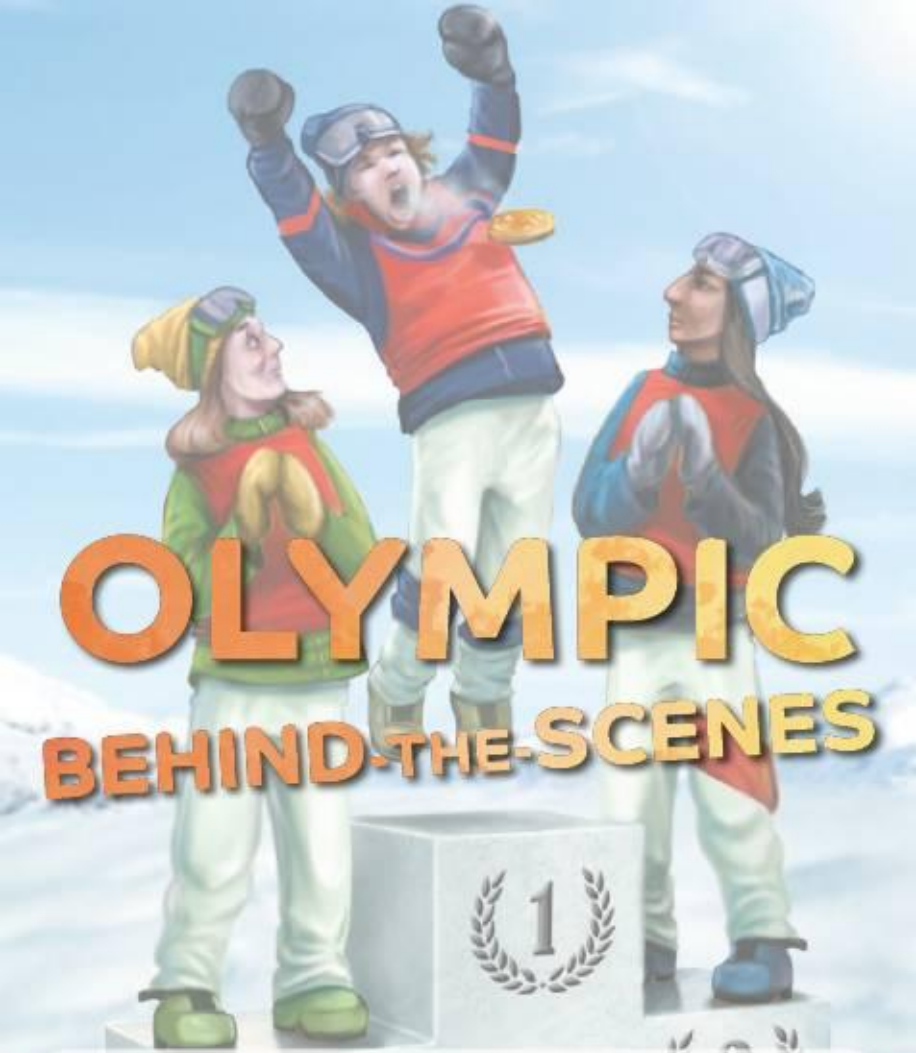


OLYMPIC BEHIND-THE-SCENES

Before, during or after your games, do not hesitate to leaf through this brochure to discover many surprises about the history of the Olympic and Paralympic Games. Several athletes have also done us the honor of sharing a memory from their Olympics; Find them throughout this brochure.

Good reading,

Antonin and Diego

1 BEACH-VOLLEY

Beach volleyball (officially beach volleyball), both men's and women's, has been on the Olympic Games program since the 1996 edition in Atlanta. It is a collective sport that is played in the sand and pits two teams of two players against each other, separated by a net. The teams face each other with a ball that they pass with their hands; The objective is to make the ball fall into the opponent's field.

HAND TO HAND

Kerri Walsh and Misty May arrived in Athens in 2004 with the status of big favorites. Undefeated in 90 matches, could the American pair overcome the ultimate challenge of the Olympic Games? Yes, and in what way ! They did not lose a set in the Faliro arena. The first of his three consecutive Olympic titles!

2 WRESTLIN

If Greco-Roman wrestling has been present since the first modern Games in 1896, wrestling makes its debut at the 1904 Games. Women can participate in competitions from 2004 and only in wrestling. In Greco-Roman wrestling, only attacking using the arms and upper body is allowed. In wrestling, you can also use your legs and tighten your lower body. The goal is always to place the opponent's shoulder blades on the ground.

THE ROLLER COASTER

At the age of 15, Aleksandr Karelin breaks his leg during a wrestling tournament. His mother tries to convince him to leave him... His response is forceful! "I'm not going to abandon a sport that I've already given a leg to." Nicknamed "Alexander the Great", the Russian was a three-time Olympic champion in Greco-Roman wrestling (1988, 1992 and 1996). His career: 887 wins - 2 losses. He remained undefeated for thirteen years.

3 SPEED SKATING

Speed skating is an ice sliding sport. It became an Olympian at the 1924 Winter Games and women's racing was added at the 1960 Games. There are two types of events: long track and short track speed skating. In long track, two skaters compete at the same time on a ring-shaped track 400 meters in circumference. In short track, 2 to 10 skaters compete at the same time in a ring 111.12 meters in circumference.

THE LAST WILL BE THE FIRST

Salt Lake City Winter Games, 2002: With two laps to go, Australian Steven Bradbury is far from the top four. It must be said that it is already surprising to see him in the 1000 meters final... when suddenly, his four opponents fall! Here he is, the first winter Olympic champion in the southern hemisphere. Since then, in Australia, they say "do a Bradbury" when an improbable event occurs.

4 LONG JUMP

The long jump has been present in the modern Olympic Games since 1896, but it was in the 1948 Games that women participated for the first time. In this athletics test, athletes perform a push race on a 40 to 45 meter track, before taking off on their best foot, without "stepping" on a mark on the ground. The goal is to land as far away as possible in a sand pit.

A KING WITHOUT RECORD

"The son of the wind": this is the name of the American Carl Lewis, the man with four Olympic gold medals in the long jump (from 1984 to 1996). However, one man managed to beat him in his prime: his compatriot Mike Powel, who made a jump of 8.95 meters, the world record ... but he would never be an Olympic champion.

5 BOXING

Boxing has been part of the Olympic Games since the 1904 edition in St. Louis. However, it only opened to women in 2012. The fight takes place over three rounds, during which the boxer scores a point when he touches his opponent on the head or body, above the waist. Attention: at least 3 of the 5 judges must award the point at the same time by simultaneously pressing a button for it to be valid.

MONEY DOES NOT MAKE THE BOXER

Cuban Teófilo Stevenson was a three-time Olympic boxing champion in 1972, 1976 and 1980. A firm defender of amateur sports and Cuba, he refused to emigrate to the United States to become a professional despite the millions of dollars he was offered to face Muhammad Ali. He is said to have declared : "What is a million dollars compared to the love of eight million Cubans?"



6 SKATEBOARD

Skateboarding, both men's and women's, has been part of the Summer Olympics program since 2020. There are two disciplines: Street and Park. Street consists of performing a sequence of tricks (figures) in an area that reproduces urban furniture (ramps, stairs, benches...). The Park aims to offer very aerial figures in a kind of empty pool with rounded walls, measuring up to three meters high.

THE VALUE DOES NOT WAIT THE NUMBER OF YEARS

At the Tokyo 2020 Games, Japan's Momiji Nishiya became the first Olympic champion in the street event at just 13 years old. She was very close to the record of the youngest gold medalist in the individual Games... just 63 days apart (record held by Marjorie Gestring, Olympic diving champion at 13 years and 267 days).



7 SURF

Surfing, both men's and women's, made its entry into the 2020 Summer Olympics. The board model chosen is the shortboard (a short board). In this test, surfers are evaluated on several waves by an arbitration committee that gives a score to each wave surfed. The two best waves for each athlete are retained and the sum of points determines the Olympic classification.

FOREVER THE FIRST

Hawaiian surfer Carissa Moore has always been a pioneer. From the age of 6, he learned to master the waves. As soon as she turned 18, she became the youngest world champion in surfing history... Who else but her could win at the Tokyo 2020 Games? Thus she becomes the first Olympic champion of this sport.

8 CYCLING ROAD

Road cycling has been around since the first modern Olympic Games in 1896, but women have only participated since the 1984 Games. Currently, there are two events. The individual line race, contested over a distance of approximately 250 km for men and 150 km for women, and the individual time trial, where athletes start one by one on a circuit of 40 to 50 km for men and 30 to 40 km for women.

ONCE FOR ETERNITY

By competing in the 1996 Games in Atlanta, France's Jeannie Longo had already won ten world titles in cycling. However, he was still missing the Olympic title. A last minute crash at the 1984 Games, a broken hip in 1988, a "simple" silver medal in 1992... But on July 21, 1996, he finally won the gold medal at the age of 38!

9 WHEELCHAIR TENNIS

Created in the 1980s and integrated into the Barcelona Paralympic Games in 1992, wheelchair tennis is a discipline played in singles or doubles. Very popular, this sport uses strictly the same rules as traditional tennis. The only adaptation is related to the use of the wheelchair: the ball is allowed to bounce twice before hitting it.

VICTORY IN A WHEELCHAIR

In the final of the Beijing Paralympic Games in 2008, with the match point against Esther Vergeer: will the Dutchwoman lose her first match since 2003? No way! He finally wins the final 6-2, 4-6, 7-6. She did not lose a single match until the end of her career in 2012 (470 matches unbeaten!), a retirement after her seventh Olympic title.

10 PARA ALPINE SKIING

Since Örnsköldsvik Winter Games in 1976, alpine paraskiing includes five specialties, the same as in the valid ones: slalom, giant slalom, super G, downhill and super combined. Athletes compete in 3 categories by type of disability: "standing", "sitting" (inside a shell or on a mono- ski) and "visually impaired" (people with visual impairments, who compete after a athlete connected by radio).

SNOW STAR

"Arthur is not made to walk, but to ski": that is what one of Arthur Bauchet's doctors would have declared . This French skier with a foot disability (affected by a disease that affects the lower extremities) first won four Olympic silver medals in 2018 before becoming a triple champion.



FOR YOU, WHAT MAKES THE OLYMPIC GAMES DIFFERENT FROM ALL OTHER COMPETITIONS?

At the Olympics, I woke up early to eat breakfast alone. While all my classmates were sleeping , I was at the table with athletes from other nations and disciplines. Some were having breakfast alone a few meters from me, others were preparing to train with teams completely different from mine, I didn't know anyone. One time, I discreetly searched the internet to see who was at the next table... and realized that my neighbor was an Olympic long jump champion! I remember ! _ Moments like that cannot be experienced in any other competition, only in the Olympic Games .

French handball player (gold medal at the Tokyo 2020 Games, silver medal at the Rio Games in 2016)

11 DIVING

An Olympic sport since 1904 for men and 1912 for women, the plongeon includes two types of events: a three-meter springboard and a high-flying platform fixed at a height of ten meters. The trampoline allows athletes to bounce to gain height, while for high flight, the start is done on a fixed, rigid platform. Individual and synchronized competitions are organized.

TOUCHED BUT NOT SUNK

Seoul Games, 1988: Diver Greg Louganis hits the diving board, bleeding and looking worried. In reality, it is not the injury that worries him: he knows that it is zero positive. Before being sure that he did not endanger anyone (the risk was negligible, since the chlorine in the pool was fatal for the virus), the American goes through difficult hours. But determined, he wins a second Olympic double . Later he would become one of the spokespersons for the fight against AIDS.

12 ARCHERY

Archery made its first appearance for men in the 1900 Olympic Games and for women in 1904. Absent from the program from 1924 to 1968, the discipline was re-introduced at the 1972 Olympic Games in Munich. Today, archery is practiced on a target 122 centimeters in diameter , located 70 meters from the archers. Includes two individual events (women and men) and three team events (women, men and mixed).

THE IMPRESSIVE IMPRESSIONIST

699 points on 72 arrows: With this score, Im Dong-Hyun became the archery world record holder at the London 2012 Games. However, the South Korean is "legally blind" according to American criteria. In fact, he has a visual acuity of 1/10 in the left eye and 2/10 in the right eye. According to him, when he looks at the lens, it resembles an impressionist painting submerged in water.

13 HANDBALL

Of Danish origin , handball was first introduced in 1936 for men, in an 11-player, outdoor format. In its current format (7 players and indoors), it was reintroduced only in 1972 and four years later , in 1976, for women. In handball, the objective is to put a ball into the opponent's goal using only your hands to manipulate it, without stepping on the area that protects the goalkeeper.

A 6 KARAS DIAMOND

"On the field, the more the storm rages, the more it advances on the front line" said Claude Onesta, his former coach on the France team. Passing, defending, shooting... Nikola Karabatic knows how to do it all! Unless there are injuries, the triple gold medalist (2008, 2012 and 2020) and silver medalist (2016) will become, in 2024 in Paris, the only handball player who has participated in six editions (also in 2004) of the Olympic Games.

14 EQUESTRIAN

Equestrian sports were present for the first time at the 1900 Games, but only for men. In 1952, women were allowed to participate in the dressage event and in 1964 they participated in all equestrian events competing in the same category as men, making this sport the only completely mixed sport in the Olympic Games. Equestrian sports consist of three Olympic disciplines: show jumping, dressage and eventing.

NEVER DISASSEMBLED

At 23, Lis Hartel was a renowned Danish equestrian when she was struck by polio. The doctors were categorical: paralyzed below the knees, horse riding was over for her. However, she was hoisted onto her horse to learn to ride again. At the Helsinki Games in 1952, she became the first female medalist in equestrianism. And if Lis Hartel had to be helped to the podium, it is only because of her...

15 WEIGHTLIFTING

Weightlifting was present at the first modern Olympic Games in 1896, but women were only allowed to participate for the first time in 2000. In the snatch, weightlifters must lift the bar above their heads, arms extended, in a single movement. In the clean and jerk, the bar is raised and placed initially in the front of the shoulders, and then projected over the head.

THE BARE HEAD BRINGS LUCK!

Melbourne Games, 1956: at the weigh-in, the American Charles Vinci exceeds the allowed 56 kg by 750 grams. After an hour of running and sweating, it is still 200 grams over the limit. Then an idea occurs to him: shave his head! With less hair, he wins the gold medal and even achieves the feat four years later.

16 CLIMBING

It was at the Tokyo 2020 Games that climbing made its entry into the Olympic program, both for women and men. Today, the tests are grouped into three disciplines. The «boulder» consists of climbing 4.5 meter high structures in a limited time and with as few attempts as possible. The speed test is a race against time: athletes climb a 15-meter wall as fast as possible. The difficulty test requires climbing a wall as high as possible in six minutes.

ALWAYS FULL

"99 percent of my training is falls" says Janja Garnbret. The rest are victories, we could add... The Slovenian is not only the climber who has won the most world titles, but also the first Olympic climbing champion. She is also the first climber to have ascended a route classified as 8 consight (one of the greatest difficulties on rock).

17 BOCCIA

Boccia has been a Paralympic sport since the 1984 Games, co-organized by Stoke Mandeville and New York. It is one of the two disciplines, along with goalball, that has no equivalent in Olympic sport. This sport is mixed and can be practiced individually or in teams. Boccia is played indoors, on a field measuring 12.5 m by 6 m. Each player has six balls, which he throws or rolls as close as possible to a white ball, equivalent to bowling and called "Jack."

DAVID THE GIANT

Smith is a very common surname in England, but David Smith is anything but common. Known for his extravagant hair colors and aggressive playing style, David Smith is the holder of three Paralympic gold medals in boccia, one silver medal and one bronze medal (in 2008, 2012, 2016 and 2020).



WHAT WAS THE MOST IMPRESSED THING AT THE OLYMPIC GAMES?

I participated in the Tokyo 2020 Games, but you have to know that for a tennis player, the Olympic Games are not the most important competition. The Grand Slams are much more recognized. However, the Grand Slams happen 4 times a year: if you miss one, you know that in 3 months there will be another, and so on... While the Olympic Games happen only every 4 years, and the vast majority of athletes only They are media during this event. For many, it is the only competition that really matters. They train for 4 years just for this moment... It's a huge pressure! I was trying to imagine the weight that the athletes had on their shoulders... I was impressed and admiring that work for a moment.

Another thing impressed me: the number of athletes who wanted a picture with Djokovic!

Federico Coria, Argentine tennis player (1st round at the Tokyo 2020 Games)

18 BLIND FOOTBALL

Blind Football is adapted for people with visual disabilities. It has been a Paralympic discipline since the 2004 Games, until now exclusively for men. A match pits two teams of four field players wearing an opaque mask and a goalkeeper, who can have vision. Field players can locate the ball by the sound made by the bells it contains. On both sides of the field, barriers are placed to prevent the ball from leaving.

BRAZIL, FOOTBALL IN THE BLOOD

The story of Ricardo Alvès could have been similar to that of Pelé , Ronaldo or Ronaldinho... When he was little, his talent was so great that a neighbor recommended his father to take him to trials for the big clubs. the region. But a retinal problem disrupts his sleep and he loses his sight. Fortunately, at the age of 10 he discovered soccer for the blind... What follows is beautiful: he becomes the star of the Brazilian team, which until now has won every edition of the Paralympic Games!

19 BADMINTON

It was only in 1992 that badminton (named after an English castle) made its entry into the Olympic Games, in both the women's and men's categories. It is a racket sport that is practiced indoors and pits two players or couples against each other on a court divided into two parts by a net. Unlike other racket sports, a ball is not used, but rather a shuttlecock surrounded by feathers that players exchange.

THE BADMINTON POLISHER

On June 13, 2019, Malaysian Lee Chong Wei announces his retirement from the sport. Number one in the world for more than six years, this player with impeccable technique, whose smash was one of the fastest on the circuit (record 417 km/h!), "only" won 3 medals silver in the Olympic Games and 3 silver medals in the world championships.

20 GOLF

Golf was part of the women's and men's competitions at the 1900 Olympic Games in Paris. But after a second appearance at the 1904 Games, golf was removed from the Olympic program. It wasn't reinstated until 2016! The competition format is called stroke-play: it involves counting the number of strokes that a player must make to complete the 18-hole course. The tour is done four times in four days.

AN ILLUSTRATED UNKNOWN

Margaret Abbott is the first Olympic golf champion in 1900 and the first American Olympic champion... and yet she never knew it! She signed up after reading an advertisement in the newspaper about an amateur golf tournament for women. Actually, it was the Olympic competition, but they never told him.

21 RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a discipline that combines classical dance and artistic gymnastics. It includes the use of four devices: hoop, ball, clubs and tape. Originally from the USSR, the discipline became an Olympic sport in the 1984 Games. This sport has the distinction of being the only Olympic discipline exclusively for women.

FLEXIBLE LIKE A ROD

His trainer said, "Oak trees don't grow in the desert, they grow among other oak trees." So the Russian Evgenia Kanetieva trains at a very young age with the members of the national team. Bet won: she becomes the only rhythmic gymnast to win 2 consecutive Olympic gold medals and obtains 17 world championship titles.



22 CANOEING

Canoeing has two disciplines: sprint and slalom. Sprinting is part of the Olympic program for the first time in the 1936 Games for men and in 1948 for women. Slalom, on the other hand, made its first appearance in 1924 for men and in 1928 for women. The kayak «paddler» is seated and uses a double paddle, while the canoe «paddler» is kneeling in the boat and uses a single paddle.

TIME DOES NOT MATTER

The youngest Olympic kayak champion ... but also the oldest! In fact, he won his first Olympic title at age 18 and his last at age 42. Between 1980 and 2004, he won 12 Olympic kayak sprint medals, including 8 gold. She is the only woman to have won a gold medal in six different Olympic Games.

23 RUGBY

Rugby fifteens was a men's Olympic sport contested four times during the first seven editions of the modern Olympic Games. But in 1924, it was removed from the program. We would have to wait until 2016 for rugby to return to the Games in its seven-player version, this time for both women and men. Matches last fourteen minutes, but because they have more space, they often include more rehearsals than a fifteen-a-side rugby match.

WHEN JERRY TUWAI IS HERE, EVERYTHING GOES WELL!

On August 11, 2016, in Rio, the Fiji rugby sevens team won the first Olympic gold medal in the country's history. Four years later, Jerry Tuwai is the only player present on the 2020 Games team that played in 2016... Flag bearer of the Fijian delegation, captain, will lead his team to a second consecutive title.

AVEZ-VOUS UNE ANECDOTE DRÔLE QUI VOUS EST ARRIVÉE LORS DES JEUX OLYMPIQUES ?



À Rio 2016, nous avions un match contre la France en même temps que Juan Martin Del Potro jouait son match contre Novak Djokovic, le choc du premier tour de tennis. Avant d'aller au stade, nous avons trouvé l'ascenseur du village bloqué, il ne fonctionnait pas... Nous avons entendu des coups de l'intérieur : une personne demandait de l'aide. Avec trois collègues, nous avons commencé à forcer les portes de l'ascenseur. L'ascenseur était coincé entre deux étages et Juan Martin Del Potro était à l'intérieur, en retard pour son match ! Nous l'avons aidé à sortir et quelques heures plus tard, il remportait son duel contre Djokovic. Dans une interview après le match, il a remercié les gars du handball de l'avoir aidé à sortir de l'ascenseur. Et il ne s'est pas arrêté à cet exploit : cette année-là, il a remporté la médaille d'argent ! Une partie de sa médaille c'est grâce à nous, haha !

Sebastian Simonet, handballeur argentin
(10e place aux Jeux de Londres en 2012, 10e place aux Jeux de Rio en 2016, 12e place aux Jeux de Tokyo 2020)

24 TAEKWONDO

Taekwondo is a martial art of South Korean origin, whose name can be translated as «The way of the feet and fists.» It appeared on the men's and women's Olympic program starting with the 2000 Olympic Games. In this sport, the goal is to kick or punch without being hit. Kicks are allowed to the torso and head, but punches are only allowed to the torso.

HEROIC IN MORE THAN ONE SENSE

At the 2008 Beijing Games, Hadi Saei, one of the favorites for the title, broke his hand during his first match... Give up? No, the Iranian did not say anything, he continued the competition and finally won the gold medal. Thus he became the most decorated taekwondo player in history (two gold medals in 2004 and 2008 and one bronze in 2000).

25 HIGH JUMP

The high jump was one of the twelve athletics events in the first Olympic Games of the modern era, held in 1896; however, women had to wait until 1928 to participate. It consists of overcoming a bar placed between two vertical supports leaning on one leg. Competitors are eliminated after three consecutive failed attempts.

EVERYTHING BUT A FAILURE

At the 1968 Games in Mexico, the crowd couldn't believe their eyes: the American Dick Fosbury had just performed a backflip... Never seen before, the judges thought for a moment about disqualifying him! Fosbury not only became an Olympic champion, but also revolutionized the technique of high jumping. Since then, all athletes jump on "Fosbury-flop"...

26 ICE HOCKEY

Ice hockey made its first Olympic appearance for men in 1920 at the Summer Olympics (yes, Summer!), and at the 1998 Winter Games for women. This sport is played on an ice rink: the objective is to score more goals than the opponent by sending a puck into the goal with a hockey stick. Teams consist of five field players and a goalkeeper.

A WOMAN AMONG MEN

Canadian Hayley Wickenheiser is the first female hockey player to have a professional career as a forward... on a men's team! At the Games, she achieved the feat of winning four gold medals and one silver with the Canadian women's team (1998, 2002, 2006, 2010 and 2014).



27 WHEELCHAIR FENCING

Wheelchair fencing is one of the seven still practiced sports introduced at the first Paralympic Games in Rome in 1960. It is a mixed discipline practiced in a wheelchair fixed to the ground with a fixation device. Athletes cannot move forward or backward, so they are very close to their opponent. Fencers face each other with only the upper half of their bodies.

TWO LIVES IN ONE

Hungarian fencer Pal Szekeres is the only athlete to have won medals in both the Olympic and Paralympic Games. In 1988, he won the bronze medal at the Seoul Games, but in 1991, his spine was broken in a car accident. Just one year later , this foil specialist won gold at the Barcelona Paralympic Games.

28 FREESTYLE SNOWBOARD

There are two freestyle snowboard disciplines at the Olympic Games: halfpipe and slopestyle. The halfpipe was introduced in 1988: in this event, athletes perform acrobatics on a double ramp in the shape of a halfpipe. Slopestyle was added to the program in 2014: it involves performing stunts on a specially designed downhill course with series of snow or metal modules.

THERE IS SUN AND WEIRD THINGS

In 2014, at the Sochi Winter Games, American Jamie Anderson broke the Olympic snowboard slopestyle record , then repeated the feat four years later! In 2019, he dedicated his World Cup medal to the climate protection organization "Protect Our Winters" with which he works. Sure, there's a lot to do: climate change and winter sports don't mix well...

29 BOBSLEIGH

Although bobsleigh is a winter sport invented by the Swiss, the origin of its name is English : bob (swing) and sleigh (sled). In this team sport, timed athletes must descend narrow, inclined and icy tracks aboard a type of sled that can reach up to 150 km/h. Bobsleigh has been present since the first Winter Games in 1924 in the men's category. However, they had to wait until 2002 to see the first women's competition.

RASTA ROCKET

In 1988, in Canada , Jamaica participated in its first Winter Games in history thanks to its bobsleigh team. In fact, two entrepreneurs formed a team within a few months. In the third race, the Jamaicans made the seventh fastest start. The crowd was excited... but on a bend, they lost control of the bobsleigh, which overturned. The four heroes emerged unharmed, they finished the route on foot, but they entered the legend of the Olympic Games.

30 BREAKDANCE

The first appearance of breaking (sports name for breakdancing) at the Olympic Games will be in 2024 in Paris. The competition consists of two events, one for men and one for women. In this format, dancers compete one against one in battles that mix physical and artistic performance. Athletes must adapt their movements and improvise according to the DJ's sound to win the judges' favor.

A LITTLE TRIP AND THEN IT'S GONE

Although it has just entered the program of the Olympic Games in 2024, breaking will not be on the program of the next edition in Los Angeles in 2028. Baseball , cricket, squash, flag football and crosse will make an appearance . The first Olympic breaking champions could be the only ones in history...



31 FIGURE SKATING

Figure skating made its first Olympic appearance in 1908 (in both the men's and women's categories) at the Summer Olympic Games. At that time, the Winter Olympic Games did not yet exist. They emerged in 1924, and skating was immediately included in the program. In this sport, competitors compete in individual, mixed pair, and ice dancing, and are evaluated by judges based on their movements.

THE CHAMPIONS ALSO STARTED SMALL

In 1924, in Chamonix, Norwegian Sonja Henie made her Olympic debut at age 11. She was so intimidated that, in the middle of the performance, she asked her coach to remind her to continue her act. She eventually finished eighth, but at the next Games, she didn't need help: she won Olympic gold! And he did it again in 1932 and 1936.

32 BASKET 3x3

3x3 basketball, the number 1 urban sport in the world, has been an Olympic sport for both women and men since the 2020 Games. It is played with teams of three players, on a half-court; Both teams attack and defend the same basket, depending on who has possession. The team that is on top after ten minutes of play or the first to reach 21 points wins the game. Baskets scored beyond the 6.75 m line are worth 2 points and those scored inside are worth 1 point.

YOU'RE ONLY MISSING ONE TITLE...

"I will never say no to the national team, just as I will never say no to a game in the middle of the street." And in general, in the end, win! Considered the best 3x3 basketball player of all time, Dušan Bulut, the "Serbian Michael Jordan", has won every possible title both in clubs and with Serbia. Bronze medalist at the 2020 Games, only missing the Olympic title...

33 SKI JUMPING

Ski jumping made its Olympic debut in 1924, during the first edition of the Winter Games. It remained an exclusively male discipline until 2014, when women were included in the program. Skiers must descend a slope on a ramp to take off and try to go as far as possible. In addition to the length of the jump, judges award points for the jumper's flying style and landing.

THE WEIGHT OF SUCCESS

February 2018: Norway's Maren Lundby wins gold medal in ski jumping at the PyeongChang Winter Games. But it has a price... In 2021, he announces that he will not be able to defend his title because he no longer wants to mistreat his body to lose even more weight, sometimes bordering on anorexia. This revives the debate about the pressure suffered by athletes regarding their weight.

34 HAMMER THROW

Although the hammer throw has been on the Olympic Games program since the second edition in 1900, women were only able to participate in this event one hundred years later, in 2000. This athletics discipline consists of throwing a steel ball as far as possible. far as possible. The hammer weighs 7.257 kg in men and 4 kg in women; It is attached to a steel cable connected to a handle.

A HAMMER LOVE

She is a discus thrower, he is a hammer thrower. She is Czechoslovakian, he is American. And soon they will be husband and wife. In the middle of the 1956 Games in Melbourne, Olga Fikotová and Harold Connolly experienced both glory and dishonor by each winning a gold medal and experiencing a forbidden love between the Eastern bloc and the Western bloc.

WHAT IS YOUR MOST IMPACTING MEMORY FROM THE OLYMPIC GAMES ?



My most powerful memory of the Olympic Games was the opening ceremony in Tokyo. My team and I were on the bus on the way to the stadium with the French team's flag bearers: Clarisse Agbegnenou and Samir A ï t Sa ï d. There were handball players, soccer players, swimmers and athletes from other disciplines. During that bus trip, it was a party: there was music , we sang and danced, it was an incredible moment. Then, the arrival at the stadium. The entire French delegation was together, waiting for our turn, and it really was a perfect communion with all the athletes of the French team: what a strong feeling to represent, not only 3x3 basketball or basketball, but all the French! During the parade, there was no one in the stadium because it was the Covid Games; However, we were able to greet the President of the French Republic who was present. That night will remain etched in my memory.

Marie-Ève Paget, French 3x3 basketball player
(4th at the Tokyo 2020 Games)

35 SWIMMING

Although swimming events were not held in the ancient Olympic Games, the aquatic sport is one of nine sports on the program of the first modern Olympic Games in 1896. Despite opposition from several officials, including Pierre de Coubertin, the events Women's events were first organized in 1912. At the Games, swimming events are held in a 50-meter-long pool. There are four swimming styles: breaststroke, butterfly, backstroke and freestyle, always executed with the crawl technique.

THE DARK SIDE OF MEDALS

In 2012, American Michael Phelps announced his retirement from sports after winning 18 titles in three Olympics. It's too much, even for one man. Phelps falls into a deep post-Olympic depression. After a long mental work, he finally returns in 2016 and wins five more titles, bringing his total to 28 medals, including 23 gold, absolute records for the Games.

36 BMX

BMX has been on the Summer Olympics program since 2008, with an individual race for both men and women. BMX freestyle, on the other hand, makes its appearance at the 2020 Games. Each BMX race is contested by eight riders, and the first to finish wins. Runners launch themselves from an eight-meter-high hill onto a 400-meter-long track. They can reach 60 km/h.

A NOT SO PREDICTABLE DESTINY

"At 9 years old, I was a gymnast and I didn't do BMX. I thought I would go to the Games as a gymnast," says Colombian Mariana Pajón Londoño. However, at the London Games in 2012, Mariana obtained the second gold medal ever achieved by Colombia in the Games. And in 2016, he managed to retain his Olympic title!



37 ROWING

Rowing has been present in the Olympic Games since 1900, although the 1896 rowing events were canceled due to inclement weather. It was necessary to wait until 1976 for women's rowers to be authorized to participate. In this sport, a boat is propelled by two, four or eight rowers, each handling one oar (point oar) or two (pair oar). Rowing has the peculiarity that the athletes stand with their backs to the direction in which they are moving.

UNIDENTIFIED OLYMPIC CHAMPION

At the 1900 Games in Paris, the Dutch Brandt and Kein have an idea to gain valuable seconds: replace their rudder for a 33 kg child! Winning strategy, they are Olympic champions in two oars and the boy leaves without asking for anything in return. He may be the youngest Olympic champion in history, but no one will know his name...

38 SHOOTING

Sport shooting has been in the Olympic Games since 1896, but women's competitions will not appear until 1984. In the first editions, they were hunting competitions. Today, there are three types of shooting events at the Olympic Games: rifle, pistol and rifle. Athletes must hit targets 10, 25 and 50 meters away. There are also three shooting positions: kneeling, lying and standing.

THE MAN WITH THE GOLDEN PENGUIN INO

In 1938, marksman Károly Takács was destined for a bright Olympic future, but a defective grenade tore off his right hand (being right-handed). The Hungarian once again learned to shoot with his left hand with prodigious skill. So much so that he becomes the first shooter to win two Olympic gold medals (1948 and 1952) and all after losing his right hand!

39 WATERPOLO

Water polo became an Olympic sport in 1900 for men and only in 2000 for women. In this sport, two teams of seven players face each other in a pool to score as many goals as possible. Players, except the goalkeeper, can only touch the ball with one hand. A possession lasts 30 seconds: if the team has not shot at the end of that time, the ball passes to the opposing team.

THE MELBOURNE BLOODBATH

In 1956, in Melbourne, the semifinal of the Games pits Hungary and the USSR against each other, less than a month after the Budapest uprising was put down by the Red Army. During the match, a bloody battle breaks out between the players, to the point that the water turned red... Like a symbol , Hungary finally wins the match, led by its captain, the legendary Dezso Gyarmat, future triple Olympic champion.

40 FIELD HOCKEY

Field hockey has been an Olympic sport since 1908, but the women's tournament only appeared at the 1980 Games. Each team has ten field players and one goalkeeper. Athletes use a hooked stick and play with a hard ball that they try to propel towards the opponent's goal. Except for the goalkeeper, players cannot touch the ball with their hands or feet.

THE EXECUTIONER OF THE USELESS

August 15, 1936, final of the Games: India faces Nazi Germany. Halfway through the match, the score is only 1-0... In fact, the refereeing favors the Germans and the Indians have difficulty adapting to the wet grass . Indian star Dhyan Chand decides to play barefoot. Final score 8-1 with 6 goals from Chand, who thus wins his third Olympic title.



WHAT IS THE STRONGEST EMOTION YOU HAVE EVER FELT DURING THE OLYMPIC GAMES?

One of the strongest emotions I have felt was at the Tokyo 2020 Olympic Games, when after the competition, many Argentine athletes came to wait for me at the door of the hotel to greet me. It had already happened to me in 2008, but the difference is that in Beijing I came back with a medal, whereas this time I brought nothing! And they were all there! All of these athletes made me so happy, they showed me how great our team is. That day , I felt like I had won... They showed me that sometimes we win medals, and sometimes we win feelings that are also worth gold.

Paula Pareto, Argentine judoka (first Argentine Olympic judo champion: gold medal at the Rio Games in 2016 and bronze medal at the Beijing Games in 2008)

41 JUDO

Judo makes its appearance for men at the 1964 Games, but women are not allowed to participate in this event until 1992. Judo means "way of flexibility" in Japanese . The goal of this sport is to knock the opponent to the ground on his back (ippon), immobilize him or force him to surrender using joint locks and chokes. Fights last four minutes and extra time takes place if the score is tied.

A MEDAL IN TWO HITS

Atlanta 1996: three minutes from the end of the final, David Douillet achieves an ippon over the Spanish Perez Lobo. It's done, he is an Olympic champion. They give him his gold medal... which is not his! In fact, the organizers had exchanged the medals for the men's and women's competitions. It wasn't until 1997 that he received his real medal.

42 MIXED RELAY 4X400

First contested at the 2020 Olympic Games, the mixed relay is a foot race in which teams consisting of two men and two women compete against each other. An athlete takes the start, runs one lap of the track before passing the baton to the next athlete on his team, and so on until the last reliever.

A PARIDOR

American Allyson Felix is the most decorated female athlete of the Olympic Games in athletics (11 medals, 7 gold including 6 in relays). And yet, in 2018, Nike reduces her sponsorship contract by 70 percent under the pretext that she is pregnant... Outraged, the sprinter denounces this practice. After giving birth, she returns to training and wins the first title in history in the 4x400 meter mixed relay.

43 MARATHON

The marathon has been on the Olympic Games program since the first modern edition in 1896, but women did not participate in this event until the 1984 Games. It is an individual running event, with a distance of 42.195 kilometers. The marathon was created to commemorate the legend of the Greek messenger Pheidippides, who would have traveled the distance from Marathon to Athens to announce the victory of the Greeks over the Persians in 490 BC Small detail: according to legend, he died after delivering his message...

WHAT A FOOT!

1960: at the start of the Rome Games marathon, Ethiopian Abebe Bikila prepares to run... barefoot! The image might seem funny, however, 2 hours 15 minutes 16 seconds later, he crosses the finish line as the winner, in the same place where Mussolini gave his speech declaring war on Ethiopia. Quite a symbol. And four years later, he does the double!

44 POLE VAULT

The pole vault was on the program of the Olympic Games since the first edition, in 1896. Women do not participate in this event until the 2000 Games. This athletics event consists of, after having completed a race of momentum on a track of 40 to 45 meters, use a flexible pole to overcome without knocking over a horizontal bar placed several meters high.

AND THE TZAR FLEW

It was in 1988, in Seoul, when the Ukrainian Serguei Bubka won his only Olympic title. The first athlete to overcome the 6-meter bar, 6-time world champion and 35-time world record holder, the pole vault «tsar» was only at the top of Olympus once. Throughout his career, he improved the pole vault world record by 31 centimeters ...

45 110 METERS HURDLES

Although the men's 110-meter hurdles event has been run since the first Games of the modern era in 1896, it took until 1972 to see its women's counterpart, the 100-meter hurdles, appear on the Olympic program. Invented by Oxford students in the 19th century under the influence of equestrian events, the test consists of covering the distance as quickly as possible by overcoming ten obstacles arranged at regular intervals on the track.

FROM ECSTASY TO TEARS

In 2004 in Athens, Liu Xiang dominated the 110-meter hurdles final, becoming the first Chinese male athlete to be Olympic champion in athletics. He didn't know it yet, but that would be the last time he would cross the finish line at the Games... In 2008, at his home in Beijing, he left the track injured before the race began. In 2012, he started well, but collapsed at the first fence. The hero of Athens becomes the "accursed of the games."

46 BALANCE BEAM

The beam is one of the four apparatuses of women's artistic gymnastics: it made its appearance at the Olympic Games in 1928. This test consists of performing a sequence of figures on a beam five meters long and ten centimeters wide, located at a twenty-five meters from the ground. It is not the most difficult device in terms of strength , but it is considered the most technical . And it is where falls are most frequent...

FROM WEAPONS TO TREES

On August 21, 1968, two months before the Games, Russian tanks enter Prague... Czechoslovakian Vera Caslavska, current Olympic champion on the beam and opponent of the Soviet regime, flees to the mountains to avoid be arrested. Hiding in this way, he uses the trees to perform his swings and practice exercises on the ground in a meadow. Then he joins the Mexico Games and wins 6 more medals!

47 SAILING

Sailing has been part of the Olympic Games program since 1896, but bad weather on April 1 causes the event to be cancelled. We will have to wait until 1900. The first women's competition was held only in 1988. Sailing consists of moving with a boat only using the force of the wind. The competitions consist of a succession of races, where identical boats compete on the same course with buoys to go around.

A PRINCE IN THE SEA

In 1960, Prince Constantine II, future king of Greece, sails on a sailboat in the Bay of Nápoles. A simple cruise? No, a competition for the Olympic Games! The prince and his companions Eskitzóglou and Zaïmis even obtain the first Olympic gold medal won by Greece in almost 50 years.



WHAT IS YOUR MOST NOTABLE MEMORY?

Two things especially marked me in my different participations in the Olympic Games :

- The opening ceremony at my first Games was a source of enormous emotion. I remember the entrance to the Olympic stadium in Beijing, the passage under the stadium just before reaching the athletics track: at that moment, the French began to sing La Marseillaise, the same one I expected to hear at the end of the Games. I took it as my own and tears of emotion flowed .

- Another thing that fascinated me : this event brings together the best in each sport, athletes who are at the top of their discipline, a kind of meeting of champions. However, each of these champions asks for autographs from other champions, champions of champions, so to speak (like Roger Federer, NBA stars...). I think the power of the media has something to do with it, but it's still extraordinary to see that scene.

Jean-Baptiste Bernaz, athlete of the French sailing team (8th at the Beijing Games in 2008, 10th at the 2012 Games in London, 5th at the Rio de Janeiro Games in 2016 and 6th at the Tokyo Games 2020).



48 UNEVEN BARS

The uneven bars were introduced in the Olympic Games in 1936, only for women, in place of the parallel bars (which are still part of the men's apparatus). It is one of the four apparatuses of women's artistic gymnastics. The gymnasts perform figures on the two bars and move from one to the other with bar release techniques. The upper bar is 2.50 meters from the ground, the lower bar 1.70 meters. The distance between the two bars can reach 1.80 meters.

PERFECTION DOES NOT EXIST

1976: On the Montreal Forum screen, the numbers show 1.00. A very low score for the Romanian Nadia Comaneci, who, however, did an exceptional routine on the uneven bars. It's actually a 10/10, but computers weren't ready to show such a score! Thus he wins the first of his 5 gold medals.



49 SITTING VOLLEYBALL

Sitting volleyball makes its debut at the Paralympic Games in 1980 for men and the 2004 Games for women. This sport is reserved for people with motor difficulties, but capable of moving while sitting. The ball used is the same as in conventional volleyball, and the rules are almost the same. However, the field is smaller (6 m x 10 m) and the net is placed lower (1.15 m for men, 1.05 m for women).

HOLD YOUR HAND!

One figure stands out at the opening ceremony of the 2016 Paralympic Games: leaning on his crutches, sitting volleyball player Morteza Mehrzad is the tallest participating athlete. In fact, he is the second tallest man in the world: he is 2.46 m tall! Thanks, in particular, to his devastating spikes, he and the Iranian team win the gold medal in Rio.

50 GOALBALL

Goalball has been a Paralympic sport since 1976 for men and 1984 for women. It is one of the two sports, along with bocce, that does not have an Olympic equivalent. Invented in 1946 for soldiers who had lost their sight, it is played using a blindfold. In a match, attackers must throw a sound ball (weighing 1.250 kg) into the opponent's goal, while defenders must protect their goal by calculating the trajectory of the sound made by the ball.

SERIAL GOALSCORER

When Sevda Altunoluk shoots, silence prevails and the entire stadium holds its breath... This goalball player scored Turkey's last 17 goals at the Tokyo 2020 Games, 8 goals in the semifinal against Japan (8-5) and 9 goals in the final to beat the United States alone (9-2). A second consecutive title, after the Rio Games in 2016!

51 LE CURLING

Curling has been present as a men's event since the first Winter Games in 1924, then disappears from the Olympic program... until 1998, where it also returns as a women's event (a mixed doubles event is even added in 2018). It is played on a 42 meter long track, where two teams of 4 players try to throw polished granite stones as close as possible to a circular target drawn on the ice, called "house".

THE STONE OF DESTINY

2002 Winter Games in Salt Lake City: Scotland's Rhona Martin has just thrown the last stone of the final. After moving the opponent's stone, it stops in the center of the target... The British are excited: they are Olympic champions! What they now call "The Stone of Destiny" enters the legend and will be exhibited in a museum in Scotland.

52 TRAMPOLINE

An Olympic discipline for both women and men since the 2000 Games, the trampoline was initially designed in 1934 to train astronauts in weightlessness. In this acrobatic sport, athletes bounce on an elastic surface measuring 4 by 2 meters to perform figures in the air. They can rise up to 8 meters high and are judged on flight time, the ability to stay in the center of the trampoline, as well as the execution of the figures and their difficulty.

A GOLDEN FAIR-PLAY

In 2000, Russian Irina Karavaeva became the first Olympic trampoline champion. He also stood out the following year at the world championships... by refusing to accept the gold medal! An error in the count had placed her in first place: full of great fair-play, she spontaneously gave her medal to the true winner, even though the regulations forbade it!



WHAT IS YOUR MOST NOTABLE MEMORY?

The most notable memory of my first participation in the Paralympic Games is, without a doubt, the opening ceremony. Specifically, the athletes' entry into the Beijing Olympic stadium (the «bird's nest»). Our friends who had already participated in a ceremony warned us... We were waiting in the hallways for the French athletes to be called: there was a certain effervescence, but nothing impressive. Suddenly, an athlete sings La Marseillaise, immediately followed by the entire French group! Then, in our turn to parade, the entire delegation is led by their flag bearer, it is dark in this hallway... we enter the stadium, and there, in a split second, it is an explosion of sounds, colors, a sensation of crushing , a terrible pressure, acoustic and visual, but also a physical sensation as powerful as it is difficult to describe. 80,000 spectators giving voice in a magnificent cauldron! Everything intermingles in my brain, my family present, the pride of representing my country... and above all, suddenly, I realize that all the efforts, the sacrifices to participate in the Games come true! I'm here! Everything becomes concrete in a fraction of a second. Certainly, there was also the podium and the presentation of my bronze medal, but without a doubt this «hit of the mace» during the entrance to the stadium remains the moment that has marked me the most.

Fanny Bertrand, French Paralympic table tennis player (team bronze medal at the 2008 Beijing Games)

53 PARA TABLE TENNIS

Para table tennis has been on the program of the Paralympic Games since its first edition in 1960 in Rome, where only wheelchair table tennis players had the right to participate. The rules are almost identical to those of conventional table tennis. Today , there are eleven categories of physical and intellectual disability referenced for competitions. An interesting detail: table tennis, on the other hand, entered the Olympic Games only in 1988.

EVERYTHING IS IN THE HEAD

At the age of 10, Ibrahim Hamadtou suffers a train accident and must have both arms amputated. To avoid falling into depression, he starts playing sports and discovers table tennis. Learn to play with the racket in your mouth! Paralympic revelation in the 2016 and 2020 Games, this Egyptian athlete becomes a legend of his sport.

54 100M WHEELCHAIR

It was in 1964, during the second Paralympic Games, that the first wheelchair race made its appearance: then it was 60 meters. Since then, wheelchair racing has become one of the main Paralympic disciplines, with the queen event being the 100 meters. Today, the wheelchairs are made of aluminum, have carbon wheels (a third at the front) and weigh around 7 kg, half as much as in the first competitions.

UNSTOPPABLE

At the Tokyo 2020 Games, Belgian Peter Genyn discovers that his wheelchair has been sabotaged just before the 100 meters final (three punctured tires and broken frame). Thanks to the support of other delegations and members of the technical service, the wheelchair is briefly repaired with adhesive tape... Peter takes the start and brilliantly wins the Olympic title.

55 BIATHLON

Biathlon, a discipline that combines cross-country skiing and rifle shooting, made its appearance at the 1960 Winter Games. The historical format is the time trial, but later the line race and the relay were added. When a shot misses, the athletes, depending on the test, take a penalty lap, reload to validate the shot or lose one minute in their total time. Since the inclusion of women's events in 1992, eleven Olympic gold medals have been distributed each time for this discipline alone.

14 CENTIMETERS

2014, Sochi Games: Martin Fourcade loses by centimeters to Norwegian Emil Svendsen in a photo finish. Four years later, the Frenchman faces the German Simon Schempp: both throw their skis on the line, but this time it is the Frenchman who takes the gold, by 14 small centimeters... A fourth individual title with a taste of revenge!

56 JAVELIN THROW

The javelin throw has been present in the men's program since the fourth edition of the modern Olympic Games in 1908. Women, on the other hand, must wait until 1932 to be able to participate. After a short run, the athletes must throw the javelin from the throwing area without "stepping" on the track finish line. A javelin weighs 800 grams for men and 600 grams for women.

FROM YOUTUBE TO THE OLYMPIC GAMES

Historically, Kenya is the country of running, not javelin... No matter, Julius Yego decides to learn the technique of this sport through videos of champions on YouTube. This initiative earns him the nickname "YouTube Man." With steady progress, he becomes the first African world champion in the javelin throw and wins a silver medal at the Rio Games in 2016.

WHY CREATE A GAME ABOUT THE OLYMPIC GAMES?



After training , we usually get together with teammates to play board games. It is an important moment that allows us to come together, to be in another way of sharing than in our work, without mobile phones , without technology , just between us. And during competitions, trips, we also took the opportunity to play. In addition, the Olympic village allows us to meet other athletes and share moments. Board games are the perfect excuse.

Driven by this passion for the game, I went to the Olympics store several times to see if they had a game about the Olympic Games... but to my surprise, they never had anything! So one night, during the Tokyo 2020 Games, the idea came to me. What if I invented one? What if I worked on a game about the Olympic Games myself?! Making a game about sport is always complicated because some are fans of football, others of basketball, still others of swimming or the game is specific to a single sport... But precisely, since the Olympic Games brings together all sports, This game could bring everyone together. In addition, it would allow some to discover sports that they do not even know exist. And it would also bring together Paralympic sports! It was in the same Olympic village where I began to reflect on the foundations of what would become Olympikos.

Diego Simonet, player and captain of the Argentine handball team.
(10th place at the London 2012 Games,
12th place at the Tokyo 2020 Games)

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