again, as she missed a medal in the 1 500m by less than a tenth of a second. However, in the 500m event, Yang won her heat in all four rounds and earned the gold medal—China's first ever in the Winter Olympics. After adding another silver medal in the relay, she entered the 1 000m. Yang set an Olympic record in the quarterfinals and then won the final to win her second gold medal.

Yang YANG(S)(小)杨阳:5 枚冬奥奖牌获得者

For the first five years of her short track career, from age 9 through age 13, Yang Yang (S) trained on her own because none of the local skating clubs thought she was good enough to be worth training. By the time she was 16 years old, Yang was competing in the 1994 Lillehammer Olympics. She made it all the way to the final of the 1 000m and placed fifth. At the 1998 Nagano Games, Yang earned a silver medal in each of the three women's short track events. In Salt Lake City in 2002, Yang was disqualified in the 1 500m, but bounced back to win another silver



medal in the relay—her fourth career silver -and then a bronze medal in the 1 000m.

KEY WORDS 重点词汇

short track speed skating impeding

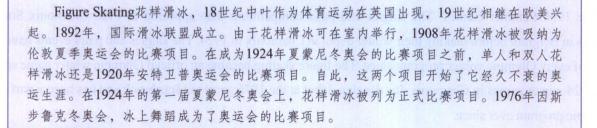
短道速度滑冰 阻挡

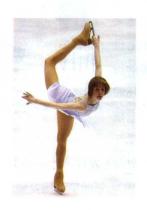
false start

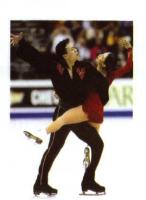
抢跑

Chapter 73

The Figure Skate(|) 花样滑冰(一)









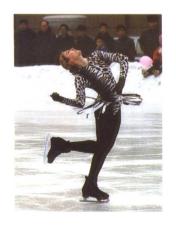




Introduction of Figure Skating







Like many winter sports, figure skating's roots grew from necessity. As a mode of transportation for warfare and hunting in Northern Europe, skating was a swift way to traverse frozen lakes, ponds, rivers and streams. Warriors and hunters crafted makeshift skates of reindeer antlers or elk bones, and later iron and steel. By the 16th century, skaters were transporting goods across frozen waterways. As the technology of the skate and blade improved, skating slowly emerged as a recreational and leisure sport. In the 1600s, the Dutch used their frozen canals to skate from village to village, mastering the skating maneuver known as the "Dutch Roll", a simple skill that involves pushing off from one skate and gliding on the other. To

this, the French added pirouettes and spins. In 1892, the International Skating Union (ISU) was founded. Six years later, the first ISU-sanctioned event was held, and organizers hoped it might soon become an official Olympic sport. Because competitions could be held indoors, figure skating was added to the Olympic program for the 1908 Summer Games. The singles and pairs competitions also appeared at 1920 Chamonix Summer Games in Belgium before making their winter debut in Chamonix in 1924. The singles and pairs events have been parts of every Olympic winter program since. The figure skating became an official Olympic winter game sport at the 1924 winter games in Chamonix. Ice dancing debut at the 1976 games in Innsbruck and has been a part of the Olympic program ever since.

与许多冬季运动一样,花样滑冰是应生活的需要而产生的。在北欧,每逢战争或打猎,在冰封的湖面河流上滑行是最快的代步工具。战士和猎人们用驯鹿角或兽骨制成简易的冰鞋,后来出现了铁制和钢制的冰鞋。到了十六世纪,人们在冻结的航道上滑冰来运送货物。随着制作冰鞋和冰刀技术的提高,滑冰也逐渐成为休闲娱乐运动。十七世纪,荷兰人靠滑冰游走各个村落,掌握了被称为蹬冰的滑冰动作,这是一种简单的技术,一只脚蹬离冰面,另一只滑行。在此基础上,法国人发明了趾尖旋转和旋转。1892年,国际滑冰联盟成立,6年后,国际滑联举办了首届花样滑冰比赛,组织者希望它能被接纳为奥运会的比赛项目。由于花样滑冰可在室内举行,1908年花样滑冰被吸纳为



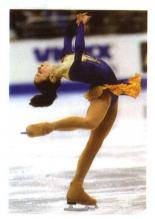
伦敦夏季奥运会的比赛项目。在成为 1924 年夏蒙尼冬奥会的比赛项目之前,单人和双人花样滑冰还是 1920 年安特卫普奥运会的比赛项目。自此,这两个项目开始了它经久不衰的奥运生涯。在 1924 年的第一届夏蒙尼冬奥会上,花样滑冰被列为正式比赛项目。1976 年因斯步鲁克冬奥会上,冰上舞蹈又被加入,成为奥运会的比赛项目。





Olympic figure skating consists of four medal events or disciplines: ladies'singles, men's singles, pairs and ice dancing. In men's and ladies'singles, skaters display a high level of aesthetic form and technical skill under a great amount of pressure. Each competition comprises two parts — a short program, worth 33.3 percent of the final score, and a free skate, worth 66.7 percent. Pairs skating is performed in unison by partners who execute daring and difficult overhead lifts, throw jumps and spins. The key to pairs skating is exact timing and simultaneous movement. The pairs discipline, like singles, has a short program, worth 33.3 percent of the final score with eight required elements and a longer free skate, worth 66.7 percent. There are three segments of competition in ice dancing: two compulsory dances, an original

dance and a free dance. Each compulsory dance is worth 10 percent of a team's final score. The original dance is worth 30 percent and the free dance is worth 50 percent. Each dance team in the compulsory dance competition performs the same two compulsory dances. Judges evaluate competitors' unison, timing, expression and the accuracy and placement of their dance steps. For the original dance, dance teams are given a prescribed rhythm with a defined tempo range — like the Jive or the Paso Doble — and must create an original version of the dance. The free dance allows dance teams to display a full range of technical skill and inventiveness with artistry to music of their own choosing. Teams use changes of position, intricate and varied dance holds, small lifts and difficult footwork to present their best skills.





奥运会花样滑冰设有 4 个小项:女子单人滑、男子单人滑、双人滑和冰上舞蹈。男女单人滑比赛集技术和美感于一身,比赛包括占总分 33.3%的短节目和占总分 66.7%的自由滑。双人滑要求运动员协调一致的完成大胆且高难度的托举、抛跳和旋转动作,双人滑的关键是把握好节拍并保持动作的一致性。双人滑与单人滑一样,也由占总分 33.3%有 8 组特定动作的短节目和一个略长的占总分 66.7%的自由滑组成。冰上舞蹈由 3 部分组成:包括两个规定舞、一个创编舞和一个自由舞。每个规定舞占总分的 10%,创编舞占 30%,自由舞占 50%。在规定舞比赛中,每对选手完成两套相同的规定舞,裁判根据运动员的协调性、节奏、表情、舞蹈动作的准确性和步法来评定分数。在创编舞中,运动员要按照指定的旋律和节奏,比如摇滚步或快二步,完成一套自编的舞蹈步法。自由舞中,运动员可以自选音乐,自由地发挥和表达艺术风格,借助姿势的变化,复杂变幻的握法、小跳和舞步来完成动作。

More Aboutigure Skating

History of Figure Skating 花样滑冰的历史



Figure skating began in the mid-to late-19th century in Europe, but two Americans were responsible for major developments in its history. In 1850, Edward Bushnell of Philadelphia revolutionized skating technology when he introduced steel bladed skates. This allowed the creation of complex manoeuvres and turns on the ice. Another American, Jackson Haines, a ballet master, lived in Vienna in the 1860s and added the elements of ballet and dance to figure skating.

Figure skating competitions were held in the 1880s and the International Skating Union was formed in 1892, the first true international governing body of any sport. Originally men and women competed together, with the first World championship (for men only) being held in what was then and is now St. Petersburg, Russia

(formerly Leningrad) in 1896. The first women's championship was held in 1906. Originally free skating was dominated by the compulsory figures, which entailed the tracing of diagrams on the ice based on the figure eight. And which counted until after World War II for two-thirds of a skater's score. Today, free skating counts for two-thirds of the score, together with a short program of required elements for one third in singles and pairs. In ice dancing, compulsory dances are still skated, together with an original dance and free dance, with the latter counting for 50% of the total score.

Jackson Haines 海因斯:美国花样滑冰之王



Figure skating was a stiff, even awkward exercise in its early years. Skaters simply performed figures with no attempt at grace or style. Haines changed all that. After studying dance in Europe as a young teen-ager, he returned to the United States when he was 17 and he began to incorporate dance movements into skating with musical accompaniment.

His ideas met with little enthusiasm until he founded a skating school in Vienna in 1863. Haines' colorful, theatrical approach to

figure skating became known as the "international style". Among his many pupils was Louis Rubinstein of Canada, who popularized the style in North America. Haines died in Finland and was buried there. His tombstone refers to him as "The American Skating King". Jackson Haines creates the sit spin, in which the skater spins around in a sitting position with the body low to the ice, the spinning knee bent and the free leg extended.



Score of Figure Skating 花样滑冰的记分

"required elements" mark or "technical merit" mark and "presentation" mark 技术价值分和节目表演分

At all competitions, judges give two marks to each skater. One represents their evaluation of the skater's technical "correctness"—how well the elements are performed—good landings, good height, good centers, good carriage and stroking, etc. This mark is called "required elements" mark (in the Short Program) or "technical merit" mark (in the Freeskate). The other mark is called the "presentation" mark, and it reflects the skater's ability to connect the elements in a way that is pleasing to the eye. It encompasses such things as the use of arm and body positions,



the way the elements and their performance express the music, the balance of the program, and other similar things. In all cases, each mark will be somewhere in the range of zero (0.0) to six (6.0).

Combining Results of Short Program and Freeskate 短节目和自由滑的综合得分

At competitions, skaters skate both a short program and a freeskate, and the results are combined to arrive at a final combined placement. Basically, the placement for a skater (i.e.l for first place, 2 for second place) in each program is multiplied by an assigned fraction or factor, then both of the factors for the skater are added up to form a factored total for that skater. The factored totals for all skaters in the event are placed in order, and the lower factored totals give the better placements.

For singles and pairs events the factors are as shown here:

| Program | Factor | Effect on Result |
|--------------------|--------|------------------|
| Short Program (SP) | 0.5 | (33.3% of total) |
| Freeskate (FS) | 1.0 | (66.6% of total) |

Consider the following example.

| Skater | SP | FS | The Math | Factored Total | Final Place |
|----------|----|----|-----------------------------------|----------------|-------------|
| Player A | 4 | 1 | $(0.5 \times 4) + (1.0 \times 1)$ | 3.0 | 1 |
| Player B | 2 | 2 | $(0.5 \times 2) + (1.0 \times 2)$ | 3, 0 | 2 |
| Player C | 1 | 3 | $(0.5 \times 1) + (1.0 \times 3)$ | 3, 5 | 3 |
| Player D | 3 | 4 | $(0.5 \times 3) + (1.0 \times 4)$ | 5.5 | 4 |

Note: If the judge ties two skaters on total score, then:

- In freeskating (long program), the skater with better presentation mark wins the tie
- In short program, the skater with the better technical merit mark wins the tie
- In factored totals, the skater with the better freeskate wins the tie

Score of Ice Dance 冰舞的记分

Scoring for ice dancing is similar, except that skaters do two compulsory dances selected from a set that rotates yearly and an original dance to a rhythm that also changes each year as well as a free dance. The weighting factors are 0.2 for each compulsory dance, 0.6 for original dance, and 1.0 for the free dance. Ties are broken by free dance.

Artistic mark 艺术印象分

A component of judging in the short programs of singles and pairs, the artistic mark is based on the performance to the music, ice coverage and general flow.

Composition mark 综合分

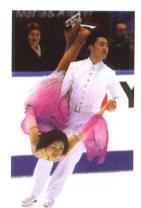
The first of two marks awarded in the original dance. Judges consider the program's use of the ice surface, originality, difficulty and sureness.

Technique mark 技术印象分

The first of two marks awarded in the compulsory dance in ice dancing (the timing/expression mark is the second). Judges evaluate the dance steps' placement and conformity to appropriate diagrams and descriptions, the couple's movement in unison, body positions, style, and sureness.

Timing/expression mark 表现分

The second of two marks awarded in the compulsory dance in ice dancing (the technique mark is the first). Judges evaluate the timing of the skaters' steps in relation to the music and the clarity of the expression of the dance.





Equipment

装备



Figure skaters create outfits that match the style of their programs and the mood of their music. Costumes should complement a performance and not be a distraction. Ladies must wear a skirt and men must wear full-length trousers. Accessories and props are not permitted in Olympic figure skating. Olympic figure skaters wear boots that are custom-made for each foot and heavily reinforced with thick, stiff leather interiors and extra ankle brac-

ing. Skating boots originally were street boots, and heels always have been parts of the aesthetic. Different figure skaters prefer different heel heights—ice dancers often wear high heels, which push their body weight forward onto the balls of their feet for deeper edges and better control of quick steps and changes of direction. Figure skates are made with white tongues with rubber and sponge padding for flexibility. Skates should be tied tightly to afford maximum control.

花样滑冰运动员自备的服装应与他们的动作和音乐风格相搭配,服装只是表演的补充而不能影响表演。女子必须穿连衣裙,男子须穿长裤,奥运会的花样滑冰不得使用任何装饰物或道具。花样滑冰运动员穿的冰鞋都是特制的,鞋内用厚而硬的皮革加固支

撑脚踝。冰鞋源自我们平时所穿的鞋,通常用鞋跟来增加美观,运动员可根据自己的喜好选择适当的鞋跟高度。一般来说,冰舞运动员的鞋跟要高一些,这样有助于身体借助脚的力量向前冲,还能更好的控制快步和改变方向。冰鞋上有宽大的鞋舌,内有海绵和橡胶填充物以增加灵活性。冰鞋一定要绑紧,这样才能有良好的冰上控制力。

Music

音乐



In both compulsory dance competitions, ice dance pairs perform prescribed patterns to music, the rhythm and tempo of which are defined by the ISU. At the 2002 Games, two compulsory dances were drawn from the following four: Ravensburger Waltz; Golden Waltz; Quickstep; and Blues. The rhythm for the original dance was a Spanish medley of any two or three Paso Doble, Tango, Flamenco or Waltz rhythms orchestrated in a Spanish style or manner. Any tempo or time signature and vocal music is permitted. The ISU designates the rhythm and tempo of the original dance once each year. Couples create their own dance to music they select within the designated rhythm. Their dance must reflect the character of the pre-

scribed rhythm and translate it to the ice. The free dance is the ice dancing equivalent of the long program. Couples are allowed to create dance steps and movements — and choose music — that express their individual style.

国际滑冰联盟规定:在规定舞比赛中,运动员舞姿要表现出音乐的曲风,舞蹈步法也要与音乐的节奏相一致。2002 年冬奥会上两支规定舞的主题音乐必须从以下四种舞曲中选出:雷文博格华尔兹、金华尔兹、狐步舞曲和蓝调布鲁斯。创编舞的音乐将采用西班牙风格的两个或三个双步舞曲、探戈、弗拉曼科舞曲或





华尔兹,禁止使用任何合拍或声乐曲。每年国际滑冰联盟都指定规定舞的旋律和节奏,运动员根据指定的旋律自创舞蹈动作。舞蹈必须与音乐相融,表达音乐风格。冰舞的自由舞相当于长节目,运动员可以自选音乐,自创舞步和动作,表现个人风格。

More About gure Skating

Skate of Figure Skating 花样滑冰的冰鞋

Blade 冰刀

A modern blade has a very slight curve, equals to the radius of 180-220 cm. The blade is sharpened to produce a flat or concave cross section. To maintain a sharp edge, the bottom quarter inch of the blade is made from time-tempered steel. The "sweet spot" of the blade is below the ball of the foot.

Toe picks 刀齿

Teeth cut into the toe of the blade are used for pushing off in jumps and as the pivot point during spins.

Hollow 凹槽

The groove down the middle of the bottom of a figure skate blade is called the hollow. Finely ground edges on either side of the hollow provide control and speed. The depth of the hollow varies depending on the skater's event, weight and style.

Edges 冰刀刃

The two sides of the skate blade on either side of the grooved center, or hol-



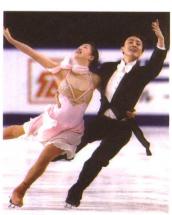
low. There is an inside edge, the edge on the inner side of the leg, and an outside edge, the edge on the outer side of the leg. There is a for-

ward and backward for each edge, equaling a total of four edges.

When talking about edges, skaters get very specific, saying things like "Left Back Outside edge" or "LBO". These are described by a combination of the foot, direction of movement, and blade edge.

"Left" or "Right" refers to the foot, "Backward" or "Forward" refers to direction of movement, "Outside edge" or "Inside edge" refers to the side of the blade. So,





the LBO means: Skating on the Left foot, Backwards, on the Outside edge.

Irina Rodnina 伊琳娜·罗德尼娜

Soviet Russian Irina Rodnina was the most successful pair skater in history. Her three Olympic victories in 1972 with Aleksey Ulanov and in 1976 and 1980 with Aleksandr Zaytsev are a record for a pairs skater. Her record at the World Championships was even more impressive. She won the title for ten successive years (1969-1978), the first four with Ulanov and the next six with Zaytsev. Rodnina and Ulanov split up as a pairs team when Ulanov became romantically involved with Lyudmila Smirnova, another pairs skater who won a silver medal in 1972 behind Rodnina and Ulanov. After Rodnina and Ulanov split up as skaters, she met Zaytsev in 1973 and their successes in the latter



parts of their partnership were as husband and wife as they married in 1976. Rodnina won eleven European pairs championships, in 1969-78 and 1980, the last seven with her husband.

Tara Lipinski 塔拉·利平斯基



Raised in Sugar Land, Texas, and trained in Bloomfield Hills, Michigan, tiny Tara Lapinski first attracted international attention when, at the age of 13, she qualified for the United States team at the 1996 world championships. She came 15th, but the following year she caused a sensation when she finished first and became the youngest world champion in figure skating history. Still, when the 1998 Olympics came around, Lapinski was picked for the silver medal behind Michelle Kwan. Kwan led after the short program, but Lapinski's exuberant long programme won her the first place votes of six of the nine judges and she edged ahead to take the gold medal. At the age of 15

years and 255 days, Lapinski became the youngest winner of an individual event in the history of the Winter Olympics, beating Sonja Henie's 70 -year-old record by two months.

Katarina Witt 卡特琳娜·维特

At the 1984 Sarajevo Games, Katarina Witt won the women's figure skating gold medal by defeating two world champions, Rosalynn Sumners and Elaine Zayak. In fact, Witt was the only woman to win an Olympic singles championship after placing lower than second in the previous year's world championship (she was fourth). Witt's victory was a narrow one. In the free skating stage, she won the first place votes of five judges, while four voted for Sumners. Four years later in Calgary, Witt won an even tighter contest. She actually lost the free skate to Elizabeth Manley, but earned the gold medal based on her performances in the



compulsory figures and the short program. Witt was the first repeat winner in women's figure skating since Sonja Henie. She returned to the Olympics in 1994. Although she placed only seventh, she enchanted the audience with a moving tribute to Sarajevo, the city where she had won her first gold medal, but which was now engulfed in a brutal civil war.

Javne Torvill and Christopher Dean 杰恩·托尔维尔和克里斯多弗·迪安

The 1984 Sarajevo Games marked the only time that the Olympic ice dance competition was won by a non-Russian couple. Jayne Torvill and Christopher Dean of Nottingham, England, mesmerized the audience with their interpretation of Maurice Ravel's Bolero. The judges awarded them 12 scores of 6.0 out of 18 marks, including across-the-board perfect scores for artistic impression. The couple managed to present their 4 minute 28 seconds dance despite the fact that the time limit was 4 minutes 10 seconds by moving their bodies to the music for 18 seconds before they started skating. Torvill and Dean returned to the Olympics in 1994 and placed third.



Alexei Yagudin 阿列克谢·亚古丁



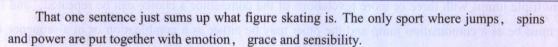
Alexei Yagudin achieved early success as a figure skater. He won the World Juniors Championship in 1996 and then earned an unexpected bronze medal at the 1997 world championships when he was only 17 years old. The following year, ill with the flu, Yagudin placed only fifth at the 1998 Nagano Olympics. However, he recovered in time for the world championships and won, to become, at age 18, the second youngest men's champion in history. Yagudin defended his world title in 1999 and then again in 2000, before slipping to second behind Yevgeny Plushenko in 2001. For all of his international success, Yagudin's greatest triumph came at the 2002 Winter Olympics. In Salt Lake City,

he won the gold medal with such ease that he was the first male skater in 50 years to earn the first-place votes of every judge in all stages of the competition. His free skate, performed to the sound track of the tan in mhe Iron Mask, earned him scores of 6.0 for presentation from four of the nine judges. His total score for the free skate, 106.6 points out of a possible 108 points, was the highest ever recorded by an individual skater in the history of the Olympics.

| | KEY WOR | DS 重点词汇 | |
|------------------|---------|--|-----------|
| figure skating | 花样滑冰 | singles | 单人滑 |
| pairs | 双人滑 | ice dancing | 冰上舞蹈 |
| short program | 短节目 | free skate (long program) | 自由滑 (长节目) |
| compulsory dance | 规定舞 | original dance | 创编舞 |
| free dance | 自由舞 | The state of the s | |

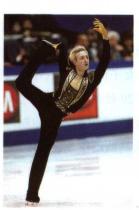
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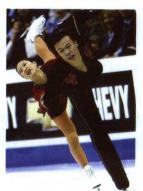
The Figure Skate(||) 花样滑冰(二)



如果用一句话来概括花样滑冰这项项目,那应该是:它是惟一将跳跃、转体、力量和情感、优雅以及敏锐完美结合的运动。











Ladies' and Men's Singles



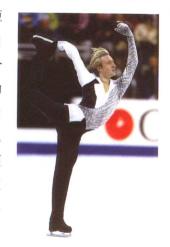
单人滑



The ladies' and men's singles competitions consist of a short program and free skate. The free skate sometimes is referred to as the "long program". Eight required elements are performed in the short program in any sequence to music selected by the skater. Judges assess deductions for missed or poorly performed elements. Skaters may not double back and retry an element once it's been attempted. Short programs last a maximum of two minutes and 40 seconds. A program can end sooner than 2'40" without penalty if all required elements are completed in less than the allotted time. The free skate gives the skater the opportunity to express his or her individual style and to highlight his or her strengths. The ladies' free skate lasts between 3'50" and 4'

10" the men's free skate lasts between 4'20" and 4'40". The skater is expected to present a well-balanced program that uses the entire ice surface, but there are few restrictions. On the men's and ladies' free skate: the number of jumps is unlimited, but there must be at least one and no more than three jump combinations; only two different triple jumps with three or more revolutions of the competitor's choice can be repeated, and if repeated, one must be as a combination jump and the other may be either as a combination or in a sequence of jumps: there must be a minimum of four spins of a different nature, one of which must be a spin combination and one a flying spin; there must be one step sequence; men must do one of the "moves in the field": women must do one sequence of spirals and/or free skating movements, such as turns, arabesques and spread-eagles.

男女单人滑包括短节目和自由滑,自由滑有时也叫"长节目"。在短节目中,运动员必须结合自选音乐完成8 个规定动作,裁判根据运动员规定动作的完成质量打分,每个动作只允许做一次。短 节目的规定时间为2分40秒,如果在规定时间内完成全部规定动作不会影响得分。自 由滑给运动员提供了展示个性和高超溜冰技巧的机会。女子自由滑的规定时间在3分 50 秒和 4 分 10 秒之间; 男子自由滑的规定时间在 4 分 20 秒和 4 分 40 秒之间。运动 员可以充分合理地利用整个冰场完成一套自由编排的动作,但仍有一些限制。在自由 滑中,跳跃的次数是不受限制的,但至少要有一个联合跳跃动作,且不得多于三个。 运动员可以重复自编的有三个或更多动作的两种三周跳,若有重复,一个三周跳必须 采用联合跳跃的形式,而另一个则应采用联合跳跃或接续跳跃的形式。每套动作中至 少要有四个旋转:包括一个联合旋转、一个飞式旋转和一个接续步法。男子必须做一 个场上旋绕,女子必须做一个螺旋式或者自由滑动作,如转弯、燕式旋转和大一字滑。





More Aboutgure Skating

Figure Skating Jump 花样滑冰中的跳跃

There are two basic types of jumps in freestyle skating: rotational jumps and positional jumps. The primary objective of a rotational jump is to rotate while airborne, Advanced skaters complete more than one turn in the air when performing rotational jumps. The goal of positional jumps is to attain an aesthetically pleasing position while airborne. These jumps rarely require more than one revolution.

Entrance Edge 起跳刀刃

The entrance edge is the blade edge from which the skater enters a given jump. The entrance edge may also be called the "take-off edge".

Landing Edge 落冰刀刃

The blade edge upon which the skater lands a jump is called the landing edge, also called the "exit edge".

Jump Preparation 跳跃准备动作

Also called "preparatory steps" or "prep", these are steps or turns required for the skater to achieve the correct entrance edge to perform the jump.

Toe Assist 点冰协助

Some rotational and positional jumps require the skater to vault with the toe pick to assist in the entrance of the jump. The toe assist provides a "pole vaulting" action to the take-off, which contributes to the jump's height and distance. Assisting with the toe pick may also be called "vaulting", "picking" or "tapping".

Jump Combinations 联合跳跃

Jump combinations are two or more jumps strung together without additional steps or turns performed between the jumps.

Jump Sequence or Jump Series 连续跳

Unlike jump combinations, jump sequences include additional steps, turns, strokes or gliding motions between the individual jumps.

Rotational Jumps 转体跳跃

The primary objective of rotational jumps is to rotate while airborne. In these jumps, the skater appears to spin in the air. In modern competition, triple jumps are common in men's and ladies' competition. Men also perform quadruple jumps, or "quads" (four revolu-









tions).

Toe Jumps 点冰跳

Also known as "toe assisted jumps", these rotational jumps require tapping with the toe pick to assist in the take-off. The pole vaulting action of the free foot picking into the ice contributes to the height and distance of toe jumps.

Toe Loop Jump 点冰鲁卜跳 (后外点冰一周跳)

A jump, assisted by the toe pick, on which the skater takes off from a back outside edge and lands on the same edge.

Toe Walley Jump 点冰沃利跳 (后内点冰接外钩一周跳)

A toe loop on which the takeoff is from the back inside edge instead of the outside edge. Flip Jump 菲利浦跳(后内点冰一周跳)

A jump, made with the assistance of the toe pick, on which the takeoff is from the back inside edge of one foot and the landing is on the back outside edge of the other.

Lutz Jump 卢茨跳 (后外钩点冰一周跳)

A toe-pick assisted jump launched from a back outside edge and landed on the back outside edge of the opposite foot. The skater glides backward on a wide curve, taps his toe pick into the ice and rotates in the opposite direction of the curve. The jump is named after its inventor, Austria's Alois Lutz.

Edge Jumps 刀刃跳

In contrast to toe jumps, edge jumps take-off from a clean edge unassisted by vaulting with the toe pick.

Waltz Jump 华尔兹跳 (前外 3 字跳)

Skaters launch into the air from their forward outside edge and complete a half rotation. Basically half an Axel, the waltz is rarely performed in competition.

Salchow Jump 萨霍夫跳 (后内结环—周跳)

An edge jump launched off the back inside edge of one foot and landed on the back outside edge of the opposite foot. Named after its originator, Ulrich Salchow, who won ten World Championships titles from 1901 to 1911.

Loop Jump 鲁卜跳 (后外结环一周跳)

An edge jump launched from a back outside edge and landed on the same back outside edge.

Half Loop Jump 半周鲁卜跳

"Half" loop is actually a misnomer, because this jump requires a full rotation. It takes off like a basic loop jump, but the skater reaches forward with the left leg







creating an open position in the air.

Walley Jump 沃利跳 (后内接后外钩—周跳)

Like the lutz, a walley is a counter-rotation jump. It is somewhat similar to the loop because it takes off and lands on the same foot without a toe assist.

Axel Jump 阿克谢尔跳 (前外一周半跳)

Named for Axel Paulson, the 1908 Gold Medalist who invented it, this is a jump on which the skater takes off from the forward inside edge and lands on the back outside edge of the opposite foot. There are single, double, and triple versions.

Positional Jumps 姿态跳跃

The primary objective of positional jumps is to achieve a distinct position while airborne. In these jumps, the skater appears to suspend for a moment in the air capturing a dramatic pose. Positional jumps may be initiated with a toe assist or from a clean edge. In general, positional jumps consist of a half revolution; although certain variations require a full turn in the air.

Bunny Hop, Toe Assisted Positional Jumps, Half Rotation Jumps, Full Rotation Jumps, Positional Jumps from an Edge, Falling Leaf Jump, Basic Jump Positions, Stag Leap, Double Stag Leap, Split Jump, Russian Split Jump, Russian Split Axel, Mazurka, Ballet Jump, Miscellaneous Variations

Figure Skating Spin 花样滑冰的旋转

Skills in which skaters rotate on their vertical axes while maintaining contact with the ice with one or both skates.

旋转动作分为双足旋转(double spin)、单足旋转(Haines spin)、换足旋转(change foot spin)、联合旋转(combination spins)、跳接旋转(jump spin)五大种类。还可因姿势不同分为直立旋转(upright spin),蹲踞旋转(sit spin)和燕式旋转(camel spin)三大种类。

Upright spin 直立旋转

Executed forward or backward, the basic upright position consists of an erect posture and free foot held next to the skating foot with the side of the toe touching the calf of the skating leg.

Scratch spin 交叉旋转

One of the most basic of all spins, the scratch spin is one of the hardest to do correctly. It consists of the skater standing up straight over the left leg while spinning on an inside edge. The right leg is extended in front of the body with the thigh raised high, and the arms are up and out to the side. Bringing in the free leg and arms accelerates the spin.









Layback spin 弓身旋转

Generally performed by women, the layback spin is a variant of the upright spin. The skater arranges her arms in a circle in front of her body, arches her back, and looks toward the ceiling while spinning.

Sit spin 蹲踞旋转

A spin in a sitting position close to the ice with the skating (spinning) leg bent at the knee and the non-skating or "free" leg extended.

Camel spin 燕式旋转

A spin on one leg with the non-skating or free leg extended parallel to the ice and the upper body pitched forward, arms extended.

Combination spin 联合旋转

An extended maneuver made up of two or more spins, during which the skater must change feet and positions while maintaining speed.

Flying camel 跳接反燕式旋转

A combination move, a jump spin on which the skater lands in the camel position.

Flying sit spin 跳接蹲踞旋转

A combination move on which the skater performs a jump spin, assumes the sitting position in mid-air, and continues with a sit spinafter landing.

Turns 转体动作

Turns on one foot 单足转体

Three turn 3 字转体 (3 字步)

Performed on one foot, entered either forward or backward. Rotation is in the natural direction of the turn. The tracing on the ice looks like the numeral "3".

Bracket 括弧步

Bracket turns are similar to three turns, except the direction of rotation is opposite to the natural direction of travel. The pattern on the ice looks like a bracket character.

Counter 外钩手步

Counters are also performed without a change of foot; however, at the peak of the turn the path of travel changes from one circle to another. Rotation in a counter is opposite to the direction of travel and does not involve a change of edge.

Rocker 内钩手步

Like counters, rockers are performed on one foot and involve a change of circles but no change of edge. However, rotation in the turn is in the natural direction of travel.

Turns on two feet 双足转体

Mohawk 莫霍克步









Mohawks are basic turns involving a change of feet and are performed on one circle traveling either forward or backward. The tracing resulting from an inside Mohawk resembles the pattern created by a three turn, except a change of foot occurs at the apex of the turn.

Choctaw 乔克塔先

There are two types of choctaws, one that resembles a rocker and another that resembles a counter. In each case the edges leading into and exiting the turn as well as the direction of rotation are consistent with the one-foot counter part.

Glides 滑行

Glides on one foot 单足滑动步

Shoot-the-Duck 下蹲鸭步

Shoot-the-duck can be performed on the flat of the blade or on any edge, forward or backward. It resembles a sitting position in which the skating leg is fully bent and the free leg held straight in front of the body with the toe turned out.

Lunge 前冲步

While it is not exactly a "glide on one foot", the lunge requires that the skater basically adopt a kneeling position on a bent skating leg with the turned out free leg extended directly behind the body trailing the boot on the ice.

Arabesque 阿拉贝斯(姿态)滑行

An arabesque on skates looks like an arabesque in ballet. It may be executed forward or backward on any of the edges. The body is held upright and the free leg stretched gracefully behind with the toe pointed out.

Attitude 阿帝吐特(姿态)滑行

Body carriage for an attitude is similar to the arabesque. However, the free leg is bent with the knee and toe turned out as in a layback spin. The knee should not point toward the ice.

Spiral 燕式(姿态)滑行

Spirals may be performed forward and backward on any of the edges. A spiral differs from the arabesque because the torso is tilted forward rather than held upright. The free leg should be straight and lifted at least to hip level. The ideal position of torso and free leg resembles the curvature of a champagne glass balanced on the free leg, which represents the stem of the glass.



Hydroblading is a fairly new term that refers to a backward inside edge glide in which the skating knee is deeply bent and the free leg crossed underneath it, resembling a contorted sitting position. The free leg is held straight





Glides on two feet 双脚滑行

Spread Eagle 分腿 (一字步) 滑行

Spread eagles are glides performed on both feet, which require the legs to be turned out at a 180-degree angle. Turn out should occur at the hips ("open hips") rather than the knees or ankles. Spread eagles may be performed on the inside or outside edges as well as the flat of the blades. Change of edge may also be incorporated to direct the spread eagle in uninterrupted arcs around the rink.

Ina Bauer 伊娜贝尔滑行

Ina Bauers are similar to spread eagles in that the legs are turned out in a 180-degree angle. However, the leading leg is bent and positioned in front of the plane of the torso and the trailing leg is held straight and positioned behind the plane of the body. The torso may be erect, but more commonly the back arches and the arms achieve a graceful pose. For a skater gliding counter clockwise around an arena in an outside Ina Bauer, the right leg leads and cuts an outside edge. The left leg trails and holds an inside edge. The body faces outside the circle of travel.

Besti Squat 贝氏蹲踞 (一字步) 滑行

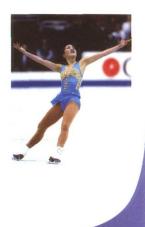
A novel variation on the spread eagle, the Besti squat was named after Natalia Bestemianova, who won the 1988 Olympic ice dance gold medal with her partner, Andrei Boukine, of the former Soviet Union. The movement may be performed on the flat of the blade or either edge. The knees are deeply bent and turned out, creating a squatting spread eagle.

Cantilever 后仰一字步滑行

Cantilevers are variations on spread eagles that are usually only used in acrobatic or comedic performances. They require the skater to bend his knees deeply in the spread eagle and lean back. The body extends roughly parallel to the plane of the ice.







Pairs

双人滑

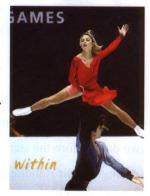




In pairs skating, two athletes skate side-by-side in unison and perform several combined elements such as lifts. As in singles skating, the pairs competition includes a short program consisting of eight required elements and a longer free skate with few restrictions. Eight required elements are performed in the short program in any sequence to music selected by the skater. Judges assess deductions for missed or poorly performed elements. Skaters

may not double back and retry an element once it has been attempted. The free skate gives pairs more room to ex-

press their individual style. It includes typical pairs skills such as spins, spirals, lifts and partner-assisted jumps. It also contains expressive moves executed simultaneously either symmetrically, known as mirror skating or in parallel, known as shadow skating. According to ISU rule 321b, "both partners need not always perform the same movements. They may separate from time to time, but they must give an impression of unison and harmony of composition of program and of execution of skating". The pairs free skate lasts between 4'20" and 4'40". The free skate must contain at least three different lifts with full extension of the lifting arm, but no more than five.





双人滑中,两名运动员必须和谐一致的完成一套动作,如托举等。与单人滑一样,双 人滑包括含8个规定动作的短节目和一个自由滑。运动员要在自选的音乐中完成短节目的 8个规定动作,裁判根据运动员动作的完成质量打分,每个动作只允许做一次。双人滑中 自由滑给予运动员更多的展现自我的空间,它包括一些典型的双人滑动作,如旋转、螺旋 线、托举和抛跳等,还有对称性的动作,如镜式滑行或影式滑行。国际滑冰联盟第321条 规则规定:双人滑的两名运动员不一定要完成同样的技术动作,他们可以时分时合,但整 套动作必须协调流畅。双人自由滑的规定时间为 4 分 20 秒到 4 分 40 秒之间,必须完成 3 到5个动作完整且形式各异的托举。



Sport Englis

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Ice Dancing

冰上舞蹈



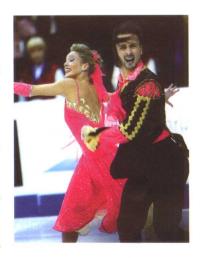


The ice dancing competition consists of two compulsory dances, an original dance and a free dance. Each compulsory dance is worth 10 percent of the couple's total score. The original dance is worth 30 percent and the free dance counts for 50 percent to round out the total score. Ice dancing is drastically different from pairs skating. Couples face many more restrictions on their movements and must master prescribed movements. For example, acrobatic lifts or feats of strength are prohibited.

冰上舞蹈比赛包括两个规定舞,一个创编舞和一个自由舞。每个规定舞占总分的 10%,创编舞占 30%,自由舞占 50%。冰上舞蹈不同于双人滑,在动作要求上限制更多,运动员必须按照规定的动作完成比赛,如比赛中不得使用托举或杂技动作。

The Competition

The starting order in which skaters compete in the singles and pairs short programs and ice dance compulsory dances is determined by a random draw held two days before the start of competition. Skaters are subdivided into groups according to their standings for the singles and pairs free skate and ice dance original dance and free dance. They then draw again to determine the order in which each will compete within their groups following an ice resurfacing and warmup. The Olympic figure skating ice surface is 60×30 meters. The ice is painted white with a blue or gray tint. Lines or markings are eliminated, with the possible exception of a center ice logo. Skaters choose and supply their own recorded



music in all competitions except the ice dance compulsory dance, for which the choice of music is predetermined. The ice dance free dance is the only competition in which recorded vocals may be used. A separate panel of nine judges evaluates each Olympic figure skating discipline. Each discipline consists of multiple competitions, that is a short program and free skate for singles and pairs. Whichever individual or pair in a given competition is scored the highest relative to each other competitor in the field is the winner of that event. The overall winner is the individual or pair with the best result after the results in each competition are taken into account.

单人滑、双人滑的短节目和冰上舞蹈规定舞的比赛顺序,由比赛前两天的抽签结果决定。参加单人、双人的



自由滑和冰舞创编舞及自由舞的运动员按照他们的排名分成小组,然后再在组内抽签排序。奥运会的花样滑冰场地为 60m长 30m 宽,白色的冰场以蓝色或灰色为色调。除了冰场中心的徽标以外,场上不得画线或其他标记。除了冰上舞蹈的规定舞,其他比赛都可由运动员自选音乐,冰上舞蹈的自由舞比赛是惟一可以选用声乐作为比赛音乐的。奥运会的花样滑冰有 9 名裁判,为各个不同项目的选手打分。每个项目又包括几场比赛,如单人滑和双人滑分短节目和自由滑。每场比赛中分数最高的运动员,即为该场比赛的第一名。各场比赛总分最高的选手则为单项的冠军。



More Aboutigure Skating

Pairs Skating 双人滑

The key characteristic of pairs skating is "unison"—this means that the skaters must look like one skater. When they stroke, they should stroke simultaneously, track closely together, and strive for similar body lines and stretch. When they perform side-by-side jumps, they should take off, rotate and land at the same time and generally on parallel paths. When they perform side-by-side spins, it is desired that the rotation should be at the same rate, and the skaters should be facing the same direction at the same time.

side-by-side 并排滑行

Pair skaters often perform conventional singles elements individually. When they do this, they are called "side-by-side" jumps or spins, and it is important that they do them with "unison". Spins should rotate at the same speed and for higher levels each skater should be "in the same direction" as the other at all times during the spin (this is very difficult to accomplish). For jumps, each skater should take off and land at the same time, both should have the same number of revolutions, similar height and distance, and similar landing positions.



lift 托举

Lifts are the dramatic element that everyone associates with pairs skating. In lifts the man raises the lady above the ice, often into very high and scary-looking positions. In almost all cases it is required that the man "turns" during the lift; if he does not, it is called a "carry" instead. Lifts are categorized into six groups that are

named to match the type of "hold" used just prior to and during the lift.

Hand-to-Hip Hold Lifts

Hand-to-Hand Hold (Press Type) Lifts

Hand-to-Waist Hold Lifts

Hand-to-Hand Hold (Lasso Type) Lifts

Hand-to-Armpit Lifts

One-Hand Lasso -or-Combination

twist lift 捻转托举

A pairs lift in which the man lifts his lady partner over his head and tosses her in the air, where she rotates and then is caught and placed back on the ice. Depending on the number of revolutions of the lady, twist lifts can be single, double, triple or quadruple.

throw jump 抛跳

Pair throws are really just "assisted jumps". The lady performs a standard singles jump while the man gives her some added "push" that generates that dramatic height and distance that characterize the throws. All throws are named to match the jump that the lady performs. If you watch the lady carefully on any throw you'll see the jump performed just as if it was a solo jump, and that's how you recognize the throws.

spiral 螺旋线



The death spiral is a very dramatic element in which the man becomes the center of a "flat spin" performed by the lady. The man plants a toe pick in a pivot position and holds the lady's arm while she dips down to a nearly horizontal position and circles around him. During the death spiral, the lady has one skate on the ice and the other off-ice. The death spirals are named according to the direction and

edge maintained by the on-ice skate. The four possible death spirals are: Forward Inside, Forward Outside, Back Inside, and Back Outside.

pair spin 双人旋转

Pair skaters can perform some very dramatic spins in pair positions. Pairs skaters actually perform spins in two different ways — "side-by-side spins", which are done individually (though hopefully with unison), and "pair spins", in which the skaters are touching while they spin. Pair spins may be performed in all of the standard positions (upright, sit, camel) although the positions are modified slightly so all the extra body parts fit together nicely.





Ice dancing 冰上舞蹈

Difference between ice dancing and pair skating 冰舞与双人滑的区别

Ice dancing is derived from ballroom or folk dancing, adapted to ice. In practice, the difference is that ice dancers are prohibited from doing the athletic freeskating moves that pair skaters do (jumps, spins, lifts, etc) and concentrate on fancy choreography instead. Also, ice dancers can only separate briefly while changing positions or holds.

While the compulsory dances and original dance are based on traditional ball-room dance rhythms, the rules for the free dance have been changed so that dancers are no longer restricted to using music suitable for ballroom or folk dancing. However, it is still required that they use music that has a definite rhythm, and that they actually dance to the beat of the music. This is another distinction between pairs and dance: a pair team may interpret the melody or phrasing of the music, but dancers must interpret its rhythm.



Dance Lifts 冰舞的托举动作

Dance Lift 冰舞托举

An action in which the partner is elevated to any height and set down. During the action, the lifting partner must not raise the hands higher than the head. Any rotations and/or positions and changes of the same during the lift are permitted except sitting or lying on the partner's shoulder or back. Lifts should enhance the music chosen and express its character, but not be a display of acrobatics. Acrobatic lifts are defined as moves in which the partner is held by the blade (s), foot (feet), (feet), (feet), (feet), (feet), (feet), and swung around. These or other such actions which display sheer feats of strength are not permitted.

Rotational Lift 旋转托举

A lift in which the lifting partner rotates (the lifted partner may be stationary or mobile during this rotation).

Non Rotational Lift with Curves 曲线托举

A lift in which the lifting partner skates on at least two different curves of approximately similar curvature and duration. The lifting partner may be on one or two feet, skating forward or backward or both (if the partner skates a turn between the curves/lobes). The change of direction may incorporate a three turn, rocker, mohawk, or similar turn (of not more than 1/2 rotation), but a turn is optional.

Dance Jumps 冰舞的跳跃动作

Jump 小跳

One partner at a time may execute a jump of not more than one revolution either holding hands or separated.

Such jumps must not be thrown or lifted.

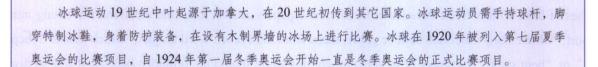
Dance Jump 冰舞跳跃

A small jump not more than 1/2 revolution used to change foot or direction. Such jumps must be executed in dance position or at not more than two arms-length apart. Both partners may jump at the same time.

| | KEY WORDS 重点词 | îC | |
|---------------------------|---------------|------------------|-------|
| figure skating | 花样滑冰 | singles | 单人滑 |
| pairs | 双人滑 | short program | 短节目 |
| free skate (long program) | 自由滑(长节目) | camel spin | 燕式旋转 |
| sit spin | 蹲踞式旋转 | combination spin | 联合旋转 |
| twist lift | 捻转托举 | mirror skating | 镜式滑行 |
| shadow skating | 影式滑行 | ice dancing | 冰上舞蹈 |
| compulsory dance | 规定舞 | original dance | 创编舞 |
| free dance | 自由舞 | couples | 两名运动员 |
| costume | 服装 | Axel jump | 阿克谢尔跳 |
| throw jump | 抛跳 | triple jump | 三周跳 |

Chapter 75

The Ice Hockey(|) 冰球(一)











Sport English

The Origins of the Game







Most historians place the roots of hockey in the chilly climes of northern Europe, specifically Great Britain and France, where field hockey was a popular summer sport more than 500 years ago. When the ponds and lakes froze in winter, it was not unusual for the athletes who fancied that sport to play a version of it on ice. An ice game known as kolven was popular in Holland in the 17th century, and later on the game really took hold in Britain. In his book, Fischler's Illustrated History of Hockey, veteran hockey journalist and broadcaster Stan Fischler writes

about a rudimentary version of the sport becoming popular in the British marshland community of Bury Fen in the 1820s. The game, he explains, was called bandy, and the local players used to scramble around the town's frozen meadowlands, swatting a wooden or cork ball, known as a kit or cat, with wooden sticks made from the branches of local willow trees. Articles in London newspapers around that time mentiond increasing interest in the sport, which many observers believe got its name from the French word hoquet, which means "shepherd's crook" or "bent stick". A number of writers thought this game should be forbidden because it was so disruptive to people out for a leisurely winter skate.

大多数历史学家认为,冰球源自气候寒冷的欧洲北部,特别是英国和法国,五百多年以前,英国和法国就盛行在夏天打草地曲棍球。当冰雪封冻了池塘和湖面,不难想象曲棍球的爱好者们把这项运动搬到了冰面上。一种叫"科尔芬"的冰上游戏十七世纪流行于荷兰,后来在英国发展开来。在《菲斯勒冰球历史图解》一书中,资深的冰球记者和播音员斯坦·菲斯勒提到了这项运动的早期发展形态。它在十九世纪二十年代流行于英国沼泽地区的佰瑞菲,他解释到,这种运动被称为——班迪,



当地人们驰骋在冰冻的草场上,用柳树干作冰球杆击打一个叫"小猫"的木球或软木球。而在当时伦敦的一些报纸上也提到人们对这项运动越来越关注。许多观察家认为它的名字源于法语——hoquet, 意为"牧羊杖"或"弯木棍",还有一些作家认为这项运动应被禁止,因为对那些自由自在滑冰的人来说,它简直就是在捣乱。

Not surprisingly with its climate, the earliest North American games were played in Canada. British soldiers stationed in Halifax, and Nova Scotia, were reported to have organized contests on frozen ponds in and around



that city in the 1870s, and about that same time in Montreal students from McGill University began facing off against each other in a downtown ice rink. The continent's first hockey league was said to have been launched in Kingston, Ontario, in 1885, and it included four teams. Hockey became so popular that games were soon being played on a regular basis between clubs from Toronto, Ottawa, and Montreal. The English Governor General of Canada, Lord Stanley of Preston, was so impressed that in 1892



he bought a silver bowl with an interior gold finish and decreed that it be given each year to the best amateur team in Canada, That trophy, of course, has come to be known as the Stanley Cup and is awarded today to the franchise that wins the National Hockey League playoffs. When hockey was first played in Canada, the teams had



nine men per side. But by the time the Stanley Cup was introduced. it was a seven-man game. The change came about accidentally in the late 1880s after a club playing in the Montreal Winter Carnival showed up two men short, and its opponent agreed to drop the same number of players on its team to even the match. In time, players began to prefer the smaller-sized teams, and it wasn't long before that number became the standard for the sport. Each team featured one

goaltender, three forwards, two defensemen, and a rover, who had the option of moving up ice on the attack or falling back to defend his goal.

由于气候因素,北美最早的冰球运动出现在加拿大。据报道,驻扎在新斯科舍省哈利法克斯的英国士兵,就 已在该城附近冰封的湖面上打冰球了,而那还是在十九世纪七十年代。与此同时,蒙特利尔市麦吉尔大学的学生 们也在城里的冰球场开始举办冰球比赛。第一个北美冰球联盟,1885年在安大略省的金斯顿成立,由4支球队组 成。冰球运动的普及速度很快,各种对抗比赛迅速在多伦多、渥太华和蒙特利尔的俱乐部展开。普雷斯顿贵族、 加拿大总督斯坦利也喜爱上了这个运动,并在1892年购置了一个内涂黄金的银杯,以奖励每年加拿大冰球比赛

的获胜者,这个银杯就是斯坦利杯,现在北美职业冰球联盟争夺的最高奖 项。加拿大早期的冰球比赛每队有9名队员,但有了斯坦利杯后参赛人数 由9人改为7人。这一改变纯属偶然,十九世纪八十年代末,参加蒙特利 尔冬季狂欢节的一支球队少了两名队员,这时另一球队同意去掉两名队员 以使比赛人数一致。后来,队员们更倾向于组成队员少的球队,这样,七 人制比赛就被保留下来。每队包括一名守门员、三个前锋、两个后卫和一 个既可进攻又能防守的自由人。



More About Hockey

Discipline's Origin 冰球的起源



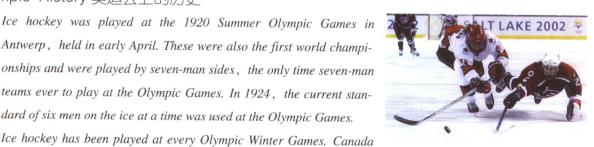
Ice hockey is a Canadian sport which began in the early 19th century. It is based on several similar sports played in Europe, notably bandy in Scandinavia, and somewhat similar to the sports of shinny and hurley. Around 1860, a puck was substituted for a ball, and in 1879, two McGill University students, W.F.Robertson and R.F. Smith, devised the first rules, combining field hockey and rugby regulations. Originally the game was played nine to a side. The rec-

ognized team, the McGill University Hockey Club, was formed in 1880,

Hockey became the Canadian national sport with leagues everywhere. In 1894, Lord Stanley of Preston, Governor General of Canada, donated the Stanley Cup which was first won in 1894 by a team representing the Montreal Amateur Athletic Association. Between the 1880s and World War I, ice hockey became popular in Europe. The first European Championship was played in 1910 at Les Avants in the Swiss Alps, won by Great Britain. Ice hockey also spread below the border to the United States with the formation of the United States Amateur Hockey League which was founded in New York in 1896.

Olympic History 奥运会上的历史

Ice hockey was played at the 1920 Summer Olympic Games in Antwerp, held in early April. These were also the first world championships and were played by seven-man sides, the only time seven-man teams ever to play at the Olympic Games. In 1924, the current standard of six men on the ice at a time was used at the Olympic Games.



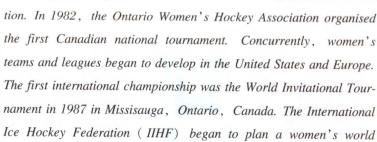
dominated early Olympic ice hockey tournaments as might be expected. From 1956, when it first entered the Olympic Winter Games and easily won the ice hockey tournament, until its break-up, the Soviet Union was the pre-eminent country, their dominance interrupted only by major American upset victories in 1960 and 1980,

From the 1980s, professional hockey players who had played in the National Hockey League (NHL) were declared eligible to compete in the Olympic ice hockey tournament. These professionals primarily represented Sweden, Finland, and Czechoslovakia at the Olympic Games, as the Canadian and American players were competing in the NHL season. However, at Nagano in 1998, the NHL suspended play for two weeks to allow

all NHL players to represent their nations at the Olympic Games. This will probably be repeated in 2002 in Salt Lake City, although negotiations concerning this were still ongoing as of late 1999.

Women's ice hockey began to develop in the 1920s in Canada. By the 1960s, women's ice hockey in Canada became more organised with





championships. European women's championships began in 1989, and the first women's world ice hockey championships took place in 1990. Women's ice hockey was approved as an Olympic sport in 1992, and debuted in Nagano in 1998.



On 15/16 May 1908, delegates from four countries met in Paris upon the invitation of the French journalist Louis Magnus. Following a thorough debate, they established the "Ligue Internationale de Hockey sur Glace" (LIHG) and chose Magnus as President.



In 1920, Antwerp was the venue of the Olympic (Summer) Games. An ice hockey tournament was included in the Games; for the first time, participants from beyond the seas, Canada and USA, joined in and demonstrated during the course of the tournament that the Europeans were no match for them. At the LIHG congress which was held during that first Olympic ice hockey tournament, Canada and USA were admitted as new members thus extending the federation beyond Europe. In 1954 a professional ice sport manager, the American Walter Brown, was elected president of the federation—which meanwhile had adopted the English name "International Ice Hockey Federation" (IIHF).

Now, IIHF has 63 affiliated Federations. [9]



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The Rise of Professional Hockey

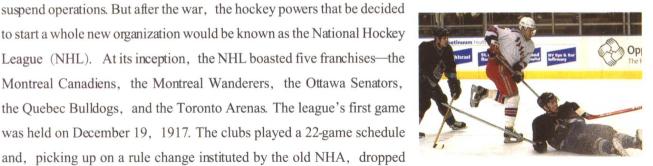


职业冰球寨的兴起



Hockey was a strictly amateur affair until 1904, when the first professional league was created —oddly enough in the United States. Known as the International Pro Hockey League, it was based in the iron-mining region of Michigan's Upper Peninsula. That folded in 1907, but then an even bigger league emerged three years later, the National Hockey Association (NHA). And shortly after that came the Pacific Coast League. In 1914, a transcontinental championship series was arranged between the two, with the winner getting the coveted cup of Lord

suspend operations. But after the war, the hockey powers that be decided to start a whole new organization would be known as the National Hockey League (NHL). At its inception, the NHL boasted five franchises—the Montreal Canadiens, the Montreal Wanderers, the Ottawa Senators, the Ouebec Bulldogs, and the Toronto Arenas. The league's first game was held on December 19, 1917. The clubs played a 22-game schedule



the rover and employed only six players on a side. Toronto finished that first season on top, and in March 1918 met the Pacific Coast League champion Vancouver Millionaires for the Stanley Cup. Toronto won, three games to two. Eventually the PCL folded, and at the start of the 1926 season, the NHL, which at that point had ten teams, divid-

Stanley, World War I threw the entire hockey establishment into disarray, and the men running the NHA decided to



ed into two divisions and took control of the Stanley Cup. Ice hockey ioined the Olympic program at the 1920 Antwerp Summer Games. Four years later, men's hockey made its winter debut in Chamonix and has been part of every winter program since. Canada and the Soviet Union have been the two dominant countries in the history of Olympic ice hockey. The two countries have won 14 out of the 19 Olympic tournaments. After the Albertville Games in 1992, the Soviet Union collapsed and the country's Olympic hockey dynasty ended. The Games in

Nagano and Japan welcomed professionals for the first time, and hockey's biggest international stars brought a new level of competitiveness to Olympic hockey. Women's hockey was added to the Olympic program at the Nagano Games.

冰球原本是一项业余运动, 直到 1904 年第一个冰球职业联盟在美国诞 生. 这就是所谓的国际职业冰球联盟。它只在密西根州上半岛的铁矿区举行, 冰球只限业余队员参加。1907年,国际职业冰联解散。三年后,一个更大的 冰球联盟——国家冰球协会成立了,不久又成立了大西洋海岸联盟。1914 年,举行了两联盟间的跨洲际锦标赛,获胜者获得斯坦利杯。第一次世界大 战使冰球比赛受到冲击,国家冰球协会也被迫停止营运。一战后,冰球界决 定建立新的冰球组织,这就是后来的北美职业冰球联盟。该联盟成立初期有 五支球队:蒙特利尔加拿大人队、蒙特利尔流浪者队、渥太华议员队、魁北 克牛头犬队和多伦多竞技队。第一次北美职业冰球联盟比赛开始于1917年 12月19日, 共举行了22场比赛, 并采纳了以往国家冰球协会的规则, 即除 去自由人的六人制比赛。最后, 多伦多竞技队一举夺魁。在1918年3月举 行的比赛中他们又与大西洋海岸联盟的冠军温哥华富豪队争夺斯坦利杯,多 伦多以三比二捧走奖杯。后来大西洋海岸联盟解散。在1926年赛季前夕, 北美职业冰球联盟已扩大到十支球队,它分成两个区,并控制了斯坦利杯。 1920年,冰球成为安特卫普奥运会的比赛项目,四年后,男子冰球比赛首次 被纳入夏蒙尼冬季奥运会,从此成为历届冬奥会的正式比赛项目。加拿大队和







前苏联队是奥运历史上的两支冰球劲旅,这两个国家捧走了19枚奥运金牌中的14枚。1992年阿尔贝维尔冬奥会后,前苏联的解体宣告了一代冰球王朝的结束。日本长野冬奥会第一次允许职业队员参加比赛,国际球星们的加入把奥运会的冰球比赛推上了一个新的高度。本届冬奥会还首次增加了女子冰球项目。

More About Hockey

The History of National Hockey League (NHL) 北美职业冰球联赛的历史
In November 1917 in Montréal, the National Hockey League (NHL), the major
professional ice hockey league, was formed from the National Hockey Association, which had been established in 1909. The NHL comprises teams from the U-





nited States and Canada, and for many years almost all NHL players were natives of Canada. In recent years, however, more players from Europe and the United States have become NHL players. NHL teams

compete for the Stanley Cup, a trophy awarded annually from 1893 to 1925 for amateur competition and since 1926 for professional play.

NHL is the most competitive professional league in the world. Right now, NHL is comprised of 27 teams from United States and Canada, with three more teams joining the league within the next two years. The regular season consists of 82 games: 41 at home and 41



on the road for each team. There are two conferences in NHL: Western and Eastern. Within each conference, there are three divisions with four or five teams. After regular season, top eight teams from each conference advance to the playoffs for the Stanley Cup. Division winners receive automatic playoff berth and top seeds. The teams are paired as follows: 1-8, 2-7, 3-6, 4-5. After each round, teams are re-seeded. Each round is played in the "best-of-seven" format, meaning the first team to win four games wins the series. The winners of Eastern and Western Conferences play for the Stanley Cup.

The Stanley Cup 斯坦利杯:



Lord Stanley of Preston must have been quite a hockey fan, because in 1892 he paid about \$50 for a trophy and declared it a championship bowl to be held by the best amateur hockey team in Canada. In its early days the Stanley Cup was not the property of any single hockey league. It was a "challenge cup" to be vied for in much the same way as a boxing title. The Cup-holders accepted challenges from other clubs and kept it as long as they could fend off all comers. This is why some years show more than one Stanley Cup winner. The Stanley Cup officially turned pro in 1910, when the National Hockey Association took possession of it. Since 1926 it has been the exclusive prize of the champions of the National Hockey League.

NHL's Teams 北美职训冰球联赛的球队

EASTERN CONFERENCE 东部联盟



Northeast Division 东北部赛区



Boston Bruins 波士顿小能



Atlanta Thrashers

亚特兰大鸣禽

Southeast Division

东南部寨区

Carolina Hurricanes 卡罗莱纳飓风



Florida Panthers 佛罗里达美洲豹



Tampa Bay Lightning 坦帕湾闪电



Washington Capitals 华盛顿首府

Atlantic Division 大西洋寨区



New Jersey Devils 新泽西恶魔



New York Islanders 纽约岛民



New York Rangers 纽约轻骑兵



Philadelphia Flyers 费城飞人



Pittsburgh Penguins 匹茨堡企鹅





Buffalo Sabres 布法罗军刀



Montreal Canadiens 蒙特利尔加拿大人



Ottawa Senators 渥太华参议员



Toronto Maple Leafs 多伦多枫叶











Northwest Division 西北部赛区



Calgary Flames 卡尔加里火焰



Colorado Avalanche 科罗拉多雪崩



Edmonton Oilers 埃德蒙顿油工



Minnesota Wild 明尼苏达荒野



Vancouver Canucks 温哥华法加人





Mighty Ducks of Anaheim 阿纳海姆巨鸭



Dallas Stars 达拉斯群星



Los Angeles Kings 洛杉矶国王



Phoenix Coyotes 菲尼克斯野狼



San Jose Sharks 圣何塞鲨鱼



Chicago Blackhawks 芝加哥黑鹰



Columbus Blue Jackets 哥伦布蓝夹克



Detroit Red Wings 底特律红翼



Nashville Predators 纳什维尔猛兽



St. Louis Blues 圣路易斯布鲁斯

Equipment

比赛装备

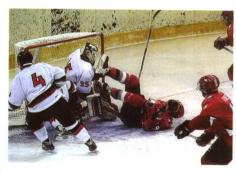


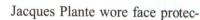


It's remarkable how little equipment the ice hockey players of the past wore and how rudimentary the gear they did have truly was. In the beginning, skates consisted of blades that were attached to shoes, and sticks were made from tree branches. The first goalie shin and knee pads had originally been designed for cricket. The quality of the gear progressed over the years, with true hockey skates being made and players wearing protective gloves. Shin guards eventually came into

being, but many times they didn't do much to soften the blow of a puck or stick, and players were known to stuff newspaper or magazines behind them for extra protection. For many years the blades on sticks were com-

pletely straight, but New York Rangers star Andy Bathgate began experimenting with a curve in the late 1950s. During an European tour of Ranger and Blackhawk players, Bathgate showed his innovation to Bobby Hull and Stan Mikita, and they began playing with one themselves. And it wasn't long before most NHL players had done the same thing. Amazingly, goalies played without masks until 1959, when







tion at a game in the old Madison Square Garden after he had taken a puck in the cheekbone from Andy Bathgate. Plante's coach, Toe Blake, pressured him to shed the mask later on, and he did for a while. But he started wearing a mask again the following spring, and other goaltenders eventually followed suit. But it wasn't until 1973 that a NHL netminder (journeyman Andy Brown) appeared in a game without a mask for the last time. It's also surprising to think that players didn't begin wearing helmets with any sort of regularity until the early 1970s; prior to that the only people who

wore them did so mostly because he was recovering from a head injury, or, as was the case of one former Chicago Blackhawk forward, because he was embarrassed about being bald. The League passed a rule prior to the start of the 1979-1980 season decreeing that anyone who came into the NHL from that point on had to wear a helmet.

早期冰球运动员们的比赛装备非常简陋。那时,冰刀是绑在冰鞋上的,冰球杆用的是树枝,守门员所用的护膝和护腿是从板球运动那儿借用来的。随着时间的发展,冰球的装备越来越完善,出现了特制的冰鞋和手套。虽然冰球比赛有了专用的护腿,但还是无法抵御冰球或冰球杆的重击,有些队员不得不加垫报纸或杂志以寻求额外保护。早期打冰球用的冰刀都是直的,直到纽约骑兵队的安迪·巴斯葛特在五十年代末开始试用略带弯曲的冰刀。在骑兵队与黑鹰队的欧洲巡回赛上,巴斯葛特把





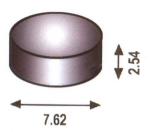
他的新发明展示给了巴比·郝和斯坦·米奇塔,他们也开始尝试这种新型冰刀。不久,北美职业冰球联盟的队员们就纷纷开始使用这种冰刀。使人惊异的是,直到 1959 年守门员们才开始戴面罩。这年,雅克·普兰戴着面罩参加了在老麦迪逊广场花园的比赛,因为之前的一场比赛中,他的颧骨被巴斯葛特的球击伤。后来他的教练托·布雷克曾不准他继续戴面罩比赛,他坚持了一段时间。但到了次年春天,他又戴上了面罩。结果,其他守门员也相继效仿。1973 年,

没有戴面罩比赛的安迪·布郎成为最后一名不戴面罩比赛的守门员。直到七十年代初,冰球运动员才开始戴头盔。 在此之前,戴着头盔比赛都是那些头部受伤的队员,或者像芝加哥黑鹰队的一位前锋,戴头盔是为了避免秃头的 尴尬。1979 到 1980 年赛季前联盟规定:所有队员比赛时必须戴头盔。

More About Hockey

Puck 冰球

A black disc made of vulcanized rubber or other material approved by the IIHF, $2.54~\rm cm\,(1~\rm inch)$ thick and $7.62~\rm cm\,(3~\rm inches)$ in diameter, weighing between $156~\rm to$ $170~\rm g$ ($5^{\rm I}/_2$ and $6~\rm ounces$). It can move at speeds of more than $150\rm km/h$. The origin of the term is unknown, however many believe that early players referred to the disk as "puck" in reference to Shakespeare's sprite from "A Midsummer Night's Dream" who appeared and disappeared without warning.



Stick 冰球杆

Sticks are made of wood or other material such as aluminium or plastic. The stick must not have any projections and all edges must be bevelled. Adhesive non-fluorescent tape of any colour may be wrapped around the stick at any place. Sticks are prohibited from being curved more than 1.5cm.



Shaft 杆柄

The shaft must be straight, the maximum length is 163 cm, from the heel to the end of the shaft, the maximum width is 3 cm and the maximum thickness is 2.5 cm.

Blade 杆刃

The flat section of a hockey stick that contacts the puck. The maximum length is 32 cm from the heel to the end of the shaft, the maximum width is 7.5 cm and the minimum width is 5 cm.

Heel 杆刃后跟

The section of a hockey stick where the blade is attached to the shaft.

Skates 冰鞋

Players must wear ice hockey skates with safety heel guards.

Players' Equipment 运动员的装备

Gloves 手套

The player's gloves must cover hand and wrist and their palm must not be removed to permit the use of bare hands.

Helmet 头盔

A helmet with the chinstrap properly fastened must be worn by players so that the lower edge of the helmet is not more than one finger-width above the eyebrows, and there should only be enough room between the strap and the chin to insert one finger.

Shin Guards 护腿板

A device contoured and moulded to protect the shin, knee and calf.

Elbow Pads 护肘

A moulded pad that protects the elbow and elbow joint and provides forearm protection.

Shoulder Pad 护肩

Padding that provides extra protection for critical points of the shoulder, biceps, sternum, shoulder blade and spine.

Mask (Visor) 面罩

A clear plastic shield attached to the helmet that comes down to the lower edge of the player's nose. Male players born after December 31, 1974 wear, at minimum, a visor that meets approved interna-







Goalkeepers' Equipment 守门员的装备

Goalkeepers' equipment includes a goalkeeper stick, goalkeeper skates, blocking glove, catching glove, helmet with full face mask and leg guards.

Catching glove 接球手套

The glove worn by the goalie on the non-stick hand.

Blocking glove 挡球手套

A large glove worn by the goalie on the stick hand, which has a rectangular pad attached to the back.











| | | KEY WORDS 重点词汇 | |
|-------------|------|------------------------------|----------|
| ice hockey | 冰球 | ice rink | 冰球场 |
| Stanley Cup | 斯坦利杯 | National Hockey League (NHL) | 北美职业冰球联盟 |
| skate | 冰鞋 | blade | 冰刀 |
| stick | 冰球杆 | puck | 冰球 |
| mask | 面罩 | helmet | 头盔 |

The Ice Hockey(॥) 冰球(二)

People talk about skating, puck handling and shooting, but the whole sport is angles and caroms, forgetting the straight direction the puck is going, calculating where it will be diverted, factoring in all the interruptions.

(关于冰球)人们会想到在冰上滑行,运球,然后射门,但其实冰球这项运动更多的是关于角度和冲撞的运动。不要再想着球要是沿着直线走会跑到那里,还是计算一下它在哪里会转向,研究一下球会受到哪些阻碍。

——20 世纪最伟大的冰球运动员 Wayne Gretzky



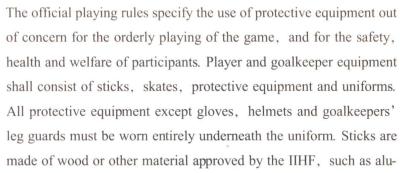






Equipment and the rink

装备和冰球场



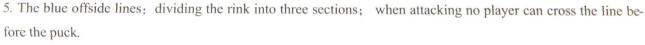




minum or plastic. The stick must not have any projections and all edges must be beveled. Adhesive non-fluorescent tape of any color may be wrapped around the stick at any place. Sticks are prohibited from being curved more than 1.5 cm. The puck is made of vulcanized rubber or other material approved by the IIHF and is primarily black in color. The puck is 2.54 cm thick and 7.62 cm in diameter and must weigh between 156 and 170g. It reaches speeds of more than 150km per hour. Players must wear ice hockey skates with

safety heel guards as stipulated by international standards. The rink is indoors and has a frozen surface of 30×60 meters. The following are drawn on the rink:

- 1. A center line: red, for establishing "icing", i.e.the puck cannot be shot from the half past the opponent's goal line nor into an area where it cannot be reached by an opposing team player.
- 2. The center face-off circle.
- 3. The face-off circles: four in total for face-offs, that is for resuming play after a foul; only two players are allowed inside, all the others stay out.
- 4. The goal crease: delimiting the area where the goalie cannot be touched; players can cross the area but cannot stop.





为了确保冰球运动员的安全和健康,冰球的比赛规则在护具的使用上规定的非常详细。队员和守门员的装备包括冰球杆、冰鞋、护具和运动服。除了手套、头盔和守门员的护腿之外,其他护具都必须穿在运动服里面。冰球杆应由木制或其他国际冰联批准的材料制成,如铝合金或塑料。冰球杆不得有任何突出部分,边缘要被削平,冰球杆上可缠任何颜色的无荧光胶布,球杆的弯曲度不得超过 1.5cm。冰球厚 2.54cm,直径为 7.62cm,重量应在 156-170g 之间,它的速度可超过每小时 150km。国际惯例要求运动员必须穿有安全后跟防护装置的冰球鞋。室内冰球的比赛场地为 30×60m,场地上面有:

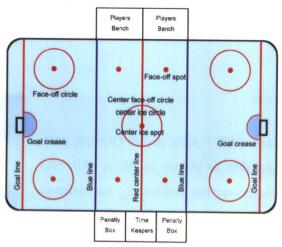


- 1. 红色的中线,用来判定死球。不得在距对方球门线一半以上的区域射门,也不得在对方队员触不到球的区域射门;
 - 2. 中图:
 - 3. 争球圈 (共4个), 用于犯规后重新争球, 争球时, 只允许双方各一名队员在圈内:
 - 4. 球门区, 在此区域不得碰触守门员, 队员可以越过此区, 但不能停留:
 - 5. 蓝色越位线,将冰场划成三个区域,进攻时队员不得先于球跨越此线。

More About Hockey

Rink 冰场

The playing area for hockey, an ice surface in the shape of a rectangle with round corners, 61m long and 30m wide in international play but usually 25.9m wide in North America.



Center ice spot 开球点

The faceoff spot inside the center ice circle, marking the exact center of the rink

Red center line 中线

Which is for establishing "icing", i.e.the puck cannot be shot from the half past the opponent's goal line nor into an area where it cannot be reached by an opposing team player.

Center face-off circle center ice circle 中区争球圈

The faceoff circle, 9.15m (30 feet) in diameter, surrounding the center ice spot, where faceoffs are held to start a period and to restart the game after a goal.

Face-off circles or face-off pot 争球圈或争球点

There are four in total for face-offs which are used for resuming play after a foul; only two players are allowed inside, all the others stay out.

Blue line 蓝线

Two blue lines running parallel across the ice, each 18.3m (60 feet) from the goal; they divide the rink into three zones called the attacking, defending and neutral (or center) zones.

Goal crease 球门区

Which is to delimit the area where the goalie cannot be touched; players can cross the area but cannot stop.

Goal line 球门线

A red line, 2 inches wide, that connects the goal posts and extends to the sideboards in both directions.

Rules

比赛规则

International Ice Hockey Federation (IIHF) rules govern Olympic competition. A team must not have more than six players on the ice while play is in progress. Typically, those players are one goaltender, two defensemen, two wings and one center. A lesser number of players can be on the ice as a result of penalties; a goaltender can be replaced by a skater during









a delayed penalty or at any other time of the game at a team's risk. A regular game consists of three 20-minute periods, with 15-minute intermission after the first and second periods. Teams change ends for each period. If a tie occurs in a medal-round game in which a winner must be determined, a 10-minute sudden-death overtime period will be played subsequent to another 15-minute intermission. There will be a 20-minute overtime in the gold-medal game. If the game still is tied after the overtime period, penalty shots will be employed immediately to determine a winner.

奥运会冰球比赛采纳国际冰联制定的比赛规则。每队至多有6名队员上场比赛。一般来说,每队有一名守门员、两名后卫、两名边锋、一名中锋。如有队员因犯规被处罚出场,受罚队的队员人数会相应减少。守门员只有在关键时刻或者在暂缓处罚时才可被替换。每场比赛分3局,每局20分钟,第一、二局比赛后休息15分钟。每局比赛结束后,两队交换场地。在奖牌争夺赛中,如果出现平局,在15分钟休息后采用为时10分钟的突然死亡法决出胜负。如果是冠、亚军争夺赛,时间则为20分钟。如果加时赛后仍为平局,则罚任意球决出胜负。





A player of an attacking team is offsides if he or she precedes the puck into the offensive zone. For a violation of this rule, play is stopped and a neutral zone faceoff is conducted. For the purpose of the icing rule, the center red line divides the ice rink into two halves. The point of last contact with the puck by the team in possession is used to determine whether or not icing has occurred. A face off is when a linesman or referee drops the puck into play between two opposing players. Face offs occur at the beginning

of each period and after any stoppage of play. Players are permitted to stop or bat the puck in the air with an open

hand or push it along the ice by hand unless, in the opinion of the referee, the player has deliberately directed the puck to a teammate.

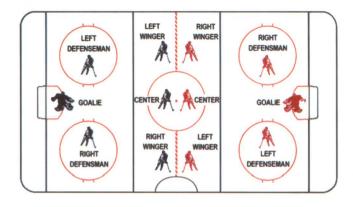
攻队队员不得先于球进入攻区,否则视为越位,须重新在中区争球开始 比赛。冰场由中间的红线将场地划成两半,用来判定死球。死球的判罚由最 后触球的那一方(攻方/守方)来决定。比赛开始时或暂停后,由边裁或裁 判将冰球落在两名对手之间,进行争球。队员可以用手停、击"腾空球"或 在冰面上推球,但如果裁判认为他是故意将球传给同伴,则要停止比赛重新 争球。



More Aboute Hockey

Players 队员

Two teams of six players skate on the ice at one time. Teams usually line up with one center, two wings, two defensemen, and one goalie. Any player may score a goal and all skaters contribute on defense. Substitutions may take place at any time during a game. Offensive and defensive players generally are substituted as complete "lines," rather than individually.



Line 前锋

A group of forwards who usually play together for a team because their skills complement one another.

Center 中锋

Plays on the front line of the offense between the two wings. On an offensive attack, the center attempts to gain a position in front of the opposing team's net for scoring opportunities.

Wings 边锋

Together with the center, they lead the offensive attack against the opposition. They usually play along the "boards" to contain the puck, pass to teammates or shoot on goal.

Defensemen 后卫

Play in front of the net in their team's defensive zone. They use stick and body "checks" to prevent opposing players from shooting the





puck at their goal. They work to keep the puck out of their own territory by pushing it up toward their opponents' zone.

Goalie 守门员

Plays directly in front of the net to stop opponents' shots from going in the goal. The goalie is the only player on the ice allowed to catch and hold the puck.



NHL skater stat 球员统计数据

| Season | Team | GP | G | A | TP | PIM | +/- | PP | SH | GW | GT | Shots | Pct |
|------------|-----------|-----|-----|-----|-----|-----|-----|-----|----|----|----|-------|--------|
| 2000-2001 | Red Wings | 75 | 32 | 37 | 69 | 40 | 12 | 14 | 2 | 7 | 1 | 268 | 11.94 |
| 2001-2002 | Red Wings | 81 | 31 | 37 | 68 | 36 | 20 | 10 | 0 | 6 | 0 | 256 | 12. 11 |
| 2002-2003 | Red Wings | 38 | 18 | 16 | 34 | 20 | 5 | 4 | 1 | 7 | 0 | 154 | 11.69 |
| NHL Totals | | 866 | 382 | 523 | 905 | 555 | 267 | 111 | 30 | 75 | 4 | 3021 | 12.64 |

数据解释

| GP | 比赛场数 Games Played | G | 进球 Goals |
|-------|----------------------------|-----|---------------------------|
| A | 助攻 Assists | TP | 总得分点 Total Points |
| PIM | 被处罚时间 Penalty Minutes | +/- | 得失球时间差 Plus / Minu |
| PP | 以多打少时进球 Power Play Goals | SH | 以少打多时进球 Shorthanded Goals |
| GW | 制胜进球 Game-Winning Goals | GT | 加时赛进球 Game-Tying Goals |
| Shots | 射门射正次数 Shots On Goal (SOG) | Pct | 进球率 Shooting Percentage |

Assist 助攻

An assist is awarded to the player of players (maximum of two) who touched the puck prior to the goal, provided no defender plays or possesses the puck in between.

Total Points 总得分点

An individual statistic for players equal to their goals plus assists.

Plus / Minus (+/-) 得失球时间差

A player is awarded a "plus" each time he is on the ice when his club scores an even-strength or shorthanded goal. He receives a "minus" if he is on the ice for an even-strength or shorthanded goal scored by the opposing club. A player's overall total is calculated by subtracting the minuses from the pluses. A high plus total is taken to suggest that a guy is a good defensive player.



Power Play Goal 以多打少时进球

A goal scored by a club while it has a manpower advantage due to an opponent's penalty.

Game-Winning Goal 制胜进球

After the final score has been determinded, the goal which leaves the winning club one goal ahead of its opponent is the game-winning goal (example: if Team A beats Team B 8-3, the player scoring the fourth goal for Team A receives credit for the game-winning goal).

Game-Tying Goal 加时赛进球

The final goal in a tie game.

Shot on Goal 射门射正次数

If a player shoots the puck with the intention of scoring and if that shot would have gone in the net had the goaltender not stopped it, the shot is recorded as a "shot on goal".



NHL 守门员统计数据

| Season | Team | GMS | MIN | W | L | T | GA | SO | AVG |
|------------|--------|-----|-------|-----|-----|----|------|----|-------|
| 2000-2001 | Devils | 72 | 4297 | 42 | 17 | 11 | 166 | 9 | 2, 32 |
| 2001-2002 | Devils | 73 | 4347 | 38 | 26 | 9 | 156 | 4 | 2. 15 |
| 2002-2003 | Devils | 33 | 2004 | 19 | 12 | 2 | 67 | 4 | 2.01 |
| NHL Totals | | 625 | 36587 | 343 | 180 | 87 | 1339 | 59 | 2. 20 |

数据解释

| GMS | 比赛场数 Games | MIN | 上场时间 Minutes played |
|-----|---------------------|-----|---------------------------|
| W | 胜 Wins | L | 负 Losses |
| Т | 平 Ties | GA | 失球 Goals Allowed |
| SO | 对方未得分的比赛场数 Shutouts | AVG | 失球率 Goals-Against Average |

Shutout 对方未得分的比赛场数

If two goaltenders combine for a shutout, neither receives credit for the shutout. Instead it is recorded as a club shutout. Goals-Against Average/GAA 失球率

Multiply goals allowed (GA) by 60 and divide by minutes played (MIN).

| Team | GP | W | L | Т | OTL | GF | GA | PTS |
|------|----|----|----|---|-----|-----|-----|-----|
| | 37 | 23 | 9 | 5 | 0 | 120 | 83 | 51 |
| | 37 | 21 | 11 | 4 | 1 | 115 | 92 | 47 |
| | 38 | 19 | 14 | 4 | 1 | 111 | 93 | 43 |
| | 38 | 16 | 14 | 5 | 3 | 104 | 114 | 40 |

数据解释

| | 77(3/3/3/-/-/ | 1970 CARROLL TO CONTROL TO CONTRO | |
|-----|----------------------------------|--|--------------------|
| GP | 比赛场数 Games Played | W | 胜 Wins (two point) |
| L | 负 Losses (zero point) | Т | 平 Ties (one point) |
| OTL | 加时赛负 OverTime Losses (one point) | GF | 进球 Goals |
| GA | 失球 Goals Against | PTS | 积分 Points |

Change of Players and Goalkeepers 更换球员和守门员

The players and goalkeepers may be changed at any time during the play or during a stoppage of play. During a substitution, the player entering the game plays the puck or makes any physical contact with an opponent while the retiring player is actually on the ice; there shall be a penalty. During the substitution, either the entering player or retiring player is struck accidentally by the puck, the play will not be stopped and no penalty called.



Faceoff 争球

The puck is dropped between two opposing players who face each other. Face offs occur at the beginning of each period and after any stoppage of play.

Offside 越位

Players of an attacking team may not precede the puck into their attacking zone. The determining factors in deciding an offside are:

- —The player's skates position—player is offside when both skates are completely over the blue line in his attacking zone before the puck completely crosses the line,
- —The puck position—the puck must have completely crossed the blue line into the attacking zone. In violation of this rule, play shall



be stopped and a face off shall be conducted:

- —at the nearest neutral zone face off spot if the puck was carried over the blue line by the attacking player.
- —at the place where the pass or shot originated when the puck was passed or shot over the blue line by an attacking player.
- —at the end face off spot in the defending zone of the offending team if, in the opinion of the linesman or referee, a player has intentionally caused an offside.

Hat trick 帽子戏法

When a player scores his third goal of a game, fans usually throw hats on the ice. Rumor has it that a Toronto haberdasher gave players in the 1940s free hats if they would score three goals in a game. The term however, probably evolved from cricket. In 1858 a cricket player in England took three wickets with consecutive balls, an incredible trick. As a reward, his club gave the bowler a new hat, hence the name "hat trick". A natural hat trick is when a player scores three goals in a game, in a row. That is to say that no other player on either team scores in between.





Penalty

处罚

A goal is scored when the puck has been put between the goal posts below the crossbar and entirely across the goal line by the stick of a player of the attacking side. There are several degrees of reprimand available to the referee depending on the severity of a team or player's infraction, including minor penalty; bench minor; double minor; major penalty; match penalty; misconduct penalty and game misconduct penalty. Women's and men's international ice hockey operate under the same rules as stipulated by the IIHF with one fundamental





exception: the level of permissible body contact. Since the 1992 World Championships, IIHF rules have prohibited "body checking" in the women's game. All women's hockey players must wear full facemasks that meet the approved IIHF standards. Men are not required to wear the full frontal mask or shield. Helmets are required for both men and women.

攻方队员用冰球杆将球打入对方球门即为射门得分。比赛时,裁判可视情节处罚队员,包括小罚、队小罚、中罚、大罚、停赛、违反纪律、严重违例。男子和女子的冰球国际比赛都采用国际冰联的比赛规则,但在合理冲撞的规定上却不尽相同。1992年世锦赛后,国际冰联规定禁止女子比赛中的"身体接触",女子比赛中所有队员都必须戴符合国际冰联标准的面罩。男子比赛则无此强制性规定。此外,女子和男子比赛中队员都必须戴头盔。



Tournaments in the Olympic Games

奥运会中的冰球比赛



There are two ice hockey events on the 2002 Olympic program — the men's tournament and women's tournament. The men's tournament is made up of 14 teams and consists of three rounds: preliminary round, final round and playoff round. The women's tournament is made up of eight teams and consists of a preliminary round and a playoff round. In the men's tournament, the Olympic champion is determined by a bracketed playoff round culminating in a gold-medal game. The six teams that qualified based on 1998 Olympic results advance to the final round auto-

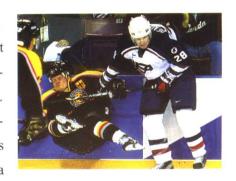
matically, with only their seedings to be decided by play beforehand. The Olympic tournament also features a qualifying round consisting of eight teams. Two

groups consisting of four teams engage in separate round-robin tournaments, with the winner from each group advancing to the final round with the top six teams. Each team will play the other three teams in its





group during the final round, and there is no overtime for tied games. Teams are awarded two points for a win, one point for a tie and zero point for a loss. In the event of a tie in points, medal round placements are determined by the following criteria, applied in order until the tie is broken. For two teams: head-to-head record between those teams; goal differential, that is goals for minus goals against; total goals scored in all games in that group. Once in the medal round, teams play a quarterfinal round, a



semifinal round and a gold-medal game, which will be played on the final day of the games. There are eight teams in the women's Olympic tournament — two more than the inaugural women's tournament at the 1998 Nagano Games. The eight teams will be divided into two groups: A and B. Each group will play a single round-robin, with each team playing three matches for a total of 12 matches. Points will be awarded for each match. A win is worth two points, a tie is worth one, and a loss is worth zero. Teams will be ranked within each group. The top two teams from each preliminary group will advance to the playoff round. The remaining teams will play each other to decide places 5-8. In the playoff round, the top team from group A will play the second team from group B, and vice versa. The two winning teams will advance to the gold-medal game and the two losers will meet in the bronze-medal game.



2002 年冬奥会设男子和女子比赛两项。共有 14 支球队参加男子比赛,比赛分预赛、决赛和总决赛。女子比赛共有 8 支队伍参加,分预赛和总决赛。男子比赛采用升降级制的总决赛决出冠军。1998 年冬奥会的前 6 名自动进入决赛,在比赛前按技术水平进行分组。此外,还有 8 支球队参加资格赛,分 2 组采用单循环的比赛方式,每组的第一名进入决赛,与其他 6 支球队角逐金牌。决赛采用组内循环,没有平局加时赛。每胜一场得 2 分,平局得 1 分,输不得分。如果积分相等,按下列标准决定名次,直到分出先后。两队积分相等时,先参照两队之间比赛的积分,然后看其射门得分差异,最后

看其在组内的射门得分次数。进入总决赛后,比赛分四分之一决赛、半决赛和在比赛最后一天举行的冠亚军争夺赛。共有8支队伍参加本届冬奥会的女子比赛,比1998年首次在长野亮相的6支队伍多了两个。这8支球队被分成两组:A组和B组。每组进行单循环赛,即每队对垒其他3支球队,共12场比赛。按比赛结果得分,胜一场得2分,平得1分,输不得分。每组按积分排名,每组的前两名进入总决赛。剩下的球队角逐5~8名。在总决赛中,A组第一对阵B组第二,反之亦然。两支获胜球队角逐冠、亚军,其余两支球队争夺铜牌。

Sport English

More Aboute Hockey

Penalty 处罚

Minor penalty (2) 小罚

The standard two-minute penalty assessed for most violations. The player goes to the penalty box for two minutes, but can return to the ice of the opponents score before the time is up.

Bench minor penalty (2) 队小罚

A two-minute penalty assessed against someone in a team's bench area rather than a player on the ice. Any player except a goaltender may be designated by the coach to serve in the penalty box.

Major penalty (5) 大罚

A five-minute penalty imposed for serious infractions, such as fighting and spearing, and for lesser infractions that cause injury and/or draw blood. The penalized player must serve all five minutes in the penalty box, even if the opposing team scores.

Misconduct penalty (10) 违反纪律

A 10-minute penalty assessed for such infractions as abusive language toward an official or prolonged fighting. The team doesn't have to play short handed.

Game misconduct penalty (GM) 严重违反纪律

A penalty on which a player is ejected for the rest of the game, assessed for a serious violation such as instigating a fight, continuing a fight after being separated by a linesman, or being the third party to join in a fight. The team doesn't have to play short-handed.

Gross misconduct penalty (GRM) 特别严重违反纪律

A kind of all-purpose category for extreme misbehavior by a player, coach, manager, or trainer. The penalty is suspension for the rest of the game and an automatic fine in the National Hockey League.







Match penalty (MP) 取消比赛资格

The equivalent of a major penalty plus a game misconduct penalty. The guilty player is suspended for the remainder of the game, another player goes to the penalty box for five minutes, and the team plays short handed for that time.

Penalty shots (PS) 罚任意球

A shot on goal, with only the goaltender defending, awarded for certain infractions. The player taking the shot is given the puck at the center ice spot and must keep the puck moving forward once across the blue line. Once the shot is taken, the play is over; a goal can't be scored on a rebound. If a penalty shot is awarded to a player who was interfered with or otherwise fouled on a breakaway, that player takes the shot. In other cases, such as when a defensive player other than the goaltender falls on a puck in the goal crease, the team captain selects a player from among those on the ice to take the penalty shot.



Penalty box 受罚席

An area containing a bench, just off the ice and behind the sideboards, where players serve penalty time. There are two penalty boxes, one for each team.

Power play 以多打少(场上人数多于对方)

The situation in which a team has more players on the ice than the opposition because one or more opposing players are in the penalty box.

Short-handed 以少打多(场上人数少于对方)

Descriptive of a team that has fewer players on the ice than the opposition because of a penalty or penalties.

Check 阳截

Any tactic used by a defensive player in an attempt to slow down an opponent and/or get possession of the puck. There are two main varieties: the body check and the stick check.

Body check 身体阻截

A check made with the hip or shoulder to slow or stop an opponent's movement or to throw him off balance. It is legal when the opponent has possession of the puck or was the last player to have touched it.





Stick check 球杆阻截

Checking an opponent with the stick. Include hook check, poke check, sweep check.

Hook check 钩球阻截

A check on which the stick is laid on the ice in front of the puck to trap it, often from beside or behind the opponent. As a verb, to execute such a check.

Poke check 捅球阻截

A stick check on which the player jabs his stick blade at the puck or an opponent's stick to dislodge the puck.

Sweep check 扫钩阻截

A stick check on which the defender puts the shaft and blade flat on the ice and sweeps it along the surface to knock the puck away from an opponent.

Board-checking 界墙挤贴

Sending an opponent violently into the boards by any method, including a body check, elbowing, and tripping. Usually incurs a minor penalty, but a major penalty if the opponent is injured.

Elbowing 肘击

Placing a stick or any part of the body in such a way as to cause an opponent to trip or fall, an infraction which incurs a minor penalty.

Charging 撞人

Taking two or more steps before body checking an opponent. Normally incurs a minor penalty, but a major penalty if blood is drawn or a serious injury results.

Specific rules for women 女子冰球的特殊规则

Full face masks, which meet approved international standards, shall be worn by all women ice hockey players. In women's ice hockey, if a player makes a direct body-check, she shall be assessed, at the discretion of the referee, a minor penalty or major penalty.

Slap shot 击射

A shot on which a player raises the stick in a full backswing and then









drives through the puck with a strong follow through.

Flip shot 挑射

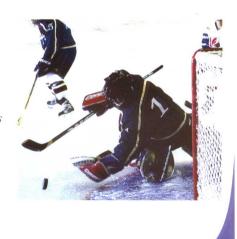
A shot that's similar to a flip pass, except that it's directed on goal.

Screen shot 掩护射门

A shot taken when the goaltender's line of sight is blocked by players of either team in front of the net.

Wrist shot 抖腕射

A quick shot made with a snap of the wrist, using little or no backswing. Also called snap pass.



| KEY WORDS 重点词汇 | | | | |
|----------------|------|--------------|------------|--|
| crease | 球门区 | faceoff | 争球 | |
| body check | 合理冲撞 | boarding | 界墙挤贴 | |
| charging | 撞人 | neutral zone | 中区 | |
| fore checking | 向前抢球 | poke check | 杵杆阻截 | |
| hat trick | 帽子戏法 | short-handed | 场上人数少于对方球队 | |
| slap shot | 点拨射 | wrist shot | 抖腕射 | |

Chapter 77

The Skiing(|) 滑雪(一)

滑雪运动的历史非常悠久,早在十世纪,滑雪已是斯堪的纳维亚人们普遍使用的交通工具。1886年在挪威举行了第一次滑雪比赛,自1924年第一届冬奥会以来,滑雪一直是历届冬奥会的比赛项目。目前,在冬奥会上滑雪共设高山滑雪、越野滑雪、自由式滑雪、北欧两项、跳台滑雪、滑雪板等6个分项。









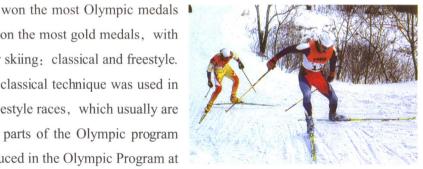
Cross-country skiing

越野滑雪



As early as the 10th century, Vikings used skis for transportation. It wasn't until the 19th century, however, that ski competitions came into existence, starting in Norway. In 1900, a separate cross-country race was held at the Holmenkollen. Cross-country skiing was contested at the inaugural Olympic Winter Games in 1924 and has been a part of every Winter Games since. The events held at the first Games in Chamonix were the 15km and the 50km. A women's cross-country event, the 10km, was added to the Olympic program in 1952. The Soviet Union has

in cross-country, with 77. It also has won the most gold medals, with 28. There are two styles of cross-country skiing: classical and freestyle. From 1924 through to 1984, only the classical technique was used in Olympic cross-country competition. Freestyle races, which usually are faster than classical races, have been parts of the Olympic program since 1988. The pursuit race was introduced in the Olympic Program at



the Albertville Games in 1992. According to the times obtained in the individual classical race, qualifying race, the start sequence for the pursuit race that is, on the other hand a free technique race, is drawn up.

早在十世纪,滑雪已是斯堪的纳维亚人普遍使用的交通方式,但是正规的滑雪比赛却直到十九世纪才在挪威出现。1900年,在挪威的霍尔门克伦举行了越野滑雪大奖赛。自 1924年第一届冬奥会以来,越野滑



雪一直是历届冬奥会的比赛项目。在法国夏蒙尼举行的首届冬奥会上,设有 15km 和 50km 两个项目。1952 年,增设了女子 10km 越野滑雪。前苏联可谓是越野滑雪的奖牌大户,他们共赢得了 77 枚奖牌,并以 28 枚金牌的成绩位居金牌榜首位。越野滑雪技术分为传统式技术和自由式技术两种,1924 年到 1984 年的冬奥会越野滑雪都属于传统式,比传统式速度更快的自由式是在 1988 年被列为奥运比赛项目的。1992 年阿尔贝维尔冬奥会首次采用追逐赛的比赛形式,即根据运动员在传统式比赛和资格赛中取得的成绩决定其出发顺序。

Sport English

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More Abouting

Ski History 滑雪的历史



The father of all skiing is Nordic skiing, which combines the elements of cross-country skiing and jumping. Born of the effort to find an easy way to travel over ice and snow, the long skis were first crafted by Scandinavian hunters over5 000years ago out of the bones of large animals, these early bone runners not only marked the origins of the ski, but also the ice skate. Although World War I would later drive the development of modern cross-country skiing, skis may have been used for military purposes as early as 1 200AD during the Battle of Oslo (Norway). By 1 500, the entire Swedish army was equipped with skis for use in their border patrols. The sport of Nordic skiing made great advances in 1860 with growing interest in competi-

tion, made possible by the construction of the first measured ski jump and the development of the first effective ski bindings. And in the same year, the King of Norway created a new downhill ski contest and began work on drafting official rules for the competition, thus creating the first alpine ski event. Royal interest in the sport grew, and Nordic skiing gained even more popularity when the royal family of Norway recognized the sport with a "King's Cup" trophy to the winner of an annual meet near Oslo in 1892. In 1924, Nordic combined, along with cross-country skiing and ski jumping, became the first skiing sports at the Olympic Winter Games. Alpine skiing began to grow in the early 1 900s, the International Ski Federation (FIS) granted sanctions to alpine races in 1930, which paved the way for its introduction into the Olympic Winter Games in 1936. Freestyle skiing was first organized in the 1 960s, and was added to the Olympic schedule in 1992. Snow-boarding was created at approximately the same time as freestyle skiing. The popular success of snowboarding helped it achieve Olympic full-medal status in 1998.

International Ski Federation (FIS) 国际滑雪联合会

From 1870 onwards, the Alpine countries were in turn affected by the rapid expansion of skiing as a sport: the first competitions in Germany in 1879, the foundation of the first Swiss Club in 1893 at Glaris initiated by Christoph Iselin. From 1910 to 1924, an International Skiing Commission strove to monitor the development of competitive skiing throughout the world. In 1924, at the time of the first Winter Olympic Games, this commission gave birth to the Federation



International de Ski with 14 member nations. The International Ski Federation—Fédération Internationale de Ski, Internationaler Ski Verband—is abbreviated in all languages as FIS. Today 101 National Ski Associations comprise the membership of the FIS. [10]

Equipment 滑雪的装备

Skis 滑雪橇



Skis are slightly different for every discipline, but all are made from strips of wood, metal or synthetic material that can be attached to the boot via the ski's binding. Skis vary in length according to the height of the skier, and ski width also varies, although most have a slight taper in the middle. The front of the skis turn upward. Classical cross-country skis are very light, have long, curved tips, and an arch in the middle. Freestyle cross-country skies are shorter, stiffer and have less of a curved tip. Alpine skis are shorter still and are

heavier. They have even shorter tips, and do not have a pronounced arch in the middle. Mogul and freestyle skiers use skis that are shorter than alpine skis.

Ski Poles 滑雪杖

Ski poles help skiers with balance and assist in movement. Poles are generally four to five feet in length and are made of metal tubing. There is a hand-grip at the top and a round plastic disk at the bottom. For downhill and super G, poles are curved around the shape of the body to decrease air resistance. In slalom and giant slalom, the poles are straight and have a plastic guard to stop the skier's hands from hitting the gates. In classical-style cross-country skiing, the poles extend to the athlete's armpits, while freestyle cross-country poles are longer and stiffer, extending up to the athlete's chin or mouth. Aerial skiers and ski jumpers do not use poles.



Boots 滑雪鞋

Ski boots are generally flat-soled and attach to the ski at the ski's binding. Rigid plastic or leather boots are used in alpine events and the boot is attached at the heel and toe by the binding. Downhill and super G boots have a greater incline at the ankle than the slalom and giant slalom boots. In cross-country contests, the boots are lighter and more flexible and are only bound to the ski at the toe, to allow for the heel to flex up and down. The freestyle boots are more rigid than the classical boots. Ski jumping boots have higher stiff backs, but have to be flexible enough for the skier to maintain the in-air V formation.

Bindings (雪板)固定(靴的)装置

The bindings attach the boot to the ski. Cross-country skiers and ski jumpers use bindings that only attach at the toe, while other skiers use bindings that attach at both the heel and toe.

Ski Clothing 滑雪服

Clothing is designed to resist air resistance while providing some measure of safety. Alpine suits are specially designed to accommodate padding as protection in case of a fall or collision with a gate. In both freestyle events, teams select outerwear for its ease of movement and functionality. Ski jumpers are limited to suits five mm thick to ensure that excessive trapped air doesn't aid in lift or length of the jump.

Helmet 头盔

Alpine and some freestyle skiers wear hard plastic helmets to prevent head injuries in case of a fall. Slalom skiers also use a chin guard so that the gates do not hit them in the face.

Goggles 护目镜

Ski goggles protect the eyes against weather, glare and the effects of speed on the eyes. Goggles can be worn with a variety of lens colours to maximise contrast and visibility.

Cross-country skiing 越野滑雪

Cross-country skiing commonly is abbreviated X-Country skiing or XC skiing. At the Olympic Winter Games, cross-country consists of twelve events. Women compete in the 1.5km sprint, 10km classical, combined pursuit, 15km freestyle, 30km classical, and 4×5km relay. Men compete in 1.5km sprint, 15km classical, combined pursuit, 30km freestyle, 50km classical and 4×10km relay.

The 1.5 km sprint 1.5 公里冲刺赛

The 1.5 km sprint, is the shortest event on the cross-country program, and any style of skiing is permitted. The sprint events are different from the other cross-country events in that they are contested in a series of elimination rounds.

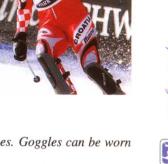
The classical races 传统式越野滑雪比赛

In the classical races, skiers use the traditional straight-striding technique (called a "diagonal stride") and do not deviate from distinct parallel tracks. The form required for classical skiing resembles the form used on a typical cross-country exercise machine.

straight-striding technique 直滑技术,它也称为 diagonal stride。

freestyle technique 自由式越野滑雪比赛

The skating—or free—technique, which was developed in the 1970s, closely resembles the motions of ice skating, where one pushes the inside edge of the ski simultaneously backward and outward at about a 45-de-





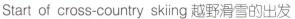
gree angle. It usually is faster than classic technique.

The combined pursuit 全能赛

The combined pursuit features two separate races on the same day. The first part of the event is 5km ski—classical style. The second part is a 5km freestyle race. Competitors start the freestyle portion staggered according to their finish in the classical portion. The athlete who crosses the finish line first is the winner.

The relay event 接力赛

For the relay event, each team is composed of four skiers, each of whom skis one of the four 5km or 10km relay legs. The first two legs of the relay are classical style. The final two are freestyle.



Mass start 集体出发

All competitors start together, and the first skier to pass the finish line is declared the winner.

Pursuit start 追逐出发

A starting system based on the result of the first portion of the pursuit event. The winner of the first part starts first, and competitors starting behind by the amount of time they finished behind the winner in the first portion.

Staggered start 交错出发

A start in which skiers leave at set intervals. The winner is the athlete with the best time

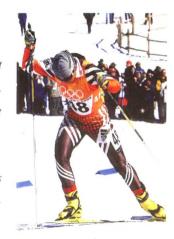
Wax 雪蜡

The wax a skier chooses can often be the difference between winning and losing. Knowing what wax to use is determined by snow and weather conditions. There are two types of wax: glide wax and kick wax, also known as grip wax. Glide wax is used to decrease the friction between the skis and the snow. Kick wax is used to increase friction between the skis and the snow in order to prevent slipping.

Glide wax 滑蜡

Wax used to decrease the friction between the skis and the snow. It is applied to the entire ski in free technique races, but only to the front and rear tips of the skis in classic races.

Grip wax 防滑蜡









Also known as kick wax, it increases the friction between the skis and snow to improve traction. It is applied to the middle part of the skis for classic races.

Björn Daehlie (Norway) 比约恩·达林



Eight-times Olympic champion: three gold medals in 1992 in Albertville, two in 1994 in Lillehammer and three in Nagano, Björn Daehlie is the athlete who has won most gold medals at the Olympic Winter Games. Nine times world-champion: two titles in 1991, three in 1993, one in 1995 and three in 1997. The greatest

cross-country skier in history, he is the equivalent of a Pelé or Carl Lewis in his sport. Even before he was ten, his father used to take him on two-hour crosscountry ski trips through the forest. "I did not enjoy it. I had old equipment, old-fashioned clothes. I was

ashamed", he said. Later, he had a go at ski-jumping and Nordic combined. But a coach persuaded him to return to cross country. Addicted to training, he developed an incredible lung capacity: (VO2 max)of 96ml/min/kg (a very good marathon runner has a capacity of around 75, while a young active adult's is 55). With his incredible strength of character and rigour, he is worshipped by his fellow Norwegians.



Sixten Jernberg (Sweden) 西克斯滕·耶恩伯格

Sixten Jernberg (SWE) Nordic skiing, two gold medals (50km and 4×10km relay) and bronze medal (15km). Born on Feb 6, 1929 in Lima (Sweden). Cross-country skier Sixten Jernberg won nine medals between 1956 and 1964. In 1956, he finished second in the 30km and 15km races, before winning the 50km by 78 seconds. He also gained a bronze medal in the 4×10km relay. At the 1960 Winter Games, Jernberg earned a gold medal in the 30km race and added a silver medal at 15km. Jernberg, who turned 35 years old during the 1964 Winter Games, began his final Olympics by coming fifth at 30km. Then he earned a bronze medal in the 15km race. Three days later, he entered the 50km. Eight years earlier he had won the 50km, but at the last Winter Games he had placed



only fifth. This time he was the next-to-last starter, just as he had been in 1956. Evidently this position was good luck for Jernberg because he won again. He closed out his Olympic career with a gold medal in the relay. His medal total was four golds, three silvers and two bronzes. It would be 34 years before anyone broke Jernberg's record for total career medals.

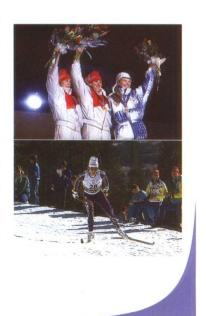
Galina Kulakova (Russia) 加里娜·库拉科娃

Galina Kulakova competed in the Winter Olympics for the first time in 1968. She earned a silver medal in the 5km race and a bronze medal as the anchor of the USSR's 3×5km relay team. At the 1972 Sapporo Games, Kulakova entered all three cross-country races for women and finished first in all of them. She won the 10km event by more than 36 seconds and the 5km by 5 seconds. Finally, she anchored the Soviet relay team to a victory of more than 33 seconds. At the 1976 Winter Olympics, Kulakova finished third in the 5km race, but was disqualified when she tested positive for ephedrine. Despite her positive test, she was allowed to continue competing and she won two more medals: a bronze in the 10km and a gold in the 4×5km relay. Kulakova took part in her fourth Olympics in 1980 and earned a silver medal in the relay to bring her career medal total to eight: four gold, two silver and two bronze.



Raisa Smetanina (Russia) 拉莎·斯麦塔尼娜

Raisa Smetanina holds a prominent place in the record book of the Winter Olympics. She is the only woman to have earned ten career medals, the only person to win medals in five Winter Games and one of only three athletes to win five silver medals. Smetanina began her Olympic journey in 1976 by taking a silver medal in the 5km race, missing a gold medal by barely a second. The next day she won the 10km by less than a second. She gained a second gold medal as a member of the USSR's 4×5km relay team. In 1980 Smetanina won the 5km race and added a silver in the relay. In 1984, she earned two silver medals and in 1988 a silver and a bronze. At the 1992 Winter Games, Smetanina won a final gold medal in the relay. Less than two weeks shy of her 40th birthday, she became the oldest female medalist in the history of the Winter Olympics.



Ski Jumping

跳台滑雪





Legendary Norwegian nordic athlete Sondre Nordheim is credited with the first officially measured ski jump in 1860. The first ski jumping contest was held in Trysil, in Norway, in 1862. The sport was brought to the United States by Norwegian emigrants, and the first ski jumping meet in the U.S took place on Feb.8,1887. It was won by Norwegian emigrant Mikkel Hemmestvedt. Ski jumping has been contested at every Olympic Winter Games. Norway has won the most Olympic medals in ski jumping with 24. Finland has won the most gold medals with 10. There are essentially two phases in ski jumping: the approach and the takeoff. An error could compromise the jump. Skiers are allowed two jumps in a competition (and a third jump to

test). The skier who earns the highest score

wins. Five judges rate the jump according to distance (measured from the tip of the hill) and style. The events include individual; k90 jump; k120 jump and team jump. Skiers are split into four groups in individual competitions. Each country is entitled to enter one skier in each group. Teams usually prefer entering their best skiers in the last two groups because the hill presents less friction and becomes much faster after the passage of the previous skiers.



挪威的传奇人物诺德海姆被誉为跳台跳雪的先驱,诺德海姆在1860年首创了跳台跳雪。1862年,在挪威的特雷西尔举行了第一次跳台跳雪比赛。挪威移民将跳台滑雪传到美国。1887年2月8日,美国举行了首次跳台滑雪比赛,美籍挪威人米考·翰默斯特威德夺得冠军。跳台滑雪是历届冬奥会的比赛项目。挪威是这项运动的霸主,共获得了24枚奥运奖牌;获金牌最多的国家是芬兰,共10枚金牌。跳台滑雪有两个基



本步骤:准备和起跳,任何失误都会影响比赛成绩。每名运动员可跳2次(还有1次试跳),2次跳雪的成绩相加得分最高者赢得比赛,5名裁判根据运动员从山顶算起的飞行距离和完成姿势进行评分。跳台跳雪的项目包括:个人项目90k、120k和团体项目。在个人比赛中,运动员被分成4组,在各组中,每个国家只有1个名额。在团体赛中,通常都是把最好的运动员安排在最后两组,因为经过前面的比赛后,滑道的摩擦力减小,加快了滑行速度。





More Aboustinng

The history of ski jumping 跳台滑雪的历史



Father of ski jumping Sondre Norheim

The history of ski jumping began in the 19th century. The first known ski-jumping contest was held in Trysil, Norway in 1862. Norwegian Sondre Norheim (known as the father of ski jumping) jumped in 1860 without poles over a rock and reached a length of 30 meters. This record held for more than three decades. Around 1900 Norwegian Bjarne Nielsen demonstrated the first classical jumps with a length of 17 meters. After the First World War, Norwegians Thulin Thams and Sigmund Ruud developed a new jumping style with the upper body bent at the hips and a wide forward lean with the arms extended in front. This aerodynamic technique succeeded and was named the "Kongsberger Technique" after the home of the inventors.

The sport continued to develop with the help of mathematicians and engineers, resulting in more perfectly designed, larger hills. On March 15, 1936, Austrian Sepp Bradl became the first person to break the 100-meter mark with a jump of 101 meters. In the mid-1950s, Swiss jumper Andreas Daescher developed yet a new jumping technique. He became the first jumper to hold the arms backward close to the body with a more extreme forward lean. In 1962 at the Nordic World Championships in Zakopane, Poland, a second event was added to the program (large hill).

In 1985, Swedish jumper Jan Boklov began spreading the tips of his skis into a "V" shape. Initially, he was laughed at and penalized by the judges. However, when Boklov won the 1989 World Cup title and aerodynamic wind-tunnel tests proved that the "V" provided 28 percent more lift than the traditional, parallel style, all ski jumpers started changing to this style en masse. By 1992, all the individual medal winners used the "V" style. On March 17, 1994, Austrian Andreas Goldberger became the first person to break the 200-meter mark, when he jumped 202 meters.



K Point K点

The distance from the takeoff that is equivalent to the height of the hill. For a large hill, the K Point is 120m from the takeoff; for the normal hill, it is 90m. The K Point determines the amount of distance points awarded to a jump. A jump to the K Point is worth 60 points; each metre over or under that distance decreases or

increases the score by 2.0 points.

Competition of ski jumping 跳台滑雪的比赛项目

Three ski jumping events are held at the Olympic Games.

Individual normal hill 标准跳台个人

The only ski jumping event from the normal hill, which is 90 metres high. Each athlete takes two jumps, and the one with the greatest total score is declared as the winner.

Individual large hill 高跳台个人

This event is contested on the large hill, which measures 120 metres. Each athlete takes two jumps, and the one with the greatest total score is declared as the winner.



Team large hill 高跳台团体

This event is contested on the large hill, which measures 120 metres. There are four members on each team, and each athlete takes two jumps. The team with the highest total score over the eight jumps is declared as the winner.

Inrun 助滑区

The portion of the jump during which the athlete travels down the ramp.

Outrun 缓冲区

The flat area at the bottom of the hill where skiers slow down and stop.

Telemark position 弓步姿势

Landing with one ski in front of the other, lunging forward.

V-position V 形姿势

The position of the skis most jumpers use while in the air. The skis are touching or nearly touching at the tail and spread apart at the tips to form a "V". This position improves the aerodynamics of the ski jumper.

The Calculating of Results 比赛结果的计算

Skiers take two jumps in the individual events. The distance and style points for each jump are added together to give the total score. The athlete with the highest score after the two rounds wins.

In the team competition, the four skiers representing a country each take two jumps. The eight jumps are added together, and the team with the highest total score wins.

Style Points 姿势得分

Scoring starts with the scores of five jumping judges, and then the highest and lowest scores are eliminated. The three remaining scores are added. Judges consider the three groups of the jumper's movements: flight, landing



and outrun. Skiers can receive a maximum of 60 style points. The sum of these scores is the total score for style points for a jump.

Distance Points 距离得分

Distance is measured from the edge of the takeoff to the jumper's landing place. The landing point is the place where the jumper's feet touch the slope. The skis must be in full and flat contact with the slope. For skiers landing in the



telemark position, the distance is the midpoint between the feet. Competitors receive distance points based on the slope's K point (critical point). The K point is where the hill flattens out; top jumpers routinely soar past it. The K oint is 90 meters for the individual normal hill and 120 meters for the individual and team large hill. A jump to the K point is worth 60 points, and each meter greater than or less than that distance increases or decreases the score by 2 points for the normal hill and 1.8 points for the large hill.

Birger Ruud (Norway) 比格尔·鲁德

In 1932, Birger Ruud came from behind to edge Hans Beck for the gold medal in ski jumping. Both Ruud and Beck grew up in the Norwegian mining town of Kongsberg. At the 1936 Winter Olympics, Ruud attempted an unusual double, competing in both Alpine and Nordic events. The inaugural Alpine contest was the combined downhill and slalom. Ruud led the downhill race by 4.4 seconds, but when he missed a gate in the slalom, he was assigned a six-second penalty and ended up in fourth place. A week later, Ruud won another gold medal in the ski jump. In 1948, Ruud gained a silver medal in the same event. One can only imagine what he might have accomplished if the 1940 and 1944 Olympics had not been cancelled. Despite his great athletic feats, Ruud is most revered





for his courageous anti-Nazi stand during the German occupation of Norway. He staged illegal competitions and spent 18 months in a Nazi prison camp. Released in 1944, Ruud joined the Resistance and used his skiing skills to find and hide ammunition that was dropped from British airplanes.

Matti Nykanen (Finland) 玛蒂·尼凯宁



In 1984 Matti Nykänen of Jyväskla put together two near-perfect jumps to win the large hill event by the largest margin in Olympic history (17.5 points). He also earned a silver medal on the normal hill. In Calgary Nykänen won the normal hill event by a decisive 17 points and then won the large hill by 16.5 points. This earned him a place in the record books as the first ski jumper to win two gold medals at the same Olympics. In 1988, for

the first time, a third jumping event was added to the program: the large hill team event. Nykänen led the Finnish team to victory and brought his career total to four gold medals and one silver medal.

Simon Ammann (Switzerland) 西蒙·阿曼

Ski iumper Simon Ammann was one of the least expected winners of the Salt Lake City Winter Games. When he was 16 years old, he competed at the 1998 Nagano Olympics. placing 35th in the normal hill event and 39th on the large hill. Ammann entered the 2002 Olympics without ever having won a World Cup event. His best result ever on the normal hill was 26th place. Nevertheless, at the Salt Lake City Games, he put together two superb jumps to edge Sven Hannawald for the victory by one and a half points. Four days later, Ammann proved that his victory was not a fluke by earning a second gold medal on the large hill. This time he recorded the best jump in each round to win by more than 11 points.



Nordic Combined

北欧两项



By the mid-19th century, ski carnivals that included nordic combined events were being held in Norway. The nordic combined event was the premier competition at these carnivals and a separate cross-country event was not held until the 1900s. Nordic combined has been a part of every Olympic Winter Games. Norway has won the most total medals (24) and the most gold medals (11). All three nordic combined events consist of a ski jumping competition and a cross-country skiing competition. For the individual and team events, ski jumping takes place on the normal

hill of 90 meters. For the sprint event, ski jumping takes place on the large hill of 120 meters. The cross-country portion of the individual event has a 15-kilometer race, sprint event has a 7.5km race, and the team event has a 4x5km relay. In the individual event, each competitor takes both of his two normal hill jumps during the first day of competition; each jump is scored for length and style. On the second and final day of competition, each competitor will compete in the 15-kilometer cross-country event. The sprint event also is contested over two days, with the large-hill competition on the first day and the 7.5km cross-country race on the second day. On the second and final day of competition, each competitor will compete in the 7.5km cross-country event. In the team event,



each team consists of four jumpers who will take two jumps off the normal hill on the first day of competition. The team's score in the jumping portion is the total score of the eight jumps.

十九世纪中叶,北欧两项就是挪威滑雪狂欢节的比赛项目,而且一直 是滑雪大赛的重点项目。二十世纪初,越野滑雪才开始单独举行。北欧两 项是历届冬奥会的比赛项目,挪威共夺得 24 枚奥运奖牌,其中金牌 11 枚,是拥有本项目奥运奖牌最多的国家。北欧两项的三个大项都有跳台跳 雪和越野滑雪。个人和团体项目的跳台跳雪采用 90m 的标准台。短距离比 赛中,跳台跳雪在 120m 的大跳台上进行。个人项目中的越野滑雪为



15km,短距离项目中为7.5km,团体项目中是4×5km接力。个人项目中,运动员在比赛的第一天完成两次标准台的跳台跳雪,评分以每次跳雪的距离和完成姿势为准。在比赛的第二天,也是最后一天,运动员参加15km的越野滑雪比赛。短距离项目也在两天内完成,第一天是跳台跳雪的大跳台比赛,第二天是7.5km的越野滑雪比赛。团体比赛中,每队由4名运动员组成。他们在比赛的第一天参加标准台的2次跳台跳雪比赛,这8次跳雪成绩相加即为该团体成绩。

Scoring: The Gundersen Method







Because individual jumping and cross-country disciplines are evaluated on two different scales (points vs.time), the Gundersen time-point conversion table is used to score the nordic combined event. Named invented for its creator, Gunnar Gundersen of Norway, the Gundersen Method allows spectators to follow the progress of the nordic combined event during the respective cross-country races. Since the athletes start the cross-country

portion of the competition staggered based on their scores in the ski jumping portion, whoever is in front is the

leader of the competition. Prior to the 1988 Calgary Games, when this method was introduced, it often took hours to determine who had the most points in a nordic combined event since skiers left the starting gate according to a draw and not the results of the ski jumping phase. Under the Gundersen Method, however, the first skier to cross the finish line is the overall winner.



由于个人跳台滑雪和越野滑雪的记分标准截然不同(点数 vs.时间),甘德森时间——点数转换表是北欧两项的评分基础。以发明者挪威人甘纳·甘德森命名的甘德森评分法能让观众迅速获悉北欧两项比赛中越野滑雪的比赛情况。根据甘德森评分法,越野滑雪比赛的出发顺序以运动员跳台滑雪的成绩为准,所以,谁在前面则名次也列前。1988 年卡尔加里冬奥会,首次采用了甘德森评分法。在此之前,比赛顺序都由抽签决定,而不是根据运动员的跳台跳雪成绩,所以要花很长时间才能排出名次。根据甘德森评分法,在越野滑雪中第一个冲过终点的运动员就是北欧两项比赛的总冠军。

More Abousting

Nordic combined and Gundersen method 北欧两项和甘德森评分法 Individual Gundersen 个人项目甘德森评分法

This kind of competition includes two rounds of ski jumping at a normal hill of 90 meters and a 15km cross-country race. A jump to the K point is worth 60 points, the meter value is two points per meter. Time differences for cross-country are calculated by 15 points for one minute. Starting order at cross-country is according to the Gundersen method, so the best at ski jumping will start first and the one who finishes first is the winner of the competition.

Sprint 冲刺赛

Sprint is simmilar to Individual Gundersen with the difference, that there is only one round on the jumping large hill and the cross-country spreads about only 7.5 km. Also the calculation from points to time is different, 15 points mean one minute.

Team-Gundersen 团体项目甘德森评分法

Team-Gundersen begins with a team ski jumping. Every of the four athlets jumps two times. The overall points are calculated by 40 points = one minute. After ski jumping, there is a 4×5km relay according to the Gundersen method. The starting order can vary between ski jumping and cross-country. In World cup a Team Gundersen is held by only three athlets from each team. The calculation is 45 points = one minute.

From the world championships 2003 on Team competitions will be held as Mass starts.





Samppa Laiunen (Finland) 桑帕·拉祖宁



Samppa Lajunen entered his first cross-country race when he was only two years old. By the time he was five, he was skiing 300 miles a year. He added ski jumping to his pursuits when he was only nine years old. In 1997, Lajunen, still only 17 years old, won the overall World Cup title in Nordic combined. The following year he earned silver medals at the Nagano Olympics in both the individual and team events. A third Nordic combined event, the sprint, was added for the

2002 Salt Lake City Olympics and Lajunen took full advantage of the expanded program. In the individual event, Lajunen trailed teammate Jaako Tallus after the ski jump and gave up 53 seconds at the start of the 15km race. However he came from behind and won by 24.7 seconds. In the team event, Lajunen recorded the two best jumps of the competition and then anchored the Finnish team to victory. He earned a third gold medal in the sprint by leading the ski jump and then holding on in the 7.5km cross-country race to win by nine seconds.

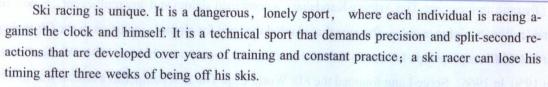




| KEY WORDS 重点词汇 | | | | |
|----------------------|-------|-------------------|-------|--|
| cross-country skiing | 越野滑雪 | classic technique | 传统式技术 | |
| freestyle technique | 自由式技术 | mass start | 集体出发 | |
| pursuit start | 追逐出发 | staggered start | 交错出发 | |
| grip wax | 雪腊 | ski jumping | 跳台滑雪 | |
| large hill | 大跳台 | normal hill | 标准台 | |
| outrun | 缓冲区 | landing | 着陆 | |
| flight | 空中飞行 | takeoff | 起跳 | |
| inrun | 助滑区 | K Point | K点 | |
| telemark position | 弓步姿势 | Nordic combined | 北欧两项 | |

Chapter 78

The Skiing(||) 滑雪(二)



滑雪比赛是独一无二的,它是一项危险、孤独的运动。滑雪运动员是在与时间和他自 己赛跑。滑雪还是一项技巧性的运动,它要求精确和迅速的反应,这些都需要运动员多年 的训练和练习; 如果他们三个星期不滑雪, 速度就会荡然无存了。













Alpine Skiing

高山滑雪





People began strapping skis to their feet as far back as 5 000 years ago. It is believed that Norwegians were the first to do so—they used skis as a way of hunting across snow-covered terrain. From Norway, skiing expanded throughout Scandinavia and Russia as a mode of winter transportation and eventually as a sport similar to cross-country skiing. Alpine skiing evolved from cross-country skiing. The first alpine skiing competition, a primitive downhill, was held in the 1850s in Oslo. Modern alpine racing was invented by

Englishman Sir Arnold Lunn and Austrian Hannes Schneider.Lunn organized the first slalom in 1922 in Muerren, Switzerland, and joined forces with Schneider two years later to organize the race that would eventually become the first Olympic alpine event. The Arlberg-Kandahar, a combined slalom and downhill event, is now referred to as the first legitimate alpine event — the race that planted the seed for alpine's inclusion in the Olympic program. The first World Championships for men's downhill and slalom events were held in 1931. Women's events were added in 1950. In 1966, Serge Lang founded the FIS World Cup. The first competitive season was in 1966,1967. Alpine skiing became part of the Olympic program at the 1936 Garmisch-Partenkirchen Games with a men's and women's combined event.

人类把滑雪板绑在脚上滑雪,距今已有5000余年的历史。挪威人被尊奉为滑雪的先祖,他们将滑雪作为代步和狩猎的工具,在白雪皑皑的大地上纵横驰骋。后来,作为一种冬季运输方式,滑雪由挪威传入斯堪的纳维亚地区和俄国,之后逐渐发展为类似越野滑雪的体育运动。高山滑雪由越野滑雪衍变而来。1850年,在挪威的奥斯陆举行了首次高山滑雪比赛,而比赛仅是简单的高山速降。英国爵士阿诺德·伦恩和奥地利人汉纳斯·施奈德被誉为现代高山滑雪的先驱。1922年,伦恩在瑞士的Muerren举办了第一次高山回转比赛。两年后,伦



恩与施奈德合作组织的高山滑雪比赛,成为奥运会上第一个高山滑雪比赛。他们创办的阿尔贝格-堪达尔滑雪赛结合了高山回转和速降,形成了第一个正宗的高山滑雪体系,为后来高山滑雪被吸纳为奥运会的比赛项目奠定了基础。1931年,举行了首届男子高山速降和回转的世界锦标赛。1950年,举行了女子世锦赛。1966年,创办了国际滑雪联合会的世界杯赛,于1966—1967年首开赛季。1936年,高山滑雪成为加米施-帕滕基兴冬奥会的比赛项





目,比赛为男子和女子的高山全能项目。



The Olympic alpine competition consists of 10 events: five for women and five for men. The rules are the same for men and women, but the courses differ. The alpine events are Downhill, Super-G, Giant slalom, Slalom, and Combined. The downhill features the longest course and the highest speeds in alpine skiing. Each skier makes a single run down a single course and the fastest time determines the winner. Super-G stands for super giant slalom, an event that combines the speed

of downhill with the more precise turns of giant slalom. The course is shorter than downhill but longer than a giant slalom course. Each skier makes one run down a single course and the fastest time determines the winner. Giant slalom, also known as the GS. It is a looser version of the slalom, with fewer and wider, smoother turns. Each skier makes two runs down two different courses on the same slope. The times are added, and the fastest total time determines the winner. The slalom features the shortest course and the quickest turns. As in the giant slalom, each skier makes two runs down two different courses on the same slope. Both runs take place on the same day. The times are added and the fastest total time determines the winner. The combined event consists of one downhill followed by two slalom runs. The times are added together and the fastest total time determines the winner. The combined downhill and the combined slalom are contested independently of the regular downhill and slalom events, and the combined courses are shorter than the regular versions. In 2002, for the first time at an Olympic Winter Games, the entire combined event was held on a single day at the same venue.

冬奥会的高山滑雪分 10 个项目,男、女各 5 项。男女的比赛规则一样,只是路线不同。高山滑雪比赛包括速降、超级大回转、大回转、小回转和高山全能项目。速降是高山滑雪中路线最长、速度最快的项目。每个运动员从同一条路线上滑下,速度最快的就是胜者。超级大回转是指 super giant slalom,它结合了大回转的转弯和速降的速度,超级大回转的路线比速降的短,但比大回转的路线长。每个运动员从同一条路线上滑下,速度最快的就是胜者。大回转也称 GS,它比小回转的难度小,转弯少,且弯道更平更宽。大回转比赛有两轮滑行,这两轮滑行在同一斜坡进行,但路线不同。两轮比赛的成绩相加,用时最少的选手获胜。与其他项目相比,小



回转的路线最短,转弯也最急。与大回转一样,每个运动员要在同一斜坡的不同路线上进行两轮滑行。两轮比赛在同一天进行,两轮比赛的成绩相加,用时最少的选手获胜。高山全能由一个速降和两个回转组成,每项比赛的成绩相加,用时最少的选手获胜。全能项目中的速降和回转不同于常规的高山速降和回转,比赛路线也短于常规项目中的比赛路线。2002年冬奥会中,全能项目首次在同一天、同一场地进行。

More Abousting

History of Alpine Skiing 高山滑雪的历史



Though humans have been skiing since 3000 B.C., it's been only about 100 years since skiing changed from a means of transportation to a means of recreation. And when humans started skiing for fun, they decided that one way to have a good time was to ski downhill as fast as they could.

The words "alpine" and "nordic" also show how the two forms of skiing developed. "Nordic" refers to Scandinavia, where skiing began and where the land is relatively flat. "Alpine" refers to the Alps, that steep and grand mountain range in the center of Europe. Nordic skiers pushed themselves across flat land, while alpine skiers raced down steep mountains.

The first alpine skiers were wealthy British,

who enjoyed hiking in the Alps during summer. Skiing was a way to enjoy those same Alpine villages and valleys in the winter. British loved to go fast, so they started racing on skis. One race, the downhill, determined who could go the fastest. Another race, the slalom, determined who could go the fastest around obstacles—in this case, sticks stuck into the snow. The first downhill ski race was the Roberts of Kandahar Cup, staged in Switzerland in 1911. This race continues today on the World Cup circuit as "The Kandahar". The late 1920s and 1930s gave the sport another big boost with the invention of uphill transportation. By 1932, the FIS gave its blessings to alpine skiing. Alpine ski racing appeared at an Olympic Games in 1936.



A pair of flags set on slalom poles through which a skier must pass in alpine events.

Slalom Poles 回旋标杆

All poles used in the alpine disciplines are described as slalom poles and are subdivided into rigid poles and flex-poles. The slalom poles must be coloured red or blue. The turning pole must be a flex-pole.





Draw 抽签

A method of determining the start order for an alpine race. Because a course becomes more difficult as racing goes on, the top 15 ranked skiers are always the first group to go. Their start positions are determined randomly. In events that requires two runs, the start order is reversed in the second run.



Intermediate time 时间间隔

Time of competitor at an intermediate point of the course, it is of the interest to those following the event but has no effect on the result.

Olympic Alpine Skiing 高山滑雪的奥运会比赛项目

There are five types of alpine skiing events: downhill, slalom, giant slalom, super giant slalom (or super G) and combined. The downhill and super G are considered "speed" skiing races, challenging the athlete to complete a long, steep and fast course featuring few wide turns in the fastest possible time. The slalom and giant slalom are considered "technical" skiing races, challenging the athlete's ability to maneuver down a

shorter course of closely-spaced gates. The combined event features a downhill race and a slalom race over two days. The rules for women's and men's alpine events are same except the number of gates used and the vertical drop required. All five alpine races are timed events, with athlete racing the clock. Speed races (downhill and super G) are won with only one run while technical races (slalom and giant slalom) and won with the combined times of two runs. Times are kept to 1/100th of the second.



Downhill 速降

The downhill event is the fastest of all skiing events. Athletes race down a course that follows the contour of the mountain. The course may include large jumps, but must be free of rocks, stumps and other dangerous obstacles. A Downhill gate consists of four slalom poles and two flags. The width of the gates must be at least eight m. Cours-

es are marked with red gates. If men and women use the same course, the additional gates for women must be blue. The vertical drop of course is 800m -1100m for men and 500m -800m for women. A single downhill run will last approximately two minutes. Athletes are required to wear helmets and must take at least one timed training run to familiarize themselves with the course. Each athlete takes only one run, and the fastest time wins. An athlete that misses a gate is disqualified.





In the slalom event, athletes race down a course consisting of many gates. Two courses are set up on one slope. After the athlete races on both courses, his or her combined time determines the place among the participants.

The course must be set on slopes with a gradient of 33% to 45%. Its vertical drop is 180m -220m for men and 140m -200m for women. The gates consist of pairs of flags, alternating red and blue. A gate must have a minimum width of 4 m and a maximum of 6 m.

Each skier must pass through the gate with his or her ski tips and feet, and is disqualified immediately if he or she misses a gate. There are 55-75 gates on the course for men, 45-65 gates on the course for women, and the distance from turning pole to turning pole of successive gates may not be less than 0.75 m nor more than 15 m.

Giant slalom 大回转

The giant slalom is faster and longer than the slalom event. Like the slalom, athletes race down a course consisting of many gates, and two courses are set up on one slope. The winner is the skier with the fastest combined time of the two runs.

A giant slalom consists of a variety of long, medium and small turns. The competitor should be free to choose his own line between the gates. The gates consist of pairs of flags, alternating red and blue,



spaced at least four m and at most 8 m apart which skiers must pass through with ski tips and feet. Unlike slalom, the number of gates is determined by the vertical drop of the slope—the number of gates is 11-15 percent of the drop in meters. The vertical drop of course is 300m -450m for men and 300m -400m for women. Missing a gate is grounds for immediate disqualification.

Super G 超级大回转

The super G event is a blending of the downhill and giant slalom races. The athlete with the fastest time after one run is the winner. Athletes race down a course consisting of many gates—a minimum 35 gates for men and 30 for women. A Super-G gate consists of four slalom poles and two flags, and are colored alternately red and blue. The gates must be at least 6 m and at most 8 m wide from inner pole to inner pole for open gates and at least 8 m and at most 12 m for vertical gates. The super G course is shorter than the downhill course but longer than the giant slalom, its vertical drop is 500m -



650m for men and 400m—600m for women. Gates are set at least 25 m apart. Missing a gate is grounds for immediate disqualification.

Combined event 高川全能

The combined event includes a downhill race and a slalom race. The event falls over two days, but competitors follow the same rules for each race. The winner is the athlete with the fastest combined time after one downhill run and two slalom runs. Missing a gate is grounds for immediate disqualification.

Poles for alpine skiing 高川滑雪的雪杖

In the downhill and super-G, poles are curved to fit around the body to reduce air resistance. In the slalom events, poles are straight and often have plastic guards covering the knuckles to help skiers knock the slalom poles out of their path.

Video controller 录像裁判

An official who watches on closed circuit television. If the video controller believes that a skier missed a gate. it must be reported to the gate controller.

著名的高山滑雪运动员

Anton Sailer (Austria) 安东· 寒勤



Austria's Anton "Toni" Sailer, known as "The Blitz from Kitz" because of his hometown, was the greatest Alpine skier in Olympic history. Although his feat of winning all three Alpine events at the 1956 Winter Games was matched by Jean-Claude Killy12 years later, Sailer's overall performance was far more impressive. He won the downhill by 3.5 seconds, the slalom by 4.0 seconds and the giant slalom by a remarkable 6.2 seconds, whereas Killy's margins of victory were far narrower. Sailer was also World Champion at Alpine combination (1956, 1958) and the downhill and slalom (1958). His career at the international level lasted only four seasons before he retired to become a hotelier and an

occasional film actor and singer. A national hero, he was appointed technical director of the national Alpine team in 1972.

Janica Kostelic (Croatia) 扎尼卡·科斯特里奇

While traveling on the junior ski circuit in Europe, Janica Kostelic and her family did not have enough money to stay in hotels, so they slept in tents and in their car. Kostelic competed at the 1998 Nagano Olympics when she was only 16 years old, but her real breakthrough did not take place until 2000-2001 season, when she won







the overall World Cup title. Back home in Zagreb, she was presented with a bouquet of 1 256 roses—the number of points she earned that season. Her nation also honoured her by making her the first athlete to appear on a Croatian postage stamp. During the Salt Lake City Olympics, Kostelic had a spectacular ten days. She began by recording the fastest time in each of the three runs of the combined event, winning by almost 1.5 seconds. Next she finished second in the super-G, missing a gold medal by only five hundredths of a second. Three days later, she edged Laure Pequegnot by seven hundredths of a second to win the slalom. Finally, she led both runs of the giant slalom to earn her third gold medal and her fourth total medal.

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Kjetil Andre Aamodt (Norway) 基蒂尔·安德列·阿莫特

Three months before the Albertville Olympics, Kjetil André Aamodt was hospitalised with mononucleosis. He was so ill that he lost 11kg and had to be drip-fed. Remarkably, he returned to training two months later, and six weeks after that he won the super G to become Norway's first Olympic Alpine medalist in 40 years. He also won a bronze medal in the giant slalom. At the 1994 Lillehammer Games, Aamodt earned silver medals in the downhill and the combined and a bronze in the super G. At the Salt Lake City Games in 2002, Kjetil André Aamodt won two gold medals, one in the super G and the other in alpine combined. He became the first alpine skier in Olympic history to win seven career medals.



Katja Seizinger (Germany) 卡特加·赛青格尔

Katja Seizinger was an anomaly in the world of German skiing because she grew up not in the mountains of Bavaria, but in the industrial Ruhr region. As Seizinger put it, this area in northern Germany is "as flat as my hand". At the 1992 Albertville Winter Games, she placed fourth in the downhill and then earned a bronze medal in the super giant slalom. Two years later in Lillehammer she entered four events, but only finished one: the downhill. However her time in this event won her the gold medal. At the Nagano Games she became the first skier, male or female, to win the Olympic downhill twice. The next day she earned a third gold medal by winning the alpine combined event.



Ingemar Stenmark(Sweden) 英格马尔·斯滕马克

He grew up to be the most successful alpine ski racer in history. He eventually won 86 World Cup races. Only one other skier has won even half that many. During the 1978-1979 season, Stenmark won 13 World Cup races, setting a record that no man has beaten. However, in September 1979, Stenmark took a bad fall dur-



ing a downhill training session and received a major concussion. He was back in shape for the 1980 Olympics five months later, but he skipped the downhill. Back in 1976, Stenmark had earned a bronze medal in the giant slalom after lying in only eighth place after the first run. In the same event

in Lake Placid, Stenmark was third after the first run. His second run time was almost a second faster than the other skiers

and he won the gold medal by three quarters of a second. Three days later, he came from behind again in the slalom, moving from fourth to first place with a great second.

Vreni Schneider (Switzerland) 弗若妮·施奈德



Vreni Schneider, the daughter of a village shoemaker, first competed in the Olympics in 1988. At the Calgary Games she won the giant slalom and then, two days later, the slalom. During the following season, 1988-1989, Schneider won14 World Cup races to set a single season record that still stands. She continued to dominate women's

alpine skiing in the years to come, but at the 1992 Winter Olympics she was hampered by a herniated disc and finished out of the medals. At the 1994 Lillehammer Games, however, she was back in full form. She earned a silver

medal in the combined event and a bronze in the giant slalom. Fifth after the first run of the slalom, Schneider attacked the second run with such intensity that she won the gold medal. Schneider was the first female alpine skier to win three gold medals and the first to earn five total medals.



Free-style skiing

自由式滑雪

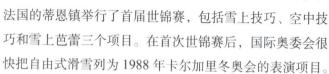




Freestyle skiing originated in America in the 1960s, when social change and freedom of expression led to new and exciting skiing techniques. Originally a mix of alpine skiing and acrobatics, freestyle skiing developed over the decades into the present-day Olympic sport. The first freestyle skiing competition occurred in 1966 in Attitash, N.H., and showcased technical and freestyle excellence. The International Ski Federation(FIS) recognized freestyle as a sport in 1979 and brought new regulations regarding certification of athletes and jump techniques in an effort to curb the dangerous elements of the competitions. The first World Cup series was staged in 1980 and the first World Championships occurred in 1986 in Tignes, France, fea-

turing moguls, aerials and ballet. Shortly after its World Championship debut, the IOC selected freestyle skiing as a demonstration event at the 1988 Calgary Olympics. Freestyle skiing proved a success in Calgary, and the IOC decided to add freestyle to the Olympic program in Albertville.

自由式滑雪源于二十世纪六十年代的美国,时代的变化和人们对自由的崇尚激发蕴育了这种新的、充满刺激的滑雪技艺。集高山滑雪和空中技巧为一身的自由式滑雪,历经几十年的发展成为今天我们看到的奥运比赛项目。1966年,在美国新罕布什尔州的阿提塔什举行了首次自由式滑雪比赛,向人们展示了高难的滑雪技巧和自由浪漫的滑雪风范。1979年,这项运动获得国际雪联(FIS)的承认,各种制约运动员在比赛中采用危险跳跃动作的规章也随即产生。另外,自由式滑雪运动员都必须按国际雪联规定取得资格证明。1980年,举办了首届自由式滑雪世界杯赛。1986年,在



SATURE 2



在这次冬奥会上,自由式滑雪取得了很大成功,国际奥委会遂将其列为阿尔贝维尔冬奥会的正式比赛项目。

Free style skiing consists of men's and women's moguls and aerials. Mogul skiers race down a 27-degree slope over large uniform bumps called moguls (from the Austrian word "mugel", which means "mound" or "small hill"). The length of the

run is between 230 and 270 m with bumps up to 1.2 m high. To receive good scores, competitors must make high-quality, aggressive turns while remaining in the fall line (an imaginary line that combines the steepest pitch and most direct line, from top to bottom, of any slope). Skiers absorb the impact of the bumps by bending at the knees and hips. In the aerial competitions, athletes perform various combinations of flips and twists off snow-packed jumps as high as 4 m, with takeoff angles as steep as 70 degrees. The competitor chooses the one most suitable for the planned maneuver. Both men and women compete with multiple twisting somersaults. Skiers will drop from a height equal to that of a three-or four-story building. The landing area has a 37-degree gradient and is covered in soft, churned snow to absorb the impact of the landings.

自由式滑雪包括男子和女子的雪上技巧和空中技巧。雪上技巧的场地是坡度为 27 度的陡坡,上面设有许多均匀的小山包(mogul 由奥地利的 mugel 一词而来,意思为土堆或小山包)。雪上技巧的场地长 230~270m,小山包的高度为 1.2m。运动员要想取得优异的成绩,必须沿直接下滑线(一条想象的结合了最倾斜的角度和直线路段的高低两点间的最短路线)完成一系列技术纯熟的转弯和回转。运动员应控制和运用好髋膝关节的弯曲,来缓冲小雪包带来的冲击。空中技巧是指运动员在高4m、坡度为 70 度的起跳台上跃起,在空中完成空翻和转体动作。运动员根据自己的跳跃动作选择适当的跳台。空中技巧比赛中,男女运动员都必须完成各种空翻动作。运动员在相当于 3~4 层楼高的空中完成动作。着陆坡是坡度为 37 度的斜坡,上面用松软的雪铺设以减小着陆时的冲击。



Snowboarding

滑板滑雪



Snowboarding was developed in the United States in the 1960s. Many people point to Sherman Poppen as the innovator of the snowboard in 1965. Men's and women's snowboarding made their Olympic debuts at the Nagano Games in 1998 with alpine and freestyle competitions. The alpine event has been changed from the traditional giant slalom to a parallel giant slalom featuring head-to-head competition and an exciting elimination format. The halfpipe returns as the freestyle event. There

are four snowboard events: men's halfpipe, women's halfpipe, men's parallel giant slalom and women's paral-

lel giant slalom. The halfpipe competition takes place in a half-cylindershaped course dug deep into the hill. The pipe is generally 3 to 4 m deep and 110 m long with an 85-degree pitch and high vertical walls on each side. Using speed gained on the slope, snowboarders come up over the rim of the pipe and perform acrobatic aerial tricks. The object of the halfpipe is to perform difficult tricks with perfect form.

滑板滑雪源于20世纪六十年代的美国。大多数人认为是谢尔 曼·皮蓬在1965年发明了这项运动。1998年长野冬奥会上、滑板滑



雪首次成为比赛项目, 比赛包括高山滑板滑雪和自由式滑板滑雪。高山滑板滑雪项目中, 平行大回转取代了 传统的大回转,使比赛更加激烈。U形滑道滑雪是自由式滑板滑雪比赛中的一种。滑板滑雪的四个项目包 括: 男子和女子滑道技巧、男子和女子平行大回转。U 形滑道滑雪的场地为 U 形滑道,滑道深 3~4m、长 110m, 坡度为 85 度, 场地两边设有陡峭的高墙。运动员借助斜坡滑行的力量, 在 U 形滑道的边缘表演各种 空中特技。滑道技巧的目标是要熟练地完成内容和形式完美的各种高难动作。

More Abouting

Origin of Freestyle Skiing 自由式滑雪的起源

Freestyle skiing can trace its early roots back 200 years to Norwegian peasants who pioneered rudimentary aerial competitions and trick skiing. At the beginning of the 20th century, somersaults on skis were recorded in Norway and Austria, and in the early 1920s, United States skiers started to flip and spin. In the 1950s and 1960s, skiers on both continents continued to experiment at new ways of moving and jumping on skies. This attitude of creativity marked the emergence of a new sport, known as "hot dogging" or "freestyle".

A professional circuit started to grow in the mid-1960s and flourished in the

1970s, attracting corporate sponsorship and large crowds. Freestyle evolved into the three separate disciplines of moguls, aerials and ballet, with a combined title awarded to those who competed in all three. In 1975, John Johnston, a professional Canadian freestyle athlete and pioneer of freestyle's amateur status, approached the International Ski Federation (FIS) about making freestyle a recognized FIS event, with a view to ultimately gain Olympic medal status. By 1979, all professional freestyle athletes were offered an opportunity to turn amateur, launching a new era in the development of freestyle. A World Cup circuit was organized by FIS in 1980.



Mogul 雪上技巧

Mogul skiers perform on a run that is between 230 and 270 m long, has an approximate slope of 27 degrees, and is covered with moguls, or small hills, that measure up to four feet high.

There are seven judges: five review the merits of the turns and two review the merits of the in-air maneuvers. Judges scores make up 75 percent of the total score. "Turn" judges score the ability of the athlete to ski a controlled and clean run down the course and the quality of the mogul turns, which should be aggressive. The high and low "turn" scores are dropped. The "air" judges score the execution, height, distance and landing of the aerial performance while factoring for the jump's degree of difficulty. The two "air" scores are averaged and added to the "turn" scores. The final 25 percent of the athlete's score is the objective mea-



surement of time in comparison to a pre-set time standard — finish the run under the time standard and points are added to the athlete's total score and vice versa.

In order to receive high judges' scores, athletes should try to keep their shoulders square to the finish line, the turns should be sure, short and quick, and the skis should not leave the surface except when performing a jump. Jumps are placed at the one-third and two-thirds marks on the slope. Mogul skiers combine two or more tricks in the air, but inverted moves are prohibited. Some common tricks include a spread eagle, helicopter, twister, daffy or back-scratcher.

All athletes participate in the first run. The top-scoring 16 athletes advance to the final, which consists of another one run, but the first run scores do not carry over. The athlete with the most points wins.

Aerial 空中技巧

Aerial skiers start on an "in-run" slope (a starting run) that is 180 feet long and has a 25-degree slope. There are several ramps at the bottom of the in-run and each has a different height and concave radius. The takeoff angle may be as high as 70 degrees. The landing hill is 105 feet long and has a 37-degree slope. Athletes may select the ramp that is best for the aerial planned.

There are seven judges: five to evaluate the merit of "air" and "form", two to evaluate the merit of the landing. "Air" refers to the takeoff, height and distance of the jump and "form" refers to the style, execution and precision of the whole performance. The air and form judges score the performance with 7.0 as



the best score. The low and high scores are dropped and the remained scores are added together. The landing judges score with 3.0 as the best score. The landing scores are averaged, multiplied by three, and are added to the air and form total. This total is multiplied by a pre-set degree of difficulty to determine the athlete's total.

Each athlete performs two jumps per round. After the preliminary round, in which all athletes participate, the top-scoring 12 men and 12 women advance to the final round. The participants perform in reverse standing order (the athlete in first after the preliminary round goes last in the final rounds). The preliminary scores do not carry over. The athlete with the most points wins.

Acro (Ballet)雪上芭蕾

One of the three competitive disciplines in freestyle skiing, formerly known as ballet. Short for "acrobatic", this discipline consists of a choreographed routine made up of spins, jumps, steps, and acrobatic maneuvers done to music. Competitors are judged for technical difficulty, composition, and style.

nown as ed rouo music.

Maneuvers of Freestyle Skiing 自由式滑雪的一些动作

Back scratcher 后屈小腿挺身跳

A freestyle maneuver in which the skis are kicked up in the back to a minimum angle of 90 degrees as viewed from the side.

Daffy 纵大一字跳

A freestyle maneuver in which one leg is kicked forward, while the opposite leg is kicked backward. This results in a "splits" position.

Helicopter 直体转体 360 度

A freestyle maneuver in which the body is rotated a full 360 degrees.





Back scratcher

Daffy

Spread Eagle 横大一字跳

A freestyle maneuver in which the arms and legs are extended to the sides, away from the body.



Helicopter



Spread Eagle

Twister/Twist 直体上肢扭摆 90 度

A freestyle maneuver in which the skis are twisted a minimum of 90 degrees to the side. The hands and arms may move in the opposite direction to counter the twisting of the skis.

Zudnik 前屈跳

A freestyle maneuver in which the body is bent at the waist by bringing the upper body forward and down, and the lower body forward and up.

Kosak 哥萨克跳

A combination of a spread eagle and a zudnick.



Origin of Snowboard 滑板滑雪的起源

The sport of snowboarding has come a long, long way since Sherman Poppen of Michigan, USA, braced a pair of skis together and tied a rope to the front end for stability so his daughters would have something to pass the time during the winter of 1965. Poppen dubbed his creation the "Snurfer", combining the words snow and surf. A New York businessman named Jake Burton Carpenter took the Snurfer to the next level when he packed up and moved to the Stratton Mountain area of southern Vermont in 1977. He began making and selling his first boards and Burton Snowboards was born.

By 1980, snowboarding's popularity had grown, and surf and skateboarding magazines began to run articles on the emerging sport. In 1981, the first officially recognized snowboarding event took place in Leadville, Colo., USA. By the mid-1980s, snowboarding's popularity erupted and the modern industry was born. In the early 1990s, snowboarding became mainstream, attracting the interest of ski manufacturers, which strengthened the sport's status in the marketplace.



Snowboard Equipment 滑板滑雪的器材

Halfpipe U 形滑道

The snow structure on which the halfpipe competition is contested. It is made up of two walls of the same height and size and a transition area in between.

Lip 滑道上沿

The top edge of the halfpipe wall

Halfpipe board U 形滑道滑雪板

A wide and flexible board is essential for balance and tricks. It allows to ride forward and backward (twin tip snowboard).

Giant slalom board 大回转滑雪板

Giant slalom boards are stiff and narrow, which is ideal for turns and high speed. They are longer than freestyle snowboards.

Nose 滑雪板板头(板鼻)

The front tip of the snowboard

Tail 滑雪板板尾

The rear tip of the snowboard

Heel edge 滑雪板足跟边

The edge of the snowboard closest to the heels

Toe edge 滑雪板足尖边

The edge of the snowboard on which the toes rest

Effective edge 滑雪板有效边

The part of the edge of the snowboard that is in contact with the snow; it does not include the edges of the tip and tail.

Olympic Snowboarding 滑板滑雪的奥运会项目

Olympic snowboarders compete in two events: the halfpipe and the giant slalom. Men and women compete separately in each event, giving snowboarders a total of four Olympic medal possibilities.

Halfpipe U 形滑道技巧

The halfpipe, or freestyle, competition is held on a trough-like course carved out of the snow. Because the field of play resembles a pipe cut in half length-wise, the event is called "half-pipe". A halfpipe is typically 110 m long with 3-4 meter-deep vertical sides, each with a 85-degree rounded slope.

By gaining speed down the in-run slope of the halfpipe, snowboarders jump over the rim of the halfpipe and perform acrobatic

tricks while still in the air. Athletes can enter the halfpipe on either side of the pipe, but are judged from the moment they enter the pipe to their exit from the pipe at the bottom. Five judges rate the performance based on merits of standard technique, rotation, height, landing and technical value.

Alpine -parallel giant slalom 高山平行大回转

In the giant slalom event, snowboarders race against the clock down a course of gates. This snowboarding







event is very similar to the alpine skiing event of the same name. Each athlete takes two runs (on two separate courses) in one day. The athlete with the fastest aggregate time wins the event. Athletes in the snowboard giant slalom automatically start the clock when they pass through the start gate at the top of the hill. Because snowboarders do not use ski poles to help them start, the athletes use a set of fixed handles to help propel them out of the gate. The athletes must navigate around a series of triangular gates. These gates are shaped



differently than standard alpine gates because of the extreme angle of lean snowboarders must use to make corners on the snow. The athlete may touch the gate, as long as his or her board clears the gate without going through it. If an athlete misses a gate, he or she must go back and complete the gate, or will be disqualified. Falling is not grounds for disqualification.

Maneuvers of Snowboard 滑板滑雪的一些动作

Air 坡道腾空

A trick performed on the wall of the halfpipe, grabbing the heel edge of the board with the hand.

Handplant 单手倒立

A manoeuvre where the rider places both hands or the rear hand on the lip of the halfpipe and rotates 180 degrees in the frontside or backside direction.

Wall 骑墙

If a snowboarder rides straight down the halfpipe, the side of the halfpipe that is in front of the rider or behind the rider.

Rotation 旋转

Rotating clockwise for a regular-footed snowboarder or rotating counter-clockwise for a goofy-footed snowboarder.

Ho ho 双手倒立

Any two-hand handplant.

Ollie 翱骊(也译作豚跳)(用双脚带板起跳)

A method to obtain air without jumping. It is performed by first lifting the front foot, then lifting the rear foot as the rider springs off the tail.

Edgar Grospiron (France) 埃德加·格罗斯皮隆

Freestyle skiing, specifically the moguls event, made its debut at the 1992 Albertville Olympics. The local fans hoped for a French victory and they were not disappointed, as their entrants finished first, second and fourth.

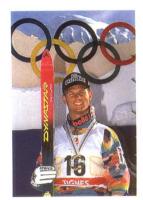




The winner was the popular Edgar Grospiron, who recorded the fastest time of the final and the second best scores for turns and air. His supporters broke down the security fence lining the course and hoisted him on their shoulders. When asked if he followed a special diet while training, Grospiron answered, "Yes". One weekend red wine and the next weekend white wine. In 1994, he competed in the Lillehammer Olympics and earned a bronze medal.

Gian Simmen (Switzerland) 吉安·西门

The snowboarding halfpipe event was added to the Olympic program in 1998. Gian Simmen, a 20-year-old from Arosa, Switzerland, was not one of the favourites. The competition began with a qualifying round. The top six snowboarders advanced directly to the final. The rest of the entrants took part in a second qualifying round. The top six in that round also went on to the final. In the opening round, Simmen finished only 21st. He scraped through to the final by placing third in the second qualifying round. Once in the final, however, Simmen performed like a champion. Competing in a downpour, he put together two solid runs and earned a clear victory. "I can't believe it", he said. "I've never ridden like this before. Maybe only in my dreams."





KEY WORDS 重点词汇

| Alpine skiing | 高山滑雪 | downhill | 速降 |
|------------------------|-----------|-----------------------|-------|
| super-G | 超级大回转 | giant slalom | 大回转 |
| slalom | 小回转 | free-style skiing | 自由式滑雪 |
| moguls | 雪上技巧 | aerials | 空中技巧 |
| helicopter | 直体转体 360° | snowboarding | 滑板滑雪 |
| halfpipe | U形滑道滑雪 | parallel giant slalom | 平行大回转 |
| freestyle snowboarding | 自由式滑板滑雪 | , | |

龙

Chapter 79

The Biathlon and Curling 现代冬季两顶、冰上溜石

Biathlon 现代冬季两项运动一词源于古希腊语, 意思就是两项运动。现在特指越野滑 雪和射击运动的结合。最早的冬季两项与其说是一种活动,还不如说是一种生存方式。北 欧人从最初的滑着雪去猎食,到后来身背武器滑雪保卫祖国。到19世纪末,逐渐发展成 一种运动。

Curling 冰上溜石起源于 16 世纪的苏格兰,最早的关于冰上溜石的记录源于 1541 年 苏格兰的佩斯利—阿贝。1716年,第一个冰上溜石俱乐部在斯特林士尔的克尔赛茨成立。 20世纪冰上溜石最重要的发展要算是砥石的标准化和室内冰上场地设施的使用。冰上溜 石在1998年的长野冬奥会上首次被列为正式比赛项目。











Biathlon

现代冬季两项





The word "biathlon" stems from the Greek word for two contests. Today it's interpreted as a joining of two sports: cross-country skiing and rifle shooting. Biathlon originally was a tactic of survival rather than a sport. Northern Europeans skied to hunt for food and, later, skied with weapons to defend their countries. The first known biathlon competition took place between two Norwegian guard companies in 1767. A century later, rifle and ski clubs could be found throughout Norway as recreation began to complement military training. The Union Internationale de Pentathlon Moderne et Biathlon was founded in 1948 and worked for the development of both sports in Olympic competition. They instituted annual World Championships for the modern pentathlon in 1949 and for the men's

biathlon in 1958. The biathlon World Championships debuted in Saalfelden in Austria, and are held every year with the exception of Olympic years. A women's World Championships has been held every year since 1984. Since 1993, the sport has been governed by the International Biathlon Union (IBU). Biathlon was included as a military exercise in the first Olympic Winter Games in 1924 and continued as a demonstration sport in 1928, 1936 and 1948, but was removed from the Games after World War II because of post-war sensitivities. Officially, biathlon was added to the Olympic program at the 1960 Squaw Valley Games in California with a men's 20km individual event. In 1968, the four-man relay event was added to the program and the sprint competition was added 12 years later in Lake Placid. In 1992, women made their Olympic biathlon debut with individual, sprint and relay events in Albertville. The men's and women's pursuit events was contested for the first time at the Olympics in Salt Lake City.

现代冬季两项运动一词源于古希腊语, 意思就是两项运动。现在 特指越野滑雪和射击运动的结合。最早的冬季两项与其说是一种活 动,还不如说是一种生存方式,北欧人滑着雪去猎食,后来,身背武 器滑雪以保卫祖国。第一次有记载的冬季两项比赛于 1767 年在两个 挪威保安公司间进行。一个世纪后,射击和滑雪俱乐部遍及挪威,并 由一种休闲运动开始发展成军事训练的补充。国际现代五项和冬季两 项联合会成立于1948年,并致力于这两项运动在奥运会上的推广。









他们组织的每年一度的现代五项世界锦标赛开始于 1949 年,男子冬季两项世锦赛开始于 1958 年,该赛在奥地利的萨尔佛登举行。此后,除了奥运会年以外的每年举行一次。女子世界锦标赛于 1984 年起每年举行。自1993 年起,该运动由国际冬季两项联合会管理。冬季两项作为一种军事练习于 1924 年首次进入冬季奥运会,并作为表演项目出现在 1928 年、1936 年和 1948 年冬奥会上。但在二战后它被取消了奥运会资格。现代冬季两项正式列入奥运会是在 1960 年的斯阔谷冬奥会上,当时设立的项目是男子 20km。1968 年增设了男子四人接力赛。短距离赛在十二年后

的浦莱西德湖冬奥会上设立。1992年,女子冬季两项个人赛、短距离赛和接力赛在阿尔贝维尔首次被列入奥运会。男女追逐赛在盐湖城冬奥会上首次设立。

During a biathlon race, athletes have the daunting task of combining two very different sports and athletic qualities in one event. Competitors cover as many as 20 kilometers of snow-packed trail and shoot up to 20 targets in the same competition. While on skis, athletes must exert themselves completely to finish the race in the least amount of time. During the shooting, competitors must be completely calm, relaxed and focused on the target or they will miss targets and be penalized with added time or more skiing. While skiing, athletes' heart rates will often exceed 180 beats per minute. When they stop at the rifle range, however, they must relax and focus to shoot accurately at a coin-sized target from a distance of 50 meters. This requires rigorous daily training, extraordinary self-control and powerful concentration. There are eight biathlon events in the Olympic program.





Men and women will compete in a sprint, pursuit, individual and relay. Although all biathlon disciplines combine skiing and marksmanship, the sport features several distinct events. During the sprint, women race 7.5 kilometers and men race 10 kilometers. Competitors stop twice and must hit all five targets with five bullets. For each target missed, athletes take a lap around the 150-meter penalty loop. The top 60 finishers of this competition qualify for the pursuit. In the pursuit, the competitors start at intervals based on their finish in the sprint competition. Women race 10 kilometers and men race 12.5 kilometers. Competitors stop four times and must hit all five targets with five bullets. For each target missed, athletes take a lap around the 150-meter penalty loop. The pursuit made its Olympic debut at the Salt Lake City Games.

在现代冬季两项比赛中,运动员要将两种截然不同的项目和运动素质结合到一起,这的确是一项令人畏惧的比赛。运动员要进行 20km 的越野滑雪,中途要对 20 个靶子进行射击。在越野滑雪中,运动员必须全力以赴在最短时间内完成赛段;而在射击中,运动员必须保持绝对的冷静和放松去瞄准靶心,否则脱靶就会被罚加时或加滑。在越野滑雪中,运动员的心跳常会超过每分钟 180 次;然而当他们来到射击区内,他们又必须冷静下来集中精力射击 50m 外硬币大小的靶子。这



要求很严格的日常训练,尤其是超人的自控和聚精会神的能力。冬奥会的现代冬季两项比赛共设八个小项: 男、女的短距离赛、追逐赛、个人赛和接力赛。虽然所有冬季两项的比赛都是越野滑雪和射击的结合,但比赛却各有不同的特点。在短距离比赛中,女子赛段长 7.5km,男子为 10km。参赛选手中途要停下射击两次,每次射五发子弹。每脱靶一次,运动员被罚跑一个 150m 的处罚圈。这项比赛的前 60 名有资格进入追逐赛。在追逐赛中,运动员按时间间隔逐个出发,其顺序依照短距离赛的成绩。女子赛程为 10km,男子为 12.5km,中途停下射击四次,每次射五发,每脱靶一次加罚一个 150m 的处罚圈。追逐赛在盐湖城冬奥会上首次设立。

More About tathlon

International Biathlon Union (IBU) 国际冬季两项联盟



IBU

The International Modern Pentathlon Union (UIPM) was founded on August 3, 1948 in Sandhurst. In 1956, UIPM recognized both Modern Pentathlon and Biathlon Federations of each member nation, B added to UIPM to form the acronym UIPMB. Biathlon was added to the Olympic program at the 1960 Squaw Valley Games. In 1992, UIPMB decided to separate Modern Pentathlon and Biathlon. The International Biathlon has emerged from the UIPMB and was founded on July 2, 1993 in Heathrow

near London. In the following five years, the International Biathlon Union (IBU) was a member of the UIPMB. In 1998, IBU separated formally from UIPMB. In 1999, IBU officially registered its seat on June 1 in Salzburg, Austria. The IBU is the top organization to represent the Biathlon sport on a world wide basis. At present, 61 member federations are regular members to form the International Biathlon Union.

^[11] 截止到 2002 年 12 月。

Shooting Ranges 射击区域

The present day range is 50 meters in length. The shooting range has gone through major changes over the last 40 years. The traditional course consisted of four ranges that the biathletes would ski to. The distance varied from 150m, 200m and 250m for prone shooting and 100 m for the standing. The rifle used was a high power eight mm in caliber. In 1963 the Germans suggested one stadium with all four ranges. This was to accommodate the spec-



tators With the introduction of the 22 cal rifle competition rile in 1978 the range requirements changed to today's 50 m range.

standing position 卧射, Prone position 立射

Target 靶子

The size of the target varies according to the position (standing or prone) of the contestant. If a contestant hits a target that is coloured black, a white disc slides across it, indicating a successful shot.

Shoot clean 全中

Hitting all five targets during one shooting stage.

Declared rounds 申报子弹

In relay events, eight bullets are carried in each clip. Upon entering the range, the biathlete must deposit the extra three rounds in a cup at his shooting point before beginning to shoot. The five rounds from the clip are used to hit five targets. If more rounds are needed, the extra declared rounds may then be hand-loaded one at a time and used.

Penalty loop 处罚圈

Loop of 150m that must be skied when targets are missed during the sprint, pursuit and relay events. One loop is skied for every target missed and takes anywhere from 20 to 30 seconds. No penalty loops are used in the individual events. Instead, a one-minute penalty is added for each miss.

Skate 滑冰式滑雪

The technique used while skiing. Longer poles are used to drive skiers forward, gliding out onto the right leg and then back to the left leg. The skier moves in a right-to-left direction as opposed to being propelled straight down the trail. No ski tracks are used.

Aleksandr Tikhonov (USSR) 亚历山大·吉洪诺夫

Aleksandr Tikhonov holds a special place in the Olympics record book be-







cause he is the only person in the history of the Winter Games to win the same event four times. Tikhonov's spe-



cialty was the 4×7.5 km biathlon relay. In 1968 and 1972 he was the leadoff skier for the team from the USSR.In 1976 he anchored the Soviet squad and in 1980 he skied the second leg. Each time, the USSR won decisive victories. Tikhonov also earned an individual medal in the 1968 20km race. His time was the fastest by more than a minute, but he missed two targets and ended up in second place.

Ole. Einar Bjoerndalen (Norway) 奥利·因纳尔·布约恩达伦

Competing in his second Olympics in 1998, biathlete Ole Einar Bjoerndalen appeared to be headed to victory in the 10km event when the race was halted due to bad weather. Undaunted, Bjoerndalen returned the next day to win the rescheduled contest by more than a minute. He also anchored the Norwegian relay team to a silver-medal finish despite taking over in only fourth place. At the 2002 Olympics, Bjoerndalen tuned up for the biathlon competitions by entering the 30km



cross-country race and placing sixth. Two days later, he won the 20km biathlon event by 36.1 seconds. He followed this up with victories of 28.9 seconds in the 10km sprint and 43 seconds in the 12.5km pursuit. Finally, he anchored the Norwegian relay team to victory. In the end, Bjoerndalen won gold medals in every biathlon race. Prior to 2002, no biathlete had earned more than two gold medals at a single Olympics.

Myriam Bedard (Canada) 迈瑞姆·贝达德

A rarity among biathletes, Myriam Bédard competed as a figure skater until she was twelve years old. When women's biathlon was introduced to the Olympics at the 1992 Winter Games, Bédard earned a bronze medal at 15km. In Lillehammer, she took a gold medal in the same event. Five days later she entered the 7.5km race, a distance at which she was the reigning world champion. After the race began, Bédard realised that her skis were mismatched. By mistake, she had grabbed



one ski from one pair and another from a different pair. The left ski was improperly waxed and she struggled with it throughout the race. Nevertheless, she managed to better the time of Svetlana Paramygina by a mere 1.1 seconds and won her second gold meda (26: 08.8).

Curling

冰上溜石

Curling began in the 16th century in Scotland, where games were played during winter on frozen ponds, lochs and marshes. The earliestknown curling stones came from the Scottish regions of Stirling and Perth and dated back to 1511. The earliest reports of curling came from Paisley Abbey in Scotland, in 1541. In the early days of the sport, stones were taken from river bottoms. In the 1600s. stones with handles were introduced, allowing a delivery style similar to what is used



today. In 1716, the first curling club was formed in Kilsyth in Stiringshire. The game was brought to North American by British troops in the mid-1700s. The first North American club was formed in Montreal in Canada in 1807. The key developments in the sport in the 20th century have been the standardization of the stone and the use of indoor, refrigerated ice facilities. Curling made its Olympic debut at the 1998 Nagano Winter Games with the men's and women's tournaments.



冰上溜石起源于16世纪的苏格兰,那时候人们在冬季冰封的池塘、 湖面、沼泽上开展这项游戏。已知最早的冰上溜石出自 1511 年苏格兰地 区的斯特林和佩思。最早的关于冰上溜石的记录源于 1541 年苏格兰的佩 斯利·阿贝。在这项运动的早期,比赛用石来自湖底的岩石。到了17世纪, 带把手的砥石被采用,砥石的投掷方式也与今天的相似。1716年,第一个 冰上溜石俱乐部在斯特林士尔的克尔赛茨成立。18世纪中叶,该运动被英

国军队带到北美,北美第一个冰上溜石俱乐部 1807 年在蒙特利尔成立。20 世纪冰上溜石最重要的发展要算是砥 石的标准化和室内冰上场地设施的使用。冰上溜石在1998年的长野冬奥会上首次被列为正式比赛项目,设有男 子和女子两个比赛项目。

The playing surface in curling is 44.5 meters long and 4.7 meters wide. The ice is set up to accommodate play in both directions, meaning the surface is symmetrical with a house at each end. The house is four concentric circles. The center circle is 30.5cm in diameter, the next circle is 1.22 meters, third 2.44 meters and the outside circle 3.66 meters. This outside circle marks the edge of the house. Also known as rocks, curling stones are made of a rare, dense granite that is quar-

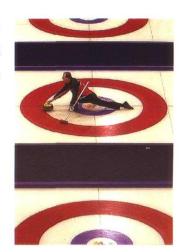


ried in the Ailsa Craig region of Scotland. The stones weigh 19.1 kg and are polished. Special curling shoes are



common; shoes should grip the ice well. While shooting, extremely slippery surfaces such as Teflon are used on the sliding foot. Some are built into the shoes and others are strapped on over the shoes. The most common brooms have synthetic bristles. Straw brooms also are effective.

冰上溜石的比赛场地长 44.5m、宽 4.7m,冰面的两个方向都能比赛。也就是说,冰面是对称的。两端各有一个营垒,营垒由四个同心圆构成。中心的圆直径为30.5cm,外面依次为 1.22m、2.44m 和 3.66m,外圆即为营垒的外沿。冰上溜石,也被称为砥石,它是由稀有的苏格兰阿尔萨克雷格的花岗岩制成,砥石重 19.1kg,表面经过抛光处理。冰上溜石所用的鞋较为特殊,鞋子要求很好地抓住冰面,滑动脚上的鞋采用诸如特氟隆之类的极为光滑的鞋底。有些与鞋制成一体,而有些则绑在鞋上。比赛中最为常用的冰刷由合成鬃制成,草制的冰刷也同样有效。





Curling is a competition between two teams with four players each. The object is to get the stone as close to the center of the circles as possible. The center of the circles is known as the "tee". A team scores a point for each stone that is closer to the center circle than the opponent's best stone. This circular area is known as the "house". It is the scoring zone in curling. One game consists of 10 "ends".

An end is similar to a baseball inning. During

each end, each team delivers eight stones — two stones per person. The first player is known as the "lead". He is followed by the "second", then the "third" (also known as the "vice-skip") and finally the "skip", who is the leader of the team. The score for the end is determined when all 16 stones have been delivered. The team that scores in an end shoots first in the next end. The team with the most points at the conclusion of 10 ends is the winner.





冰上溜石比赛中双方各有四人,目的是使砥石尽可能地接近同心圆的圆心,也称为营垒中心点。哪队投掷的砥石比对手更接近圆心,哪队就得一分。圆心区域,即所谓的营垒是冰上溜石的得分区域。每场比赛包括十"局"。每局的形式与棒球的局相似,每局每人投两次,每队共投掷八次。第一投手称为一垒,随后是二垒,接着是三垒(也称为副主力队员),最后是主力队员即全队的队长。每局的得分在16投结束后确定。每局结束后得分的队在下一局中先投,10局总分最高者为获胜队。

More Abouting

Curling's origin 冰上溜石的起源



Curling was developed in Scotland as early as the 16th century, although some evidence exists that it developed in the Low Countries of Europe at about the same time. The first known curling club was the Royal Caledonian Curling Club, formed in 1843 and originally called the Grand Caledonian Curling Club. During the 19th century, curling spread to many nations in Europe, as well as the United States, New Zealand, and especially Canada. In Canada, curling became very popular in the prairie provinces of Manitoba, Saskatchewan, and Alberta. Curling for men was included in the program

in 1924, and was a demonstration sport in

1932. At the 1988 and 1992 Olympic Winter Games, it was a demonstration sport for both men and women. In 1936 and 1964, German curling (Eisschiessen) was also a demonstration sport at the Olympic Winter Games. World Championships have been held for men since 1959 and for women since 1979. Curling was added to the Olympic Winter program in 1998 at Nagano, this time with a tournament for both men and women.



World Curling Federation 世界冰上溜石联合会

In 1959, Scotland and Canada reached a major milestone by launching the Scotch Cup series between their national men's curling champions. Interest in other countries was generated, and six countries expanded the Scotch Cup entry. The 1959-1967 results now are recognised in the curling history of the men's world championship. The success of the Scotch Cup series led to another attempt, in March 1965, to create a global administration. The Royal Caledonian Curling Cup



WORLD CURLING FEDERATION

convened a meeting, and the meeting agreed to a proposal to form an international committee of the Royal Club, to be called the International Curling Federation (ICF). The following year, in March, 1966, in Vancouver, Canada, a draft constitution for the ICF was considered by seven countries, and the Federation was declared to be established as of Aprill, 1966. The Constitution had a significant adjustment in 1982, when the Federation was declared an independent entity and approved as the governing body of curling in the world,

while the Royal Caledonian Curling Club was acknowledged as the Mother Club of Curling. In 1991, the name of the Federation was changed to the World Curling Federation (WCF). Now, 36 member federations are regular members to form the World Curling Federation. [12]

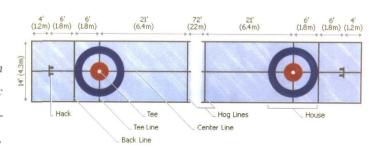
Rink 冰上溜石比赛的场地

Sheet 冰上溜石场

The playing area. It is 44.5m long and allows playing in both directions.

House 营垒

The circular scoring area. It is 3.66m in diameter and is made up of four concentric circles. The outside ring is 3.66m in diameter, the next ring is 2.44m in diameter,



the next ring is 1.22m in diameter, and the inside ring (button) is 0.3m in diameter.

Hack 起蹬器

A metal or wooden plate from which the curler can push off to begin delivery. There are usually two hacks at each end of the rink, for right-and left-handed curlers.

Tee 营垒中心点

The marker in the center of the house, 0.3m in diameter. Also known as the button.

Free guard zone 自由防守区

An area between the hog line and the tee line, but not inside the house. An opponent's rock may not be removed from this area by an opposing shot until the first four rocks have been played in that end.

Back line 后卫线

The line at the back of the house. Rocks that travel beyond the back line are out of play.

Centreline 中线

The line dividing the playing surface down the middle, running from end to end and through both houses.

Hack line 起蹬线

A line, 1.2 m from the backboards at each end of the rink, that marks the location of the hacks. The front of each hack is on the hack line.

Hog line 前卫线





The line behind which a player must release a rock. It is located 6.41m from the tee. If a rock does not travel beyond the far hog line, it is removed from play.

Tee line 丁字线

A line drawn across the middle of the house, through the tee, from one side of the rink to the other.

Equipment 冰上溜石的用具

Broom or Brush 冰刷

There are two types of broom. The most common is a brush or "push broom". The other is a corn/straw/Canadian broom, which, with long bristles, looks much like a normal broom.

Rocks 砥石

Also known as a stone, a curling rock is made of rare, dense granite that is quarried on Scotland's Ailsa Craig. Each rock weighs 19.1kg and is polished.

Shoes 鞋

Special curling shoes are common; shoes should grip the ice well. While shooting, extremely slippery surfaces such as Teflon are used on the sliding foot. Some are built into the shoes and others are strapped on over the shoes.

slipping foot 滑动脚; 蹬冰脚

Ice 冰面

For indoor tournaments the artificially created ice has its surface sprinkled with water droplets which freeze into tiny bumps on the surface. Called "pebbled ice", this surface helps the stone's grip and leads to more consistent curling.

Heavy ice 摩擦力大,不易滑动的冰面;

keen ice 易滑动的冰面。

straight ice 不会导致砥石偏离方向的冰面;

swingy ice 容易导致砥石偏离方向的冰面。

Players 队员

Rink 冰上溜石队

A team of four curlers, or the sheet of ice on which a match is played.

Lead 一垒队员

The player who delivers stones first in an end for his or her team.

Second 二垒队员

The player who delivers stones second for his or her team in an end.











Third 三垒队员

Also known as the vice-skip, he or she is the player who shoots third in each end. When the skip shoots, the vice-skip holds the broom as the target.

Skip 主力队员

The team captain, who plans strategy, holds the broom as a target for shots by the other three players, and usually throws the last two stones of each end.

Bonspiel 冰上溜石比赛

A curling tournament.

End 赛局

Similar to an inning in baseball. One end is complete when all 16 rocks—eight per team, two per person—have been shot. The score is determined at the conclusion of each end. Games are made up of ten ends.

Hammer 锤击

The last rock shot in each end. When a team scores, it takes the first shot in the next end and gives its opponent the hammer.

Delivery 投掷

The motion of the curler as the rock is being shot.







| KEY WORDS 重点词汇 | | | | |
|----------------|--------|--------------|--------|--|
| biathlon | 现代冬季两项 | penalty loop | 处罚圈 | |
| prone position | 卧式 | shoot clean | 全中 | |
| curling | 冰上溜石 | bonspiels | 冰上溜石比赛 | |
| delivery | 投掷 | rink | 冰上溜石队 | |
| end | 赛局 | house | 营垒 | |
| skip | 主力队员 | tee | 营垒中心点 | |

Chapter 80

The Bobsledding and Luge 有舵雪橇和无舵雪橇

历史记载表明雪橇运动早在公元 800 年就已存在,这是在奥斯陆湾附近的斯莱根郊区对北欧海盗的考古当中发现的。当时北欧海盗使用两条跑刀的雪橇与现今的形式相似。现在的雪橇运动是一种乘客式的双撬滑板在专用的冰雪路线上高速滑降、回转的运动。在奥运会上有两个大项 Bobsleigh and Luge, 其中 Bobsleigh 还包括 Bobsleigh 和 Skeleton 两个分项。









Luge

无舵雪橇







Historical findings point to the existence of sleds as early as 800 A.D. with the Vikings in the Slagen countryside near the Oslo Fjord. The Vikings are believed to have had sleds with two runners, which resemble the modern-day version. The first international sled race occurred in 1883 in Davos in Switzerland, with 21 competitors from Australia, Britain, Germany, the Netherlands, Sweden, Switzerland and the United States. This race took place on four kilometers of road from St. Wolfgang to Klosters and was won by Georg Robertson, a student

from Australia, and Peter Minsch, a mailman from Klosters. Both finished the race in just over nine minutes. The first World Championships occurred on an artificial track in Oslo in 1955. 52 sliders from eight nations competed under the auspices of the International Bobsled and Toboggan Federation (FIBT). Two years later, the International Luge Federation (FIL) was founded in Davos and remains the governing body of luge today.Luge made its Olympic debut in Innsbruck at the 1964 Olympic Winter Games with three events — men's, women's and doubles. These three events have been a part of every Olympics since 1964. Through the 1992 Olympics, the doubles event was known as men's doubles.After Albertville, the International Luge Federation (FIL) changed doubles to a mixed-gender competition. Since the ruling has been made, however, no mixed-gender teams have appeared at the Olympics.

历史记载表明雪橇运动早在公元 800 年就已存在,这是在奥斯陆湾附近的斯莱根郊区对北欧海盗的考古当中发现的。当时北欧海盗使用两条跑刀的雪橇与现今的形式相似。第一次国际雪橇比赛在 1883 年于瑞士的达沃斯举行,参赛的 21 名队员分别来自奥地利、英国、德国、荷兰、瑞典瑞士和美国。比赛在圣沃尔夫冈到克劳斯特的四公里长的道路上进行。冠军是澳大利亚的学生乔治·罗伯逊和克劳斯特的邮递员彼得·米什,两人完成比赛的时间都是 9 分多钟。1955 年举行了第一届(无舵雪橇)世锦赛,比赛在奥斯陆的一个人工冰道上进行。来自八个国家的 52 名运动员参加了由国际有舵雪橇和平底雪橇联合会主办的这次比赛。两年后,国际无舵雪橇联合会在达沃斯成立,并一直是无舵雪橇的管理机构。1964 年的因斯布鲁克冬奥会上首次设立了无舵雪橇比赛。比赛设男、女个



人和双人三个小项,此后一直作为奥运会的比赛项目。直到 1992 年冬奥会,双人项目一直由两名男运动员参加。



在阿尔贝维尔冬奥会之后,国际无舵雪橇联盟将双人项目改为混双项目。虽然规则已经制定,但至今尚未有混双 队伍出现在奥运会上。



The athlete who navigates the course in the fastest total time after four singles runs or two doubles runs is the winner. The luge event consists of a downhill run along an ice track, either natural or artificial on which the athlete lies on the luge in a supine position, feet first. The track must be 1 350 meters long with a total difference in altitude of 130 meters. The last 100 meters are called braking space, because besides being uphill, they have some curves that allow a reduction of speed.In all cases, time is measured to

0.001 seconds, making luge and short track speed skating the most precisely timed events of the Olympic Winter Games. Timing was previously calculated to 0.01 seconds until two doubles teams tied for gold at the 1972 Games in Sapporo in Japan. Ties to the one thousandth of a second are permitted but are extremely rare. A luge (the French word for sled) is a precise instrument designed to carry its





passenger or passengers more than 90

mph. The sled rides along the course on two steel runners called steels. The steels are attached to kufens, which are flexible levers that respond to the pressure of slight leg movements. Bridges, made of steel, connect the two kufens. There are two bridges on each sled — one in front and one in back. The slider or sliders lay in pods, the fiberglass bodies of the sled.

比赛中,运动员用最快的速度完成赛段。单人项目滑降四次,双人项目滑降两次,所有的总时间最短的队员获胜。比赛中,运动员沿着冰道滑降。滑道可以是天然的,也可以是人工的。运动员采用仰卧姿势,脚在前。冰道长 1350m,高度差为 130m,最后 100m 称为制动段。该段包括上坡和若干弯道以降低速度。在任何情况下,计时都精确到 0.001 秒,这使无舵雪橇和短道速滑一样,成为冬奥会中计时最精确的项目。原来的计时精确到 0.01 秒,直到 1972 年札幌冬奥会的双人项目出现并列第一的情况。而在千分之一秒内出现并列是准许的,但这种情况非常罕见。无舵雪橇是一种用来载客的工具,时速每小时可达 144km。雪橇底部有两条钢制的跑刀,和跑刀相连的是控杆,其为柔韧的杠杆,可对腿部轻微的动作做出反应。横梁由钢铁制成,连接两个控杆。每个雪橇都有一前一后两个横梁,选手躺在玻璃纤维制成的雪橇上比赛。

More Aboutge

History of Luge 无舵雪橇的历史

Luge is certainly the oldest winter sport of which we know. The word luge is adopted from the French word for sled. A more common name for this sport might be sled racing. Sledding evolved early in history as men learned to use the gliding quality of snow to move themselves and heavy burdens forward quickly. Sleds with two runners were probably first used by the Vikings. Findings from the Slagen countryside on Oslo-fjord, Norway, suggested that sleds with slender runners and a high body, corresponding to the shape of the modern sled, were already used in 800 A.D.Literature from the Middle Ages refers to the joys of "sled riding" (Hans Sachs, 1520) and reports about horse sleds as a means of



transport.References to sled driving appeared in chronicles in Norway(1480)and the Erz Mountains (1552). International Luge Federation(FIL)国际无舵雪橇联合会



The first organised meeting of the sport took place in 1883 in Switzerland. In 1913, the International Sled Sports Federation was founded. This body governed the sport until 1935, when it was incorporated in the International Bobsleigh and Tobagganing Federation (FIBT). After it had been decided that luge would replace the sport of skeleton at the Olympic Games, the first World Championships in the

sport were held in 1955. The successes of luging as an autonomous sport, however, necessitated the forma-

tion of its own international governing body. During the second international luge convention held in Davos in 1954, the national federation voted for a new ruling body, which was to be independent of the FIBT. In 1957 the International Federation of Luge (FIL) was recognized officially by the International Olympic Committee, and in 1964 luge was admitted as an Olympic sport at the IX Winter Olympic Games held in Innsbruck, Austria. At present, 48 member federations are regular members to form the International Luge Federation. [13]



Luge equipment 无舵雪橇的装备

Sleds 橇体

The maximum weight for a sled is 23 kg for a singles sled and 27 kg for a doubles sled. Sled itself can have a





maximum width of 550mm for a singles sled. The sleds are made of steel, fiberglass and wood. Mechanical breaking devices are prohibited on luge sleds.

Kufen 控杆

The German word for runner, usually made of fibreglass or wood. The slider steers by applying pressure with his/her foot onto the runners.

Bridge 横桥

The part of a sled that connects the two runners and from which the aerodynamic racing shell is suspended. Made of steel, there are two bridges on each sled—one in front and one in back.

Grip 握柄

Each hand holds a handle on the side of the sled.

Pod 座舱

The aerodynamic shell which serves as the seat for the athlete.

Paddle 起动后的加速

The action of accelerating the sled forward after the start, using spiked gloves to dig into the icé surface.

Steel runners or steels 钢制滑板

The sled rides along the track on two steel runners called steels. They are the only part of the sled that touches the ice's surface and are attached to the kufens.

Racing Gear 比赛装备

All athletes must wear special luge helmets with face shield. Their body suits are typically made of Lycra with polyurethane coating to minimize wind resistance. To aid in the push starts, athletes wear gloves with spiked fingertips to give added traction when the luger paws the ice several times for extra speed. Some sliders wear elbow, shoulder, knee pads and neck strap under their racing suits for safety purposes. Athletes also must wear aerodynamic light-weight luge racing shoes or "booties" during training and competition.

Slider 无舵雪橇运动员

A luge athlete; rarely called a luger.

Push start 起动

Luge is the only Olympic sport that is timed to a thousandth of a second. But even with the current state of high-tech electronic timing systems and the ability to time sleds to the millisecond, it is not uncommon to see luge races won or lost, or even tied after "miles" of racing. With this in mind, it is very easy to see why the luge start







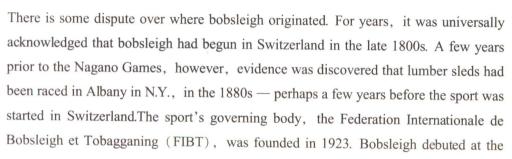
may be considered the most critical part of the overall run. It is the only part of the run where the athlete has control over the acceleration of the sled. Once into the race position the athlete must drive the fastest line down the track, but it is gravity that provides the speed. It is widely believed that all things being equal, a 1/10 of a second advantage at the start can multiply to a 1/3 second advantage at the finish. There are six basic parts to the start:



the block, the compression, the pull phase, the extension phase, push phase and the paddles phase. The block is the very beginning of the start motion. It is the action of rocking the sled forward. This is mainly a preparatory phase and sets the tone for the rest of the start motion. The compression begins when the forward motion of the block ends. When you begin the backward movement of the compression, you are developing your speed with a smooth, natural acceleration. The natural bounce effect from the compression initializes the beginning of the pull phase. This is the first part of the forward pull. The extension phase begins after the sled has started its first movement forward. The primary movers in this phase are the upper and lower back and hip muscles. The push phase begins at the point where the hips reach the start handles. The torso should be in a 90-degree position as the athletes push against the start handles. Paddles are performed using spikes attached to the glove on either the fingertips or knuckles. During this phase the abdominal muscles should be tight and the back straight. Wrist, fingers and elbows must be solid and tight in order to transfer the energy into the ice. Generally three to four paddles are performed depending on the start ramp.

Bobsleigh

有舵雪橇







1924 Olympic Winter Games in Chamonix and has been contested at every Games since, with the exception of the 1960 Squaw Valley Games with the event not held because there was no track. In 1924 only the four-man event was held. In fact, at the 1928 Games the four-man event was contested as a five-man event. The two-man event was added at the 1932 Lake Placid Games. Women competed at the first time in bob-sleign at Salt Lake City Games. The Olympic bobsleigh competition consists of three events: two-man, four-man and two-woman. The two-man team is made up of a pilot and a brakeman; the four-man team has the addition of two pushers. The team pushes the bob for the first 50 m of the course. This phase lasts about six seconds. The speed



reached (before the athletes get into the bob) is around 40 km/h, whereas the maximum speed in a downhill run is about 135 km/h. The track must be 1,350 meters long with a total difference in altitude of 130 metres. The last 100 meters consist of uphill curves. The most demanding part of the race is during the first two-thirds of the course; curves, combinations of curves and straight stretches. Along the run there are walkways reserved for judges, appointed technicians and trainers. Besides the start, the result is also conditioned by the starting order. It is advantageous to be among the first to start because the bobs make the ice surface rough, thus increasing friction and making the run more difficult. The starting list, however, depends on the times achieved in the World Cup competitions. During the Olympic Games the event consists of four runs, whereas in the World Cup there are just two runs in each competition. In both cases, the team that totals the shortest time at the end of the runs wins. The sled consists of a main hull, a frame, a front and rear axle, and two sets of runners. The hull, also known as a cowling, is generally constructed of fiberglass and made of two separate sections. The hull is mounted on four runners that each must be made of a single solid piece of steel. No plating or coating is allowed. It is not permitted to warm up runners or use any substance that improves sliding. At the start of the race, the temperature difference between the runners and the reference runner, which is exposed to the open air for one hour before the start of the competition, must be no greater than plus or minus four degrees Celsius.



有关有舵雪橇的起源地众说纷纭。多年以来,普遍认为有舵雪橇产生于 19 世纪末的瑞士。然而就在长野冬奥会的前几年,有证据表明,木橇比赛已经在 19 世纪 80 年代出现在纽约的奥尔巴尼,有可能比瑞士开始这项运动略早几年。这项运动的管理机构,国际有舵雪橇和平底雪橇联合会成立于 1923 年。有舵雪橇在 1924 年就被列为夏蒙尼冬奥会的正式比赛项目。自此,除了 1960 年的斯阔谷冬奥会因为没有冰道而未举行,每届冬奥会上都举行有舵雪橇比赛。1924 年的冬奥会只设置了四人项目,它在

1928年被改为了五人项目。双人项目是在1932年的普莱西德湖冬奥会上才被列为正式比赛项目的,女子项目在

盐湖城冬奥会上首次设立。冬奥会的有舵雪橇比赛分为三个小项:男子双人、男子四人和女子双人。男子双人由一名舵手和一名制动手组成,男子四人外加两名推橇者,比赛队伍在赛段前 50m 内推动雪橇,这一段大约需要 6 秒钟。(推橇者跳上雪橇前)雪橇的初速度达到每小时 40km,而最大的下滑速度可达每小时 135km。比赛用的冰道长 1350m,高度差 130m,最后的 100m 为上行的弯道。赛段中最难的部分是赛道的前三分之二部分,包括各种弯道,弯道组合和直道。沿冰道设有为裁判、指定的技术人员和教练员保留的走道。除了起跑,比赛结果会受到出场顺序的影响,最先起跑的有一定的优势,因为雪橇会使冰面变得粗糙,从而增加摩擦力,使滑行更加困难,出场顺序依据世界杯的成绩而定。奥运会的雪橇比赛要滑四轮,而世界杯滑两轮。在这两种比赛中,用时最短的队伍获胜。雪橇的构成包括外壳、底座、前后舵以及两副



跑刀。外壳,又称整流罩,通常由玻璃纤维制成,分为两个部分,安装在由坚实的钢铁制成的四个跑刀上。跑刀上不允许有任何电镀和覆膜,也不允许预热,或其他用来提高滑速的方式。在比赛之前,用一个在室外静置一小时的跑刀同比赛用刀进行比较,其温度差应该在四摄氏度之间。

Skeleton





Considered the world's first sliding sport, skeleton was started in the Swiss town of St. Moritz in the late 1800s. The sport received its name in 1892. People thought it looked like a skeleton. Skeleton returned to the Olympic Winter Games in Salt Lake City after a 54-year absence. The 2002 Games markd skeleton's third Olympic appearance. Skeleton was also contested in 1928 and 1948 Winter Games, both of which were held in St. Moritz, where skeleton was founded. Face downward / Head first, this is

the position taken by the athletes of the skeleton event, arms along side their bodies and travelling at an average speed of 80 km/h. Skeleton sliders are willing to hurtle down the track, the same one used for bobsleigh and luge. According to the athletes who do it, skeleton is one of the most exciting sports on ice because it combines the thrust of bob, and the speed of luge.

冰橇被视为世界上最早的滑行运动,19世纪末开始于瑞士的圣莫里茨镇。



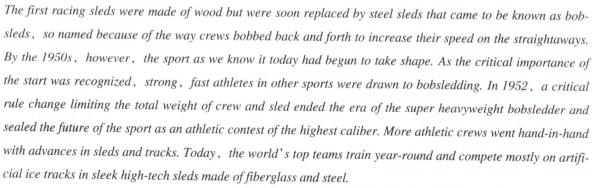


该项运动的名字于 1892 年确立,人们觉得它看起来很像一幅骨架。经历了 54 年的缺席之后,冰橇重返 2002 年 盐湖城冬奥会,这是冰橇第三次出现在奥运会上。冰橇曾于 1928 年和 1948 年成为奥运项目,这两次奥运会都是 在圣莫里茨举行的,而这里正是冰橇的发源地。冰橇比赛运动员使用面向下,头朝前的姿势,双臂置于身体两侧,以平均每小时 80 公里的速度下滑。冰橇运动员在冰道上急速下滑,使用的冰道与雪橇的冰道相同。对于从事这项运动的运动员来说,冰橇是最为令人亢奋的冰上运动,因为它结合了有舵雪橇的冲劲和无舵雪橇的速度。

More Aboust bsleigh and Skeleton

History of Bobsled 有舵雪橇的历史

Although the sled has been around for centuries as a mode of transportation, the sport of bobsled racing didn't begin until the late 19th century when a steering mechanism was attached to a toboggan. In 1897, the world's first bobsleigh club was founded in St. Moritz, Switzerland, spurring the growth of the sport in winter resorts throughout Europe. By 1914, bobsled races were taking place on a wide variety of natural ice courses.



History of Skeleton 冰橇的历史

Tobogganing is one of the oldest winter sports. Descriptions of the sport in the 16th century can found in literature. As a racing sport, it can be traced to the mid-19th century when British tourists starting sledding on the snowbound roads of the Alps. The original form of the sport was the skeleton sleds which were used on the Cresta Run in St. Moritz.

Skeleton sled racing owes it entire early history to St.Moritz and the



famed Cresta Run. The sport developed in the Swiss resort town as a plaything for the rich. British and American holidaymakers built the first toboggan run near St.Moritz, on the Klosters Road in nearby Davos, as early as 1882. In 1884, Major W.H.Bulpetts built a similar track down the Cresta Valley in St.Moritz. The first toboggan Grand National took place there in 1885, attracting 20 contestants.

International Bobsleigh and Tobogganing Federation (FIBT) 国际有舵雪橇和平底雪橇联合会



The international governing body for bobsled and skeleton is FIBT, the Federation Internationale de Bobsleigh et de Tobogganing. It is a world association comprised of all countries having a national governing federation in control of amateur bobsledding and skeleton and agreeing to comply with the rules and regulations of the FIBT. FIBT is based in Milan, Italy and was founded in 1923. It conducts championships for its 56 affiliated national bobsled federations. [14] It is led by a Congress and Executive Committee, which supervise all activities of bobsledding and skeleton. The FIBT president is

Robert H. Storey (Ottawa, Canada). FIBT establishes rules for bobsledding and skeleton and controls all World Championships and Continental Championships as well as participation in the Olympic Games. FIBT organizes international courses and ensures the existence of essential conditions for performance and recognition of international competitions. FIBT promotes amateur bobsledding and skeleton for the masses, particularly as a competition sport.

Bobsleigh 有舵雪橇

Sled 撬体

The sled consists of a main hull, a frame, a front and rear axle, and two sets of independent steel runners. The

hull, also known as a cowling, is generally constructed of fibreglass and is open to allow team members to board and sit down.

main hull; 主挡风罩

frame; 框架

front and rear axle; 前后轴

two sets of independent steel runners 两组独立的滑板

Sled specifications 有舵雪橇的规格

| | Two-man | Four-man |
|--|-----------------------|----------|
| Minimum weight (excluding crew): | 170kg | 210kg |
| Maximum weight (including crew and equipment): | 390kg(Women's 350 kg) | 630kg |
| Maximum length: | 2. 70 m | 3.80 m |
| Maximum width: | 0.67 m | 0.67 m |



Brakes 制动器

Brakes are applied by lifting a lever that lowers metal teeth into the ice.

Push handles 推动手柄

The side push handles can be retractable. The rear push handles are not retractable. All push handles are used to push the bob at the start.

Steering control 方向盘

The drivers controls the sled with his hands and fingers, using rings that are attached by ropes to a steering mechanism.

Start shoes 起胸钉鞋

Made of synthetic material, have spikes on the soles for traction during the start push. Loading 讲人橇舱

The process during which the athletes enter the sled after the push start.

Athletes 运动员

Driver or pilot 舵手

The person who sits in the front of the bobsleigh and steers. Usually the first person to enter the sled at the start. Brakeman 制动运动员

The last person to enter the sled at the start. Known as the brakeman because he or she is responsible for pulling the brake to stop the sled at the end of the run.

pushers or push-athletes 负责推动雪橇前进的队员

Push athletes help push the sled at the start of the race. In a two-man sled, there is one push athlete. He/she pushes from the back. In a four-man sled, there are three push athletes. Two athletes push on the side and the brakeman pushes from the rear. Pushers gain traction on the ice by using special shoes with 500 tiny spikes under the ball of the foot.

Skeleton 冰橇

Sled 撬体

The sled is made of two runners. The frame must be constructed of steel. The same sled must be used in all the heats of the competition. The frame of the construction and the supporting body must be constructed in steel. The frame must be configured as a horizontal plane in a single, continuous line.

Sled specifications 冰橇的规格

| | man | woman |
|--|------------|-------|
| Maximum weight of the sled: | 43kg | 35kg |
| Maximum weight of the sled and driver: | 115kg | 92kg |
| Sled length: | 80cm~120cm | |
| Sled height: | 8cm~20cm | |



Base-plate 底盘

The base-plate must be constructed in a single piece and must not be divided. It may also be constructed in plastics. The form of the base-plate must be convex all over.

Bumpers 缓冲器

Front and rear bumpers absorb shocks and protect the athlete from the wall.

Frame 框架

Early frames bore a vague resemblance to a skeleton, which is how the sport acquired its name.

Runners 滑板

Each skeleton sled has a pair of runners that the athletes polish to aid in speed. The runners are not sharp; in fact they are rounded and are about one inch in diameter.

Grips/Handles 握柄

There is no steering mechanism on a skeleton sled, instead they use their shoulders and at times their feet to help guide or steer the sled down the track. Competitors use the handles to help them push the sled at the start.

Spikes 钉鞋

The athletes wear spikes that are very similar to the spikes worn by track and field athletes, so they can grip the ice and have a fast, hard push.

Boarding 上撬

The athlete lifts his legs under his body and drops onto the skeleton in one smooth movement, avoiding loss of momentum and instability.

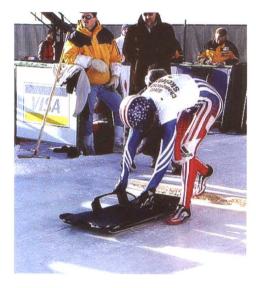
G-Force 地心引力

Gravitational force that holds the sled and athletes on the wall of a banked turn. A "G" is equal to the force of gravity. On some tracks, the G-force exerted on an athlete can exceed five Gs. That would make the athlete feel like he or she weighed more than five times their actual weight.

Line (滑行)线路

The line corresponds to the optimum trajectory on the track,

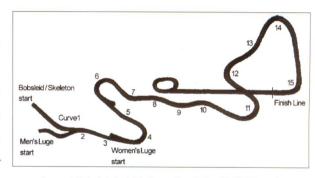






Track 滑道

Luge / Bobsled / Skeleton ice tracks are long. The standard length of a track is approximately 1 500 m, (one mile) of curving troughs of ice with sharply banked turns. The ice is manufactured using a network of refrigeration pipes beneath the track. These usually contain an ammonia based coolant that freezes water sprayed on the surface. During an event, track sur-



Luge / Bobsleigh / Skeleton Track for 2002 Olympics

face grooming and repair are important because the heavy sleds tend to rut and chip the ice. Attendants shovel filler slush onto rough spots, smoothing the areas out with trowels before the filler freezes. All tracks drop a minimum

specified vertical distance and each has its own unique characteristics and elements of technical difficulty. Tracks also have uniform lighting, race clock, athlete warm-up areas, sled work areas, first-aid and press centers, start and finish buildings, as well as solar/weather protection covering sensitive areas of the track from damage from the sun.



A combination of small curves on the track with little or no straight stretches between them; a labyrinth usually consists of three to four curves.

Omega curve 欧米茄弯道

A curve which is shaped like the Greek letter Omega.

Kreisel 圆型弯道

German word for circle; a curve that forms a circle by the track crossing over itself.
Lip 升墙

A safety barrier at the top of the track to prevent sleds from going off the track.











KEY WORDS 重点词汇

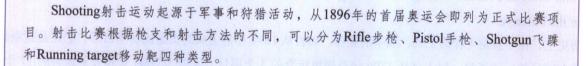
| luge | 无舵雪橇 | slider | 无舵雪橇运动员 |
|-----------|------|---------------|---------|
| bobsleigh | 有舵雪橇 | driver | 舵手 |
| brakeman | 制动者 | push athletes | 推橇手 |
| labyrinth | 弯道组合 | Omega curve | 欧米茄弯道 |
| skeleton | 冰橇 | sled | 槿 |





Chapter 81

The Shooting(|) 射击(一)











Front English

Overview

概述



Throughout history guns have been a means of survival, a tool of war, and since joining Olympic competition in 1896, the equipment for a highly skilled sport. From just three shooting events in that first modern Olympics back in 1896 to 17 at the Olympic Games in Athens in 2004, shooting remains an extremely popular and widely practiced sport. While most sports rely heavily on physical fitness, size and speed, shooting remains a contest of skill

and precision. Skill is everything, especially in the air rifle competition, in which the target's center ring — or bullseye — measures in at a miniscule 0.5 millimeters. To take the world record home, a shooter will have to hit the bullseye 58 times out of 60 shots in the men's event, or 39 times out of 40 shots in the women's. A difficult task considering no telescopic sights are permitted. The Olympics shooting features a program consisting of rifle, pistol and shotgun events. Although the scoring systems in shooting events vary, the objective remains simple: aim for the bullseye.

历史上,枪一直是生存的工具,战争的武器。而自从 1896 年射击成为奥运比赛项目后,它还是这项技术高超的体育项目的运动器材。射击已从 1896 年首届奥运会的 3 个项目,发展为 2004 年雅典奥运会的 17 个项目,这项广泛开展的体育运动一直十分风靡。与其他运动所不同的是,射击是技巧和精准的较量,而不是体能、身材和速度的竞争。对射击比赛而言,技术就是一切。尤其是气步枪比赛,靶心只有 0.5 毫米。要挑战世界纪录,男子必须命中 60 发子弹的 58 发,女子也要命中 40 发子弹的 39 发。而最难的还是比赛不得使用任何望远镜瞄准器。奥运会射击比赛使用的枪支,包括步枪、手枪和猎枪。虽然每项比赛的评分标准不同,但它们的目标只有一个——瞄准靶心。

Olympic shooting evolved from a more aristocratic European tradition of competition that grew out of hunting. Although today's targets are much smaller and the weapons themselves much different, the style of dress, competition formats and even some of the rules can all be traced back to those early matches. Records show competitions dating back as far as the 1830s, first with live targets and later using glass balls and clay targets. Olympic shooting has undergone many changes since the inaugural 1896



Games in Athens. An event using a type of duelling pistol is gone, and so are competitions using large caliber ri-

fles. Team shooting events were also dropped from the Olympic program in 1948. Women's events were added to the Olympic program in 1984. The introduction of the women's trap, double trap and skeet events in Sydney Games marked the first time men and women competed separately in all shooting events. World shooting events are governed by a 148-member coalition called the International Sport Shooting Federation, which has its origin in the eight-nation International Shooting Union, which was founded in 1907.

奥运会射击运动源自欧洲贵族传统的狩猎活动。现代射击的靶比较小,器材的变化也很大。但在服装风格、比赛形式甚至一些规则上,依然保留了早期射击运动的痕迹。早在 1830 年,就有了射击比赛的纪录。射击目标从活物改良为玻璃球和黏土目标。自 1896 年首届雅典奥运会以来,奥运会的射击项目经历了诸多变化。使用大口径步枪和决斗手枪的比赛已成为历史。1948 年,奥运会取消了团体射击。1984 年,增设了女子射击比赛。悉尼奥运会上新设的女子多向飞碟,双多向飞碟和双向飞碟比赛,开创了射击比赛男女分赛的新格局。国际运动射击联合会



是世界射击运动的管理机构,拥有148个成员。它的前身是1907年成立的,有8个会员国的国际射击联盟。

More Aboustnooting

History of shooting 射击的历史

Shooting originated as a means of survival, as it was practiced in order to hunt game for food. In the 19th century, however, as the industrial revolution made hunting for food less necessary for many people, shooting evolved into a sport. The sport was first popular in English-speaking countries, notably Britain and the United States, as well as Ireland and South Africa. The National Rifle Association (USA) was formed in 1871 and provid-



ed the impetus for the development of shooting as an organized form of sport in the United States.

Shooting has been contested at most of the Olympic Games. The sport first appeared in 1896. There were also events in 1900, but none were contested during the 1904 and 1928 Games. The program has varied just as much as any of the other sports (with the possible exception of sailing/yachting). In 1908, 1912, 1920 and 1924 there were dozens of events, including multiple team events. Thus it was possible for shooters to win many

medals at these Olympics. After a hiatus in 1928, the sport returned to the Olympics in 1932 with only two events —one for pistols and one for rifles. Since World War II the program has become relatively standardized.

Women were first allowed to compete in Olympic shooting in 1968. In that year Mexico, Peru and Poland each entered one female contestant. In 1984 the International Shooting Union (UIT) now called the



ISSF—International Shooting Sport Federation introduced separate events for women. Between 1984 and 1992 the number of women's events increased gradually. In addition, several of the events on the program remained mixed, i.e.open to both men and women. As of 1996 in Atlanta, the shooting program was segregated, with men's events being separated from the women's.

International Shooting Sport Federation (ISSF) 国际射击运动联合会



The International Shooting Sport Federation was founded in 1907 as the "Union Internationale des Federations et Associations Nationales de Tir", was dissolved in 1915 and reorganized in 1921 under the name of "Union Internationale de Tir". In 1939 activities were again suspended and the Union was reorganized in 1947 under the name: "International Shooting Union—UIT". On July 15, 1998 the Union changed its name to the present name "International Shooting Sport Federation". The Federation title in short form is "ISSF". The International Shooting Sport Federation is formally recognized

by the International Olympic Committee as the sole controlling body of International Amateur Shooting Sports at international and worldwide levels of competitions.

Today, the ISSF has 158 affiliated national member federations that send their representatives once every two years to the general assembly which is the decision—making body of the ISSF. [15] The ISSF headquarters have been located in Munich, Germany since 1980.

Equipment 射击的设备

Target 靶

A board marked with concentric circles which shooters aim to hit.

Running target 移动靶

A target moved across a track to simulate a moving animal or other target.

Bullseye 靶心

The center circle of the target for pistol, rifle or running—target events, worth 10 points; also known as a







"bull" or "10 ring".

Clay target 碟靶

A saucer-shaped target of clay.

Pistol 手枪

A short firearm intended to be held and fired with one hand.

Air pistol 气手枪

A pistol that uses compressed air or carbon dioxide to discharge lead pellets.

Free pistol 自选手枪

A .22-calibre pistol relatively free of specifications.



Rifle 步枪

A shoulder firearm with spiral grooves cut in the inner surface of the gun barrel to give the bullet a rotating motion and render its flight more accurate.

Air rifle 气步枪

A rifle that uses compressed air or carbon dioxide to discharge lead pellets.



Shotgun 猎枪

A smoothbore firearm for firing round shot.



Airgun 气枪

A rifle or pistol that uses compressed air or carbon dioxide to discharge lead pellets.

Barrel 枪管

The tube of a gun.

Caliber 口径



The interior diameter of a rifle or pistol barrel also known as the bore or gauge. The unit of caliber is inch.

smallbore 小口径

Chamber 枪膛

The rear portion of a gun barrel into which a cartridge is inserted for firing.

Magazine 弹匣

A receptacle for a number of cartridges which is inserted into a firearm and must be removed and replaced when empty.

Cartridge 枪弹

The complete unit of ammunition, including the projectile, case, powder and primer.

Bullet 子弹

Stock 枪托

The wooden, metal, plastic or fiberglass portion of a rifle or shotgun to which the barrel, action, trigger, etc.are attached.

Trigger 扳机

A small projecting piece which, when squeezed with the finger, operates the mechanism and discharges a firearm.

Metallic sight 金属瞄准具

A non-magnifying device on the front or rear end of a firearm to assist aim.

Sighters (sighting shot) 试射

Practice shots fired at the start of a match to check sight adjustments.

These do not count in the match score.

Blinkers 护目镜

Devices sometimes affixed to the sides of shooting glasses to keep the wind out of shooters' eyes and prevent distraction from motion to the side.







Pistol Competition

手枪





Shooters fire precision .22 "caliber target pistols and .177" caliber air pistols equipped with standard metallic sights in Olympic competition. Men's rapid-fire pistols are required to weigh less than 1260g, while pistols in the women's 25-metre sport pistol event must weigh no more than 1400g with all accessories. Air pistols are permitted to use compressed gas or air for power and must weigh no more than 1500g including all accessories. Shooters in the pistol

events are not allowed to wear any special clothing, unlike their rifle counterparts. Blinders are permitted over the athlete's non-shooting eye to eliminate the need for long periods of squinting, and spotting scopes are allowed for better viewing of targets in the 25m and 50m competitions. No telescopic sights are permitted on the weapons themselves, however. Most athletes also wear special shooting caps with extensions on the sides to limit any distractions from the peripheral vision, and safety goggles and hearing protection are worn by all athletes while competing.

奥运会手枪比赛的子弹口径为 0.22 (5.6mm), 气手枪的子弹口径为 0.177 (4.5mm), 气手枪上设有金属瞄准 器。男子速射手枪的重量不超过 1260g, 女子 25m 运动手枪比赛的手枪重量,包括辅助器材在内不超过 1400g。 气手枪使用压缩气体或空气,包括辅助器材在内不超过1500g。与步枪比赛不同的是,参加手枪比赛的运动员不 允许穿任何特殊服装。比赛时,非瞄准眼可佩戴眼罩以消除长时间斜视的问题。25m 和 50m 比赛中,还可使用定 点观察镜以取得更好的视野。手枪上不得设有任何望远镜瞄准器。比赛时,运动员可戴长帽檐的射击帽,以减少 周围的影响。此外,运动员还必须戴护目镜和耳塞。

Rifle Competition

步枪



Athletes fire precision smallbore rifles and air rifles made specifically for target shooting. Standard long rifle .22 calibre rimfire ammunition is used in all rifle events except air rifle, which specifies .177 calibre lead pellets.







Smallbore rifles must weigh less than 7.92 kg for men and 4.95 kg for women. Airguns must not weigh more than 5.5 kg. Shooters normally wear a combination of tights, a sweatshirt and a stiff leather or canvas shooting jacket to provide physical stability during the long competitions. The ensemble also actually helps to isolate the athlete's heartbeat, which can knock the shooter's aim off target. Flat-soled boots are also usually standard equip-



ment to aid with balance in the standing and kneeling positions, along with leather gloves with rubber padded palms to minimize the discomfort of holding a rifle for long periods of time.

打靶射击的比赛专用枪是小口径步枪和气步枪。气步枪使用口径为 0.177 的铅弹, 其他步枪比赛则采用标准 0.22 口径的铅弹, 使用边缘发火子弹。男子小口径步枪的重量不超过 7.92kg, 女子小口径步枪不超过 4.95kg, 气步枪的重量不得超过 5.5kg。在长时间的比赛中, 为增加身体的稳定性, 运动员一般穿一套紧身衣、运动衫、皮革或帆布的射击专用夹克衫。这种服装还可大幅度减少运动员心跳的影响, 因为心跳会使运动员偏离目标。在步枪立姿和跪姿比赛中,运动员须穿平底鞋,用以保持身体平衡。此外,运动员还可以戴掌心垫有橡胶的皮手套,以减轻长期举枪的不适。

Shotgun

猎枪





Originally contested using real birds as targets in 1900, Olympic shotgun competition now uses a more humane clay target fired from a machine. Shooters are permitted to use any double-barrel shotgun or automatic shotgun with a maximum magazine capacity of two shells. Instead of a single bullet, shotguns fire a number of pellets—called shot—at once, spraying the target with what is called a pat-

tern. While this sounds like it should make competition relatively easy, the clay birds are moving away from the shooter at speed in excess of 100 km/h, making them extremely challenging to hit. Each target weighs 105g, measures 11 cm in diameter and is 25—26 mm thick. Gun barrels are generally longer to increase accuracy in the trap events, as targets are farther away than in skeet. A tighter choke is also used in trap to prevent the shot from scattering too widely before hitting the target. Shotgun events use 12 gauge shells loaded with 7.5, 8 or 8.5 shot for trap, and 9 shot for the skeet events. Shooters are not permitted to use any laces, straps or any other devices

that could be considered a support device in any shotgun event. Athletes typically wear vests with ammunition pouches and extra padding on the shoulder the gun rests against when firing. Tinted glasses serve the double purpose of safety and the enhancement of target tracking.

1900 年奥运会猎枪比赛使用活鸽为射击目标,现在使用从机器中发射出的泥鸽,这也使比赛更加人道。比赛时,运动员可以使用平管猎枪,还可使用弹匣能装两个弹壳的自动猎枪。猎枪一次射出一系列散弹——也叫猎枪子弹,而不是单独的一颗子弹,发射后依靠散布面的任何一部分弹丸命中目标。这听似容易,实则不然。因为泥鸽的飞行速度超过每小时 100km,简直是一闪即逝,很难击中。泥鸽的重量为 105g,直径为 11cm,厚 25~26mm。多向飞碟比赛的碟靶比双向飞碟的远,所以使用枪管长的猎枪,以增加准确性。多向飞碟比赛使用的猎枪缩口更紧,以防止在击中目标之前弹丸太过分散。猎枪使用 12 口径弹壳,内装 7.5 发子弹,多向飞碟装有 8 或 8.5 发子弹,双向飞碟有 9 发子弹。猎枪上的带子、皮带或任何物件,都被视为帮助装置而被禁止。运动员的背心上带有弹药袋,肩膀上的衬垫用于射击时撑托猎枪。运动员在比赛时戴的有色眼镜具有双重用途,它即可以保护眼镜,也有助于瞄准目标。

More Abouthooting

Scoring Format (射击比赛的) 记分方法

Two scoring systems are used. For shotgun events, each time the shooter fires and hits the target so that at least one visible piece is broken, it is scored a hit and counts one point. For rifle, pistol and running target events, shooters fire at round black aiming areas displayed on white backgrounds. The targets are divided into 10 concentric scoring zones or rings with each area worth different points. Target will be electronic with computer system to instantly score each shot. Television monitors will enable spectators to see the impact point of each shot fired.



Records 纪录

 $\label{lem:olympic} Olympic\ Records (OR) may \ be\ established\ only\ in\ the\ Olympic\ shooting\ events$ in the Olympic Games.

World Records (WR) may be established in all recognized ISSF men's, women's, and junior events in Olympic Games, World Championships, World Cups, Continental Championships and Continental Games which have been conducted according to the ISSF general regulations.



Final Olympic Records (FOR) and Final World Records (FWR) may be established only in Olympic events for men and women and are comprised of the results of the qualification rounds added to the results of the finals round for each event.

Olympic events (individual competition only) recognized by the IOC: 奥运会的射击项目 At the Olympics there are 17 events: seven for women and ten for men. The shooting events are divided into four different groups: shotgun, rifle, pistol and running-target events.

Men's events 男子项目

| Name of event | |
|--|--|
| 50 m Rifle 3 Positions Men 男子 50 米小口径自选步枪 3×40 | 3×40 shots prone, standing, kneeling |
| 50 m Rifle Prone Men 男子 50 米小口径自选步枪卧射 60 发 | 60 shots prone |
| 10 m Air Rifle Men 男子 10 米气步枪 60 发 | 60 shots standing |
| 50 m Pistol Men 男子 50 米自选手球慢射 60 发 | 60 shots |
| 25 m Rapid Fire Pistol Men 男子 25 米自选手球速射 60 发 | 60 shots |
| 10 m Air Pistol Men 男子 10 米气手枪 60 发 | 60 shots |
| 10 m Running Target Men 男子 10 米移动靶 | 30 shots slow runs, 30 shots fast runs |
| Trap Men 男子飞碟多向 125 靶 | 125 targets |
| Double Trap Men 男子飞碟双多向 150 靶 | 150 targets |
| Skeet Men 男子飞碟双向 125 靶 | 125 targets |

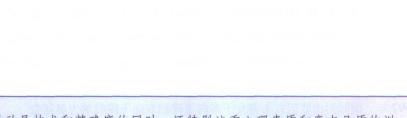
Women's events 女子项目

| Name of event | |
|--|--------------------------------------|
| 50 m Rifle 3 Positions Women 女子 50 米小口径运动步枪 3×20 | 3×20 shots prone, standing, kneeling |
| 10 m Air Rifle Women 女子 10 米气步枪 40 发 | 40 shots standing |
| 25 m Pistol Women 女子 25 米运动手枪 60 发 | 30 + 30 shots |
| 10 m Air Pistol Women 女子 10 米气手枪 40 发 | 40 shots |
| Trap Women 女子飞碟多向 75 靶 | 75 targets |
| Double Trap Women 女子飞碟双多向 120 靶 | 120 targets |
| Skeet Women 女子飞碟双向 75 靶 | 75 targets |

| KEY WORDS 重点词汇 | | | |
|-------------------|-------|-------------|--------|
| shooting | 射击 | target | 目标, 靶子 |
| bullseye | 靶心 | rifle | 步枪 |
| pistol | 手枪 | shotgun | 猎枪 |
| bullet | 子弹 | trigger | 扳机 |
| caliber | 口径 | trap event | 多向飞碟 |
| double trap event | 双多向飞碟 | skeet event | 双向飞碟 |
| smallbore | 小口径 | | |

Chapter 82

The Shooting(||) 射击(二)



射击运动在强调运动员技术和精确度的同时,还特别注重心理素质和意志品质的训练,高水平的射击比赛在某种程度上已成为一种心理战。静(心态平静)、净(头脑没杂念)、境(动作入境)是运动员在赛场上需努力达到的目标。









Qualify and MQS for Olympics

奥运会的参赛资格和最低参赛标准



In 1997, the UIT or the International Shooting Union announced the addition of two new Olympic events, the trap and skeet for women. Therefore 17 events in four different disciplines (rifle, pistol, running target and shotgun) were on the program of the Olympic Games. Today, shooters aim at a variety of simulated targets. The 17 Olympic shooting sport events include ten for men and seven for women across a range of firearms. Shooters compete in four different disciplines, five with rifles,

one in running target, five with pistols and six events with shotguns. To qualify for the Olympic Games, athletes compete in World Cup events and other world championships, plus competitions within their own country. Shooters qualify on the basis of Olympic quotas given their country, and not individually. This means a shooter can qualify for his or her country but not qualify to go to the Olympics through national competitions.

1997年,国际射击联盟宣布将女子多向飞碟和双向飞碟吸纳为奥运会的射击比赛项目。自此,奥运会的射击项目增加到了 17 个,包括 4 个大项——步枪、手枪、移动靶和猎枪。现在,奥运会的射击比赛采用各种仿真目标。17 个项目中有 10 个是男子项目,7 个是女子项目。4 个大项又细分成 5 个步枪项目,1 个移动靶项目,5 个手枪项目和 6 个猎枪项目。奥运会的参赛资格取决于运动员在世界杯、世锦赛和在其所属国家和地区比赛中所取得的成绩,还要看他所属国家和地区的参赛名额。也就是说,即使运动员在国家比赛中取得了名次,也不意味着他有资格参加奥运会。



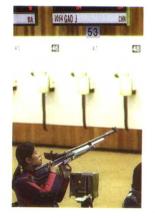
In order for a shooter to compete in the Games, he or she must shoot what is known as a Minimum Qualification



Score—MQS for the respective event at one of the ISSF supervised Championships during the four years between Olympic Games. Only athletes that shot a MQS can be entered in one or more events on the Olympic shooting program. Two scoring systems are used. For shotgun events, each time the shooter fires and hits the target so that at least one visible piece is broken, it is scored a hit and counts as one point. For rifle, pistol and running target events, shooters fire at round black aiming

areas displayed on white backgrounds. The targets are divided into 10 concentric scoring zones or rings with each area worth different points. Targets are electronic and computerized so each shot can be recorded instantaneously. Television monitors will enable spectators to see the impact point of each shot fired.

参加奥运会射击比赛的运动员必须达到国际运动射击联合会(ISSF)所制定的最低参赛标准——即 MQS。MQS 是运动员参加奥林匹克四年一个的周期内由 ISSF 管辖的任意赛事所取得的成绩。拥有 MQS 的运动员才能参加奥运会的各个射击项目。射击比赛有两种评分法,猎枪项目以命中碟靶为准,只要击中碟靶,即得一分。步枪、手枪和移动靶项目则以命中靶环的环数为标准。白色的靶纸上设有 10 个黑色的同心靶圆——



也叫得分区或靶环, 击中不同的靶环, 所得分数不同。这种电子靶通过计算机实现同步记分, 观众可以通过电视 屏幕看到命中点。

More Aboustnooting

Quota Places 参赛席位



Participation in the Olympic Shooting events is not guaranteed. Since 1988 Seoul, each national shooting federation must earn "quota places" —one starting position to send athletes to the Olympic Games. Due to the changes incorporated after the 1996 Games (430 quotas), the IOC has approved that a total of 410 athletes will be able to compete in the 17 events across the four Olympic disciplines at the Sydney Games. This quota rule is also valid for the 2004 Athens Games.

Quota places are generally awarded when an athlete wins a gold medal at the ISSF World Cups or posts a top finish at the World Championships or Continental Championships—Africa, America, Asia, Europe, Oceania—in the last two years before the Olympics. A quota place guarantees that someone from a given country—not necessarily the athlete who earned it—will be competing in that Olympic event. Each nation can earn a maximum of 31 quota places: one each in trap, skeet and double trap women, and two each in all other events. For the host country of the 2004 Olympics, there are reserved 10 quota places for Greece.

Wild Cards 外卡

Tripartite's "wild cards" (in total 37) will be granted to one shooter from a country which has not obtained a quota place according to the regular procedure, if it would be in the interest of the IOC/NOC/ISSF that at least one shooter could represent this country in the shooting events of the Olympic Games.

Special "wild cards" for hardship cases (in total 17) are granted by the ISSF on request of the IOC, or a NOC, or a Member Federation of the ISSF to a country which has a shooter without a quota place, but who has obtained an outstanding result in one of the Olympic Shooting Events in an official qualification competition,

"MQS—Minimum Qualification Score" 最低参赛标准

In order for a shooter to compete in the Games the athlete must shoot a minimum qualification score (MQS) for the respective event at one of the ISSF supervised Championships during the four years between Olympic Games. Only athletes that have shot a MOS can enter in one or more events on the Olympic shooting program. The minimum qualification scores (MOS) are:

Rifle Discipline 步枪项目

| 50m Rifle 3 Positions Men | 1135 |
|-----------------------------|------|
| 50m Rifle prone Men | 587 |
| 10m Air Rifle Men | 570 |
| 50m Rifle 3 Positions Women | 555 |
| 10m Air Rifle Women | 375 |

Pistol Discipline 手枪项目

| 50m Pistol Men | 540 |
|---------------------------|-----|
| 25m Rapid Fire Pistol Men | 573 |
| 10m Air Pistol Men | 563 |
| 25m Pistol Women | 555 |
| 10m Air Pistol Women | 365 |

Running Target Discipline 移动靶项目

| 10m Running Target Men | 543 |
|------------------------|-----|
|------------------------|-----|

Shotgun Discipline 飞碟项目

| Trap Men | 112 |
|-------------------|-----|
| Double Trap Men | 118 |
| Skeet Men | 114 |
| Trap Women | 58 |
| Double Trap Women | 87 |
| Skeet Women | 60 |







Sport English

乞

Rifle Competition

步枪比赛



In the rifle competition, athletes assume three positions while competing. In the prone position, the shooter lies on the ground with his or her extended forearm forming an angle of no less than 30 degrees from horizontal. In the kneeling position, the shooter must ensure that the right foot, right knee and left foot (for a right-handed shooter) are the only things touching the ground. In the standing position, rules apply to the positioning of the shooter's arms in the running-target rifle event. The

shooter must stand unsupported in this event, meaning the extended arm must not rest on the hip or chest. In all other events, the shooter is permitted to support the extended arm with the chest or hip if he or she wishes. Scoring in all rifle events is done electronically. All targets have 10 concentric zones, from the largest, outside ring to the middle, or bullseye, which is worth the most points. The bullseye measures 12 mm in diameter for small-bore events and 0.5 mm for air rifle events. The running target event uses a bullseye measuring 5.5 mm in diameter. In the men's three position event shooters are allowed to use palm rests for comfort and gun elevation. Between shots, competitors can rest their rifles on a shooting stand and use spotting scopes to aid in the viewing of their targets.

步枪比赛有 3 种射击姿势。卧射时射手全身伏地双肘支撑在地面上,前臂与地面呈 30 度角。跪姿时,用右手的射手必须确保只有右脚、右膝和左脚着地。立姿时,尤其是步枪移动靶的比赛规定更为严格,射手在比赛中必须毫无帮助地保持直立,也就是说,射手的手臂不得依托在臀部或胸部上。其他项目使用立姿时,射手可以随意把手臂依托在胸部或臀部。所有步枪比赛都采用电子记分。靶上有 10 个同心圆区,由内到



外,逐渐增大,最中心的靶环环数最高,叫做靶心。小口径步枪比赛的靶心直径为 12mm,气步枪比赛的靶心直径为 0.5mm,移动靶比赛的靶心直径为 5.5mm。男子 3 种射姿比赛中,可以使用前手掌托,用于放松和调整步枪的高度。在射击间歇时,运动员可把枪放下休息,还能用弹着观察镜观察目标。

In the men's 50-meter rifle event, the shooter fires a round of 40 shots while in the prone, standing and kneeling positions. Women fire 20 from each position. Men have 45 minutes for the prone position, 75 minutes for the standing position and 60 minutes for the kneeling position, while women are limited to 135 minutes in total. The

target distance is 50 meters, with a center ring of 10.4mm in diameter. Qualifying consists of a preliminary round, with the eight best scores going to the final, in which each shooter fires 10 shots in the standing position with a time limit of 75 seconds per shot. The score is then evaluated in tenths of points and added to the preliminary score to determine the finishing order. A perfect match score for men is 1200, and 1165 is world-class. For

women, a perfect score is 600, and 580 is considered world class.



男子 50m 步枪比赛中,运动员根据规定按卧、立、跪三种姿势的顺序,依次各射 40 发子弹,女子用三种姿势各射 20 发子弹。规则限定男子卧射为 45 分钟,立射 75 分钟,跪射 60 分钟,女子必须在 135 分钟内射完 60 发子弹。射击距离为 50 米,靶心的直径是 10.4mm。预赛中的前 8 名进入决赛。决赛中,运动员立射 10 发子弹,每发子弹必须在 75 秒内射出,环数被精确到小数点后一位,并把预赛的成绩带入决赛,以决定最后的名次。本项目男子的最好成绩是 1200 环,1165 环为世界级成绩,女子的最好成绩是 600 环,580 环为世界级水平。

In the men's and women's 10-metre air rifle, men are required to fire 60 shots in 105 minutes from the standing position at a target 10 meters away, with a center ring measuring 0.5 mm in diameter. Eight athletes advance to the finals, in which

they each have 75 seconds to fire ten shots. In the finals, the score is evaluated in tenths of points, with that score added to the preliminary round score to determine the finishing order. A perfect match score for men is 600, and 592 is considered world-class in this event. Women's competition follows the same format but shooters fire 40 shots over a 75-minute period. A perfect score in the women's event is 400, and 395 is considered world-class.

男子和女子的 10m 气步枪比赛规定,男子在 105 分钟内立射 60 发子弹,射击距离为 10m,靶心直径为 0.5mm。预选赛中的前 8 名进入决赛。决赛中,运动员在 75 秒内射完 10 发子弹,决赛的环数精确到小数点后一位。决赛成绩和预赛成绩相加,决出最后的名次。男子 10 米气步枪比赛的最好成绩是 600 环,世界级成绩是 592 环。女子比赛的规则与男子的基本相同,只是女子必须在 75 分钟内射完 40 发子弹。这个项目的女子最好成绩为 400 环,世界级成绩为 395 环。

In the men's 10-metre running target event, athletes fire 60 shots, 30 in a slow round and 30 in a rapid round. In the slow round, the target is pulled across an aisle measuring two meters in width, and is visible for a total of five seconds. In the rapid round, the target is visible for two and a half seconds. The target is 10m away and has a center ring 5.5mm in diameter. In both rounds, the target begins alternately from the right and left. A perfect match score is 600, and 575 is considered world-class in this event.



男子 10m 移动靶射击中,运动员共射 60 发子弹,快速射 30 发,慢速射 30 发。慢速是环靶在 2m 宽的目标 显现区内移动,显现 5 秒后消失。快速的环靶只显现 2.5 秒。射击距离为 10m, 靶心直径为 5.5mm。在两种速度的 比赛中,环靶从左到右或从右到左交替移动。本项目的最好成绩是600环,575环则为世界级水平。

More Aboutnooting

Rifle Events 步枪项目



In the rifle events, competitors earn points with their shots at a 10-ring target, and the shooter with the most points at the end of the competition wins. Shooters fire from standing. kneeling and prone positions.

In the finals, the 10 rings on the target are divided to produce more rings, making the highest score for a shot 10.9. The final-round score is added to the qualification-round score to determine the winner. Normally, scores range from

one point for hitting the outside zone to 10 for a hit in the 10 rings. The higher score generally is awarded when a shot hits a line between two zones.

In the standing position for all rifle events, the rifle is held with both hands and rests on the shoulder, and the left arm may be supported on the chest or hip.

When kneeling, the right-handed shooter may touch the ground with the toe of the right foot, the right knee and the left foot. The left knee may support the left elbow, but the point of the elbow must be no more than 10 cm past or 15 cm behind the point of the knee. Rifle shooters may use a soft, cylindrical roll to support the inside of the ankle when kneeling.

In the prone position, a shooter may not let the rifle rest against, or touch, any object. The right-handed shooter's left forearm must form an angle of at least 30 degrees from horizontal. The maximum changeover time between positions is 10 minutes for 50m-rifle events.

Rifle Sights 步枪瞄准器

prone position 卧姿; standing position 立姿; kneeling position 跪姿 Only "metallic" sights are permitted, which have no lenses or system of lenses. An aperture is used at the rear



50m Rifle 3 Positions Men 男子50米小口径自选步枪3×40

Prior to the first competition shot, any number of sighting shots may be fired. The rifle is a small bore rifle (single loaded) in 5.6 mm (. 22" Long Rifle) calibre with a maximum overall weight of 8 kg with a well shaped stock incorporating adjustments to suit the individual. including a hook type butt plate and in the standing position only a palm rest if desired. Only "metallic" sights are permitted-see rifle sights. The center ten, which is as large as a "Dime" coin, must be



hit at a distance of 50 meters within a time limit of 45 minutes in the proper position. 75 minutes in the standing position and 60 minutes in the kneeling position.

| | Score | Name | Nationality |
|-------------------------------------|----------------------|-----------------|-------------|
| World Records ^[16] | 1186 | Debevec Rajmond | SLO |
| Final World Records ^[17] | 1287. 9(1186+101. 9) | Debevec Rajmond | SLO |

50m Rifle Prone Men 男子50米小口径自选步枪队射60发

60 shots are fired in the prone position. Prior to the first competition shot, any number of sighting shots may be fired. The competition time, including the sighting shots, is 75 minutes. The distance of the target, the size of its center and the gun correspond to the 50m rifle three position match.

| | Score | Name | Nationality |
|---------------------|------------------|------------------------|-------------|
| World Records | 600 | Botchkarev Viatcheslav | URS |
| Final World Records | 704.8(600+104.8) | Klees Christian | GER |

50m Rifle 3 Positions Women 女子 50 米小口径运动步枪 3×20

Three rounds of 20 shots are fired in the prone, standing and kneeling positions. The time limit for all three positions, including the sighting shots, is 135 minutes. A small bore rifle as for the men but with a maximum weight limit of 6.5 kilos. The shots are once again fired at the target's center, which is the size of a "Dime" coin, at a distance of 50 meters.

| | Score | Name | Nationality |
|---------------------|------------------|-----------------|-------------|
| World Records | 592 | Letcheva Vesela | BUL |
| Final World Records | 689.7(592+ 97.7) | Letcheva Vesela | BUL |

^[16] 在射击的世界经常出现平世界纪录的情况,本书限于篇幅仅选了世界纪录的创造者。

^[17] 射击的世界纪录分为两类:预赛世界纪录和决赛世界纪录。本书中的射击世界纪录均截止到 2002 年 10 月。

10m Air Rifle Men and Women 男、女 10 米气步枪

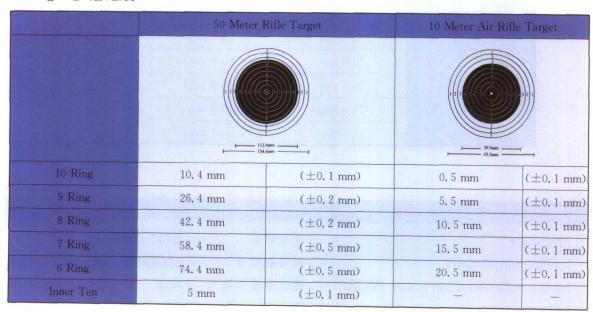
Permitted are 4.5mm (0.177") air rifle with a maximum weight of 5.5 kg from which the pallet is propelled by air compressed either by an external lever or by a pre-compressed air cylinder. The stock is shaped for comfort but this together with the rifle and sights have many restrictions regarding dimensions under the rules. Only "metallic" sights are permitted-see rifle sights. In the main competition, only the entire rings are counted. The men complete 60 shots in 105 minutes with any number of



sighting shots before the first competition shot is fired. The women complete 40 shots within a maximum of 75 minutes, including the sighting shots. The shots are fired in the standing position at a very thin, "threadlike" center of exactly 0.5 mm at a distance of 10 meters.

| | | Score | Name | Nationality |
|-------|---------------------|--------------------|----------------------|-------------|
| Men | World Records | 600 | Majchacheeap Tevarit | THA |
| ivien | Final World Records | 702.4(599+103.4) | Rolland Leif Steinar | NOR |
| Women | World Records | 400 | Seo Sun Hwa | KOR |
| | Final World Records | 504, 2(399+105, 2) | Pfeilschifter Sonja | GER |

Rifle Target 步枪靶纸



10m Running Target Men 男子 10 米移动靶

A4.5mm (.177") air rifle with a maximum weight of 5.5kg including the sight, from which the pellet is pro-

pelled by air, compressed either by an external lever by a pre compressed air cylinder may be used. The stock is shaped for comfort and handling for this event but this together with the rifle has many restrictions regarding dimensions under the rules. A telescope sight is permitted with a maximum power of 4x and a maximum overall length of 300mm. This is the only rifle event in the Olympic program which permits a telescope sight.



| | Score | Name | Nationality |
|---------------------|--------------------|--------------|-------------|
| World Records | 588 | Kolesov Igor | RUS |
| Final World Records | 687. 9(586+101. 9) | Yang Ling | CHN |

10 m Running Target 10 米移动靶纸

| | | 70,0 mm — >14 | 70,0 mm |
|-----------|----------|---------------|--|
| 10Ring | 5. 5 mm | (±0.1 mm) | |
| 9 Ring | 10.5 mm | (±0.1 mm) | The 10 m Running Target is a single |
| 8 Ring | 15. 5 mm | (±0,1 mm) | card with two scoring zones each |
| 7 Ring | 20.5 mm | (±0, 2 mm) | with rings 1 to 10 on the two sides and a single aiming mark in the cen- |
| 6 Ring | 25.5 mm | (±0, 2 mm) | ter |
| Inner Ten | 0.5 mm | (±0.1 mm) | |

| KE | EY WORDS 重点词汇 | | |
|-----------------------------------|---------------|-------------------|------|
| rifle event | 步枪项目 | pistol event | 手枪项目 |
| running target event | 移动靶项目 | shotgun event | 猎枪项目 |
| Minimum Qualification Score (MQS) | 最低参赛标准 | ring | 靶环 |
| impact point | 命中点 | prone position | 卧姿 |
| kneeling position | 跪姿 | standing position | 立姿 |
| slow round | 慢射 | rapid round | 速射 |

Chapter 83

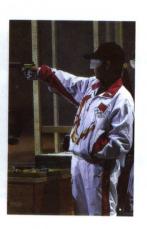
The Shooting(Ⅲ) 射击(三)



1984年7月29日是载入中国奥运史册的日子:

许海峰在洛杉矶奥运会自选手枪慢射的比赛中以566环的优异成绩摘取了洛杉矶奥运会的第一枚金牌,实现了中国奥运史上金牌"零的突破"。









Pistol Competition

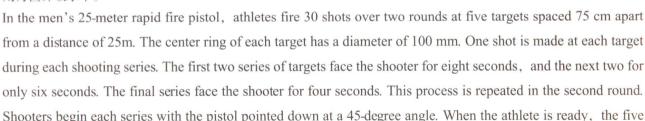
手枪比赛

In the men's 50-meter free pistol event, athletes fire 60 shots at a target from a distance of 50m over a maximum of 120 minutes. The target's center ring measures 50mm in diameter. The pistol must be fired singlehanded from the standing position. The top eight competitors advance to the final, in which 10 shots must be fired within a maximum time of 75 seconds per shot. The score is evaluated in the finals in tenths of points,



with that score added to the preliminary round score to determine the finishing order. A perfect match score in this event is 600, with 565 considered a world-class score.

男子 50m 自选手枪比赛规定,运动员在 120 分钟内射 60 发子弹,射程为 50m,靶心直径为 50mm。本项目 取立姿, 单手持枪。预赛中的前8名进入决赛, 决赛中, 运动员共射10发子弹, 每发子弹必须在75秒内射出, 决赛的环数被细分到小数点后一位,然后加上预赛成绩,决出最后的胜者。本项目的最好成绩是600环,565环 则为世界级水平。



targets simultaneously turn to face the shooter. Athletes fire in the standing position, using just one hand to hold their pistol. Eight shooters advance to the final round, where two series of five shots are fired. Each series must be completed in four seconds. In the finals, the score is evaluated in tenths of points. That score is added to the score from the preliminary round to determine the finishing order. A perfect match score in this event is 600, with 597 being considered a world-class score.



男子 25m 速射手枪比赛共射 30 发子弹,分两个阶段打完。5 靶一组并列排开,每靶之间相隔 75cm,射程为 25m,每个靶的最内环直径为100mm。运动员必须连续分别射击这每个靶。在两个阶段的比赛中,前两组靶的射





击时间为8秒,中间两组靶的射击时间为6秒,最后一组靶的射击时间为4秒。第二轮中,反复这一过程。射靶前,运动员的手枪向下呈45度角。运动员准备好后,5个靶同时显现,面向射手。射击时运动员采用立姿,单手持枪。预赛中的前8名进入决赛,决赛中,运动员射击两组并列排开的5个靶,每组的射击时间为4秒,决赛的环数被精确到小数点后一位,然后加上预赛成绩,决出最后的名次。本项目的最好成绩是600环,597环则为世界级水平。



In the women's 25-meter sport pistol event, preliminary rounds include a combination of 30 precision shots and 30 duel shots. The precision stage consists of six series of five shots. Each series must be completed within six minutes. Athletes fire at targets 25m away, with a center ring measuring 100mm in diameter. During the duel stage, athletes fire six series of five shots at a turning target 25m away. The target faces the shooter for three seconds, then turns away for seven. Athletes

must fire one shot each time the target faces them, firing six, five-shot groups in total. Competitors are required to begin with their pistols pointed down at a 45-degree angle and not raise their pistol until the target starts to turn. Eight athletes advance to the final, where 10 shots are completed in the precision format, with 75 seconds allowed for each shot. Scores are evaluated in tenths of points in the final, then added to the preliminary round scores to determine the finishing order. A perfect match score in this event is 600, with 594 being world-class.

女子 25m 运动手枪预赛的比赛方法是:射手先向环靶进行 30 发慢射,然后进行 30 发速射。慢射每组 5 发,共 6 组,每组时限为 6 分钟,射击距离是 25m,靶心直径 100mm。速射的射程为 25m,分 6 组,每组射 5 发子弹,目标显现 3 秒,然后隐没 7 秒。每次目标显现,射手打一枪,打完 5 发子弹为一组的共 6 组比赛。运动员以手臂向下 45 度角为准备姿势,目标显现后,再开始举枪射击。预赛的前 8 名进入决赛,决赛中的慢射规定射 10 发子弹,每发时限为 75 秒。决赛的环数被细分到小数点后一位,然后加上预赛成绩,决出最后的名次。本项目的最好成绩是 600 环,世界级水平是 594 环。





In the men's and women's 10-meter air pistol event, athletes fire their pistols single-handed from the standing position from a distance of 10m. The target's center ring measures 11.5mm in diameter. Men fire 60 shots in series of 10, with a time limit of 105 minutes, while women fire 40 shots, in series of 10, within a time period of 75 minutes. Eight athletes advance to the finals, which consists of a series of 10 shots, with a time limit of 75 seconds per shot. In the finals, the

score is evaluated in tenths of points, with that score added to the preliminary round score to determine the finishing order. A perfect match score for men is 600, and a world class score is a close 585. A perfect match score for women is 400, and a world class score is about 385.

男女 10m 气手枪比赛采用立姿,射手单臂持枪,射程为 10m。环靶的靶心直径为 11.5mm,男子射 60 发子弹,分 10 组,时限为 105 分钟。女子射 40 发子弹,分 10 组,时限为 75 分钟。预赛的前 8 名进入决赛,决赛只射 10 发子弹,即一组,每发的时限是 75 秒。决赛的环数被精确到小数点后一位,然后加上预赛成绩,决出最后的名次。本项目的男子最好成绩是 600 环,世界级水平接近 585 环。女子项目的最好成绩是 400 环,世界水平为 385 环。

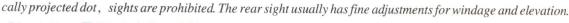


More Aboustnooting

Pistol Events 手枪项目

Pistol events are scored the same as rifle events, with competitors aiming at a 10-ring target. Pistol shooters use a standing position and must hold and fire the gun with one hand, with the wrist clearly free of support.

Only "open" sights consisting of a post or blade sight at the front and the notch at the rear; optical, mirror, telescope, laser beam or electroni-



50m Pistol Men 男子 50 米自选手枪慢射

A small bore single loaded pistol in 5.6mm (.22") calibre with no restrictions on weight, barrel length or trigger pull weight is permitted in the competition. A well fitting grip is used but this must not go beyond the hand or touch any part of the wrist. Only "open" sights are permitted. The center of the target is 50 mm in size, and the gun must be fired, single-handed, in the standing position.

| | Score | Name | Nationalit |
|---------------------|--------------------|----------------------|------------|
| World Records | 581 | Melentiev Alexsander | URS |
| Final World Records | 676. 2(577+ 99. 2) | Demarest William | USA |





25m Rapid Fire Pistol Men 男子 25 米自选手枪速射

This program consists of two rounds of 30 shots each, and one round consists of two series of five shots fired in eight, six, and four seconds. A series of five shots is fired at five targets, 75 cm apart, at a distance of 25 meters. The match is started with a command for the shooters from a 45-degree angle position with a 5.6mm (.22") calibre pistol capable of firing five shots and usually using the .22" short cartridge. A maximum weight of 1260g but no minimum trigger pull weight. Special grips are permitted but these must not go past the hand nor touch any part of the wrist. There are rules regarding various dimensions and design and the pistol must be capable of fitting into a box 300 ×150 ×50mm. Only "open" sights are permitted -see pistol sights. In the final of the best six shoot-



ers, two series of five shots must again be completed in four seconds, and the shots are evaluated in decimal tenths. The scores of the opening program and final are added together at the end.

| | Score | Name | Nationality |
|---------------------|------------------|---------------|-------------|
| World Records | 597 | Schumann Ralf | GER |
| Final World Records | 699.7(596+103.7) | Schumann Ralf | GER |

25m Pistol Women 女子 25 米运动手枪

The score consists of a combination of 30 precision shots and 30 duel shots. Six series of five shots must be completed in six minutes each. In the duel semi-round, the center is twice as large (100mm), and six series of five shots must be completed in three seconds each with a seven second break in between. A 5.6mm (.22" Long Rifle) calibre pistol capable of firing five shots, with a maximum of weight of 1400g and with a minimum trigger pull of 1000g is used. The pistol grip must not go past the hand nor touch any part of the wrist and has



other restrictions on shape and dimensions and the pistol must be capable of fitting into a box $300 \times 150 \times 50$ mm. Only "open" sights are permitted-see pistol sights.

| | Score | Name | Nationality |
|---------------------|--------------------|---------------|-------------|
| World Records | 594 | Iorgova Diana | BUL |
| Final World Records | 695. 9(594+101. 9) | Tao Luna | CHN |

Sport

Ready position 准备姿势

In all 25 m rapid fire events shooting must start from the ready position. In the ready position, the shooter's arm must point downward at an angle of not greater than 45 degrees from the vertical, but must not be pointed at the ground within the forward edge of the firing point. The arm must remain stationary in this position while waiting for the appearance of the target or, when electronic scoring targets are used, for the green lights to come on.



The READY Position

Pistol target 手枪靶纸

| | 25 Meter Rapid | Fire Pistol Target | 25 Meter and 50 Meter | Precision Pistol Target |
|-----------|--|--------------------|--|-------------------------|
| | For the Rapid Fire Pistol event and the Rapid Fire stage of the Center Fire and 25 m Pistol events | | For the 50 m Pistol and 25 m Standard Pistor events and the precision stage of Center Fin and the 25 m Women's Pistol events | |
| | 500 | Comm | 123143 | 6 5 4 3 2 1 |
| 10 Ring | 100 mm | (±0.4 mm) | 50 mm | (±0.2 mm) |
| 9 Ring | 180 mm | (±0,6 mm) | 100 mm | (±0.4 mm) |
| 8 Ring | 260 mm | (±1.0 mm) | 150 mm | (±0.6 mm) |
| 7 Ring | 340 mm | (±1.0 mm) | 200 mm | (±1.0 mm) |
| 6 Ring | 420 mm | (±1,0 mm) | 250 mm | (±1.0 mm) |
| 5 Ring | 500 mm | (±1.0 mm) | 300 mm | (±1,0 mm) |
| Inner Ten | 50 mm | (±0.2 mm) | 25 mm | (±0.2 mm) |

10m Air Pistol Men and Women 男子、女子 10 米气手枪

Permitted is a 4.5mm (.177") air pistol with a maximum weight of 1500 g from which the pellet is propelled by air either by an external level or by pre-compressed air or CO_2 cylinder. The trigger pull must be a minimum of 500 g. The pistol grip must not go past the hand nor touch any part of the wrist, and has other restrictions on shape and dimen-



sions and the pistol must be capable of fitting into a box of $420 \times 200 \times 50$ mm. Only "open" sights are permitted -see pistol sights. The match is shot, single-handed, in the standing position at a distance of 10 meters, and the center of the target is 11.5 mm in diameter. The time limit for men with any number of sighting shots and the 60 competition shots is 105 minutes. For women, 40 shots must be fired within 75 minutes.

| | | Score | Name | Nationality |
|-------|---------------------|--------------------|-------------------|-------------|
| Men | World Records | 593 | Pyzhianov Sergei | URS |
| ivien | Final World Records | 695. 1(593+102. 1) | Pyzhianov Sergei | URS |
| W | World Records | 393 | Smirnova Svetlana | RUS |
| Women | Final World Records | 493.5(390+103.5) | Ren Jie | CHN |

Air pistol target 气手枪靶纸

| | | 10 Meter Air Pistol | l Target |
|-----------|----------|---------------------|---------------------------------|
| 10 Ring | 11.5 mm | (±0.1 mm) | |
| 9 Ring | 27, 5 mm | (±0, 2 mm) | |
| 8 Ring | 43. 5 mm | (±0.2 mm) | 0 2 (3 4 5 6 6 6 6 6 6 9 3) 2 1 |
| 7 Ring | 59. 5 mm | (±0,5 mm) | |
| 6 Ring | 75. 5 mm | (±0.5 mm) | |
| Inner Ten | 5.0 mm | (±0.1 mm) | ► 59.5mm → 155.5mm |

Shotgun Competition

飞碟比赛



also on hand to handle any disputes.

The rules are simple in all shotgun events: whoever hits the most targets, wins. Shooters signal the release of targets in all shotgun events. If a target is not released upon the shooter's signal, he or she can decline to shoot by dropping the barrel of the gun toward the ground with no penalty. A target is officially hit when at least one visible piece is broken from it. A referee has the final say as to whether a "bird" has been hit. Three assistants are

飞碟比赛的规则十分简单:命中碟靶多者为胜,射手发出信号后,才可抛靶。如果射手发出信号后,碟靶没有马上飞出,射手可以放下猎枪拒绝射击而不受惩罚。比赛以射手(明显)击碎碟靶为命中。在飞碟比赛中,裁判最终判决碟靶是否被有效击中,如果对判决有疑义,裁判可以咨询3个助理裁判。

In the men's and women's trap event, competitors move through a series of five adjacent shooting stations. One target is thrown from an underground bunker at each station from a minimum distance of 70m, at speeds up to 110 km/h. Each competitor fires as many as two shots per target. Targets are shot from one of three trap machines at each station. The shooter is not aware of which machine will fire, or of the angle or direction of the target. Rounds consist of five targets fired from each station. Men's competition consists of three



rounds on the first day, then two more plus a final for the top six shooters on the second day of competition. Women shoot 75 targets, plus a final for the top six shooters all in one day. A perfect match score in this event is 150 for men, and 100 for women.

在男女多向飞碟比赛中,有 5 个邻近的射击位置,地下靶壕内的抛靶机在每个位置以每小时 110 公里的速度 将碟靶抛至 70m 以外。运动员可向每个碟靶射击两次,每个射击位置设有三个抛靶机,但射手并不知道碟靶会从 哪个抛靶机抛出以及它的角度和方向。一阶段包括从每个位置抛出的五个碟靶。男子的第一天比赛分三个阶段进 行,比赛的第二天分两个阶段和一个决赛,并在当天,预赛的前 6 名进行决赛。女子比赛在一天内完成,共射 75 只碟靶,从 6 名选手中决出胜负。本项目的男子最佳比赛成绩为 150 中,女子最佳成绩为 100 中。



In the men's and women's double trap event, competitors fire shot-guns from five adjacent shooting stations. At each station, two targets are thrown from an underground bunker at speeds of up to 80 km/h. Each competitor is allowed one shot per target. Targets are shot out of one of three trap machines at each of the stations, and the athletes are unaware of which one will fire or which direction the targets will travel. In men's competition, the preliminary round consists of 150 targets shot in three rounds of 50 over one day. The finals are

shot the same day where the top six shooters fire at 50 targets each. The finishing order is based on the combined score from the preliminary round and the final. A perfect match score for men is 150 and 135 is considered world-class. The women's event follows the same rules, but with 120 targets over three rounds of 40, plus a final round shot the same day. A perfect match score for women is 120, and 100 is considered a world-class score.

男女双多向飞碟比赛有 5 个邻近的射击位置,每个射击位置的抛靶机以每小时最快 80km 的速度将碟靶抛出。运动员可向每个碟靶射击一次,碟靶由三个抛靶机中的任意一个抛出,所以,射手无法预测碟靶的飞出点和它的飞行方向。男子预赛和决赛在一天内完成,预赛分三个阶段,每阶段射 50 个碟靶,共射 150 个。预赛的前 6 名运动员进入决赛,每人各射 50 个碟靶。预赛和决赛成绩相加决定名次。本项目男子的最好成绩是 150 中,世界级水平是 135 中。女子比赛的规则与男子的基本相同,只是预赛中每阶段射 40 个碟靶,共射 120 个,预赛和决赛同天举行。女子最好成绩是 120 中,世界水平为 100 中。

In the men's and women's skeet event, competitors move through a semicircular range with eight shooting stations. At each station, single or double targets are thrown at least 65m from either the high trap house, which is located 3.05m above ground level, or the low trap house, which is located 1.05m above ground level. The houses are positioned 36.8m apart on either side of the range. Competitors must hold their shotguns at hip level until the target appears, and may only fire one shot per target. The preliminary round in men's competition consists of 125 targets shot in five rounds of 25 over two days. Three rounds are



fired on the first day and two rounds plus the final are contested on the second day. The top six competitors advance to a 25-target final round from the preliminary round. The finishing order is based on the combined score from the preliminary round and the final. For men, a perfect match score is 125, and 121 is considered world class. Women follow the same rules, but shoot 75 targets over three rounds of 25, plus a 25-target final shot the same day. A perfect match score for women is 125, and 121 is considered a world-class score in this event.



双向飞碟比赛的靶场为扇形,有8个射击位置,在每个射击位置,碟靶被单向或双向抛出,最低飞行距离为65米。靶场两端各设一个高、低抛靶房,高抛靶房高出地面3.05米,低抛靶房高出地面1.05米,两个抛靶房之间的距离为36.8米。比赛时,运动员通常将猎枪置于与臀部水平的位置。只有碟靶出现时,才能举枪射击,并且只能射一枪。男子比赛分两天进行,预赛共射125个碟靶,分5个阶段,每阶段射25个碟靶。比赛的第一天有三个阶段,第二天包括剩下的两个阶段和决赛。预赛中的前六名进入由25个碟靶组成的决赛。比赛的名次由预赛和决赛成绩相加,命中碟靶数多者,名次列前。男子的最好成绩是125中,世界水平为121中。女子比赛的规则与男子的基本相同,只是预赛分三个阶段,各射25个碟靶,共射75个,预赛和决赛同天举行。女子最好成绩是125中,世界水平为121中。

More Aboust hooting

Shotgun Events 飞碟项目



Shotgun events simulate the challenge of bringing down birds, although clay targets are as close as it gets these days. In trap, double trap and skeet competitions, shooters stand in shooting stations and fire at the clay targets, shaped like flying saucers, as they are released on the shooters' signals. In each event, the targets are propelled at high speed, and the person who hits the most wins.

In the trap and double-trap events, if a target isn't released immediately after a shooter's signal, the shooter may refuse to shoot by lowering the gun. The skeet event involves up to a three-second delay after the shooter's call for the target. If the target is not released within that time frame, the

shooter again may refuse the target by lowering the firearm. In all shotgun events, a target is declared "hit" when it is shot according to the rules and at least one visible piece is broken from it.

Shotgun 猎枪

Shotguns are smooth bored, invariably over-under (one barrel above the other) and fire cartridges which contain a number of pellets (weight limit 24 kg) rather than a single projectile as from a rifle or pistol.

The effective range of a shotgun against a clay target is about 50m.

There are three Olympic shotgun events for men and women: trap, double trap and skeet.

Choke (猎枪)缩口

A narrowed part of a shotgun barrel, as in a chokebore.

Chokebore (猎枪)绞筒

A bore in a shotgun that narrows toward the muzzle to prevent shot from scattering too widely.

Trap 抛靶器

A device for suddenly releasing or tossing clay targets into the air in trapshooting. Trench 靶壕

A long concrete structure in front of a firing line from which machines throw clay targets in trap shooting; also known as a "bunker".

Trap Men and Women 男女多向飞碟

The "long range" shotgun event. Guns weigh about 4 kg, have barrel lengths anything up to 85 cm and have a



single trigger which permits the firing of the two shots extremely rapidly. The gun barrels are designed to give a "target proof" pellet pattern at the distance at which these targets are shot; the cartridges used must contain pellets of sufficient size (approx.2.6mm) to be capable of breaking the target at these extreme ranges.

In the trap events, named for the device that fires the clay targets into the air, a bank of three traps set at different heights and angles sits



within the trench in front of each shooter. The heights range from one to four metres. and the shooter does not know which of the three traps will release next. As each target is released, the shooter is allowed two shots.

| | | Score | Name | Nationality |
|--------|---------------------|-------------|---------------------|-------------|
| Men | World Records | 125 | Pellielo Giovanni | ITA |
| IVIEII | Final World Records | 150(125+25) | Tittarelli Marcello | ITA |
| Women | World Records | 74 | Chuyko Victoria | UKR |
| women | Final World Records | 97(73+ 24) | Tkach Elena | RUS |

Skeet Men and Women 男女双向飞碟

The "short range" event. Guns weigh about 3 kg which is less than those used for Trap and Double Trap and have shorter barrels. Because of the limited distances at which targets are shot (from about 4m to 30m) they shoot a very open pattern, which with a cartridge containing very small pellets (2mm) these give a dense pattern and one which is still capable of breaking the target at these wide distance margins.

In the skeet event, the two targets are released from separate trap houses at either end of a semicircle. The course of fire consists of either singles or doubles. A "single" target is thrown from either house. A "double" consists of two targets thrown simultaneously, one from each house.

| | | Score | Name | Nationality |
|--------|---------------------|-------------|---------------------|-------------|
| Men | World Records | 125 | Heinrich Jan-Henrik | GER |
| AVACII | Final World Records | 150(125+25) | Heinrich Jan-Henrik | GER |
| Women | World Records | 75 | Demina Svetlana | RUS |
| Women | Final World Records | 97(73+ 24) | Demina Svetlana | RUS |

Double Trap Men and Women 男女双多项飞碟

A "medium range" event. Guns used are similar to those used in Trap but have a slightly more pellet spread because the targets shot are only some 35 m or so from the shooter. However since two targets are released each time, the shooter must have extremely rapid reactions.

In the double trap, two targets are released simultaneously at different heights and angles from the centre bank of traps. The targets come off any of the three traps, ranging in height from 3 to 3.5m, and the shooter fires one shot at each target.

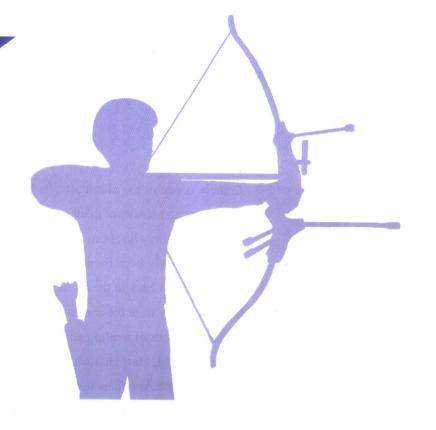
| | | Score | Name | Nationality |
|-------|---------------------|--------------|-----------------|-------------|
| M | World Records | 147 | Diamond Michael | AUS |
| Men – | Final World Records | 194(146+48) | Diamond Michael | ITA |
| Women | World Records | 115 | Zhang Yafei | CHN |
| | Final World Records | 150(115+ 35) | Zhang Yafei | CHN |

| KEY | WORD | 重 2 | 占词 | 3 |
|-----|-----------|-----|---------|---|
| | MUNICIPAL | 2 王 | THE PHU | |

| THE PARTY OF THE P | | | | | | |
|--|--------|-------------------------|--------|--|--|--|
| free pistol event | 自选手枪项目 | rapid fire pistol event | 速射手枪项目 | | | |
| sport pistol event | 运动手枪项目 | precision shot | 慢射 | | | |
| duel shot | 速射 | air pistol event | 气手枪项目 | | | |
| shooting station | 射击位置 | trap machine | 抛靶机 | | | |
| single target | 单向碟靶 | double target | 双向碟靶 | | | |
| trap house | 抛靶房 | | | | | |

Chapter 84

The Archery 射箭



Archery, 射箭运动的历史源远流长,在世界各地都能发现古代人类使用弓箭的痕迹。弓箭最初是人们狩猎求生存的工具,后成为战争的工具,并在火药发明之后,渐渐退出了战争的舞台,而射箭却一直都是一种常盛不衰的竞技娱乐项目。射箭是我国古代的六艺之一,古书云:"君子无所争,必也射乎"。









Sport English

X

History Of Archery

射箭的历史





Rock fresco depicting archer in Egypt from about 7 500 BC.

Archery is one of the oldest arts. Its history and evolution almost parallels the development and history of mankind itself. Indeed, both are closely linked. Evidence of ancient archery has been found throughout the world, even in Australia where it had previously been thought that the bow had not been used. Although archery probably dated back to the Stone Age, the earliest people known to have used the bow and arrow were the ancient Egyptians, who adopted it at least 5000 years ago for the purposes of hunting and warfare. In 1200 BC, the Hittites would use the bow from light, fast chariots that enabled them to become dreaded opponents in

Middle Eastern battles. Their neighbors, the Assyrians used archery extensively. They built bows from several different types of material: tendon, horn and wood. They also gave the bow a new, re-curved shape that was far more powerful and as it was shorter, more easily handled by an archer on horseback.

射箭是一种古老的技艺,它的发展和演变几乎与人类的历史和发展同步。实际上,这二者是密不可分的。在世界各地都能发现古代人类使用弓箭的痕迹,甚至在曾被认为从未使用过弓的澳大利亚,也发现了古代弓箭的遗迹。虽然射箭可以追溯到石器时代,但已知的最早使用弓箭的是古埃及人。5000多年前,他们就把弓箭作为狩猎的工具和战斗的武器。公元前1200年,英勇善战的赫梯人驾驭着风驰电掣的战车,张弓搭箭,成为中东战场上谈之变色的头号杀手。赫梯人的近邻亚述人,广泛地利用了弓箭。他们用筋根、牛角和木头制成弓,改进了弓的形状,发明了后弯弓,它可以令射出的箭威力更大并且更容易掌握,使用这种相对小巧的弓,射手们在马背上引弦开弓更加便利了。



In China, archery dated back to the Shang dynasty. A war chariot of that time carried a three-man team: driver, lancer and archer. During the ensuing Zhou dynasty, nobles at court attended sport archery tournaments that



were accompanied by music and interspersed with elegant salutations. In the Greco-Roman period, the bow was more used for personal exploits or hunting, rather than warfare. Archers are frequently seen on pottery dating from that time. Both the Greeks and the Romans used Cretans as archers. The Romans are said to have been second-rate archers as until the 5th century their bows were shot by drawing the string to the chest, instead of the longer draw to the face which gives the arrow far more accuracy. Their opponents had often far better skills. The Parthians for instance were horsemen who developed the skill of swivelling around in the saddle and could shoot backwards at full gallop.



在中国,弓箭的使用可追溯到商朝,那时,每个战车上都配有一名车夫、一名长矛手和一名射手。在随后的周朝,官员们要做到文武双全,参加朝廷举行的运动射箭比赛,这些比赛有音乐伴奏,还要表演不同的射礼。大约到了古希腊和古罗马时期,作为军事装备的弓箭逐渐转变为单纯的狩猎工具和优雅休闲的体育运动。那时的陶器上到处都是射手的形象。希腊人和罗马人都用克里特人当弓箭手。5世纪前,罗马人被称为二等射箭手,而后,他们一跃成为射箭高手,那是

因为将以往拉弓到胸部的射箭方式改进为拉弓到脸部,从而增加了命中率,而他们的对手则在技艺上略胜一筹, 比如帕提亚人,发明了在飞奔的马背上转身回射的技术。

Middle Eastern superiority in archery equipment and technique continued for centuries. With bows like those of the Assyrians and Parthians, Attila the Hun and his Mongols conquered much of Europe and Asia, and Turkish archers repelled the Crusaders. For native Americans, the bow was both a means of subsistence and existence before and during the days of English and later American colonisation. This has been the case, and still is in some countries,



on the African continent. The popularity of archery is reflected in ballads and folklore, with the most famous exponent obviously, Robin Hood. In Greek mythology, reference is often made to archers. English literature hon-



ors the longbow for famous victories in the battles of Crecy, Agincourt and Poitiers. The first known organized competition in archery was held at Finsbury, England in 1583 and included 3000 participants! By the time of the 30 Years War (1618-1648), it was clear that the bow as a weapon belonged in the past, due to the introduction of gunfire. Since then, archery has developed as a recreational sport. It first appeared in the Olympic Games in 1900 and was contested again in 1904, 1908, and

1920. In those four Olympic Games, it was possible for an archer to compete in numerous events and win several medals. Hubert van Innis of Belgium is the most decorated archer in Olympic history, winning six gold medals and three silvers in 1900 and 1920. Archery was re-introduced to the Olympic program in 1972 with an individual event for men and for women and John Williams and Doreen Wilber of the United States captured the gold medals. Team competition was added to the medal program in Seoul in 1988.

中东国家在射箭装备和技术上的领先地位持续了几个世纪,他们使用的弓与亚述人和帕提亚人的类似。匈奴



的大汗们带着他们善射的蒙古骑兵征服了大部分欧洲和亚洲,是勇猛的 突厥射手摧毁了东征的十字军。对美洲的土著人来说,弓箭不仅是求生 的技俩,也是抵御英国和后来美国殖民者的武器。直到现在,在非洲大 陆,弓箭还是有些人的生存工具。民谣和民间传说中也不乏射箭的故事, 比如我们熟悉的——侠盗罗宾汉,还有古希腊神话中的射手们。在著名 的克莱西战役、阿金库尔战役和波蒂尔斯战役中立下辉煌战绩的长弓,

深受英国文人雅士们的推崇。1583 年在英国的芬斯伯里举行了第一个有记载的射箭比赛,有 3000 人参加了这次比赛。到了欧洲三十年战争期间,随着枪炮的应用,弓箭作为武器已成为历史。自此,射箭转变为休闲运动。1900 年,射箭被列为奥运会的比赛项目,此后它还被列入 1904 年、1908 年和 1920 年的奥运会。在这四届奥运会上,射手们可以参加各项射箭比赛,获得数枚奖牌。比利时运动员范因尼斯可谓是奥运历史上最著名的射手了。他在 1900 年和 1920 年的奥运会上,共夺得 6 枚金牌和 3 枚银牌。1972 年,射箭重新被列为奥运项目,比赛分男、女个人项目,金牌得住是美国的约翰·威廉姆斯和多伦·威伯。1988 年汉城奥运会又增设了团体射箭项目。

More Aboutchery

Modern History 现代射箭运动的历史



The modern sport of target archery originated in England during the 14th century, when the longbow became the English army's most important weapon. From 1330 to 1414, English kings banned all other sports because they diverted time from archery and a royal decree of 1363 required all Englishmen to practice archery on Sundays and holidays. Even after firearms made the bow and arrow virtually obsolete, late in the 16th century,

archery remained popular in England. It was one of the skills required of a courtier, but commoners also continued to enjoy the sport. By about 1600, three kinds of shooting were practiced in England, and they still survive in some form. In butt shooting, the ancestor of Olympic target archery, bowmen aimed at targets mounted on earthen butts at ranges of 100 to 140 yards. The Ancient Scorton Arrow Contest, the first recorded formal competition, was held in 1673. Many archery societies were organized in the 18th century, culminating in the Royal Toxopholite Society, formed under the patronage of the Prince of Wales (later George IV) in 1787. ("Toxopholite" is from the Greek for "bow lover"). The society became the Grand National Archery Association in 1844, when the first English national championship was held.

Hubert van Innis 范因尼斯(1866—1961)

with the Belgian team, on the 50m target.

Archer Hubert Van Innis was the most successful Belgian olympionike. During the Paris Olympics (1900), he won two gold medals on the 33m target. This was because of the two ways of counting the points ('au chapelet' and 'au cordon doré'). He also won a silver medal in Paris, 20 years after that, he won four gold and two silver medals at the Antwerp

Olympics (1920). And, in 1904, he bettered the record of the long shooting with a shot of 256.89 m. In 1933, at the age of 67, he was still competing and even won the world championship, together

The Flemish William Tell was born in 1866 in Elewijt. He started archery when he was nine. In 1880, as a 14-yearold boy, this left-handed archer won the 'Grote Prijs van de Koningin' (Price of the Queen) in the Dutch Tilburg, a performance he would repeat seven more times. Van Innis was a beer distributor, but in 1922, he became a full time archer. He died at the age of 95. A statue was erected in his honour in his native village.

FITA 国际射箭联合会

The international governing body of archery is the Federation Internationale de Tir à l'Arc (FITA). Founded in 1931, the FITA serves to promote and regulate archery world-wide through its more than 130 member associations^[18]. The federation is governed by the FITA Council; elections for president, vice-presidents and half of the council positions are held every four years at the FITA Congress.



韩国女队



In the last 20 years, Korea Women's Archery team has dominated in archery, since the 1984 Los Angles Olympic Games and the recent five Olympic Games, the Korean women athletes had taken away most of the gold medals in individual events, and even the silver and bronze. In 1988, the team competition was added to the Olympics, Korea women's team won it all the while. And the most notable of all is Kim Soo-Nyung

(金水宁). In only a few short years, Kim Soo-Nyung established herself as the greatest woman archer of the modern era. In 1988, Kim won an individual and team gold medal in archery at the Olympics. Nicknamed "Viper", she was also women's individual and team world champion in both 1989 and 1991. Through 1990, she held every women's world record at all distances, and overall as well. At the Barcelona Olympics she again helped Korea to the team gold but finished second in the individual event. She retired in 1993, but returned in 1999. At Sydney, she trailed other two teammates and gained third in the individual, but she also won her third team gold. Her six medals and four gold medals are both records for archery at the Olympics since its "modern" reinstatement in 1972.

Archery Competition

射箭比赛



Archery has a number of disciplines: Indoor target archery has been gaining in popularity, especially in countries with cold climates. The competition is shot indoors at 18 m. in the classic and compound divisions, outdoor target archery is held in an open, generally flat field, at various fixed distances. Both the classic and compound divisions compete in this discipline. The archery competition in the olympic games is a part of the FITA outdoor target archery program; however, only the classic division is allowed. Field archery is also

shot outdoors. However, unlike target archery, field archery is shot along a marked course or path in the woods or in the fields. In this competition, all three divisions (bare bow, recurve style and compound) may compete.

射箭的种类很多,近年来,室内射箭的发展迅速,尤其在气候寒冷的国家,更是深受人们喜爱。比赛在室内 进行,射程距离为18m,分古典式和复合式比赛两种。室外射箭在开阔的室外举行,射程依地形而定,比赛分古 典式和复合式两种。奥运会的射箭比赛属于国际射箭联合会的室外地靶射箭,而且,奥运会只设古典式射箭一项。 原野射箭也属室外射箭,与室外地靶射箭不同的是原野射箭在野外山林里按一定路线射完靶位。比赛设三种形 —裸弓、反曲弓和复合弓。

In Olympic competition, archers are required to release arrows toward a 10-ring target measuring 12.2 cm in diameter. Scores are tallied using a point system for piercing each of the ten rings. The innermost ring commonly called the bullseve—is worth 10 points. Each subsequent ring is worth one point less, down to a single-point outer ring. If an archer shoots an extra arrow, or shoots one out of sequence or outside the specified time limit, the highest scoring arrow of that end is not counted in the athlete's final score.



奥运会的射箭比赛使用箭靶由 10 个分环区组成,靶心直径为 12.2cm。射箭比赛采用环数记分制,即以运动 员射中箭靶的环数来计算比分。靶环的中心点一般称"黄心",射中可得10分,即10环。从里到外所得的环数 依次递减一环。射中最外边环区,得分为1环。如果运动员多射了一箭,或者没按比赛顺序射箭,或者超出了限 定的射箭时间,那么他在这一轮比赛中的最高环数将不被记录在总成绩中。





Bows: Olympic archers are restricted to using recurve bows with limbs that curve back toward the front of the bow. They are not permitted to use compound bows, which utilize pulleys to store the energy used to pull back the bowstring. Bows are constructed of wood, fiberglass or graphite of carbon composites. Bowstrings are constructed of a hydrocarbon product called FastFlight, or Kevlar, a material often used in the construction of automobile tires and bulletproof vests.



弓:奥运会射箭比赛禁止使用延伸杆回曲的反曲弓,也不得使用有弓震吸收器的复合弓。弓一般为木制、玻璃纤维或碳铝化合物等制成的组合弓。弓弦多采用制造汽车轮胎和防弹衣常用的名叫"快飞"或"凯夫拉"纤维的碳氢化合产品。

Arrows: Competition arrows are either constructed of aluminum, which has a tendency to be more uniform in weight and shape, or carbon graphite, which has the advantage of flying faster. Each arrow must be marked with the competitor's name or initials, and most use distinctive colors or patterns on the arrow fletching to distinguish their arrows.

箭:比赛用的箭可以是铝合金箭,这种箭的重量和形状比较均匀,也可以使用速度快的碳铝箭。箭杆上必须刻上运动员的名字或字首,运动员还以不同颜色和图案来装饰箭簇,以与其他选手的箭区别开来。

Miscellaneous: Archers are permitted to wear hand and finger protection on the



shooting hand, and glasses providing

they do not give the archer an edge over the other competitors. They may also wear arm guards to protect the arm from being slapped by the bowstring upon arrow release.

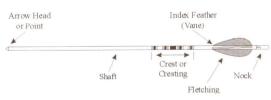
其他装备:在比赛公平竞争的条件下,运动员可在射箭的手上戴手套或指套,还可佩戴眼镜。此外,运动员还允许佩戴护臂以免在松弦放箭时受伤。



More Aboutchery

arrow 箭

Arrows in the Classic bow events can travel in excess of 150 miles per hour. They are made of either aluminium or carbon graphite. Aluminium arrows are more uniform in weight and shape, while graphite arrows fly faster. An



arrow consists of a shaft with head (point), nock, fletching and cresting. The maximum diameter of arrow shafts will not exceed 9.3mm, the heads (points) for these arrows may have a maximum diameter of 9.4mm.

shaft 箭杆

A long pole or rod forming the body of an arrow.

fletching 箭羽

The feathers, plastic vanes or other devices attached to the arrow shaft which stabilise the flight of the arrow.

crest or cresting 色标

Distinctive color markings on an arrow to identify the owner in scoring. arrowhead or point 箭头

Metal point inserted into end of arrow shaft. Can also be that the shaft fits inside the point as in wooden shafts and some carbon shafts.

nock 箭扣

The attachment on the rear end of an arrow that holds it in place on the bowstring.

index feather (vane) 箭尾定向点

The feather or vane set at right angles to the slot in the arrow nock (also called the cock feather).

Bow =

There are three different kinds of bows: recurve, compound and bare bow.

Recurve Bow 反曲弓

The only type of bow allowed in Olympic competitions. Its limbs curve away from the archer. It is also called classic Bow. The recurve bow which was invented by the Turks are more common than the longbow in today's day and age. These bows can be easily characterized by the curved limbs bent away







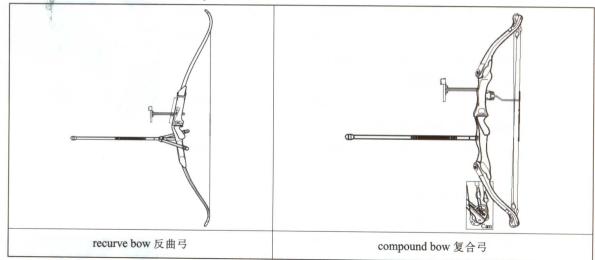
from the shooter (Compound bow may have these limbs but are non functional). Thus, this gives the shooter a compact, lightweight bow that still has a smooth draw. This bow can be shot with or without sites, which gives it flexibility and more of a choice to the shooter.

Compound Bow 复合弓

This bow has pulleys and cables to make the holding weight less than half of the draw weight. The compound bow is a relatively new design and has become very popular in the archery industry. The greatest advantage of the compound bow is it "let-off". Meaning that the pulled poundage of the bow is lessened ounce passed the peak (when it starts getting easier), which allows the archer to hold the bow longer and more comfortably.



This bow usually fires arrows at higher speeds and pack more kinetic energy due to the fact that the cams stores more energy into the limbs. While this may be an advantage for speed and penetration, this also increases noise and the chance to have a mechanical failure.



Bare Bow 裸弓

This is a recurve bow without a mechanical sight or stabilisers.

bowstring 弓弦

The string of a bow. Most strings are made of a hydrocarbon product called dyneema.

hand grip or handle 弓把

The handle of the bow.

Sight 瞄准器

A mechanical device placed on the bow to help the archer aim; also called a "bowsight". Stabiliser 防震器



A weight mounted on the bow to stabilise it during and after a shot.

target 箭靶

The target may be 1.22m in diameter, to the archer standing those 70m away, it appears about the size of a thumbtack held at arm's length. The centre of the bullseye stands 1.3m above the ground. The bullseye is 12.2 cm in diameter.

bulls-eye 黄心

The gold center circle on a target.

Inner 10 内 10 环

quiver 箭袋

A container for holding arrows, usually worn around the waist.

Score rules 得分规则

An arrow will be scored according to the position of the shaft in the target face. If the shaft of an arrow touches two colours, or touches any dividing lines between two scoring zones, that arrow will score the higher value of the two zones involved.

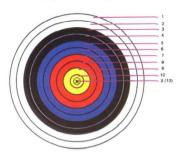
tie in score 平分时的规则

In the event of a tie in score, the ranking of the results will be determined in the following order:

- 1. For ties occurring in all Rounds, except for those ties as set out below:
 - Greatest number of scoring hits;
 - Greatest number of 10's;
 - Greatest number of X's (inner 10's);
 - After this competitors still tying will be declared equal; but for ranking purposes, i.e. position in the match play charts of Elimination Rounds, a disk toss will decide the position of those declared equal.
- 2. For ties deciding the entrance to the Elimination Rounds, or in matches deciding the progress from one stage of the competition to the next, or for deciding the medal placements after match
 - play competition, there will be shoot-offs to break the ties the system of the number of hits, 10's and X's will not be used):

-A single arrow shoot-off for score (maximum of three shootoffs); If there is still a tie in the third shoot-off, the arrow closest to the center of the target face will resolve the tie; or successive single arrow









nearest-to-the-center shoot-offs, until the tie is resolved.

Other Equipment 其他装备

armguard 护臂

A guard that protects the arm from abrasion when an arrow is shot. chestguard 护胸

Plastic or leather, to keep clothing out of the way and to protect against a bowstring at release from injuring the body.

finger tab or shooting glove 射箭手套

A flat piece of leather worn as a guard to protect the finger when the arrow releases. Olympic games competition format 奥运会射箭比赛形式

A total of 128 athletes (64 men and 64 women) compete in four events, individual men's and women's and team men's and women's.

Individual Events 个人赛

ranking round 排名赛

The ranking round consists of 72 arrows shot in 12 ends of six arrows at 70 m on a 122cm target face. The shooting time limit in the ranking round is four minutes for each end of six arrows. From the scores shot in the ranking round, archers are ranked 1-64.

Eliminations 淘汰寨

Following the ranking round, the 64 archers paired into 32 groups shooting the 1/32 eliminations according to a fixed match play chart based on the results of the Ranking Round. The top ranked archer is matched with the 64th ranked archer, #2 is matched with #63, etc. As in the ranking round, they shoot at 70 m on 122cm tar-

gets. The archers shoot matches against their opponent in ends of three arrows. After each arrow, the archers alternate shooting with each archer having 40 seconds time limit per arrow. The winner of the match progresses to the next round. Then, the 32 winners progress onto the 1/16 Eliminations, the 16 winners of 1/16 eliminations progress onto the 1/8 eliminations. The eight winners of 1/8 eliminations progress onto the finals round. In the eliminations, each archer shoots six ends of three arrows (18 arrows).

Finals 决赛

The remaining eight archers contest the quarterfinals. The four winning archers progress to the semifinals to determine who will compete in the bronze and the gold/silver matches. The shooting format for the quarterfinals, semifinals, bronze and gold/silver matches changes to four ends of three arrows (12 arrows).







Team Competition 团体赛

Each team consists of three archers. The teams are paired in groups of two and shoot at 70 meters on 122cm targets. Sixteen teams (the top 15 teams ranked from scores shot in the ranking round and the team from the host country) are first paired for the 1/8 eliminations (Team #1 vs #16, #2 vs #15, etc). A team match consists of three ends of nine arrows (27 arrows) with each archer shooting three arrows per end. There is a three-minute time limit for each



end of nine arrows. The teams alternate shooting three arrows per team. The three minute clock for each team is stopped after each three arrows. The winning team progresses to the next round. This is followed by the 1/4 team bronze and gold/silver matches.

End 组

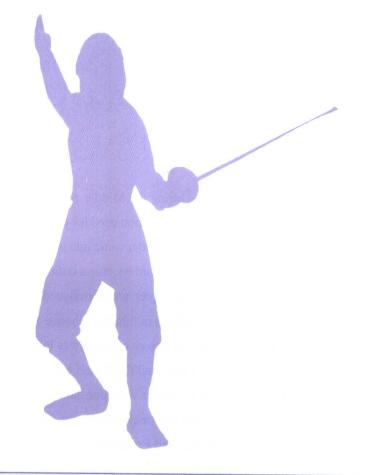
The number of arrows shot before the arrows are officially scored. A group of three or six arrows shot by an individual archer or a group of nine arrows (three per team member) shot by a team.



| KEY WORDS 重点词汇 | | | | |
|-----------------|------|----------------|------|--|
| archery | 射箭 | archer | 弓箭手 | |
| bullseye | 靶心 | indoor archery | 室内射箭 | |
| outdoor archery | 室外射箭 | field archery | 原野射箭 | |
| ski archery | 滑雪射箭 | recurve bow | 反曲弓 | |
| compound bow | 复合弓 | | | |

Chapter 85

The Fencing(|) 击箭(一)



Fencing击剑运动起源于欧洲,是由古代决斗演变而来的。根据器械的不同,击剑包括有épée重剑、sabre佩剑和foil花剑三个分项。击剑的专来用语大部分都是法语。









History Of Fencing

击剑历史





During the Middle Ages (5th century to 15th century) the sword was an offensive weapon used for cracking armor, and the shield was used as a defense. After gunpowder came into general use, heavy defensive armor became obsolete, and the sword became a defensive as well as an offensive weapon. In the 16th century the rapier was introduced in Italy, and the art of fencing was rapidly systematized in fencing schools. A dagger in the other hand, and later a folded cloak,

replaced the shield. Eventually the non sword arm was left free and held away from the sword arm to minimize the target area. The use of the rapier and the Italian fencing technique spread throughout Europe. In France and Britain, the size and shape of the rapier were constantly modified because its length and weight made it clumsy to carry. During the 18th century the small sword, or épée, was invented and popularized in France; the new

weapon resulted in distinct Italian and French styles of fencing. The Italians used the rapier in a bravura manner, with pronounced, vigorous gestures. The French used the épée in a more formal manner, with great restraint of movement. The French style of fencing became by far the more prominent. Its rules govern most modern competitions, and the vocabulary of traditional fencing is composed largely of French words.



在中世纪(五至十五世纪)剑客用剑作为进攻的武器,以击穿对方



的铠甲,另一手持盾用来防卫。随着火药的普遍应用,笨重的防御武器显得过时了,而剑则成了攻防兼备的武器。在 16 世纪,轻剑出现于意大利,击剑术在击剑学校中迅速发展起来。另一手持短剑,后来是折叠的披风,代替了原来的盾牌。最终是不持任何器具,放在后面,以尽可能少地暴露有效部位。轻剑的使用以及意大利的剑术自此迅速遍及欧洲。在法国和英国,轻剑的尺寸和形状被不断改进,因为其长度和重量不便于携带。在 18 世纪,人们发明了重剑,并在法国流行开来。这种新武器的发明,导致了

意大利和法国两种击剑流派的诞生。意大利剑派风格刚勇,动作果断有力;法国剑派风格正统,动作严谨。迄今为止,法国的击剑风格更为突出。它的规则也运用在大多数的现代比赛中,而专业的击剑用语,大部分都是法语。

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Modern Fencing

现代击剑



Fencing is an art of attack and defense with a sword or similar weapon. Modern fencing is a recreational and competitive sport, but its rules and techniques are derived from those originally developed for efficient swordplay in dueling. Seeing high profile, professional athletes like Michael Jordan and Andre Agassi play in recent Olympics has sparked debate on the inclusion of professionals at the Games. But it's not a

new phenomenon. Long before millionaire athletes suited up for their countries, non-amateurs performed at the Olympics, and probably not where you'd think. Fencing is one of four sports that have been part of every modern Olympics and it was the first Olympic sport to allow professionals to compete. At the 1896 Olympics, Games founder Pierre de Coubertin — a fencer himself — allowed fencing "masters" to compete in the Olympics. These masters worked as paid instructors in fencing academies. Fencing has been one of the events in the Olympic Games since 1896, and épée fencing is one of the five events in the modern pentathlon. International competitions are sanctioned by the International Federation of Fencing, the world governing body of the sport. A world championship is held annually to determine individual and team champions of each weapon. From its elitist origins to movie epics starring Tyrone Power and Errol Flynn, fencing has maintained its aura of swashbuckling nobility. Its Olympic history is no different.

击剑是一种利用剑或相似武器进行攻防的艺术。现代击剑集娱乐和竞赛为一体,但是它的规则和技术则是从实际击剑决斗中演变出来的。从大的方面来看,类似麦克尔·乔丹和安德烈·阿加西这样的职业运动员参加奥运会比赛曾引起过争议,但这并不是什么新鲜事。很久以前,腰缠万贯的职业运动员就曾经为国家披挂上阵,以非业余选手的身份参加奥运会,也许只是你没有注意到。击剑是历届奥运会都设立的四项运动之一,也是第



一项允许职业运动员参加的项目。在 1896 年的奥运会上,曾为击剑手的奥运之父顾拜旦,准许专业击剑手参加奥运会的比赛。当时的这些专业击剑手,都是来自击剑运动学校的专业教官。击剑运动 1896 年起成为奥运项目,重剑比赛则是现代五项比赛中的一项。管理击剑运动的国际单项体育组织是国际击剑联合会,它批准举行各项国际击剑比赛。世界击剑锦标赛每年举行,设有各剑种的个人和团体赛。从这项运动最早的杰出人物到电影史诗中的明星泰隆·保尔和艾尔·弗莱恩,击剑运动一直带着贵族式虚张声势的光环,在奥运史上也不例外。



More Aboutencing

Fencing's Origin 击剑运动的起源

Fencing as a sport traced back over 3 000 years. Evidence indicates that competitors practised an early version of it as far back as 1190 BC in Egypt, where images have been found that depict fencers wearing face protection and earflaps, presided over by an umpire to keep score in the match. Centuries later, the sport began to flourish in Europe, primarily France, Italy and Spain, with fencing schools teaching the artful skill to the aristocratic members of society.



From duel to Sports 从决斗到体育运动



As a sport, fencing began in either the 14th or 15th century and both Italy and Germany lay claim to the origins of the sport. From the 16th to the 18th century, sword fights and duels were common. Combatants in these duels used a variety of weapons, including singlesticks, quarterstaffs, and backswords, and the bouts were often bloody and occasionally fatal. Three innovations in the 17th century led to the popularity of fencing as a sport. The first was the development of a light practice weapon with a flattened or "foiled" tip that was also padded to reduce

the risk of injury. This weapon was soon called the foil. Second was the development of a set of rules that limited the target to certain areas of the body. The final innovation was the quadrille wire-mesh mask which protected the face and made fencing a safe activity.

Olympic History 奥林匹克历史

Fencing was first contested during the 1896 Olympics and is one of the few sports to have been contested at every Olympic Games. Women's fencing first appeared in the Olympics in 1924. Today, men compete in both team and individual events at the Olympics using three types of swords—the foil, the épée and the sabre. Women compete in both team and individual events at the Olympics using the foil and épée. Women's épée events were first added to the Olympic program during the 1996 Olympics in Atlanta.



International Federation of Fencing (FIE) 国际击剑联合会



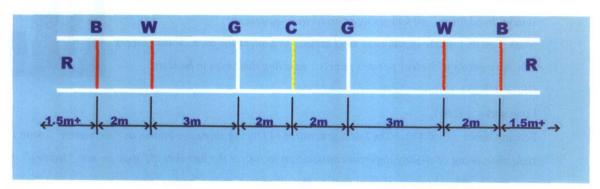
On November 29th, 1913 at a meeting in Paris, the national fencing representatives of France, Italy, Great Britain, Germany, Belgium, Bohemia, Holland, Hungary and Norway met and decided to form the Federation International d'Escrime, which has been the governing body of the sport ever since. Later in 1918, the first FIE. rule book was published. The FIE is striving to make fencing more visual and dynamic through

the use of transparent masks, wireless scoring devices and electronic scoring boards. At present, there are 108 countries affiliated with the Federation. [19]

The first modern Olympic Games in Athens in 1896 included foil and sabre events. In 1900, the épée was also admitted to the Paris Olympic program. Women participated in Olympic foil events for the first time in Paris in 1924. Women's épée was added to the events at the Olympic Games in 1996.

Field of Play 击剑比赛的场地

Fencing competitions are held on a fencing piste which is 14×1.5 m. A fencer who forces their opponent over the rear limit wins a hit. The piste is metallic so the computer can distinguish hits on the floor, which don't count. Crossing the sideline incurs a penalty of loss of one metre on the piste.



Piste 剑道

French for trackway, or course; our name for the ground we fence on; it consists of a 2×16 (ish) metre wide strip, set out as follows:

the run back can be any length of 1.5m or more

cmore fancy épée pistes are made of metal, so that with hits to the floor, the electric stuff is earthed, thus not registering a hit erroneously

Strip 场地

The field of play where a fencing bout occurs; also called a "piste".

^[19] 截止到 2002 年 12 月。

R (Runback) 端线外的空地

A safety feature, kept clear to allow fencers to come off the piste without fear of tripping or collisions.

B (Back line) 端线

If you are driven back until you have both feet over this line, your opponent scores a point.

W (Warning line) 警告线

We are a fair lot, this gives the retreating fencer notice that if they do not pull their socks up, they will go off the end and give a point away.

G (On Guard line) 开始线

The starting line for all bouts. The front foot must be behind this.

C (Center line) 中线

Name says it all; the scoring apparatus is stationed adjacent to this line so both fencers have an equal view of it. The president should also start here, facing the score indicator light-box.

Clothing 击剑比赛服装

The lamé jacket worn by foil and sabre fencers is effectively part of the scoring system. In addition, all fencers wear protective equipment:

Mask (面罩) made of stainless steel mesh, to protect the face. Some fencers now have masks with clear perspex panels, enabling their eyes to be seen.

Glove (手套) worn on the fencing hand only.

Long socks (长袜).

Fencing shoes (击剑鞋). The latest generation of fencing shoes are known as "asymetrix", with the left and right shoe being of slightly different construction to reflect the fact that the shoe on the "leading" foot undergoes totally different stresses from that on the other foot. When buying asymetrix shoes, the fencer therefore needs to specify whether they are left or right handed.

Jacket (上衣), underjacket (内衣) and breeches (裤子), all made of highly resistant fabric, similar to that used in bullet-proof vests, for maximum protection.

Protection 防护装备

The fencers wear a plastron (jacket and underjacket) made of a double-layer of kevlar or cotton cloth to protect the torso and arms. A wire mask is worn. The mesh is usually made of stainless steel wire with 2.1mm gaps and a minimum gauge of 1 mm in diameter. The mask in sabre has a metallic covering because it is a target area for the thrusting and slashing weapon.





No.

Regulation Of Fencing

击剑比赛规则



There are three different competition classes in Olympic fencing: foil, epee and sabre. Each class differs in scoring and is contested by individuals and teams of three. Men compete in all three classifications in singles and teams, while women compete in the foil and epee. Each duel consists of three three-minute segments contested by two combatants who try to touch each other's target areas in order to score

points. Each hit scores one point and in the individual, the winner is the first to reach 15 points or whoever is ahead when time expires. In team competition, the first team to reach 45 points or win nine bouts is victorious. Scoring is done electronically. Athletes have a wire running from the weapon down their protective suits to a spring-loaded device that activates a light when hits are registered. Fencers are dressed in full protective gear to guard against injuries, something that was common in the early days of the sport. Fencers wore a safety vest or

jacket and a metal mask with a horizontal eye slit; nowadays, the mask covers the entire face and fencers are fully protected. Fencing is contested on a piste or playing area. It measures 14 metres long by 1.5 metres wide with a centre line dividing the areain halves. There are two on-guard lines located two metres on each side of the centre line. Warning lines are situated two metres from each end to alert fencers when they are close to the rear boundary. The piste is metallic, so hits



are not recorded on it. The fencers wear a plastron (jacket and under jacket) made of a double-layer of kevlar or cotton cloth to protect the torso and arms. A wire mask is worn. The mesh is usually made of stainless steel wire with 2.1mm gaps and a minimum gauge of 1mm in diameter. The mask in the sabre event has a metallic covering



because it is a target area for the thrusting and slashing weapon. Fencers wear gloves to protect their hands. Pants or "breeches" protect the lower body and foil and sabre fencers wear a metallic vest called a lame (pronounced lah-me).

奥运会的击剑比赛有3种:花剑、重剑和佩剑。每个剑种的计分方法不同,每种都设有个人和3人团体比赛。男子在3个剑种中设有



个人和团体赛,而女子则在花剑和重剑中进行角逐。一场击剑比赛分为 3 局,每局 3 分钟,双方试图击中对方的有效部位以得分,每击中一剑 得 1 分。在个人赛中,最先得 15 分者或是在时间到时分数领先者获胜;在团体比赛中,最先累计 45 分或赢得 9 个回合的一方获胜。比赛采用电子计分。运动员的剑和护具上联有电线,与一个装有弹簧的装置相接,击中时该设备将启动指示灯。击剑手全身穿有保护服以防受伤,而这种事情在以前是很普遍的。他们身穿防护马甲,头戴带有视窗的面罩,而现在的面罩则遮住整个面部,击剑手可谓全副武装。击剑比赛的场地也叫剑道,它长 14m,宽 1.5m,一条中线将场地分为两个部分。在中线的

两侧两米处各有一条开始线。而警戒线则在距两端两米之处,以提醒击



剑手已经接近底线。剑道是金属质地的,所以击中不计在内。击剑手所穿的护服是由双层的纤维或棉料制成的,以保护躯干和手臂。还有带有金属丝网的面罩。其网丝通常是由不锈钢丝制成,间距 2.1mm,最小规格的直径可达 1mm。佩剑中使用的面罩有一金属外壳,因为头部是佩剑比赛中挥刺的有效部位。击剑手带有手套。击剑裤可以用来保护身体下部,而花剑和佩剑选手所穿的金属护服,被称为 lame。

Foil, Epee and Saber

花剑、重剑和佩剑



Three weapons are used in the modern sport of fencing: foil, épée, and saber. The blades of these weapons are made of tempered steel; the maximum weight of foil and saber is about 500 g, that of épée about 770 g. The foil is a thrusting sword and is the lightest of the three weapons. Developed originally as a practice and sporting weapon, the foil is light and flexible and is considered the basic weapon. Its use is generally taught to all beginning fencers. Touches are scored by thrusting with the blunted point; the blade is rectangular in cross section. The modern épée is a descendant of the duelling sword and is heavier than the foil. Like the foil it is a thrusting weapon, but has a larger bell, or hand guard.

and is heavier and more rigid in construction. Handles, or grips, for foil and épée vary and are chosen according to individual preference. The sabre is the modern version of a slashing calvary sword and is both a thrusting and cutting weapon. It has a protective, scoop-shaped hand guard that curves under the hand and, like the épée, a

blade roughly triangular in cross section. Touches are scored by thrusting with the weapon or, chiefly, by cutting in a slashing motion with the edge of the blade.

在现代击剑比赛中的 3 个剑种: 花剑、重剑和佩剑。它们的剑刃由柔性的钢材制成; 花剑和佩剑的最大重量约为 500g, 重剑为 770g。花剑的用法为前刺, 也是 3 种剑中最轻的。作为一种源于实用和健身的器械, 花剑轻而灵, 是最基本的器械, 最适合于初学者使用。以剑尖刺中对手来得分, 剑身的横截面为矩形。现代重剑源自于决斗中的用剑, 它比花剑重。同花剑一样也是采用前刺的进攻方法, 但剑上多了一个大的护手盘, 使得重量加大, 结构更牢固。花剑和重剑的手柄样式各异, 可以根据个人喜好选择。佩剑是马刀的现代形式。既可以刺又可以称,并在毛上方有



择。佩剑是马刀的现代形式,既可以刺又可以砍。并在手上方有一个铲型的护手盘,犹如重剑,其横截面 基本呈三角形。比赛中用剑尖刺或直接用剑身劈打都可得分。

More Aboutencing

Scoring 得分

Each piste has electrical scoring apparatus.

The central piece of equipment is the computerised scoring box, with lights to display the touches and aid the referee in awarding points, such as showing with fencer touched first. Scores and time remaining are also displayed.



The fencers' weapons and lamé jackets are connected to the scoring computer by means of a series of (well insulated) wires. Thus, the retractable cord you see stretching behind each fencer is not to prevent them from running off the end of the piste, but rather to link them up to the scoring apparatus.

Electronic scoring 电动裁判器

At early Olympic matches, the scoring was registered through the honour system. Fencers would say 'touche' (French for 'I was touched'). Later, hits were recorded by ink left by the weapon. Some fencers found a way to cheat the system by soaking their uniforms in vinegar, so no visible mark would be left. This was eliminated with the introduction of electronic scoring. It was first used in the epee class in 1936 followed by foil in 1960 and the techno-



logical advances allowed the sabre to go electronic in 1992.

Fencing weapon 击剑的器械

There are three different fencing weapons: sabre, foil and epee.

Foil 花剑

The foil was the original fencing weapon. A hit is scored when the point of the blade contacts the opponent's torso.

To record the touch electronically, each fencer wears a sleeveless metallic vest, the "lamé" (pronounced la-may), which defines the target area. The electric scoring equipment uses a coloured light to show the referee who has been hit "on target". Hits anywhere outside the target zone are "off target", and set off a white light. They don't score but do stop the action.

A hit can only be scored by the fencer who has "priority". Priority is initially taken by the fencer who begins the attacking action.

A defender, before earning the right to score, must successfully defeat the attack (done by retreating or by deflecting the attack with a "parry") and

responding with the reply (the riposte). This riposte takes priority over the other fencer's original attack.

These simple actions build to complicated exchanges. After each exchange resulting in a hit, the referee stops the action, adjudicates to determine who had priority, and awards any point scored.

Sabre 佩剑

The sabre was originally the fighting weapon of the cavalry, and was designed for use on horseback. However, the modern fencing sabre has a much thinner blade than a military sword. A sabre fencer scores hits by cutting the opponent with the edge or by thrusting with the point to score a touch (Foil and epee use the point only).

"Target" for sabre is all the body above the waist. As with foil, sabre fencers wear a lamé jacket, though for sabre the jacket is long sleeved, and connected to the mask by a wire to complete the target area.

Again like Foil, the electric scoring equipment uses a coloured light to show the referee who has been hit "on target". However, unlike foil with its "off target" white lights, hits anywhere outside the sabre target zone are not recorded. They don't score and do not stop the action.



Sabre, like foil, has rules determining the priority of hits, adjudicated by the referee. The attacker has the right to score. A defender, before earning the right to score, must parry, then riposte.



Epee 重剑

The epee (pronounced e-pay, with a short "e" -as in "epic", rather than "email") derives from the duelling sword of the 19th century, the epee de combat ("sword of combat"). It is the heaviest of the three weapons.

The entire body is target for the epee—from the toe to the mask. Simulating the duel, opponents often try to reach the nearest target—the hand, arm or the foot.



There are no rules governing right of way in attack or defence. Scores are recorded when the point of the blade hits any part of the body: the first fencer to hit scores. If both fencers hit within 4/100th of a second, they both score. The electric scoring equipment indicates the hit with a coloured light showing who has scored.

Other glossary of fencing weapon 击剑器械的其他词汇

Blade 剑身

The hitting part of a sword from the guard to the point

Chest guard 护胸

Used to protect the chest

"fil de corps" foible 剑身弱部

The weaker part of a sword blade, between the middle and the point

Grip 剑柄

The handle of a sword; also called the "hilt"

Guard 护手盘

The part of a sword between the blade and handle that protects the duelling hand

Point 剑尖

The end of the blade, which must touch the opponent's target area to score a point

Hilt 剑柄

The handle of a sword; also called the "grip"

Right of Way 优先裁判权

The priority gained by:1) attacking first,2) establishing a point in line that threatens the opponents valid target,3) taking the blade by beating or parrying. Even if both fencers hit a valid target, only the fencer with right of way scores a point.





Aladar Gerevich 阿拉达尔·格雷维奇



The Hungarian fencer Aladar Gerevich is one of the greatest of all Olympic fencers. His six successive gold medals in the sabre team events at every Games from 1932 to 1960 stands as a record for any Olympic sport. In the sabre, he also won individual gold in 1948, silver in 1952, and bronze in 1936, and a further bronze in the foil team event in 1952. He confirmed his reputation as the world's greatest sabreur with three individual titles at the World Championships (1935, 1951, 1955) and he competed on nine winning Hungarian sabre teams at the World Championships. In addition to his 1952 Olympic medal in team foil, he won the Hungarian national championship with the foil seven times. His wife (Erna Bogen),

son (Pal Gerevich) and father-in-law (Albert Bogen) were also Olympic medalists. Gerevich later coached at the Vasa Sports Club in Budapest

Nedo Nadi 内多·纳迪



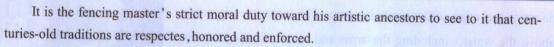
The Italian Nedo Nadi was the most versatile fencer in history, uniquely winning an Olympic title with each of the three weapons at the same Games. In 1912, he won the individual foil title and then, in 1920, he produced one of the greatest of all Olympic performances. He won the individual foil and sabre titles and led the Italians to victory in all three team events, for a record five fencing medals at the same Games. His brother, Aldo, also won a gold medal in each of the three team events. After the 1920 Olympics, Nedo Nadi taught as a professional in South America but on his return he was reinstated

as an amateur and served as President of the Italian Fencing Federation. Nadi fought in World War I and was decorated by the Italian government for bravery.

| foil | 44 A7 | | |
|---|-------|------------------------------------|-------|
| | 花剑 | épée | 重剑 |
| sabre | 佩剑 | target area | 有效部位 |
| Priority/right of way | 优先裁判权 | electric touch-recording apparatus | 电动裁判器 |
| metallic plastron or metallic vest | 金属衣 | fencing strip | 剑道 |
| on-guard line | 开始线 | rear limit /rear boundary | 端线 |
| warning line | 警告线 | hand guard | 护手盘 |
| handle/grip | 剑柄 | | A 100 |
| International Federation of Fencing (FIE) | | 国际击剑联合会 | |

Chapter 86

The Fencing(Ⅱ) 击箭(二)



击剑运动员用严谨的道义审视着这项充满艺术感的古老运动,数个世纪的传统得到了尊敬和发扬光大。

Nedo Nadi









X

Target Area

有效部位





Two fencers duel at one time in three three-minute segments and try to hit the opponent's target area. Each bout begins when the referee calls "en garde". Fencers stand at the on-guard line located two meters on either side of the center line on the piste, or playing area. One foot is placed in front of the other with the weapon pointed at the opponent and the free arm behind the back. Fencers cannot switch hands during a match. There are different target areas for each of the

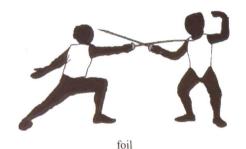
weapons. Foil and saber competitions are based on complicated right-of-way rules regarding mutual touches, whereas in épée competitions only the timing of the touch is considered. In foil, points are scored when the tip of

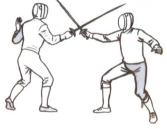
the blade touches the torso. The tip of the sword must be used in epee, but hits are registered anywhere on the body. In sabre, fencers can use both the point and edge of the blade to score. The target area is everything above the waist, including the arms and mask. Scoring is done electronically. A wire runs from the weapon down the back of the fencer's uniform to a spring-loaded reel. Epee and sabre employ red and green lights, one for each fencer. In foil, a white light indicates a hit



outside the target area, and no point is awarded. If both lights go off simultaneously in foil and sabre, the referee awards the point to the fencer deemed to be on the offensive. There is no right-of-way in épée.

一场击剑比赛分为 3 局,每局 3 分钟,选手要击中对方的有效部位才能得分。在裁判喊"预备"时,击剑手站在距中线两米处的开始线上。一脚前,一脚后,剑尖指向对手,不持剑的手置于背后。击剑手在比赛中不允许换手。不同剑种的有效部位不同。花剑和佩剑在双方同时击中时,遵从复杂的优先权原则;而在重剑中,只能考







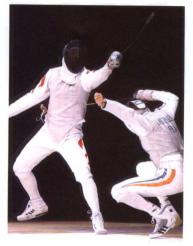
épée

sabre

虑时间因素。在花剑中,剑尖击中躯干部位时得分。重剑也必须使用剑尖,但可以刺击(对手)身体任意部位。在佩剑比赛中,击剑手可以同时使用剑尖和剑身攻击得分。有效得分部位为腰以上任意部位,包括手臂和面罩。击剑比赛采用电子裁判器。在器械和击剑手服装上联有电线,并接到一个装有弹簧的卷轴上。重剑和佩剑使用红灯和绿灯(指示得分),一个灯代表一方。在花剑中,白灯表示刺中无效部位,不得分。如果在花剑和佩剑中两灯同时亮,裁判将判进攻方得分。在重剑比赛中没有裁判优先权的规定。

Attack and Defense

进攻与防守



Tactics vary among the three weapons, but certain fundamental techniques are common to all. Motions of attack and defense are initiated from the basic onguard position, a crouch assumed with both knees flexed, the rear arm crooked upward, and the sword arm partially extended toward the opponent. The basic attacking action is the lunge, executed by stabbing with the sword arm at the target and thrusting forward on the front leg. The attack is successful if a touch is scored on the valid target area. In foil fencing, only touches on the torso are counted. In épée competition the entire body, head to foot, is a valid target. In saber fencing the valid target is the part of the body above an imaginary line, called the saddle line, drawn across the top of the hips (this includ-

ing the head, arms, and torso). A movement of the blade designed to block an attack is called a parry. Fencing has eight principal parries, designated by the old French ordinal numbers: prime, seconde, tierce, quarte,

quinte, sixte, septime, and octave. Each parry is designed to protect a different part of the target against attack. A riposte is the return thrust made immediately following a parry. The fencer who takes the offensive may employ different kinds of attacks to circumvent the various parries used by an opponent. A simple attack is made with one motion—that is, a cut or thrust of the blade—and is intended to hit the target before the defender can parry. A compound attack involves two or more blade movements. The initial movements are feints, designed to mislead the opponent into parrying in a direction other than







that in which the attack finally develops. Other techniques, such as beating or pressing the opponent's blade a-side, may be used to create an opening for an attack. A running attack, or fleche, may be used to catch an opponent by surprise. A competitor under attack may also resort to a stop-thrust, a sudden counterattack made by thrusting without lunging.

三种剑的战术各有不同,但一些基础技术动作是相同的。进攻和防守动作都是基于基本的预备姿势之上,其姿势是双腿微屈,后面的手臂上扬,持剑手指向对方。进攻的基本姿势是弓箭步进攻,动作为持剑手前刺目标,同时前腿向前迈,当击中对方有效部位时即为进攻有效。在花剑中,只有击中躯干部位才能得分。在重剑比赛中,全身从头到脚各个部位都为有效部位。而在佩剑比赛中,有效部位则为身体臀部以上部位,这条线称之为鞍线,包括头、手臂和躯干。以剑身阻挡进攻的动作称为防守手段。击剑中有八种基本防攻手段,用古法文中的序数表示:第一、二、三、四、五、六、七、八种防攻手段。每种防攻手段的设计都是为了保护身体上受攻击的不同有效部位,反攻动作紧跟在防守动作之后。进攻的击剑手可以使用各种进攻技术来瓦解对方的各种防守手段。简单的进攻只有一个动作,即利用剑进行劈或刺,在防守反击之前击中对方有效部位。进攻组合包括两个或更多的运剑动



作,开始是一些假动作,诱导对手沿别的方向进行防攻,而不是自己最终要进攻的方向。其他技术,比如向一侧击打或下压对手的剑身,也可以制造用来进攻的机会。冲刺是在出其不意的情况下袭击对手。被进攻的一方也可以采用反攻刺,一种原地的突然反刺反攻对手。

More Aboutencing

Position of En Garde 准备姿势

Feet at right angle; Weapon foot in front; Weight centered; Legs bent. Lines 有效部位的划分

According to the French system of fencing, space above your bell guard is high line; space below is low line. For right-handers, the space to the right of their bell guard is outside line; space to the left of the guard is inside line. Thus we have four quadrants known as lines: high-outside, high-inside, low-outside and low-inside. As the fencer's bell guard moves around his target surfaces may be found in different lines. The foil target area is theoretically



divided into four lines, or sections: high inside (4), high outside (6), low inside (7) and low outside (8). Attack 进攻技术

When two fencers come on-guard and are ready to fence, they often move their blades, closing and opening lines, changing engagements and searching for reactions and opportunities. It is during this time that simple attacks are performed. Threading through to the target before the opponent has time to defend. There are four simple attacks and they are:

- * The straight thrust is a simple, direct extension of the arm used with either a lunge or fleche to touch the opponent.
- * The disengagement goes to the target from a closed line of engagement by either going under the opponent's blade when on-guard in high line or over the opponent's blade when on-guard in low line.
- * The counter disengagement attacks the target be evading the attempted change of engagement. For example, you are engaged with the opponent's blade and he/she is "open" to attack (i.e.if you extend your arm and lunge you would touch your opponent). Your opponent is not confident in this position, so changes their line of engagement by going under your blade around to the other side. When they attempt a change of engagement you avoid the blade by going in the same direction as you attack the target.
- * The cut over attacks in a similar way as the disengagement but goes to the target from a closed line of engagement by passing over or cutting over the opponent's point.

Defence 防守

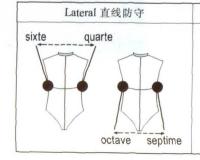
In fencing we have a number of on guard positions. A position where you are ready or on your guard for either attack or defence. Parries deflect the attack by simply moving in a variety of directions, from one position to another.



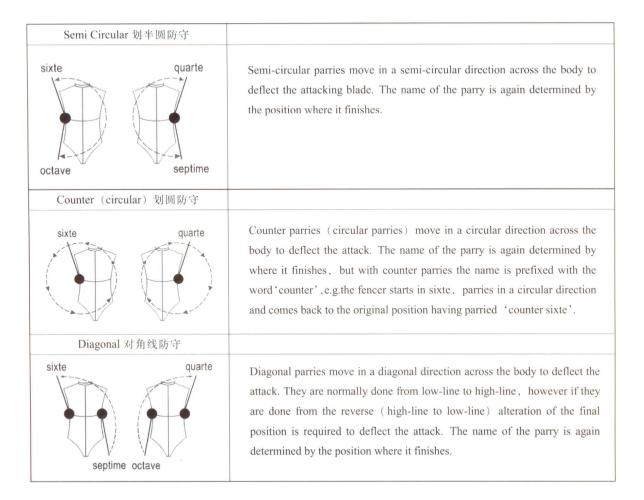








Lateral parries move in a lateral direction across the body deflecting the attacking blade. The name of the parry is determined by the position where it finishes, e.g. The fencer starts on guard in the position of sixte, and when attacked parries by moving the blade laterally across the body to the parry of quarte.



There are four basic guard positions. To deflect the attack we move in a variety of directions (lateral, semi-circular, circular (counter) or diagonal) from one position to another, or sometimes in a circle returning to the original position.

Sudden-death 突然死亡法

If the score is tied after three rounds, fencers play one sudden-death minute, where the first hit wins the match. To avoid defensive play, lots are drawn before the extra minute to determine a winner if no score is recorded. If the referee calls "halt," a hit is still awarded if the fencer's motion started before the play stopped.



Penalties

犯规处罚



One referee works each duel and can call a variety of infringements. A one-meter penalty puts the guilty party one metre closer to his or her end, resulting in the offending player being pinned closer to the rear boundary. This is called if a fencer puts both feet outside the side boundaries. If both feet are placed behind the rear boundary, then the opponent is given a penalty hit or credit for another hit. Serious offences also warrant a penalty hit after a warning has been issued. In sabre, this includes a fleche or running attack. In foil and sabre, a corps-a-corps, where body con-

tact is involved, merits a penalty hit, and in epee, corps-a-corps is called when a fencer is pushed violently. Other penalties include turning your back on the opponent; illegally hitting the piste with your weapon; leaving the playing surface; and using an unarmed hand to block a hit. The referee issues one of three coloured cards to indicate penalties. A yellow card signifies a warning; a red card awards a penalty hit; and a black card is an expulsion of the fencer, which occurs for cheating or not saluting when required. Before and after the bout, fencers must salute each other, the referee and the crowd by holding up the sword's guard to their chin.

每场击剑比赛有一名裁判,由他来判定各种违例。罚退一米的处罚 要求犯规方后退一米,致使该队员更逼近端线,这种判罚用于剑手双脚 出边界的情况。如果两脚都踏出端线,则对方得一分。警告后重复的严 重犯规也会罚失一分;在佩剑中包括冲刺或跑动进攻。在花剑和佩剑 中,相持不下导致身体接触判罚一分,而在重剑中,相持是在剑手被粗 暴推撞时判罚的。其他犯规包括背向对手,用剑击打剑道;擅离赛场和 用不持剑的手进行防卫。裁判出示三种颜色的牌子来判决犯规:黄牌警 告;红牌罚一分;黑牌表示罚下,黑牌是在发生作弊时或未按要求行礼 时判罚的。在每局开始和结束时,剑手都要将剑立于面颊处向对手、裁 判和观众行礼。





How to Watch

如何观看击剑比赛





the opponent's next move, but also in developing.

A good way to become familiar with the ins and outs of fencing is to study one fencer. Unlike tennis, where you watch the ball and not the players, you do not follow the sword in fencing, but instead watch the movements of one competitor. Points can be scored in a flash and you have to be equally quick to catch them. Fencing involves intense concentration and timing. The element of surprise is a useful weapon.

Fencers can either attack the opponent, initiating the point, or stay back and pounce on his or her opponents mistakes, known as counter-offensive. Fencing has been described as "chess with muscles". The sport combines agility and quickness with a psychological mind game between opponents. Fencers need strong legs in order to have good balance during competitions. Training involves a lot of squats and lunges to build up leg muscles, with some upper body training to balance the workout. Other target areas include the abdominal muscles and back to provide good stability when fencing. Cardiovascular ability is also a key component to fencers. Training includes some cardio-intensive activity, such as running or swimming. Fencers need quick footwork in order to maneuver themselves around the piste (playing area). Training sessions require fencers to practice their footwork. similar to shadow boxing. Fencers are well protected and injuries incurred by the sword are very rare. Common injuries are to the knees and to the back. The world's elite fencers not only have the physical prowess to fleche, balestra and parry, but also, perhaps more importantly, have the mental edge. The chess-like game of moves and counter-moves requires fencers to have the highest level of focus and concentration, in not only deciphering

熟悉击剑规则的一个好办法就是关注其中一个剑手。不像看网球、你关 注球而不是运动员, 你不要在击剑比赛中关注剑, 而是一个剑手的动作。即 使得分就在转瞬之间,你也能够在瞬间中看清楚。击剑要求精力高度集中和 灵敏的反应,出其不意是非常有用的手段。剑手不仅可以攻击对手得分,也 可以严阵以待,寻找对手的失误,我们称之为反攻。击剑运动被誉为"体力 象棋"。这项运动将敏捷、快速与心理较量融为一体。击剑手要求很强的下肢 力量,以在比赛中保持平衡。训练包括大量深蹲跃起以增强下肢力量,以及









相应的上身练习以保持均横。其他需要训练的部位包括腹肌和腰背,以在击剑比赛中保持稳定性。心血管机能也是一项重要的因素,其训练包括一些加强心血管的运动,比如跑步或游泳。击剑手需要有灵活的步法,类似于拳击练习。击剑手受到很好的保护,被剑击伤的情况很少见,常见的受伤出现在膝部和背部。世界上顶尖的剑手不仅具有良好的身体素质,进行冲刺、跃步冲刺和防守反击,但同时更重要的是灵活的头脑。



这种动与制动的智力比拼要求剑手精力高度集中,不仅要预测对手的下一个动作,而且还要有他们自己的讲攻策略。

More Aboutencing

Events 项目

Fencing is competed in both individual and team events.

Individual 个人赛

The Qualifying Round is a round robin with the field divided into pools. Each competitor in the pool fences each other in a "bout". These are of five hits which last up to three minutes. If scores are level at the end of the time, a sudden death decider is conducted. Direct Elimination is the second round. Fencers are ranked from the Qualifying Round in a tableau. The top ranked meets the bottom ranked in a head to head table to fight for the full 15 hits. The



winner progresses to the next round. The loser progresses to the sidelines.

The Finals are for the last four remaining fencers. These semi finalists comp

The Finals are for the last four remaining fencers. These semi finalists compete to determine who fights for the gold medal and the coveted Commonwealth Champion title with the runner-up awarded the silver. Both defeated semi-finalists receive the bronze medal.

Team 团体赛

There are three fencers per team who each fence the three in the opposing team. Nine bouts are fenced. The first team to score 45 hits wins the match. The score is a "relay" with each bout taking the score to the next multiple of five hits. Each bout has a maximum time of three minutes and if no team reaches 45 the leading team at





full time is the winner. If scores are tied, an extra sudden death minute is added and the first single hit wins.

In Direct Elimination, teams are ranked from the results of the individual event. The top ranked team meets the one ranked at the bottom. Winners progress, losers fight out for a final classification rank. Losing semi—final teams fight for the bronze medal in this session.

In the Finals session the winning semi finalists compete for the gold medal and Commonwealth Title with the runner up receiving the silver.



Penalties 判罚

In both individual and team events, fencers breaching rules are "carded".

A Yellow Card is received for the first occurrence of a minor offence.



If, in the same bout, the fencer commits another minor offence—either the same offence, or a different one—they receive a red card. A red card automatically awards a penalty hit to the opponent. For more serious offences, red cards may be awarded without a preliminary yellow card.

Yellow and red cards are cancelled at the end of the bout, so the fencer enters their next bout with a "clean slate".

Very serious offences result in a black card, which means expulsion from the event or the entire tournament Glossary of Competition 比赛的术语

Bout 一场比赛

A fencing contest.

En Garde 预备

The starting position. It is also a command given by the referee to ensure the fencers are ready to begin.

Advance 向前移步

A step forward.

Beat 击打

A sharp tap made on an opponent's blade.

Thrust 刺

Extending the arm and threatening the target with the tip of the weapon.





Lunge 弓箭步进攻

The most basic attack where a fencer straightens their back leg, advances their front leg and thrusts their weapon forward.

Composite Attack 复杂进攻

An attack by a fencer who has just parried an attack.

Double hit 同时击中

In epee, if both fencers hit within 4/100th of a second, both score a point.

Parry 防守

A defensive action that blocks an attacking blade, keeping it off target

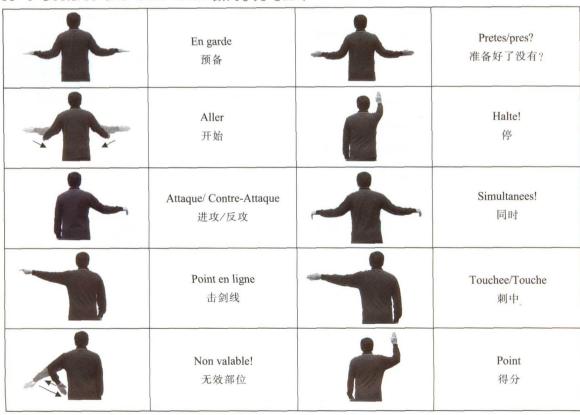
Feint 假动作

A false attack. This causes the opponent to move their guard and expose a new area for attack.

Riposte 还击

The defender will riposte, or counter attack, after a parry.

Refree's Gestures and Commands 裁判手势与□令







Tips for watch 观看比赛的一些小窍门

Fencing is physically and mentally demanding, where speed, strength, footwork, finger-work and psychology are essential to win. These following hints should be helpful in giving you an eye for the game:

- Do not try to watch both fencers, focus on one fencer only (maybe even, cheer for them).
- The fencer who moves forward first is usually considered to be the attacker; this is usually accompanied with the blade point being directed towards the opponent's target area.
- The attacker's blade move may be parried (the blade is moved out of the line of attack) and the defender.
- May then immediately riposte (attempt to hit the attacker).
- A fencer is defending when taking steps back, or when parrying and riposting.
- Watch the footwork, and notice how fencers try to maintain distance in order to either launch an attack with a lunge or to assure their defense if the opponent attacks (The fencer with the best footwork usually wins).
- Try to recognize the split second in which the fencer you are watching tries to provoke a counter action or reaction from the opponent.
- To follow the actions in foil and sabre watch the referee and make note of his hand actions.
- Also watch the small controlled movements of the fencer's hands as the tiny movements they make can take years to learn.

Frech-English-Chinese Glossary 法英汉术语对照

| 比赛专用语(法语) | 英文释义 | 中文 |
|--------------------------|-------------------------|--------|
| En garde | attention | 准备 |
| Etes-vous prets (pretes) | Are you ready? | 准备好了吗 |
| Allez! | Go! | 开始 |
| Halte! | Stop! | 停 |
| Attaque | attack | 进攻 |
| Riposte | Riposte /counter attack | 还击 |
| Remise | | 延续进攻 |
| Touche | touched | 击中 |
| Non velable | invalid | 无效部位 |
| Annuler | cancel | 不算(取消) |





| 比赛专用语(法语) | 英文释义 | 中文 |
|------------------------------|---------------------------|------------|
| A droite (A gauche), touche | touched on right/left | 右方(左方)被击中 |
| Attaque simultanee | simultaneous attack | 同时进攻 |
| Pas de touche | non touch | 没有击中 |
| Recule deux pas! | Retreat two steps | 后退两步 |
| Priorite a droite (gauche) | priority on right/left | 优先权在右方(左方) |
| Abstention | abandon | 弃权 |
| Changer de cote | exchanger place | 交换场地 |
| Touche par terre | touch on earth | 击中场地 |
| Mal pare | bad defense | 防守不良 |
| L'attague de droite (gauche) | attack from right/left | 右(左)方进攻 |
| Touche annulee | touch cancelled | 取消击中剑 |
| Touche a la jambe | touch on leg | 击中腿 |
| Touche au masque | touch on mask | 击邙面罩 |
| Touche u bras | touch on arm | 击中手臂 |
| Touche trop basse | touch too low | 击中太低 |
| Touche en dehors de la piste | touch out of strip | 场外击中 |
| Touche douteuse | doubted touch | 可疑剑 |
| Sur la preparation d'attaque | get ready to attack | 准备进攻 |
| Action simulltanee | simultaneous action | 双方同时动作 |
| A vos places! | On your mark | 各就位 |
| Corps a corps | body to body | 身体接触 |
| Penalisation d'une touche | penalty of one touch | 罚一剑 |
| Attention a la distance | attention to the distance | 注意距离 |

invalid target 无效部位 simultaneous touch 互中 on-guard position 实战姿势 lunge 弓箭步进攻 fleche 冲刺 parry 防守 riposte / counterattack 还击 stop-thrust 一般反攻刺 warning 警告 yellow card 黄牌 red card 红牌 black card 黑牌 a penalty hit 罚一剑 one-meter penalty 罚退一米 Corps-a-corps 身体接触 unarmed hand 不持剑手 balestra 跃步冲刺 counter-offensive 反攻 footwork 步法

KEY WORDS 重点词汇

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