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OLYMPICS**



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**TO THE TOKYO
OLYMPICS**

SportsEngine, a division of
NBC Sports Digital & Consumer Business
Minneapolis, MN

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Overview
**OF THE OLYMPIC
GAMES**

Ancient Games

The origin of the ancient Olympic Games is lost in history, but some say that it began as a commemoration of the god Zeus' defeating Cronus in a wrestling match—the prize being possession of Earth. Other legends state that Heracles, son of Zeus and the mortal woman Alcmene, founded the Games. Regardless of the event that inspired the Games, the first recorded mention of the Olympics was in 776 BCE. The Olympic Games would continue to be held in Olympia in the western Peloponnese until 393 ACE.

While nominally a religious festival honoring the gods, a major part was the competition between young men who wanted to show off their physical fitness, strength, speed, and cunning. For five days, spectators would watch athletes compete in running, jumping, and throwing events plus boxing, wrestling, pankration, and chariot racing. Winners were awarded a crown of olive leaves, also known as kotinos. The olive branch and leaves were intertwined to form a circle or a horse-shoe and placed on the victor's head.

At its height in the second century ACE, 40,000 spectators would pack the stadium while many more lingered outside enjoying the festivities. In 393 ACE, Emperor Theodosius I, a Christian, banned all pagan festivals, ending the Olympic tradition after nearly 12 centuries.

What is the most interesting thing you learned about the ancient Games?



Learn More

To learn more about the ancient games scan the QR code above.

The Original Sports

An Olympiad begins with the holding of an Olympic Games and it last four years.



BOXING



CHARIOT RACING



**DISCUS, JAVELIN,
LONG JUMP**



PANKRATION



RUNNING



WRESTLING

Question & Answer

1. When did the first Games take place?

2. Who was allowed to compete in these Games?

3. What did each winner receive as their prize?

4. For how many years did the Games originally last?

Map of Ancient Greece



Mediterranean Sea

It is 5,922 miles from Athens to Tokyo.

Fun Facts

1

A false start in track was grounds for corporal punishment (floggings).

2

There were only two rules in pankration—no biting and no gouging.

3

Athletes in combat sports had to indicate their surrender by raising their index fingers— some died before they could do this.

4

There were no points, no time limits, and no weight classifications in boxing.

Modern Games

In 1859, an Olympic-like event was first held in a square in Athens, then again in 1870 and 1875, with attendance topping 30,000 in 1870. However, these first events were all one-offs.

In 1892, Pierre de Coubertin, a French educator and historian, proposed a regularly recurring Olympic event. His idea took hold and in 1894, the first meeting of the International Olympic Committee (IOC) was held in Sorbonne, Paris. They agreed on an internationally rotating Olympic Games that would occur every four years.

In 1896, 14 countries competed in 43 different events in the first modern Olympic Games. As a tribute to the original games, it was held in Athens, Greece. The result was a big success. Athletes, fans and government officials were extremely enthusiastic about the future of the Games.

Unfortunately, the 1900 and 1904 World's Fairs relegated the Games to more of a sideshow at those events, instead of the grand international event that de Coubertin had envisioned. The Games regained their footing in 1908 and continued the four-year cycle known as an Olympiad until World War I, when the 1916 Games, which were to be held in Berlin, were canceled. This happened again in 1940 and 1944 because of World War II. The Games have run on schedule ever since until 2020, when the COVID-19 pandemic pushed the Games out of cycle to be held in July and August 2021.

Over the last 125 years, the Games have continued to grow and evolve. The Tokyo Olympics will feature 41 different sports, including newcomers like surfing, sport climbing, and skateboarding. Athletes from 206 nations are expected to compete. Women will also represent nearly fifty percent of the athletes, and they promise to be the most sustainable Games to date.

Where is the International Olympic Committee (IOC) based today?



Pierre de Coubertin

When Pierre de Coubertin was a young man, a German team of archaeologists were excavating ancient Olympia in Greece. De Coubertin was keenly interested in the discoveries and has repeatedly stated that this dig was the inspiration for recreating the ancient Games. Like the ancient Greeks, he saw sport as a spiritual movement and wanted to rebuild that for the modern day.

“Like ancient athletics, modern athletics is a religion, a belief, a passionate movement of the spirit that can range from ‘games to heroism.’”

- Pierre de Coubertin

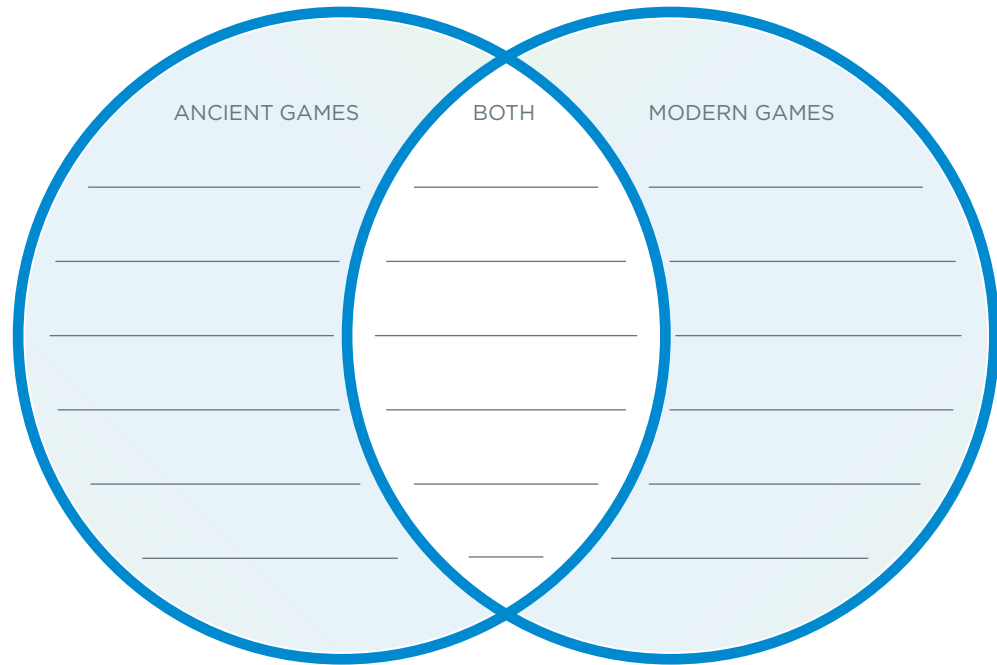
Fill in the Blank

1. The first meeting of the International Olympic Committee (IOC) was held in _____ in _____.
(year) (city, country)
2. Women were officially allowed to compete starting in the _____ Olympic Games.
(year)
3. The first modern Olympic Games was held in _____ in _____.
(city, country) (year)



Scan the QR code to learn more about the modern games.

In the Venn diagram, compare and contrast the Ancient and Modern Olympic Games. Where the circles overlap list common characteristics of both. On either side, list unique aspects of each.



Fun Facts

1
Great Britain is the only nation to have won at least one gold medal at every Olympic Games.

2
Women have competed in the modern Olympics nearly as long as the Games have been around. In 1900, there were female athletes in sailing, tennis, croquet, equestrian, and golf.

3
2021 marks the first time that the Olympics will be held in an odd-numbered year.

The Olympic Rings

The Olympic Rings are a relatively modern addition to the Games. They first appeared in 1913 at the top of a letter written by Baron Pierre de Coubertin, the founder of the modern Olympic Games. In the letter he wrote, “These five rings represent the five parts of the world now won over to the cause of Olympism and ready to accept its fertile rivalries. Moreover, the six colors thus combined reproduce those of all the nations without exception.”

An often cited mistake is that each ring color represents individual content. Rather, the five colors combined with the white background represent the colors of the flags of all nations at that time, without exception.

The rings are interlaced to show the meeting of the athletes of the world during each edition of the Olympic Games in a spirit of good friendship and fair and equal competition.

Host nations must pass laws protecting Olympic trademarks including The Rings.



Learn More

To learn more about the Olympic Rings scan the QR code above.



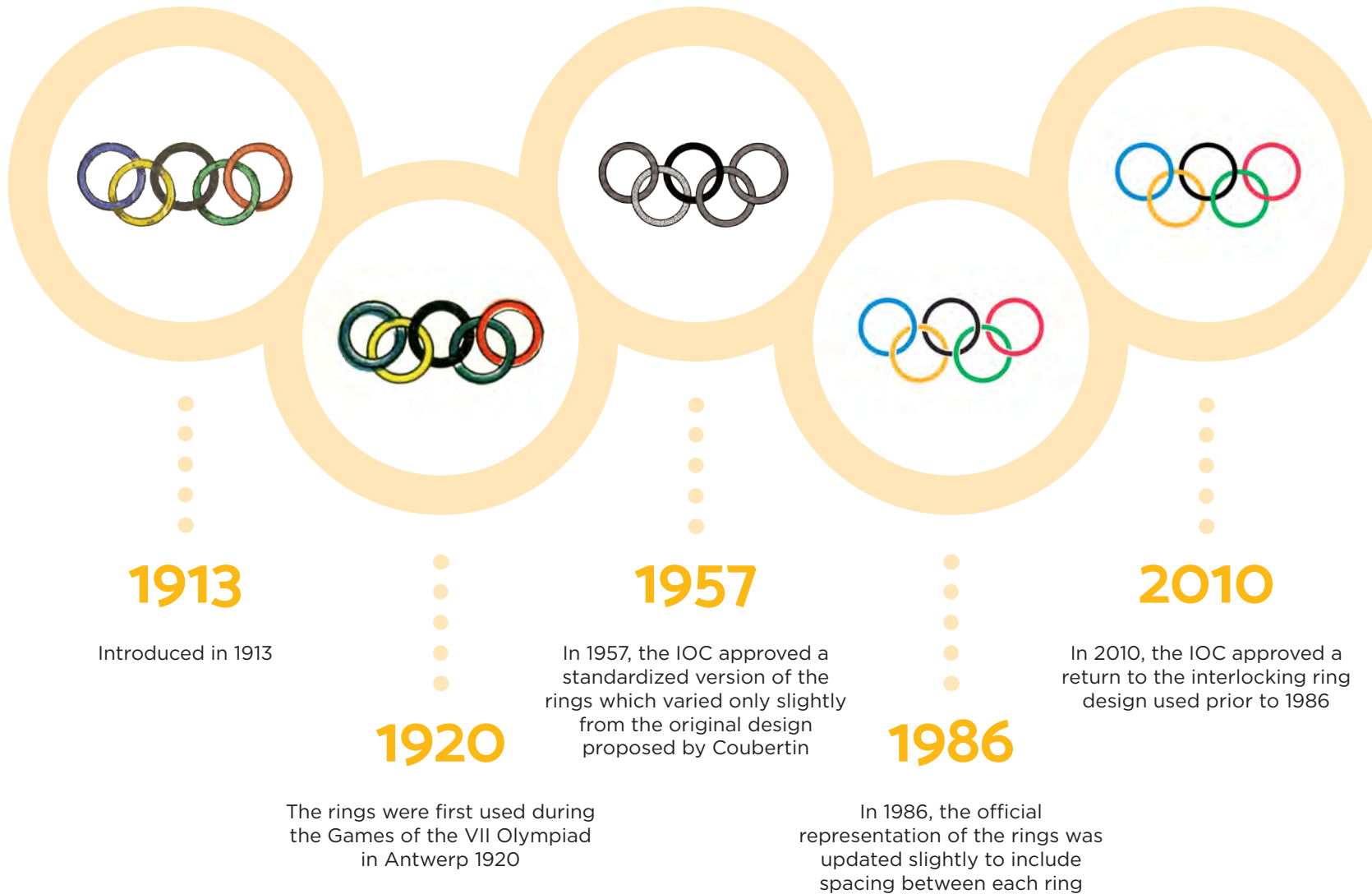
Olympic Rings Tattoos

Freestyle swimmer Chris Jacobs is credited with starting the Olympic rings tradition. He noticed a small maple leaf tattoo on Canadian competitor Victor Davis' chest and decided to follow suit and celebrate his three gold medals by tattooing the rings just below the waistline of his swim trunks. A few years later he got a second set of rings tattooed on his bicep. It wasn't until 2008 when Michael Phelps got his tattoo that the tradition really took off. Today, it is a right of passage with many Olympians getting rings tattoos somewhere on their bodies.

Compare & Contrast

Olympic Rings Timeline

What differences do you see in each version of the rings. Why do you suppose such minor changes were made?



The Olympic Torch & Flame

Today the lighting of the Olympic flame is an integral part of the Games and provides a connection to its ancient history. However, it didn't make its first appearance until 32 years after the first modern Olympic Games. In these first appearances, the flame was lit over the stadium with much less fanfare than today.

Prior to the 1936 Games in Berlin, a German university lecturer, sports enthusiast, and head of Berlin's Olympic Organizing Committee proposed a grand torch relay from Olympia to the site of the current Games. The torch would then be used to light the Olympic flame and open the Games.



Rule 13 of the Olympic Charter states "The Olympic flame is the flame which is kindled in Olympia under the authority of the IOC" and must begin its journey in Olympia, Greece.



[Learn More](#)

To learn more about the Olympic torch and flame scan the QR code above.



Lighting of the Torch for Tokyo

The ceremony took place on March 12, 2020, at Olympia, Greece. However, due to the COVID-19 pandemic, the 31-city tour of Greece was canceled. A small ceremony was held in Sparta where Scottish actor Gerard Butler—who played Leonidas in the movie 300—helped commemorate the 2,500th anniversary of the Battle of Thermopylae.

The torch was later placed in the Japan Olympic Museum until the relay was restarted on March 25, 2021. It then made a tour of Japan and then on July 23, 2021 after a delay of one year, the cauldron will be lit to open the Tokyo 2020 Olympic Games.

Did You Know?

- A new torch is designed for every Olympics.
- Several torches are made because each torchbearer is given their own torch. The flame is passed from runner to runner, not the torch.
- As it was in Ancient Greece, the Mother Flame that is used to light the torch is lit by the sun in Olympia.
- Since 1928, a flame has been lit in the opening ceremony and remains lit until the closing ceremony.

Past Olympic Torches



ATLANTA
1996



SYDNEY
2000



ATHENS
2004



BEIJING
2008



LONDON
2012



RIO DE JANEIRO
2016

DRAW TORCH HERE

The
Olympic
Torch relay
is 121 days
long

Medals

Carrying on the tradition from the ancient Olympic Games, the first modern Games crowned the winners with an olive wreath and 1st & 2nd place winners received silver and bronze medals respectively. While the games in 1900, no medals were awarded at all. Finally, in 1904 winners received the traditional gold, silver, and bronze medals for 1st, 2nd, and 3rd place.

Some consistency emerged in 1928, when Italian artist Giuseppe Cassioli designed the medals for the Olympic Games in Amsterdam. Cassioli's design had several features: a robed Hellenic goddess holding a laurel wreath with the Athens Colosseum in the background, a horse drawn chariot, a Grecian urn, and the Olympic rings. They appeared on both sides of the medals until 1968. In 1972, the image started to be used only on the front side only.

In 2004, the IOC approved an updated version of this design.

6.21 million phones were collected and the metals extracted to make all 5,000 medals.

2020 Tokyo Gold Medal



Scan to learn more about the medals.

Example Medals



ATHENS 1896



LONDON 1948



TOKYO 1964



LOS ANGELES 1984



SYDNEY 2000



RIO 2016

DRAW MEDAL FRONT HERE

DRAW MEDAL BACK HERE

The 2008 Beijing medals also included Jade.

Fun Facts

1

No Olympian has received a solid gold medal since the 1912 Games.

2

Gold medals are generally heavier than silver or bronze medals. For example, the Tokyo medals weigh 556g, 550g, and 450g, respectively.

3

Olympians are often seen biting their medals. This harkens back to the ancient practice of biting into gold to test its purity and authenticity.

4

It wasn't until 1960 that medals were designed to be worn around the neck. Prior to that, they were pinned to the winner's chest.

The Mascot

The Olympic and Paralympic mascots are fictional characters—usually an animal native to the area or human figures—who represent the cultural heritage of the place where the Olympic and Paralympic Games are taking place.

The first Olympic mascot was born at the Grenoble Olympic Games in 1968. It was named “Schuss” and was a little man on skis, designed in an abstract form and painted the colors of France (blue, red, and white). Starting in 1968, the coherent design system was introduced for the XIX Olympiad in Mexico. Building on the graphical success, 1972 Olympics in Munich introduced Waldi, a Dachshund dog, which was a popular breed in Bavaria and represented the attributes required for athletes—resistance, tenacity, and agility. It contained three of the colors of the Olympic flag (blue, yellow, green). From 1972 to date, every Olympics has featured a mascot that represents the feel of the Games and something of the host city.

The success of those first mascots helped the idea of a mascot become a symbol of the Olympic Games and developed into an institution.



Miraitowa

The 2020 Olympic mascot is called Miraitowa, which is derived from the Japanese words mirai (future) and towa (eternity). This name was chosen to promote a future full of eternal hope in the hearts of people all over the world.

Mascot Matching

Match the Tokyo Mascots to their sport.

CYCLING



EQUESTRIAN



HANDBALL



JUDO



SURFING



WEIGHTLIFTING



Question & Answer

What is your favorite mascot? Why?



Scan the QR code to learn more about Olympic mascots.

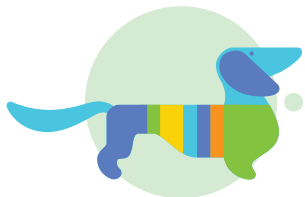
Draw Your Own Mascot

DRAW MASCOT HERE



Schuss, Grenoble Olympic Games 1968

Mascot Timeline for the Olympic Games



MUNICH
1972



SEOUL
1988



BARCELONA
1992



ATLANTA
1996



LONDON
2012



RIO DE JANEIRO
2016

Sports

There are 41 sports represented at the Tokyo Olympics. This includes six new sports added since the 2016 Rio Games—baseball, softball, karate, sport climbing, skateboarding, and surfing.

Competing Countries

Did you know there are more independent entities competing in the Tokyo Olympics but only 195 different countries? That means that some countries have different contingents competing independent of one another. One of those is the United States! In addition to athletes competing under the stars and stripes, American Samoa, Guam, Puerto Rico, and the US Virgin Islands each have their own delegation at the games.



Scan me to learn more about Olympic sports.

Sports dependent on mechanical propulsion are not allowed.

US Contingent Flags



American Samoa



Guam



Puerto Rico



US Virgin Islands



DIVING



MARATHON SWIMMING



SWIMMING



WATER POLO



ARTISTIC SWIMMING

Aquatics

Under the International Olympic Committee (IOC), swimming, diving, water polo, marathon swimming, and artistic swimming are all part of the same sport? They are all separate disciplines in the sport of aquatics. However, the U.S. treats each of these as its own sport with its own rules and governing body. It's only at the Olympic Games and other international competitions that they are combined under a single sport.

Olympic Sport Name Word Scramble

- | | | |
|--------------------------|---------------------------|--------------------------|
| 1 RCRAYHE _____ | 16 OJDU _____ | |
| 2 BEHAC LLOYLELAVB _____ | 17 KREATA _____ | |
| 3 MNNTAIBDO _____ | 18 DNOMRE ANTPTENOH _____ | |
| 4 EASLBBLA _____ | 19 WGORNI _____ | |
| 5 ESTBKALLBA _____ | 20 BGURY _____ | |
| 6 XGOBNI _____ | 21 SAGILNI _____ | |
| 7 AOCNEGNI _____ | 22 IHNSGTOO _____ | |
| 8 IGYCLNC _____ | 23 TAKANISODBEGR _____ | 31 SNITEN _____ |
| 9 DVGINI _____ | 24 ECRCOS _____ | 32 KTRAC NDA LFDIE _____ |
| 10 UNQTASEIER _____ | 25 LASFBTOL _____ | 33 RMNTIOEALP _____ |
| 11 LEFDI HCYOEK _____ | 26 PRSOT MCNLBGII _____ | 34 ORNTHLTIA _____ |
| 12 CNEIGFN _____ | 27 GSRFNUI _____ | 35 VALOLLELYB _____ |
| 13 FOLG _____ | 28 NWGMIMSI _____ | 36 ARWET OPLO _____ |
| 14 YSAMCSIGHT _____ | 29 LTEAB INETSN _____ | 37 HILGGITNTFEWI _____ |
| 15 HNLDBAAL _____ | 30 WODTAEOKN _____ | 38 SGLIRTWEN _____ |

**Tug-o-war
used to be an
Olympic sport**

Opening Ceremony

The Opening Ceremony has been part of the Olympic Games since its modern inception in 1896. While many parts have changed, some of the traditions from that first Games have carried on to today. The Olympic anthem composed for the 1896 Games is still played and the parade of athletes entering the stadium (called the Parade of Nations) is considered the highlight for most spectators.

Today, Rule 55 of the Olympic Charter governs much of the protocol, but each host country provides its own flavor, especially to the artistic part of the program. Each Opening Ceremony concludes with the lighting of the Olympic flame, signaling the official beginning of the Games.



Scan the QR code to learn more about the Opening Ceremony.

Watch All of the Action

NBC will air its first-ever live morning broadcast of an Olympic Opening Ceremony from Tokyo as part of its daylong presentation on Friday, July 23, 2021.

EASTERN TIME

6:55 AM - 11:00 AM	Live Opening Ceremony Coverage
11:00 AM - 1:00 PM	Special Edition of TODAY
1:00 PM - 4:00 PM	Tokyo Olympics Daytime
7:30 PM - 12:00 AM	Primetime Opening Ceremony
12:35 AM - 5:00 AM	Overnight Replay of Opening Ceremony

The Elements

While watching the Opening Ceremony, make note of each of the activities below and put them in the proper order that you see them.

- _____ The opening of the Games
- _____ Raising the Olympic flag & playing the anthem
- _____ The artistic program
- _____ The symbolic release of doves
- _____ Official speeches
- _____ Olympic Laurel
- _____ Playing the National Anthem
- _____ Taking of the Olympic oath
- _____ Olympic flame and torch relay
- _____ Parade of Nations (*also known "Parade of Athletes"*)
- _____ Entry into the stadium and welcome

Observations

1. Describe the Olympic flag. _____

2. How many countries are competing at the Tokyo 2020 Olympics? _____

3. How many sports are in the Tokyo Olympic Games? _____

4. What are some interesting facts that you learned about Japan? _____

Olympic champion Michael Phelps carrying the United States flag while leading the Olympic team USA in the Rio 2016 Opening Ceremony at Maracana Stadium

What was
your favorite
part of the
Opening
Ceremony?



Closing Ceremony

The Closing Ceremony marks the end of the Games and has been part of the modern games since its inception in 1896. However, the Parade of Athletes didn't come into existence until 1956. It is one final chance for the athletes to come together and celebrate as 'one nation' and reaffirm the Olympic spirit and values of Citius—Altius—Fortius (or Faster)—Higher—Stronger.

2016 Rio De Janeiro
Closing Ceremony



What was your
favorite part of the
Closing Ceremony?



Learn More

To learn more about the Closing Ceremony scan the QR code above.

The Elements

While watching the Closing Ceremony, make note of each of the activities below and put them in the proper order that you see them.

- _____ Parade of Athletes
- _____ Moment of Remembrance
- _____ Playing the National Anthem
- _____ OCOG president's speech & IOC president's speech
- _____ Entry of the nation's flags
- _____ Extinguishing the Olympic Flame
- _____ Intro of the Athletes' Commissions new members
- _____ Next host city artistic segment
- _____ Victory ceremony
- _____ Lowering the Olympic flag & flag handover ceremony
- _____ Playing of the Greek National anthem
- _____ Entry and welcome

Observations

1. What made the Closing Ceremony unique?

2. What medals were awarded during the Closing Ceremony?

3. Who carried the flag after it was lowered and to whom was it given?

4. What is the next host city for the Olympic Games in 2024?



Mayor Eduardo Paes of Rio de Janeiro, IOC President Thomas Bach, and Governor Yuriko Koike of Tokyo take part in the Flag Handover Ceremony during the Rio 2016 Olympic Games at Maracana Stadium



Tokyo
**2020 OLYMPIC
SPORTS**

Weightlifting

Weightlifting is a sport in which athletes lift barbells from the ground to above their heads, competing to lift the greatest amount of weight.



Understanding the Sport

Weightlifting athletes are divided into weight classes. Each athlete has 3 attempts at both the snatch (lifting the bar from their feet to above their head in a squat position, then pushing up to a standing position) and the clean and jerk (lifting the bar from the floor to rest on their chest with bent arms [the clean] and then using a jumping motion to extend both the arms and legs to stand upright with the weight fully extended overhead [the jerk]).

An athlete's best snatch is added to their best clean and jerk to calculate the total amount of weight lifted, and the athlete with the highest total weight wins.



How the Sport Began

Weightlifting dates back to ancient Egypt and Greece, and continued through the Middle Ages, usually done by the strongest men in villages all over Europe. In the 1800s, professionals toured with carnivals or vaudeville shows. By the end of the 19th century, weightlifting was recognized as a competitive sport internationally. It was included in the first modern Olympic Games in 1896.



Track the Medals

Tokyo Olympic Qualifier

At just five feet tall, Jourdan Delacruz is the smallest member of Team USA Weightlifting.

Who's Competing?

Follow your favorite athletes.

NAME	WEIGHT
_____	_____
_____	_____
_____	_____



WEIGHTLIFTING BROADCAST SCHEDULE

Men

				
7/25	7/28	7/31	8/3	8/4

Women

				
7/24	7/26	7/27	8/1	8/2

Watch all of the action on the networks of NBCUniversal including



Scan for more information about Weightlifting!



A medal was awarded for a "one hand lift" in the 1896 Olympic games before the event was discontinued.



Weightlifting has been on the program of every modern Olympic Games except in 1900, 1908, and 1912.



Fun Facts

Athletes choose the weight for their first attempt; it can only get heavier. A lifter starting too high might face trouble.

Did You Know?

In 1928, the program was standardized to three lifts: snatch, clean & jerk, and press. In 1976, the press was removed because of judging difficulty.



Word Search

H H V H P U M G L Q I E O C C
 P R D C L E A N A N D J E R K
 L T V O X X H B F H G P K C B
 A Q L P M X W O X K S I S S B
 T A B K C N U N N G Q V P K T
 E O F I M M B S T K U T L X N
 S P G R J M I P T K A B I O O
 V L P R E S S O U T T S T I L
 A D N H K Q B Z C V G N W S I
 A T T E M P T O P K S A X L F
 D A M S J M P K M U A T T H T
 H M Y X T E A B O B F C W C D
 O A Y A U R H C K L O H P H T
 D H O O K I N G F F T U Z W F
 Y V X Z N E P J A U N H T A L

ATTEMPT
 BOMB-OUT
 CLEAN AND JERK
 HOOKING

NO LIFT
 PLATES
 PRESS OUT

SNATCH
 SPLIT
 SQUAT

Compare & Contrast

Compare and contrast the different events for weightlifting.

Order of Elements

Number the parts of the clean & jerk lifts in the correct order.



Discussion Questions

1. Weightlifters are split into 10 weight classes for the 2021 Olympics. What advantages to lighter weight classes have over heavier classes, and vice versa?
2. While strength is required, it also requires mental focus. What techniques would you use to maintain focus if you were competing?



answer guide

Answer Guide

The Ancient Games - Page 2

1. 776 BCE
2. All free Greek males were allowed to take part, from farmhands to royal heirs, although the majority of Olympians were soldiers. And while there is some evidence that women participated in the early Games, by the fifth century BCE, women were explicitly barred from competition and the Games as a whole.
3. A wreath of olives as this was associated with Heracles, a demi-god associated with the Olympic Games.
4. Twelve centuries

The Modern Games - Page 4

1. The first meeting of the International Olympic Committee (IOC) was held in Sorbonne in Paris, France in 1894.
2. Women were officially allowed to compete starting in the 1900 Olympic Games.
3. The first modern Olympic Games was held in Athens, Greece in 1896.

Archery - Page 22

For all archery puzzle solutions, go to: sportsengine.com/archery-puzzles.pdf

1. There are many reasons why the use of the bow and arrow declined with the invention of firearms. One reason is that guns, if aimed correctly, can be more accurate than a bow and arrow. Guns are also more powerful, and can be used quicker.
2. The different size circles and colors on the targets are used to test accuracy. Some circles are harder to hit than others.
3. The feathers at the end of arrows are used to stabilize the arrows as they fly through the air. This makes each shot more accurate.

Artistic Swimming - Page 24

For all artistic swimming puzzle solutions, go to: sportsengine.com/artistic-swimming-puzzles.pdf

1. Artistic swimming is scored by a panel of judges. In order for the judges to determine who has the best technique for a certain skill, they need to see all teams showcase that same skill. Having a designated set of movements allows the judges to assess who has the best technique.

Badminton - Page 26

For all badminton puzzle solutions, go to: sportsengine.com/badminton-puzzles.pdf

1. Players serve first on the right side with a starting score of 0-0. That means when the server switches to the left side, the score will be 1-0, an odd number. When the server switches back to the right, the score will either be 1-1 or 2-0, which means the total score is an even 2. The game continues like that, with odd scores on the left and evens on the right. It's a good way to make sure the score is right!
2. A shuttlecock has feathers to keep it from wobbling in the air during play. The feathers allow the shuttlecock to change speed and direction very rapidly without being wobbly or losing speed.

Baseball - Page 28

For all baseball puzzle solutions, go to: sportsengine.com/baseball-puzzles.pdf

1. Japan recognized how popular baseball is all over the world. The country thought it was important to include a sport that is loved by all in the worldwide Olympic Games.

Basketball - Page 30

For all basketball puzzle solutions, go to: sportsengine.com/basketball-puzzles.pdf

1. The team included NBA greats like Larry Bird, Michael Jordan, and Magic Johnson. During the 1992 Barcelona Olympic Games, the team won by an average of 44 points over their competitors.

Beach Volleyball - Page 32

For all beach volleyball puzzle solutions, go to: sportsengine.com/beach-volleyball-puzzles.pdf

1. Indoor volleyball is played with six players to a side, while beach volleyball is only played with two players to a side. The indoor court is larger because twelve total players can cover more of the court during play, whereas a beach volleyball court is smaller because four total players cannot cover the same amount of court. Similarly, an indoor volleyball court is smaller because it allows for players to hit the ball harder and with greater speed, which can make for a faster play of game. Beach volleyballs are larger and lighter so that players have greater control over the ball.
2. Beach volleyball players need to know every skill because they don't have set positions on the court and they move constantly throughout play. Players could be put in a position to hit, block, or dig at any time during a game, and so they must be prepared for any type of scenario.

Boxing - Page 34

For all boxing puzzle solutions, go to: sportsengine.com/boxing-puzzles.pdf

1. Olympic competitors wear padded helmets to increase the safety of the athletes. This is especially important because Olympic boxers must compete in many matches in a short period of time.
2. There are many reasons why lighter and heavier weight classes have different approaches to boxing. One reason is that lighter and heavier boxers have different centers of gravity, which affects how they throw punches and aim at an opponent.

Canoe - Page 36

For all canoe puzzle solutions, go to: sportsengine.com/canoe-puzzles.pdf

1. There are many different advantages and disadvantages to the types of paddles used by canoers and kayakers. One advantage of a kayaker's double blade is that it is easier to change direction since the kayaker does not have to switch the side of the boat he or she is paddling on. One advantage of a canoer's paddle might be that he or she has the ability to make longer strokes to move the boat farther.
2. Canoes have a longer, more slender shape while kayaks are a bit wider to account for a kayaker's in-boat seat. Due to its shape, a canoe might have a tougher time changing direction quickly, which means it would be more challenging in a slalom race.
3. Olympic slalom courses are often artificial in order to ensure fairness. Man-made courses allow for all athletes to be subjected to the same challenges during a race, which might not be guaranteed in open water.

Cycling - Page 38

For all cycling puzzle solutions, go to: sportsengine.com/cycling-puzzles.pdf

1. There are many tricks in BMX freestyle. Some include bunny hop, manual, 180, and bar hop.
2. There are many differences between the four different types of bicycles: BMX, Road, Mountain, and Track. BMX bikes are the smallest bike you'll see at the Olympics, with a very small, light frame, a single speed, and a free back wheel so riders can pedal backward while still moving. Road bikes have very light, strong frames with standard brakes and 22 different gear options. Mountain bikes have very wide and knobby tires that help to grip and navigate tough terrain, and they have 30 different gear options. Track bikes only have the essentials, such as one gear and no breaks.
3. European countries have a strong culture of cycling. It is not uncommon to see Europeans biking to work or the grocery store, or forgoing a car altogether. That daily culture can be seen translating to the massive success of European cycling teams in road and track races.

Diving - Page 40

For all diving puzzle solutions, go to: sportsengine.com/diving-puzzles.pdf

1. Diving uses many of the same techniques as gymnastics or dance. Divers do flips and turns that are similar to those in gymnastics routines. Divers also share similar body positioning and polishing that you find in dance, such as pointed toes.
2. The tighter a diver holds to their legs in a tuck, the faster their body can rotate. This becomes advantageous when divers do multiple somersaults in a row; faster somersaults mean more rotations and more time to come out of the tuck to land in the water.

Equestrian - Page 42

For all equestrian puzzle solutions, go to: sportsengine.com/equestrian-puzzles.pdf

1. Eventing consists of three main disciplines: dressage, cross-country, and jumping, and each are challenging in their own ways. Dressage requires the horse to be skillful and attentive to the rider while cross-country is a test of endurance. Jumping is difficult because it often occurs as the last event when the horse is already tired from the previous disciplines.
2. German-bred horses, such as the Trakehner, are typically outstanding in eventing. The Germans are very successful and devote a lot of resources to breeding competition horses.

Fencing - Page 44

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1. There are three types of swords in fencing: foil, epee, and sabre, each with a unique strategy behind it. To gain points using a foil, the fencer must be precise about where the point lands on their opponent. The epee favors fencers who are more patient, defensive, and thoughtful, while the sabre is all about the offensive attack.
2. There are advantages to using both speed and height. Height can allow a fencer to strike from a further distance since they have longer arms. Speed, on the other hand, can catch an opponent off guard and control the pace of the match.
3. Epee does not use the rule of priority, or right-of-way because of its dueling history! Traditionally, whoever lands the first touch wins the point, no matter who was attacking first.

Field Hockey - Page 46

For all field hockey puzzle solutions, go to: sportsengine.com/field-hockey-puzzles.pdf

1. There are many advantages to playing on artificial turf. For instance, there is less maintenance needed for artificial turf upkeep. Artificial turf also allows for a more fast-paced game.
2. Field hockey was played as early as the 14th century in England but gained rapid popularity in India, a British colony, in the 1800s. India was home to the very first professional field hockey team established outside of England, Calcutta HC, and the country went on to dominate competitions, including the Olympics. While predominantly a women's sport played in colleges in countries like the United States, field hockey is rapidly gaining popularity at the professional level, leading to more successes for countries outside of India.

Golf - Page 48

For all golf puzzle solutions, go to: sportsengine.com/golf-puzzles.pdf

Gymnastics - Page 50

For all gymnastics puzzle solutions, go to: sportsengine.com/gymnastics-puzzles.pdf

1. Gymnastics floors have built-in springs or a combination of rubber foam and plywood that make the entire floor bouncy.
2. The bell is a timer that allows the gymnast to know how much time he or she has left in their routine. Often there will be a bell to signal there are 10 seconds left in an athlete's allotted time.
3. The chalk helps the athletes grip the pommel horse, rings, or bars. It prevents the possibility of the athletes slipping off or losing their grip during the routine. This not only helps the gymnast's routine but can also enhance the safety of the athlete.
4. The line in the middle of the landing area is used as a guide to judge how straight a gymnast's jump was. The closer to that line the athlete lands, the more accurate the jump, and the better their score.
5. Each position, or "strength," in the rings must be held for a minimum of two seconds. The rings showcase upper-body skills: biceps, triceps, shoulders, and chest are the main muscles used in the rings.

Handball - Page 52

For all handball puzzle solutions, go to: sportsengine.com/handball-puzzles.pdf

1. In handball, athletes are allowed to not only throw to move the ball but dribble as well, like in basketball. An indoor court allows for easier dribbling, and it also speeds up the play of the game.
2. Referees can issue a "passive play" penalty if they don't see the offensive team actively trying to score. This keeps the game moving, but may pose an issue to teams trying to stick to a certain formation or strategic approach.
3. While it may seem more difficult to aim and shoot with your feet, handball has rules in place that state players can only shoot from a certain distance, making it harder to aim accurately and score past a goalkeeper in a smaller net.

Judo - Page 54

For all judo puzzle solutions, go to: sportsengine.com/judo-puzzles.pdf

1. Many forms of martial arts focus on pinning down an opponent. Another example is jiu-jitsu.
2. Judo is the fourth most popular sport in France, and many parents enroll their kids in the sport at a young age. The French people have deeply connected with the values of judo and the sport has become less of a recreational activity and more of a lifestyle education.

Karate - Page 56

For all karate puzzle solutions, go to: sportsengine.com/karate-puzzles.pdf

1. There are two main disciplines within Karate: Kumite and Kata. Kumite focuses on fighting techniques, like kicking and punching, while Kata is more about performance and demonstrating skill.
2. Each point system is challenging in its own way. Fencing, for example, takes into account the priority rule, Kumite allows for points based on the technique displayed, and boxing is scored by a judging panel.

Modern Pentathlon - Page 58

For all modern pentathlon puzzle solutions, go to: sportsengine.com/modern-pentathlon-puzzles.pdf

1. Each of the five events that comprise modern pentathlon aligns closely with skills needed to be successful on the battlefield. Running, swimming, shooting, horseback riding, and sword fighting are all traditional situations a military officer would be subjected to in the line of duty (at least up until WWII).
2. Each event could be challenging in its own way. Running and swimming pose a challenge because they require a lot of endurance. Show jumping or shooting, however, require a lot of specific techniques. Athletes must master a very wide range of skills in order to compete in modern pentathlon.

Rowing - Page 60

For all rowing puzzle solutions, go to: sportsengine.com/rowing-puzzles.pdf

Rugby - Page 62

For all rugby puzzle solutions, go to: sportsengine.com/rugby-puzzles.pdf

1. There are many aspects of soccer and American football that appear in rugby. Touchdown scoring and the huddle that starts play called the “scrum,” are used similarly in American football. The way players move the ball down the field with consistent forward passing is similar to soccer.
2. Rugby players are taught to hit in a very specific way. They often lower their bodies to the level of their opponent’s hips and assume a low crouch that allows them to lean their full force into the opponent. There is much less head-to-head contact in rugby than in American football, which accounts for fewer injuries.
3. After the 1924 Olympics, a new President of the IOC took office and wasn’t very fond of the sport of rugby. He removed it from the Olympic program, along with some other team-based sports.

Sailing - Page 64

For all sailing puzzle solutions, go to: sportsengine.com/sailing-puzzles.pdf

1. In individual sailing events, individual boats compete against one another for first place. In team events, teams of three boats each compete against each other for the best overall finish. An advantage to competing as a team is that all boats have the ability to work together to better their chances of winning. One boat could help block the wind from another or help navigate a turn. An advantage to the individual race, however, is that an individual boat does not have to worry about what place other team members will finish in. An individual boat just has to worry about winning!er their body can rotate. This becomes advantageous when divers do multiple somersaults in a row; faster somersaults mean more rotations and more time to come out of the tuck to land in the water.
2. Sailing races are triangular in order to test different skills. Sailing in a triangle forces the sailor to execute complicated turns and navigate challenging changes in the wind.

Shooting - Page 66

For all shooting puzzle solutions, go to: sportsengine.com/shooting-puzzles.pdf

Skateboarding - Page 68

For all skateboarding puzzle solutions, go to: sportsengine.com/skateboarding-puzzles.pdf

1. There are a ton of different skateboarding tricks that can be performed, ranging in difficulty. Judges will score each trick on a scale of 0 - 100.0. A simple trick, like a kickflip, might not be worth a lot of points, but something extremely difficult like a gazelle flip might be worth close to the maximum 100.0 points.
2. Park and street events share a lot of the same basic tricks. Skateboarders would have to master simple jumps and lands, like an Ollie or a 360 flip. Both types of competition also use tricks like balancing, grinds, and slides.

Soccer - Page 70

For all soccer puzzle solutions, go to: sportsengine.com/soccer-puzzles.pdf

1. Soccer players are not only great athletes, they’re often great actors as well. Many coaches encourage their players to “flop” or fall in order to force a penalty on the opposing team and get an advantage. While the faking may seem unfair at times, it has become such a staple in soccer that the dramatics are just another part of the game.

Softball - Page 72

For all softball puzzle solutions, go to: sportsengine.com/softball-puzzles.pdf

1. Softballs are larger and therefore do not travel as far or as fast as baseballs. While that may seem like an advantage, the pitcher’s mound in softball is also closer to the plate, which means that the batter has less time to react to the throw. One advantage, however, is that softballs are yellow which makes them a bit easier to see as they’re thrown.
2. A windmill-style pitch is much less harsh on the shoulder joint than an overhand pitch. Softball pitchers can often pitch for longer without sustaining injury, both in individual games and throughout their overall careers.
3. Similar to baseball, Japan has brought back softball for the 2020 Olympics because of the country’s love of the sport. With that inspiration behind the Japanese national team, a repeat victory wouldn’t be out of the question!

Sport Climbing - Page 74

For all sport climbing puzzle solutions, go to: sportsengine.com/sport-climbing-puzzles.pdf

1. Sport climbing has three main disciplines: speed, bouldering, and lead. Speed climbing is high-intensity and closest to a race format, while bouldering puts a climber’s skill to the test. Lead tests how high a climber can go in a certain amount of time.
2. There are many different advantages and disadvantages to using safety ropes. One clear advantage is the added safety measure for the climber: if anything were to go wrong, the climber would be backed up by the ropes. One disadvantage could be how the ropes affect the mentality of the climber; some climbers might feel more capable if they weren’t attached to anything at all.

Surfing - Page 76

For all surfing puzzle solutions, go to: sportsengine.com/surfing-puzzles.pdf

1. Part of being a good surfer is picking out the perfect wave. Choosing a wave is a skill in itself, and it is essential to being successful in competition. Surfers take a lot of factors into account when selecting a wave, such as the wind speed and direction, which way the wave is swelling, and how long of a period there is between waves. Surfers also try to look for the peak of the wave and identify how it breaks.
2. Judging takes into account a lot of different factors, from the height of a wave to the number of maneuvers completed by the surfer while riding the wave. Some may think choosing the right wave is the hardest part, while others might find the addition of tricks to be more challenging.
3. Brazil's rise in surfing competitions has been very recent. A large part of surfing's popularity in Brazil has to do with the near-perfect surfing conditions in the country. Brazil has some of the best surfing in the world, making it easy for Brazilians to master the sport.

Swimming - Page 78

For all swimming puzzle solutions, go to: sportsengine.com/swimming-puzzles.pdf

Table Tennis - Page 80

For all table tennis puzzle solutions, go to: sportsengine.com/table-tennis-puzzles.pdf

1. The ideal positioning in table tennis is to stand about an arms' length back from the table. Often players will move even further back as a rally progresses in order to better return balls. Standing further back allows for a player to better attack a long ball, and they are in a better position to step in to attack a short ball.
2. Players that hold that paddle "upside-down" are using a type of grip called a penhold. This type of grip has many advantages, including increased flexibility of the wrist, which allows players to hit better backhands and put a lot of spin on the ball.
3. Table tennis was declared the national sport of China in the 1950s. Its appeal was largely due to the fact that the sport doesn't call for a large space, such as a field or stadium, and it was a sport not quite popular in the West at the time. There are table tennis tables in most park spaces throughout the country, and a significant amount of the Chinese population plays the game, recreationally and professionally. Chinese professionals go through very rigorous training to rise to their dominant level.

Taekwondo - Page 82

For all taekwondo puzzle solutions, go to: sportsengine.com/taekwondo-puzzles.pdf

1. Unlike karate, taekwondo focuses on kicking as its main form of attack. Taekwondo uses the hands as a backup to kicking, whereas karate uses kicking as a backup to throwing punches, therefore, each type uses a very different stance as well. Karate puts more emphasis on strength and power, while taekwondo praises flexibility, mobility, and speed.
2. Taekwondo uniforms include special sensors that detect when a fighter has been struck with a kick or punch by their opponent. This helps to score the overall match, as the athlete with the most points scored at the end is the winner. Other sports may not have the same rules and regulations as taekwondo that would allow for them to use this scoring. For example, fencing uses the priority rule to help determine who has landed a hit on their opponent, rather than just limiting points to who has struck first.

Tennis - Page 84

For all tennis puzzle solutions, go to: sportsengine.com/tennis-puzzles.pdf

Track & Field - Page 86

For all track & field puzzle solutions, go to: sportsengine.com/track-field-puzzles.pdf

1. Sprint and distance running use different physical techniques. Sprints are considered to be anaerobic events while distance races are aerobic, which means there are differences in how the body uses oxygen in each type of race. Sprints also use different types of muscles, called fast-twitch muscles, while distance running focuses on slow-twitch muscle movements.
2. There are many exciting events to keep an eye out for: hurdles and javelin are just a couple!
3. Because of the shape of a track, the outer lanes actually cover more distance per single lap, which means if you are running in an outer lane, you are running farther than an athlete in an inner lane. In order to make the races the same distance, the outer lanes are staggered. That's why it looks like some runners are getting a head start!

Triathlon - Page 88

For all triathlon puzzle solutions, go to: sportsengine.com/triathlon-puzzles.pdf

1. Think about the order of events: biking or running may seem easier than swimming in open water, but by the time an athlete gets to biking or running, they're already very tired!
2. The triathlon starts with the most potentially exhausting event first: swimming. This is for the athletes' safety so they don't get injured or too fatigued while finishing the race in open water.

Volleyball - Page 90

For all volleyball puzzle solutions, go to: sportsengine.com/volleyball-puzzles.pdf

Water Polo - Page 92

For all water polo puzzle solutions, go to: sportsengine.com/water-polo-puzzles.pdf

1. Europeans have been playing water polo since the 19th century, with the first water polo match hosted in London in 1870. After official rules were established, the game resembling “water rugby” spread across Europe in the late 1800s, before first landing in the United States in 1888.
2. Basketball is another sport that has a time limit before a team loses possession. The shot clock is most commonly 24 seconds.
3. Women were fighting to be included in the water polo event for over 20 years before they were allowed by the IOC. They held many protests to get their event on the Olympic schedule, but they were turned down each Games until Sydney 2000, when the Australian national team took home the gold medal. It was a massive victory for the home team and for women everywhere! Water polo is yet another event that has been subjected to gender inequality throughout Olympic history, and women have had to fight hard to have their sports recognized.
4. Think about playing basketball or volleyball in the pool!

Weightlifting - Page 94

For all weightlifting puzzle solutions, go to: sportsengine.com/weightlifting-puzzles.pdf

1. Size is very important in weightlifting. It is not uncommon to see weightlifters change weight classes between big competitions. Often, weightlifters will try to strategize which weight class they will most likely dominate in. A weightlifter may weigh enough and be strong enough to compete in a heavier weight class, but he or she might try to cut down their weight so that their superior strength can carry them to victory in a lighter weight class.
2. Athletes use a lot of techniques to maintain their focus. Some may meditate before a competition, visualizing their actions and playing out different scenarios in their heads. Some may focus on their breathing and try to remain calm while competing.

Wrestling - Page 96

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