



Practical English for Olympic Games

实用奥运英语系列丛书

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奥林匹克

水上项目

Olympic Aquatic Games



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前言

北京申办 2008 年夏季奥运会的成功，鼓舞了全国人民，举国上下掀起了体育运动的热潮。随着 2008 年夏季奥运会的日益临近，越来越多的人开始关注奥运会，希望了解一些关于奥运会的知识。如奥运会何时起源、现在共设多少个比赛项目、每个项目的比赛规则如何、优秀选手有哪些等等，这些或多或少地都成为了人们关注的话题。而且，随着北京奥运会的成功申办，奥运英语也引起了人们的极大兴趣。

我们每一个公民都应应为北京奥运会的举办尽一份微薄的力量。因此，我们几名长期从事英语教学和体育教学的老师经过认真研讨，并查阅了大量的第一手资料，形成了这套丛书。该丛书涵盖了奥运会的绝大部分知识和比赛的项目，更包括了历届奥运会的纪录和著名的运动员。这些对关注奥运会及爱好英语的读者来说都是有一定的参考价值的。

这套丛书以奥运会为主线，以英汉对照的方式向读者介绍奥运会的知识和相关内容，具备一般英语知识的读者都可以看懂其中的绝大部分内容。相信，通过这些内容的阅读，您的英语水平和对奥运会知识的获取一定会有一个新的层面。

由于作者的水平所限，书中必定会有一些不尽人意之处，恳望读者批评指正。



编者的话

《奥林匹克水上项目》一书包含了奥运会中较普及且关注人数较多的水上运动项目，其中有水球、跳水、游泳和花样游泳 4 项。该书在编写中力求将体育运动专业和英语语言相结合，以专业运动英语表述为突破口，该书经体育专业人士和从事英语教学工作的人员共同努力，历经 2 年多的编写和修改而形成。

该书可以作为从事奥运工作的专业人员提高英语水平的阅读书籍，也可成为广大的奥运爱好者提高奥运知识和奥运英语水平的普及读物。

该书由宋淑华统稿，张晓峰、赵丹婷等同志参与了编写，并由姜培新同志审校，特邀我国前女子国家游泳队队员赵静同志参与了内容编写、结构重新编排和审校工作，并对结构和内容做出多处相应改动，力求达到准专业化，并征求其他体育专业人士的意见，而后定稿。

尽管如此，由于水平有限，其中的错误在所难免，殷切地期望广大读者提出宝贵的意见。

编 者

2003 年 9 月 于大连



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Chapter One Water Polo (水球)

1 History of Water Polo 水球的历史

Water polo was created in England during the 1860's and 1870's as an aquatic version of rugby football, because swimming was becoming a popular sport. And during the 20th century, the game has grown in popularity.

19 世纪 60 ~ 70 年代, 由于游泳成为一项流行的体育运动, 水球作为水上形式的橄榄球在英国首创。20 世纪, 这项比赛风行世界。

The sport was primarily played in rivers and lakes and was in stark contrast from today's game. The objective was to score by getting the ball to the other side and placing it on the deck with two hands. The goaltender on the deck is ready to dive to any opponent who is about to score.

起初, 该运动都是在河流湖泊中进行, 而且与今天的比赛规则完全不同。运动员只要把球带到赛场的另一端, 用双手把球放在池壁上就可以得分。站在池边的守门员随时准备跳向即将得分的对手。

Water polo quickly became a more brutal sport than rugby. There was no skilled passing or dribbling; it was a fight of the fittest. When rule changes were introduced in Scotland in the 1880s, the modern

game came to be, focusing more on skill than strength.

水球很快演变成比橄榄球还残忍的运动。这里没有技术性的运球和传球，有的只是一场优胜劣汰的战斗。19 世纪 80 年代，苏格兰引入了新的规则，重技巧而非力量的现代水球运动基本形成。

Goalposts were added in the sport; the games ball was a leather soccer ball rather than a rubber ball; player could only be tackled when holding the ball. The style changed from rugby to more soccer like. These rules were adopted in Great Britain around the late 1880's.

在比赛中增加了门柱，比赛用球由皮足球代替了原来的橡胶球，并不得侵犯无球运动员。整个比赛从橄榄球风格变得更像足球了。这些规则在 19 世纪 80 年代后期被整个英国所采纳。

Because American pools were small, the water polo players continued to play according to their rules even after learning the "new" English rules. The first American championships took place on January 28, 1890 in Providence where the Sydenham Swimming Club defeated the Boston Athletic Association, 2-1. By the turn of the century, the game was one of the more popular spectator sports in America.

由于美国的游泳池都很小，水球队运动员在学习英国“新式”规则后仍沿用自己的老规矩。美国第一届水球锦标赛于 1890 年 1 月 28 日在普罗维登斯（美国罗得岛州的首府）举行。塞登汉姆游泳俱乐部以 2 比 1 击败了波士顿运动联合会。在 20 世纪之交，水球成为美国最流行的观赏性体育运动之一。

Water polo spread to Hungary in 1889, Belgium in 1890, Austria and Germany in 1894 and France in 1895. The game was included in the Olympic Games of 1900 as an exhibition at the Paris Games. Only club teams participated and Great Britain defeated Belgium, 7-2, in the final game. A club from France took third place. Women make their debut in Sydney.

1889 年水球运动传到匈牙利, 1890 年传到比利时, 1894 年传到澳大利亚和德国, 1895 年传到法国。1900 年巴黎奥运会上水球被列为表演项目, 只有俱乐部球队参加, 决赛中英国 7 比 2 取胜比利时。来自法国的一个俱乐部球队取得了第 3 名。直到 2000 年悉尼奥运会才开始有女子水球项目。

At the St. Louis Games of 1904, the United States was the only country to participate. Germany showed an interest in entering, but declined after discovering that the American-style of water polo was to be played instead of the European or English-Scottish version of the game. In succeeding years, the British continued to dominate European and Olympic play, winning Olympic titles in 1908 in London, in Stockholm in 1912 and Antwerp in 1920.

1904 年圣路易斯奥运会上美国是惟一一支参赛的球队。德国曾表示要参加, 但是当知道比赛采用美国式规则而非欧洲或英国式规则时决定退出。接下来的几年, 英国继续在欧洲和奥运会比赛中取胜。并在 1908 年伦敦、1912 年斯德哥尔摩和 1920 年安特卫普 (比利时) 3 次夺得奥运会冠军。

In 1911, a decisive advance was made in the game when the

Federacion International de Natacion Amateur (FINA) made the English-Scottish rules obligatory for all member nations. It is fair to state that not until the 1920 VII Olympiad in Antwerp, when twelve nations competed, did the game really become popular and internationally represented. Even then, the Germans, Austrians and Hungarians were not permitted to participate due to their involvement in World War I. Beginning in 1928, first Germany and then Hungary began a reign of dominance over international water polo that lasted into the 1980s, when Yugoslavia, the United States, the USSR, Italy and Spain all fielded extremely competitive teams.

1911 年, 国际泳联 (FINA) 做出了具有决定性意义的决定: 规定英国式规则为国际通用标准水球准则。公正地讲, 直到 1920 年比利时安特卫普第 12 届奥林匹克运动会, 与会的 12 个国家进行水球比赛的才是真正流行于世并成为世界广泛接受的水球运动。1928 年开始到 20 世纪 80 年代, 先是德国, 接着是匈牙利在与南斯拉夫、美国、前苏联、意大利和西班牙的激烈竞争中在国际水球运动取得领先地位。

From the 1912 Olympics, the water polo ball was a leather soccer ball which absorbed water and became extremely heavy, slippery and lop-sided when wet. Following the 1936 Olympics in Berlin, James R. Smith (USA) developed a water polo ball made with a cotton bladder (later changed to nylon to improve performance), and a rubber fabric cover. The new ball was red, but by 1948, yellow was adopted for better visibility. Although the ball had a longer usable life and better handling qualities, allowing a faster, higher-scoring game with

increased spectator interest, it did not become an official Olympic ball until 1956.

从 1912 年奥运会开始, 比赛用水球采用一种灌了水的皮质足球, 因而非常沉, 沾水后又滑、又易向边侧下垂。接下来在 1936 年柏林奥运会上, 詹姆斯·R·史密斯(美国)发明了一种用棉制球胆橡皮作外壳的水球(后来为了表演球胆演变成尼龙质地)。这种新球是红色的, 但到了 1948 年, 为了看得更清楚又改为黄色。尽管这种球有了更长的使用寿命和较好的手感, 使得比赛速度更快, 得分更高, 更具观赏性。直到 1956 年才成为奥运会指定用球。

Women's water polo was played regularly in the United States until 1926, when the Nationals were won by the Los Angeles Athletic Club. After this time, the sport was considered too rough for women, and no Nationals were held for 35 years. The Ann Arbor Swim Club, coached by Rose Mary Dawson, was instrumental in reviving the sport. The U.S. Women's National Teams have been among the best in the world for the past twenty years and the thousands of women playing the sport in the United States today intend to help the U.S. stay there for many years to come.

女子水球直到 1926 年才在美国流行起来, 洛杉矶运动俱乐部取得了全国联赛的胜利。这之后, 大多数人认为水球运动太粗野不适合女性, 接下来的 35 年没再举办全国联赛。安·阿布尔游泳俱乐部的教练洛斯·M·达文逊对恢复该项目起到了推动作用。美国女子国家水球队是过去 20 年来世界上最优秀的球队。目前美国成千上万从事该运动的女性都梦想着能帮助美国在未来的日子里继续保持这样骄人的成绩。

2 Equipments and Requirements 器材和要求

The water polo pool is at least 1.8 metres (5 feet, 11 inches) deep; the goal is 3 metres (9 feet, 10 inches) high and the crossbar is at least 0.9 metres (2 feet, 11 inches) above the water. The goal is set by vertical posts, a crossbar and nets just like soccer and hockey goals.

水球比赛所用的水池其水深必须大于 1.8 米 (5.11 英尺), 球门高 3 米 (9.11 英尺), 且球门上梁至少高出水面 0.9 米 (2.11 英尺)。球门类似足球球门和曲棍球球门, 由立柱、横梁和球网组成。

Men play in a pool 30 meters (98 feet) long and 20 metres (65 feet) wide. For the women's game, the pool is somewhat smaller, 25 by 17 metres or 82 by 56 feet.

在男子比赛中, 水池长为 30 米 (98 英尺), 宽为 20 米 (65 英尺)。女子比赛则在稍小的水池中进行, 水池长为 25 米 (82 英尺), 宽为 17 米 (56 英尺)。

There are seven players per team, six swimmers and a goalkeeper. The host teamers wears white caps, the visiting teamers blue caps, and goalkeepers wear red caps with the number "1" in white or blue.

每个参赛队有 7 人, 6 个场上运动员和 1 个守门员。主队戴白帽, 客队戴蓝帽, 守门员则戴红帽, 其帽子上印有白色或蓝色的数字 "1"。

In the very beginning of the game, the ball is placed in the center of the pool, and both teams spurted for it from their own goallines.

The swimmers, head above the water, advance the ball between the arms by the waves created by their head. Other players cannot touch the ball with both hands except the goalkeeper.

比赛开始时,球在水池的中央,两队从各自的球门线开始冲刺传球和控球。游泳时头在水面以上,球在两臂之间倚靠运动员头部造成的波浪向前推进。除守门员之外,其他运动员不得双手触球。

Defensive players can only interfere with the opponent who is holding the ball. A "major" or "exclusion" foul is called after a serious infraction. "Major" fouls include kicking or hitting an opponent; deliberately splashing water in an opponent's face; misconduct or showing disrespect to the referee; and holding an opponent not holding the ball. A major foul results in either a 20-second penalty on the guilty player or a penalty shot. After being called for three major fouls, a player is disqualified and must be replaced in the pool.

防守运动员只有在对手持球时才能对其进行干扰。严重违例裁判员将判罚“严重犯规”或称“罚出”。“严重犯规”包括踢打对手、故意向对手脸上泼水、行为不当、对裁判员不恭和阻挡对方无球运动员等。严重犯规时犯规运动员将被罚到处罚区 20 秒。一名运动员被判罚 3 次严重犯规将被罚出场,但可由另一名运动员替补。

A penalty shot is awarded when a foul that prevents a probable goal occurs within the four-meter zone. Anyone but the goalkeeper can take the penalty shot, which is thrown from the four-meter line(13

feet, 1 inch) . About 85 percent of penalty shots score.

防守方在自己一侧 4 米线内为了阻止对方射门而犯规, 会被判罚球, 由进攻方在 1 米线 (13.1 英尺) 上罚球, 防守方只有守门员防守。85% 的罚球都会命中。

A game is divided into 4 quarters of 7 minutes. There are 2 -minute intermission after each quarter. If the game is tied, there are two overtime periods of 3 minutes. If still a tie, the teams continue to play 3-minute overtimes until there is a result.

比赛分为 4 节, 每节 7 分钟。每节比赛之间休息 2 分钟。如果规定时间内打成平局, 会有两个 3 分钟的加时赛, 如果还没分出胜负, 继续 3 分钟加时赛直到得出比赛结果。如果加时赛后比赛仍为平局, 则继续进行时间为 3 分钟的加时赛, 直至决出胜负。

3 Rules of Water Polo 水球比赛规则

WP 1 Field of play equipments

规则 1 场地和设备

WP 1.1 The promoting organization shall be responsible for the correct measurements and markings of the field of play and shall provide all stipulated fixtures and equipment.

比赛组织者要负起责任, 对球场做出正确的测量和标记, 还要提供所有规定的设备和仪器。

WP 1.2 The layout and markings of the field of play for a game officiated by two referees.

比赛场地的布局和标志要征得两位裁判的同意。

WP 1.3 In a game officiated by one referee, the referee shall officiate on the same side as the official table, and the goal judges shall be situated on the opposite side.

在一场比赛中，由一名裁判员主持比赛，裁判员的位置在记录台的同侧；两名监门员的位置在裁判员对侧就位。

WP 1.4 The distance between the goal lines shall be not less than 20 metres and not more than 30 metres. The width of the field of play shall be not less than 10 metres and not more than 20 metres. The boundary of the field of play at each end shall be 0.30 metres behind the goal line.

比赛场地长为 20 米至 30 米，宽为 10 米至 20 米，场地端线设于球门线后方 0.3 米处。

WP 1.5 For FINA events the dimensions of the field of play, water depth and temperature, and light intensity shall be as set forth in FR 7.2, FR 7.3, FR 7.4 and FR 8.3.

由 FINA 举办的的水球比赛，场地范围、水深、水温和光照应符合 FINA 的 FR 7.2、FR 7.3、FR 7.4 和 FR 8.3 相关条款。

WP 1.6 Distinctive marks shall be provided on both sides of the field of play to denote the following:

- white marks – goal line and half distance line;
- red marks – 2 metres from goal lines;

- yellow marks – 4 metres from goal lines;
- green marks – 7 metres from goal lines.

特殊的标记应在球场的两边展示如下:

- 白色标记——球门线和中线;
- 红色标记——距球门线 2 米的禁线;
- 黄色标记——距球门线 4 米的禁线;
- 绿色标记——距球门线 7 米的禁线。

WP 1.7 A red mark shall be placed at each end of the field of play, 2 metres from the corner of the field of play on the side opposite to the official table, to denote the re-entry area.

场地的两边要放置红色标记, 位于官员桌对侧距离边线和球门线的交点为间距, 标明为犯规离场运动员的重新入场区。

WP 1.8 Sufficient space shall be provided to enable the referees to have free movement from end to end of the field of play. Space shall also be provided at the goal lines for the goal judges.

裁判员应有足够的活动空间, 能够在场地中顺畅地从一端到另一端自由走动, 在球门处的监门员也应有足够的活动空间。

WP 1.9 The secretary shall be provided with separate red, white and blue flags, each measuring 0.35 metre \times 0.20 metre.

记录员要备有红、白、蓝 3 种颜色的旗子, 旗面规格为 0.35 米 \times 0.2 米。

WP 2 Goal

规则 2 球门

WP 2.1 Two goal posts and a crossbar, rigidly constructed, rectangular with a dimension of 0.075 metres facing the field of play and painted white shall be located on the goal lines at each end, equal distances from the sides and not less than 0.30 metres in front of the ends of the field of play.

球门是一个由两个球门柱和一根横梁牢固地组合在一起的矩形框架，球门柱和横梁的直径为 0.075 米，涂以白漆；两个球门设于两端的球门线处，与两条边线距离相等，与端线的距离不得少于 0.3 米。

WP 2.2 The inner sides of the goal posts shall be 3 metres apart. When the water is 1.50 metres or more in depth, the underside of the crossbar shall be 0.90 metres from the water surface. When the water is less than 1.50 metres in depth, the underside of the crossbar shall be 2.40 metres from the floor of the pool.

两球门柱内缘之间距离为 3 米，当水深大于或等于 1.5 米时，横梁下缘应距离水面 0.9 米，当水深不足 1.5 米时，横梁下缘距离水池底部应为 2.4 米。

WP 2.3 Limp nets shall be securely fastened to the goal posts and crossbar to enclose the entire goal area and shall be attached to the goal fixtures in such a manner as to allow not less than 0.30 metres clear space behind the goal line everywhere within the