



体育英语

主编 / 孟莲芬

上海交通大学出版社

组织与竞赛



体育英语

——组织与竞赛

主 编 孟莲芬
副主编 郑家鯤
李 涛
刘霄楠

Sports English

Organizations & Tournaments



上海交通大学出版社

内 容 提 要

本教材旨在增进学生对体育运动竞赛与体育组织机构的了解,使其能较系统地掌握当前各大体育运动项目的起源与发展,竞赛方式与相关规则,国际重大比赛项目,国际与国内体育组织、比赛设施,当今各项运动中的优秀运动员,有关体育竞赛的主要术语与奥运会等方面的知识与信息。

本书按运动项目分类,用英、汉双语介绍世界上最具影响力、开展广泛的运动,并尽力提供有关各项运动的发展与比赛规则变化的内容。

全书共 25 单元,包括 25 个大的运动项目、32 个分项。部分运动项目配有场地图。

图书在版编目(CIP)数据

体育英语. 组织与竞赛/ 孟莲芬主编. —上海:上海交通大学出版社,2009

ISBN978-7-313-05787-7

体 育 英 语

——组织与竞赛

孟莲芬 主编

上海交通大学出版社出版发行

(上海市番禺路 951 号 邮政编码 200030)

电话:64071208 出版人:韩建民

上海锦佳装璜印刷发展公司 印刷 全国新华书店经销
开本:787mm×1092mm 1/16 印张:18.25 字数:449 千字

2009 年 7 月第 1 版 2009 年 7 月第 1 次印刷

印数:1~4030

ISBN978-7-313-05787-7/H 定价:32.00 元

版权所有 侵权必究

前 PREFACE

竞技体育与体育产业的蓬勃发展,特别是 2008 年奥林匹克运动会在我国首都北京的举办,促使全国体育院校及部分综合性大学开设体育英语专业和选修课程,旨在培养懂体育运动与体育英语的人才,以便适应我国体育事业的需求。因此就迫切需要合适的体育英语教材。

该教材是为体育英语专业、体育外事专业的课程设置和教学需求编写的,也适用于体育学院的新闻、管理、心理、人体与人文等学科的学生。同时对于具有中级英语水平的体育运动学科的学生、体育工作者与爱好者也是提高专业英语的实用教材。

体育英语系列教材的准备与编写历经三年,并在上海体育学院体育英语专业试用两年,收到良好效果。在征询学生与教师的意见后,对该系列教材进行了完善和认真修改,使其更加适合学科建设与发展。

本教材的编写原则是:结合语言学习的特点,努力体现基础英语、专业英语和专业知识的有机结合,力求成为有实用价值、有一定指导作用的教材。

体育英语专业的学生在完成英语专业基础阶段学习和掌握了体育运动基本知识之后,学习《体育英语》系列教材可以使他们在了解体育英语的结构、写作风格与语言特点的基础上,提高熟练运用体育英语的能力。

《体育英语》编者收集了国内外体育类书报杂志与网站的众多文章,精心选编而成。选文力争新颖,语言规范和具有较强的可读性。选文题材广泛,体现体育界的各种现实问题和重大题材,包括体育运动的发展与现状、体育运动常识、人体科学知识、明星成长与培养、体育产业、运动成绩评价与大赛综述等风格与内容各异的文章。通过《体育英语》系列教材的学习,学生能了解和掌握体育英语的许多独特的语言现象,独特的文体风格和修辞特点。通过读、听、说和译各方面的语言实践,不仅学习体育英语语言的真谛,并能进一步强化学生各方面的语言技能。与此同时,学生在语言学习的过程中,了解与探讨体育运动中的实际问题,学习很多体育知识。

《体育英语》的阅读与听说教材,每一章设一个主题,其他内容和练习均与该主题相关。练习是围绕提高学生体育英语语言应用能力而设计的。根据各册的学习目标,编辑了口头与书面的听、说、读与译的各种形式练习,为学生提供了课堂内外语言实践。

《体育英语》系列教材共计三册:《体育英语——阅读》、《体育英语——听说》与《体育英语——组织与竞赛》。三册教材在选文时注意了各自特点,避免了内容的重复。因而根据各自的教学安排,三册教材可以同时进行,也可以逐步分册进行。

编者

目 CONTENTS 录

Unit 1	Archery 射箭	1
Unit 2	Athletics 田径	8
Unit 3	Badminton 羽毛球	24
Unit 4	Basketball 篮球	34
Unit 5	Boxing 拳击	46
Unit 6	Canoeing 皮划艇	56
Unit 7	Cycling 自行车运动	66
Unit 8	Diving 跳水	83
Unit 9	Fencing 击剑	92
Unit 10	Field Hockey 曲棍球	100
Unit 11	Football 足球	111
Unit 12	Gymnastics 体操	122
Unit 13	Handball 手球	142
Unit 14	Judo 柔道	151
Unit 15	Rowing 赛艇	162
Unit 16	Sailing 帆船运动	172
Unit 17	Shooting 射击	182
Unit 18	Swimming 游泳	192
Unit 19	Table Tennis 乒乓球	208
Unit 20	Taekwondo 跆拳道	218

Unit 21	Tennis 网球	227
Unit 22	Volleyball 排球	240
Unit 23	Water Polo 水球	258
Unit 24	Weightlifting 举重	267
Unit 25	Wrestling 摔跤	276



Unit 1

Archery 射箭

Archery is the art of shooting arrows from a bow with the object of hitting a target. The bow and arrow were originally used for hunting or as weapons of war. Now, archery is regarded as a recreational activity and a sport. Scores are tallied using a point system for piercing each of the ten rings so as to decide the winner who is the archer with the highest number of points. While aiming at the target, the archer holds the bow in his/her bow arm and draws back the target arrow at the anchor point with his/her drawing hand. He/She looks along the bow sight then releases the arrow at the target.

Modern archery first appeared in the United Kingdom and in 1787 the Royal Archery Association was set up there, which was the first archery organization in the world. Until 1931, Poland hosted the first real international contest and the Fédération Internationale de Tir à l'Arc (FITA) or International Archery Federation was organized in 1931 mainly by the United Kingdom, France and Poland. FITA is currently the governing body for international archery competitions which is recognized by the International Olympic Committee.

Archery competition is divided into various categories. There are target archery competition (commonly called archery competition), flight archery, field archery, indoor target archery, ski archery and so on. Dominant nations in world archery include the USA, Russia, and Korea.

射箭是指用弓把箭射中靶子的技艺。弓箭最初是打猎和战争用的武器。现在被视为一种娱乐活动,也是一项体育运动。射箭比赛以运动员射中箭靶的环数来计算分数,得分最高的运动员获胜。运动员瞄准目标时,用执弓臂握住弓,然后用拉弦手向后拉弓弦,直到满弓点,注视瞄准器,然后射靶。

现代射箭运动最早出现在英国。1787年,英国成立世界上最早的射箭组织——皇家射箭协会。1931年,波兰主办第一届国际射箭比赛。同年,以英国、法国和波兰为主成立了国际射箭联合会。国际射箭联合会是得到国际奥委会承认的国际射箭比赛的组织机构。

射箭比赛的形式多种多样,包括射准射箭比赛(统称射箭比赛)、射远射箭比赛、野外射箭比赛、室内射箭比赛、滑雪射箭比赛等。在世界射箭运动中占优势的国家有美国、俄国和韩国。



Competition Site & Equipment 场地与器材

The archery field must be flat which is 150m long and 130m wide and is oriented north and south. Usually there are two archery fields available in the international tournaments. One is for the official competition and the other for training before competition. The competition site will be open for official practice one day before the start of competitions.

A target is placed on the ground of the competition field with some fixed distance. There are two sizes of target faces. For distances of thirty meters and fifty meters, the target face is eighty centimeters wide. For distances of sixty, seventy and ninety meters, the target face is one hundred and twelve centimeters wide. The target is painted with five colored scoring rings. The white, black, blue, red and golden are from the outer to the inner of the target face.

Arrows are made of either aluminum or carbon graphite. An arrow consists of a shaft with head (point), nock, fletching and cresting. Each arrow must be marked with the archer's name or initials. Another important device is the bow which is made out of plastic, steel, fiberglass, and laminated wood. There are three different kinds of bows: recurve, compound and bare bows. The other equipment includes quiver, sight, stabilizer, armguard, chestguard and shooting glove.

室外比赛场地要求地面平坦,南北走向,长约 150 米,宽约 130 米。国际比赛通常要求两个射箭场地。一个用于正式比赛,另一个为赛前训练场地。比赛场地仅在开赛前一天开放以用于适应性训练。

箭靶以规定距离放在比赛场地的地面上。靶面尺寸有两种。30 米和 50 米射箭距离的靶面宽 80 厘米。60 米、70 米和 90 米射箭距离的靶面宽 112 厘米。箭靶涂有五个彩色得分环。从外向内依次为白色、黑色、蓝色、红色,靶心为金色。

箭由铝或碳铝制成。一支箭包括尖头、箭杆、箭扣、箭羽和色标。箭杆上要刻上运动员的名字或名字首字母。另一个重要的器具是弓,弓由塑料、钢、玻璃纤维和木片制造。弓有三种:反曲弓、复合弓及裸弓。其他装备还有箭袋、瞄准器、防震器以及护臂、护胸和射箭手套。

Officials 裁判人员

In archery competition, the marshal is in charge of running the competition. He/She will inspect the equipment, start and stop the timed shoot, score each round and tally the final scores. Besides the marshal, the other officials include the target captain (or target referee), the scorer who announces and records every archer's rings as well as the maker who will mark the position of the arrows on the target. Since there are different kinds of archery competitions and events, there are some other names for the officials, such as

director of field archery who is responsible for field archery competition, field officer (or field referee), field captain for male competitions, lady paramount for female events and deputy field captain.

主裁判负责整场比赛的进行,包括检查比赛器材、宣布开始和结束规定时间内的发射,给每轮比赛打分,并计算总分。除主裁判外,还有终点裁判员,报告运动员击中环数并做记录的报靶员(或记录员)以及负责标出箭中靶位置的标记员。由于有不同的射箭比赛形式与项目,所以裁判人员还有其他的一些称谓,诸如野外射箭比赛裁判长,场地裁判员,男子项目裁判长,女子项目裁判长,副裁判长等。

About Competition 竞赛

Shooting Distance 射程

Competitions in archery can either be held indoors or outdoors. According to FITA's constitution and rules, the distances from the shooting line to the target are 18 meters and 25 meters for indoor players. Outdoor players shoot from distances of 30 meters to 90 meters for senior archers because outside competitions consist of several distances. In the international competitions, usually, individual women competitors will shoot 144 arrows at a distance of 70m, 60m, 50m and 30m alternately and 36 arrows each while men competitors at a distance of 90m, 70m, 50m, and 30m, which is for a single round. For a double round, 288 arrows will be shot and 72 arrows each shooting distance.

Junior archers can shoot from closer distances. The distance used in the Olympic Games is 70 meters for men and women.

射箭比赛既可在室内举行也可在室外举行。根据国际射箭联合会章程和规则,室内射箭运动员从起射线起到箭靶的距离是 18 米和 25 米。室外成年射箭运动员的射程是 30 米至 90 米,因为室外比赛要包括几个射程。通常国际比赛中女子个人赛的射程在 70 米、60 米、50 米和 30 米,而男子个人赛则在 90 米、70 米、50 米和 30 米。4 个射程各射 36 支箭,共射 144 支箭,这是单轮(或:单局)比赛。双轮(或:双局)比赛 4 个射程各射 72 支箭,共射 288 支箭。

青少年运动员的射程比较短。奥运会射箭比赛的射程男女均为 70 米。

Scoring 计分

There are ten scoring rings, ranging from one point for the outer white to ten points for the golden centre. The other scoring rings are black (3~4 points), blue (5~6 points), and red (7~8 points). The innermost ring—commonly called the bullseye—is worth 10 points. Each subsequent ring is worth one point less, down to a single-point outer ring. Each arrow is scored and the archer who scores the most will win the game.



The score of each archer is the sum of the values of the rings hit by his/her arrows. In the event where the arrow hits the boundary line of the rings, the higher score is given to the archer. All the values scored by each player are recorded on a score sheet.

靶上有 10 个记分环,排列顺序由外向内从白色 1 分环上升到金色靶心 10 分环。其他记分环是黑环(3~4 分),蓝环(5~6 分)和红环(7~8 分)。靶环的中心点一般称为“靶心”,射中可得 10 分,即 10 环。从里到外的环数依次递减 1 环,射中最外边环区,得分为 1 环。每支箭射中的环数相加,最后谁的总环数最多,谁就是冠军。

每个射箭运动员获得的分数就是他/她所射出的箭击中的环数值的总和。比赛中如果某一箭击中了环与环间的边线,就判给高一级的得分。每位运动员的分值要记录在成绩单上。

Time Limit 比赛时限

In formal competitions, there is a standard time set for archers to shoot their arrows, which requires a quick and sure aim from the archers. The FITA gives four minutes to shoot six arrows for the distances of 90 meters, 70 meters and 60 meters while two minutes three arrows for the distances of 50 meters and 30 meters.

在正式比赛中,运动员发射箭必须在规定的标准时间内,这就要求运动员能快速而又准确地瞄准。国际射箭联合会确定射箭比赛距离在 90 米、70 米和 60 米时,4 分钟射 6 支箭;距离为 50 米和 30 米时,2 分钟射 3 支箭。

Organization 组织

International Archery Federation (FITA)	国际射箭联合会
(in French: Fédération Internationale de Tir à l'Arc)	
International Field Archery Association (IFAA)	国际野外射箭协会
International Bowhunting Organization (IBO)	国际弓猎组织
Archery Shooters Association (ASA)	射箭运动员协会
Oceania Archery Confederation (OAC)	大洋洲射箭联盟
European and Mediterranean Archery Union (EMAU)	欧洲与地中海地区射箭联盟
Asian Archery Federation (AAF)	亚洲射箭联合会
Federation of Africa Archery (FAA)	非洲射箭联盟
Pan-America Archery Confederation (COPARCO)	泛美射箭联盟
Chinese Archery Association	中国射箭协会

Tournaments 赛事

World Archery Championships	世界射箭锦标赛
-----------------------------	---------



Target Archery World Championships
Indoor Archery World Championships
Olympic Archery Tournament
Field Archery World Championships
World University Archery Championships
European Archery Championships

世界室外射箭锦标赛
世界室内射箭锦标赛
奥运会射箭比赛
国际野外射箭锦标赛
世界大学射箭锦标赛
欧洲锦标赛

Olympic Archery Tournament 奥运会射箭比赛

Archery was included in the first modern Olympics at Athens in 1896. After 1920, it was omitted from the program until the 1972 Munich Games. The athletes from all the world will compete in four archery events, individual men's and women's and team men's and women's. The athlete quota for archery is 128 athletes, 64 men and 64 women. Each National Olympic Committee (NOC) can have up to a maximum of six athletes, three per gender.

In the individual events, there are three stages—ranking round, eliminations and finals. The shooting distance is 70 meters for all the events. In the ranking round, the archers who are ranked 1~64 will enter into the eliminations. The 64 archers are paired into 32 groups to compete, then the 32 winners go into the 1/16 eliminations, the 16 winners progress onto 1/8 eliminations.

The top eight archers go through the quarterfinals, semifinals, bronze and gold/silver matches. The time limit is 2 minutes for three arrows, and there are 4 ends of 12 arrows.

Sixteen teams that are the top 15 teams ranked from scores shot in the ranking round and the team from the host country will take part in the team competition. Each team consists of three archers. They are first paired for the 1/8 eliminations. The winning teams progress to the next round. This is followed by the 1/4 team bronze and at last the gold/silver matches. A team match consists of 3 ends of nine arrows (27 arrows) with each archer shooting 3 arrows per end. There is a three-minute time limit for each end of nine arrows.

射箭在 1896 年的首届雅典奥运会上被列为比赛项目。1920 年以后奥运会取消了该项目,在 1972 年的慕尼黑奥运会上,它被重新引入。来自世界各地的选手参加四个项目的比赛:男女个人赛与男女团体赛。奥运会射箭比赛参赛选手为 128 名,男女选手各 64 名。每个国家奥委会可以派三男和三女共 6 名选手参加奥运会的射箭比赛。

个人赛分为排名赛、淘汰赛和决赛三个阶段。射程均为 70 米。在排名赛的得分列在 1~64 名的运动员进入淘汰赛。这 64 名选手分成 32 对进行比赛,32 位获胜选手进入 1/16 及 1/8 淘汰赛。

排名在前的 8 名运动员历经 1/4 决赛、半决赛、铜牌争夺赛与冠亚军赛。决赛阶段的比赛竞技时间为 2 分钟射 3 支箭,共 4 个回合射 12 支箭。

排名前 15 的队和东道主队共 16 支队伍参加奥运会的射箭团体赛。一个队由三名箭手组成。他们先进行两队一组的 1/8 淘汰赛。获胜的队进入下一轮比赛,接下来是确定团体铜牌



的 1/4 决赛和最后的冠亚军决赛。团体赛每场比赛有 3 个回合,每个回合射 9 支箭(共 27 支箭),每个选手每个回合射 3 支箭。比赛的时限是每个回合 3 分钟射 9 支箭。

Archery Medals at Olympic Games 奥运会射箭比赛奖牌

Event 项目	Gold 金牌	Silver 银牌	Bronze 铜牌	Time 时间
Men's Individual 男子个人	Viktor Ruban, UKR 维克托·鲁班, 乌克兰	Park Kyung-Mo, KOR 朴敬模, 韩国	Badenov Bair, RUS 拜尔·巴杰诺夫, 俄罗斯	2008 年
Men's Individual 男子个人	Marco Gializzo, ITA 马尔科·加里亚佐, 意大利	Hiroshi Yamamoto, JPN 山本博, 日本	Tim Cuddihy, AUS 蒂姆·卡迪西, 澳大利亚	2004 年
Men's Team 男子团体	Korea 韩国	Italy 意大利	China 中国	2008 年
Men's Team 男子团体	Korea 韩国	Chinese Taipei 中华台北	UKR 乌克兰	2004 年
Women's Individual 女子个人	Zhang Juan Juan, CHN 张娟娟, 中国	Park Sung-Hyun, KOR 朴成贤, 韩国	Yun Ok-Hee, KOR 尹玉姬, 韩国	2008 年
Women's Individual 女子个人	Park Sung-Hyun, KOR 朴成贤, 韩国	Lee Sung-Jin, KOR 李成震, 韩国	Alison Williamson, GBR 埃里森·威廉姆森, 英国	2004 年
Women's Team 女子团体	Korea 韩国	China 中国	France 法国	2008 年
Women's Team 女子团体	Korea 韩国	China 中国	Chinese Taipei 中华台北	2004 年

Well-Known Archers 著名射箭运动员

Men 男子

Bair Badenov	RUS	拜尔·巴杰诺夫	俄罗斯
Gellenthien Braden	USA	格瑞丁·布拉登	美国
Hiroshi Yamamoto	JPN	山本博	日本
Marco Gializzo	ITA	马尔科·加里亚佐	意大利
Park Kyung-Mo	KOR	朴敬模	韩国
Rohrberg Sebastian	GER	罗博格·萨巴斯蒂安	德国
Trillus Dietmar	CAN	特里鲁斯·迪特玛	加拿大
Viktor Ruban	UKR	维克托·鲁班	乌克兰

Women 女子

Hayakawa Nami	JPN	早川奈美	日本
---------------	-----	------	----



Park Sung-Hyun	KOR
Salvi Eugenia	ITA
Valeeva Natalia	ITA
Yun Ok-Hee	KOR
Zhang Juanjuan	CHN

朴成贤	韩国
萨尔维·尤吉纳	意大利
瓦莉娅·纳塔丽	意大利
尹玉姬	韩国
张娟娟	中国

Key Terms 主要术语

aim 瞄准
 anchor 固定姿势
 archery range 射箭场
 bow arm 前手, 执弓臂
 bowshot 箭的射程
 bullseye 靶心
 draw full 拉满弓
 driving-line 环线
 first round 第一单轮
 flying release 后引撒放
 gold zone 黄心
 hit the target 射中
 miss 脱靶
 open stance 分腿站立姿势
 penetrating power 穿透力
 point-blank range 平射程
 range finder 测距器
 release 释放(弓)
 scoring hit 中靶箭
 scoring zone 计分环
 shooting lane 靶道
 shooting position 起射位置
 shot 射出的箭
 sighting point 准星
 signal to stop shooting 停射信号
 target arrow 比赛用箭, 射准用箭
 target line 终点线
 value 一支箭的得分
 windage adjustment 瞄准左右调整

alignment 瞄准基线
 archery field 射击场
 arrow rack 插箭架
 bow length 弓长
 bowsight 瞄准器
 deflected arrow 偏离的箭
 drawing hand 拉弦手
 elevation setting 瞄准高低调整
 flight bow 射远用弓
 foul line 犯规线
 grip handle 弓把
 inner zone 内环
 non-scoring zone 无环区
 outer zone 外环
 point of aim 瞄准标记
 quartering wind 斜风
 range 射程
 scorer 扔靶员
 scoring value 记分值
 shooting distance 射程
 shooting line 起射线
 shooting technique 射箭技术
 side wind 侧风
 signal to start shooting 起射信号
 single round 单轮
 target bow 射准用弓
 trial draw 试弓
 wind indicator 风力器
 yaw 射偏



Unit 2

Athletics 田径

Modern athletics sprang from the inter-university contests in England in the 19th century and athletics, also known as track and field, is a comprehensive sport which normally comprises more than thirty events. The name “athletics” is derived from the Greek word “athlos” meaning “contest”. Athletics consists of five categories: walking, running, jumping, throwing and combined events. At the same time, in the light of the competitive features of the athletic events, the competitions may be divided into four divisions: track events, field events, road events and combined events. As a rule, the track events are those whose results are usually measured by time, accurate to one hundred of a second; while in the field events consisting of jumping and throwing, the results are judged by height and distance in metres and centimetres. As to marathon and long distance walking events, they would take place outside the stadium on road.

Athletics requires highly specialized techniques and skills. The athletes should show a good combination of speed, strength, endurance, balance, flexibility, stamina, fine footwork and coordination, as well as self-confidence, concentration and tough-mindedness.

The International Association of Athletics Federations (IAAF) is the international governing body for the sport of athletics. It was founded in 1912 at its first congress in Stockholm, Sweden by representatives from 17 national athletics federations as the International Amateur Athletics Federation. Beginning in 1982, the IAAF has passed several amendments to its rules allowing athletes to receive compensation for participation in international athletics competitions. However, the IAAF retained the word “amateur” in its name until its 2001 Congress at which the IAAF’s title was changed to its current form. Now the IAAF has a total of 213 member federations.

现代田径运动发源于 19 世纪英国大学间的对抗赛。田径,又称为“track and field”,是一项综合性运动项目,通常由 30 多个项目组成。田径“athletics”这个名字来源于希腊词汇“athlos”,该词的意思是“竞赛”。田径运动包括竞走、赛跑、跳跃、投掷和全能五大类。同时根据田径项目的比赛特点,田径比赛可以分成四大项,田赛、径赛、公路赛和全能赛。通常径赛项目的成绩是用时间计算的,精确至百分之一秒。而由跳跃与投掷组成的田赛,其成绩是用高度和距离测量的,测量单位为米和厘米。此外,马拉松与长距离竞走项目是在体育场外公路上进

行的。

田径运动需要高水平的专项技术和技巧。运动员要把速度、力量、耐力、平衡、柔韧性、持久力、合理的步法和协调性很好地结合起来,还必须有自信心,注意力集中并且意志坚定。

国际田径联合会(International Association of Athletics Federations, IAAF),简称国际田联,是一个国际性的田径运动的管理组织。1912年7月17日,来自17个国家的田径联合会代表在瑞典斯德哥尔摩召开第一次代表大会,标志着国际业余田径联合会(International Amateur Athletics Federation)成立。自1982年起,国际田联对其规定作了一些修改,允许运动员因参加国际田径比赛而获得报酬。然而,国际田联却一直保留其全名中“业余”一词,直到2001年国际田联大会上才把国际业余田径联合会的名称改为目前的形式。现在国际田联共有213个会员国。

Officials 裁判人员

In the athletic events, the officials normally include: referees, judges, umpires, time keepers, photo finish judges, starters, recallers, lap scorers and so on.

A separate referee is appointed for the call room, track events, field events, combined events and for the running and race walking events outside the stadium. Referees ensure that the rules are observed and shall decide upon any matters which arise during the competition and for which provision has not been made in the rules.

在田径比赛中,裁判人员通常包括:裁判长、裁判员、检查员、计时员、终点摄像裁判员、发令员、召回发令员、记圈员等。

在检录处、径赛项目、田赛项目、全能项目、体育场外的跑和竞走项目中分别指派一名裁判长。裁判长保证竞赛规则得到执行,处理发生于运动会期间的和竞赛规则中未作明文规定的任何问题。

IAAF Events 国际田联比赛项目

Sprints 短跑	50m • 55m • 60m • 100m • 150m • 200m • 300m • 400m • 500m •	50 米 • 55 米 • 60 米 • 100 米 • 150 米 • 200 米 • 300 米 • 400 米 • 500 米 •
Hurdles 跨栏	60m • 100m • 110m • 400m •	60 米 • 100 米 • 110 米 • 400 米 •
Middle distance 中距离跑	800m • 1500m • 3000m • 3000m (steeplechase) •	800 米 • 1500 米 • 3000 米 • 3000 米(障碍) •
Long distance 长距离跑	5000m • 10000m •	5000 米 • 10000 米 •
Road race 公路跑	10km • 20km • Half marathon • Marathon •	10 公里 • 20 公里 • 半程马拉松 • 马拉松 •
Relays 接力赛	4×100m • 4×400m • 4×800m •	4×100 米 • 4×400 米 • 4×800 米 •



(续表)

Racewalking 竞走	10km • 20km • 50km •	10 公里 • 20 公里 • 50 公里 •
Throws 投掷	Discus • Hammer • Javelin • Shot put •	铁饼 • 链球 • 标枪 • 铅球 •
Jumps 跳跃	High jump • Pole vault • Long jump • Triple jump •	跳高 • 撑杆跳高 • 跳远 • 三级跳远 •
Combination 全能	Heptathlon • Decathlon •	七项全能 • 十项全能 •
Uncommon 非常见项目	Weight throw • Standing high jump • Standing long jump • Standing triple jump	重物投掷 • 立定跳高 • 立定跳远 • 立定三级跳远
Special 专设项目	Cross country running • Multiday race • Ultramarathon •	越野跑 • 多日赛 • 超级马拉松 •

About Competition 竞赛

- Track Events 径赛项目

Crouch Start 蹲踞式起跑

In all races up to and including 400m, a crouch start and use of starting blocks are compulsory. After the “On your marks” command, the competitor shall approach the start line, assume a position completely within his allocated lane and behind the start line. Both hands and one knee shall be in contact with the ground and both feet in contact with the starting blocks.

At the “Set” command, the competitor should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the footplates of the blocks. A competitor shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks.

400 米及 400 米以下的各项径赛,运动员必须采用蹲踞式起跑并使用起跑器。在“各就各位”口令之后,运动员必须在自己分到的跑道内和起跑线后完全做好准备姿势。双手和单膝必须与地面接触,双脚必须接触起跑器。

在“预备”口令之后,运动员应立即抬高重心作出最后起跑姿势,此时运动员的双手仍需与地面接触,双脚不得离开起跑器的踏板。运动员已就位时,其双手或双脚不得触及起跑线或线前地面。

Timing 计时方法

Two alternative methods of timekeeping shall be recognised as official:

1. Hand timing;
2. Fully automatic timing obtained from a photo finish system.



下列两种计时方法均被承认为正式计时：

1. 手计时；
2. 利用终点摄像系统的全自动计时。

Take-over Zone 接力区

Take-over zone is a defined area in a relay race where the baton must be exchanged between runners on a team. Each take-over zone shall be 20m long, with the starting line in the middle zone.

In all relay races, the baton shall be passed within the take-over zone. It is the baton's position and not that of the runner's body that determines whether the handoff is legal or not. Passing of the baton outside the take-over zone shall result in disqualification. In the races where lanes cease to be used, the waiting runners move to an inside position to receive the baton as their incoming teammates arrive.

After the handoff, the runners who have finished their leg should remain in their lanes or zones to avoid interfering with other competitors.

接力比赛中,接棒区就是同一队队员之间交接接力棒的规定区域。每个接棒区的长度为20米,起跑线在接棒区的中间。

在所有的接力赛中,都要在接棒区内传递接力棒。由接力棒的位置而非运动员的身体位置来决定传棒是否符合规则。在接力区外传接棒将被取消比赛资格。在不需要保持各自赛道的接力赛中,接棒运动员可进入里道接应传棒运动员。

传棒后,跑完自己赛程的运动员应留在各自的赛道或接力区内,避免妨碍其他运动员。

- Field Events—Jumping 田赛项目——跳跃

Transit 腾空

Long jump is a sport which combines speed with strength. A jumper sprints to a takeoff board to take off to a certain height and makes his flight path longer after the takeoff. In terms of different transit style, the long jump can be classified as follows: knee-tuck type, hang style, and stride-in-air type. Compared with the other two transit styles, the knee-tuck and the hang, the stride-in-air is more effective in retarding forward rotation created during the takeoff.

跳远是把速度与力量相结合的运动。跳远运动员全速助跑,然后踏板跃起,使起跳达到一定的腾空高度并延长他在空中的飞行路线。跳远有三种不同的腾空姿势:蹲踞式、挺身式、走步式。与蹲踞式和挺身式相比,走步式能比较有效地防止运动员在起跳时产生的向前旋转。

