

# Olympic sports in Paris 2024

Slideshow realised during the meeting week (1<sup>st</sup> to 7<sup>th</sup> march 2023)  
Portugal - Spain - Italy - France



# — Archery



# History

Archery is a sport that uses a bow to shoot arrows, that it wasn't invented for a future sport. Archery was one of the ways that ancient people use to capture animals (for food); kill some especie that could put them in danger and so on.

The sport became increasingly popular, after the Napoleonic Wars, and, at the second tried to turn archery as a modern sport, the first Grand National Archery Society meeting was in 1844, which helped to improve archery standards



# How to play?



Most of the times people use a bracer (arm-guard) to protect the inside of the bow arm from being hit by the string. The hand are normally protect by a leather tab, glove or a thumb ring. To shoot an arrow, an archer first assumes the correct stance. The body should be at or nearly perpendicular to the target and the shooting line, with the feet placed shoulder-width apart (In modern form, the archer stands erect, forming a "T"). Each archer has a particular preference, but mostly this term indicates that the leg furthest from the shooting line is a half to a whole foot-length from the other foot, on the ground. The bowstring and arrow are held with three fingers, or with a mechanical arrow release. The archer then raises the bow and draws the string, with varying alignments for vertical versus slightly canted bow positions. The arrow is typically released by relaxing the fingers of the drawing hand or triggering the mechanical release aid.





# Yun Mi-Jin

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Yun Mi-Jin is a south-korean archer player, she was born on April 30 1983.

She is a former “world number one” and she won 3 olympics gold medal, 2 at the Olympics game of Sidney in 2000 in team and in individual, and the olympics games of Athens in 2004 .



She also won 3 Wolrd championships, 2 Asian games and 2 Summer Universiade.

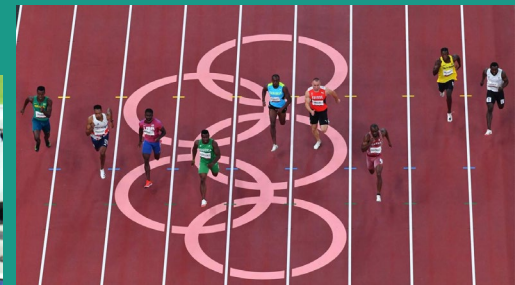
She is also holding the Olympic record for a women's 18-arrow match, at 173 out of a possible 180.

ATHLETICS...



# THE STORY.....TODAY

Contested in the first ancient Olympic Games, athletics is the oldest sport on record, with the names of champions documented from as far back as 776 BC. The ancient Olympic Games included events such as running races and a pentathlon event that consisted of a running race, long jump, discus throw, javelin throw and wrestling. The first meets in modern times that can be likened to the athletics competitions we know today took place in 1840 in Shropshire, England. Other such championships began to thrive and spread in the 1880s, initially in England, the USA and Europe in particular. In 1912, the international federation that oversees international athletics competitions, the IAAF (now known as World Athletics) was set up.



# RULES



- Modern athletics is composed of a variety of running, jumping, throwing, walking and combined events athletics involves the most participants in a single sport at the Olympic Games.
- The track programme includes sprints, middle-distance and long-distance events as well as hurdles, steeplechase races and relays for men and women. These events take place on the 400m oval track in the Olympic stadium.
- The marathon and race walking are held on public roads
- The Olympic programme also includes two combined events – the seven-event women's heptathlon and the ten-event men's decathlon, contested over two days.
- The disciplines are contested on, within and around the track in the Olympic stadium, in the jumping area, the jumping pit , the throwing circle and the javelin runway. Athletes compete one after another, and the event includes a qualifying stage during which the best athletes secure their place in the final.



# EVENTS IN 2024 ...

During the Paris 2024 Games, athletics events will take place between the 1st and the 11th of August.

## DISCIPLINES

- 100m (woman/men)
- 200m (woman/men)
- 400m (woman/men)
- 400m hurdles (woman/men)
- 100 hurdles (woman)
- 110 hurdles (men)
- Triple jump (woman/men)
- Shot put (woman/men)
- 5000 (woman/men)
- 4x400 (woman/men/mixed)

...

Kévin Mayer



Femke Bol



Allyson Felix



Armand Duplantis



Elaine Thompson-Herah



Usain Bolt



A close-up photograph of two badminton rackets and three shuttlecocks. One racket has a green frame, and the other has a red frame. Both have white mesh strings. Three white shuttlecocks with black bands are positioned in the foreground. The background is a blurred green and blue, suggesting an outdoor court setting.

# *Badminton*

# History of Badminton

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It was invented more than 2000 years ago in China and it was called battledore. Around 1600s it was played in many countries of Eurasia, nowadays the original sport is still played in Japan.

In 1850s the british military officers, positioned in the British India, created the modern badminton by adding a net to the game. When the weather was windy and wet, they would use a ball instead of a shuttlecock.

In 1875 this “new game” was brought back to England, and it was a success! On september 13 of 1893 the Badminton Association of England published the rules of the sport, and four decades later the game would already be played around the globe, to finally became an olympic sport in 1972.



# The rules of Badminton (Four Rules)

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- 1) In badminton there are two sets of twenty-one points.
- 2) If the player's score is even, he places himself on the right for his service and if the score is odd on the left.
- 3) A player who wins commits his serve.
- 4) It is a fault if the player touches the net even with his racket.



# Famous players of badminton

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## Duarte Nuno Anjo

5 April 1996

He played his last match during the 32nd round of the Saarlörlux Open Men 2020.

He is currently 255th in the BWF Men's Singles World Ranking.



## Toma junior Popov

Toma Junior Popov arrived in France at the age of 6, without speaking the language.

Seventeen years later, still trained by his father, he wants to shine with his brother at Paris 2024, under the eyes of the youngest, already launched.



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# Basketball



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# History of Olympic Basketball

- Basketball was invented in the United States of America in 1891. But it didn't take too long for the sport to become popular. Today, it's one of the most-watched sports in the world.
- Basketball was introduced in the Olympic programme at the 1904 Games in St Louis as a demonstration event.
- Basketball was first contested as a medal event at the 1936 Olympics. Women's basketball, meanwhile, made its debut at the Montreal 1976 Games.
- In 1955 a request to include women's basketball was rejected at the 51 st IOC Session, which was held in Paris in June.
- 1965 the request to include women's basketball was again rejected at the 64th IOC Session, held in October in Madrid.
- The proposal by the Programme Commission to include women's basketball in the Games programme was finally approved at the 73rd IOC Session, which was held in Munich in August and September.

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# NBA basketball vs Olympic Basketball

## Game time:

- 4 quarters of 12 minutes each (48 minutes)

## Court:

- NBA court measures in at 29.65 m x 15.24 m

## 3-point line:

- 6.75m

## Timeouts:

- Each team is allowed 6 timeouts

## Fouls and Free Throws:

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## Game time:

- 4 quarters of 10 minutes each (40 minutes)

## Court:

- FIBA court comes in at 28 m x 15 m

## 3-point line:

- 7.24m

## Timeouts:

- Each team is allowed 8 timeouts

# Olympics Basketball Stars

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## *4 Boys Stars:*

1. Charles Barkley



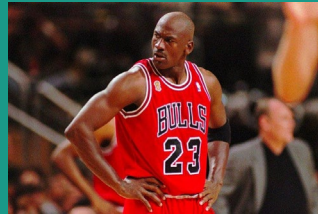
3. Kobe Bryant



2. LeBron James



4. Michael Jordan



## *4 Girls Stars:*

1. Sue Bird



3. Teresa Edwards



2. Diana Taurasi



4. Lisa Leslie





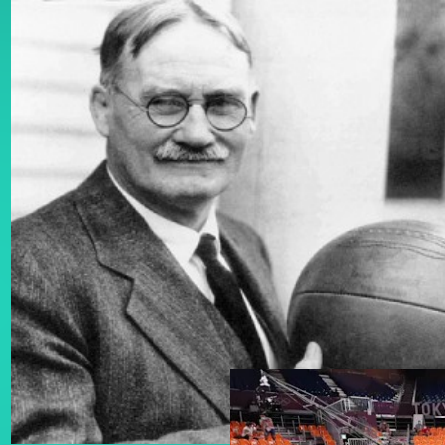
**Basketball 3x3**



# Basketball 3x3 history

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Basketball it's a sport invented in 1891, in Springfield, by the Canadian physical education instructor James Naismith in his 31-years. This sport was created with the intention to keep athletes indoors during the winter. This sport became very popular with the time and in 1946 "The American National Basketball Association" established in American colleges and Basketball became an integral part of American culture. The 3x3 rules were first tested in 2007 in Asian Indoor Games in Macau and continued being used in much more competitions.





**The 3x3 basketball is played on a half basketball court of 11 meters long and 15 meters wide**

The main rules of 3x3 basketball :

- Teams must be composed of 4 players: 3 players on the field and 1 Substitute.
- Each successful basket inside the arc shall count one (1) point. Each successful basket outside the arc shall count two (2) points. Each successful free throw shall count 1 point.
- Both teams must warm up simultaneously before the match. A coin toss determines which team gets first possession. The team winning the coin toss may choose possession of the ball either at the start of the match or at the start of any extra time. The game must start with 3 players on the field.







**Dušan Domović Bulut is 38 years old and was named by FIBA (International Basketball Federation) the best player in the world in his category**



Born in Clermont and trained at La Roche Blanche then at the Stade Clermontois, Laëticia Guapo, the player of Bourges and the French 3x3 team had a dream year in 2022. At 27 years old, she succeeded in winning the championship-Eurocup double with Bourges, but also the World Cup-European Championship double with the French 3x3 team.

# Boxing



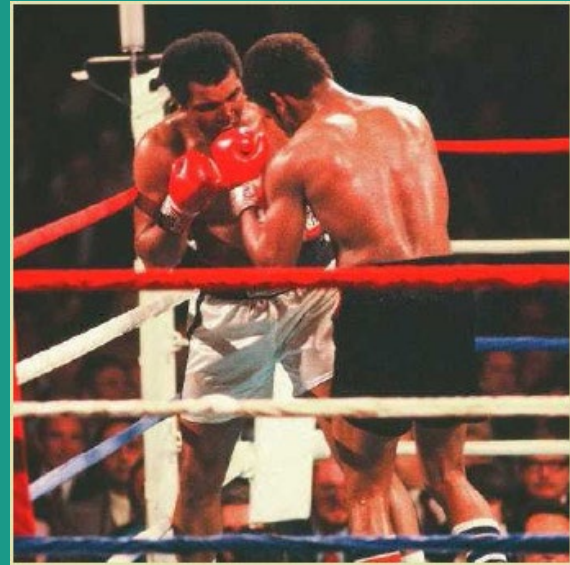
## What is it?

Boxing is a sport of fighting with the fists, especially with padded gloves in a roped square ring.



## What is the point of box?

The point of box is to knock out the opponent in a single round.



## **Rules of boxing :**

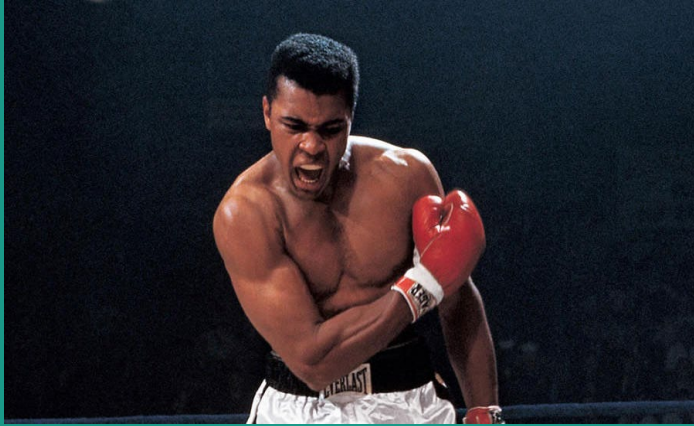
- Fighters may not hit below the belt, trip, hold, kick, headbutt, bite, puch or spit on opponents
- You cannot strike with your head, forehead or elbows
- You cannot hit with an open glove, wrist or backhand, only closed fist punches
- Fighters may not strike the opponents in the back, back of the head, neck or kidneys
- You cannot hold and use the ropes to gain leverage for a punch
- When the referee signals for a break, fighters must oblige, take a step back and refrain from throwing punches
- You cannot hit an opponent once they are knocked down
- A "floored" boxer has 10 seconds to get up before being declared the loser by knockout
- Boxers hit with an accidental low blow will be given a specific amount of time to recover, if they are unable to continue at the end of their then they are disqualified
- All bouts are scored by three judges



# Famous boxers : Mike Tyson and Mohammed Ali

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Mohammed Ali (1942-2016)

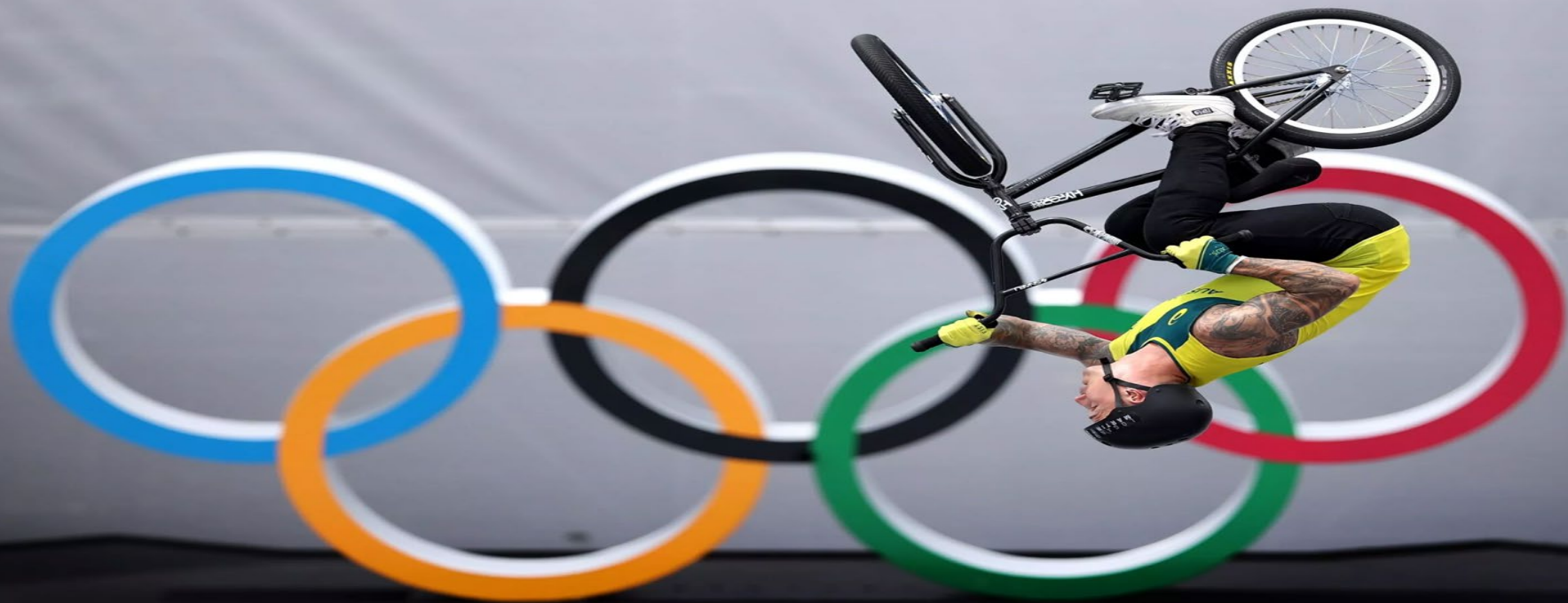


Mike Tyson is said to be the strongest boxer of all time but he was beaten by Mohammed Ali because he was faster and smarter

Mike Tyson (1966 : 56 years old)



# BMX freestyle



# Rules

- \_Perform as many tricks as possible for one minute
- \_One trick gives points based on the difficulty, the height the creativity and the routine



# History of BMX freestyle

\_BMX was created in the 70's in california by children that was inspired by their heroes.

\_the sport became popular in the 2000's by the X games and FISE ( festival international of sports extremes)

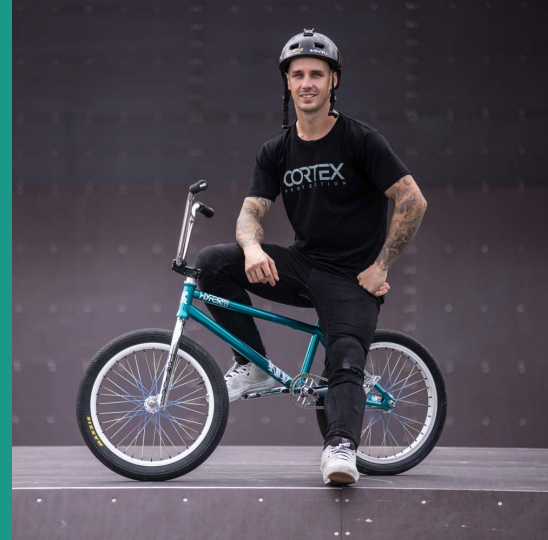
\_the first world cup of the was organised by the UCI





# Big name

Logan MARTIN started BMX when he was 12. He is an Australian, he is the first one to ever win the Olympic games, he also won 2 times the competition called "PARK"



# BMX racing

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# History of the BMX

Bicycle motocross (BMX) started in the late 1960s in California, around the time that motocross became a popular sport in the USA. The motorised version of the sport was the inspiration for the human-powered competition.

BMX racing offered exciting action at a low cost, and the infant sport became an instant hit, especially in California. This led to the foundation of a sanctioning body for BMX in the USA in the early 1970s. Over the following decade, the sport gradually gained in international popularity.



# Rules

- Eight runners start at the same time from a ramp called the “starting hill”. At the start, the riders are standing on their bike held by a retractable rack at the top of the ramp. When the start is marked, the grid tilts forward and the riders can accelerate
- The BMX Race is run on a circuit of 350 meters on a dirt track, sometimes accompanied by banked turns in bitumen or cement. This terrain is made up of flat areas, bumps and banked turns. An entire lap of the track takes less than a minute.
- The bumps can be single, double or even triple, separated by two meters or more. The double bumps are the most common on the circuits.
- In competition, you must arrive in the first 4 finishers of a round to qualify for the next round. There may be a large number of participants, in which case many races are organized
- It is forbidden to perform tricks during the jumps, under penalty of sanction or disqualification, so as not to put the other runners in danger

BMX Racing integrated the Olympic sport programme for the 2008 Beijing Games. Due to the sport's relatively short history on the Olympic stage, it is difficult to see any kind of domination from one country or another. However certain individual athletes have already notched up some impressive achievements throughout their career. Mariana Pajon from Colombia and Latvia's Maris Strombergs are both firm





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*Equestrian*

# *What is equestrian?*

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The definition of horse riding is at the same time an art, a leisure, and a sport. It is an activity in which person has an equine partner. The word “équitation” comes from the Latin “équitaire” which means “to go riding”. Originally the horse was used for hunting, war, work in the fields.

Riding, a sport that improves muscle tone.

In addition, suspended gaits (high trot and canter) also require good muscle tone. This permanent tone is excellent for sheathing, i.e. increasing the firmness of the muscles at rest.



# *The most popular disciplines*

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Nowadays, there are many different disciplines in horse riding, the main ones being show jumping, CCE and dressage. In competition, it is one of the few sports where men and women compete on equal terms and in the same events.

- Show jumping is a competitive equestrian event in which horse and rider are required to jump, usually within a time limit, a series of obstacles that have been designed for a particular show .
- Dressage consists of moving horses to show the elegance of their movements and their ease of use. In the competitions, the evolutions are made on covers composed of classic movements and imposed or free figures, the horse evolving in the various paces.





## *Others disciplines*

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On horseback, many disciplines are possible such as horse ball, polo, pony game, voltige, western etc.

This discipline allows the rider to improve his or her control of the horse or pony, as the course requires handling and skill, as well as a certain jumping technique including the choice of options. It also allows the rider to improve the dressage of ponies and horses.



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# Fencing



# What is fencing?

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Fencing is a combat sport. It is the art of hitting an opponent with the point or edge of a white weapon on the valid parts without being hit. Three types of weapons are used: sword, sabre and foil.



# When did it become an Olympic game?

Fencing in the Olympic Games has been carried out since the first edition (Athens 1896).

After the World Championship, it is the highest international fencing competition. It is organized by the International Olympic Committee (IOC), together with the International Fencing Federation (FIE).

The competition program currently has twelve tests, six for men and six for women.



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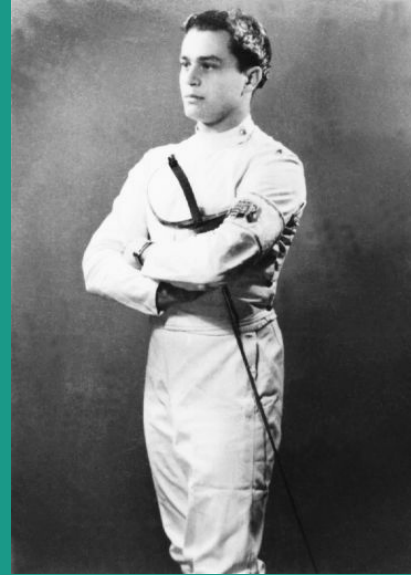
# Famous Fencers



Marc Cerboni



Marc Cerboni, born on 20 October 1955 in Nice and died on 2 December 1990 in Saint-Étienne-de-Tinée, was a French foil fencer.



**Aladár Gerevich, He is one of the greatest swordsmen in history.**





**Football**

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# History

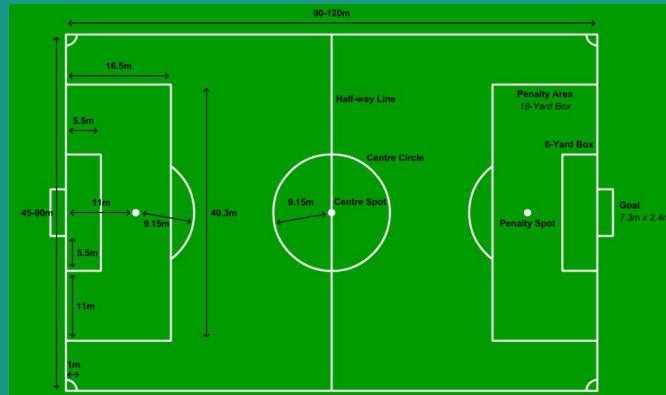
**Origin:**England



Although throughout the history many types of football were played, but it was only in the XIX century that football was created as we know nowadays, after gathering the many different rules that were stabilized in various schools in England by the newly called Football Association (FA).

# Rules

Each team is constituted with 11 players including the goalkeeper. A match takes place in two halves of 45 minutes, separated by a break of 15 minutes. You can play in different position in the outfield though they aren't defined.



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# Famous football player



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# Golf





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# The Origin of Golf

Golf is a cross-country game in which a player strikes a small ball with various clubs from a series of starting points into a series of holes on a course. The player who can get his ball in the holes in the fewest strokes wins. The origin of the game is uncertain, although evidence now suggests that early forms of golf were played in the Netherlands first and then in Scotland.

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# Golf in The Olympic Games

On May 27 of 1899, the Organising Committee for the 1900 Games included golf in the list of sports to be featured on the programme for the Olympic Games in Paris in 1900.

The inaugural golf tournament was won by Charles Sands a golf player from the USA with scores of 82 and 85. The silver medal went to Great Britain's Walter Rutherford with another British golfer, David Robertson, collecting the bronze.

Fast forward 90 years to October 9 of 2009, in Copenhagen, golf was finally reinstated to the Summer Olympics, initially for Rio de Janeiro in 2016 and Tokyo in 2020.



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# Top 3 most famous golf players



Tiger Woods



Jack Nicklaus



Sam Snead

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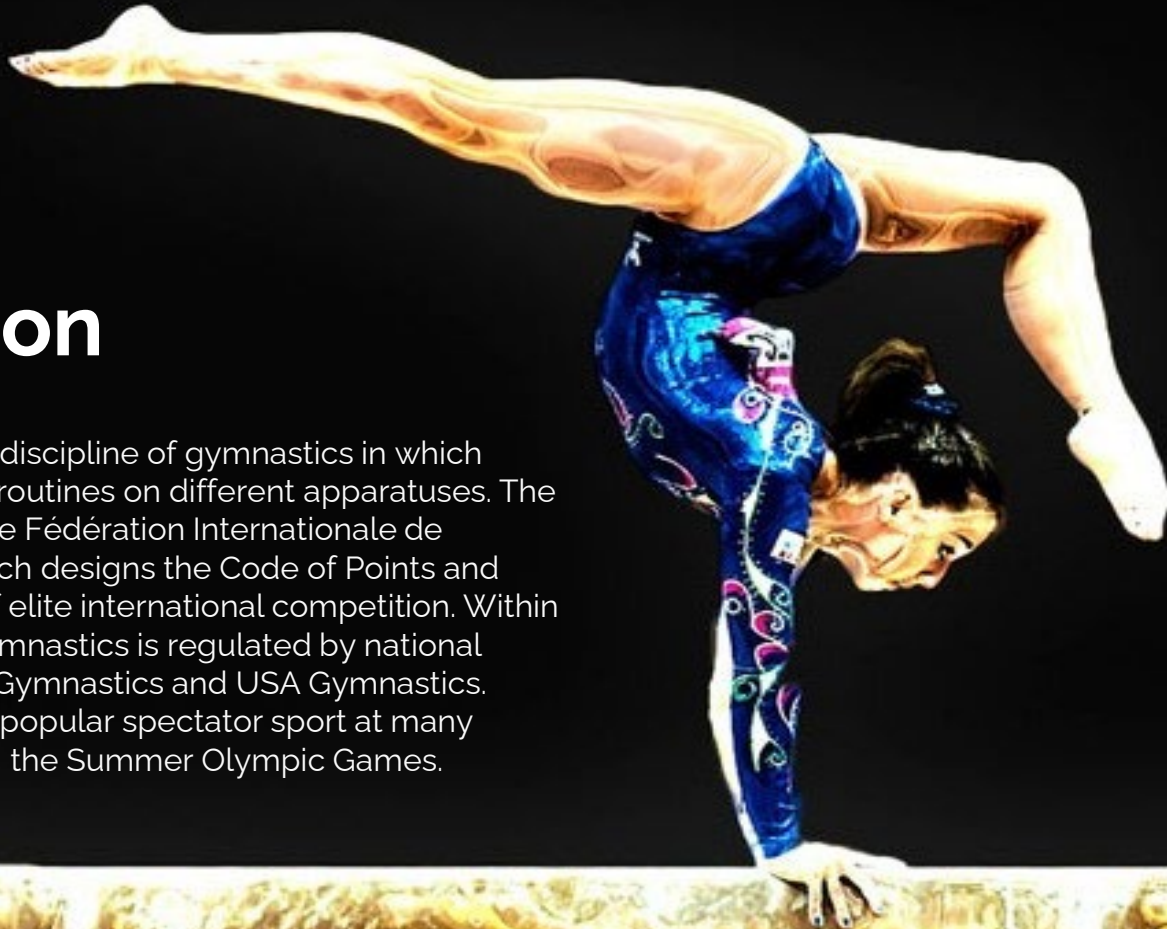
# Artistic Gymnastics



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# Description

Artistic gymnastics is a discipline of gymnastics in which athletes perform short routines on different apparatuses. The sport is governed by the Fédération Internationale de Gymnastique (FIG), which designs the Code of Points and regulates all aspects of elite international competition. Within individual countries, gymnastics is regulated by national federations like British Gymnastics and USA Gymnastics. Artistic gymnastics is a popular spectator sport at many competitions, including the Summer Olympic Games.





# History

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In its present form, gymnastics evolved in Bohemia and what is now known as Germany at the beginning of the 19th century. The term "artistic gymnastics" was introduced to distinguish freestyle performances from those used by the military. The German educator Friedrich Ludwig Jahn, who was known as the father of gymnastics, invented several apparatuses, including the horizontal bar and parallel bars that are used to this day. Two of the first gymnastics clubs were Turnvereins and Sokols.



Gymnastics was included in the 1896 Summer Olympics, but female gymnasts were not allowed to participate in the Olympics until 1928. The World Artistic Gymnastics Championships, held since 1903, were only open to men until 1934. Since then, two branches of artistic gymnastics have developed: women's artistic gymnastics (WAG) and men's artistic gymnastics (MAG). Unlike men's and women's branches of many other sports, WAG and MAG differ significantly in technique and in apparatuses used at major competitions.

# Famous Artistic Gymnastics

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Simone Biles  
7 Olympic medals

# Rhythmic Gymnastics

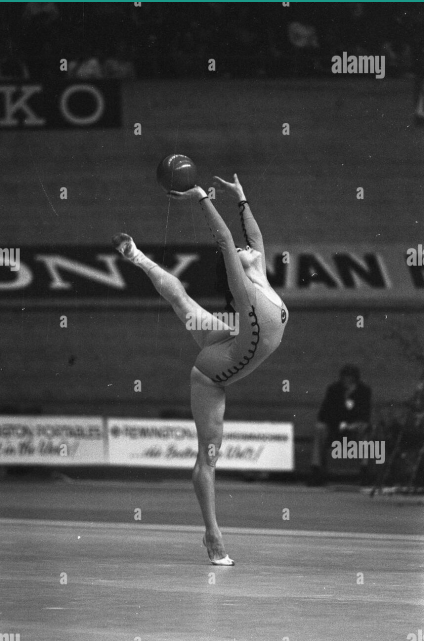


# Rhythmic Gymnastics: Description

*Rhythmic Gymnastics is a sport in which gymnasts perform on a floor with an apparatus: hoop, ball, clubs, ribbon. The sport combines element of gymnastics, dance and calisthenic. Gymnasts must be strong, flexible, agile, dexterous and coordinated.*



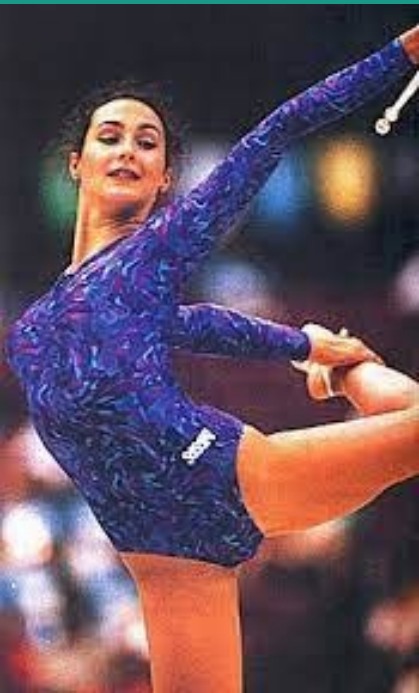
# Rhythmic Gymnastics: History



Rhythmic gymnastics grew out of the ideas of Jean-Georges Noverre who was living between 1727 and 1810, François Delsarte who was living between 1811 and 1871, and Rudolf Bode who was living between 1881 and 1970, who all believed in movement expression, where one used to dance to express oneself and exercise various body parts. Peter Henry Ling further developed this idea in his 19th-century Swedish system of free exercise, which promoted "aesthetic gymnastics", in which students expressed their feelings and emotions through body movement. This idea was extended by Catharine Beecher, who founded the Western Female Institute in down in Ohio, United States, in 1837. She went on to develop "harmonic gymnastics", which enabled late nineteenth-century American women to engage in physical culture and expression, especially in dance. Stebbins provided the means, rationale, and model for what could be accepted as the appropriate practices for middle and upper-class women.



# Who are the most famous gymnasts on Olympic Games



*Maria Petrova is a Bulgarian gymnast born on 13 November 1975 in Plovdiv, who practiced rhythmic gymnastics at a very high level from 1991 to 1996.*

*She has won the gold medal 9 times and the bronze medal 4 times at the world championships.*

*But she also won the gold medal 6 times and the bronze medal 3 times in the European competition.*



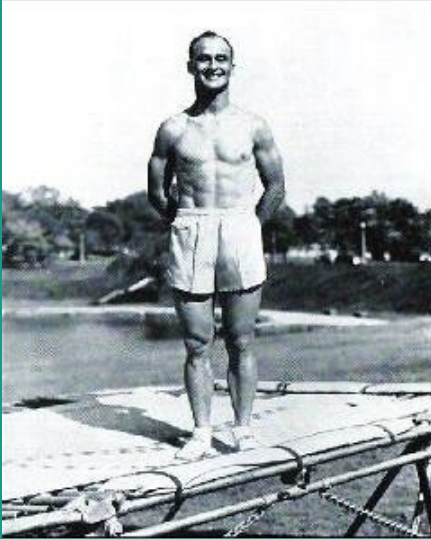


# TRAMPOLINE

A female trampolinist is captured in mid-air, performing a backflip. She is wearing a white leotard with pink floral patterns. Below her, the trampoline structure is visible, with two men in red and purple shirts standing on the sides. The background shows a large stadium filled with spectators, with "London 2012" banners visible on the stands. The word "TRAMPOLINE" is overlaid in a white box with a black border.

# When and how the trampoline was popularized

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Trampolining was invented in 1934 by American gymnast George Nissen, who watched circus acrobats bounce on safety nets and built the first prototype trampoline to replicate their stunts. Originally used as a training tool for astronauts and other acrobatic sports, the discipline quickly gained popularity and became a sport in its own right. The first World Trampoline Championships were held in London in 1964 and the sport joined the International Gymnastics Federation 32 years later in 1996.

# How and when will the Olympic sports in Paris 2024 take place for the sport Trampoline

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The two trampoline competitions of Paris 2024 will take place on August 2nd.

In 2024, the trampoline events will take place at the Bercy Arena, one of the most mythical multi-sports venues in French sports.



More than a sport,  
judo is a martial art  
that teaches real  
values to its  
practitioners.

JUDO IS A JAPANESE  
MARTIAL ART BASED  
ON A TRIPLE  
PEDAGOGY:  
PHYSICAL, MENTAL  
AND MORAL. ITS  
NAME "WAY OF  
SUPPLENESS"  
(FRENCH  
TRANSLATION OF  
JUDO) WAS  
ALREADY AT ITS  
CREATION,  
ANNOUNCING  
BEAUTIFUL  
PROMISES.



It is important to  
understand that in  
judo, moral values  
are much more  
important than  
technique. Without  
respect and mutual  
trust, judo could not  
exist. Each  
practitioner must  
have confidence in  
his partner, because  
it is him who carries  
out the projection  
which involves his  
fall on the tatami. A  
badly executed  
technique, a badly  
controlled fall and  
the risk of injury is  
increased. You  
didn't come to a dojo  
for that!



# Handball



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# HISTORY

Games similar to handball were played in ancient Greece, depicted on amphorae and stone carvings. There are numerous descriptions of ball games in which players throw the ball at each other, sometimes to avoid being intercepted by a player from the opposing team. These games were widespread and served as both an exercise and a social event.

This sport create in 1898 in Denmark.

Handball made its Olympic debut at the Games of the XI Olympiad in Berlin in 1936.

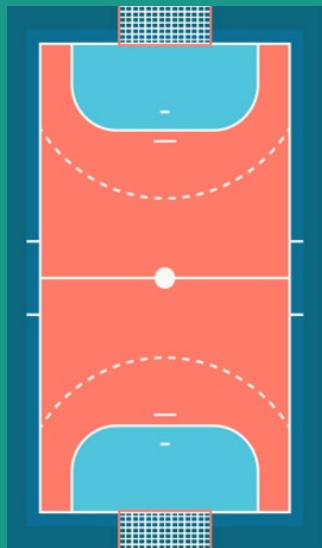


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# HOW TO PLAY

Handball is a team sport played by hand in which two teams of seven players compete with a ball according to several rules.

The regulation time is about 60 minutes and there's 2 half time of 30min.



The principle is to dribble with the ball or pass it to a teammate.

Once the ball is in hand, the player can dribble forward but can only take 3 steps without dribbling and cannot hold the ball for more than 3 seconds if he/she remains

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# NIKOLA KARABATIC



Nikola Karabatic is a French handball player. He plays as a left back or centre half for the French national team and for the club Paris Saint-Germain.

He born 11th of april in 1984 in Nis, Serbia.



He is a 19-time champion of France, Germany and Spain in 20 professional seasons, and also holds three Champions League titles, in 2003 with Montpellier, in 2007 with Kiel and in 2015 with Barcelona.

With France he is a three-time Olympic champion, four-time world champion and three-time European champion.



*Hockey*





# History of field hockey

The origins of the game can be traced back to the earliest civilizations of the world, but the modern game of field hockey was developed in the **British Isles**. The modern game was started in England in the mid 1800's and the first formal field hockey club the '**Blackheath Football and Hockey Club**' was formed in **1861**.

Field hockey was introduced at the Olympic Games as a men's competition ***at the 1908 Games in London***, with six teams, four from the United Kingdom of Great Britain and Ireland and other two were France and Germany.



# Dhyan Chand

The highest international goals scorer in classic field hockey is major **Dhyan Chand of British India**, he scored 570 goals in 185 international matches.



He was known for his extraordinary ball control and goal-scoring feats, in addition to earning **three Olympic gold medals**, in 1928, 1932 and 1936, during an era where India dominated field hockey. His influence extended beyond these victories, as India won the field hockey event in **seven out of eight Olympics** from 1928 to 1964.

# Rules of field hockey

- You may only use the flat side of your stick.
- You must be properly attired – shin guards, mouth guards, no jewelry, etc.
- 10 field players plus a goalie play at one time.
- The field hockey game lasts for two 30 minute halves.



**Ice Hockey Rules and Regulations**

# Judo



柔道  
JUDO

Judo is a martial art and combat sport of Japanese origin. The sport was founded by Jigoro Kano in 1882. It consists of throwing techniques, ground control, chokes and arm locks. The place where judo is practiced is called the dojo.



# Description 1



How is judo practiced?

Judo is about dominating the opponent, which is done through ground techniques. The objective is to immobilise the opponent lying down with both shoulders stuck to the ground. In addition, strangulation can be used to force the opponent to give up.





More than a sport,  
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JUDO IS A JAPANESE  
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JUDO) WAS ALREADY  
AT ITS CREATION,  
ANNOUNCING  
BEAUTIFUL  
PROMISES.

## moral aspect of judo



It is important to  
understand that in judo,  
moral values are much  
more important than  
technique. Without  
respect and mutual  
trust, judo could not  
exist. Each practitioner  
must have confidence in  
his partner, because it is  
him who carries out the  
projection which  
involves his fall on the  
tatami. A badly  
executed technique, a  
badly controlled fall and  
the risk of injury is  
increased. You didn't  
come to a dojo for that!

# Description 3

The best French judo player is Teddy Riner. He was born on 7 April 1989 in Pointe-à-Pitre, Guadeloupe, is a French judoka in the over 100 kg (heavyweight) category, holder of a record of ten world championship titles, Olympic champion in London in 2012, in Rio de Janeiro in 2016 and then in mixed teams in Tokyo 2020, bronze medallist in Beijing in 2008 and in Tokyo in 2021, and five-time European champion. He was appointed UNICEF Goodwill Ambassador in 20184.



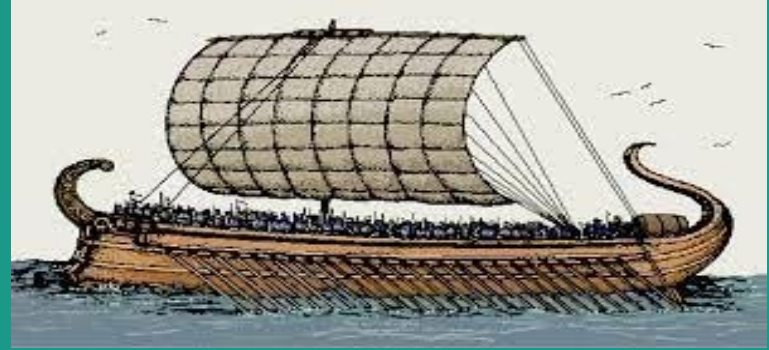
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# ROWING



# History

Rowing, sometimes called crew in the United States, is the sport of racing boats using oars. It differs from paddling sports in that rowing oars are attached to the boat using oarlocks, while paddles are not connected to the boat. Rowing is divided into two disciplines: sculling and sweep rowing.



Rowing was first used as a means of transport in ancient Egypt, Greece and Rome. As a sport, it probably began in England in the 17th and early 18th centuries, with the Oxford-Cambridge university boat race, which was inaugurated in 1828.



# Cambridge VS Oxford

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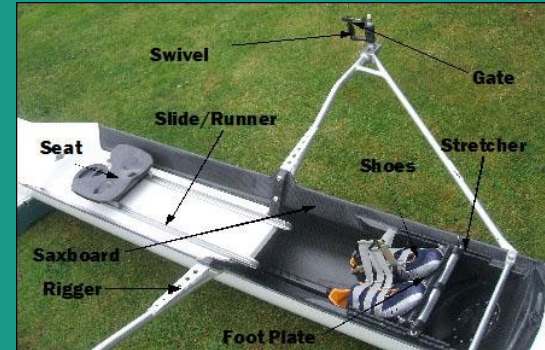
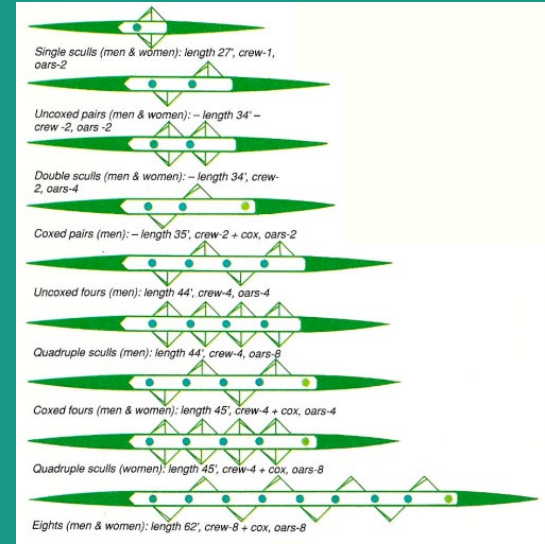
The Boat Race is an annual set of rowing races between the Cambridge University Boat Club and the Oxford University Boat Club, traditionally rowed between open-weight eights on the River Thames in London, England. There are separate men's and women's races, as well as races for reserve crews.





# Composition

As a sport, it involves one of two kinds of boat: the shell, a narrow, light racing boat propelled by eight rowers pulling single oars under the direction of a coxswain; and the scull, a racing shell propelled by one or two rowers using sculls (pairs of oars).



rugby



# The aim of the sport

The aim of the sport is to arrive in the goal zone and make a try with your teammates and have fun.

## History:

Rugby was officially born in 1823, on the famous initiative of Webb Ellis, a student at the rugby college. In the years that followed, the game spread. In 1870, in London, the game was codified and standardized. Rugby appeared for the first time at the Olympic Games in Paris in 1900.

# The team:

Rugby is a sport with 2 team with 15 persons per team .  
Or in ruby 7 the teams have 7 players for team.



# The rules :

- 1/The ball must be pitched backwards to your teammates.
- 2/There isn't blocking to assist your runner.
- 3/When you are tackled you have one second to let go of the ball and purposely "fumble" the ball.



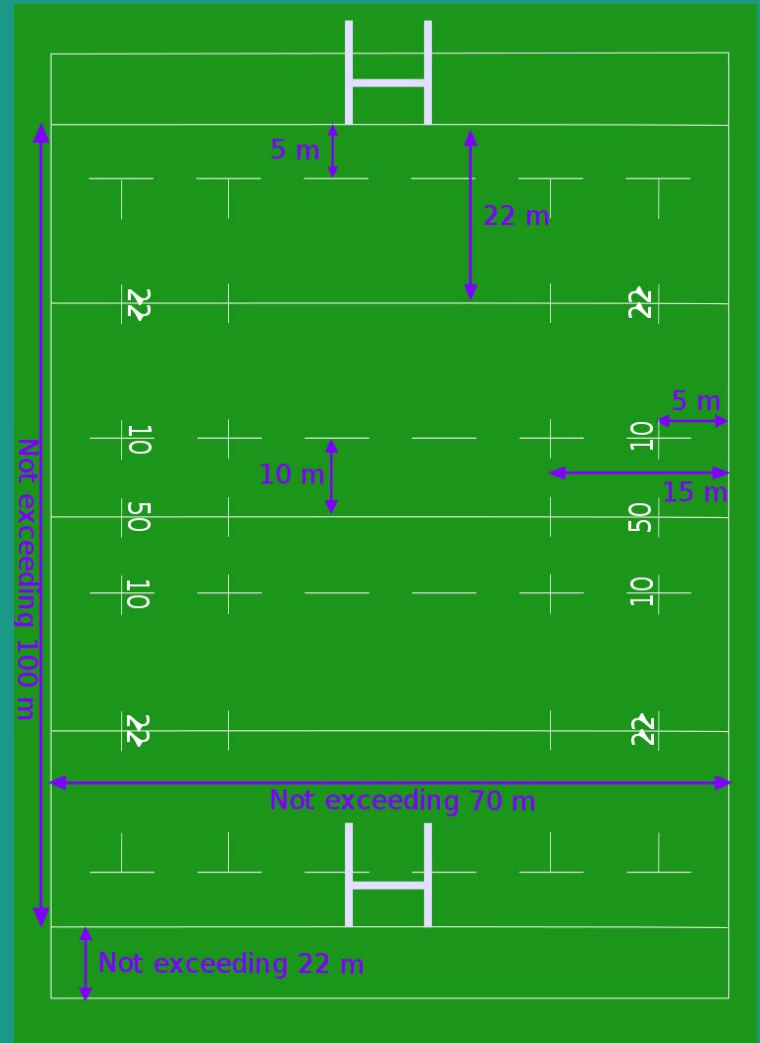
# The times:

40 min in the first part and 40 in the second part .

# The dimensions:

## What means a try? :

When you put the ball behind their post .  
It makes it 5 points after you can make 2 other point if you kick the ball and pass between their posts.







*Sailing*



## Rules

Each event consists of an opening series of ten rounds (15 for the 49er) from which each boat can exclude a score. The ten boats with the fewest number of points at the end of the opening series qualify for the Medal Race.



## History

This sport was introduced in England by King Charles II in the middle of the 17th century, after his exile in Holland. It made its appearance in Olympic Games in 1900 before appearing officially in all competitions from 1908.



# SHOOTING



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## What is shooting ?

Shooting is the art of using ranged weapons, mainly small arms (firearms and airguns, in forms such as handguns, rifles and shotguns) and bows/crossbows.

Shooting sports is also a group of competitive and recreational sporting activities that involves proficiency tests of accuracy, precision and speed in shooting.



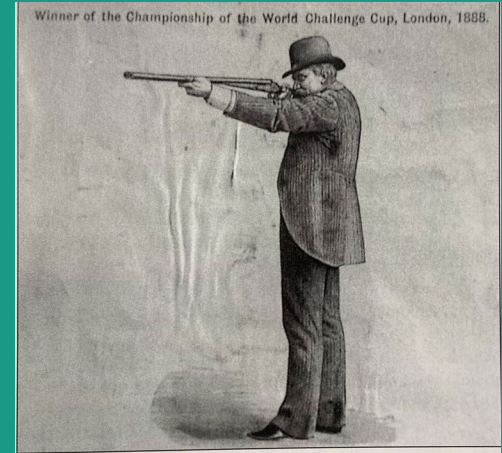


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## History

Shooting as a sport has been practised for hundreds of years in European countries, with some German shooting clubs dating back more than 500 years.

The popularity of the sport grew in English-speaking countries with the formation of the National Rifle Association in 1859, which originally met in Wimbledon, London, and the National Rifle Association (USA) in 1871.



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## Types of guns



Olympic shooting features three types of guns: rifle, pistol and shotgun. In rifle and pistol events, athletes shoot at stationary targets at indoor shooting ranges. Shotgun is held outdoors where shooters have to aim at targets hurled in the air.

All shooting is done from a prescribed distance: 10m, 25m, 50m, with athletes aiming for a bullseye on a paper target or flying 'clays' in the shotgun.

**The rifle** is single-loaded in 5.6-millimetre calibre, which is used across all events.

**The pistol** used in the 10m Air Pistol event is a single-loaded pistol in 4.5-millimetre calibre.

**The shotgun** is a 12 gauge having a calibre of 18.5-millimetres. The gauge is a unit of measurement for firearms.



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# Table tennis



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# WHAT IS IT ?

Table tennis is a game played inside by two or four people. The players stand at each end of a table which has a low net across the middle and hit a small light ball over the net, using small bats.



# THE RULES

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- 1.No Hands On The Table**→ you should never touch the table with your hands. If you do so, you will lose a point.
- 2.When Serving, The Ball Must Be Thrown 15mm** → that you must throw it at least 15mm into the air from the flat palm of your hand before it is being hit.
- 3.If The Ball Hits The Net On Service, You Should Serve Again** → There is no actual limit to how many “nets” a player can have on first serve, but the general rule sticks to three in total.
- 4. The Ball Must Be Held In A Flat Palm Above The Table** → When preparing to serve, you need to hold the ball flat in the palm of your hand and above the table.



# ORIGINS OF TABLE TENNIS

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It was in England, in the late 19th century, that table tennis made its appearance. Taking inspiration from lawn tennis, the first players belonged to middle-class Victorian society. The first game would have been played using a champagne cork as a ball, cigar boxes as bats and books for the net.



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# Taekwondo



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# What is taekwondo?

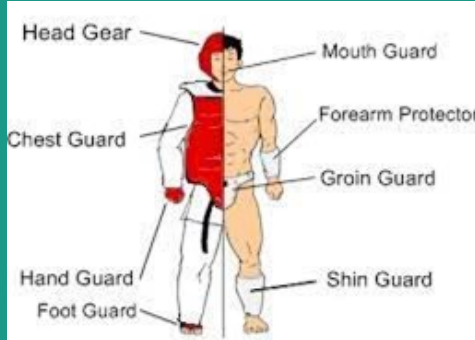
Taekwondo is one of the most systematic Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of encourage our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.



Taekwondo can be characterized by: the unity of body, mind, and life, and the unity of the pose



# Taekwondo rules



Principles: The aim is to score the highest number of points. Punches to the head and kicks below the belt are strictly forbidden. Only punches to the chest and kicks to the chest and helmet are valid.

The official progression of grades of TAEKWONDO "Children" proposed by the French Federation of TAEKWONDO and associated disciplines is based on 15 "Keup" differentiated by 8 colours of belts: white, yellow, orange, green, violet, blue, red and black.



Taekwondo matches are contested over 3 x 2 minute rounds with a rest of 1 minute between rounds. Each fighter attempts to knockout their opponent or score points

Rank	Belt Color
12 <sup>th</sup> Geup	White belt
11 <sup>th</sup> Geup	Yellow belt
10 <sup>th</sup> Geup	Orange belt
9 <sup>th</sup> Geup	Green belt
8 <sup>th</sup> Geup	Purple belt
7 <sup>th</sup> Geup	Blue belt
6 <sup>th</sup> Geup	Blue Sr.
5 <sup>th</sup> Geup	Brown belt
4 <sup>th</sup> Geup	Brown Sr.
3 <sup>rd</sup> Geup	Red belt
2 <sup>nd</sup> Geup	Jr. Black
1 <sup>st</sup> Geup	Black belt

# Champion

The 19-year-old French taekwondoist won the Paris Grand Prix, a qualifier for Paris 2024, knocking out Tunisian Olympic runner-up Mohamed Khalil Jendoubi.



Who is the Grandmaster of Taekwondo?

Lee Moon Ho, born on May 16, 1946 in Seoul, is a Grand Master of taekwondo with the rank of 9th dan. A world-renowned expert, he has an exceptional record of achievement and was, among other things, coach of the Korean team and then coach of the French team



Anastasija Zolotic, the youngest Olympic taekwondo champion in Tokyo. Seven of the eight Olympic taekwondo champions won their first ever Olympic gold medal at the Tokyo Games.



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# TENNIS





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# Description



Tennis made its first appearance at the first Olympic Games in Athens in 1896. Until 1924, the Olympic titles were basically dominated by the British, French and Americans. In Amsterdam-1928, tennis was not part of the Olympic programme and only returned in Seoul-1988.

**Tennis** is a racket sport that is played either individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court. The object of the game is to manoeuvre the ball in such a way that the opponent is not able to play a valid return. The player who is unable to return the ball validly will not gain a point, while the opposite player will.

Tennis is an Olympic sport and is played at all levels of society and at all ages.

The original forms of tennis developed in France during the late Middle Ages. The modern form of tennis originated in Birmingham, England, in the late 19th century as **lawn tennis**

# THE ORIGINS

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## Who invented tennis?

The ancestor of tennis was invented in the Middle Ages by French monks who were looking for a little exercise in their cloister. The sport was called jeu de paume, and it became so popular in France that even kings played it. Two or four players send the ball over a net. Exchanges are made first with the hand, then with a leather glove, and finally with a bat that will give the racket.



**Tennis made its Olympic return as a demonstration sport in 1968 and 1984 and has been part of the Olympic program since the Games of the XXIV Olympiad in Seoul in 1988.**

# FAMOUS PLAYERS

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**Serena Williams.** Arguably the all-time GOAT, Serena Williams currently holds 23 grand slam titles, second only to the great Margaret Court. Serena has shone both on the singles and doubles court, winning 14 grand slam doubles titles



## **Carlos Alcaraz**

Carlos Alcaraz is a Spanish professional tennis player, as of 31 January 2023 is ranked second in the ATP rankings and is the reigning US Open Champion.<sup>3</sup>

As a junior he won two ITF World Tennis Tour Juniors tournaments and reached number twenty-two in the ranking. After turning professional in 2018, he won three ITF World Tennis Tour tournaments



## **Rafael Nadal**

**Rafael Nadal Parera** is a Spanish professional tennis player who is ranked sixth in the ATP rankings. He is considered to be the greatest tennis player in history on clay courts and one of the greatest of all time.

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# Triathlon





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# History

The “modern” triathlon was created in 1970 by an athletic club of San Diego. The first triathlon was 8.5 km of race after 8 km of bike and finally 500 m swimming.

The first world championship was in 1989, in France. The triathlon is in sports of Olympics Games since 2000 and its will account 167 national federations. The IRONMAN was the first major competition of its kind. The first IRONMAN TRIATHLON was held in 1978 Honolulu, Hawaii until 1980



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# What is it?

Triathlon is an individual sport that involves 3 sports disciplines, swimming, cycling and running. The objective of a triathlon event is to complete all three components (swimming, biking, and running) in sequence over a determined distance in as little time as possible.



# How to play? The rules

The first rule is that the competitors must have their helmet on and strapped before mounting your bike.

Competitors must have their race number pinned on and visible and their numbers on their bike and helmet.

Competitors must not follow the biker in front of them too closely. They must be at least two bike lengths behind them. Because they can fall

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# Famous winners !



This 3 French men won the 2022 world cup.



Kristian Blummenfelt who won the 2021 world cup.



Flora Duffy won the 2021 Olympics Games and a lot of others awards



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# History

- Volleyball was created, in USA, by a PE teacher called William Morgan in 1895.
- He devised a game that was not as competitive as basketball, nor needed as much material and spaciousness as tennis, but simultaneously required some physical effort and many moves.



William Morgan (1870-1942)



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# The rules



1. Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
1. Players may not hit the ball twice in succession.
1. It is legal to contact the ball with any part of a player's body.
1. Players may not hit the ball twice in succession.



# — Famous players



Benjamin Toniutti  
captain of the french team



João Fidalgo  
Player of the Portuguese team



# BEACH VOLLEYBALL

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# HISTORY

- Beach volleyball most likely originated in 1915 on Waikiki beach in Hawaii, at the outrigger canoe club.
- According to a 1978 interview of an outrigger canoe club member, George David center put a net up there, and the first recorded game of beach volleyball took place.



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# GAME PURPOSE:



- Maximum 3 contacts by team
- Team change sides every 7 points
- Two players in a team
- No player can hit the ball twice
- The net is off limit



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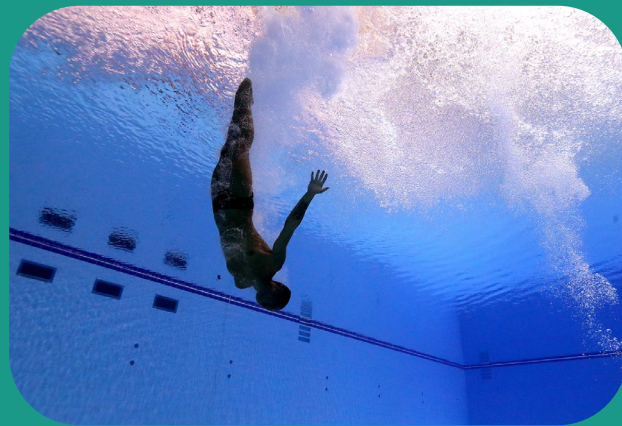
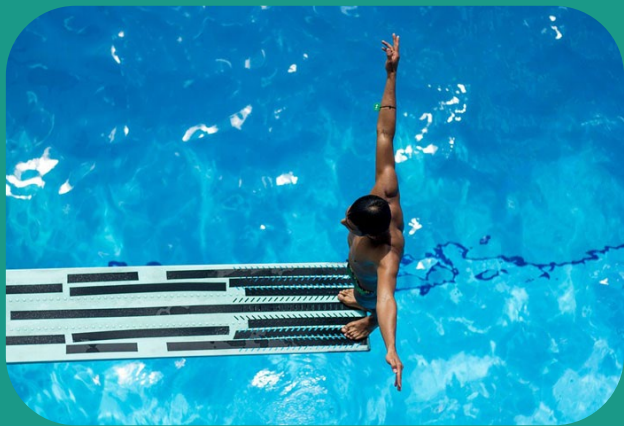
# HOW DID BEACH VOLLEY BECAME AN OLYMPIC GAME?

- At the Olympics, beach volleyball was a demonstration sport at Barcelona 1992 and made its official Summer Olympic debut as a discipline in the men's and women's category in the subsequent edition at Atlanta 1996.



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# Diving



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# Introduction

->Plunging into water

->The aim: to score more points in a series of dives; after a series of dives, the person (or pair of divers if a pairs competition) with the most points are winners.

## Success criterias

- Movements' aesthetic,
- The complexity of the dive,
- How well the diver enters the water,
- Pair: match each other's movements.



## Paris 2024's diving events

- 3m springboard (women's / men's)
- 10m platform (women's / men's)
- Synchronized 3m springboard (women's / men's)
- Synchronized 10m platform (women's / men's)

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# History

->Diving originated in Europe early in the **19th century** as a diversion of gymnasts and as a **competitive sport** in the late 19th century

->It became a part of the **swimming program** of the Olympic Games in **1904** and developed rapidly through the first half of the **20th century**.

->In **1912**, **women's events** were contested for the first time

->The **synchronised** competition was added in **2000** at the Sydney Olympic Games.



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# Champions



- Guo Jingjing



4

2



- Klaus Dibiasi



3

2



- Mady Moreau



1



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# Swimming



# Introduction

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Swimming dates back to prehistoric times, but it was not until the 19<sup>th</sup> century that it became a competitive sport. The National Swimming Society of Great Britain was born in the early 1800s and began holding the first competitions. Most swimmers used the breaststroke, or a form of it.

A wider variety of strokes were later added to the competitions and now feature at the Olympic Games.

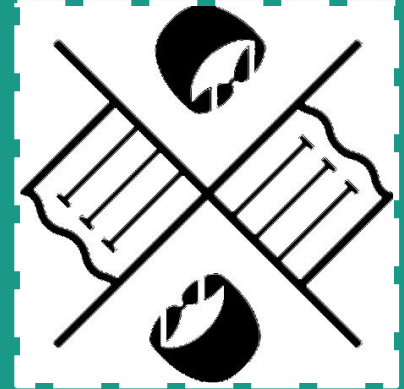


## Swimming in the Olympic games

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The swimming events will take place from 27 July to 2 August 2024, at the Olympic Aquatic Centre currently under construction, which is located in Saint-Denis.

During the Olympic Games, swimming events take place in a 50 m long pool. The four styles of Olympic swimming events are breaststroke, butterfly, backstroke and freestyle.



## Federica Pellegrini

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Federica Pellegrini, called “the divine”, is the greatest Italian swimmer of all time. She is specialised in freestyle swimming and for this activity in a worldwide she is at the first place in 200m and also in Europe for 400m.

She is 34 years old and nowadays Federica doesn't competes anymore as she retired in 2021 to devote herself to other projects.



## Laure Manaudou

Laure Manaudou is a French four-swimmer (breaststroke, butterfly, freestyle, backstroke) who has achieved international results in the following competitive distances: 50m, 100m, 200m, 400m, 800m and 1500m. She won her Olympic gold medal in 2004 in Athens in a 400m time of 4m 5s 34. She also won a silver medal (800m freestyle) and a bronze medal (100m backstroke), also in Athens in 2004.





# Artistic swimming





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# History

The beginning of artistic performances in the water dates back to the year 1892 in England, where this was then called Artistic Swimming or Aquatic Ballet.



# What is it?



Artistic swimming is a very physical sport that takes place in water.

It is a mixture of dance and swimming.

There is music and the people in the water must follow a choreography at the same time.

To do artistic swimming you must have a lot of apnea and be very concentrated.

It's very complicated sport.

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# Olympic Games

Has been present at the Olympic Games since 1984



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# WEIGHTLIFTING

# WEIGHTLIFTING :



*the photo represents Pyrros Dimas, Pýrros*

*Dimas was born in Albania of Albanian  
parents and naturalized Greek in 1992.*

*After his world championship titles in 1993*

*and 1995, he is the favorite for the gold medal in under 83 kg at the Atlanta Games in 1996.*

*He lived up to expectations by beating two world records (snatch and total lift) and winning the gold medal.*



# *History*



*Considered a means of measuring strength and power, weightlifting was already practiced by ancient societies in Egypt and Greece. It developed as an international sport mainly in the 19th century and was one of the few sports to feature on the program of the Athens 1896 Games.*



In the snatch, lifters must lift the bar above their head with their arms straight in one motion. In the clean and jerk, they should raise the bar to their shoulders, straighten up, then throw the bar arm-high above their head.



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# R U L E

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