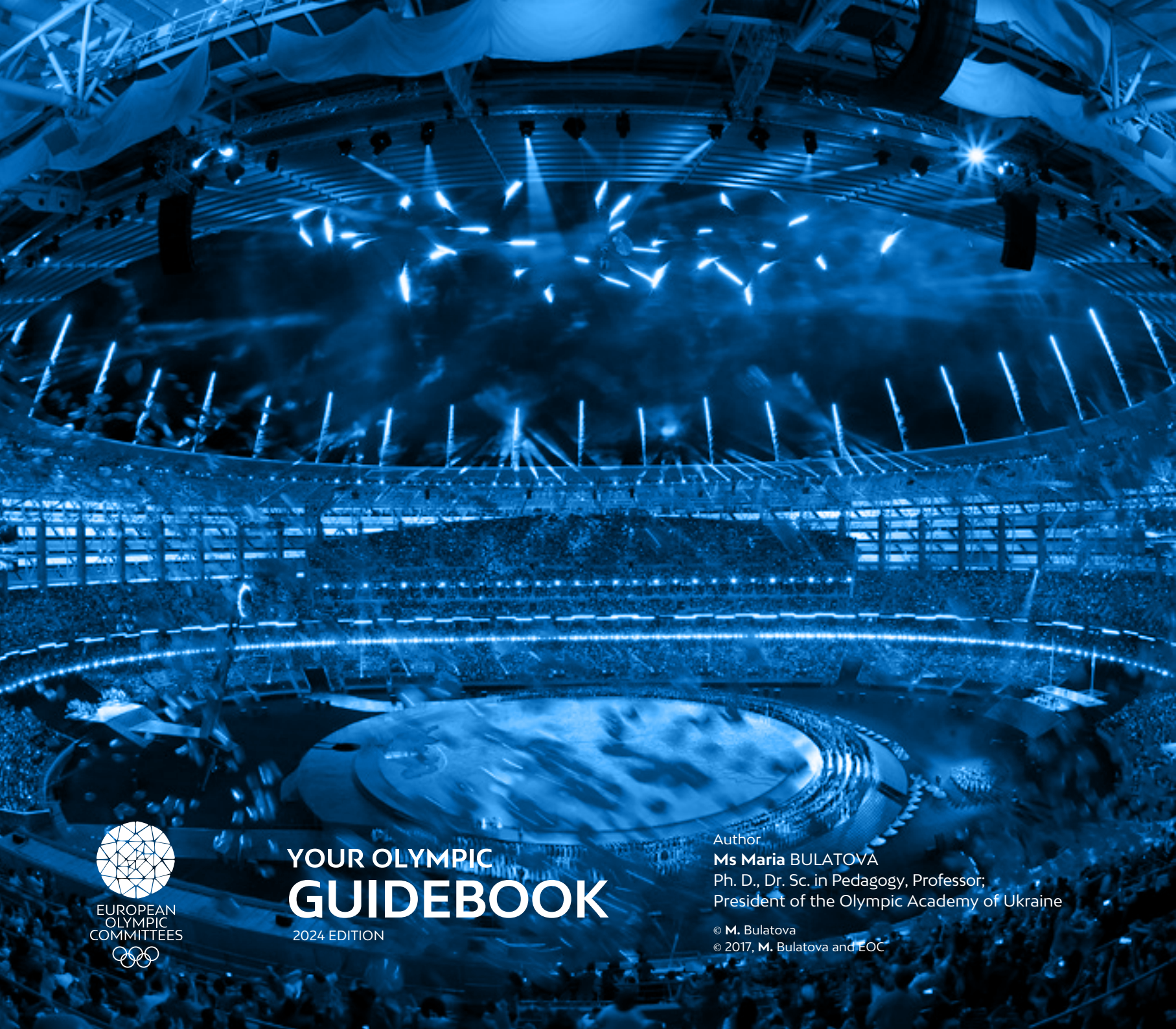




EUROPEAN  
OLYMPIC  
COMMITTEES



YOUR OLYMPIC  
**GUIDEBOOK**



# YOUR OLYMPIC GUIDEBOOK

2024 EDITION

Author

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President of the Olympic Academy of Ukraine

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**SPYROS** CAPRALOS  
*EOC President*



# DEAR OLYMPIC FRIENDS AND COLLEAGUES, IT IS A PLEASURE FOR ME TO INTRODUCE THIS UPDATED **OLYMPIC GUIDEBOOK**

*This book continues to provide a fascinating and knowledgeable insight into the Olympic Movement, including information on the origins and history of Olympism. Readers have the opportunity to learn about the Olympic Movement in Europe and its 50 National Olympic Committees (ENOCs), as well as the key role Europe plays inside the Olympic family.*

Detailing the comprehensive programme of EOC activities, the book showcases the European Games, now heading in to their 3<sup>rd</sup> edition in 2023, as well as the European Youth Olympic Festivals dating back to 1991.

On behalf of the EOC, I wish you an enjoyable and educational read and encourage you to continue to share the Olympic spirit and bring its motto to life:

**Faster, Higher, Stronger,  
Together.**

# THE EUROPEAN YOUTH OLYMPIC FESTIVAL, A SPRINGBOARD TO THE **OLYMPIC GAMES**

*Dear young athletes, it is my hope that in learning about the unique world of Olympism through this book you will want to aspire to even greater heights: the Olympic Games, the world's supreme sports event but not only.*

The Olympic Games are also a tremendously powerful message of peace, bringing together as they do athletes from all over the world in a spirit of friendship, solidarity and fair play.

You will also learn how Olympism is not just about sport but that it is a philosophy of life that exalts and combines in a balanced whole the qualities of body, will and mind, qualities that will make you stronger citizens of the future.

**Share Olympic ideals  
and values with the world!**



**RAFFAELE** PAGNOZZI  
EOC Secretary General



*Excellence requires total harmony with body, mind and spirit. Sport is empowering and generates good life. Small deeds can have a tremendously positive effect on the world and affect many people near and far.*

## MY DEAR FRIENDS,

The Olympic family embraces these values. You hold the latest edition of the Olympic Guidebook in your hands. Its purpose is to inspire and help you realize your potential and to better contribute to the Olympic sports you are a part of. The Guidebook gives you a short tour of the main themes and values underlying these Games and the Olympic Movement. Enjoy!

On behalf of the EOC Culture and Education Commission, I would like to thank the Olympic Committee of the Ukraine for making this book and the previous commission for coming up with the idea of producing it.

**Win a memory.  
Create a legacy.**

**JEAN MICHEL BRUN**  
*Chair of the EOC Olympic Culture  
and Education Commission*



*The Olympic Movement is one of the most amazing phenomena in the history of mankind. The beauty and grandeur of struggle and fortitude all that wonderful Olympic multifaceted world.*

## MY DEAR FRIENDS,

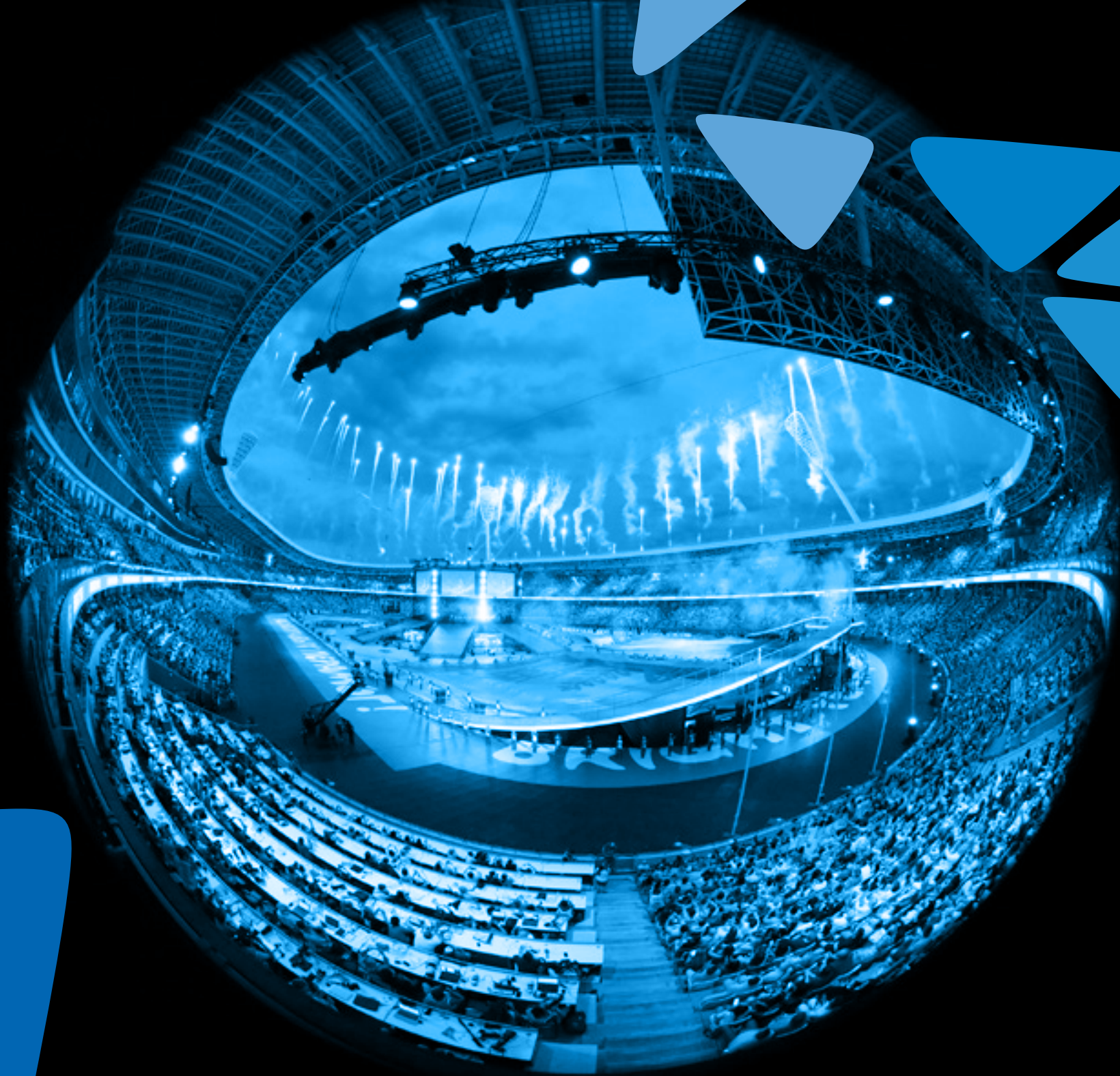
Originating in Ancient Greece, the Olympic Games were revived at the end of the 19th century. They have turned into the celebration of peace, friendship and progress, as well as having become a school of education, lifestyle and self affirmation.

This book is a good opportunity to enhance your knowledge of the history of the Olympic Games, the European Olympic Committees, the European Youth Olympic Festivals, the Youth Olympic Games.

It will be your good assistant while participation in the educational program for the European Youth Olympic Festival. The unique world of Olympism will appeal to you! Let the Olympic flame, lit in legendary Olympia, and which has travelled to the cities hosting the Olympic Games, ignite goodness, mutual respect, peace, friendship and beauty in your heart!



**MARIA BULATOVA**  
*Olympic Academy of Ukraine*  
*President, Professor*



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DIVE INTO THE WORLD OF  
**THE OLYMPICS**

In ancient times, about 3,000 years ago, when wild tribes roamed over most of the territories known as Europe today, an unusual state known as **Hellas** blossomed in the south of the Balkan peninsula and the adjacent islands, populated by a free and talented nation, the **Hellenics**.

## THE ANCIENT OLYMPIC GAMES

The previous tribal system had given way to city-states, with their own political system, economic structure, culture, education, and upbringing of children.

The most significant element of culture for the Ancient Greeks was **agonistics**, a principle of competitiveness. This principle was used in different areas of life, such as labour, culture and athletics, for the purpose of achieving the best result, gaining fame, glorifying the area of activities one is involved in, uplifting personal prestige and bringing fame to **city-states**.

Competitions made it possible for an individual to have self-esteem, to rely on their physical strength, to believe in the loftiest values of life. Competition winners were seen as the reflection of a deity, since Greek gods had human features. The Ancient Greeks saw in the beauty of an individual not only physical perfection, but also such qualities as physical and spiritual strength, dignity and kindness, agility and endurance, a blend of physical perfection and moral ideals, as well as creativity.

This moral and aesthetic ideal at the heart of the culture of Ancient Greece constituted a **harmony of physical, mental and spiritual perfection**, known as **kalokagathia**. For the Ancient Greeks, perfection of the body, mental and spiritual strength were fundamental principles that could also be demonstrated on sports arenas.



Map of Greece

*Prometheus.*  
Nicolas Sebastien Adam.  
1762. Paris. Louvre



*Zeus was the supreme god, the most powerful of all Olympian gods, the Lord of deities and humans. His weapons were thunder and lightning, and he reigned supreme over the earth and heavens*

The **Olympic Games** were born in **Ancient Greece** back in the 8th century BC and were conducted regularly for 12 centuries. The birth of the Olympic Games is typically linked directly to the legendary names of the mythological Greek hero **Heracles**, King **Pelops**, the lawmaker of Sparta **Lykurgus**, and King **Iphitus** of Elis.

The Olympic Games are believed to have started in Ancient Greece in **776 BC**, when the name of the first Olympic winner was officially recorded, and who was a baker from Elis called **Koroibos**.

## THE ORIGIN OF THE OLYMPIC GAMES

The Olympic Games had no fixed calendar dates. The Ancient Greek Games were held once every four years in **honour of Zeus**, the Master of Olympus and the Lord of deities and humans.

All the competitions and contests were held in the Ancient Greek settlement of **Olympia**, a place of worship for the Hellenics, located in the city-state **Elis**, in the north-western part of the **Peloponnesus peninsula**. The place stood on the right bank of the **Alpheios River**, at the foot of **Mount Kronion**. In those times, Olympia was a **religious, cultural, and trading center** of Ancient Greece. Sacred sites there were Mount Kronion, **Altis**, the enclosure with its sacred olive grove, the tomb of Pelops, and the altar to the great Mother Goddess, Rhea.

But the most sacred place of worship for Ancient Greeks was the **Great Altar of Zeus** built in the 10th century BC. The legend goes that Zeus struck that particular spot with lightning from the Olympus to indicate a site for his altar to be built.

The Olympic Games had been staged in Olympia for 300 years before the decision was made in 472 BC to build the greatest of **temples** in honour of **Zeus**, the supreme god.

The inimitable adornment of this temple, one of the Seven Wonders of the ancient world, was the **statue of Zeus**. Located inside the Temple, the 17-meter high statue was made of chrysoelephantine (ivory and gold). Ancient Olympia was the universally recognized cult centre for the whole of Greece, with many sanctuaries located within the boundaries of this site.

*Zeus, a Roman copy of Pheidias's creation. 5th century BC. St. Petersburg, State Hermitage*



A large number of priests were to be found in Olympia at all times. They stayed in **Teokoleion**, the priests' residence.

Many monumental buildings were erected in Olympia, some of them connected with a cult, whilst others served the organizational and administrative needs of the sanctuary. In the middle of the valley the altar and temple of Zeus were surrounded by charming marble temples.

**Heraion** — a temple to Hera, one of the oldest in Olympia (6000 BC). **Treasures** — the small temples dedicated to Greek city-states. **Prytaneion**, where the great banquet for visitors was held; **Gymnasion**, richly equipped with tracks; bathing and massage rooms, where preliminary training was carried out; and **Palestra**, with Dorian arcades, where young men trained for wrestling and jumping. To the south of the temples there was the **Buleuterion**, the judges' assembly rooms.

Ancient Greeks are known to have taken great care of the body, its cleanliness and the state of their skin. For this purpose there was a round facility called **Geroon**, with a platform and hot baths inside.

A gallery located in sacred Altis and known as the **Echo Colonnade** (Hepta-echos) has survived until modern times. Thanks to its unique acoustics, sound is repeated seven times. This characteristic was needed to amplify the announcement of the names of Olympic champions for the benefit of spectators that gathered to watch the Olympic competitions.

The biggest facility in Olympia was the guesthouse for officials arriving in Olympia. It was called **Leonidaion** in honour of its architect and patron.



*The Great Altar of Zeus had two levels, the proaltar and the altar. Animals were sacrificed at the foot of the pediment, whilst the hipbones were burnt at the top altar, ascending the stairs. The priests mixed the ashes of the sacred fire with the waters of the Alpheus, and anointed the altar with this mixture.*

*The Temple (2) and Altar (1) of Zeus in Olympia. Engraving, Berlin, the German Archaeological Institute*



*Contemporary view of Philippeion in Olympia*

The numerous athletics facilities erected on the territory of Olympia were spacious enough to stage grandiose competitions, including a **stadium, gymnasium, hippodrome** and others.

The first stadium in Ancient Olympia was built back in 6th century BC. The statue of **Nemesis**, the winged goddess of vengeance, was erected at the entrance to punish cheaters and fraudsters. An entrance to the stadium in Olympia was marked with a special marble passage 32 m in length called the **Krypte** (secret entrance), through which only athletes, priests and judges were allowed to enter the stadium.

The track of this ancient stadium equalled one stadion, or 192.27 meters. Legend has it that the distance was measured by Heracles himself and equalled 600 of his feet. The racetracks at the Olympic stadium were not marked but, according to historical records, the distance between athletes in a race was four Olympic feet, or 1.25 meters.

**Hippodrome** — an elliptical construction for horse and chariot races with a race course double the length of the running track, was also constructed in Olympia.

As many as 45,000 spectators, seated on the gently sloping earthen mounds around the stadium, watched the competitions. Before the start of an Olympic competition, the herald would ask the spectators if they were aware of any wrongdoing on the part of athletes. The shouts of "**Axios, Axios, Axios**" in response would mean that the athlete was worthy of engaging in Olympic competitions.

*Spectators of the Olympic Games took positions on the slopes of Mount Kronion. Tens of thousands of people flocked to Olympia on carts, on horseback, on foot and by ship. To see the Games, spectators not only came from around Greece, but also from its colonies. As a result, entire tent camps were put up around Olympia. To see the competitions, spectators took seats on the hills overlooking the valley, cheering and prodding on the athletes in contest. Olympic Games attracted writers and poets, who recited their works in front of thousands of listeners from all around the Hellenic world. It was in Olympia that Herodotus is said to have recited his 'History' for the first time.*





*The entrance to the stadium at Olympia (the Krypte) as it is today*

As the biggest of all Ancient Greek religious festivals, the Olympic Games attracted participants and guests from all Greek city-states and Mediterranean colonies. The Games were considered to be a national holiday, and days of **general truce** were called in the country. All wars had to stop, and no one could use weapons, and above all bring them to the territory of Elis.

This tradition was known as “**Ekecheiria**”. All Greek wars had to come to a standstill during the Games, all roads to the valley of Olympia were proclaimed sacred and any breaking of the truce was heavily punished.

The Olympic truce was established and enforced by Lykurgus (the legislator of Sparta), Iphitus (king of Elis), and Cleosthenes (Archon of Pisa). It lasted around 3 months, as long as it took athletes to arrive in Olympia, get prepared for the Games, take part in the competitions, and go back home.



*Nemesis, the winged goddess of vengeance, who meted out punishment on those who had violated public and moral rules; she also awarded people with fortune or misfortune for their deeds. Nemesis was depicted with the attributes of control (scales or a bridle), punishment (a sword or a whip), and speed (a winged chariot driven by gryphons), as a symbol of inevitable punishment.*



*In ancient times, Olympic Games were considered a national holiday, and were announced as days of universal peace. All wars had to stop, and no one had the right not only to use weapons, but even to bring them to the territory of Elis. All people who arrived in Olympia in those days were believed to be guests of Zeus. And anyone who insulted a traveller would be subject to damnation and a financial penalty.*

Those eligible to compete in the Games had to be **free Greeks, men and boys who had not broken the law**. No barbarians (aliens), women or slaves were permitted to compete in the Olympic Games.

## PARTICIPANTS OF THE OLYMPIC GAMES

Those willing to compete were required to go to Elis a month ahead of the Games. Prior to being declared eligible to compete in the Olympic Games, an athlete had to train for thirty days in Elis. **Hellandodikai**, judges officiating at the Olympic Games, were present at all the training sessions of athletes preparing for the Games. It was they who finalized the list of the Games participants and established the order of their appearance in the competitions. During the Games, Hellandodikai, wearing scarlet togas and sitting on special podiums (**rostrum**), monitored compliance with the rules and procedures of the competitions. This way, the organizers made sure that the Olympic Games were truly competitive and exciting.

Each athlete had to take an **oath** in front of the statue of Zeus, declaring that he was of Greek descent, born of free parents and had committed no crime, and also had to promise to compete in good faith, comply with the rules, and seek to win without cheating. Except for the **Priestess of Demeter**, the goddess of agriculture and fertility, women were banned from the Olympic stadium. However, ladies of royal descent were entitled to own and enter their horses in the chariot races of the competitions in Olympia. This was the privilege exercised by **Kynisca**, born into the family of the kings of Sparta. She was the first woman to win a victory, at the Games of the 96th Olympiad in 396 BC, when her four horse chariot won the Olympic race. A monument was later erected in Olympia in her honour.



*The Hellandodikai officiated at the Olympic Games, being responsible for the organization and conduction of the Games. Initially, there were two Hellandodikai, but later on their number rose up to ten, and they were elected by the public, who cast lots. The Hellandodikai were very competent, with unlimited powers assigned. They could banish from the competitions anyone caught violating the regulations, or impose other penalties for violations, and they could punish for cheating those who paid bribes to opponents. The task of the Hellandodikai was to make decisions that would uplift the lofty reputation of the Games. Those fined were required to donate statues of Zeus named Zanes, which were put up along the wall of the treasuries, right at the entrance to the Olympic stadium. It was the responsibility of the Hellandodikai to announce the winners and give away the Olympic prizes, as well as to keep records of the Olympic champions, the Olympionics.*





*The head of Hera.  
420 BC.  
Athens, the National  
Archaeological Museum*

Separate **Games** were staged for women every four years in Olympia in honour of the **goddess Hera**. These Games were held a month before or after the Olympic Games. The caretakers of the Heraean Games were 16 of the wealthiest women representing the most influential city-states of Greece.

Participants of the Heraean Games competed in three age categories. They wore **chitons** of little above-the-knee length, with the right shoulder naked. The program of the Heraean Games included one event only, — a 5/6 stadion (160-meters) dash. The winner in each of the three age categories was awarded an olive wreath and presented a portion of a sacrificed cow. Only unmarried women were eligible to participate.

Olympic Game winners, **Olympionics**, were awarded with an olive wreath **crown** (kotinos) and became heroes in their cities.

Only a Greek boy of noble descent could cut olive branches with a golden sickle from the sacred Olive tree (kallistefanos) in **Altis**, to produce wreaths for Olympionics. Prior to the award ceremony, olive wreaths were kept in the Temple of Hera, on a table of ivory and gold, made by the famous Colot. After the Olympic Games, winners were awarded with a **crown of olive wreath**, adorned with red ribbons, and given branches of palm or olive as a symbol of peace. It was one of the greatest honours to win a victory in Olympia. The athletes competed for **honour** not for material gain. Though for the rest of his life the winner of an Olympics was granted free food at Prytaneion, a place of honour in the theatre, and was exempted from all taxes, etc.

*Kyniska, a daughter of the King of Sparta, was the first female Olympic champion as she owned a quadriga (a four horse chariot) that won the 96th Olympics in 396 BC*



*Running was the sole event at the Heraean Games.*

*Athletes participating in the Heraean Games used to wear knee length chitons without a shoulder strap on the right shoulder. Black figure ceramics (a fragment).  
End of 6th century BC.  
Rome, Vatican Museums*



*Bronze statue of a female runner.  
End of the 6th century BC.  
London, British Museum*

Olympionics became heroes in their native cities. They were blessed with eternal glory not only in their home town, but also throughout the Ancient Greek world.

In addition to Koroibos, the names of several other great champions were preserved for posterity. For example, that of the legendary **Milon of Kroton**. He had won seven top Olympic awards, all in wrestling. It is hard to believe, but this athlete had wrestled in the Olympic Games for 28 years!

An example of an entire dynasty of Olympionics is the family of **Diagoras** from Rhodos: Diagoras, his sons and later on his grandsons had competed in the Olympic Games for over 80 years! They had participated in twenty Games and won nine Olympic wreathes for their sundrenched island!

There is another legend about this family. Diagoras' daughter **Kallipateira** was the only laywoman to enter the Olympic Games. Except for the priestess of Demeter, all women were banned from watching the Olympic festival. Kallipateira's son was a great athlete and won the Olympic Games. Kallipateira decided to sneak into the crowd, disguised as a coach, to see the fruit of her efforts and to witness the glory of her son. After her son's victory, the happy mother forgot everything and rushed to the pitch.

It was then that her secret was discovered. Taking into consideration the glorious record of her family, the referees did not punish the ambitious mother. Simultaneously, to prevent incidents like this in the future, the referees decreed that athletes, coaches and spectators were to come naked to the Games.

The most famous of all heroes of the ancient Olympics was **Leonidas**, also from Rhodos, today's Rhodes. This extraordinary athlete won 12 Olympic victories in running in a career spanning 26 years!

All in all, 293 Games of Olympiads were staged over a period of 1,168 years, with more than 4,000 Olympic champions anointed. However, the names of only 921 Ancient Olympic Games winners are known today. It was **Hippias** the Sophist who started to keep a record of information about Olympic champions. His initiative was taken over by **Aristotle** and some others. Athletes who cheated and broke the rules of the Games were fined. With this money, bronze statues of Zeus were erected, with the name of the cheater inscribed on the base. These statues, known as **Zanes**, were placed along the passageway that led to the stadium as a warning to the athletes going for competitions of the bad examples not to follow.



*An Olympic winner making an offering to Zeus. Red figure ceramics (a fragment). 460-444 BC. London, British Museum*



*The award ceremony took place on the fifth day of the Olympic celebrations. Winners were awarded a wreath of olive branches, as well as cotton bands tied around their head, arms, and legs. Red figure ceramics (a fragment). 5th century BC*



*The basements of the bronze statues to Zeus (Zanes) at the entrance to the Olympic stadium*



*Diagoras and his family*

The first cheater at the Olympic Games was Eupol. At the Games of the 98th Olympiad, he bribed three competitors, disregarding the rules of fair play.

The success of the ancient Olympic Games can be accounted for, in part, by the love of Greeks for competitions, their respect for harmony and beauty of the human body, and their striving for a harmonious **balance of mind, body and spirit** in their lives.

During the times of Alexander the Great and the Roman Empire, the sensationalism, commercialization and the ever growing demands of athletes for more prizes altered the system of values and the religious significance of the Games. The Olympic Games were banned by the Byzantine, Christian emperor **Theodosius I**, in **AD 393**. All the buildings in Olympia were razed to the ground by order of **Theodosius II** in **426 AD**. Earthquakes and floods completed the destruction, and, little by little, the site disappeared underground and vanished from memory.

*Victorious athlete wears the wreath and ribbons of victory. Attica, red figure ceramics. 5th century BC. Vienna. Kunsthistorisches Museum, Antikensammlung*





*Jason. William Beyer.  
1773–1781. Vienna.  
Schonbrunn Palace Park*

The Games of the first Olympiad took one day, and the program included just one event, the **one-stadion race** (192.27 meters). For the Ancient Greeks it was only victory at the Olympic Games that was considered a value. In those ancient times, there was no time measuring equipment, whereas a victory in a running contest stayed in the memory of spectators.

## THE PROGRAM OF THE OLYMPIC CONTESTS

With the growing popularity and success of the Games in Ancient Greece, the competition program was gradually expanded. In the subsequent Games the program included wrestling and boxing as well as a mixture of both sports, called pankration.

In 708 BC pentathlon was added, which included running a length of the stadium, throwing a discus, hurling a javelin, doing long jump and wrestling. In 688 BC prize fighting was added, and eight years later horseracing as well. The Games lasted five days at their peak. Periodically, new events were added to the Olympic Games program. Ancient Olympia was the universally recognized cult centre for the whole of Greece, with many sanctuaries located within the boundaries of this site.

- 776 BC: the stadium race (192 meters);**
- 724 BC: the double-stadium race;**
- 720 BC: the long distance (8–24 stadium) race;**
- 708 BC: wrestling, pentathlon;**
- 688 BC: boxing;**
- 680 BC: four-horse chariot race;**
- 648 BC: pankration, horse races;**
- 632 BC: youth competitions;**
- 520 BC: full or partial armour racing, 2–4 stadia;**
- 408 BC: two-horse chariot race.**

*Jason, holding the golden fleece.  
Alfred Lanson. 1884.  
New York. Daresh Museum of Art*

*Argonauts. Lorenzo Costa. Fragment.  
XVI century. Padua.  
Civic Museum*



Myths are behind the origin of Olympic sports, for example, pentathlon. Five of the fifty Argonauts, the Greek youths who accompanied Jason aboard the ship Argo to Colchis on their quest for the Golden Fleece, had been among the best athletes of Ancient Greece in discus and javelin throwing, running, jumping, and wrestling. Jason decided to find out who was the best of them all, and announced a competition composed of five sports events, giving it the name of Pentathlon. One of these events was long jump. Ancient Greek historians point out that athletes in antiquity achieved striking results in this event. They made use of an unusual jumping technique: having taken off in the air, they released the marble weights held in their hands in the previous stage of the long jump.

*Pankration bout.  
Black-figure ceramics  
(a fragment). 520 BC.  
Paris, Louvre*



*Athletes who competed in the  
hippodrome came from aristocratic  
families, while those who  
participated in a stadion race came  
usually from a family of merchants.  
Black-figure ceramics (a fragment).  
540 BC. Munich, Staatliche Antiken-  
sammlungen*



*Apollonius. Bronze statue  
of an athlete, boxing  
winner. 1st century BC.  
Rome, National Museum*





*Hoplitodromos, a race in full armour.  
Black-figure ceramics (a fragment). 500 BC.  
London, British Museum*

*Discus throwing was a part of pentathlon competitions. The stone or bronze discuses had the same shape as their counterparts of our time and weighed 4–5 kilos. Phlegyas was among the most famous discoboli. He succeeded in throwing a discus from one bank of the river Alpheios to the other*



*Pentathletes: a jumper, a javelin and a discus thrower. Black-figure ceramics (a fragment). 520–500 BC.  
London, British Museum*



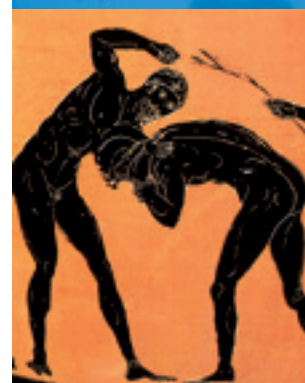
*Long jump. Red-figure ceramics (a fragment).  
480 BC. Basel. Antikenmuseum und Sammlung Kudwig*



*Wrestling athletes. Red-figure ceramics (a fragment). 520 BC.  
Berlin, State Museum*



*Hippios, a middle distance race.*  
*Black-figure ceramics (a fragment). 480–470 BC.*  
*New Hampshire, Ashby Castle*



*Wrestling bouts.*  
*Black-figure ceramics*  
*(a fragment). 332 BC.*  
*London, British Museum*



*Boxing became an Olympic*  
*event in 688 BC.*  
*Boxing bout. Black-figure*  
*ceramics (a fragment).*  
*London, British Museum*

*Group of two*  
*wrestlers. Bronze.*  
*1st - 2nd cent. AD.*  
*London, British*  
*Museum*



*Horse racing was introduced to the Olympic*  
*program in 256 BC. Black-figure ceramics*  
*(a fragment). 5th century BC.*  
*London, British Museum*



*The stadion. Black-figure ceramics*  
*(a fragment). End of 6th century BC.*  
*New York, Metropolitan Museum*



*Competitions of youths (boys and ephebes) had been included in the program of Olympic Games in 632 BC. Those competitions had been staged on the second day of the Games. Black-figure ceramics (a fragment). 540 BC. Athens, National Museum*



*The winner of a horse race being awarded. Red-figure ceramics (a fragment). 400–375 BC. London, British Museum*



*Doryphoros is not the figure of a specific victorious athlete; instead, it is a sample of the perfect build of an athlete's body, which had later come to be known as canonic*

The year **632 BC** saw the **introduction of youth competitions to the Olympic Games** program. Teenage boys from 12 to 17 years of age were allowed to compete in the one-stade **running, pentathlon, wrestling, pankration**, and **horse racing**. However, there was only one occasion of a youth competing in pentathlon, at the Games of the 38th Olympiad (268 BC), due to the fact that it proved difficult and dangerous for teenagers. The boys' competitions took place on the second day of the Olympic Games.



*A youngster is training in lifting of weights. Red-figure ceramics (a fragment). 500 BC. Wurzburg, Martin von Wagner Museum*



The most important competitions in Ancient Greece were the **Olympic Games** held in Olympia in **honour of Zeus**. Yet there were other popular PanHellenic competitions held in those times, too. Information is still available today that there were **Nemean**, **Pythian** and **Isthmian Games** in ancient times.

## OTHER GAMES OF ANCIENT GREECE

The **Nemean Games**, as well as the Olympic Games, were staged in **honour of Zeus**. In Nemea Games were held for the first time in 573 BC, and once every two years thereafter. Winners were awarded **wreaths of ivy or celery**.

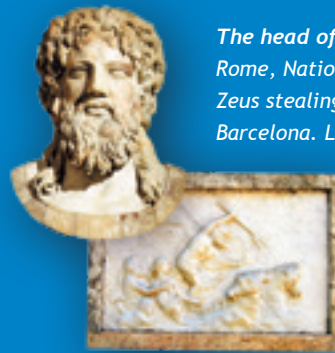
The **Pythian Games** were organized in **Delphi**, in honour of **Apollo**. The name of the Games refers to the victory of Apollo over the earth-dragon Python. Ancient Greek myths describe Apollo as a good thrower, the best in discus, which he performed as elegantly as he played the kithara; in boxing he could overcome even Ares, the god of war, and ran faster than Hermes, the gods' envoy and travellers' patron. Those Games were organized once every four years. Winners were awarded with apples at early editions, and later with **laurel wreathes**.

The **Isthmian Games** were organized in **honour of Poseidon**, god of the seas. These Games were held first in 572 BC, in a pine wood on the Corinthian isthmus, and once every two years thereafter. Winners were awarded **pine wreathes**.

*Apollo, the patron of arts*



*Poseidon, the lord of the seas, one of the primary Olympic gods*



*The head of Zeus. 5th century BC. Rome, National Museum. Zeus stealing the children of Amphitrite. Barcelona. Labyrinth of Ort*



*The bust sculpture of Apollo. Roman marble copy of the statue by Leochar (95 centimeters high). 4th century BC. Rome, Vatican Museums*

According to one of Ancient Greek legend, **Theseus**, when travelling through the isthmus at Corinth, defeated the local bandit, Sinis Pityocamptes “the one who bends pine trees”, who robbed travellers and murdered them by tying victims to the tops of bent trees, which, when released, would tear them in two. At the place of that victory, Theseus started to celebrate the Games in honour of his father, Poseidon.

Winners of the Isthmian Games were awarded with a wreath made of pine branches.

Ancient Greeks called **winners** of all the four Pan-Hellenic Games (Isthmian, Pythian, Nemean, and Olympic) **Periodonikai**.

*Victors of the Pythean Games were awarded a laurel wreath (1).  
Apollo had temples and sanctums all over the country, the most sacred one being located in Delphi, where laurel, a sacred tree, grew*

*Winners of the Nemean Games were awarded a wreath of celery leaves (2).  
Winners of the Isthmian Games were awarded a wreath of pine branches (3).*



*The name of Heracles was associated with heroism, physical power and greatness.*

*He became the symbol of all things superhuman and powerful.*

*The weapon of Heracles was a huge club made by the hero himself from an ash tree, hard as iron, which he pulled out of the earth complete with its roots*

*Heracles as a baby choking snakes to death.*

*A fountain statue, Ancient Rome, 1st century AD. St. Petersburg, State Hermitage*





*Nymph offers Zeus milk of goat Amaltheia. Lorenzo Bernini. 1615. Villa Borghese. Rome*

For Ancient Greeks, myths were the basis to understanding life, their surrounding environment, and the entire Universe, and represent an important landmark in the history of development of human conscience. Myths were the source of topics and stories for the Greek culture. The nature and characteristics of Hellenic holidays, festivals and festivities was typically determined by their mythology.

## LEGENDS AND MYTHS ON THE ORIGINS OF THE OLYMPIC GAMES

In one of his Odes, the Ancient Greek poet **Pindar** claims that the origin of the Olympic Games is related to the name of **Heracles**.

**King Augeias**, the ruler of Elis, owner of enormous herds of cattle, ordered Heracles to clean all his stables in one day. Heracles agreed, provided Augeias gave him a tenth part of the cattle as a reward. The King felt certain this was an impossible undertaking for a single person. Heracles tore down the two opposite walls of the farmyard and directed the flow of two rivers, the Alpheios and the Peneus, through the breach, replacing them up after the water had carried away all the dung from the King's farm yard. When the hero came to King Augeias to claim his reward, Augeias never gave it and Heracles had to return to Tyrinphe empty handed.

A few years later, after lengthy travels and having spent some time in the service of Eurystheus, Heracles came back to Elis, defeated Augeias, and started the tradition of celebrating the Olympic Games in honour of his father, Zeus.

The name of Heracles was associated with heroism, physical power and greatness. He became the symbol of all things superhuman and powerful. The weapon carried by Heracles was a huge club made by the hero himself from an ash tree, hard as iron, which he had pulled out of the earth complete with its roots.



*The metope "Augeian stables" from the Temple of Zeus in Olympia. Heracles is tearing down the opposite walls of the Augean stables to let the waters of the two rivers run through the stables and clean them. The Goddess Athena is pointing where he must break down the walls. 460 BC. Olympia, Archaeological Museum*



*Rhea bringing a wrapped stone instead of newborn Zeus to her husband Kronos. Roman copy of a Greek marble relief. 160 AD. Rome, the Capitoline Museum*



*Pelops and Hippodamia. A relief fragment.  
New York. Metropolitan Museum. Pelops has  
extended his power to all Southern Greece.  
Since then it began to be called the Peloponnese*

*Lycurgus, lawgiver of Sparta.  
Merry-Joseph Blondel*



There exists another legend about the origin of the Olympic Games. According to one available literary source, it was in 884 BC that **Iphitus**, king of Elis, **Lycurgus**, the ruler of Sparta, and **Cleosthenes**, the Archon of Pisa, concerned with intermittent wars between their peoples, decided to call a truce. In recognition of this convention, they decided to organize Olympic Games.

Iphitus and Lycurgus worked out a charter for the **sacred truce**. The key condition of the truce was a ban on all hostilities. Those found guilty of incomppliance were to be fined heavily and made ineligible to compete in Olympic Games. At that time this was considered the worst possible disgrace. Those who had no right to compete on athletic arenas were shunned even by their best friends.

Another legend goes, the founder of the Games is **Pelops. King Oinomaos** of Pisa had a very beautiful daughter called **Hippodamia**. The king had been informed of a prophecy that he was going to die from the hand of his son-in-law. King Oinomaos challenged each of the suitors to a chariot race, the prize for which was Hippodamia's hand as wife. If the pretender lost, he would be slain by Oinomaos. One of the suitors was prince Pelops, son of the King from Asia Minor Tantalus. Pelops agreed to Oinomaos' terms, who allowed him a head start. Pelops was a very handsome young man and the king's daughter fell in love with him. Before the race, she persuaded her father's charioteer to replace the bronze axle pins of the king's chariot with wax ones. During the race the wax melted and the king fell from his chariot and was killed, and Pelops married Hippodamia. In celebration of Pelops' victory the Olympic Games were created.



*Pelops and  
Hippodamia riding  
a chariot.  
415 BC. Arezzo,  
Archaeological  
Museum*

*The metope of the Temple of Zeus in Olympia depicting one of the Twelve Labours of Heracles, the golden apples of Hesperede. Heracles is propping the entire heavens, while Atlas brings him the golden apples of the Hesperede nymphs. The Goddess Athena is helping Heracles prop up the skies. 460 BC. Olympia, Archaeological Museum*



One more fascinating legend is about Prometheus, the theomachist and people's protector, who stole fire from the Olympus, brought it down in the reeds and gave it to mortals for their use. According to myth, Zeus ordered Hephaestus to chain Prometheus to a rock in the Caucasus and pierced his chest with a spear. A mighty eagle descended to the sufferer and clawed his body and pecked at his liver. Having finished his bloody business, the bird flew away but only to come back again. The liver torn to pieces regenerated, but on the third day the eagle came down from heaven anew and tormented the body barely healed. After thousands of years had passed, the greatest hero of antiquity Heracles brought release to Prometheus.

Historic data, rather than myths, prove that there existed the cult of Prometheus in some cities in Hellas, and that prometheuses, races with burning torches, were held there in his honour.

The figure of this Titan has remained, until today, the brightest image of Greek mythology. The expression 'Prometheus fire' signifies striving for a lofty goal, to fight evil. Can it be that it was with the same idea in mind that the ancient people set the Olympic flame in the grove of Altis some 3,000 years ago?



*The torments of the Titans. Atlas is holding the skies while an eagle is pecking at Prometheus' liver. Ceramics (a fragment). 550 BC. Rome, Vatican Museum*



*The map of Hyperborea. According to a legend, Heracles brought an olive tree to Olympia from the mythical country of Hyperborea*

*To the north of all other nations, there once lived people in a country called Hyperborean, who perceived the harmony of existence and would not die, unless they were satiated with life*



*Running with a torch was a competitive sport in Ancient Greece but it wasn't part of the programme of the Olympic Games. Red-figure ceramics (a fragment). 5th century BC. Paris, Louvre*



Ancient Olympia had been a religious centre long before the first 776 BC Games we know about today. The archaeological excavations date the age of the sanctum at circa 1300 BC. In those times, there flowed a spring of clear water at the foot of Mount Kronion, overlooking the city. It was probably at this site that the altar to Rhea, the great Mother of gods, was erected. The first ever Olympic relay is likely to have been related to a race run by youths, who sought to light a flame in front of an altar.

## ON THE SITE OF ANCIENT OLYMPIA

In time, the status of Zeus gradually grew above that of the other gods and goddesses, and he became the highest deity of Olympia. His statue made of gold and ivory stood in a huge temple located in the centre of the sanctum erected in honour of Zeus.

On the predetermined day, everyone in the sanctum of Olympia waited for the sun to rise. Hundreds of athletes gathered at Mount Kronion, looking respectfully to the east, where Apollo, the god of light, sped in his chariot over the far away mountains in a halo of light and colours. Down below, the sun's rays lit the roofs and columns of the temples and the forms of the famous arcades leading to the Olympic stadium. Life was already in full swing on the roads to the sanctum. The spectators hurried up to take the most comfortable seats at the stadium's grassy slopes. Official delegations from all across Greece did all they could to show themselves at their best and enhance the prestige of their homelands.

The crowds headed to the temples, training facilities, inns, exchanges and statues, spreading like a human flood at the confluence of the River Cladeus and the River Alpheios, while priests performed their rites in the sanctum.

This is what happened on the **first day** of the ancient Olympic Games.

On that day, competitions of **trumpeters** and **heralds** also took place, and **writers** and **poets took centre stage** with their works glorifying the Olympic Games and the heroics of famous Olympians. That first day used to end with sacrificial offerings to Greek gods.

**Day two** was dedicated to competitions of **young athletes**. The first athletic event was a onestade race. Winners of preliminary heats competed in the final to determine the winners. The running event was followed by competitions in wrestling, boxing, and pankration. Winners were awarded flowers and purple-cloaked wreaths from spectators, while judges gave **palm tree twigs** to the winners. After the award ceremony, compatriots would carry the winners on their shoulders past the spectators, who welcomed

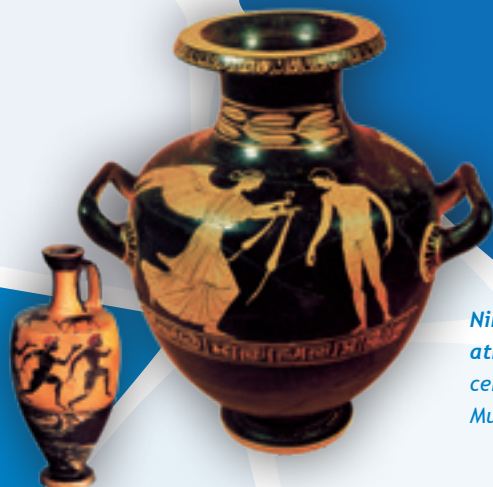
them with applause and shouts. This was also the procedure for winners in other events on subsequent days of the Olympic Games.

**The third day** of the Olympics was the most exciting one, since it was dedicated to **chariot races** and **pentathlon**, favourite events with Ancient Greeks. The **hippodrome** was crammed to capacity as of dawn. A loud trumpet signal sounded, following which a dolphin would be dropped and an eagle would be set free to soar into the sky. At that moment, the ropes that closed the stables' entry would fall, from which chariots emerged slowly, one after another, to line up at the starting post.

After a second signal of the trumpeter, the horses would start their run, the horses' snorts merging with the roar of the spectators.



*Long-distance (dolichos) runners. Attic, black-figure ceramics. 333 BC. London. British Museum*



*Nike runs in great haste to a victorious athlete to mark him. Apulia, red-figure ceramics. 430–400 BC. Museo Archeologico Nazionale. Taranto*

Not all chariots were lucky to last the whole distance. Honours were bestowed on the owner of the horses whose chariot was the first to cross the finish line.

In the afternoon, the stadium located close to the hippodrome was the venue for pentathlon competitions. Just as for the hippodrome, all the seats there had been occupied since dawn. The proceedings started with the competition officials in purple garments taking seats of honour.

Following the officials at a respectable distance, athletes entered the stadium. They proceeded along the stands, while the herald announced the name of each one, his father's name, and his birthplace. Then the herald would ask the spectators three times if the athletes were worthy of taking part in the competition and if they had any objections about any athletes' participation. It is only after this that lots were cast. Having drawn lots, the athletes would line up at the starting line accordingly, to start the race.

**Long jump, discus and javelin throwing competitions** took place with **musical accompaniment**. After a signal of the trumpet, athletes went out holding stone weights and, at the signal of a flutist, started the long jump competition. By that time, the sun was high in the sky, and the heat was oppressive, but the spectators would not leave the stadium, everyone looking forward to the discus throwing competition, that reminded one of the famous Discobolus statue by Myron.

The next event on the program was the javelin. One by one, athletes took turns trying to throw the javelin as far as possible, while referees watched over them carefully to make sure they complied with competition rules.



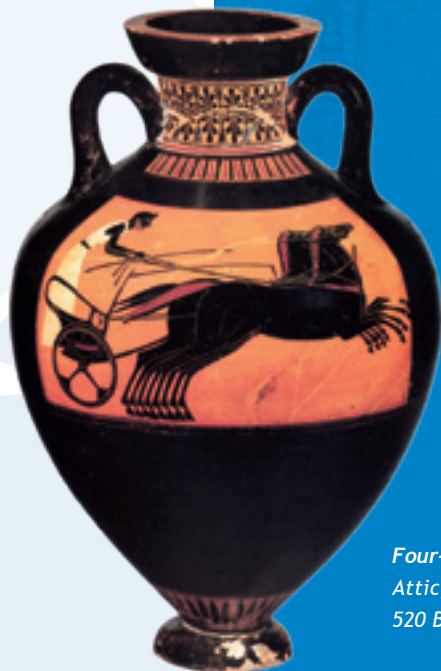
*Auletetes (double-pipes player).  
Attic, red-figure ceramics.  
490–480 BC.  
London. British Museum*



*A musical contest  
(aulodia). Attic, red-figure  
ceramics. 450–440 BC.  
London. British Museum*



*Victorious athlete.*  
Attic, red-figure ceramics.  
490–480 BC.  
Geneva. Private Collection



*Four-horse chariot races.*  
Attic, black-figure ceramics.  
520 BC. London. British Museum

Next in line was **wrestling**. The sun parched the bronze statuesque bodies of the athletes that stood still, waiting for their turn. The spectators were mute too, waiting. All of a sudden, the statues came to life, with athletes applying all sorts of holds to win. This competition brought the program of **day three** to a close.

**Day four** started with all the participants of the Games coming to the temple of Zeus, bringing **gifts** and **oblations**, and with **sacrificial offerings** made.

The program included **running**, **wrestling**, **boxing**, and **pankration**. After the **one** and **two-stadion** races, athletes competed in **long distance** running. Wrestling continued the Olympic program, to be followed by boxing and pankration, the most complex event on the Olympic program. The final event of the Olympic Games was **racing in full armour**.

**Day five** started with more songs. There were no spectators and no competitions at the Olympic stadium and hippodrome. This was because that day was dedicated to **celebrations** only. The winners gathered in front of the temple of Zeus, palm tree branches in hand. The award ceremony started when the herald cried out the name of the winner and where he came from. An official from among the Olympic judges awarded the Olympian with an olive wreath. The celebration that followed the official ceremony lasted until late at night.

**Describe how people feel during the preparation and staging of the Olympic Games. What do you imagine the athletic apparatuses that the Ancient Greeks used looked like? What makes them distinct from their modern equivalents?**





The Olympic Games of Ancient Greece had a significant impact on world culture. It is only natural that attempts have been made at various times to restore this tradition. History shows that the idea of the Olympic Games' revival had always been in the air, materializing from time to time in the form of sport festivities similar to the Olympic Games celebrations in various countries, including Great Britain, Greece, Germany, Sweden, Canada, Hungary and the USA.

## OLYMPIC GAMES REVIVAL

For example, starting from the 17th century AD (1604), based on the ideas of **Robert Dover**, a **Cotswold Games** came into being, the principles of which were similar to those of the Olympic competitions. Initially, these Games took place during the Trinity celebrations at **Cotswold Hills** in England. These Games were said to revive the glory of the Golden Age and were staged for some 200 years.

*The Opening Ceremony of the Games  
of the 1st Olympiad in Athens (in 1896)*





*Evangelos Zappas, a rich landowner of Greek origin, put quite a lot of effort into reviving the Olympic Games*

A great place in history must also be dedicated to the Wenlock Olympian Games organized by **Dr. William Brookes** in the village of **Much Wenlock**, Great Britain, starting from 1850. These Games had a significant impact on the outlook and activities of Baron Pierre de Coubertin, the initiator of the revival of the modern Olympic Games.

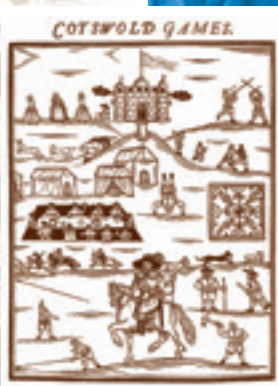
One ought also to mention other Games similar to those of Ancient Greece initiated in the 19th century by the monks of a seminary in **Rondeau**, not far from Grenoble in France. These Games were held on the last day of February each leap year, starting from 1832.

The **Bavarian Games** organized in Munich, along the lines of the Olympic Games, were extremely popular during the 19th century in Germany. Foreign delegations and even royals visited the festival to participate in the competitions. This festival was known as Oktoberfest.

It is known that in 1858, a Greek millionaire called **Evangelis Zappas**, who lived in Romania, suggested to the King of Greece that the Olympic Games should be revived. The Organizing Committee was established by Royal decree and the Games, known as the **Pan-Hellenic Olympiad**, were held in 1859. Also Greeks from Asia Minor, Egypt and Cyprus took part. Altogether, four PanHellenic Games were held from 1859 to 1888.

All the Games organized from the 17th through to the 19th century were predecessors of the idea of reviving the Olympic tradition. But it was the outstanding French educator and 19th century humanist **Baron Pierre de Coubertin**, who followed through and succeeded in implementing that idea.

*The Cotswold Games, based on principles being similar to those of the Olympics, were introduced in the 17th century based on the ideas of Robert Dover*



*The Much Wenlock Olympian Society Annual Games' Award ceremony*

# PIERRE DE COUBERTIN AND HIS DREAM

*The revival of the modern age Olympic Games was due, above all, to the energy and perseverance of the French nobleman Baron Pierre de Coubertin*

Fascinated with the idea of glorifying France through education and development of the spiritual and physical qualities of the French nation, Pierre de Coubertin turned to sport, and not only as a means of physical development of individuals, but also as a way of strengthening peace and understanding among nations.

from Sweden, Jiri Guth-Jarkovský from Bohemia, William Sloane from the USA, General Alexey Butowsky from Russia, and others.

Pierre de Coubertin sought massive and active involvement of the young generations in sports. Together with his comrades in arms, he promoted sporting competitions on the basis of the **ideals** that are today those embodied in **Olympism**.



*The Bavarian competitions were extremely popular in 19th century Germany. They were arranged along the lines of the Olympics. Foreign delegations and royals visited the festival to participate in competitions*

The closest and most similar to Coubertin's position on the role of sports in society proved to be the ideas of the Ancient Greeks, that were put into practice during the Olympic Games.

Baron Pierre de Coubertin launched his campaign to restore the Olympic Games in 1887, managing to involve many prominent personalities, such as Colonel Viktor Balck



*Dominican priest Henri Martin Didon (1840–1900) was a friend and mentor of young Pierre de Coubertin. During the last years of his life he was a headmaster at a Dominican lyceum in Paris. The Latin motto "Fortius, Altius, Citius" hung above the entrance to the lyceum*





Greece pays homage to George Averoff for his beneficence.

A page from "New Aristophane", Athens, 1896

Laying the ground for the restoration of Olympic Games in modern times, Pierre de Coubertin borrowed from the history of the organization and conducting of the Games in Ancient Greece. He believed that the time-honoured traditions were to be used as a source of inspiration and to serve for the benefit of the contemporary world.

In June **1894**, de Coubertin organized the **International Athletics Congress** in Paris to **revive the Olympic Games**. Seventy nine delegates representing 49 sports organizations from **12 countries** unanimously supported the decision to stage the first **International Olympic Games**. Greece was entrusted with the honour of arranging the first Olympic Games of modern times in 1896.



*The founders of the International Olympic Committee, Athens, 1896. Sitting in the first row (from right to left): General Secretary Pierre de Coubertin from France, President Demetrios Vikelas from Greece, Alexis Butowsky from Russia; the second row (from right to left): W. Gebhardt from Germany, J. Guth-Jarkovský from Bohemia, Ferenz Kemeny from Hungary, and Viktor Balck from Sweden*

*The International Athletic Congress was held in the main auditorium of the Sorbonne, Paris, in June 1894, to restore the tradition of the celebration of the Olympic Games. The Congress was attended by 2,000 participants from universities and athletics societies*



The Congress also formed the **International Olympic Committee**, with **Demetrios Vikelas** from Greece as its President and Pierre de Coubertin as the IOC Secretary General.

During the Congress, the **Olympic Charter**, the principal governing tool of the Olympic Movement, was adopted.

The first International Olympic Games were supported by the Greek government. Financial assistance of 1 million drachmas given by the wealthy Greek merchant residing in Alexandria **George Averoff**, provided the major part of funding to build the marbled Panathenaic stadium in Athens, on the ruins of the ancient one.

*A cover page of the programme of the 1st International Olympic Games. Athens, April 6–15, 1896*



*The start of the 100-kilometer road race. Athens, 1896*

*A wealthy Greek from Alexandria, George Averoff donated 1 million drachmas in order to make the 1st Modern Olympic Games happen*



*Spyridon Louis of Greece, the first Olympic marathon champion. Athens, 1896*

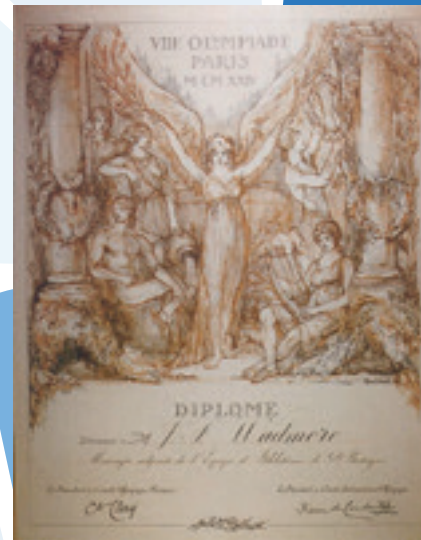


The **Games of the 1st Olympiad** were declared open by the king of Greece on 6 April **1896**. **241 athletes** from **14 nations** came to Athens to compete in **9 sports** (Greco-Roman wrestling, cycling, gymnastics, athletics, swimming, shooting, tennis, weightlifting, fencing) and 43 sets of medals.

The winners of the first International Olympic Games were awarded a silver medal, a diploma and an olive branch. Athletes placed second were awarded a copper medal, an olive branch and a diploma. There were no awards for third place.



*Alfred Hajos (Gutmann) of Hungary, gold medallist in the 100-meter and 1, 200-meter freestyle swimming*



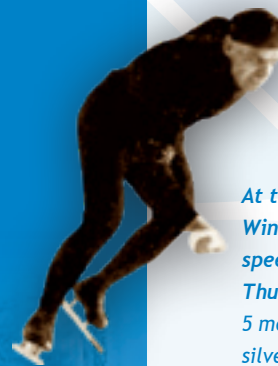


*Austrian figure skater  
Herma Plank-Szabo  
the Olympic champion  
in singles*



The first official **Winter Olympic Games** took place in **1924** in Chamonix, France, with **258 athletes** from **16 countries** competing in 9 events based on **7 sports**, included bobsleigh, crosscountry skiing, ski jumping, nordic combined, speed skating, figure skating and ice hockey.

Winter Olympic Games are held regularly every four years. Since 1994, Winter and Summer Olympic Games have been organized alternately, with a **two-year interval**.



*At the 1924 Chamonix  
Winter Olympic Games,  
speed skater Clas  
Thurnberg (Finland) won  
5 medals - three gold, one  
silver and one bronze*



**Pierre de Coubertin** provided the Olympic Movement with its philosophical foundation.

# OLYMPISM

He designed the IOC structures and decided how the Games should be organized, and realized the significance and the need to create the symbolism and the ceremonies that would help the implementation of Olympism. He drew the five interlaced coloured rings on the white background that came to light for the first time at the 1920 Olympic Games in Antwerp, Belgium, he contracted a poet to write the Olympic anthem, laid down rules for the organization of the Games, and thought through the special ceremonies for the opening and the closing of the Games. He defined the principal values of Olympism in his Ode to Sport, for which he was awarded the gold Olympic medal at an art contest in the 'Literature' nomination in 1912. The ideals and values underlying the Olympic Games are collectively known as Olympism.

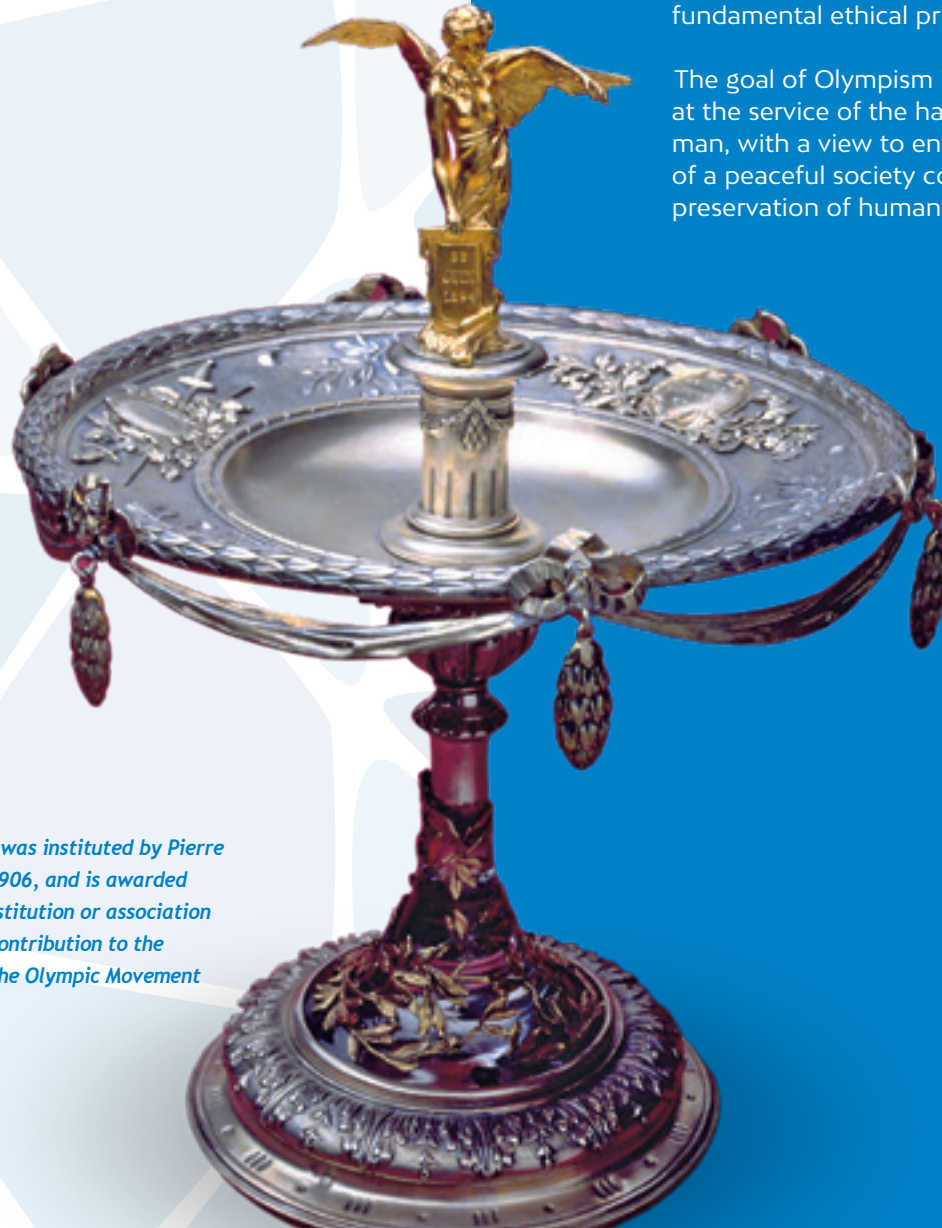
Pierre de Coubertin and his associates formulated the principal **objectives of the Olympic Movement:**

- promote the development of the physical and moral qualities that serve as the basis of sport;
- bring up youth through sport in a spirit of better mutual understanding and friendship, assisting thereby in building up a new and fairer world;
- promote the Olympic principles throughout the world to create international good will;
- assemble, once every four years, the athletes of the world, to celebrate the great sport festival of the Olympic Games.



Today, the Olympic Charter defines Olympism as “a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.

The goal of Olympism is to place everywhere sport at the service of the harmonious development of man, with a view to encouraging the establishment of a peaceful society concerned with the preservation of human dignity”.



*The Olympic Cup was instituted by Pierre de Coubertin in 1906, and is awarded annually to an institution or association for outstanding contribution to the development of the Olympic Movement*

- the balanced development of the body, will and mind;
- marriage of sport with culture and education;
- embracing a way of life that is based on joy found through effort;
- respect for universal fundamental ethical principles;
- harmonious development of man;
- assistance in establishment of a peaceful society;
- respect for human dignity;
- building up a new and better world through the upbringing of youth through competing sport;
- practicing sport without any discrimination;
- mutual understanding in a spirit of friendship and fair play.



# THOMAS BACH

“The Olympic Games, wherever they take place, set an example for a peaceful society. Olympic Sport unites the people.

This is the Olympic Message the athletes spread to the whole world:

- **Yes**, it is possible to strive even for the greatest victory with respect for the dignity of your competitors.
- **Yes**, it is possible – even as competitors – to live together under one roof in harmony, with tolerance and without any form of discrimination for whatever reason.
- **Yes**, it is possible – even as competitors – to listen, to understand and to give an example for a peaceful society. Olympic Games are always about building bridges to bring people together. Olympic Games are never about erecting walls to keep people apart. Olympic Games are a sports festival embracing human diversity in great unity”.

*From the speech delivered at the Opening Ceremony Sochi 2014 Olympic Winter Games, 7 February 2014*

In terms of the Olympic ideal, this value refers to giving one's best, on the field of play or in life,

# EXCELLENCE

without measuring oneself with others, but above all aiming at reaching one's personal objectives with determination and effort. It is not only about winning, but mainly about participating, making progress against personal goals, striving to be and to do our best in our daily lives and benefiting from the combination of a strong body, will and mind.

Men and women are at the centre of the Olympic Movement's focus encouraging links and mutual understanding between people.

# FRIENDSHIP

This value broadly refers to building a peaceful and better world through solidarity, team spirit, joy and optimism in sport. The Olympic Games inspire humanity to overcome political, economic, gender, racial and religious differences and forge friendships in spite of those differences. The athletes express this value by forming life-long bonds with their teammates, as well as their opponents.





'THE MOST IMPORTANT  
THING IN THE OLYMPIC  
GAMES IS NOT TO WIN,  
BUT TO TAKE PART ...  
JUST AS THE MOST  
IMPORTANT THING IN  
LIFE IS NOT THE  
TRIUMPH, BUT THE  
STRUGGLE'

In terms of the Olympic ideal, this value represents the ethical principle that should inspire all who participate in the Olympic programmes.

## RESPECT

It includes respect for oneself and one's body, respect for one another, for rules and for the environment. It thus refers to the fair play that each athlete has to display in sport, as well as avoiding doping.







### Olympic symbols

The Olympic symbols include the Olympic rings, the Olympic flag, the Olympic motto, the Olympic emblem, the Olympic flame, the Olympic torch relay and the Olympic anthem.

## OLYMPIC SYMBOLS AND CEREMONIES

### Olympic rings

The symbol of the Olympic Games is the five interlaced Olympic rings. These rings symbolize the ideals and the goals of the Olympic Movement, which have inspired several generations for more than a century. You can see them everywhere in the cities that host the Olympic Games. You will also see the rings in the streets, in window shops, and in TV commercials produced by sponsors of the Olympic Games.

The Olympic rings in blue, yellow, black, green and red are interlaced from left to right. The top three rings are blue, black and red whilst the bottom two rings are yellow and green, and together they form a trapeze. The Olympic rings symbolize tolerance and friendship of all participants at the Games, from the five continents of the planet.

*Sarah Stevenson  
at the opening of the London  
2012 Olympics*



### The Olympic motto

is made up of the three words: **Citius · Altius · Fortius**. These Latin words mean 'Faster', 'Higher' and 'Stronger'. This Olympic motto spurs all members of the Olympic Movement on for the improvement and harmony of body, mind and soul in the spirit of Olympism.

Pierre de Coubertin proposed this motto in 1894, borrowing the words from the Dominican priest Henry Didon, who had wisely understood the positive impact of sport on the human soul, particularly the soul of young people. During the opening of competitions at his lyceum, he attempted to define the essence of a fair contest with the words Citius · Altius · Fortius. It became the motto of Olympism in 1924, in Paris.

### The Olympic emblem

is specified in detail in the Olympic Charter, the governing body of the Olympic Movement. Its principal element is the five rings in combination with several other elements. For instance, the **emblem of the International Olympic Committee (IOC)** is in the form of the Olympic rings against the white background and the motto "**Citius · Altius · Fortius**."



*The Olympic flag stays for four years in the Town Hall while the host city is preparing for the celebration of the next Olympic Games*



### The Olympic flag

depicts the **five coloured rings**, — blue, black, red, yellow, and green, — on a white background. It is hoisted in the Olympic city on a high flag post in the Olympic stadium, alongside the national flags of all nations participating at the Olympic Games. Created by Pierre de Coubertin in 1912, the flag was unveiled in Paris at the 1914 Olympic Congress and had its Olympic debut at the 1920 Olympic Games in Antwerp, Belgium. The Olympic flag is used during the Opening and Closing Ceremonies of Olympic Games. During the Closing Ceremony, the mayor of the host city of the previous Games passes the flag to the mayor of the city that is to host the upcoming Olympic Games.

### Olympic torch relay

Every four years, the sacred flame starts its way from Olympia (Greece) to the host city of the Olympic Games.

Once the Olympic flame is lit, a torch is lit with this flame in the proximity of the original Olympic stadium. Then it is carried through the whole world, from one country to another, in a relay, by ordinary people, like you and me. When the torch passes from one runner to another, it gives the idea that it carries with it a feeling of peace and friendship. The ultimate destination of the torch is the Olympic stadium, during the Opening Ceremony.

Thousands of spectators watch the last runner use the torch to set the huge Olympic flame going, which will blaze for the duration of the Games.

The lighting of the Olympic flame in the cauldron at the Olympic stadium is accompanied by a symbolic release of doves.

### The Olympic flame

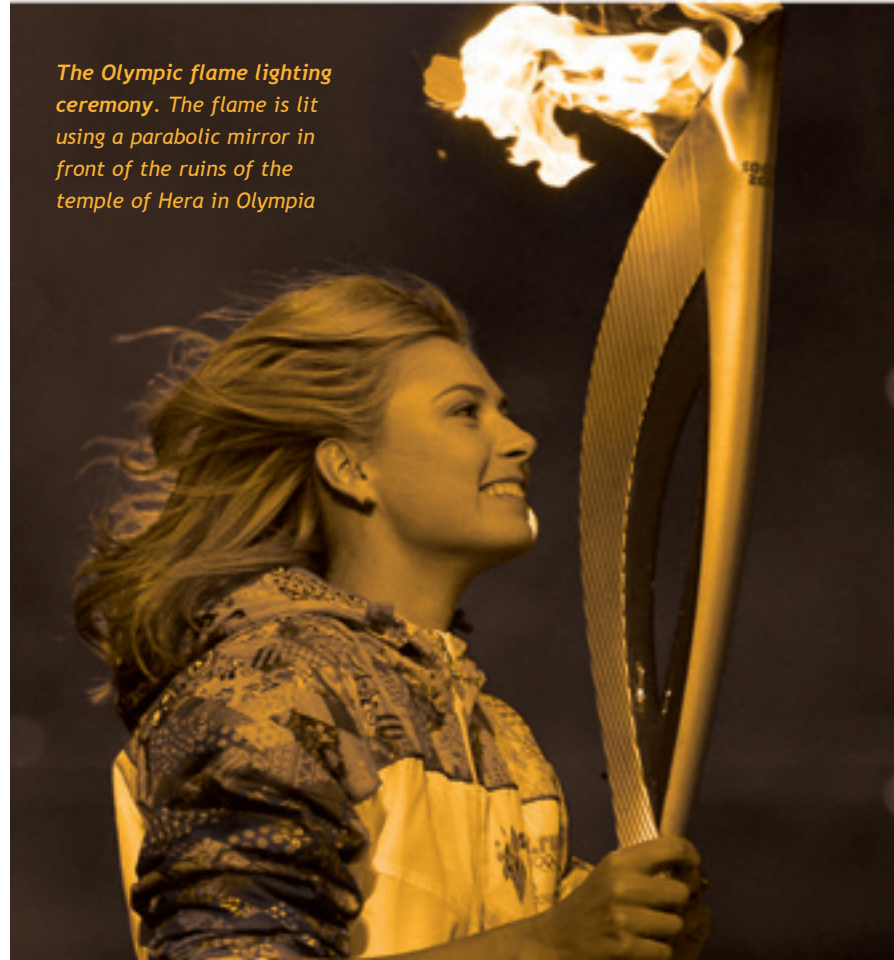
is the fire lit in Olympia under the aegis of the IOC, it illustrates the ritualistic and spiritual value placed by the Ancient Greeks on holy purifying fire. It is then carried by the Olympic torch relay to the host city of the Olympic Games and ends its journey in the huge cauldron at the Olympic stadium.

The Olympic flame lit at the solemn Opening Ceremony of the Olympic Games keeps blazing until the Closing Ceremony.

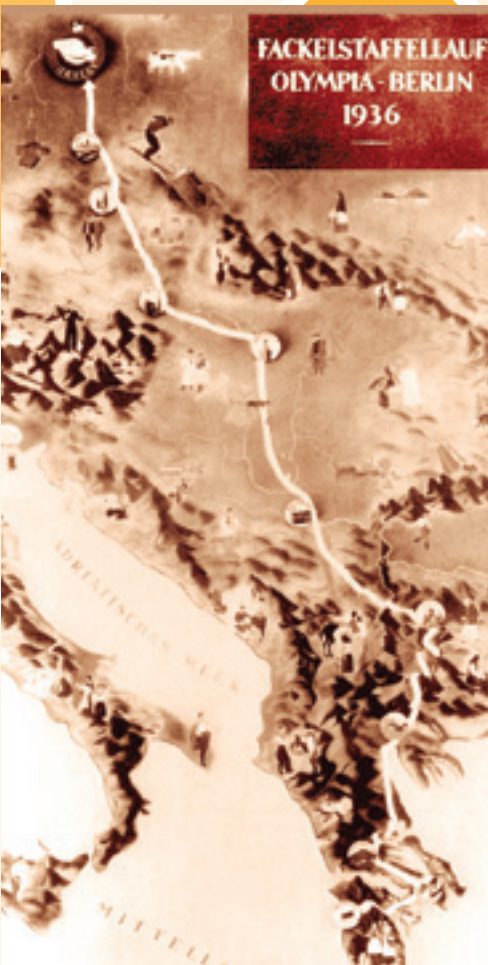
For the first time the Olympic flame was lit at the 1928 Games of the IX Olympiad in Amsterdam, the Netherlands.



*The Olympic flame lighting ceremony. The flame is lit using a parabolic mirror in front of the ruins of the temple of Hera in Olympia*



The tradition of the Olympic flame torch relay ceremony started at the **1936** Games of the **XI Olympiad in Berlin**, Germany.



The torch relay has an interesting history. Thus, before ending up in the main cauldron of the Olympic stadium of the 1936 Games of the XI Olympiad in Berlin, the Olympic torch relay went through the Acropolis in Athens, Greece.

To get to London, the host city of the **1948** Games of the XIV Olympiad, the Olympic flame had to undertake a **sea voyage**.

*The Olympic torch relay at the Acropolis, Athens in 1936*

The Olympic flame had its first **flight** on the way to the Olympic stadium in Melbourne at the 1956 Games of the XVI Olympiad.

During its history, the Olympic flame had also a **cosmic flight**. The cosmic flame was welcomed by Montreal, Canada at the **1976** Games of the XXI Olympiad.

The first **underwater torch relay** took place in 2000, when the Olympic flame was delivered to Sydney, Australia for the 2000 Games of the XXVII Olympiad across the Great barrier reef, with a special chemical used to keep the flame ablaze under the water.



The most memorable event of the entire course of the Olympic torch relay on its way to the Opening Ceremony of the **2008 Olympic Games in Beijing**, China, was reaching the summit of **Everest**, the highest mountain in the world (8,848 meters above sea level).

The Olympic flame was taken to that altitude in special capsules that had been specially designed to keep the fire lit in a hostile environment of low temperatures and rarefied air.

*The Olympic flame being delivered underwater along the Great Reef on the way to the 2000 Sydney Olympics*

The flame of the 2010 Winter Olympics in Vancouver, which was carried by about 12,000 people, covered 45,000 km and visited 1,000 cities and towns in Canada. The Olympic relay of the 2012 Games in London was carried by some 8,000 torchbearers. For 70 days it travelled 12,800 km across the United Kingdom. In the 123 days it travelled, the Olympic torch of the Sochi 2014 Games passed in the hands of 14,000 torchbearers, covering more than 65,000 km, visiting the North Pole, diving to the bottom of Lake Baikal, climbing the top of Elbrus and even in outer space on board the International Space Station.



*Olympic flame cauldron of the London 2012 Games of the XXX Olympiad*

*The Olympic medal. Athens, 1896. From 1928 to 2000 the obverse side of the Olympic medals have remained exactly the same as created by G. Cassioli*



*The Olympic anthem, 1896. The composer Spyros Samaras, the author of the text Konstantinos Palamas*

*The team of Greece heading the march of the participating nations during the Opening Ceremony of the Olympic Games*



### **The Olympic anthem (Hymn)**

was officially adopted by the International Olympic Committee in 1957 in Tokyo. The author of its text was Konstantinos Palamas, one of the most famous Greek poets, and its music was written by the outstanding composer Spyros Samaras. This Olympic anthem was first played in Athens in 1896.

### **The Olympic Games ceremonies**

The important components of the Opening and Closing Ceremonies, and the Olympic Games medal award ceremony are described in the Olympic Charter of the International Olympic Committee.

### **The Opening Ceremony**

includes the **athletes' parade**, in which all the participating nations take part, the **raising of the Olympic flag**, the lighting the sacred flame and the taking the **Olympic oath** by athletes, referees and coaches.

In the "Parade of Nations" Greece is traditionally the first to enter the stadium, in recognition of its status as the birthplace of the ancient Olympics, as well the country that hosted the first modern Olympic Games. The team of the host nation of the Olympic Games brings up the rear.

The honour of declaring the Olympic Games open is given to the leader of the State hosting the Games.

### The Olympic oath

is a traditional ritual that takes place at the Opening Ceremony of the Olympic Games, one of the most significant attributes of the Games of the Olympiad.



*Victor Boin, a Belgian fencer, was the first athlete to take the Olympic oath in Antwerp, at the Games of the VII Olympiad in 1920*

The Olympic oath was written by Pierre de Coubertin, who suggested that the International Olympic Committee should revive the Olympic oath-taking rite for Ancient Greek athletes, in front of Zeus's altar in Olympia. The Olympic oath was taken for the first time at the 1920 Olympic Games in Antwerp, Belgium.

Sport referees also take an oath prior to the beginning of the Olympic Games, to respect athletes and to officiate in an unbiased way. The referees' oath was heard for the first time at the 1968 Games of the XIX Olympiad in Mexico.

The words "a sport without doping and without drugs in the spirit of sportsmanship, for the glory of sport and honour of our teams" were added to the text of the Olympic oath at the Sydney Olympic Games in 2000.

At the 1st Youth Olympic Games in Singapore in 2010 the Olympic oath was taken by not only athletes and judges but coaches too. The same oath on behalf of coaches was taken by Eric Farrell (canoeing) at the Games of XXX Olympiad 2012 in London.



*The Award Ceremony at the Games of the XXX Olympiad, London 2012. The winner is awarded a gold medal (in fact, it is made of silver, but covered with a relatively thick layer of gold not less than 6 gr.). The award for the second place is a silver medal and for the third place a bronze medal, and diplomas*



*The flag was passed by Anatoly Pakhomov, the mayor of Sochi, to Thomas Bach, President of the International Olympic Committee, who then passed it to Seok-Rae Lee, the mayor of Pyeongchang (South Korea), which will host the 2018 Winter Olympics.*



*This was the first Winter Olympics and first Olympic Games Closing Ceremony under the IOC presidency of Thomas Bach.*

The Closing Ceremony takes place at the main stadium after all of the events have taken place.

## THE CLOSING CEREMONY

It includes the **extinguishing the Olympic flame** and the **lowering of the Olympic flag** from the flag pole, followed by the **athletes' march**, but this time as members of one Olympic family, rather than representatives of individual nations. The athletes marched together in one common column "as one nation", demonstrating friendship and mutual understanding, for the first time during the Closing Ceremony of the 1956 Olympic Games in Melbourne.

At the Closing Ceremony, the IOC President declares the Games of the Olympiad closed. However, curious mistakes happen too. Speaking at the Closing Ceremony of the 1952 Olympic Games in Helsinki, Finland, the then IOC President Sigfrid Edstrom made a long and meaningful speech, but forgot to add in the end the words "I declare the Games closed", as required by the Olympic Charter. Thus, the Games of the XV Olympiad have never been officially closed.

During the Closing Ceremony of the Games, the Olympic flag is transferred to the mayor of the city that is to host the upcoming Olympic Games.



# THE OLYMPIC VILLAGE

All participants live in the Olympic village during the Olympic Games. The first Olympic village was built to a special project for participants of the 1932 Games of the X Olympiad in Los-Angeles.



*Picture of the athletes' accommodation at the Games of the VII Olympiad in Paris, 1924*



*The gym in the Olympic village. London, 2012*



*The Olympic village of the Games of the XI Olympiad in Berlin, 1936*



*PC area in the Olympic village. London, 2012*

# MASCOTS

Every country hosting the Olympic Games tries to select a special mascot that has something to tell about the culture and traditions of the host nation. More often than not, it is a small animal, which symbolizes the national traits and special features of the home country.

The first Olympic mascots were introduced at the 1968 Winter Olympic Games in Grenoble (it was Shuss the Alpine skier) and at the 1968 Summer Olympic Games in Mexico City (a red jaguar), although those were unofficial mascots. The **first mascot** officially recognized by the IOC was a doggie named **Waldi** (Munich, 1972).

## THE MASCOTS OF THE GAMES OF THE OLYMPIADS



**THE RED JAGUAR**  
(Mexico City 1968, Mexico)



**WALDI THE DACHSHUND**  
(Munich 1972, Germany)



**AMIK THE BEAVER**  
(Montreal 1976, Canada)



**MISHA THE BEAR**  
(Moscow 1980, USSR)



**SAM THE EAGLE**  
(Los Angeles 1984, USA)



**HODORI, THE TIGER**  
(Seoul 1988, Republic of Korea)



**COBI, THE MOUNTAIN SHEEP DOG WITH THE HUMAN SHAPE**  
(Barcelona 1992, Spain)



**IZZY, A COMPUTER GENERATED ANIMATED MODEL**  
(Atlanta 1996, USA)



**SYD THE PLATYPUS, OLLY THE KOOKABURRA, AND MILLIE THE ECHIDNA**  
(Sydney 2000, Australia)



**ATHENA AND PHEVOS**  
(Athens 2004, Greece)



**FUWA (BEIBEI THE FISH, JINGJING THE PANDA, HUANHUAN THE OLYMPIC FLAME, YINGYING THE TIBETAN ANTELOPE, AND NINI THE SWALLOW)**  
(Beijing 2008, China)



**WENLOCK**  
(London 2012, Great Britain)



**VINICIUS AND TOM**  
(Rio de Janeiro in 2016, Brazil)



**MIRAITOWA**  
(Tokyo, 2020, Japan)



**OLYMPIC PHRYGE**  
(Paris 2024, France)

# THE MASCOTS OF THE WINTER OLYMPIC GAMES



**SHUSS THE ALPINE SKIER**  
(Grenoble 1968, France)



**SCHNEEMANDL  
(THE SNOWMAN)**  
(Innsbruck 1976, Austria)



**RONI THE RACCOON**  
(Lake Placid 1980, USA)



**VUCKO THE WOLF**  
(Sarajevo 1984, Yugoslavia)



**HIDY AND HOWDY THE  
WELCOME POLAR BEARS**  
(Calgary 1988, Canada)



**MAGIQUE, ANIMATED  
SAVOYARD STAR**  
(Albertville 1992, France)



**HAAKON AND KRISTIN,  
NORWEGIAN CHILD  
FOLK CHARACTERS**  
(Lillehammer 1994, Norway)



**SUKKI, NOKKI, LEKKI AND TSUKKI  
THE SNOWLETS, BABY OWLS**  
(Nagano 1998, Japan)



**POWDER THE HARE, COPPER THE  
COYOTE, AND COAL THE BEAR**  
(Salt Lake City 2002, USA)



**NEVE THE SNOWBALL  
AND GLIZ THE ICE CUBE**  
(Torino 2006, Italy)



**KUACHI, SUMI AND MIGA**  
(Vancouver 2010, Canada)



**HARE, POLAR BEAR  
AND LEOPARD**  
(Sochi 2014, Russian Federation)



**SOHORANG,  
THE WHITE TIGER**  
(Pyeongchang, 2018,  
Republic of Korea)



**BING DWENDWEN,  
SHUEY RHONRHON**  
(Beijing, 2022,  
Republic of China)

# OLYMPIC TORCHES

The first Olympics to have started the tradition of bringing the sacred flame from Olympia to the host city by torch relay were the Berlin Olympic Games in 1936. Since then, the opening ceremonies of the Games have been extended to include a fascinating scene, – the lighting of the flame in the cauldron of the Olympic stadium from a torch brought by relay all the way from the original site in Greece.

1996



ATLANTA

1964



TOKYO

2000



SYDNEY

1968



MEXICO

2004



ATHENS

1972



MUNICH

2008



BEIJING

1976



MONTREAL

2012



LONDONAS

1980



MOSCOW

2016



RIO DE JANEIRO

1952



HELSINKI

2020



TOKYO

1988



SEOUL

1956



MELBOURNE

2024



PARIS

1992



BARCELONA

1948



LONDON

1936



BERLIN

1960



ROME

## THE TORCHES OF THE WINTER OLYMPIC GAMES

The first relay of the Olympic flame at a Winter Olympic Games was held in 1952 (Oslo, Norway).



1998

NAGANO



1972

SAPPORO



2002

SALT LAKE CITY



1976

INNSBRUCK



OSLO



2006

TURIN



1980

LAKE PLACID



2010

VANCOUVER



1984

SARAJEVO



2014

SÓCHI



1988

CALGARY



2018

PYEONGCHANG



1992

ALBERTVILLE



2022

BEIJING



1994

LILLEHAMMER



1964

INNSBRUCK



1960

SQUAW VALLEY



1956

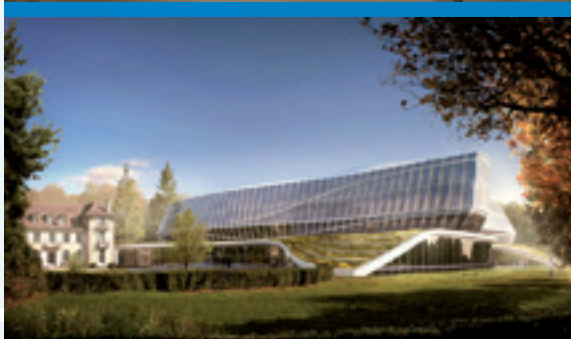
CORTINA D'AMPEZZO



1968

GRENOBLE

# THE OLYMPIC HOUSE



The new building will authentically reflect Olympism, the Olympic Movement and the role of the IOC as a catalyst for collaboration in an iconic and transparent way.

The design of Olympic House is based around four main concepts:

## **Integration**

The green base of Olympic House blends in with the natural setting of the park.

## **Movement**

The shape of Olympic House is inspired by the movement of athletes performing their sport.

## **Peace**

The solar panels on the roof of Olympic House represent the shape of a dove landing in the park.

## **Unity**

Olympic House will be the meeting place for the Olympic Movement, and its central staircase, which echoes the Olympic rings, will link the various floors.

**The International Olympic Committee (IOC).** The IOC is the supreme governing body of the Olympic Movement, the standing international non-governmental not-for-profit organization that owns all the rights for the Olympic Games. Its headquarters are located in Lausanne, Switzerland.

## THE INTERNATIONAL OLYMPIC SYSTEM

The International Olympic Committee promotes Olympism throughout the world.

**In order to propagate the Olympic principles, the IOC:**

- cooperates with the competent public or private organizations and authorities in the endeavour to place sport at the service of humanity;
- acts against any form of discrimination affecting the Olympic Movement;
- encourages and supports the promotion of ethics in sport;
- dedicates its efforts ensuring that the spirit of fair play prevails and violence is banned;
- leads the fight against doping in sport;
- encourages and supports measures protecting the health of athletes;
- opposes any political or commercial abuse of sport and athletes;
- seeks to hold the Olympic Games in an atmosphere that encourages and supports a responsible concern for environmental issues;
- encourages and supports the activities of the International Olympic Academy;
- supports other institutions which dedicate themselves to Olympic education.



*The essentials of the Olympic Charter were drafted by Pierre de Coubertin and approved by the 1st Olympic Congress in 1894*



# IOC PRESIDENT

1. *Demetrios Vikelas*  
(1894-1896)

2. *Pierre de Coubertin*  
(1896-1925)

3. *Henri de Baillet-Latour*  
(1925-1942)

4. *Juhannes Sigrid Edstrom*  
(1946-1952)

5. *Avery Brundage*  
(1952-1972)

6. *Michael Morris Killanin*  
(1972-1980)

7. *Juan Antonio Samaranch*  
(1980-2001)

8. *Jacques Rogge*  
(2001-2013)

9. *Thomas Bach*  
(since 2013)

In its more than 100 years of history, the IOC has been led by **nine Presidents**.

They are Demetrios Vikelas from Greece; Baron Pierre de Coubertin from France; Count Henri de Baillet-Latour from Belgium; Juhannes Sigrid Edstrom from Sweden; Avery Brundage from the USA; Baron Killanin Michael Morris from Ireland; Marques Juan Antonio Samaranch from Spain; Count Jacques Rogge from Belgium; and Thomas Bach from Germany.



Olympic Solidarity's mission is to organise assistance to NOCs recognised by the IOC, in particular those which have the greatest need of it.

# OLYMPIC SOLIDARITY

Olympic Solidarity manages the NOCs' share of the broadcast rights from the Olympic Games and redistributes these funds to the NOCs through multi-faceted programmes prioritising various areas such as:

- athlete development at all levels: elite, continental, youth;
- protection of clean athletes;
- athletes' career transition;
- refugee athlete support;
- training of coaches and sports administrators;
- development of national sports system;
- reinforcing NOC structure;
- NOC solidarity exchanges;
- promotion of the Olympic values: sustainability, gender equality, social development, education.



OLYMPIC  
SOLIDARITY

*Olympic Solidarity  
Emblem*



*Crown Prince Constantine of Greece, president of the Organizing Committee of the modern Games of the 1st Olympiad, formed a special committee to promote the Athens Olympics and appealed to the Greek nation asking them to give their voluntary contributions to the Olympic Games fund*

## **Sponsorship of the Olympic Movement**

Olympic sponsorship actually started on the date of the approval of the historic decision to organize the 1st Olympic Games of the modern age in Athens (1896). Crown Prince Constantine of Greece formed a special committee to promote the Athens Olympics and appealed to the Greek nation for voluntary contributions to the Olympic Games fund.



*Prior to the 1920's, a major portion of IOC expenses was paid for by Baron Pierre de Coubertin from his personal estate*

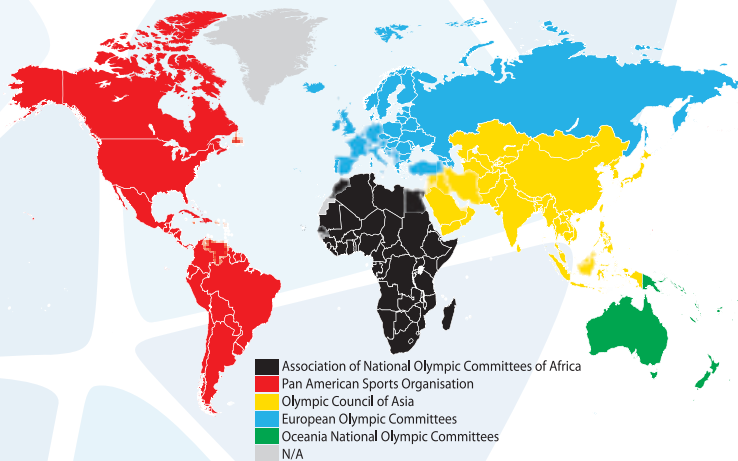


*Villa Mon - Repos, Lausanne.*

Each nation participating in the Olympic Games has its National Olympic Committee (NOC). Every NOC develops and supports the Olympic Movement in its country as follows:

## NATIONAL OLYMPIC COMMITTEES

- promotes the fundamental principles of Olympism at a national level through education, the activities of the National Olympic Academies, cultural programs etc.;
- ensures the observance of the Olympic Charter in their country;
- encourages the development of high performance sport as well as sport for all;
- helps in the training of sports administrators by organising courses and ensures that such courses contribute to the propagation of the fundamental principles of Olympism;
- takes action against any form of discrimination and violence in sport;
- adopts and implements the World Anti-Doping Code.





The Association of the National Olympic Committees (ANOC) was created during the Constitutive General Assembly held on June 26-27, 1979 in San Juan, Puerto Rico.

ANOC is the worldwide, umbrella organisation responsible for protecting and advancing the interests of the world's 206 National Olympic Committees (NOCs), and for supporting their mission to promote the Olympic Values worldwide.

Mario Vázquez Raña from Mexico was President of ANOC between 1979 and 2012 before being replaced by President Sheikh Ahmad Al-Fahad Al-Sabah from Kuwait, who resigned in 2018. Mr Robin Mitchell temporary took his place as President ad Interim. The Presidents of each of the five Continental Association joined on the ANOC Executive Council who serve as Vice-Presidents of ANOC and the ANOC Secretary General Gunilla Lindberg from Sweden. In addition there are five representatives from each Continent who sit on the Executive Council.



#### **ANOC's Mission:**

- to serve, promote and protect the common and collective interests of the NOCs;
- to collaborate with the IOC, IFs, OCOGs and other Olympic stakeholders to advance and promote the goal of the Olympic Movement and its fundamental principles;
- to collaborate with Olympic Solidarity to advance programmes that support and improve the wellbeing of NOCs and ensure the effective distribution of resources to NOCs;
- to promote in collaboration with the IOC universal principles of good governance within NOCs;
- to recognise and collaborate with the continental associations and co-operate with other organisations which form part of the Olympic Movement;
- to recognise and support the associations of NOCs recognized by the IOC.



Every Olympic sport is administered by an International Sports Federation (IF). IFs set the rules and monitor compliance in their respective sports disciplines. All IFs are autonomous and independent. The IOC grants the right to organize competitions in their respective sports included in the program of the Games of the Olympiad to 28 IFs, and to 7 IFs in the program of the Winter Olympic Games.

## INTERNATIONAL SPORTS FEDERATIONS

The first international sports federations were set up as early as the 19th century, prior to the creation of the IOC; for instance, the International Gymnastics Federation (in 1881), International Skating Union and International Rowing Societies Union (in 1892).

### **The International Sports Federations:**

- establish and enforce, in accordance with the Olympic spirit, the rules concerning the practice of their respective sports and ensure their application;
- ensure the development of their sports throughout the world;
- contribute to the achievement of the goals set out in the Olympic Charter, in particular by way of the spread of Olympism and Olympic education;
- express their opinions on the technical aspects of venues used for the Olympic events;
- establish their eligibility criteria for the competitions at the Olympic Games in conformity with the Olympic Charter;
- provide technical assistance in the practical implementation of the Olympic Solidarity programmes.

The International Olympic Academy functions as a multicultural interdisciplinary centre the aims of which are studying, enriching and promoting Olympism.

# INTERNATIONAL OLYMPIC ACADEMY

The aim of the International Olympic Academy is to create an international cultural centre in Olympia, to preserve and spread the Olympic Spirit, study and implement the educational and social principles of Olympism and consolidate the scientific basis of the Olympic Ideal, in conformity with the principles laid down by the Ancient Greeks and the revivers of the contemporary Olympic Movement, through Baron Pierre de Coubertin's initiative. Operating in **Ancient Olympia** (Greece) **since 1961** the IOA has united 147 National Olympic Academies from all the continents under its spiritual umbrella.



*The Olympic Museum (Lausanne, Switzerland) is located in a marvellous green park and houses many pieces of art and sculptures, presented to the International Olympic Committee by different countries*

## **The Olympic Museum**

The idea of setting up an Olympic Museum belongs to Pierre de Coubertin. But it was only the seventh IOC President Juan Antonio Samaranch who managed to put this idea into practice.

The Olympic Museum is built of white marble as a reminder of the Greek origin of the Olympic Games. For the purpose of preserving the natural beauty of the environment, two of its five storeys have been built underground.

The Olympic Museum was formally unveiled on 23 June 1993 on the eve of the 100th anniversary of the modern Olympic Movement, and this event became a tribute to its organizers, particularly Pierre de Coubertin, and to the athletes of the five continents who have been brought together by the Olympic Ideal. In 1995, the Olympic Museum was named "European Museum of the Year" by the Council of Europe. All the exhibits in the Olympic Museum are displayed in keeping with the principle of combining sport and culture.



The Games of the Olympiad and the Winter Olympic Games are important sport festivals in the modern world. They are a grandiose and brilliant feasts of a global magnitude where, irrespective of the tough competition and strong sporting rivalries, friendship and solidarity reign supreme. The Games keep billions of viewers glued to their TV sets and help raise huge funds from the host countries, as well as numerous sponsors and partners for the development of sport. In every country on Earth, winning an Olympic medal is seen as the unbeatable peak of any athlete's achievements in sport.

## THE GAMES THAT CONQUERED THE WORLD

Why have the Olympic Games gained so much popularity in the modern world? Probably because the Olympic Games are founded on a set of ideals and principles to be committed to by organizers and participants of the Olympic Games. This set of ideals, known collectively as Olympism, is promoted not only by athletes and officials, but also by many educators, businessmen and organizations who support these principles. They are disseminated through the Olympic Charter, the principal governing tool of the International Olympic Committee (IOC).

The history of the Olympic Games comprises 28 Games of the Olympiads and 22 Winter Olympics. Three times (in 1916, 1940, 1944) the Olympic Games were not held due to World Wars. The Games of the XXXII Olympiad has been held in Tokyo (Japan) in 2020 and following them in 2018 the XXIII Winter Olympic Games in PyeongChang (Republic of Korea).

## GAMES OF THE OLYMPIAD >

### OLYMPIC WINTER GAMES

N°	YEAR	HOST CITY	NATIONS	ATHLETES
1	1924	Chamonix	16	258
2	1928	St. Moritz	25	464
3	1932	Lake Placid	17	252
4	1936	Garmisch-Partenkirchen	28	646
5	1948	St. Moritz	28	669
6	1952	Oslo	30	694
7	1956	Cortina d'Ampezzo	32	821
8	1960	Squaw Valley	30	665
9	1964	Innsbruck	36	1,091
10	1968	Grenoble	37	1,158
11	1972	Sapporo	35	1,006
12	1976	Innsbruck	37	1,123
13	1980	Lake Placid	37	1,072
14	1984	Sarajevo	49	1,272
15	1988	Calgary	57	1,423
16	1992	Alberville	64	1,801
17	1994	Lillehammer	67	1,737
18	1998	Nagano	72	2,176
19	2002	Salt Lake City	77	2,399
20	2006	Turin	80	2,508
21	2010	Vancouver	82	2,566
22	2014	Sochi	88	2,800
23	2018	PyeongChang	92	2,963
24	2022	Beijing	91	2,897

N°	YEAR	HOST CITY	NATIONS	ATHLETES
1	1896	Athens	14	241
2	1900	Paris	24	997
3	1904	Saint Louis	12	651
4	1908	London	22	2,008
5	1912	Stockholm	28	2,407
6	1916	Cancelled due to World War I		
7	1920	Antwerp	29	2,626
8	1924	Paris	44	3,089
9	1928	Amsterdam	46	2,883
10	1932	Los Angeles	37	1,332
11	1936	Berlin	49	3,963
12	1940	Cancelled due to World War II		
13	1944	Cancelled due to World War II		
14	1948	London	59	4,104
15	1952	Helsinki	69	4,955
16	1956	Melbourne	72	3,314
17	1960	Rome	83	5,338
18	1964	Tokyo	93	5,151
19	1968	Mexico City	112	5,516
20	1972	Munich	121	7,134
21	1976	Montreal	92	6,084
22	1980	Moscow	80	5,179
23	1984	Los Angeles	140	6,829
24	1988	Seoul	159	8,391
25	1992	Barcelona	169	9,356
26	1996	Atlanta	197	10,318
27	2000	Sydney	199	10,651
28	2004	Athens	201	10,625
29	2008	Beijing	204	10,942
30	2012	London	204	10,500
31	2016	Rio de Janeiro	206	11,237
32	2020	Tokyo	205	11,656
33	2024	Paris	206	11,110

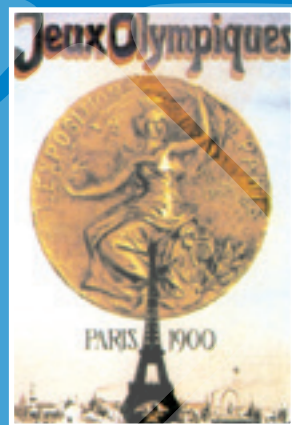




Look at the following posters. Discuss the symbols characterising every Olympic Games.



Athens, 1896



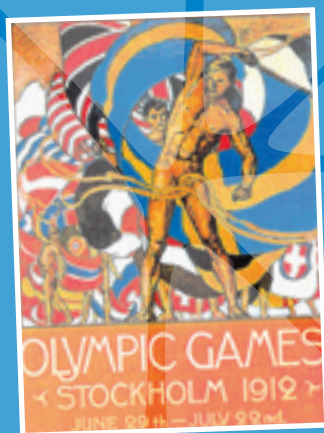
Paris, 1900



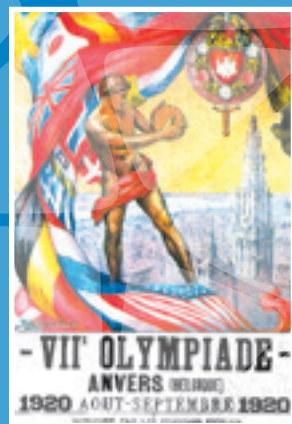
Saint Louis, 1904



London, 1908



Stockholm, 1912



Antwerp, 1920



Chamonix, 1924



Paris, 1924



St. Moritz, 1928



Amsterdam, 1928



Lake Placid, 1932



Los Angeles, 1932



Garmisch-Partenkirchen, 1936



Berlin, 1936



St. Moritz, 1948



London, 1948



Oslo, 1952



Helsinki, 1952



Cortina d'Ampezzo, 1956



Melbourne, 1956



Squaw Valley, 1960



Rome, 1960



*Innsbruck, 1964*



*Tokyo, 1964*



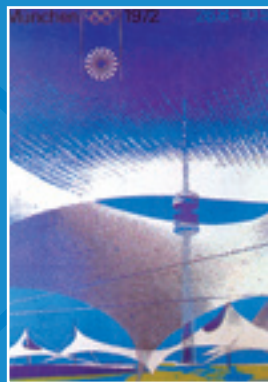
*Grenoble, 1968*



*Mexico, 1968*



*Sapporo, 1972*



*Munich, 1972*



*Innsbruck, 1976*



*Montreal, 1976*



*Lake Placid, 1980*



*Moscow, 1980*



*Sarajevo, 1984*



*Los Angeles, 1984*



Calgary, 1988



Seoul, 1988



Albertville, 1992



Barcelona, 1992



Lillehammer, 1994



Atlanta, 1996



Nagano, 1998



Sydney, 2000



Salt Lake City, 2002



Athens, 2004



Turin, 2006



Beijing, 2008



Vancouver, 2010



London, 2012



Sochi, 2014



Rio de Janeiro, 2016



PyeongChang, 2018



Tokyo, 2020



Paris, 2024



Milano Cortina, 2026.



Los Angeles, 2028.



Beijing, 2022



2032

Imagine that your native city is planning to host the 2032 Games of the Olympiad. Try to create a poster!

## Sports included in the programme of the Games of the Olympiad

To date, the Olympic program includes **28 sports** that break down into **42 events**.

# SUMMER OLYMPIC SPORTS

### Archery

### Athletics

### Badminton

### Basketball

### Boxing

### Canoe/Kayak

Canoe/Kayak Slalom

Canoe/Kayak Sprint

### Cycling

Cycling BMX

Mountain Bike

Cycling Road

Cycling Track

### Equestrian

Dressage

Eventing

Jumping

### Fencing

### Football

Golf (from 2016)

### Gymnastics

Artistic Gymnastics

Rhythmic Gymnastics

Trampoline

### Handball

### Hockey

### Judo

### Modern Pentathlon

### Rowing

Rugby (from 2016)

### Sailing

### Shooting

### Aquatics

Swimming

Synchronized Swimming

Diving

Water Polo

Swimming Marathon

### Table Tennis

### Taekwondo

### Tennis

### Triathlon

### Volleyball

Volleyball

Beach Volleyball

### Weightlifting

### Wrestling

Greco-Roman

Freestyle



In those countries of the world where low temperatures turn water into ice and rain into snow people most often go in for such winter sports as skating, skiing and tobogganing. The first Olympic Games with these winter sports in the program were organized in Chamonix, France, in 1924.

## SPORTS IN THE OLYMPIC WINTER GAMES

Since then, Winter Olympics have been held every four years. Currently, the Winter Olympics program is made up of 15 disciplines in 7 sports: skating, ice hockey, curling, skiing, biathlon, luge, bobsleigh.

### **Bobsleigh**

Bobsleigh  
Skeleton

### **Luge**

### **Skating**

Figure skating  
Speed skating  
Short track speed skating

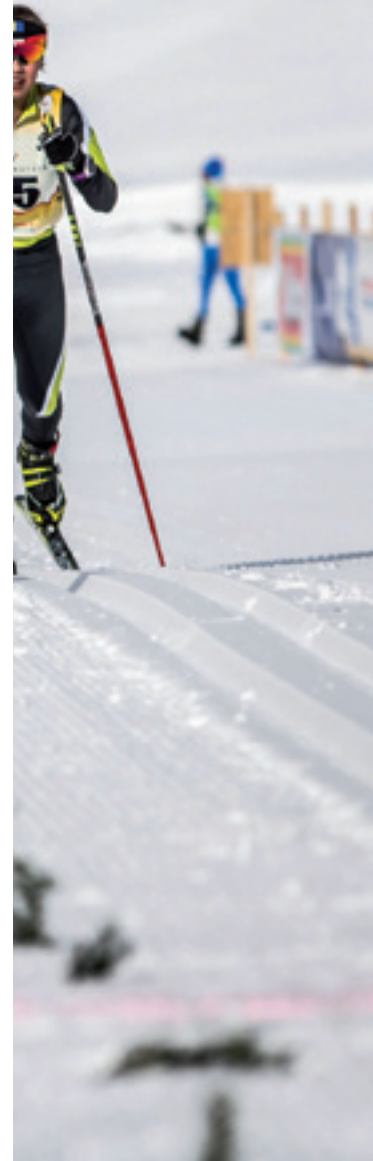
### **Skiing**

Cross country skiing  
Alpine skiing  
Ski jumping  
Nordic combined  
Freestyle skiing  
Snowboarding

### **Curling**

### **Biathlon**

### **Ice hockey**



The names of the best athletes that have achieved stunning victories have gone down in the history of the Olympic Games. However, among these best athletes', some whose outstanding results belong to the hall of fame of Olympic sport and who are the pride of their home countries and of the entire Olympic Movement stand out.

## OUTSTANDING ACHIEVEMENTS IN SPORT

### **Paavo Nurmi**

*of Finland won a record total of 12 medals (9 gold and 3 silver) in running events in which he competed at the Olympic Games from 1920 to 1928.*

### **Jesse Owens**

*of the USA sprinted his way into Olympic history by winning 4 gold medals in the 1936 Olympic Games in Berlin (running and long jump). On 25 May 1935, he set five world records within one hour, the record in long jump was unbroken for a quarter of a century.*

### **Francina Blankers-Koen**

*of the Netherlands, the first woman athlete to win 4 gold medals at a single Olympics (London, 1948). During her sports career, she set 16 world records in 8 track events. In 1999, the IAAF recognized Blankers-Koen as the best track-and-field woman athlete of the 20th century.*

### **Borys Shakhlin**

*of Ukraine, then part of the USSR, won 13 Olympic medals (7 golds) in gymnastics. He stood on the Olympic podium of three Olympics (1956–1964).*

### **Larissa Latynina**

*of Ukraine, then part of the USSR, won 18 Olympic medals during her sporting career in gymnastics (1956–1964), 9 of her awards being golds. She was the most decorated Olympian of the XX century.*

### **Toni Sailer**

*of Austria, nicknamed “Bitz from Kitz” (German for “bolt of lightning”), became the only tripple gold medalist in the 1956 Winter Olympics (Cortina d’Ampezzo) in Alpine skiing (downhill, slalom, and giant slalom).*

### **Lidia Skoblikova**

*of Russia, then part of the USSR, won the record number of 6 gold medals in speed skating at Winter Olympic Games (1960–1964).*





### **Birgit Fischer**

of Germany, eight-time Olympic champion (1980, 1988, 1992, 1996, 2000, and 2004), winner of 12 Olympic medals, and 35-time world champion in kayaking. She is both the youngest (at the age of 18 in 1980) and the oldest (at the age of 42 in 2004) Olympic champion in kayaking. Birgit Fischer is also the only woman in history to have won Olympic medals during a 24-year period.

### **Reiner Klimke**

of Germany, six-time Olympic champion (the highest achievement in equestrian sport) in 1964, 1968, 1976, 1984 (2), and 1988, six-time world champion, and ten-time European champion.



### **Carlton Lewis**

of the USA, won 9 gold and 1 silver medal at 4 consecutive Games of the Olympiads (1984–1996) in 100 m, 200 m, 4x100 m relay, and long jump.

### **Aleksandr Karelin**

of Russia, three-time Olympic champion (1988, 1992, and 1996), Olympic silver medalist in 2000, nine-time world champion in wrestling, and holder of the Fair Play award. One of the top 25 athletes of the XX century.



### **Steven Redgrave**

of Great Britain has been hugely successful in rowing. He is a five-time Olympic champion (1984, 1988, 1992, 1996, and 2000), and nine-time world champion despite diabetes.

### **Victor Saneev**

of Georgia, then part of the USSR,— three-time Olympic champion in triple jump in the Olympic Games (1968, 1972 and 1976), silver medallist at the Moscow Olympic Games in 1980, champion of Europe and three-time world record breaker.





### **Sergey Bubka**

of Ukraine, then part of the USSR, the 1988 Olympic champion (pole vault) and six-time world champion (subsequently), who set 35 world records (outdoors and indoors). He was granted the Laureus Sport Award by the World Sports Academy in the category "Achievement of the Century" (2003), and recognized as the UNESCO champion in nomination Sport (2008).

**Dražen Petrović** of Croatia, then part of Yugoslavia, earned two silver medals (1998, 1992) and one bronze (1984) in Olympic basketball tournaments, a gold and a bronze in the FIBA World Championship, a gold and a bronze in the FIBA European Championship, earned six European Player of the Year awards, four Eurostar Awards, and was named Mr Europe in basketball twice.



### **Bjorn Daehlie**

of Norway won 12 awards in Nordic skiing (8 golds and 4 silvers) at 3 consequent Winter Olympic Games (1992, 1994, 1998).

### **Michael Fred Phelps**

18-time Olympic swimming champion. He holds the record for the most Olympic medals – 22 – (18 gold, 2 silver and 2 bronze) in Olympic history. At the Games of the XXIX Olympiad in 2008 he won eight Olympic gold medals, seven of which with a world record. At the Games of the XXX Olympiad in 2012 Michael won 4 gold medals. He broke 39 world records.



### **Jeannie Longo Ciprelli**

of France, winner of 4 Olympic cycling medals in 1992, 1996 and 2000, has participated in 5 Olympic Games. Jeannie was 38 when she won her last gold, and 42 when she won her last bronze.

Fair play is something bigger than just compliance with rules. Games and competitions are an opportunity to hone, jointly with competitors, your skills. Cheaters are not eligible to compete. Modern fair play requirements in sport are based on self-esteem and love of the game.

## FAIR PLAY IN SPORT

### **“Fair Play” is a code of conduct in sport**

The term 'fair play' means 'honest play'. "Fair Play" is actually a set of rules athletes, coaches, supporters, and all those who are related with sport must comply with.

Various prizes are awarded to athletes to encourage chivalrous behaviour. One of such awards is the Pierre de Coubertin Trophy for a Noble Action.

Every year this trophy is awarded to an athlete for setting an example of fair play, irrespective of fame, status (amateur or professional) or age. In other words, everyone is eligible to win this award, as long as one's action is in accordance with the fair sport regulations, and done out of humane considerations.

*“Pierre de Coubertin Trophy  
for a Noble Action” awarded by  
decision of the International  
Fair Play Committee*



### **When I play fairly, I:**

- comply with the rules;
- respect referees and accept their decisions;
- respect opponents;
- give everyone equal chances to win;
- control my actions at all times.



## WOMEN'S PARTICIPATION IN THE GAMES OF OLYMPIADS

Following the Olympic sport traditions of Ancient Greeks, Pierre de Coubertin strongly opposed the participation of women in the Olympic competitions. However, his views failed to stop women from competing in the Olympic Games. Women took part in the Games for the first time at the Second Olympiad in **1900** in **Paris**, but only in 3 sports: **tennis, sailing** and **golf**.

The first woman athlete to become a champion of the modern Olympic Games was the British tennis player **Charlotte Cooper**.

With time, the number of women participants at Olympic Games has increased dramatically. To date, women compete in more than 47% of events in the Olympic program. This has been achieved through the focused and concerted efforts of the IOC and the International Federations.

## Sport events on the Olympic Games program

### GAMES OF THE OLYMPIAD

YEAR	TOTAL EVENTS	WOMEN'S EVENTS	%OF THE TOTAL
1896	43	-	-
1900	86	3	3.5
1904	89	3	3.3
1908	107	3	2.8
1912	102	6	5.9
1920	152	6	3.9
1924	126	11	8.73
1928	109	14	12.84
1932	117	14	11.96
1936	129	15	11.62
1948	136	19	13.97
1952	149	25	16.77
1956	151	26	17.21
1960	150	29	19.33
1964	163	33	20.24
1968	172	39	22.67
1972	195	43	22.05
1976	198	49	24.74
1980	203	50	24.63
1984	221	62	28.05
1988	237	74	31.22
1992	257	86	33.46
1996	271	97	35.79
2000	300	120	40.00
2004	301	124	41.20
2008	302	127	42.05
2012	302	132	43.70
2016	306	144	47.05
2020	339	156	48.60
2024	329	152	46.20

### OLYMPIC WINTER GAMES

YEAR	TOTAL EVENTS	WOMEN'S EVENTS	%OF THE TOTAL
1924	16	2	12.5
1928	14	2	14.28
1932	14	2	14.28
1936	17	3	17.64
1948	22	5	22.72
1952	22	6	27.27
1956	24	7	29.16
1960	27	11	40.74
1964	34	13	38.23
1968	35	13	37.14
1972	35	13	37.14
1976	37	14	37.83
1980	38	14	36.84
1984	39	15	38.46
1988	46	18	39.13
1992	57	25	43.86
1994	61	27	44.26
1998	68	31	45.58
2002	78	36	46.15
2006	84	39	46.42
2010	86	40	46.95
2014	98	47	47.96
2018	102	44	43.1*
2022	109	58	53

\* In addition to the 44 women's competitions, there have been 7 mixed and 2 open events



Since the early 1980s, due to the vigorous efforts of Juan Antonio Samaranch, the 7th IOC President, women have been entrusted to head different segments of the Olympic Movement. At present, following a decision by the IOC, not less 20% of all positions in the bodies of the International Olympic Committee, National Olympic Committees and International Sports Federations should be filled by women.

It was in 1997 that for the **first time in the history of the Olympic Movement** a woman, **Anita DeFranz**, was elected the **IOC Vice-president**. Today, the 102 IOC members include 23 women. Nawal El Moutawakel (Morocco) is an IOC Vice president; Gunilla Lindberg (Sweden), Anita DeFrantz (USA) and Claudia Bokel (Germany) are members of the IOC Executive Board.

**1936 - Berlin:** the first ever Olympic Games television coverage

**1960 - Rome:** the first full television coverage of the Olympic Games

**1980 - Moscow:** news agencies have access to the central computer of the Games

**1996 - Atlanta:** the first site of the Olympic Games in the web

**2000 - Sydney:** introduction of the first E-commerce system to sell goods with Olympic branding

**2004 - Athens:** introduction of the first integrated information support system for the Olympic Games

**2008 - Beijing:** first ever HD television coverage of the Olympic Games

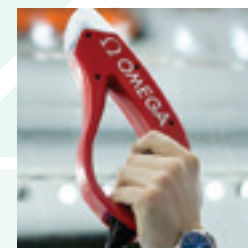
## TECHNOLOGICAL PROGRESS AND THE OLYMPIC GAMES

**2012 - London:** digital starting blocks for runners equipped with the most accurate pressure tracking system were used, thus avoiding errors and suspensions, as well as the Japanese Twincam system to film athletes underwater in the aquatic events.

**2014 - Sochi:** an electronic start signal system was used in speed skating for the first time, as well as special computer programs for assisting judging in figure skating.



*The first television broadcasts of Olympic competitions took place at the 1936 Games of the XI Olympiad in Berlin*



*2012 - London - the first time when all the competitions were shot using the format "Super Hi-Vision" - the most advanced television system in the world.*



*2014 - Sochi - the electronic filing system of the starting signal in speed skating and special computer program for judging in figure skating were used for the first time.*



Mass media representatives were present as early as the 1896 Games of the 1st Olympiad in Athens. They were actually 11 photo reporters who made it possible for us to know today so much about those Games and the prominent athletes competing there. **The International Association of Sports Journalists was established in 1924**, which was very instrumental in promoting the Olympic Games. **1967** saw the creation of **the IOC Press Commission**, followed by the **IOC Commission on television (1971)** and the **IOC Commission on radio (1983)**. These measures ensured tight links between the International Olympic Committee and mass media.

## MASS MEDIA

The broadcasting of the competitions at the **Games of the Beijing Olympics** brought together over **4 billion viewers** in front of TV screens.

Events at the **Winter Olympics in Vancouver** were covered by almost **10 thousand accredited journalists**.

More than 21 thousand accredited media representatives covered the **Games in London**, for a global audience of **more than 4 billion viewers**.

Broadcasting of the **Winter Olympics in Sochi** was carried to **159 countries** on **464 channels**.



The Olympic Movement is faced with a number of issues and challenges in its development. The most pressing and significant issues for Olympic sports are doping, bad officiating, safety, environment protection, and security.

## ISSUES IN OLYMPIC SPORT

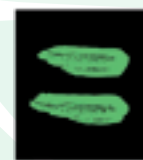
### A Fair Fight

Doping, or taking performance-enhancing drugs, provides a unilateral advantage over those opponents who do not take illegal substances, which is a gross violation of the philosophy of Olympism, which fosters equitable terms for all athletes. The practice of doping is dangerous for health and can even threaten an athlete's life. The tragic accident with the Danish cyclist K. Jenssen who died after taking amphetamine at the Rome Olympic Games in 1960, made the IOC create a medical commission and launch a counteraction against doping.

**The first doping tests were conducted in Tokyo in 1964;** and then, at both **the Winter and Summer Olympic Games in 1968**, the IOC medical commission for the first time conducted sweeping anti-tests, for a total of 753 tests. It was at the 1968 Olympic Games in Mexico City that the first case of an Olympic athlete to test positive for doping use and to be disqualified for alcohol use occurred.

Scandals rocked the 1988 Summer Games in Seoul. 10 athletes were disqualified after drug tests revealed steroid abuse.

In 1999 with the support of the IOC, the World Anti-Doping Agency was established to coordinate the struggle against the use of illegal drugs in sport.



**WORLD  
ANTI-DOPING  
AGENCY**

play true

### Injuries

Injuries sustained in training and during competitions disrupt the sporting career of many prominent athletes, often terminating it and making futile their selfless efforts in preparation. Nothing can be more important for the Olympic Movement than the health and wellbeing of athletes during all and any competition.



*Injuries sustained in training and during competitions are a major danger for athletes*



### Bad officiating

Bad decisions made by referees in various sports disciplines undermine one of the fundamental principles of Olympism, that of ensuring fairness and equal opportunities for all Games participants.



*Bad officiating at the 2002 Winter Olympic Games in Salt Lake City resulted in awarding two sets of gold medals in the pair figure skating event*



### Protection of the environment

Organizers of the Olympic Games are faced with serious ecological challenges. Construction of sport facilities and other infrastructure for the Games, accommodation for the participants and guests, the presence of thousands of tourists on the Olympic sites, transportation and waste create a potential threat to the environment that requires the implementation of preventative measures so as to avoid pollution of the environment.

Hills of litter, garbage and empty bottles are a common site at the end of major international competitions.



*A mountain of litter after the latest Olympic Games*

### Security

A special challenge for the Olympic Games organizers is the need to ensure security at the Games, for the participants, guests and spectators, and counteract potential terrorist attacks. Some 110,000 officers were involved at the Beijing Olympic Games in 2008 to ensure security at the sport facilities, the competition sites, the Olympic village, the media communication centres and on public venues of the host city.

To ensure safety during the Games of the XXX Olympiad in London 500,000 CCTV cameras to monitor traffic and the flow of people around the city were involved, managed from a single command centre.

At the XXII Winter Olympic Games in Sochi a security system named "Security Overlay Domain System" (SODS), an information system on control of access to the Olympic arenas, was used coupled with a system of accreditation and ticketing of the Games and, with the aid of the Border Service of Russia.



*Modern technologies provide the highest degree of security. London, 2012*







**The first Winter Youth Olympic Games were held from 13 to 22 January 2012 in Innsbruck (Austria).**

They were attended by 1,059 athletes aged 14–18 years from 67 countries, who competed for 63 sets of medals in 15 sports. At the Opening Ceremony, the President of Austria Heinz Fischer declared the I Winter Youth Olympic Games open.

The privilege of lighting a fire in the main cauldron at Bergisel Stadium was given to Egon Zimmerman, the 1964 Olympic champion in speed skating, Franz Klammer, the 1976 Olympic champion in Alpine skiing, and Paul Gerstgraser, a 16 year old Austrian ski jumper.

The Olympic oath on behalf of the young athletes was taken by a 16 year old Alpine skier called Christina Ager.





The second Youth Olympic Games were held in Nanjing (China) from 16 to 28 August 2014.

They were attended by 3,600 young athletes from 201 countries who competed for 222 sets of medals in 28 sports.

The Olympic flame in the main cauldron at the stadium was lit by Chen Ruolin — a four-time Olympic champion and five-time world champion in 10m platform diving.



The third Summer Youth Olympic Games were held from 1 to 12 October 2018 in the capital of Argentina, Buenos Aires.

They were attended by 3,997 young athletes from 206 countries who competed for 239 sport events in 32 sports.

The Opening Ceremony was held at the Obelisco de Buenos Aires on 6 October 2018.





**The second Winter Youth Olympic Games were held from 12 to 21 February 2016 in Lillehammer (Norway).**

More than 1,000 young athletes competed at sports arenas built for the Winter Olympic Games in 1994.

After Innsbruck, Lillehammer was the second city to host the Winter Olympic Games and Winter Youth Olympic Games.



**The third Winter Youth Olympic Games were held from 10 to 19 January 2020 in Lausanne, Switzerland.**

The number of participants was 1,788 young athletes who competed in 81 events in 8 sports.

The event was the major international multi-sport event and cultural festival held in Lausanne, the home of the IOC.



# GANGWON 2024



**The fourth Winter Youth Olympic Games were held from 19 January to 1 February 2024 in Gangwon, South Korea.**

They were attended by 1,803 young athletes from 79 countries who competed for 81 events in 7 sports.

# DAKAR 2026



**The 2026 Summer Youth Olympics, originally scheduled for 2022, will be the fourth edition of the Summer Youth Olympics and will be held in Dakar, the first IOC event in Africa.**

In July 2020, the IOC and Senegalese government agreed to postpone the games to 2026 due to the operational and economical consequences of the postponement of the 2020 Summer Olympics to July 2021 due to the COVID-19 pandemic.







“The Old Continent”, another name given to Europe, the continent we live in, is the cradle of Ancient Greek civilization, one of the most ancient civilizations on the Earth and the birthplace of the Olympic Games, a unique phenomenon staged there for more than 1,000 years (between 776 BC and AD 393, in other words, for 1,168 years).

## EUROPE IN THE OLYMPIC MOVEMENT

Further on, all the artefacts of note testifying to the rebirth of the modern Olympic Games are also related to Europe. It was in 15th and 16th century Europe that the notion of Olympic Games came back into public usage after centuries of complete oblivion.

Attempts to bring back **Olympic Games had been made in many countries of the world in the 17th and 18th centuries:** in **England, France, Russia, Sweden, Germany, Hungary** and finally, **Greece**.

However, the principal initiator of the idea of a revival of the Olympic Games was **Baron Pierre de Coubertin**, the **French nobleman, humanist, illuminist, historian, pedagogue, man of letters and sociologist**, a European who succeeded in getting this idea supported by different nations, and in putting it in practice in the contemporary environment.





*Demetrios Vikelas  
(Greece)*



*Jiri Guth-Jarkovský  
(Bohemia)*



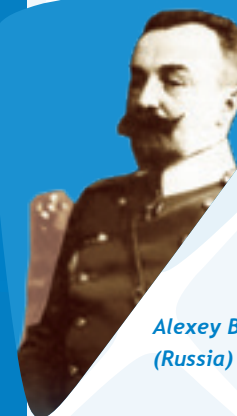
*Ferenc Kemeny  
(Hungary)*

**Twelve of the 15 original IOC members** elected back in 1894 were citizens of European countries: the first IOC President **Demetrios Vikelas** was from Greece, **Pierre de Coubertin** and **Ernest Callot** from France, **Viktor Balck** from Sweden, **Alexey Butowsky** from Russia, **Charles Herbert** and **Arthur Russell, 2nd Baron Amphyll**, from Great Britain, **Jiri Guth-Jarkovsky** from Bohemia, **Ferenc Kemeny** from Hungary, **Maxime de Bousie** from Belgium, and **Mario Lucchesi-Palli** and **Riccardo Andria Carafa** from Italy.

It is simply impossible to imagine the **Games of the First Olympiad (1896 in Athens)** without the participation of European athletes. Of the 14 participating nations, **athletes from 11 countries represented Europe** (Austria, Bulgaria, Great Britain, Hungary, Germany, Greece, Denmark, Italy, France, Switzerland and Sweden).

Throughout the more than 116 year history of the modern Olympic Movement, only nine public figures have had the honour of heading the International Olympic Movement, **eight such IOC Presidents being citizens of European states**, namely: Demetrios Vikelas, Greece; Pierre de Coubertin, France; Henri de Baillet-Latour, Belgium; Johannes Sigfrid Edstrom, Sweden; Lord Killanin, Ireland; Juan Antonio Samaranch, Spain; Jacques Rogge, Belgium; and Thomas Bach, Germany.

**Another indicator of the significant role of Europe in the development of the Olympic Movement and Olympic sports is the fact that European cities have been host to 15 out of the 27 Games** (excepting 1916, 1940 and 1944 due to World Wars raging in the world). The list of the European host cities includes Athens (1896, 2004), Paris (1900), London (1908, 1948, 2012), Stockholm (1912), Antwerp (1920), Paris (1924), Amsterdam (1928), Berlin (1936), Helsinki (1952), Rome (1960), Munich (1972), Moscow (1980), Barcelona (1992).



*Alexey Butowsky  
(Russia)*

*Viktor Balck  
(Sweden)*



**Pretty similar is the picture of the host nations staging Winter Olympic Games, 12 host cities out of a total of the 22 Winter Olympics to date have been staged in Europe:** Chamonix (1924), St. Moritz (1928, 1948), Garmisch-Partenkirchen (1936), Oslo (1952), Cortina d'Ampezzo (1956), Innsbruck (1964, 1976), Grenoble (1968), Sarajevo (1984), Albertville (1992), Lillehammer (1994), Torino (2006) and Sochi (2014).

**European nations are also extremely active within the IOC and International Sports Federations.** Of the current Members of the International Olympic Committee, **Europeans account for 45.5 % (50 out of the 110 Members)**, whereas **only 50 of the 206 National Olympic Committees recognized by the IOC represent Europe.**

**The headquarters of an absolute majority of International Federations** overseeing the development of summer and winter Olympic sports in the world, included in the program of both summer and winter Olympic Games (30 out of 35 IFs), are in Europe (Switzerland, Great Britain, Germany, Monaco, Austria, Hungary, Spain, and Italy etc.). Moreover, the **chairmanship of most of the International Sport Federations in Olympic sports also belongs to Europeans.**

**Francesco Ricci Bitti of Italy is the President of the Association of Summer Olympic Sports International Federations (ASOIF), while Rene Fasel of Switzerland,** the IOC Member and President of the International Ice Hockey Federation (IIHF), **chairs the Association of International Olympic Winter Sports Federations (AOWSF).**



*Francesco Ricci Bitti*  
*Association of Summer*  
*Olympic Sports*  
*International Federations*  
*(ASOIF) President*

European athletes give **impressive performances** at both the Games of the Olympiads and at Winter Olympic Games. Thus, athletes representing European countries competing at the 1996 Games of the **XXVI Olympiad in Atlanta**, won 53.4% of all Olympic medals and 55.4% of the gold medals there.

At the Games of the **XXVII Olympiad in 2000**, athletes from Europe, accounting for almost half of the field in Sydney, managed to win 54.5% of Olympic trophies, including 55.8% of the gold medals put up for grabs in Sydney.

In 2004, at the Games of the **XXVIII Olympiad in Athens**, European athletes won 52.1% of all medals, including 47.2% of the gold medals.

European athletes in Beijing at the **2008 Games of the XXVIII Olympiad** won 43.4% of all the gold medals. In total, they won 451 medals (131 gold, 147 silver and 173 bronze).

At the Games of the **XXX Olympiad, 2012, in London** athletes from 26 European countries received 45.4% of Olympic medals of the highest order. Overall, 37 European countries took home medals (465 medals, including 137 gold, 154 silver and 174 bronze).

In **Rio, at the 2016 Olympic Games**, the first ones to be organised in South America, European athletes took home 44,34 % of the medals, winning a total of 431 medals out of the 972 available, 135 of which gold.



*Rene Fasel*  
*Association of International*  
*Olympic Winter Sports*  
*Federations (AIOWSF)*  
*President*

**European nations have done even better in Olympic Winter Games**, winning, for example, 71.4% of all the medals and 71.3% of the gold medals at the 2002 **Olympic Winter Games in Salt Lake City**, in the USA.

Of the 18 nations whose athletes became Olympic champions at the XIX Olympic Winter Games in Salt Lake City, 13 nations represented Europe.

At the **XX Olympic Winter Games in Torino in 2006**, European athletes won 70.6% of the total number of Olympic medals, including 69.0% of the gold medals. Of the 18 nations whose athletes became Olympic champions at the XX Winter Olympic Games in Torino, 12 nations represented Europe.

In 2010, at the **XXI Olympic Winter Games**, European athletes won 62.4% of the total number of Olympic medals, including 58.1% of the gold medals. Of the 19 nations whose athletes became Olympic champions at the XXI Winter Olympic Games in Vancouver, 14 nations represented Europe.

At the **XXII Olympic Winter Games** being held in 2014 in Sochi, the athletes from Europe have won 72.2% of the total number of the medals and 73.7% of the gold medals.

The representatives of 21 countries at the Olympic Winter Games in 2014 have become Olympic champions, 16 of which were from Europe.

# THE EUROPEAN NATIONAL OLYMPIC COMMITTEES



(ALB) ALBANIA



(AND) ANDORRA



(ARM) ARMENIA



(AUT) AUSTRIA



(AZE) AZERBAIJAN



(BEL) BELGIUM



(BIH) BOSNIA AND HERZEGOVINA



(BLR) BELARUS



(BUL) BULGARIA



(CRO) CROATIA



(CYP) CYPRUS



(CZE) CZECH REPUBLIC



(DEN) DENMARK



(ESP) SPAIN



(EST) ESTONIA



(FIN) FINLAND



(FRA) FRANCE



(GBR) GREAT BRITAIN



(GEO) GEORGIA



(GER) GERMANY



(GRE) GREECE



(HUN) HUNGARY



(IRL) IRELAND



(ISL) ICELAND



(ISR) ISRAEL



(ITA) ITALY



(KOS) KOSOVO



(LAT) LATVIA



(LIE) LIECHTENSTEIN



(LTU) LITHUANIA



(LUX) LUXEMBOURG



(MDA) MOLDOVA



(MKD) NORTH MACEDONIA



(MLT) MALTA



(MNE) MONTENEGRO



(MON) MONACO



(NED) THE NETHERLANDS



(NOR) NORWAY



(POL) POLAND



(POR) PORTUGAL



(ROU) ROMANIA



(SLO) SLOVENIA



(SMR) SAN MARINO



(SRB) SERBIA



(SUI) SWITZERLAND



(SVK) SLOVAKIA



(SWE) SWEDEN



(TUR) TURKEY



(UKR) UKRAINE



EUROPEAN  
OLYMPIC  
COMMITTEES







# THE EOC

The creation of an association for the NOCs of Europe goes back to the Assembly held in **Versailles in 1968**, under the leadership of its **first President, Count Jean de Beaumont**, but it was not until 1975 in Lisbon that the Association had written statutes and a name “The Association of European NOCs”, which later changed to “European Olympic Committees”.

The Presidents of the European Olympic Committees (EOC) include:

- **Jean de Beaumont (France)** (1969-1976)
  - **Bo Bengtson (Sweden)** (1976-1980)
  - **Franco Carraro (Italy)** (1980-1987)
  - **Kurt Heller (Austria)** (1987-1989)
  - **Jacques Rogge (Belgium)** (1989-2001)
  - **Mario Pescante (Italy)** (2001-2006)
  - **Patrick Hickey (Ireland)** (2006-2018)
  - **Janez Kocijančič (Slovenia)** (2018-2020)
  - **Niels Nygaard (Denmark)** (Acting President, 2020-2021)
- and currently **Spyros Capralos (Greece)**

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# EUROPEAN YOUTH OLYMPIC FESTIVAL

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EUROPEAN  
OLYMPIC  
COMMITTEES



READY TO  
SHINE





*Jacques Rogge*



**In 1990**, the then **EOC President Jacques Rogge proposed the creation of Summer and Winter European Youth Olympic Days (EYOD)**, as the Games for the youth of Europe were initially called, on a biannual basis in odd years.

**The First Summer EYOD was organized in 1991 in Brussels** (Belgium), followed two years later by the First Winter Youth Olympic days, staged in Aosta (Italy), in 1993.

**In time, these competitions for the young athletes of Europe changed name to the European Youth Olympic Festivals (EYOF)**. The European Youth Olympic Festival is the top multisport event for young athletes **between the ages of 14 and 18 from 50 European countries**.

The program of the Summer European Youth Olympic Festivals originally included, as a rule, ten sports, four of them being team sports. Participating countries (excepting the host country) could take part in one team sport only. The programs of all the Summer festivals staged to date have always included: basketball, volleyball, gymnastics (it was rhythmic gymnastics in 1991 and artistic gymnastics in all the subsequent Summer festivals), judo, trackandfield and swimming. Most festivals had on their program competitions in cycling, handball, tennis and football. Badminton, sailing, kayaking and canoeing, table tennis and field hockey were also added to the program at various times. It should be noted that competitions in gymnastics were organized for girls only and in cycling only for boys.

A special feature of team sports is that only girls are eligible to compete in two of those, with the other two dedicated to boys only. And the decision on which team sports are to be open for girls and which for boys is up to the Organizing Committee of each specific festival, with consent from the European Olympic Committees.



YEAR		HOST CITY	SPORTS	NOCs	PARTICIPANTS
1991		Brussels	10	33	2,840
1993		Aosta	5	33	708
1993		Valkenswaard	10	43	1,874
1995		Andorra	4	40	740
1995		Bath	10	47	1,709
1997		Sundsvall	6	41	991
1997		Lisbon	10	47	2,500
1999		Poprad-Tatry	7	40	819
1999		Esbjerg	11	48	2,324
2001		Vuokatti	7	40	1,111
2001		Murcia	10	48	2,500
2003		Bled	7	41	1,242
2003		Paris	10	48	2,500
2005		Monthey	8	41	1,184
2005		Lignano Sabbiadoro	11	48	3,965
2007		Jaca	6	43	1,284
2007		Belgrade	11	48	3,000
2009		Slask Beskidy	9	47	1,615
2009		Tampere	9	49	3,302
2011		Liberec	8	44	1,492
2011		Trabzon	9	49	3,138
2013		Brasov	8	45	1,465
2013		Utrecht	9	49	3,143
2015	 	Vorarlberg, Liechtenstein	8	45	1,519
2015		Tbilisi	9	50	3,304
2017		Erzurum	9	34	650
2017		Győr	10	50	2,503
2019		Sarajevo & East Sarajevo	8	46	905
2019		Baku	10	48	2,627
2022		Vuokatti	9	46	1,608
2022		Banská Bystrica	10	48	2,252
2023		Friuli Venezia Giulia	12	47	1,252
2023		Maribor	10	48	2,416



# THE EYOF

Winter editions

Summer editions



*Yana Klochkova*

Although these youth sport festivals have had a short history, they have made an impact and are now an important fixture on the sports calendar of our Continent. Analysing the list of EYOF participants, one discovers the following trend: eventually most of these participants join their national adult teams and put in successful performances at Olympic Games and other major international competitions.

Participants at EYOFs who have gone on to become Olympic champions include **four time Olympic champion Yana Klochkova** from Ukraine, **three time Olympic champion Pieter Van den Hoogenband** from the Netherlands (both in swimming), **the two time Olympic champion Kristina Smigun** from Estonia (cross country skiing), **the Olympic champion Gabriela Szabo** from Romania, and **Carolina Klüft from Sweden** (both in athletics), **Justine Henin Hardenne** from Belgium (tennis), **many time Olympic Games medallist Evgenia Radanova** of Bulgaria, **multi Olympic and World Champions Janica Kostelic** from Croatia (alpine skiing)

*Evgenia Radanova*



*Pieter Van den Hoogenband*



*Gabriela Szabo*

and **Marit Björger** from Norway (cross country skiing), Olympic Champion **Yevgeniy Plyushchenko** from Russia (figure skating); **Olympic Champion Jason Lamy Chappuis** from France (nordic combined); **Fabian Cancellara** from Italy (cycling); and many other athletes.



*Cristina Shmygun*



*Justine Henin-Hardenne*



*Carolina Klüft*



## EUROPEAN YOUTH OLYMPIC FESTIVAL

Jacques Rogge pointed out in the past that, **"What started as an experiment in 1991 has become a necessity for the National Olympic Committees"**.

The European Youth Olympic Days is the sole Olympic, Pan-European, multi-disciplinary competition and is therefore one of the most important events on this year's sporting calendar.

**EYOD is the "Ideal preparation for future Olympic athletes"**.

Today the EYODs have a Charter which codifies the rules under which they take place and sets the number of sports at nine for the summer edition, including three team sports, and seven to nine sports for the winter edition, all Olympic sports. The **maximum number of participants is 3,600 for summer festival and 1,600 for winter festival**.

Only National Olympic Committees have the right to represent their country at the festival. All the rituals of the Festival fully comply with the Olympic Games. Medals are granted at award ceremonies, where the winners' national flags are raised, and the national anthem is played in honour of the winner.

There have been a **total of 13 summer and 12 winter festivals** so far, attended by **40,000** of the **strongest young athletes** from the countries of Europe.







**The XI Winter European Youth Olympic Festival was held 16-23 February 2013, in the city of Brasov (Romania).**

It was attended by 887 young athletes from 45 member countries of the European Olympic Committees. The festival program included eight sports: biathlon, alpine skiing, cross country skiing, ski jumping, snowboarding, ice hockey, figure skating, short track. At the Closing Ceremony the head of the organizing committee, the mayor of Brasov George Skripcaru, handed the Olympic flag to representatives of Austria and Liechtenstein — the organizers of the XII Winter European Youth Olympic Festival.

**Competitions of the XII European Youth Olympic Festival took place in Utrecht (the Netherlands) on 13-20 July 2013.**

3,143 athletes and officials from 50 countries took part in the competitions. The festival program included the nine sports established by the EYOF Charter: basketball, road cycling, volleyball, handball, judo, athletics, swimming, artistic gymnastics, and tennis.

The Utrecht EYOF included a variety of educational and cultural programs. For the first time in the history of the EYOFs the winners' medals included real gold — a drop of the precious metal in the medal, symbolizing the purity of sport from doping.





EOYOF | VORARLBERG &  
2015 | LIECHTENSTEIN

From 25 to 30 of January 2015, for the first time, the prestigious European Youth Olympic Festival was hosted by two countries — Austria (Vorarlberg) and Liechtenstein.

The XII European Youth Olympic Winter Festival was attended by **896 athletes** from **45 countries** of the Old World, who competed for 30 sets of medals in the sports on the program: alpine skiing, cross country skiing, ice hockey, snowboarding, ski jumping, figure skating, biathlon and nordic combined.

The mascot of the tournament was a marmot, **Alpy**, whose name comes from the words "Alps" and young people ("Youth"), and also includes the first letter of the host countries.



Alpy





From July 25 to August 2, 2015 the capital of Georgia — Tbilisi — hosted the XIII Summer European Youth Olympic Festival.

About **3,304 participants** from **50 countries** of the continent competed for awards in **9 sports**: judo, tennis, artistic gymnastics, cycling, athletics, swimming, volleyball, handball and basketball.

The mascot of the Festival was the pheasant "**Peaky**", which is a symbol of the host city — Tbilisi — associated with swiftness.





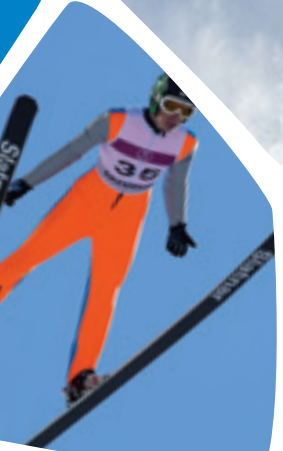
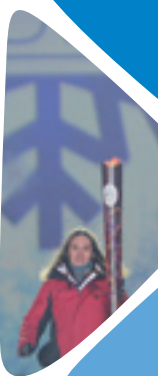
From 12 to 17 February 2017, the Turkish city of Erzurum hosted the XIII Winter European Youth Olympic Festival, with a very strong involvement and support of the NOC, the national and local authorities.

In a very compact environment, over **1,300** between athletes and officials from **34** countries participated in **9** winter sports: biathlon, cross country, curling, figure skating, ice hockey, short track speed skating, ski jumping, snowboarding.

As a result of the people's vote, **Karbeyaz** (Snowwhite), whose symbol of fertility was inspired by snow and hope and peace, became the mascot of the Erzurum EYOF.



Karbeyaz





## European Youth Olympic Festival

From 23 to 30 July 2017, the 2017 Summer EYOF took place in the Hungarian city of Győr.

About **3,600 participants** from **50 European countries** competed in **10 sports**: artistic gymnastics, athletics, basketball, cycling, canoe / kayak sprint, handball, judo, swimming, tennis, volleyball.

On the track of Győr's Iron Rooster legend, **Hugoo**, the rooster became the mascot of the EYOF Győr 2017.





**EYOF 2019**  
Sarajevo & East Sarajevo

**The 2019 Winter EYOF took place in Bosnia and Herzegovina in the Olympic host city Sarajevo & East Sarajevo.**

The event took place from 9 to 16 February 2019.

There were **8 sports** on the programme for the 2019 Winter EYOF: alpine skiing, biathlon, cross country, figure skating, ice hockey, short track speed skating, snowboarding, curling.



**Groovdy**



The 2019 Summer EYOF took place in the city of Baku, Azerbaijan.

The event took place on 21-27 July 2019.

There were **10 sports** on the programme for the 2019 Summer EYOF: artistic gymnastics, athletics, basketball, cycling, handball, judo, swimming, tennis, wrestling, volleyball.



Jirtan and Babir



**EYOF**  
**2022**  
VUOKATTI

In a unique, one-off decision, the EYOF Vuokatti 2022 boy's ice hockey tournament took place in December whereas all other sports, including girl's ice hockey, were held in March (from 20 to 25) in the Finnish towns of Vuokatti and Lahti.

There were **9 sports** on the programme for the 2022 Winter EYOF: alpine skiing, cross country skiing, biathlon, figure skating, ice hockey, nordic combined, short track, ski jumping, snowboarding.



Quekkel





The 2022 EYOF was scheduled in July 2022 (From 25 to 31 July) in the Slovak town of Banská Bystrica.

There were **11 sports** on the programme for 2022 Winter EYOF: athletics, badminton, basketball, cycling, artistic gymnastics, handball, judo, swimming, tennis, triathlon, beach volleyball.



Bystrík





FRULI VENEZIA GIULIA  
EYOF 2023

The 2023 Winter EYOF took place in the Italian region of Friuli Venezia Giulia, host of the 2005 Summer EYOF. The event took place from 21 to 28 January 2023.

There were **12 sports** on the programme for the 2023 Winter EYOF: alpine skiing, biathlon, cross country skiing, curling, figure skating, freestyle skiing, ice hockey, nordic combined, short track speed skating, ski jumping, ski mountaineering, snowboarding.



Kugy



The XVII Summer European Youth Olympic Festival (EYOF) took place in Maribor, Slovenia from 23 to 29 July 2023.

There were **12 sports** on the programme: artistic gymnastics, athletics, basketball 3x3, cycling (road cycling and mountain bike), handball, judo, skateboarding, swimming, tennis, volleyball.





EYOF  
**BAKURIANI**  
2025

The 2025 Winter EYOF takes place in the cities of Bakuriani and Batumi, Georgia, and features **8 sports**: Alpine Skiing, Freestyle Skiing, Snowboard, Biathlon, Cross Country Skiing, Short Track, Figure Skating and Ice Hockey.



Gunda



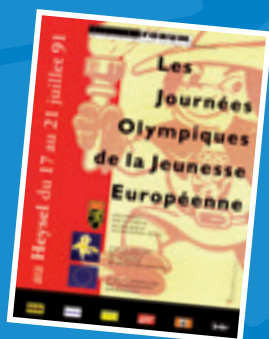


**20<sup>th</sup> July - 26<sup>th</sup> July 2025**

**The 2025 Summer EYOF takes place in the city of Skopje**, North Macedonia, and features **14 sports**: Athletics, Badminton, Basketball (and 3x3), Canoe Slalom, Cycling (road and MTB), Handball, Judo, Swimming, Shooting, Table Tennis, Taekwondo, and Volleyball.



## Youth Olympic Festival's posters



Brussels, 1991.



Aosta, 1993.



Valkenswaard, 1993.



Andorra, 1995.



Bath, 1995.



Sundsvall, 1997.



Lisbon, 1997.



Poprad-Tatry, 1999.



Esbjerg, 1999.



Vuokatti, 2001.



Murcia, 2001.



Bled, 2003.



Paris, 2003.



Monthey, 2005.



Lignano Sabbiadoro, 2005.



Jaca, 2007.



Belgrade, 2007.



Slask Beskidy, 2009.



Tampere, 2009.



Liberec, 2011.



Trabzon, 2011.



Brasov, 2013.

## Youth Olympic Festival's posters



Utrecht, 2013.



Vorarlberg & Liechtenstein, 2015.



Tbilisi, 2015.



Erzurum, 2017.



Győr, 2017.



Sarajevo & East Sarajevo, 2019.



Vuokatti, 2022.



Baku, 2019.



Banská Bystrica, 2022.



Friuli Venezia Giulia, 2023.



Maribor, 2023.





THE  
**EUROPEAN**  
GAMES



## THE EUROPEAN GAMES

**The European Games is a pan-continental multi-sport event held every four years among athletes from all over Europe.**

The Games are **owned, regulated** and **organized by the European Olympic Committees**. The Games are held under the auspices of the International Olympic Committee (IOC).

**The European Games help ensure Europe remains at the heart of world sport.**

Europe's cities and National Olympic Committees have done so much to drive the world of sport forward. The European Games are a necessary and innovative means of maintaining Europe's leading position in the world of sport.

The idea of holding a European Games has been talked about since the mid-twentieth century, but it was only at the EOC General Assembly in 2012, that the members voted to hold the inaugural European Games in Baku, the capital of Azerbaijan, in 2015, by a wide majority.





## Baku 2015

1st EUROPEAN GAMES

The Baku 2015 Opening Ceremony was staged on June 12, 2015, and the Closing Ceremony on June 28.

On the program of the 1st European Games there were **20 sports** including 16 (25 events) Olympic and 4 non-Olympic ones (6 events).

More than **6,000 athletes** from **50 countries** competed for **253 sets of medals**.

Eleven of the sports included qualification opportunities for the Rio 2016 Olympic Games.

Nar the Pomegranate was one of the two official mascots for the Games, along with Jeyran the Gazelle. Nar is a sun loving, playful pomegranate who is full of life and energy.



Jeyran - Nar





### The second European Games took place in Minsk in June 2019.

In line with Agenda 2020, the event was based on existing sports facilities with the aim of blueprinting a sustainable product for the future. For this same reason, also the number of sports was cut to 15 with the number of athletes capped at 4'000; the EFs committed to sending their top athletes.

### The Opening Ceremony for the Minsk 2019 European Games took place on Friday 21 June and the Closing Ceremony 30 June 2019.

The **15 Sports** on the programme were: athletics\*, archery\*, badminton\*, 3x3 basketball, beach volleyball\*, beach soccer, boxing\*, canoe sprint\*, cycling\*, gymnastics, judo\*, karate\*, sambo, shooting\*, table tennis\*, wrestling

\* With Olympic Qualifications



Lesik





**The third European Games took place in Kraków and the regions of Małopolska and Śląsk in Poland from 21 June to 2 July 2023.**

The location offers splendid venues, which required only minimal work on infrastructure in line with IOC Agenda 2020 recommendations on the environment and sustainability. Poland is also well known for its beauties and heritage, making it a very popular destination for tourists from across the world.

The 2023 European Games were an important stepping-stone for the continent's elite athletes on the road to the Paris 2024 Olympic Games, with many of the sports acting as European championships and/or providing qualifications for Paris 2024. The Games were also a showcase for some newer sports, such as beach handball.

The **18 Sports** on the programme were: archery, athletics, artistic swimming and diving, badminton, basketball, boxing, breaking, canoe, cycling, fencing, judo, modern pentathlon, rugby sevens, shooting, table tennis, taekwondo, triathlon.

**Non-Olympic Sports:** beach handball, beach soccer, karate, kickboxing, padel, ski jumping (summer), teqball.



**Krakusek the dragon and Sandra the salamander**

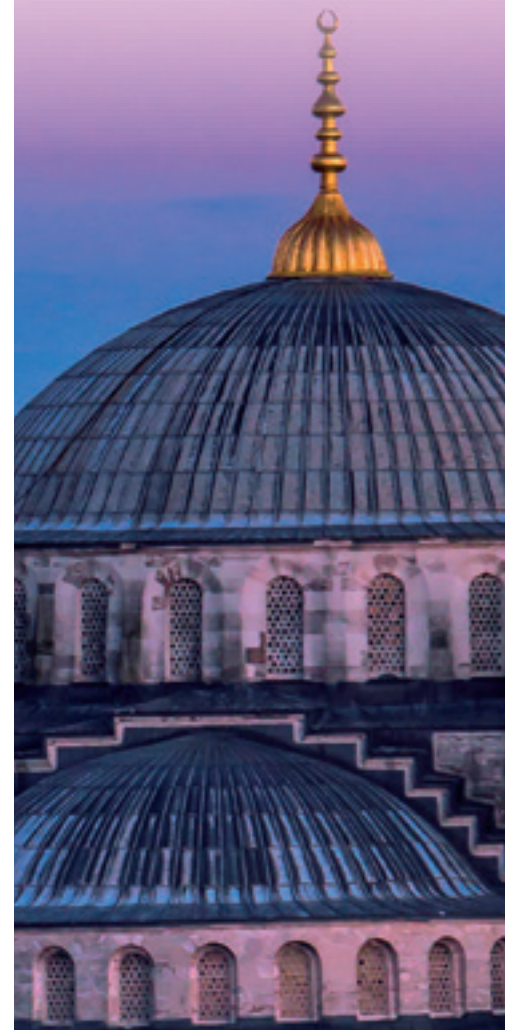


## THE EUROPEAN GAMES

**The European Olympic Committees (EOC) Executive Committee (ExCom) has unanimously awarded the 4th European Games, in 2027, to Istanbul.**

The carefully-considered decision was taken after EOC Sport Director Peter Brüll presented a detailed evaluation report to the ExCom. The report followed an evaluation visit to Istanbul by a delegation of EOC experts in early March. The EOC experts looked at all aspects of the city's capabilities to host the Games including venues, transport, security, accommodation and athlete facilities.

The Executive Committee's decision was presented to the EOC General Assembly in Bucharest in June, which ratified it.





## QUESTIONS AND **TASKS**

That is the end of a trip across the amazing Olympic history of Europe. In your leisure hours you can self-check the knowledge acquired by answering the following questions. And if you do the test with friends and relatives, it will become an exciting game for all of you.

## 2. WHERE WERE ANCIENT OLYMPIC GAMES STAGED?

- A. In Athens.
- B. In Sparta.
- C. In the settlement of Olympia.
- D. At the foot of Mount Olympus.

## 4. IN THE VALLEY OF WHICH RIVER WERE THE OLYMPIC GAMES STAGED?

- A. The Alpheus.
- B. The Alteus.
- C. The Pineus.
- D. The Acheloos.

## 1. IN WHOSE HONOUR WERE ANCIENT OLYMPIC GAMES ORGANIZED?

- A. Apollo — the god of light, healing and art.
- B. Poseidon — the god of the seas.
- C. Zeus — the god of deities and humans.
- D. Dionysus — the god of wine and winery.

## 3. WHICH GREEK REGION PLAYED HOST TO THE OLYMPIC GAMES?

- A. Attica.
- B. Boeotia.
- C. Elis.
- D. Nemea.

## 5. AT THE FOOT OF WHICH MOUNTAIN WERE THE ANCIENT OLYMPIC GAMES ORGANIZED?

- A. Mount Olympus.
- B. Mount Kronion.
- C. Mount Parnassus.
- D. Mount Athon.

## 6. THE DATE OF THE FIRST OLYMPIC GAMES IN ANCIENT GREECE IS RECORDED AS BEING:

- A. 1206 BC.
- B. 776 BC.
- C. AD 334.
- D. AD 1050.





**7. HOW OFTEN WERE THE OLYMPIC GAMES HELD IN ANCIENT GREECE?**

- A. Every two years.
- B. Annually.
- C. Every four years.
- D. As determined by the priests of the Temple of Zeus.

**8. IN ONE OF HIS ODES, THE ANCIENT GREEK POET PINDAR CLAIMS THAT THE ORIGIN OF THE OLYMPIC GAMES IS RELATED TO THE NAME OF A HERO, THE SON OF ZEUS, WHO, HAVING CLEANED THE AUGEAN STABLES AND HAVING SLAIN THE KING OF ELIS, INDICATED THE PLACE TO CELEBRATE THE FIRST OLYMPIC GAMES IN HONOUR OF HIS FATHER. GIVE THE NAME OF THAT HERO.**

- A. Prometheus.
- B. Heracles.
- C. Pelops.
- D. Antheus.

**9. WHAT DID THEY CALL THE REFEREES OF THE ANCIENT OLYMPIC GAMES?**

- A. Hellanodikai.
- B. Heralds.
- C. Olympionics.
- D. Oracles.

**10. IN WHAT EVENTS DID ATHLETES COMPETE AT THE FIRST OLYMPIC GAMES?**

- A. Running.
- B. Boxing.
- C. Jumping.
- D. Horse racing.

**11. WHO WAS ELIGIBLE TO COMPETE IN THE OLYMPIC GAMES?**

- A. All those willing to take part.
- B. Greek male citizens.
- C. Law-abiding free male Greeks.
- D. Wealthy Greeks.





**12. BEFORE THE START OF AN OLYMPIC COMPETITION, THE HERALD WOULD ASK THE SPECTATORS IF THEY WERE AWARE OF ANY WRONGDOING ON THE PART OF AN ATHLETE. FIRST AND FOREMOST, EVERY PARTICIPANT OF ANCIENT OLYMPIC GAMES HAD TO BE A GOOD CITIZEN, AND THEN A GOOD ATHLETE. THE SHOUTS OF “AXIOS, AXIOS, AXIOS” IN RESPONSE WOULD MEAN THAT THE ATHLETE IS:**

- A. Worthy.
- B. Pious.
- C. Doubtful.
- D. Tends to cheat.

**13. WHAT EXACTLY WAS ANCIENT OLYMPIA IN THE TIMES OF THE FOUNDING THE OLYMPIC GAMES?**

- A. A religious, cultural, and commercial centre.
- B. A commercial centre.
- C. A cultural centre.
- D. The place of rest and recreation of Elis’s citizens.



- 1. Zeus - the god of deities and humans.
- 2. In the settlement of Olympia.
- 3. Elis.
- 4. The Alpheus.
- 5. Mount Kronion.
- 6. 776 BC.
- 7. Every four years.
- 8. Heracles.
- 9. Hellanodikai.
- 10. Running.
- 11. Law-abiding free male Greeks.

**14. ANCIENT OLYMPIA WAS GENERALLY RECOGNIZED AS A CULT CENTRE FOR ALL GREEKS, WITH QUITE A FEW SANCTUARIES LOCATED ON ITS TERRITORY. MANY PRIESTS HAD THEIR PERMANENT PLACE OF RESIDENCE IN OLYMPIA. WHAT WAS THE NAME OF THE BUILDING WHERE THE CLERGY RESIDED?**

- A. Theikoleion.
- B. Theogallon.
- C. Theodolon.
- D. Theododron.

**15. NAME THE EVENT NEVER INCLUDED IN THE PROGRAMME OF THE ANCIENT OLYMPIC GAMES:**

- A. Wrestling.
- B. Javelin.
- C. Swimming.
- D. Running.

**16. WHEN DID WRESTLING BECOME AN OLYMPIC EVENT?**

- A. 708 BC.
- B. 680 BC.
- C. 724 BC.
- D. 688 BC.

**17. FOR THE OLYMPIC GAMES THE ANCIENT GREEKS DECLARED AN OLYMPIC TRUCE KNOWN AS ÉKÉCHEIRIA. WHAT IS THE LITERAL MEANING OF THE WORD ÉKÉCHEIRIA?**

- A. A truce for the duration of the Games.
- B. The laying down of arms.
- C. The tradition of crossing enemy territory without danger during Olympics.
- D. The surrender of weapons at the gates of Olympia.

**18. THERE WAS A GALLERY IN THE SANCTUM AT ALTIS, WHICH IS KNOWN TODAY AS THE ECHO COLONNADE DUE TO ITS ACOUSTIC QUALITIES. HOW MANY TIMES IS A SOUND REPEATED BY THE ECHO THERE?**

- A. 1
- B. 3
- C. 7
- D. 9





- 12. Worthy.
- 13. A religious, cultural, and commercial centre.
- 14. Theikoleion.
- 15. Swimming.
- 16. 708 BC.
- 17. Seven.
- 18. 7.

**19. WHAT IS THE NAME OF THE TRADITION ACCORDING TO WHICH ALL CITY-STATES WERE FORBIDDEN TO WAGE WARS DURING THE PERIOD OF OLYMPIC GAMES?**

- A. Ekecheiria.
- B. Charter.
- C. Maktub.
- D. Pledge.

**20. WHAT EXACTLY WAS ANCIENT OLYMPIA IN THE TIMES OF THE FOUNDING THE OLYMPIC GAMES?**

- A. A four-year period between the Olympic Games.
- B. The name of a city-state in Ancient Greece.
- C. The name of Zeus' daughter in whose honor the Olympic Games were celebrated.
- D. The name of one of the daughters of Kronos.

**21. WHICH OF THE SEVEN WONDERS OF THE ANCIENT WORLD IS LOCATED IN OLYMPIA?**

- A. Halicarnassus mausoleum.
- B. The Temple of Artemis.
- C. The Statue of Zeus.
- D. The Statue of Helios.

**22. ANCIENT GREEK ARCHITECTS ARE KNOWN TO HAVE ADORNED THEIR CONSTRUCTIONS WITH COLUMNS. SEVERAL COLONNADES WERE PUT UP IN OLYMPIA. WHAT WAS THE NAME OF THE LONGEST COLONNADE IN OLYMPIA, WHICH WAS MADE OF 44 COLUMNS AND WAS 94 METERS LONG?**

- A. Echo colonnade.
- B. Hestia's colonnade.
- C. Agnantus' colonnade.
- D. Southern colonnade.

**23. ANCIENT GREEKS ARE KNOWN TO HAVE GIVEN SPECIAL SIGNIFICANCE TO LOOKING AFTER THE BODY, AND TOOK SPECIAL CARE OF THE CLEANLINESS AND CONDITION OF THEIR SKIN. IN OLYMPIA THERE WAS A ROUND BUILDING WITH HOT BATHS INSIDE. WHAT WAS ITS NAME?**

- A. Heroong.
- B. Acqueduct.
- C. Acquion.
- D. Acquarion.

**24. HOW LONG WAS THE RACETRACK AT THE STADIUM IN OLYMPIA?**

- A. 192.27 meters.
- B. 225.28 meters.
- C. 200 meters.
- D. 400.28 meters.

**25. WHAT WAS THE 'META' REFERRED TO AT AN ANCIENT GREEK STADIUM OR HIPPODROME?**

- A. A turning post.
- B. The start line.
- C. The finish line.
- D. The start signal.

**26. WHAT WAS THE NAME OF THE PLACE WHERE BOYS' TRAINING AND EDUCATION STARTED IN ANCIENT GREECE?**

- A. Palestra.
- B. Kindergarten.
- C. School.
- D. Gymnasium.

**27. SPORT FESTIVALS SIMILAR TO THE OLYMPIC GAMES WERE STAGED IN VARIOUS PROVINCES IN ANCIENT GREECE. WHICH OF THE GAMES BELOW WERE NOT CELEBRATED IN ANCIENT GREECE?**

- A. Pythian.
- B. Nemeian.
- C. Isthmian.
- D. Etruscan.





**28. WHERE WERE THE FIRST OLYMPIC COMPETITIONS STAGED IN ANCIENT GREECE?**

- A. At a stadium.
- B. In a gymnasium.
- C. In a palestra.
- D. At a hippodrome.

**29. ONE STADE IS A RACE THE LENGTH OF WHICH IS:**

- A. 400.14 meter.
- B. 192.27 meters.
- C. 300.12 meters.
- D. 500.14 meters.

**30. HOW WAS THE VICTORY RECORDED IN A ONE-STADE RACE AT THE OLYMPICS?**

- A. In minutes.
- B. In hours.
- C. In seconds.
- D. In the memory of spectators.



- 19. Ekecheiria.
- 20. A four-year period between the Olympic Games.
- 21. The Statue of Zeus.
- 22. Echo collonade.
- 23. Heroon.
- 24. 192.27 meters.
- 25. A turning post.
- 26. Palestra.
- 27. Etruscan.

**31. WHAT WAS THE COLLECTIVE NAME OF A BAND OF GREEK HEROES TRAVELLING TO COLCHIS, WHO INITIATED PENTATHLON, ONE OF THE MOST DIFFICULT OLYMPIC EVENTS?**

- A. Acquanuts.
- B. Argonauts.
- C. Cosmonauts.
- D. Seafarers.

**32. FROM WHAT AGE WERE BOYS ALLOWED TO PARTICIPATE IN OLYMPIC COMPETITIONS?**

- A. There was no age limits.
- B. From 10 years old.
- C. From 12.
- D. From 14.

**33. ON WHAT DAY OF THE OLYMPICS WERE COMPETITIONS AMONG BOYS HELD?**

- A. On the first day.
- B. On the second day.
- C. On the fifth day.
- D. Before the beginning of the Olympic Games.

**34. WHAT WOMEN WERE ALLOWED TO WITNESS THE ANCIENT OLYMPIC GAMES?**

- A. All women.
- B. Married women.
- C. Priestesses of Demeter.
- D. Women who were married during the Olympics.

**35. ANCIENT GREEKS PAID MUCH ATTENTION TO THE PERFECTION OF A WOMAN'S BODY, FOR WHICH REASON SPORT COMPETITIONS FOR WOMEN WERE HELD ONCE EVERY FOUR YEARS. WHAT WAS THE NAME OF THOSE COMPETITIONS?**

- A. The delphic games.
- B. The olympic games for women.
- C. The heraea games.
- D. The aphroditaea games.

**36. WHAT WAS THE NAME GIVEN TO WINNERS OF THE ANCIENT OLYMPICS?**

- A. Olympionics.
- B. The Hellanodikai.
- C. Sportsmen.
- D. Record-holders.

**37. NAME THE FIRST OLYMPIC CHAMPION:**

- A. Koroibos.
- B. Heracles.
- C. Jason.
- D. Odysseus.

**38. WHAT WERE CHAMPIONS OF THE ANCIENT OLYMPIC GAMES AWARDED WITH?**

- A. A gold adornment with an image of Zeus carved upon it.
- B. An olive wreath.
- C. A gold medal.
- D. A laurel wreath.





- 28. At a stadium.
- 29. 192.27 meters.
- 30. In the memory of spectators.
- 31. Argonauts.
- 32. From 12.
- 33. On the second day.
- 34. Priestesses of Demeter.
- 35. The Heraea Games.
- 36. Olympionics.
- 37. Koroibos.
- 38. An olive wreath.

**39. WOMEN WERE NOT ALLOWED TO PARTICIPATE IN THE ANCIENT OLYMPICS. ONLY MAIDENS OF ROYAL BLOOD WERE ENTITLED TO PUT UP THEIR HORSES TO COMPETE IN THE RACING EVENTS. A DAUGHTER OF AGESILAUS, THE KING OF SPARTA, EXERCISED THAT RIGHT, OFFERED HER CHARIOT FOR THE RACE, AND BECAME THE FIRST WOMAN TO DRIVE A CHARIOT IN THE OLYMPIC GAMES. SHE WAS ALSO THE FIRST WOMAN TO BECOME AN OLYMPIC CHAMPION. A MONUMENT WAS ERECTED IN HER HONOUR IN OLYMPIA. WHAT WAS THE NAME OF THIS FEMALE CHAMPION?**

- A. Nike.
- B. Aurora.
- C. Kyniska.
- D. Veronica.

**40. THE PARTICIPANTS OF THE HERAEA GAMES WERE DIVIDED INTO AGE GROUPS. HOW MANY AGE GROUPS WERE THERE?**

- A. Four.
- B. Two.
- C. Three.
- D. Five.

**41. WHILE COMPETING, THE PARTICIPANTS AT THE HERAEA GAMES:**

- A. Wore chitons above the knee without a shoulder-strap on the right shoulder.
- B. Competed naked.
- C. Wore sandals and loincloths.
- D. Wore sandals and headbands.

**42. WHAT WAS THE DISTANCE FOR THE RUNNING EVENT AT THE HERAEA GAMES?**

- A. 5/6 of a stade.
- B. 1/2 of a stade.
- C. One stade.
- D. 2/3 of a stade.



**43. WINNERS OF THE HERAEA GAMES WERE AWARDED:**

- A. An olive wreath and a piece of sacrificed cow.
- B. An olive wreath and a pot of honey.
- C. An olive wreath and a jar of olive oil.
- D. An olive wreath and a basket of grapes.



**44. THE FIRST RECORDED OLYMPIC CHAMPION KOROIBOS WAS A:**

- A. Baker.
- B. Cook.
- C. Carpenter.
- D. Soldier.

**45. ANCIENT GREEKS ARE KNOWN TO HAVE HAD NO CALENDAR. IN ORDER TO WRITE CHRONICLES, GREEKS HAD TO HAVE A STARTING POINT IN TIME. ACCORDING TO AN ANCIENT HISTORIAN, GREEKS STARTED TO KEEP TIME BY THE OLYMPIADS, WHICH WERE THE MOST IMPORTANT EVENT IN PEACEFUL TIMES. WHAT IS THE NAME OF THE ANCIENT HISTORIAN WHO INTRODUCED THE SYSTEM OF KEEPING CHRONICLES BY OLYMPIADS?**

- A. Thymeus.
- B. Gippius.
- C. Herodotus.
- D. Eratosthenes.



- 39. Kyniska.
- 40. Three.
- 41. Wore chitons above the knee without a shoulder-strap on the right shoulder.
- 42. 5/6 of a stade.
- 43. An olive wreath and a piece of sacrificed cow.
- 44. Baker.
- 45. Gippius.

**46. WHAT ARE ZANES?**

- A. Golden statues of Zeus set up by representatives of different cities.
- B. Bronze statues of Zeus produced at the expense of athletes who cheated at the Olympic Games. The statues were installed at the entrance to the Olympic stadium as a caution to other athletes.
- C. Bronze statues of Zeus installed by victors in their homelands.
- D. Silver statues dedicated to gods and produced a year in advance of the Olympic Games.

**47. WHEN WERE THE ANCIENT OLYMPIC GAMES BANNED?**

- A. AD 393.
- B. AD 390.
- C. AD 426.
- D. AD 420.

**48. WHO INITIATED THE REVIVAL OF THE OLYMPIC GAMES?**

- A. William Sloane.
- B. Pierre de Coubertin.
- C. Viktor Balck.
- D. Franz Kemen.

**49. PIERRE DE COUBERTIN INITIATED THE MEETING OF THE INTERNATIONAL ATHLETICS CONGRESS AT WHICH THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) WAS ESTABLISHED. WHEN AND WHERE WAS THE DECISION APPROVED TO RESTORE THE OLYMPIC GAMES TRADITION?**

- A. On 23 June 1884 in Paris (France).
- B. On 23 September 1896 in Athens (Greece).
- C. On 23 May 1892 in Lausanne (Switzerland).
- D. On 23 February 1812 in Moscow (Russia).

**50. WHAT DOCUMENT DID THE 1894 CONGRESS ADOPT?**

- A. The Statute.
- B. The Constitution.
- C. The Charter.
- D. A Resolution.

**51. WHO WAS ELECTED AS THE FIRST PRESIDENT OF THE IOC BY THE DELEGATES OF THE CONGRESS?**

- A. Pierre de Coubertin.
- B. Ernest Callot.
- C. Demetrios Vikelas
- D. Charles Herbert.

**52. IN WHAT YEAR WERE THE FIRST MODERN OLYMPIC GAMES HELD?**

- A. 776.
- B. 1896.
- C. 1900.
- D. 1924.



**54. THE ATHLETES WHO TOOK PART IN THE I OLYMPIAD**

- A. 20 countries.
- B. 30 countries.
- C. 14 countries.
- D. 25 countries.

**53. WHERE DID THE 1ST INTERNATIONAL OLYMPIC GAMES TAKE PLACE?**

- A. In Athens (Greece).
- B. In Paris (France).
- C. In Rome (Italy).
- D. In Stockholm (Sweden).

**55. HOW MANY SPORTS DID PARTICIPANTS OF THE OLYMPIC GAMES COMPETE IN?**

- A. 10.
- B. 9.
- C. 20.
- D. 30.

**56. HOW OFTEN ARE THE MODERN OLYMPIC GAMES HELD?**

- A. Once every four years.
- B. Once every two years.
- C. Annually.
- D. Once every five years.



- 46.** Bronze statues of Zeus produced at the expense of athletes who cheated at the Olympic Games. The statues were installed at the entrance to the Olympic stadium as a caution to other athletes.
- 47.** 393 AD.
- 48.** Pierre de Coubertin.
- 49.** On 23 June 1984 in Paris (France).
- 50.** The Charter.
- 51.** Demetrios Vikelas.
- 52.** 1896.
- 53.** In Athens (Greece).
- 54.** 14 countries.
- 55.** 9.
- 56.** Once every four years.

### 57. WHEN AND WHERE WERE THE FIRST WINTER OLYMPICS HELD?

- A. 1896, Athens (Greece).      C. 1928, St. Moritz (Switzerland).  
 B. 1952, Oslo (Norway).      D. 1924, Chamonix (France).

### 58. REPRESENTATIVES FROM HOW MANY COUNTRIES ATTENDED THE FIRST WINTER OLYMPICS?

- A. 10.      C. 20.  
 B. 9.      D. 16.

### 59. WHAT ARE THE WORDS OF THE OLYMPIC MOTTO?

- A. "Citius.Altius.Fortius".  
 B. Mens sana in corpora sana.  
 C. "Altius.Fortius.Citius".  
 D. The essential thing is not to win, but to compete well.

### 60. WHAT DO THE OLYMPIC RINGS SYMBOLIZE?

- A. The union of the five continents and the meeting of athletes from all over the world at the Olympic Games.  
 B. The founding nations of the Olympic Movement.  
 C. The community of the most powerful countries of the world.  
 D. National Olympic Committees of the nations-leaders of the Olympic Movement.

**61. WHAT IS DEPICTED ON THE OLYMPIC FLAG?**

- A. The dove of peace.
- B. The Olympic rings.
- C. The Olympic torch.
- D. A wreath made of olive branches.

**62. HOW MANY COLOURS ARE THERE ON THE OLYMPIC FLAG?**

- A. 5.
- B. 6.
- C. 7.
- D. 8.

**63. THE OLYMPIC FLAME IS:**

- A. The flame lit in Olympia.
- B. The flame lit at the main square of the host city of the Games.
- C. The flame lit at the host country of the previous Games.
- D. The flame lit in Olympia under the authority of the IOC.

**64. HOW IS THE OLYMPIC FLAME LIT?**

- A. From the eternal flame at the Temple of Zeus.
- B. From a spark ignited by the friction of sacred stones.
- C. From a mirror that focuses sunrays.
- D. From the flame in the altar of the Temple of Hera.

**65. WHAT ACCOMPANIES THE CEREMONY OF LIGHTING THE OLYMPIC FLAME IN THE MAIN CAULDRON OF THE OLYMPIC STADIUM?**

- A. Fireworks.
- B. The Olympic anthem performance.
- C. The symbolic release of doves.
- D. The national anthem of the country hosting the Olympic Games.





**66. WHAT CONTAINER IS USED TO CARRY THE OLYMPIC FLAME IN A RELAY?**

- A. An antique amphora.
- B. A portable torch, or a replica thereof.
- C. An Olympic cup.
- D. An antique lamp.

**67. WHAT DO ATHLETES, COACHES AND REFEREES PRONOUNCE AT THE OPENING CEREMONY OF THE OLYMPIC GAMES?**

- A. A prayer.
- B. An oath of allegiance to their Motherland.
- C. A spell.
- D. An Olympic oath.

**68. WHICH OF THE FOLLOWING IS NOT AN OFFICIAL CEREMONY OF THE OLYMPIC GAMES?**

- A. The Opening Ceremony of the Olympic Games.
- B. The Closing Ceremony of the Olympic Games.
- C. The Award Ceremony.
- D. The Honouring Ceremony.

**69. WHAT DOES THE OPENING CEREMONY OF THE OLYMPIC GAMES INCLUDE?**

- A. The parade of athletes from all participating countries, the raising of the Olympic flag, the lighting of the Olympic flame, the pronouncing the Olympic oath by athletes.
- B. The parade of athletes from all participating countries, the lighting of the Olympic flame.
- C. The parade of athletes from all participating countries.
- D. The parade of athletes from all participating countries, the raising of the Olympic flag, the lighting of the Olympic flame, the pronouncing the Olympic oath by athletes, coaches and judges.



- 57. 1924, Chamonix (France).
- 58. 16.
- 59. "Citius.Altius.Fortius".
- 60. The union of the five continents and the meeting of athletes from all over the world at the Olympic Games.
- 61. The Olympic rings.
- 62. 6.
- 63. The flame lit in Olympia under the authority of the IOC.
- 64. From a mirror that focuses sunrays.
- 65. The symbolic release of doves.

**70. IN WHAT ORDER DO ATHLETES FILE DURING THE OPENING CEREMONY AT THE OLYMPIC GAMES?**

- A. In accordance with the alphabet of the language spoken in the host county.
- B. As decided by the drawing of lots.
- C. In the sequence of the year of the IOC accession.
- D. Depending on the nation's results in the previous Games.

**71. THE ATHLETES OF WHICH NATION LEAD THE PARTICIPANTS DURING THE OPENING CEREMONY OF THE OLYMPIC GAMES?**

- A. France.
- B. As decided by drawing the lot.
- C. The host country of the Olympic Games.
- D. Greece.

**72. THE ATHLETES OF WHICH NATION BRING UP THE REAR OF THE ATHLETES' PARADE DURING THE OPENING CEREMONY OF THE OLYMPIC GAMES?**

- A. Those of the host country of the Olympic Games.
- B. Those of the nation whose name starts with the last letter of the alphabet.
- C. Those of the nation that came last in the unofficial medal ranking at the previous Olympic Games.
- D. As decided by the drawing of lots.





**73. IN WHAT ORDER DO THE PARTICIPATING NATIONS ENTER THE STADIUM FOR THE CLOSING CEREMONY OF THE OLYMPIC GAMES?**

- A. In accordance with the French alphabet.
- B. In accordance with the unofficial medal ranking.
- C. Athletes proceed without an indication of citizenship.
- D. In conformity with the decision of the President of the Organizing Committee of the Olympic Games.

**74. WHERE DO ATHLETES LIVE DURING THE OLYMPIC GAMES?**

- A. In an Olympic camp.
- B. In Olympic motels.
- C. In an Olympic Village.
- D. In an Olympic hotel.

**75. THE INTERNATIONAL OLYMPIC COMMITTEE AWARDS OLYMPIC CHAMPIONS WITH:**

- A. Gold medals and prize money.
- B. Letters of gratitude and a lifelong allowance.
- C. Olympic gold medals and diplomas.
- D. Documents certifying the eternal fame.

**76. WHAT IS “OLYMPISM”?**

- A. An ideological basis for sports activities.
- B. The system used by athletes preparing for the Olympic Games.
- C. A philosophy of life, exalting and combining in a balanced whole the qualities of body, will, and mind.
- D. The norm of behaviour.

**77. WHAT IS THE GOAL OF OLYMPISM?**

- A. To place sport at the service of the harmonious development of mankind with a view to promoting a peaceful society concerned with the preservation of human dignity.
- B. Victory at the Olympic Games.
- C. Participation at the Olympic Games.
- D. Organizing the Olympic festivities.



- 66. A portable torch, or a replica thereof.
- 67. An Olympic oath.
- 68. The Honoring Ceremony.
- 69. The parade of athletes from all participating countries, the raising of the Olympic flag, the lighting of the Olympic flame, the pronouncing the Olympic oath by athletes, coaches and judges.
- 70. In accordance with the alphabet of the language spoken in the host county.
- 71. Greece.
- 72. Those of the host country of the Olympic Games.



**78. WHICH BODY IS THE SUPREME GOVERNING AUTHORITY OF THE OLYMPIC MOVEMENT?**

- A. The International Olympic Academy.
- B. The Assembly of National Olympic Committees.
- C. The International Olympic Committee.
- D. The International Association of Sport Federations.

**79. WHEN WAS THE SUPREME GOVERNING BODY OF THE MODERN OLYMPIC MOVEMENT ESTABLISHED?**

- A. In 1896.
- B. In 1894.
- C. In 1892.
- D. In 1900.

**80. WHAT DATE IS CELEBRATED AS THE DAY OF CREATION OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC)?**

- A. April 3.
- B. June 23.
- C. February 92.
- D. January 4.

**81. WHERE IS THE HEADQUARTERS OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) LOCATED?**

- A. In Athens (Greece).
- B. In Lausanne (Switzerland).
- C. In Olympia (Greece).
- D. In Paris (France).

**82. WHAT REGULATORY LEGAL DOCUMENT GOVERNS THE OPERATIONS OF THE IOC?**

- A. The Olympic Constitution.
- B. The Olympic Charter.
- C. The Olympic Statute.
- D. The Olympic Code.





**83. WHAT BODY IS RESPONSIBLE FOR THE ORGANIZATION OF THE OLYMPIC GAMES?**

- A. The Government of the host country.
- B. The President of the host country.
- C. The Organizing Committee of an Olympic Games.
- D. The IOC trade union.

**84. WHO IS ALLOWED TO PARTICIPATE IN THE OLYMPIC GAMES?**

- A. All comers.
- B. Individuals holding a license of the relevant International Olympic Federation and entered by the NOC.
- C. National champions.
- D. The athletes that occupied the top three places at previous world championships in a given event.



- 73. Athletes proceed without an indication of citizenship.
- 74. In an Olympic village.
- 75. Olympic gold medals and diplomas.
- 76. A philosophy of life, exalting and combining in a balanced whole the qualities of body, will, and mind.
- 77. To place sport at the service of the harmonious development of mankind with a view to promoting a peaceful society concerned with the preservation of human dignity.
- 78. The International Olympic Committee.
- 79. In 1894.
- 80. On June 23.
- 81. In Lausanne (Switzerland).
- 82. The Olympic Charter.

**85. WHEN WERE THE OLYMPIC GAMES TELEVISED FOR THE FIRST TIME?**

- A. In 1920, in Antwerp (Belgium).
- B. In 1936, in Berlin (Germany).
- C. In 1948, in London (Great Britain).
- D. In 1960, in Rome (Italy).

**86. WHAT IS THE NAME OF THE ORGANIZATION THAT BRINGS TOGETHER THE NATIONAL OLYMPIC COMMITTEES OF EUROPE?**

- A. The European Olympic Committees.
- B. European sports organization.
- C. Association of European Olympic Committees.
- D. Olympic Council of Europe.

**87. ON WHICH CONTINENT WERE THE OLYMPIC GAMES ORIGINATED AND REVIVED?**

- A. Africa.
- B. Asia.
- C. America.
- D. Europe.

**88. HOW MANY NATIONAL OLYMPIC COMMITTEES CONSTITUTE THE EUROPEAN OLYMPIC COMMITTEES?**

- A. 50.
- B. 48.
- C. 49.
- D. 52.

**89. ON WHICH CONTINENT HAS THE LARGEST NUMBER OF OLYMPIC GAMES BEEN HELD?**

- A. Australia.
- B. Asia.
- C. America.
- D. Europe.

**90. HOW MANY PRESIDENTS OF THE INTERNATIONAL OLYMPIC COMMITTEE WERE EUROPEANS?**

- A. 8.
- B. 7.
- C. 5.
- D. 9.

**91. WHEN WERE THE FIRST EUROPEAN YOUTH OLYMPIC FESTIVALS HELD?**

- A. 1995.
- B. 1991.
- C. 1951.
- D. 2000.

**92. WHEN AND WHERE WAS THE FIRST EUROPEAN YOUTH OLYMPIC FESTIVAL ORGANISED?**

- A. 1991, Brussels (Belgium).
- B. 1993, Aosta (Italy).
- C. 1995, Bath (Great Britain).
- D. 1997, Lisbon (Portugal).





**93. HOW OFTEN ARE THE EUROPEAN YOUTH OLYMPIC FESTIVALS HELD?**

- A. Every year.
- B. Once every four years.
- C. Once every two years.
- D. Once every five years.

**94. WHEN AND WHERE WERE THE FIRST YOUTH OLYMPIC GAMES HELD?**

- A. 2010, Singapore (Singapore).
- B. 2012, London (Great Britain).
- C. 2014, Nanjing (China).
- D. 2010, Poznan (Poland).

**95. WHEN AND WHERE WERE THE FIRST WINTER YOUTH OLYMPIC GAMES HELD?**

- A. 2010, Harbin (China).
- B. 2012, Innsbruck (Austria).
- C. 2012, Lillehammer (Norway).
- D. 2014, Kuopio (Finland).



- 83. The Organizing Committee of the Olympic Games.
- 84. Individuals holding the license of the relevant International Olympic Federation and entered by the NOC.
- 85. In 1936, in Berlin (Germany).
- 86. The European Olympic Committees.
- 87. Europe.
- 88. 50.
- 89. Europe.
- 90. 8.
- 91. 1991.
- 92. 1991, Brussels (Belgium).
- 93. Once every two years.
- 94. 2010, Singapore (Singapore).
- 95. 2012, Innsbruck (Austria).
- 96. 2015.
- 97. Baku (Azerbaijan).
- 98. Peaky.
- 99. Baku (Azerbaijan).
- 100. Buenos Aires(Argentina).
- 101. Lillehammer (Norway).

**96. WHEN WERE THE FIRST EUROPEAN GAMES HELD?**

- A. 2000.
- B. 2012.
- C. 2010.
- D. 2015.

**97. WHERE DID THE FIRST EUROPEAN GAMES TAKE PLACE?**

- A. Baku (Azerbaijan).
- B. Istanbul (Turkey).
- C. Kotowice (Poland).
- D. Beijing (China).

**98. NAME THE OFFICIAL MASCOT FOR THE XIII SUMMER EUROPEAN YOUTH OLYMPIC FESTIVAL IN TBILISI.**

- A. Mickey.
- B. Ricky.
- C. Peaky.
- D. Nicky.

**99. WHERE WILL THE 2019 SUMMER EUROPEAN YOUTH OLYMPIC FESTIVAL BE HELD?**

- A. Minsk (Belarus).
- B. Baku (Azerbaijan).
- C. Krakow (Poland).
- D. London (Great Britain).

**100. WHERE WILL BE THE THIRD YOUTH OLYMPIC GAMES 2018?**

- A. Glasgow (Great Britain).
- B. Guadalajara (Mexico).
- C. Buenos Aires (Argentina).
- D. Rotterdam (Netherlands).

**101. WHERE WERE THE SECOND WINTER YOUTH OLYMPIC GAMES, IN 2016, HELD?**

- A. Lillehammer (Norway).
- B. Lake Placid (USA).
- C. Sofia (Bulgaria).
- D. Lucerne (Switzerland).





# YOUR OLYMPIC GUIDEBOOK

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