

中央民族大学“统筹支持一流大学一流学科建设过渡性经费”资助

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北京高等学校“青年英才计划”资助(项目号: YETP1296)

# 当代实用体育英语

Contemporary Practical Sports English

李学东 吴非 徐杰 苏日塔拉图 / 主编



中央民族大学出版社  
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## 总 序

近年来中央民族大学体育学院的同行们积极致力于教学科研工作，撰写发表了大量相关的科研论文与论著，主持或参与了民族传统体育与体质等方向的课题研究，并取得了较为丰富的成果。

中央民族大学体育学院“985工程”资助项目系列成果，总体以体育学与民族学为研究基本视角。发挥交叉学科科研方法的多缘优势，以提升相关问题研究的科学性与使用价值。

教材类书籍吸收国内外成熟的理论观点，结合中央民族大学多年来的体育教学实际，编写与我校体育教学培养方案与教学大纲相匹配的教材内容。在理论指导的基础上，提出切实可行的教学方案和评价体系，突出教材在教学过程中的规范与可操作性。

科研论著我们力求一改以往同类课题以宏观阐述为主的模式，深入到影响少数民族学生身心的具体环节，得出相关结论，最终依据论证结果设计出最佳解决方案。使民族体育研究具备严谨科学的理论依据，避免以往该类型课题论证与实践过程的粗放与随意。

教学科研成果大多运用了体育学中运动生理学和运动心理学等学科原理，通过测试、数据采集等方式，论证少数民族各群体的健康现状。将民族学人文研究模式与体育学生物性研究模式有机结合，拓宽了民族体育与民族体质研究的渠道。

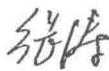
在民族体育的田野挖掘调研阶段，以民族志“深描”理论为依据。在民族体育的质性研究中，将研究者的现场观察与体验真实地表达，同时把一切能够表达独特关系的情节和文化背景以及民族体育的形式与结构，深入而细致地描述出来。而民族传统体育健身功效价值的研究与应用，从感性认识逐步上升为理性的学理实证研究，为民族传统体育的应用实践提供理论依据。

常规体育项目的健身功效已经被证实，并为人们所接受。而民族体育的健身功效，现阶段多为感性介入层面，缺乏体育学学理的实证数理支撑。而少数民族体育作为他者被人们特别是被体育界所接受，需要在体育学与民族

学等学科中形成共同的语言系统，从而在学科的概念上展开沟通，并按照通行的规范来展开对话。在此前提下，民族传统体育与体质的研究与应用，通过体育学科中的运动生理学和运动心理学等理论，展开实证研究产生比对数据，得出学界认可的论证结果，形成民族体育和少数民族体质健康研究的崭新模式。

希望今后体育学院的科研工作和做学问的态度，犹如鲁迅先生所说“有真义，去粉饰，少做作，勿卖弄”，质朴而深入。我们也在试图通过以“广开言路，平权交流”、“多元共生，包容互利”为主旨的读书交流和科研讲座等活动，搭建营造体育学院畅所欲言的科研氛围和政治环境。逐步引导我们的学生和老师以平民立场、专家深度、环球视野看待、讨论社会问题和学术问题，最终形成体育学院“提升人文素养，弘扬体育精神”的独特的人文气象。

中央民族大学体育学院院长  
2013年9月27日



# 前 言

随着中国的发展和对外交流的日益频繁，中外各界人士交流越来越多，体育也逐渐跨越了国界的限制，走向了国际化。姚明、李娜、丁俊晖等成为中国体育明星，梅西、C 罗、科比、杜兰特、詹姆斯、费德勒、德约科维奇、纳达尔、锦织圭、波尔、伍兹等国际体育偶像也是家喻户晓。这些明星的存在，也让他们所从事的竞技运动项目更加富有魅力。因为这些体育项目具有高度的国际流行性，学习与之相关的英语也显得更为重要。为满足大学生和广大体育爱好者对体育英语的需求，编者编写了这本英汉对照版《当代实用体育英语》。

本书共九个单元，分别为足球、篮球、排球、网球、乒乓球、羽毛球、游泳、田径和奥运会。大多数项目在大学生中非常流行。奥运会是最具影响力的体育盛会，用一单元单独介绍。本教材首先以中英文对照的形式对这些体育项目的起源、历史进行深入阐述，帮助我们更好地了解各项目产生以及普及和流行的原因，更好地理解这些体育项目。其次，本教材详细介绍了各体育项目的规则，了解规则才能够更好地欣赏体育比赛，对我们参与比赛也有很大帮助。另外，每一单元列出了常见的专业词汇和术语。体育英语相对比较专业，有些词汇和术语的英语表达方式对很多大学生和体育爱好者比较陌生，这部分的设置有助于大家更好地掌握体育英语。最后一部分给大家提供阅读资料，和本单元内容紧密相关，涉及该运动的一些历史或者体育明星的一些故事，希望各位读者能够喜欢这些故事，喜欢上这项运动，喜欢体育英语。

本书在编写过程中参阅了一些其他相关书籍，借鉴了一些英文文章，引用了一些网络资料，得到了很多人的大力支持，在此谨致诚挚的感谢。

本教材适用于体育专业的学生以及一般体育爱好者，体育英语涉及内容广泛，作者水平有限，有疏漏和不当之处在所难免，敬请各位批评指正。

编 者

2014 年 11 月

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# Unit 1 Football 足球

## 1. General Introduction 简介

Football has different names in the English speaking world. When it first appeared in Britain in nineteenth Century, it also can index different forms of sports, such as rugby football. In order to distinguish, the term of “association football” was used to refer to football with the rules set by the England Football Association (The Football Association). Then the British produced the word “soccer” by shorten “association”. Now in most English speaking countries and regions, the football is called “football”; while in North America, “football” is used to refer to the local mainstream football (American football), and the American English call association football “soccer”.

足球在英语世界中有不同名称。英式足球于 19 世纪的英国出现时, football 一词还可以指数种形式相异的运动, 例如橄榄球 (rugby football) 等。为了区别, 便将这种由英格兰足球总会 (The Football Association) 订立规则的英式足球, 称为 association football。其后英国人将 association 缩短, 造出新词 soccer。现在大部分英语国家和地区, 将足球称为 football; 而在北美洲, football 用来指当地主流的美式足球 (American football), 因此美式英语称英式足球为 soccer。

Football now is played by 250 million players of all ages, skill levels and genders in over 200 countries, making it the world's most popular sport with around 3 billion fans-nearly half the world's.

今天, 足球已经成为世界上最受欢迎的运动。全世界有大约二百多个国家的两亿五千万人在踢足球, 这些男男女女的足球爱好者跨越不同的年龄段, 技术水平也高低不一。这项运动拥有大约 30 亿的粉丝, 大约是世界总人口数的一半!



Football is a sport played between two teams of eleven players with a spherical ball. The game is played on a rectangular field with a goal at each end. The object of the game is to score by getting the ball into the opposing goal, and each ball into the goal can get a point. The goalkeepers are the only players allowed to touch the ball with their hands or arms while it is in play and then only in their penalty area. Outfield players mostly use their feet to strike or pass the ball, but may use their head or torso to strike the ball instead. The game lasted for two equal halves, each half of the game is 45 minutes, a total of 90 minutes. The team that scores the most goals by the end of the match wins. If the score is level at the end of the game, either a draw is declared or the game goes into extra time and/or a penalty shootout depending on the format of the competition.

标准的足球比赛由两队各派 11 名队员参与。比赛在长方形的草地球场上进行，场地两端各有一个球门。两队球员互相对抗、互相进攻，比赛目的是尽量将足球射入对方的球门内，每射入一球就可以得到一分。足球比赛中除了守门员可以在己方禁区内利用手部接触足球外，球场上每名球员除了可以利用脚踢或传球，还可以使用他们的头或躯干击球。比赛持续时间为两个等长的半场，每半场为 45 分钟，共 90 分钟。当比赛完毕后，得分最多的一队则代表胜出。如果在比赛规定时间内得分相同，则可以宣布平局或进入加时赛，也可以进行点球大战，须看比赛章程而定。

## 2. History and culture 历史和文化

### 2.1 Ancient football 古代足球

The earliest competitive game to involve kicking a ball (rather than handling it): as Cuju, which emerged in China during the Warring States period. Players were tasked with kicking a ball into a net affixed to bamboo poles, using only their feet, chest, back or shoulders. As early as 2300 years ago, Cuju had already been born, and was popular in Linzi China (Zibo City Linzi District, Shandong Province today). The earliest credible written records of the sport is the “Warring States” and “Historical Records”. It was recorded due to its dual nature of the military and recreational activities. Cuju subsequently improved slowly. During Sui and Tang dynas-

ties, it was spread to Japan, together with Buddhism. The word “cuqui” is still visible in Japanese and Korean today, which is subject to Chinese influence. In early 2004, FIFA confirmed that the ancient Chinese Cuju was the first prototype of football. The Asian Football Confederation Secretary General Villepin issued a certificate of origin and the Memorial Cup.

最早的古代足球是出现于中国战国时代的蹴鞠，参赛者的任务是把球踢进一张网内，网用竹竿固定。参赛者只能用他们的脚、胸部、背部或肩部控制球。早在 2300 多年前，蹴鞠就已诞生，而且流行于中国临淄（今山东省淄博市临淄区）。最早确切可信的文字记载这项运动者，当属《战国策》和《史记》，当时它以具有军事性和娱乐性双重性质的活动而被记录下来。其后经过改良令蹴鞠慢慢普及，到了隋唐时代，蹴鞠和佛教一起传到了日本，今日日语及韩文中仍可见称足球为“蹴球”的用法，这便是受到中国的影响。2004 年年初，国际足联确认，古代中国的蹴鞠是足球运动的最早雏形，亚洲足联秘书长维拉潘颁发了起源纪念杯和证书。

Two of the earliest recorded football-type games from Europe include Episkyros from Ancient Greece and the Roman version Harpastum, the antecedent of all modern football codes, involved more handling the ball than kicking.

来自欧洲的最早有记载的足球类游戏包括古希腊的 Episkyros 和罗马的 Harpastum。它们是现代足球的前身，涉及更多的是控球技巧而不是踢球。

## 2.2 Modern football 现代足球

The modern rules of association football are based on the mid-19th century efforts to standardize the widely varying forms of football played in the public schools of England. The Cambridge Rules, first drawn up at Cambridge University in 1848, were particularly influential in the development of subsequent codes, including association football. The Cambridge Rules were written at Trinity College, Cambridge, at a meeting attended by representatives from Eton, Harrow, Rugby, Winchester and Shrewsbury schools. They were not universally adopted. During the 1850s, many clubs unconnected to schools or universities were formed throughout the English-speaking world, to play various forms of football. Some came up with their own distinct codes of rules, most notably the Sheffield Football Club, formed by former public school pupils in 1857, which led to formation of a Sheffield FA in 1867. In 1862, John Charles Thring of Uppingham School also devised an influential set of

rules.

19 世纪中叶英国公立学校开始努力规范不同形式的足球，在此基础上制定了现代足球的规则。最先制定于 1848 年的剑桥大学的剑桥规则，对于随后发展起来的包括足球协会在内的规则具有极其特别的影响。剑桥规则是在剑桥三一学院制定出来的，当时举行了一次会议，出席者包括来自伊顿、哈罗公学、温彻斯特和什鲁斯伯里学校的橄榄球代表。但是他们并没有被全部吸纳进来。到 19 世纪 50 年代，在整个英语国家成立了许多跟学校无关的俱乐部，他们对足球的玩法各不相同。某些俱乐部提出来自己独特的规则，最引人注目的是谢菲尔德足球俱乐部，由前公立学校以往的学生在 1857 年成立，1867 年谢菲尔德足球协会成立。1862 年，约翰·查尔斯的阿宾汉姆学校也设计了一套有影响力的规则。

These ongoing efforts contributed to the formation of The Football Association (The FA) in 1863, which first met on the morning of 26 October 1863 at the Freemasons' Tavern in Great Queen Street, London. The only school to be represented on this occasion was Charterhouse. The Freemason's Tavern was the setting for five more meetings between October and December, which eventually produced the first comprehensive set of rules. At the final meeting, the first FA treasurer, the representative from Blackheath, withdrew his club from the FA over the removal of two draft rules at the previous meeting: the first allowed for running with the ball in hand; the second for obstructing such a run by hacking (kicking an opponent in the shins), tripping and holding. Other English rugby clubs followed this lead and did not join the FA and instead in 1871 formed the Rugby Football Union. The eleven remaining clubs, under the charge of Ebenezer Cobb Morley, went on to ratify the original thirteen laws of the game.

这些持续的努力促成了足球协会的成立。1863 年 10 月 26 日上午在伦敦大皇后街酒馆召开了足协的第一次会议，加入足协的唯一的学校代表是 Charterhouse。十月至十二月在共济会酒馆又举行了五次会议，最终产生第一套全面的规则。在最后一次会议上，第一个俱乐部老板，来自布莱克西斯的代表，撤出了足协，因为足协取消了在以往的会议上起草的两条规则：第一条是允许用手带球奔跑；第二条是踢对手小腿，绊倒对手或抓住对手以妨碍其奔跑。其他的英式橄榄球俱乐部追随布莱克西斯没有加入足协，1871 年成立了橄榄球联盟。留下的 11 家俱乐部，在埃比尼泽科布莫雷的主持下，通过了原十三条比赛规则。

The world's oldest football competition is the FA Cup, which was founded by

C. W. Alcock and has been contested by English teams since 1872. The first official international football match also took place in 1872, between Scotland and England in Glasgow, again at the instigation of C. W. Alcock. England is also home to the world's first football league, which was founded in Birmingham in 1888 by Aston Villa director William McGregor. The original format contained 12 clubs from the Midlands and Northern England.

世界上最古老的足球比赛是足总杯，由 C. W. 阿尔科克创立，自 1872 年以来英国球队一直参加其比赛。第一个官方的国际足球比赛也发生在 1872 年，在格拉斯哥，苏格兰和英格兰之间进行了一场比赛，这次比赛也是 C. W. 阿尔科克组织的。英国还拥有世界上第一个足球联赛，于 1888 年成立于伯明翰，由阿斯顿维拉主任威廉·麦格雷戈成立，最早包括来自中部和英格兰北部的 12 支俱乐部。

The International Football Association Board (IFAB): as formed in 1886 after a meeting in Manchester of The Football Association, the Scottish Football Association, the Football Association of Wales, and the Irish Football Association. FIFA, the international football body, was formed in Paris in 1904 and declared that they would adhere to Laws of the Game of the Football Association. The growing popularity of the international game led to the admittance of FIFA representatives to the International Football Association Board in 1913. The board consists of four representatives from FIFA and one representative from each of the four British associations.

1886 年，足协、苏格兰足协、威尔士足协和爱尔兰足协在曼彻斯特成立了国际足球协会理事会（IFAB）。国际足联 FIFA 于 1904 年在巴黎成立，宣布他们将坚持足协制定的足球比赛规则。随着国际比赛的日益普及，1913 年国际足联代表获准进入国际足球协会理事会。由国际足联选派 4 个代表，再加上四个英国协会每个分别选派一位代表组成理事会成员组。

A group of visionary French football administrators, led in the 1920s by the innovative Jules Rimet, are credited with the original idea of bringing the world's strongest national football teams together to compete for the title of World Champions. The original gold trophy bore Jules Rimet's name and was contested three times in the 1930s, before the Second World War put a 12-year stop to the competition.

19 世纪 20 年代创新主义者雷米特领导了一群充满幻想的法国足球管理员，提出了将世界最强的国家队聚集到一起争夺世界足球冠军的想法。最初

的冠军金杯由雷米特·朱尔斯的名字命名，并在 19 世纪 30 年代举行了三次。“二战”之前，此赛事被停办了 12 年。

When it resumed, the FIFA World Cup rapidly advanced to its undisputed status as the greatest single sporting event of the modern world. Held since 1958 alternately in Europe and the Americas, the World Cup broke new ground with the Executive Committee's decision in May 1996 to select Korea and Japan as co-hosts for the 2002 edition.

当世界杯赛事再次举办时，FIFA 世界杯就迅猛地以其无可异议的地位成为当今世界最专业的单项体育赛事。自从 1958 年在欧洲和美洲交替举办后，1996 年 5 月，国际足联执行委员会选择韩国和日本作为 2002 年世界杯的联合东道主。

Since 1930, the 16 tournaments have seen only seven different winners. However, the FIFA World Cup has also been punctuated by dramatic upsets that have helped create footballing history-the United States defeating England in 1950, North Korea's defeat of Italy in 1966, Cameroon's emergence in the 1980s and their opening match defeat of the Argentinean cup-holders in 1990. . .

自从 1930 年以来，16 届世界杯的冠军得主只有 7 支国家队。但世界杯赛程中出现的一个又一个戏剧性奇迹也不断改写着世界杯的历史。1950 年，美国打败英格兰；1966 年，朝鲜战胜意大利；20 世纪 80 年代，喀麦隆的崛起更是开创了新的篇章。1990 年，喀麦隆在开幕战中打败世界冠军得主阿根廷队……

Today, football is played at a professional level all over the world. Millions of people regularly go to football stadiums to follow their favourite teams, while billions more watch the game on television or on the internet. A very large number of people also play football at an amateur level. According to a survey conducted by FIFA published in 2001, over 250 million people from more than 200 countries regularly play football. Football has the highest global television audience in sport.

今天，在世界各地都有专业足球比赛。数以百万计的人会定期去足球场支持自己喜爱的球队，还有数十亿人通过电视或互联网观看比赛。许多人也将踢足球当成一种业余活动。据 2001 年由国际足联进行的一项调查显示，来自 200 多个国家超过 2.5 亿的人经常踢足球。足球已经成为全球拥有最多电视观众的体育运动。

### 2.3 Women's association football 女子足球

Association football has been played by women since at least the time of the first recorded women's games in the late 19th century. It has traditionally been associated with charity games and physical exercise, particularly in the United Kingdom. This perception began to change in the 1970s with the breakthrough of organised women's association football. Association football is the most prominent team sport for women in several countries, and one of the few women's team sports with professional leagues.

第一次有文字记录的女子足球比赛发生在 19 世纪后期。女子足球历来与慈善比赛和体育锻炼相关，特别是在英国。到 19 世纪 70 年代，女子足球运动取得了一定的突破，开始出现有组织的比赛，从而使人们对女子足球的传统看法有了一些改变。在一些国家，足球运动是最重要的女子团队体育运动，也是为数不多的有职业联赛的女子体育运动之一。

The growth in women's football has seen major competitions being launched at both national and international level mirroring the male competitions. Women's football has faced many struggles. It had a "golden age" in the United Kingdom in the early 1920s when crowds reached 50,000 at some matches; this was stopped on 5 December 1921 when England's Football Association voted to ban the game from grounds used by its member clubs. The FA's ban was rescinded in December 1969 with UEFA voting to officially recognise women's football in 1971. The FIFA Women's World Cup was inaugurated in 1991 and has been held every four years since, while women's football has been an Olympic event since 1996.

正如男子足球各队之间的激烈竞争一样，随着女足运动的发展壮大，各球队在国内以及国际比赛中都展开了激烈的竞争。20 世纪早期，在英国女子足球达到了她的“黄金时代”。当时在一些比赛中，观众达到了 50000 人之多。这一盛况在 1921 年 12 月 5 日之后再没有出现过，因为英格兰足球协会投票决定，禁止使用其成员俱乐部的场地进行比赛。英足总的禁令在 1969 年 12 月被撤销，1971 年欧足联投票正式承认女子足球。1991 年，国际足联女子足球世界杯正式成立，每四年举办一次比赛，而女子足球自 1996 年以来一直是奥运会的比赛项目。

### 3. Laws of the game 比赛规则

There are 17 laws in the official Laws of the Game, each containing a collection of stipulation and guidelines. The same laws are designed to apply to all levels of football, although certain modifications for groups such as juniors, seniors, women and people with physical disabilities are permitted. The laws are often framed in broad terms, which allow flexibility in their application depending on the nature of the game. The Laws of the Game are published by FIFA, but are maintained by the International Football Association Board (IFAB).

足球比赛有 17 条比赛规则，每一条都集合了许多具体的条款和指导。虽然制定出的这些规则适用于所有级别的比赛，但可以根据参赛群体的不同（如青年、老人、妇女和身体残疾的人）对规则做适当的修改。规则中试用的术语比较宽泛，这样可以根据比赛的性质灵活调整规则。比赛规则由国际足联公布，由国际足球协会理事会维护。

#### 3.1 The field of the Play 比赛场地

The length of the pitch for international adult matches is in the range of 100—110 m (110—120 yd) and the width is in the range of 64—75 m (70—80 yd). Fields for non-international matches may be 90—120 m (100—130 yd) length and 45—90 m (50—100 yd) in width, provided that the pitch does not become square. In 2008, the IFAB initially approved a fixed size of 105 m (344 ft) long and 68 m (223 ft) wide as a standard pitch dimension for international matches however, this decision was later put on hold and was never actually implemented.

国际成人比赛场地的长度在 100 ~ 110 米（110 ~ 120 码）的范围，其宽度在 64 ~ 75 米（70 ~ 80 码）的范围内。非国际比赛的球场可以是 90 ~ 120 米（100 ~ 130 码）长和 45 ~ 90 米（50 ~ 100 码）宽，但球场不能是正方形。2008 年，IFAB 最初批准长 105 米（344 英尺），宽 68 米（223 英尺）为国际比赛的标准尺寸，然而这个决定后来被搁置，并没有真正落实。

The longer boundary lines are touchlines, while the shorter boundaries (on which the goals are placed) are goal lines. A rectangular goal is positioned at the middle of each goal line. The inner edges of the vertical goal posts must be 7.32 m

(8 yd) apart, and the lower edge of the horizontal crossbar supported by the goal posts must be 2.44 m (8 ft) above the ground. Nets are usually placed behind the goal, but are not required by the Laws.

较长的界线是边线，较短的界线（球门的位置）是球门线。在每条球门线的中间设置一个矩形的球门，垂直的球门柱的内侧边缘必须相距 7.32 米（8 码），而球门柱支撑的水平横梁下沿距离地面必须是 2.44 米（8 英尺）。球网通常是放在球门背后，但这一点并没有明文规定。

In front of the goal is the penalty area. This area is marked by the goal line, two lines starting on the goal line 16.5 m (18 yd) from the goalposts and extending 16.5 m (18 yd) into the pitch perpendicular to the goal line, and a line joining them. This area has a number of functions, the most prominent being to mark where the goalkeeper may handle the ball and where a penalty foul by a member of the defending team becomes punishable by a penalty kick. Other markings define the position of the ball or players at kick-offs, goal kicks, penalty kicks and corner kicks.

球门前是禁区。这一区域的标示线有球门线，从球门线垂直延伸出来的两条线（这两条线分别距靠近各自的球门立柱 16.5 米，即 18 码，长 16.5 米）以及一条连接它们的线。这个地区有许多功能，其中最突出的是标示门将处理球的区域以及防守队员犯规罚点球的区域。其他标记定义了开球、球踢、点球和角球时球员和球的位置。

## 3.2 The Ball 球

The ball is spherical with a circumference of between (68 and 70 centimetres), a weight in the range of 410 to 450 grams (14 to 16 oz), and a pressure of between 0.6 and 1.1 bars (8.5 and 15.6 psi) at sea level. In the past the ball was made up of leather panels sewn together, with a latex bladder for pressurization, but modern balls at all levels of the game are now synthetic.

球是球形的，周长 68 ~ 70 厘米，重量在 410 到 450 克（14 ~ 16 盎司）的范围内，在水平面上能承受压力 0.6 ~ 1.1 帕（8.5 ~ 15.6psi）。过去的球是由皮革块儿缝在一起的，里面有一个加压乳胶气囊，但现代各级比赛使用的球都是用合成材料做成的。



### 3.3 The Number of Players 球员人数

Each team consists of a maximum of eleven players (excluding substitutes), one of whom must be the goalkeeper. Competition rules may state a minimum number of players required to constitute a team, which is usually seven. Goalkeepers are the only players allowed to play the ball with their hands or arms, provided they do so within the penalty area in front of their own goal. Though there are a variety of positions in which the outfield (non-goalkeeper) players are strategically placed by a coach, these positions are not defined or required by the Laws.

每队最多有十一名球员（不包括替补），其中一位必须是守门员。竞赛规则可能规定组成一个球队的球员最小数目通常是七。守门员是唯一可以用手或手臂触球的球员，但他们只能在自己球门前的禁区内用手或手臂处理球。出于战术角度考虑，教练会在球场上各种不同的位置安排外场球员（非门将球员），但规则上并没有对这些位置做明确的规定。

A number of players may be replaced by substitutes during the course of the game. The maximum number of substitutions permitted in most competitive international and domestic league games is three, though the permitted number may vary in other competitions or in friendly matches. Common reasons for a substitution include injury, tiredness, ineffectiveness, a tactical switch, or time wasting at the end of a finely poised game. In standard adult matches, a player who has been substituted may not take further part in a match. IFAB recommends that “a match should not continue if there are fewer than seven players in either team”.

比赛过程中可以由替补队员换下场上的某些队员。在大多数国际比赛和国内联赛中，一场比赛最多允许有三次换人，但在其他一些比赛或友谊赛中允许换人的次数会有所变化。进行换人的常见原因包括外伤、疲劳、效率低下、战术改变或拖延时间。在标准的成人比赛中，某球员一旦被换下将不允许再参加剩余的比赛。国际足球协会理事会规定，“如果任何一队少于七名球员比赛不能继续”。

### 3.4 Equipments of players 队员装备

The basic equipment or kit players are required to wear includes a shirt, shorts, socks, footwear and adequate shin guards. Headgear is not a required piece