

# SPORT LEXIS TERMS EXPLANATORY DICTIONARY IN ENGLISH

Study aid for ERASMUS program students and teaching staff

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# SPORTA LEKSIKAS TERMINU ANGLISKI SKAIDROJOŠĀ VĀRDNĪCA

Mācību līdzeklis ERASMUS programmas studentiem un docētājiem

**Sastādītājs**

**Latvijas Sporta pedagoģijas akadēmijas**

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**Rīga, LSPA, 2011**

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The students and teaching staff of Latvian Academy of Sport Education in their studies and research often have to use sport terminology not only in Latvian, but also in different foreign languages. In contemporary sport education most often used (foreign) language is English. Nevertheless the explanations of sport terms in different explanatory dictionaries can vary also in the English language, therefore difficulties present the translation of these terms in Latvian or other languages.

To understand properly sport terminology in English, which is used in different literature sources, media, internet, etc., it is necessary to understand sport term essence, their meaning. Therefore we have compiled Sport Term Explanatory Dictionary, in which is summarized lexis, which during last 20 years has been used in sport and physical education dictionaries. If the terms are included in several dictionaries, is provided their explanation in each of them (even if there are small differences).

The Dictionary is worked out as study aid for ERASMUS program students and teaching staff.

We would appreciate your comments about the Dictionary. You are welcome to send to my e-mail address: [Uldis.Svinks@lspa.lv](mailto:Uldis.Svinks@lspa.lv) also explanations of other items of sport lexis, indicating prestigious reference sources.

This methodological aid can be used together with Four Language Sport Dictionary, worked out by the teaching staff of Latvian Academy of Sport Education, which is accessible in LSPA homepage.

Latvijas Sporta pedagoģijas akadēmijas studentiem un docētājiem mācību un pētniecības darbā nepieciešamas lietot sporta terminoloģiju ne tikai latviešu valodā, bet arī dažādās svešvalodās. Mūsdienu sporta izglītībā, sportā biežāk lietotā (sveš)valoda ir angļu valoda. Tomēr dažādās skaidrojošās vārdnīcās sporta termini var atšķirties arī angļu valodā, tāpēc var rasties grūtības tulkojot šos terminus latviski vai citās valodās.

Lai pareizi saprastu dažādos literatūras avotos, plašsaziņas līdzekļos, internetā u.c. lietoto terminoloģiju angļu valodā, nepieciešams saprast to būtību, jēgu. Esam sastādījuši sporta leksikas skaidrojošo vārdnīcu, kurā apkopota pēdējos 20 gados izdotajās vārdnīcās par sportu un fizisko audzināšanu lietotā leksika. Ja termins ietverts dažādās vārdnīcās, sniegts to skaidrojums katrā no tām (pat, ja ir tikai nelielas atšķirības).

Vārdnīca veidota kā mācību līdzeklis ERASMUS programmas studentiem un docētājiem.

Lūdzam sniegt komentārus par izveidoto vārdnīcu. Būsim pateicīgi, ja uz manu e-pasta adresi [Uldis.Svinks@lspa.lv](mailto:Uldis.Svinks@lspa.lv) atsūtīsiet arī citus sporta leksikas skaidrojumus, norādot prestižus uzziņas avotus.

Šo metodisko līdzekli iespējams izmantot kopā ar LSPA docētāju kolektīva izveidoto Sporta četervalodu vārdnīcu, kura pieejama akadēmijas mājaslapā.

## **The list of Literature and The List of Abbreviations, used in the Dictionary**

### **Literatūras saraksts un vārdnīcā lietotie sporta veidu saīsinājumi**

1. Chambers Sports Factfinder. Chambers Harrap Publishers Ltd 2005. [ISBN 0550 101616] (Chambers. Sports Factf.,2005)
2. Dictionary of Leisure, Travel and Tourism. Third edition. A&C Black Publishers Ltd, 2008. [ISBN 9780713685459] (Dict. of Leis., Trav. and Tour., 2008)
3. Dictionary. Sport, Physical Education, Sport Science. Editors Herbert Haag&Gerald Haag. Kiel, Institut für Sport und Sportwissenschaften, 2003. [ISBN 3-7780-3419-7] ((H.Haag &G. Haag, Dictionary, 2003)
4. Dictionary of Sport and Exercise Science A&Black Publishers Ltd 2006. [ISBN -10: 0713677856; ISBN-13: 9780713677850] (*Dict. of Sp.and Ex.Sc,2006*)
5. Dictionary of the Sport and Exercise Sciences. Mark H.Anshel, Editor. Human Kinetics Books Champaign, Illinois, 1991 [ISBN: 0-87322-379-9] (Dict. of sp. and Ex. Sc. 1991)
6. Interneta resurs: <http://www.hickoksports.com/glossary.shtml>; [www.firstbasesports.com](http://www.firstbasesports.com); <http://www.glossarist.com/glossaries/sports-recreation/>; [6]

## SAĪSINĀJUMI

abbrev.	abbreviation
alp.	alpinism
Am. f/b	American football
angl.	angling
arch.	archery
art.gymn.	artistic gymnastics
athl.	athletics
Austral. f/b	Australian football
autosp.	autosport
badm.	badminton
baseb.	baseball
b/b	basketball
beach v/b	beach volleyball
biathl.	biathlon
bilj.	billiards
bobsl.	bobsleighting
bowl.	bowling
box.	boxing
crick.	cricket
croq.	croquet
curl.	curling
cycl.	cycling
div.	diving
dog.rac.	dog racing
equest.	equestrian
f.skate.	figure skating
f/b	football
fenc.	fencing
freest.	freestyle skiing
Gaelic f/b	Gaelic football
gymn.	gymnastics

h/b	handball
hock.	hockey
hurl.	hurling
icehok.	ice hockey
lacr.	lacrosse
mart.arts.	martial arts
motorsp.	motorsports
net/b	netball
powerb.	power boating
racq.b.	racquetball
realten.	realtennis
row.	rowing
rugby L.	rugby League
rugby U.	rugby Union
sail.	sailing
shoot.	shooting
skateb.	skateboard
ski.	skiing
sl.	slang
sp.skate.	speed skating
surf.	surfing
swim.	swimming
synchr.swim.	synchronized swimming
t.ten.	table tennis
ten.	tennis
v/b	volleyball
w.polo	water polo
w.ski	water skiing
wat.motorsp.	water motorsport
weightl.	weightlifting
wrest.	wrestling

## A

**Abalokov test** a test of an athlete's ability to jump from a squat position (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**abdominal muscles** same as **abdominals** (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abdominal rigidity** extreme tightness of the abdominal muscles caused by injury or insufficient warm-up (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abdominal roller** a piece of gym equipment that works the abdominal muscles (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abdominal training** a workout that concentrates on the abdominal muscles, especially with the aim of developing a six-pack (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abdominals** the muscles found in the abdomen, particularly the internal and external obliques (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abducent** used for describing a muscle that brings parts of the body away from each other or moves them away from the central line of the body or a limb. Compare **adducent** (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abduct** to pull a leg or arm in a direction that is away from the centre line of the body, or to pull a toe or finger away from the central line of a leg or arm. Compare **adduct** (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abduction** movement of a limb away from the body (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**abductor** a muscle that pulls the body or a limb away from a midpoint or midline (*Dict. of Sp. and Ex. Sc. 2006, 1 p.*)

**ability** **1.** a natural tendency to do something successfully or well **2.** a high degree of intelligence or competence **3.** a particular gift for doing something well (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**ability** general capacity to perform on a range of motor skills. Relatively permanent and enduring after childhood, and underlying the person's present state. Through to be both genetically determined and influenced by learning experiences. Also called *motor ability*. (*Dict. of sp. and Ex. Sc. 1991, 1p.*)

**ability-to-skill transfer** the fact that an ability someone develops in learning one new skill can be extended to learn other skills (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**able** **1.** physically or mentally equipped to do something **2.** having the necessary resources or talent to do something (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**able-bodied** healthy and physically strong (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**ableism** discrimination in favour of those who are not physically or mentally disabled (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**aboard** if a batter is aboard, he has reached first base successfully (baseb. sl.) (*Chambers. Sports Factf.,2005,89p.*)

**abrasion** a minor injury in the form of a graze to the skin (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**abroad** in or to another country (*Dict. of Leis., Trav. and Tour., 2008,1p.*)

**abs** the abdominal muscles, or exercises done to firm them (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**abseil** to descend a steep slope or vertical face using a rope that is secured at the top and passed through a series of coils or a harness around the body (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**abseil** to descend on a fixed rope by means of sliding and braking mechanisms (alp.) (*Chambers. Sports Factf.,2005,425p.*)

**absence of blade** the situation in which the fencer's blades are not in contact. The opposite of engagement (fenc.) [6]

**absolute load** the amount of resistance against a movement (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**absolute strength** the maximum weight that a person can lift (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**absorption turn** turn based on one of the principles in alpine skiing. The turn is initiated by a deloading of the skis, which is achieved by bending all the joints in the legs. The typical application of an absorption turn is in a mogul terrain where the flexing and extending of the legs is adapted to the terrain and the torso remains relatively steady. The following functional phases characterize an absorption turn: legs are being pushed up by the terrain, anticipation of the turning position, changing the edge position, extension of the legs, turning the skis, and steering the turn. (*H.Haag &G. Haag, Dictionary, 2003, 11 p.*)

**absorption/extension** the technique of absorbing the front side of a mogul with the knees, then extending and driving the hips forward over the backside of the mogul (freest.) [6]

**abstracting** the skill of being able to assess a situation in a team game and draw on previous experience to decide a course of action (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**abuse** the harmful use of drugs or alcohol ■ to use something in an improper, illegal or harmful way (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**academic sport psychology** scientific discipline concerned with the influence of psychological variables on physical performance and the effect of participation in physical activity on psychological variables. (*Dict. of sp. and Ex. Sc. 1991, 1p.*)

**academic sports psychology** sports psychology that is theoretical and research-based (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**accelerate** to increase in speed. Opposite decelerate (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**acceleration** 1. the act of accelerating 2. the rate of change of velocity. Opposite **deceleration** 3. an outward force caused by a change in direction without a change in speed (*Dict. of Sp. and Ex. Sc. 2006, 2 p.*)

**acceleration sprinting** a training exercise in which the athlete begins by jogging and gradually accelerates to a sprint (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accelerative force** the force exerted on a body when it travels at an increasing speed, which can lead to injuries such as whiplash (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accept** to take something which is being offered (*Dict. of Leis., Trav. and Tour., 2008, 1p.*)

**access** the easy availability of public sports facilities (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accessible** suitable or adapted for people with disabilities (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accident** an unpleasant event which happens suddenly and harms someone's health (*Dict. of Leis., Trav. and Tour., 2008, 1p.*)

**accidentally offside** a player is accidentally offside if he cannot avoid contact with an opponent while being offside. A scrummage is formed at the place where his team last played the ball (rugby) [6]

**acclimatisation** the act of gradually getting your body used to something, e.g. heat or altitude (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**acclimatization** physiological changes that occur in the process of adapting to a new environment, such as high altitude. (*Dict. of sp. and Ex. Sc. 1991, 2p.*)

**accommodate** to provide lodging for someone (*Dict. of Leis., Trav. and Tour., 2008, 2p.*)

**accommodating resistance** the ability to exert maximum force on the muscles at all stages of a movement, usually achieved using specially adapted machines (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accommodation** a place to live (*Dict. of Leis., Trav. and Tour., 2008, 2p.*)

**accompanied** travelling with an adult passenger (*Dict. of Leis., Trav. and Tour., 2008, 2p.*)

**accomplished** having considerable talent and skill (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accomplishment** something achieved, usually something impressive or aimed for (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**account** 1. a record of financial transactions over a period of time, such as money paid, received, borrowed or owed. 2. an arrangement that a customer has to buy goods and pay for them at a later date, often the end of the month (*Dict. of Leis., Trav. and Tour., 2008, 2p.*)

**accountant** the official who compiles scores from judges and computes placements (f.skate.) [6]

**accredit** to officially recognise a person or organisation as having met a standard or criterion (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accreditation** appointment as an agent by a company (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**accredited** appointed by a company such as a hotel chain or a tour operator to act on its behalf (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**accredited** officially recognised as having met a standard or criterion (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**accumulator** a bet on four or more races, where the original stake and any money won on the first race are bet on the next race and then, if the second selection wins, on the third selection, and so on. All the selections in an accumulator must win for the bet to pay out (equest.) [6]

**accuracy** 1. the state of being correct 2. the state of being on target (*Dict. of Sp. and Ex. Sc. 2006, 3p.*)

**accurate** 1. correct 2. on target (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**ace** a serve that lands in the opposing team's court without being touched (v/b) (*Chambers. Sports Factf.,2005,617p.*)

**ace** a service shot that the receiver cannot touch with his or her racket (squash) (*Chambers. Sports Factf.,2005,550p.*)

**ace** a team's best **starting pitcher** (baseb.) (*Chambers. Sports Factf.,2005,83p.*)

**ace** a serve that cannot be reached by the opponent (t.ten.) [6]

**ace** a serve that cannot be returned (racq.b.) [6]

**ace** a serve that the opponent cannot return; as a verb, to serve an ace (ten.) [6]

**ace** 1. (*in tennis*) a serve that an opponent cannot reach 2. (*in golf*) a hole in one 3. someone who is outstandingly good at a sport (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**ace** a hole in one; as a verb, to shoot a hole in one (golf) [6]

**ace** a point-winning **serve** that the opponent fails to hit (ten.) (*Chambers. Sports Factf.,2005,599p.*)

**ace** a successful hit, eg. in golf, when a ball is played with one stroke from the tee-off into the hole on the green. In racquet sports, especially in tennis, an ace stands for a serve which is placed so well or hit so hard that the opponent is unable to reach it, i.e. no return occurs. (*H.Haag &G. Haag, Dictionary, 2003, 11 p.*)

**aces** double ones (darts) [6]

**achieved performance velocity** velocity attained in competition, which depends on the athlete's level of training, mental preparation and numerous other factors (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**achievement** the successful completion of something demanding (*Dict. of Sp. and Ex. Sc. 2006, 3p.*)

**achievement age** the age at which a child should be able to perform a specific task successfully (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**achievement goal** a personal goal that an athlete sets for himself or herself (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**achievement motivation** the drive to attain a particular personal goal (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**achievement orientation** the tact of being driven to achieve something either by a desire for success or by a fear of failure (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**achievement situation** a competitive situation in which a goal can be achieved (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**achievement sport** a sport in which the aim is to achieve some independent goal that does not purely depend on beating an opponent, e.g. archery (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**acid food** any food that leaves an acid residue after being metabolised. Compare **basic food** (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**acknowledge** to tell a sender that a letter, package or shipment has arrived (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**acommodation principle** the idea that someone attempting to learn a particular sport or skill should first develop general fitness and strength (*Dict. of Sp. and Ex. Sc. 2006, 3 p.*)

**acquired ageing** ageing that occurs as a result of an unhealthy lifestyle (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**acquired motivation** the motivation to achieve some personal goal that is not the result of a basic physiological need (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**acquired motor system** see hereditary motor system (*H.Haag &G. Haag, Dictionary, 2003, 12 p.*)

**acquisition** the development of a new skill, practice or way of doing things (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**acro** one of the three competitive disciplines in freestyle skiing, formerly known as ballet. Short for "acrobatic," this discipline consists of a choreographed routine made up of spins, jumps, steps, and acrobatic maneuvers done to music. Competitors are judged for technical difficulty, composition, and style (freest.) [6]

**acrobat** someone who performs gymnastic feats as entertainment (*Dict. of Sp. and Ex. Sc. 2006, 4p.*)

**acting halfback** the player who picks up the ball immediately after a play-the-ball; often this is the hooker (rugby L.) (*Chambers. Sports Factf., 2005, 478p.*)

**action** 1. the fact of doing something. 2. out of action out of order, not working (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**action** spin on the ball and the movement of the pins caused by that spin. A relatively slow ball with a lot of action can be much more effective than a very fast ball with little action (bowl.) [6]

**action** 1. the way somebody or something moves or works, or the movement itself 2. energetic activity (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**action** referees command to the wrestlers to start wrestling (wrest.) [6]

**action** the referee's command to the competitors to start wrestling (wrest.) (*Chambers. Sports Factf., 2005, 633p.*)

**action point** the point at which a stretched muscle is fully extended and tense, but not painful (*Dict. of Sp. and Ex. Sc. 2006, 4 p.*)

**activation** the process of getting into an alert state of readiness for action (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**active** 1. lively and energetic 2. having an effect on a patient. Compare **dormant** 3. having a medicinal effect (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**active** frequently used adjective for characterizing a high level of (physical) involvement in one or more areas of sport. An example of being active is to participate in competitions (» competitive sport) in contrast to passive behaviour. To be actively involved in recreational and competitive sport often requires an active membership in a sport club. (*H.Haag &G. Haag, Dictionary, 2003, 13 p.*)

**active force** a force that creates movement and is entirely a result of muscle activity. Compare **Impact force** (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**active recovery** rehabilitation from an injury in which gentle exercise is taken to maintain flexibility (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**active rest** rest for a sports injury in which light exercises are performed, which maintains flexibility without causing more strain (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**active stretch** a muscle stretch that requires an opposing muscle to contract, as in the relationship between a biceps and triceps (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**activity** 1. something that someone does 2. the characteristic behaviour of a chemical (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**activity fragmentation** an approach to learning a new skill that breaks the process down into fragments that are relatively easy to learn (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**actual flying time** the total time that an aircraft spends in the air during a flight, as opposed to its scheduled flight time or time spent waiting on the ground. (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**acupressure** a form of alternative therapy similar to acupuncture that uses manual pressure instead of needles (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**acupuncture** a medical treatment in which fine needles are inserted through the skin into nerve centres in order to correct imbalances in the body's energy and so relieve pain or treat a disorder (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**acute** referring to pain which is sharp and intense (*Dict. of Leis., Trav. and Tour., 2008, 3p.*)

**acute injury** an injury that has happened recently, usually requiring immediate treatment (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**acute trauma certificate** a qualification held by a healthcare professional who is trained to provide immediate care for sports injuries (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**ad** short for advantage (t.ten.) [6]

**ad** short for advantage; see entries beginning with that word, below (ten.) [6]

**ad in** indicates that the server has the advantage (t.ten.) [6]

**ad libitum** used for referring to food intake that is not controlled by a strict nutritional plan (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**ad out** indicates that the player returning serve has the advantage (t.ten.) [6]

**adaptable** 1. able to adjust easily to a new environment or different conditions 2. capable of being modified to suit different conditions or a different purpose (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**adaptation** the process by which a sense organ becomes less sensitive to a stimulus after repeated contact (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**adaptation** biologically and socially active form of acting, where the internal system (person) is tuned to the external system (environment). The goal of the adaptation is the creation of a balance between internal needs and externally given possibilities. Certain types of sport (e.g. equestrian sports, archery, swimming, cross-country skiing) evolved as techniques of adapting to given environmental conditions. However, these sports have lost that function. The child's game, but also the sport game, are still viewed as a form of adaptation to culture, because they represent specific conflicts on a small scale to which solutions are found. Passive adaptation is usually accompanied by resignation and apathy and is therefore not a desirable behaviour pattern. (*H.Haag & G. Haag, Dictionary, 2003, 13 p.*)

**adapted physical education** education involving modifications or adjustments of traditional physical education activities to enable disabled children to participate safely according to their functional abilities. (*Dict. of sp. and Ex. Sc. 1991, 3p.*)

**adaptive training** physical training that increases in difficulty as the athlete increases in strength or skill (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**adaptive work** work done to acclimatise oneself to unfamiliar conditions, e.g. high temperatures or high altitudes (*Dict. of Sp. and Ex. Sc. 2006, 5 p.*)

**addict** a person who is addicted to a harmful drug (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**address** a player's **stance** in preparation for striking the ball (golf) (*Chambers. Sports Factf., 2005, 288p.*)

**address** the bowler's stance before beginning the approach (bowl.) [6]

**address** the position taken by a player in preparation for a shot. As a verb, to take such a position, usually in the phrase "address the ball." (golf) [6]

**adducent** referring to a muscle which brings parts of the body together or moves them towards the central line of the body or a limb. Compare **abducent** (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**adduct** to pull a leg or arm towards the central line of the body, or to pull a toe or finger towards the central line of a leg or arm. Opposite **abduct** (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**adduction** movement of a limb towards the body. Opposite **abduction** (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**adduction** a pulling toward the midline of the body or the return movement from adduction. (*Dict. of sp. and Ex. Sc. 1991, 4p.*)

**adductor** a muscle that pulls a leg or arm towards the central line of the body or a toe or finger towards the axis of a leg or arm (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**adherence** the act of sticking to a routine or programme (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**admission charge** the price to be paid before going into a place, e.g. to see an exhibition or a sports event. Also called entry charge. (*Dict. of Leis., Trav. and Tour., 2008, 5p.*)

**admission fee** same as entrance fee (*Dict. of Leis., Trav. and Tour., 2008, 5p.*)

**adolescent growth spurt** a period during the teenage years in which the skeleton grows rapidly, sometimes causing lack of coordination and weakness in the limbs (*Dict. of Sp. and Ex. Sc. 2006, 6 p.*)

**adult sport** collective term for all forms of sport activity outside high-performance and top-level sport, i.e. within the framework of remedial, recreational, recovery, and holiday sport, also competitive sport for adults (with limitations). An adult in the world of sport is considered to be an individual who is between youth (» youth sport) and old age (» master sport), i.e. it encompasses the period between 18 and 60 years of age. It is the task of sport andragogy to develop concepts for a well-planned organization of adult sport. Sport clubs, other non-profit organizations (e.g. state sport federations, community colleges), and commercial businesses (e.g. fitness studios, training centers) offer programs for adult sport. Adult sport is an important element of » lifetime sport. (*H.Haag & G. Haag, Dictionary, 2003, 15 p.*)

**advance** to move toward the opponent (fenc.) [6]

**advance** to push, shove, or advance the ball in any way, using body, hands, or feet rather than the stick. Advancing is a foul (hock.) [6]

**advantage** the first point after **deuce** (ten.) (*Chambers. Sports Factf., 2005, 599p.*)

**advantage** the first point after deuce (ten.) [6]

**advantage** the player who scores the first point after deuce is said to have the advantage (t.ten.) [6]

**advantage** the player who scores the first point after deuce is said to have the advantage, since winning the next point will also win the game (ten.) [6]

**advantage** (*in tennis*) the point scored after deuce, after which the next point scored wins the game (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**advantage** if the referee plays advantage, he allows a period of time following an infringement to determine whether the other team will be better served by the award of a **penalty**, or by allowing play to continue (rugby L.) (*Chambers. Sports Factf., 2005, 478p.*)

**advantage** if the referee plays advantage, he allows a period of time following an infringement to determine whether the other team will be better served by the award of a **penalty, free kick or scrum**, or by allowing play to continue (rugby U.) (*Chambers. Sports Factf., 2005, 490p.*)

**advantage** a principle of officiating: the referee allows the game to proceed unless a major infraction occurs; a minor infraction will not stop play if the non-offending team gains an advantage. An advantage may be territorial or may consist in gaining possession of the ball (rugby) [6]

**advantage 1.** in some team ball games one option for decision open to the referee, where the game is not interrupted after a rule violation due to the fact that the team, who the foul was committed against, remains in possession of the ball and would be disadvantaged by an interruption of the game (advantage rule). **2.** in »tennis the score after deuce. (*H.Haag &G. Haag, Dictionary, 2003, 15 p.*)

**advantage court** the left service court, where the receiver takes service when either player has the advantage (ten.) [6]

**advantage court** the left side of the court, from which the **serve** is made and received at odd-numbered points (ten.) (*Chambers. Sports Factf., 2005, 599p.*)

**advantage in** indicates that the server has the advantage; also "ad in" (ten.) [6]

**advantage out** indicates that the receiver has the advantage; also "ad out" (ten.) [6]

**advantage rule** a rule that a referee should refrain from calling a foul if the call would be to the advantage of the offender's team (w.polo) [6]

**advantage rule** a clause in the rules that directs the referee to refrain from stopping play for a foul if a stoppage would benefit the team that committed the violation (soccer) [6]

**advantages** situations where a team has possession of the ball and outnumbers the opposition near the opposing goal (soccer) [6]

**adventure holiday** a holiday where you do something exciting or dangerous (*Dict. of Leis., Trav. and Tour., 2008, 5p.*)

**adventure sport** a sport involving strenuous physical activity with an element of risk, e.g. bungee jumping (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**adventure tourism** tourism or travel to places where you can have adventure holidays (*Dict. of Leis., Trav. and Tour., 2008, 5p.*)

**adventure travel** a holiday that involves strenuous and often risky outdoor activities in remote areas (*Dict. of Leis., Trav. and Tour., 2008, 5p.*)

**aerate** same as **oxygenate** (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerial** a maneuver or stunt done while in the air (freest.) [6]

**aerial** a skill performed without the hands touching the floor or the apparatus. Also used as an adjective, as in aerial cartwheel and aerial walkover (gymn.) [6]

**aerial** a manoeuvre where a gymnast completes a full rotation in the air without touching the apparatus (art.gymn.) (*Chambers. Sports Factf., 2005, 310p.*)

**aerials** one of the three competitive disciplines in freestyle skiing. Skiers launch themselves off air bumps to perform acrobatic jumps, including single, double, and triple flips with a variety of twists. Each skier does two jumps, which are judged for quality of takeoff, height achieved, form, and accuracy of landing (freest.) [6]

**aerials** tricks performed in mid-flight. Aerials are generally performed by launching the skateboard off a ramp, a **quarter-pipe** or a **half-pipe** (skateb.) (*Chambers. Sports Factf., 2005, 514p.*)

**aero bar** a handlebar that juts forward so that the rider can assume a low profile for better aerodynamics (cycl.) [6]

**aero bars** extensions clamped on to the handlebars of time trial or track bikes allowing a cyclist to stretch further forward to achieve a more aerodynamic position. Sometimes called triathlon bars or tri-bars as they were first used in that sport in the 1980s (cycl.) (*Chambers. Sports Factf., 2005, 203p.*)

**aerobar** a piece of equipment used for keeping the arms parallel during exercise (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic** in the presence of, requiring or utilizing oxygen. (*Dict. of sp. and Ex. Sc. 1991, 4p.*)

**aerobic** high intensity exercise for training general » fitness. This form of fitness training uses dance and calisthenic exercises to increase oxygen utilization. Aerobics is a form of endurance training, which is generally accompanied by music and also trains coordinative abilities, flexibility, strength, and endurance speed. The work of Kenneth H. Cooper, who presented an aerobic training program in a book entitled "Aerobics" (1968) and developed corresponding performance tests helped aerobics to be well received and become a "popular movement". When performed correctly aerobics can contribute toward maintaining and improving health. (*H.Haag &G. Haag, Dictionary, 2003, 16 p.*)

**aerobic exercise** exercise such as walking, jogging, cycling and swimming that increases respiration and heart rates (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic exercise aerobic capacity** same as **V02Max** (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic fitness** the ability to complete longer activities such as running, swimming or climbing that involve aerobic metabolism (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic power** same as **V02Max** (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic respiration** the process in which oxygen that is breathed in is used to conserve energy as ATP (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic threshold** the heart rate during an exercise at which a training effect will be achieved, usually described as being halfway between the resting heart rate and the maximum heart rate (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobic training** training that increases the body's capacity for aerobic exercise (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobicise** to perform aerobic exercises (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerobics** an active exercise programme done to music, often in a class (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerodynamic** **1.** used for referring to the way in which objects are affected when they move through the air **2.** used for describing a smooth rounded shape that moves through the air easily (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerodynamics** the science of dynamics and the interaction of moving objects with the atmosphere (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aerodynamics** branch of fluid dynamics that deals with the forces and effects of air on objects moving through air. (*Dict. of sp. and Ex. Sc. 1991, 4p.*)

**aerodynamics** science or theory of the effects of flowing gases (air). In sport aerodynamics play a significant role in those disciplines and movement forms where air and wind influence movement velocity. Important aspects are the taking of movement positions (aerodynamic position) as well as the design of sports equipment, which reduce air resistance if possible; examples are the monoposto position (tuck position) in alpine skiing, the external form (fairing) of equipment in automobile and motorcycle racing as well as in aeronautical sport (glider, hang glider), but also "streamlined" sport clothing such as suits for skating, downhill skiing, ski jumping, bobsleds, and luge. Therefore, the laws of aerodynamics play an essential role in the development of sports equipment and material in regard to optimal conditions for competition. (*H.Haag &G. Haag, Dictionary, 2003, 16 p.*)

**aerofoil** a part of an aircraft's or other vehicle's surface that acts on the air to provide lift or control (*Dict. of Sp. and Ex. Sc. 2006, 7 p.*)

**aesthetics** the theory of sensory perception, experience, opinion, and knowledge, in colloquial language also a term for "stylish beauty". With this meaning aesthetics represent an important element in dance, callisthenics, and artistic sports such as gymnastics and figure skating. Within the framework of education in these types of sport, aesthetic aspects regarding the ability to express oneself, rhythm, naturalness, and comprehensiveness of a movement play an essential role. The production of an aesthetic movement is based on the ability to structure and vary movements and to express them precisely. Aesthetics represent a norm in many artistic sports, i.e. the movement form has to be

consistent and characterized by optimal coordination of its individual parts; it is, therefore, most often an independent criterion for performance assessment. (*H.Haag &G. Haag, Dictionary, 2003, 16 p.*)

**affective** relating to emotional responses (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**affective sport involvement** an emotional response to a sport that you are not playing, as occurs, e.g., when you are supporting a team (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**affiliated** in a close relationship with others (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**affiliation** the process of bringing a person or group into a close relationship with another, usually larger group (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**affiliation incentive** the desire to be part of a team and to feel accepted (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**A-frame** a position in which the skier's thighs are together but the legs are split from the knees down (freest.) [6]

**Afro-Asian Games** a multi-sport event open to all African and Asian nations, first held in India in 2003 (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aft** towards the **stern** of a boat (sail.) (*Chambers. Sports Factf., 2005, 503p.*)

**afterplane** the surface bottom behind the break; or the section of the main hull behind the sponsons (powerb.) [6]

**aftershock** a delayed psychological or physical reaction to a serious event or trauma (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**against** preposition in competition with in a sporting endeavour (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**against the darts** if a player wins a leg against the darts, it means that his or her opponent had the advantage of throwing first; see **break the throw** (darts) (*Chambers. Sports Factf.,2005,213p.*)

**against the head** if a pack wins the ball against the head, it gains possession of the ball from a scrum to which the opposition had the advantage of the **put-in** (rugby U.) (*Chambers. Sports Factf., 2005, 490p.*)

**age groups** categories for grouping athletes according to calendar age for the organization of competitions. Age groups are different depending on the type of sport and national customs. In general the following categories can be differentiated: children (6-10 years), youth (11-18), junior (19-20), and adult (older than 20 years). Men past 32 years of age and women past 30 years of age participate in competitions in further differentiated senior or master classes, usually consisting of 5 or 10-year brackets. In some areas of top-level sport an alarmingly one-sided emphasis has been put on the performance optimum in youth (predominantly in gymnastics, swimming, figure skating). (*H.Haag &G. Haag, Dictionary, 2003, 18 p.*)

**age-groups championships** in some sports (e.g. swimming, rowing) championships for children and youths exist who are divided into competition categories according to their age. The intention is to ensure equal opportunities. (*H.Haag &G. Haag, Dictionary, 2003, 18 p.*)

**ageism** discrimination or prejudice against people of specific ages, especially in employment (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agency** the act of carrying out an action in a purposeful and voluntary way (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agent** somebody who officially represents somebody else in business, usually under contract (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aggregate** a score made by two or more players as partners, or over more than one round of play (golf) [6]

**aggregate** **1.** the total obtained by adding subtotals together **2.** a collection of pieces of information (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aggression** the state of feeling violently angry towards someone or something (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aggression** literal meanings include to walk toward or approach, to move against or to move with intent to hurt or harm. (*Dict. of sp. and Ex. Sc. 1991, 5p.*)

**aggression incentive** opportunity for a competitor to subdue, intimidate, dominate, or injure others. (*Dict. of sp. and Ex. Sc. 1991, 5p.*)

**aggressive** **1.** describes a type of in-line skating, skateboarding, or snow-boarding that focuses on performing stunts **2.** used for describing medical treatment that involves frequent high doses of medication (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aggressive behaviour** overt verbal or physical act that leads to psychological or physical injury to another person or oneself. (*Dict. of sp. and Ex. Sc. 1991, 5p.*)

**agile** able to move quickly and with suppleness, skill and control (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agility** a combination of physical speed, suppleness and skill (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agility** in general the ability to skillfully solve certain physical and mental tasks so that the talent is utilized optimally. In the context of sport, agility is a fundamental coordinative motor characteristic which manifests itself predominantly in (fine and gross) motor coordination, body balance, flexibility of the torso, motor adaptation to equipment or objects and rhythmical adaptation to music, movement of others, etc. Agility is essential in those types of sport where » movement tasks are more strongly dependent upon the situation and therefore not pre-determined (e.g. in team games). Rapid recognition of the situation as well as immediate selection and execution of the motor reaction adapted optimally to the specific situation are important criteria for agility. Due to its strong dependence on sensorimotor intelligence (» motor intelligence), agility is learnable or trainable only within limits, especially since

the ability is lost at a relatively early age. This supports the important demand of enhancing the learning of complex motor patterns in the early ages of development (in children, youth and school sport). (*H.Haag &G. Haag, Dictionary, 2003, 18 p.*)

**agitated** anxious, nervous, or upset and unable to relax (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agonist** **1.** a muscle whose action is balanced by that of another associated muscle **2.** a hormone, neurotransmitter or drug that triggers a response by binding to specific cell receptors (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agonist co-contraction** a situation in which both the muscle involved in performing a movement and its antagonist contract simultaneously, thought to increase joint stability for strong movements (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**agonistics** term for the competitive events of ancient Greece. The sport disciplines of the competition, called Agon, were divided into three main groups: gymnastic (physical), hippo (with the horse), and artistic. These types of disciplines formed the basic program of most ancient sport festivals. The gymnastic and hippo agonistics, called » athletics, were practiced for the most part professionally (until the time of the Roman emperors), and were rewarded with material privileges for the victors. The "agon principle" stands for the performance and competition principle, which is an essential element of sport. (*H.Haag &G. Haag, Dictionary, 2003, 19 p.*)

**AI** all-inclusive (*Dict. of Leis., Trav. and Tour., 2008, 6p.*)

**aid** any signal given to a horse to prompt it to turn, change gaits, or perform some other maneuver. See natural aids (equest.) [6]

**aid** a prompt given to a horse to make it change **gaits**, turn, etc (equest.) (*Chambers. Sports Factf., 2005, 224p.*)

**aids** the last three fingers of the sword hand (fenc.) [6]

**aikido** a martial art, based on older styles of ju-jitsu, created by Ueshiba Morihei in the 20th century. Japanese for "the way of harmony" (mart.arts) [6]

**aikido** a martial art originating in Japan that involves throwing techniques that make use of an opponent's momentum to perform the throw and may also involve some strikes (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**aikido** (in Japanese ai = harmony, ki = mind and do = path) form of self defense which is a discipline of budo sport, but is not practiced as a combat sport. Aikido was developed toward the end of the 19th century by the Japanese Mori-hei Ujeshiba (\* 1882, †1969) from the old Japanese martial art of Jujutsu and in accordance with the philosophy of Zen-Bhuddism. The essential characteristic of Aikido technique and tactic is the intentional and passive behaviour toward the opponent. The movement of the attacker is either interrupted or led on an extended circular path, where the defender makes skilled use of the centrifugal forces acting on the attacker for bringing him off-balance. To achieve this the defender makes circular and roll movements and applies hip, body and shoulder throws. Except for the

throwing techniques all techniques end with an arm, hand or neck lock. Participants in Aikido wear a judo jacket and a wide black divided skirt which ensure freedom to move. The international organization is the International Aikido Federation (IAF; head office in Tokyo). (*H.Haag &G. Haag, Dictionary, 2003, 19 p.*)

**aikidoka** a practitioner of aikido (aikido) (*Chambers. Sports Factf., 2005, 2p.*)

**aim** a goal or objective (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**air** (*in skateboarding, in-line skating and snowboarding*) a trick performed with the whole board or both the skates off the ground (*Dict. of Sp. and Ex. Sc. 2006, 8 p.*)

**air** a jump and flight during which the skier performs acrobatic moves in both moguls and aerials. Two airs are required during each mogul run (freest.) [6]

**air ambulance** a plane or helicopter which acts as an ambulance (*Dict. of Leis., Trav. and Tour., 2008, 7p.*)

**air ball** see skyer (*H.Haag &G. Haag, Dictionary, 2003, 20 p.*)

**air bump** a mogul that has been shaped as a launch for airs (freest.) [6]

**air dam** a device in the tunnel beneath the bow or the leading edge of a three-point hydroplane that creates turbulence under the boat, reducing lift (powerb.) [6]

**air rudder** see tail fin (powerb.) [6]

**air shot** a stroke that fails to connect with the ball (golf) (*Chambers. Sports Factf., 2005, 288p.*)

**air sport** aeronautical sport. (*H.Haag &G. Haag, Dictionary, 2003, 20 p.*)

**air sports** all sports that take place in the air, including aeronautics, ballooning, paragliding and hang-glider (*Dict. of Sp. and Ex. Sc. 2006, 9 p.*)

**air trap** a tunnel created by the inner vertical walls of the sponsons, which channels high-pressure air that's forced underneath by the boat's forward motion (powerb.) [6]

**air** any move in which the surfer is in the air (surf.) (*Chambers. Sports Factf., 2005, 556p.*)

**air** the distance between the ground and a player's feet when shooting or jumping for the ball (b/b sl.) (*Chambers. Sports Factf., 2005, 111p.*)

**airball** a shot that entirely misses the backboard, rim, and net (b/b) [6]

**airball** a swing that doesn't contact the ball (golf) [6]

**airborne throw** a throw made while the player is in midair (net/b) (*Chambers. Sports Factf., 2005, 428p.*)

**aircrew** all the people who help to fly an aircraft, e.g. the captain, co-pilot and navigator, considered as a group (*Dict. of Leis., Trav. and Tour., 2008, 7p.*)

**air-gun** a pistol or rifle that uses compressed air or carbon dioxide to discharge its lead pellets (shoot.) (*Chambers. Sports Factf.*, 2005, 513p.)

**airplane model sport** see model airplane sport. (*H.Haag &G. Haag, Dictionary*, 2003, 20 p.)

**airsick** feeling sick because of the movement of an aircraft (*Dict. of Leis., Trav. and Tour.*, 2008, 8p.)

**airsickness** sickness caused by the movement of an aircraft (*Dict. of Leis., Trav. and Tour.*, 2008, 8p.)

**airway management** the act of ensuring that an injured person has a clear and unobstructed airway when giving immediate care (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**airway patency** the fact mat an airway is unobstructed and functioning normally (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**airway, breathing, circulation** the three main checks that should be performed during first aid for a person who has collapsed. **Abbreviation ABC** (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**aisle seat** a seat in a train, plane, etc., next to an aisle. (*Dict. of Leis., Trav. and Tour.*, 2008, 8p.)

**albatross** a score of three under **par** on a hole (golf) (*Chambers. Sports Factf.*,2005,288p.)

**albatross** obsolete name for a double eagle (golf) [6]

**alcohol** **1.** a pure colorless liquid that is formed by the action of yeast on sugar solutions and forms the intoxicating part of drinks such as wine and whisky **2.** any drink made from fermented or distilled liquid (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**alcohol intake** the amount of alcohol consumed by a person during a given period such as a week (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**alcoholic** containing alcohol ■ a person who is addicted to drinking alcohol and shows changes in behaviour and personality as a result of this addiction (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**alert** used for describing someone who takes an intelligent interest in his or her surroundings (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**alertness** the state of being alert and ready to respond to stimuli (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**alertness** attentiveness, so as to be able to respond quickly (*Dict. of sp. and Ex. Sc. 1991*, 5p.)

**Alexander technique** a method of improving the way a person stands and - moves that involves making them much more aware of how muscles behave (*Dict. of Sp. and Ex. Sc. 2006*, 9 p.)

**aligner** an official who's responsible for aligning boats evenly for a fair start (row.) [6]

**aligner's hut** a hut or gazebo on the starting line, occupied by the starting judge and the aligner (row.) [6]

**alignment** the way the wrestler's head, shoulders, hips, knees, and feet are lined up vertically (wrest.) [6]

**alimentary system** same as **digestive system** (*Dict. of Sp. and Ex. Sc. 2006, 9 p.*)

**alive** a ball is alive when it is released by a shooter or thrower, or legally tapped by a jumper during a jump ball; the game clock starts only when the ball becomes alive; compare with live. (b/b) [6]

**alkalosis** a condition in which the alkali level in the body tissue is high, producing cramps (*Dict. of Sp. and Ex. Sc. 2006, 9 p.*)

**all** used in scoring to indicate a tie, as in "40-all." (ten.) [6]

**all comers** everyone who wants to participate in a competition or sport (*Dict. of Sp. and Ex. Sc. 2006, 9 p.*)

**all Events** a score based on a bowler's combined total from singles, doubles, and team events in a tournament (bowl.) [6]

**All-Africa Games** a multi-sport event open to all nations of the African continent, first held in 1965 (*Dict. of Sp. and Ex. Sc. 2006, 9 p.*)

**all-American** college player who is selected to a team made up of the best college players at each position (Am.f/b) (*Chambers. Sports Factf., 2005, 14p.*)

**all-around** a competition where the highest total score from ail events is combined to give an all-around champion (art.gymn.) (*Chambers. Sports Factf., 2005, 310p.*)

**all-around** a competition where the highest total score from ail events is one point for each assist; up to two assists may be credited on each goal (icehok.) [6]

**all-around competition** 1. competition in men's gymnastics consisting of 12 events, where a compulsory and a free exercise have to be performed at each of the following apparatus: floor, pommel-horse, rings, vault, parallel bars, and high bar. There is an individual and a team competition. 2. gymnastics competition for women which has been an Olympic event since 1952. It consists of four compulsory and four free exercises at the vault, uneven bars, balance beam, and on the floor with respective specific rules for assessing these exercises. There are individual and team standings in the Olympic all-around competitions. They are also an integral part of international and national gymnastics championships. (*H.Haag &G. Haag, Dictionary, 2003, 20 p.*)

**alley** an imaginary lane along a side wall (racq.b.) [6]

**alley** one of the areas outside the singles court that come into play in doubles. The alleys are 4 ½ feet wide (ten.) [6]

**alley** strictly, a group of lanes or the bowling establishment that houses them. Often used, though, to mean a single lane (bowl.) [6]

**alley** a section of the **outfield** between two outfielders, eg *he hit the ball into the alley in left-centre*; also called **gap** (baseb.) (*Chambers. Sports Factf., 2005, 83p.*)

**alley** the area along the side walls of the court (squash) (*Chambers. Sports Factf., 2005, 550p.*)

**alley** the space between the **tramlines** at the side of the court (ten.) (*Chambers. Sports Factf., 2005, 599p.*)

**alley-oop** a manoeuvre in which the ball is thrown high in the air so that a player running towards the basket may catch it and score (b/b) (*Chambers. Sports Factf., 2005, 108p.*)

**alley-oop** a trick that is performed in the opposite direction to which the skater is travelling (skateb.) (*Chambers. Sports Factf., 2005, 514p.*)

**alley-oop** **1.** (*in basketball*) a play in which a player jumps up to receive a pass over the basket and immediately puts the ball into the net from above **2.** (*in basketball*) a pass aimed to allow a player to jump up to receive it over the basket **3.** (*in snowboarding and surfing*) a rotation of 180° or more made in the air while moving in an uphill or upwards direction (*slang*) **4.** (*in skateboarding*) a trick performed in the opposite direction to which the skateboarder is moving (*slang*) (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**alley-oop pass** a pass thrown with a high arc near the basket so a teammate can make a leaping catch and score in a single motion (b/b) [6]

**alleys** the areas, 1½ feet wide on each side of the court, that are used for doubles play (badm.) [6]

**allez!** the command given by the official to start a **bout** (fenc.) (*Chambers. Sports Factf., 2005, 230p.*)

**all-in price, all-in rate** a price which covers all the items in a purchase, i.e. the goods, plus delivery, tax, insurance, etc., or all items in a tour such as travel, hotel accommodation and meals. (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**all-pro** a professional player who is chosen to play in the Pro Bowl as one of the best in his position (Am.f/b) (*Chambers. Sports Factf., 2005, 14p.*)

**all-pro** a professional player who is chosen to play in the **Pro Bowl** as one of the best in his position (Am.f/b) (*Chambers. Sports Factf., 2005, 14p.*)

**all-round** a championship competition in which skaters race at various distances, typically four, and the championship is determined by the samalog system. In major events, men race at 500, 1,500, 5,000, and 10,000 meters, while women race at 500, 1,000, 1,500, and 3,000 meters (sp.skate.) [6]

**all-round athlete** an athlete who is multi-talented and practices different types of sport. In team games the all-round player is the player who can be assigned to several different positions. Multiple competitions consisting of elements from various sport disciplines, such as the modern pentathlon, have gained in popularity (e.g. » triathlon, » ski yachting). (*H.Haag & G. Haag, Dictionary, 2003, 21 p.*)

**all-rounder** somebody who is good at many things, especially in sports (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**all-rounder** a player who is skilled at both batting and bowling (crick.) (*Chambers. Sports Factf., 2005, 170p.*)

**all-star** a player chosen to represent his league in the **All-Star game** (baseb.) (*Chambers. Sports Factf., 2005, 83p.*)

**all-star** made up of very famous and talented performers or players ■ *US* a member of an all-star team (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**All-Star game** an annual challenge match between teams chosen from the best players in the **National League** and the **American League** (baseb.) (*Chambers. Sports Factf., 2005, 83p.*)

**All-Star Game** a mid-season exhibition game pitting selected stars of North American origin against selected stars from the rest of the world; from 1969 to 1997, the game was played between representatives from the NHL's two conferences. (icehok.) [6]

**All-Star-Team** sport team made up from athletes or players from various clubs based on their outstanding performances. All-Star-Teams are composed on the basis of different time units (day of the event, month, season, year); they are common particularly in team games. In track and field All-Star-Teams participate in all competitions between continents. The normal case of an All-Star-Team is the national team of a certain type of sport. (*H.Haag &G. Haag, Dictionary, 2003, 21 p.*)

**all-terrain boarding** a form of skateboarding in which the rider travels over all types of terrain, especially down mountain slopes. (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**all-terrain boarding** a form of skateboarding using a modified board with larger wheels that enables the rider to travel over all types of terrain, especially down mountain slopes (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**all-weather** a synthetic surface intended to allow racing to take place in any weather conditions (equest.) [6]

**alpine** referring to the Alps (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**Alpine camber** a slight camber built into Alpine skis so that they're relatively rigid, allowing more maneuverability on slopes. See also double camber; Nordic camber (ski.) [6]

**alpine combination** combination event in alpine skiing consisting of a downhill race and a slalom race. It is held as an independent event at the Olympic Games and world championships. The winner is determined by transforming the times of both events into points according to a FIS point table; the racer with the lowest number of points is declared the winner. In alpine World Cup events three combination titles are awarded each season; these combinations are scored on the basis of a downhill and a slalom race which are usually held in the same ski resort. World Cup points from the combination events are important for the yearly overall alpine World Cup. (*H.Haag &G. Haag, Dictionary, 2003, 21 p.*)

**Alpine combined** a competitive event that combines results from one downhill run and two slalom runs (ski.) [6]

**alpine distress signal** acoustic or visual sign to indicate an emergency in the mountains which consists of six signals in constant intervals within one minute followed by one minute of no signals; this is repeated until an answer of three signals per minute is given. Signal rockets are also used for indicating distress. (*H.Haag &G. Haag, Dictionary, 2003, 21 p.*)

**Alpine racing** skiing races on steep courses, especially downhill and slalom events (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**alpine rescue service** special independent formation of the red cross or of private institutions with the following tasks: keeping order (practical), environmental protection service (especially maintaining the existence of protected plants), medical and rescue service in the mountains, development of rescue devices as well as constructing rescue centers and service huts. Large professional alpine rescue organizations exist in Switzerland, Austria and Germany. The "Internationale Kommission fur Alpines Rettungswesen" (IKAR; founded in 1955, head office in Thun, Switzerland) works on problems of technique, equipment, medicine, and avalanche service for the alpine rescue services of all countries (also » mountain climbing). (*H.Haag &G. Haag, Dictionary, 2003, 22 p.*)

**alpine skiing** popular form of skiing practiced year-round as a competitive and a recreational sport (» summer skiing). Competitive disciplines of alpine skiing are downhill, » slalom, » giant slalom (GS), and super giant slalom (Super-G), and combinations of the two events named first (» alpine combination). The race courses are recognized by the international organization (FIS) by » homologation. The technique of alpine skiing developed with the technical advancement and development of the equipment (» ski, » ski boots, » ski poles). It began with skiing using one pole, later people skied in a low squat ("Arlberg-squat") and with a pronounced jumping movement; today's carving technique is universal with small variations specific to the nation. Important turning techniques, which follow basic principles are upward deloading turn, » absorption turn, » step turn, » parallel turn, » rotation turn, and » torsion turn. Many variants of these turns can be observed. Essential components of these basic techniques are initiation and steering of the turn. Examples of other interesting variants are: heel push (turning the heels, which are held parallel and close to each other, towards the outside of the turn, which results in a turn towards the hill), jet turn (when changing direction, especially in moguls, powder snow, or steep terrain, the skier is in a slightly bent position and lets the legs be pushed forward, supported by a slight backward lean of the body), clamp turn (low squat position and wide carving of the outside ski), speed turn (wide radius turns with high velocity), "wedling" (short parallel turns). Mastering the technique of alpine skiing requires learning the fundamental technical elements such as walking and turning around in flat terrain, different ways of climbing uphill, stepping while gliding, skiing in the fall line (with a run-out), skiing across the hill, slowing down and stopping after gliding, snow plow (with knees slightly bent the skis are pushed outward, skis are turned by means of a heel push and by leaning the upper body sideways outwards). On history and organization of alpine skiing » skiing. (*H.Haag &G. Haag, Dictionary, 2003, 22 p.*)

**Alpine skiing** types of skiing that developed primarily in the Alpine regions, all of which are based on going downhill rather than cross country. Among the Alpine races are the downhill, the giant slalom, the slalom, and the super giant slalom (ski.) [6]

**Alpine skiing** skiing on steep mountain courses, rather than across country (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**alpinism** excursions in high mountain regions, practiced in its sportive form as » mountain climbing. Although the Italian poet Francesco Petrarca (\*1304, †1374) was called the "father of alpinism" following his ascent of the Mont Ventoux in the Provence Alps (1912 m) and technical aids such as the ladder and rope were mentioned in documents as early as 1492, the first ascent of the Montblanc in Chamonix (France) in 1786 is generally regarded as the true "birth" of alpinism. The "golden era" of alpinism followed with the first ascents of many peaks; this era came to an end with the first ascent of the Matterhorn (Switzerland, 4478 m). The founding of alpine clubs towards the second half of the 19th century resulted in the systematic discovery and exploration of the Alps. After 1910 the era of "difficulty alpinism" began, where difficulties up to the 6th and highest level were mastered with technical aids, particularly on direct routes (*direttissima*). The highest peak on earth, Mount Everest in the Himalayas (8848 m), was conquered for the first time by Sir Edmund Percival Hillary and the Sherpa Tenzing Norgay, in the year 1953. In 1964 all peaks on earth with an altitude over 8000 m had been climbed. Opportunities for further first ascents are still available in America, Asia, and Antarctica, so that alpinism as a sport movement continues. From a technical point of view the following variants of alpinism can be differentiated: 1. expedition style: construction of bivouac camps as a starting point for further climbs; transport of supplies by sherpas or ropes. This variant is practiced predominantly in winter; 2. mountain tours with a knowledgeable mountain guide; 3. ascent in the direct fall line (*direttissima*); this has been the goal of mountain climbers since about 1930; 4. high altitude climbing without the aid of artificial respiration devices; 5. rock climbing without technical aids; 6. mountain climbing as a part of the tourist movement. Especially as a result of the work of alpine clubs alpinism has developed from its extreme forms towards mountain hiking for everybody, a tendency that has also been nourished by the current human urge to experience nature, as a counter-reaction to the technicizing of modern life. » Alpine rescue services have been formed to help alpinists in need of assistance or rescue. (*H.Haag & G. Haag, Dictionary, 2003, 23 p.*)

**Alps** a mountainous area of Switzerland and North Italy, including part of Austria, Slovenia and France. (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**also-ran** a horse or other entrant in a race that does not finish in any of the winning places (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**altered** a class of drag racer that starts with an automobile body and can then be modified in almost any manner (*autosp.*) [6]

**alternate metabolism** the ability to switch quickly between aerobic and anaerobic metabolism, essential for team sports players who need repeated bursts of energy (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**alternate test** a test for alternate metabolism capacity that measures power output and blood lactate levels during a physical test (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**alternating-possession rule** in high school and college basketball, most jump balls have been eliminated in favour of a rule that the teams take turns gaining possession for a throw-in after a held

ball and similar stoppages of play when possession is in question. The possession arrow indicates which team gets the ball on the next such occasion (b/b) [6]

**alternating-possession rule** in college, the possession arrow changes direction after each subsequent jump ball situation, alternating which team gets possession for the throw-in. (b/b) [6]

**altitude** the height of an object above sea level (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**altitude** height measured above the level of the sea. (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**altitude adjustment** contra-regulation of the body due to the different conditions in higher altitudes. In altitudes above 2000 m above sea level the low partial oxygen pressure (» oxygen) becomes noticeable due to the reduced barometric pressure. Initially, breathing activity is increased as a reaction. Within days additional red blood cells are developed (erythrocytes); they are essential for transporting oxygen in the blood. Insufficient altitude adjustment results in performance reduction in muscles and the brain (» altitude performance capacity) and » altitude sickness. Before engaging in performances in high altitudes (e.g. mountain climbing, ballooning, competitions in sports facilities at high altitudes) athletes should take sufficient time to become accustomed to the changed conditions and to give the body time to adjust accordingly. (*H.Haag &G. Haag, Dictionary, 2003, 24 p.*)

**altitude performance capacity** the physical and mental load capacity in high altitudes, which is considerably reduced in altitudes over 2,000 m above sea level due to the reduced partial oxygen pressure (» oxygen). The body can be adjusted to the new conditions by means of » altitude adjustment, but performance capacity will nevertheless be reduced with increasing altitude (» altitude sickness). (*H.Haag &G. Haag, Dictionary, 2003, 24 p.*)

**altitude sickness** a condition caused by reduced oxygen in the air above altitudes of 7,000 to 8,000 feet (3,600 metres). Symptoms include headaches, breathlessness, fatigue, nausea and swelling of the face, hands and feet. Also called **mountain sickness**. (*Dict. of Leis., Trav. and Tour., 2008, 10p.*)

**altitude sickness** a reduction in the amount of oxygen in body tissues caused by being at high altitudes, which may affect athletes performing abroad (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**altitude sickness** health dangers which occur due to the reduced partial oxygen pressure (» oxygen) which can be observed in altitudes over 2000 m above sea level. The reduced oxygen supply diminishes physical and mental performance capacity and endurance (» altitude performance capacity). Altitude sickness is common to people who are not well-adapted to alpine conditions. The symptoms are: headaches, nausea, difficulty in breathing, pulse acceleration as well as psychological changes and unconsciousness. Reduced performances become evident at high altitudes in athletes and mountain climbers without oxygen equipment. Altitude acclimatization is necessary for prevention. (*H.Haag &G. Haag, Dictionary, 2003, 24 p.*)

**altitude training** athletic training in elevations between 2000 and 3000 m which is oriented toward altitude adaptation as well as a short-term increase in performance at lower elevations. The cause for the generally positive effects of altitude training for athletes after returning to lower elevations is the increase of red blood cells (» erythrocytes) and increased activity of aerobically effective enzymes, glycogen depot and myoglobin. (*H.Haag &G. Haag, Dictionary, 2003, 25 p.*)

**altitude training** training for athletes at altitude to acclimatise them and prepare them for competition (*Dict. of Sp. and Ex. Sc. 2006, 10 p.*)

**amateur** a golfer who plays for fun, not for money (golf) [6]

**amateur** a person who carries out an activity for fun without making a profession out of it. The term is used especially in sport and generally refers to everybody who practices sport in an organized form but which is not his profession, i.e. he does not secure his income by being involved in the sport (« amateur sport»). The term became particularly important in connection with the Olympic Games, where following the idea of « amateurism, originally only amateurs were allowed to participate. In the course of the development of sport, especially of top-level and high performance sport, it became evident, however, that the necessary time and financial expenses of the athlete make a securing of professional and social existence outside the area of sport activities impossible, so that he depends on an income from sport. This resulted in a serious conflict between the pragmatic needs for securing the existence of the athlete and the Olympic ideal of amateurism, which led to the development of "quasi-amateurism" (and especially in socialist countries to "state amateurism"); the term "amateur" was used but at the same time the fact was concealed that financial support for the living expenses of the athlete, by means of donations, scholarships, expense allowances, and social measures, were ultimately based on his sport performances. This fact is now taken into account by the International Olympic Committee, which stuck solidly to the term "amateur" until 1971, but then decided to take the changed conditions into consideration in the respective rule 26 of the Olympic rules (previously the amateur rule, since 1974 labelled as the Olympic admission rule), at least to the extent that this rule - along with all other Olympic rules -avoids the term "amateur". According to this Olympic admission rule, an active participant at the Olympic Games cannot receive financial contributions or other material advantages for his sport activities. Social and technical support is allowed (e.g. payment of wage loss or scholarships). Furthermore, the following people are not admitted to the Olympic Games: athletes whose personality, name, picture or sport performances are used for their own advantage, and athletes who carry advertisement or sponsor names on their clothing. Advertising is only permissible, if the financial contribution is given as a lump-sum to the National Olympic Committees. Moreover, the National Olympic Committees are granted the right to issue special regulations for Olympic Games. (*H.Haag &G. Haag, Dictionary, 2003, 25 p.*)

**amateur** 1. someone who does something for pleasure rather than payment 2. someone with limited skill in, or knowledge of, an activity (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amateur sport** in delimitation from « professional sport as well as « mass sport and « recreational sport term for that form of sport, which is organized in clubs, but is predominantly practiced during leisure-time, either in the form of training and/or competition. Therefore, amateur sport does not primarily follow the goal of earning money to secure one's existence. In some types of sport, especially in team sports, individual amateur leagues and federations exist in addition to the federations and leagues for professional athletes (e.g. game sports in USA, boxing). Other sport disciplines are organized as amateur sport corresponding to their non-profit character. Nevertheless, the general development of sport and a tendency toward « commercialization have led to more and more mixing of professional and amateur sport; the problems associated with the term « amateur therefore become

evident here as well, independent from the Olympic idea (» amateurism) and the Olympic Games. (*H.Haag &G. Haag, Dictionary, 2003, 26 p.*)

**amateurism** term for the ideal of the Olympic movement that permits participation at Olympic Games only to actual » amateurs. The term originates from the 19th century and was introduced by the founder of the modern Olympic Games, Pierre Baron de Coubertin (\*1863, †1937); it is derived from the differentiation between the gentleman athlete, who was able to finance his sport activities himself as a hobby ("gentleman driver", "gentleman rider"), and the professional athlete. However, this differentiation can no longer be upheld in this form, because of the resulting unequal social treatment of the athlete. Therefore, the idea of amateurism cannot be used for characterizing today's Olympic sport. The more evident this is made, the better it is not only for the Olympic movement itself, but also for the broad and continuously increasing area of » amateur sport. (*H.Haag &G.Haag, Dictionary, 2003, 26 p.*)

**ambidextrous** used for describing a person who can use both hands equally well and who is therefore not right- or left-handed (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**ambulant** used for describing a disabled athlete who does not use a wheelchair (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**ambulatory** related to walking; able to walk (*Dict. of sp. and Ex. Sc. 1991, 6p.*)

**Amen Corner** the 11th, 12th and 13th holes at the Augusta National course, home of The Masters; the name Was coined in 1958 by journalist Herbert Warren Wind writing in *Sports Illustrated* to describe the part of the course at which the crucial action had taken place (golf) (*Chambers. Sports Factf.,2005,288p.*)

**amenity** a facility for sports or entertainment. (*Dict. of Leis., Trav. and Tour., 2008, 11p.*)

**amenity centre** a building housing various entertainment facilities, such as a cinema, sports hall, gymnasium, auditorium and swimming pool. (*Dict. of Leis., Trav. and Tour., 2008, 11p.*)

**America's Cup** most prestigious competition in yacht sailing. The cup was donated in 1851 by the English queen Victoria (\*1819, †1901); the race went around the Isle of Wright. Since the first race was won by the Americans, the event has been called the America's Cup. It has been won by and held in America since then, the only exception being the Australian victory in 1983. (*H.Haag &G. Haag, Dictionary, 2003, 27 p.*)

**American football** a term used by non-Americans to distinguish the popular U.S. sport of football from soccer which they also call football (soccer) [6]

**American football** a game played in the United States by two teams of 11 players wearing shoulder padding and helmets who carry, throw and kick an oval ball, with points scored by carrying the ball into a zone at the opponent's end of the field or by kicking the ball between vertical goalposts (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**American football, football** ball game played by two teams of up to 45 players each; 11 players of each team can be on the field while the game is played. Players can be exchanged as often as desired. The idea of the game is to gain room, either by carrying or passing the ball, to reach the opponent's goal line, and to prevent the opponent from doing so. (*H.Haag &G. Haag, Dictionary, 2003, 27 p.*)

**American handball** return game played in a room (approx. 13 x 6 x 6 m) with all four walls being part of the playing field (as singles and doubles). The ball is made of hard rubber, has a diameter of 4.8 cm, and is played with the palm against a wall in such a manner that the opponent is unable to reach it after it has hit the floor. A set is played to 21 points, a match is played as best of three sets. In regard to facilities and the idea of the game, American handball is very similar to » squash and » racquetball. (*H.Haag &G. Haag, Dictionary, 2003, 30 p.*)

**American League** one of the two most prestigious North American professional baseball leagues (baseb.) (*Chambers. Sports Factf., 2005, 83p.*)

**american twist** a serve that has spin causing it to bounce high and to receiver's left, off a right-handed player's racket. Opposite of reverse twist (ten.) [6]

**AMI** athletic motivation inventory (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amidships** the middle part of a boat, between the **bow** and the **stern** (sail.) (*Chambers. Sports Factf., 2005, 503p.*)

**amortisation** the act of exerting static strength while shifting between eccentric and concentric actions (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amortisation phase** the build-up phase prior to reaching the amortisation point (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amortisation point** the point at which an action changes from concentric to eccentric, or vice versa (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amotivational syndrome** a psychological condition characterised by a loss of the motivation to carry out socially accepted behaviours and tasks, usually associated with the use of marijuana (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amphetamine** a drug that stimulates the central nervous system, formerly used for treating depression and as an appetite suppressant (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amplitude** height, speed, or vigor in the execution of a movement. Generally, higher amplitude results in a higher score (gymn.) [6]

**amplitude** (*in snowboarding*) the degree of height a rider can attain above the lip of a pipe (*Dict. of Sp. and Ex. Sc. 2006, 11 p.*)

**amplitude** in general, the width of oscillation, determined by the largest deflection of an oscillation or of a pendulum from its central position; in the motor area the range of oscillation of a movement. The amplitude of a movement is often varied (e.g. the leg kick in front crawl swimming). It can be changed

corresponding to the energy state of the involved motor cells, while the structure of the movement phase, or rather the movement rhythm, remains constant. In this connection Erich von Hoist (\*1908, f 1962) developed the theory of relative coordination, according to which the motor figures resulting from composed muscle effects represent temporal frameworks where amplitude and frequency are correlated. (*H.Haag &G. Haag, Dictionary, 2003, 30 p.*)

**amputee** a person who has had a limb or part of a limb removed for medical reasons (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**amusement** a feeling of pleasure caused by something that is funny or enjoyable. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**amusement arcade** a hall with slot machines for playing games, etc. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**amusement park** an open-air park with various types of entertainment such as roundabouts and shooting galleries. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**amyotonia** a lack of muscle tone (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anabolic** building up muscle or tissue (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anabolic agent** a substance sometimes misused by athletes to increase muscle size (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anabolic steroid** a drug that encourages the synthesis of new living tissue, especially muscle, from nutrients (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anabolism** the part of metabolism that builds up muscle or tissue (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic** in the absence of, not requiring, or not utilizing oxygen (*Dict. of sp. and Ex. Sc. 1991, 6p.*)

**anaerobic** means that a live process or chemical process is not dependent on the presence of oxygen, or rather that it only occurs without oxygen. In this way the body can temporarily perform muscle work even when the blood flow, which usually supplies the oxygen necessary for energy production, is insufficient. However, only carbohydrates (sugar) can be catabolized for energy production under anaerobic conditions, and » lactate is formed. The energy gain is significantly less than that produced by aerobic catabolism. The accumulation of lactate leads to hyperacidity of the muscle and consequently fatigue. To prevent this situation, the blood flow in the muscle and utilization of oxygen increase according to the energy demands however, the muscle system depends on anaerobic energy production for a period of changeover at the onset of load. Especially during isometric contractions muscle pressure impedes the blood flow and the contracted muscle fatigues quickly. (*H.Haag &G. Haag, Dictionary, 2003, 31 p.*)

**anaerobic capacity** the maximum amount of energy that can be produced by anaerobic metabolism (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic exercise** exercise that involves the exchange of energy in the muscles without the use of oxygen (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic glycolysis** the breakdown of muscle glucose without using oxygen to provide energy MB (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic power** same as **anaerobic capacity** (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic respiration** the series of biochemical processes which lead to the formation of ATP without oxygen (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic threshold** same as **onset of blood lactate accumulation** (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaerobic training** training that increases the body's capacity for anaerobic exercise (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**analyse** to examine in detail. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**analysis** a detailed examination and report. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**Analysis and Performance in Sport** an area of sports science study, which deals with the factors affecting an athlete's performance. Abbreviation **APS** (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**analyst** somebody who analyses. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**anamnesis** someone's medical history, especially given in their own words (*Dict. of Sp. and Ex. Sc. 2006, 12 p.*)

**anaphylactic shock** a sudden severe, sometimes fatal reaction to something such as an ingested substance or a bee sting (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anaphylaxis** **1.** extreme sensitivity to a substance introduced into the body **2.** same as **anaphylactic shock** (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anatomical** relating to the body, or to the structure of the body (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anatomical position** position of the human body standing with feet together, arms at the sides, and palms facing forward (*Dict. of sp. and Ex. Sc. 1991, 6p.*)

**anatomical position** (*in anatomy*) the standard position of the body from which all directions and positions are derived, in which the body is assumed to be standing, with the feet together, the arms to the side, and the head, eyes and palms facing forward (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anatomy** **1.** the structure of the body **2.** the branch of science that studies the structure of the bodies of humans and animals (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anchor** the point on the face where the archer holds the fingers at full draw (arch.) [6]

**anchor** a heavy metal hook dropped to the bottom of the sea to hold a ship in one place. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**anchor** the last bowler to bowl for a team; generally the team's best bowler (bowl.) [6]

**anchor** the team member who is responsible for the last leg in a relay race or who is at the back in a tug of war (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anchor runner, fullback** the last runner in relay running events. (*H.Haag &G. Haag, Dictionary, 2003, 32 p.*)

**anchor; anchor man** last bowler to roll for a team; usually the team's best bowler. It originally comes from tug-of-war, where the strongest, heaviest man on the team is stationed at the end as an anchor (bowl.) [6]

**anchorage** a place where ships can anchor safely. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**androcentrism** the practice of giving male interests and actions more prominence, at the expense of females at a similar professional level (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**angel Dart** a shot that misses the target but still produces a good score; e.g., a triple-18 by a player who was aiming for triple-20 (darts) [6]

**angle** the direction at which the ball is travelling when it enters the pocket (bowl.) [6]

**angle** the difference in direction between two lines or surfaces measured in degrees (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**angle** a shot that first hits the side wall and then the front wall without touching the floor (squash) (*Chambers. Sports Factf., 2005, 550p.*)

**angle** when the cue ball is angled by a pocket, it is so close to the corner of the cushion that it cannot be hit in a straight line towards the desired object ball (snooker) (*Chambers. Sports Factf., 2005, 537p.*)

**angle of attack** the angle between the sponson's planing surface and the surface of the water (powerb.) [6]

**angle of pull** the angle between the muscle acting on a particular bone and the bone itself (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**angle of release** the angle relative to the ground at which a ball is kicked, affecting its flight path (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**angle of split** the angle at which the balls diverge in a split **croquet shot** (croq.) (*Chambers. Sports Factf., 2005, 188p.*)

**angling, fishing** catching fish with a fishing rod. The development from angling for food supply to recreational angling (» sport fishing) is not easily traceable. "Sportive" angling was first practiced in the middle of the 19th century in Great Britain, from where it spread throughout Europe and later around the world. Equipment is the fishing rod which consists of an elastic rod (originally of bamboo,

now glass fibre, kevlar, or carbon) with attached metal eyes through which the fishing line (made of plastic) is guided. The reel serves the purpose of casting the line into the water and pulling (reeling) it back in. The hook comes in various forms and is tied to the end of the fishing line. A float (made of cork or plastic) and a weight (made of lead) makes the bait or lure float in the water. In ground angling (also ground fishing) bait is used for all types of fish. Spin angling has the goal of catching predatory fish by means of moving lures or dead bait (spinner, blinker, wobbler, jigger, and reproductions). Fly angling (also fly fishing) uses artificial flies and requires special fly lines, fly reels, etc. enabling casting distances of 10 to 18 m. Large predatory fish are often caught using rods which are attached to the boat. To help preserve the environment the fishing season is regulated, special permits are issued, and limits for certain types of fish are set. The international organization is the Confederation Internationale de la Peche Sportive (CIPS; founded 1952, head office in Rome, Italy). In regard to tournament fishing (casting), which was developed from angling, » sport fishing. (*H. Haag & G. Haag, Dictionary, 2003, 36 p.*)

**angular motion** a turning movement of a body around a fixed axis (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**anhidrosis** an unusually low production of sweat (*Dict. of Sp. and Ex. Sc. 2006, 13 p.*)

**animator** somebody employed to organise entertainments or other activities for guests in hotel or holiday resort or for passengers on ship. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**ankle lace** a hold in which the wrestler grasps the opponent by the ankles with his arms and exposes the opponent's back to the mat (wrest.) [6]

**ankle lace** a hold in which a wrestler uses his arms to trap his opponent by the ankles, exposing his back to the mat (wrest.) (*Chambers. Sports Factf., 2005, 633p.*)

**ankle ride** attempt to control or break down an opponent on the bottom by grasping and lifting his ankle (wrest.) [6]

**ankle strap** a supportive wrap that protects the ankle from injury during exercise (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**anklebone** same as **talus** (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**annie's Room** the score of one (darts) [6]

**Annie's room** the number 1 and, sometimes, double 1. The phrase 'up in Annie's room' was used in World War I as a dismissive answer to a question about where something was, and more generally to mean any lost cause. The identity of Annie is unknown (darts sl.) (*Chambers. Sports Factf., 2005, 214p.*)

**announce** to say something officially or in public. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**announcement** the act of making something known in public. (*Dict. of Leis., Trav. and Tour., 2008, 12p.*)

**annulment of hit** the referee's act of disallowing a hit because of a rules infringement or technical fault (fenc.) [6]

**ANOC** *abbrev.* for Association of National Olympic Committees. (*H.Haag & G. Haag, Dictionary, 2003, 37 p.*)

**anorectic drug** a medicine or supplement that suppresses the appetite (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**anorexia athletica** compulsive over exercising, often a feature of eating disorders other than anorexia nervosa (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**anorexia nervosa** a psychological condition, usually found in *girls and young women*, in which a person refuses to eat because of a fear of becoming fat (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**antagonism** **1.** the opposing force that usually exists between pairs of muscles **2.** the interaction between two or more chemical substances in the body that reduces the effect each substance has individually (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**antagonist** a muscle that is the counterpart to the agonist in an active stretch, causing a lengthening movement rather than a contracting movement (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**antagonist co-contraction** a situation in which both the muscle involved in performing a movement and its antagonist contract simultaneously, thought to increase joint stability for strong movements (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**ante-post** (of a bet) placed before the day of the race (equest.) [6]

**anterior** used for describing a body part that is situated in the front of the body (*Dict. of Sp. and Ex. Sc. 2006, 14 p.*)

**anthropometer** a device for measuring the dimensions of the human body (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**anthropometer** instrument for measuring the linear breadth or width of a body segment, such as the shoulder or hips. Also called breadth calliper. See also blade anthropometer, bow calliper (*Dict. of sp. and Ex. Sc. 1991, 8p.*)

**anthropometric** used for referring to statistical data that concerns the human body (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**anthropometry** branch of science concerned with comparative measurements of the human body, its parts, and its proportions, often to establish frequency of occurrence among cultures, races, sexes, age groups, cohorts, and so on (*Dict. of sp. and Ex. Sc. 1991, 9p.*)

**anthropometry** the gathering of physical data from people for the purposes of statistical analysis (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**anthropometry** term for the different methods to measure physical characteristics of the human body. Anthropometry has been used since the turn of the century to gain data for the explanation and improvement of sport performances (e.g. height, weight, circumferences, movement radius). Kinanthropometry connects the methods of anthropometry to movement; it has gained in importance within the field of sport science. (*H.Haag &G. Haag, Dictionary, 2003, 37 p.*)

**anti, anti-raiders** members of the opposing side (kabadi) (*Chambers. Sports Factf., 2005, 377p.*)

**anticipate** to realise what may happen and do what is necessary to prepare to deal with it (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**anticipation** the process of realising what may happen and doing what is necessary to prepare to deal with it (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**antidiscrimination** intended to combat unfair treatment of individuals or groups, especially treatment based on prejudice about ethnicity, physical abilities, age, gender or sexual preference (*Dict. of Sp. and Ex. Sc. 2006, 15 p.*)

**anti-spin rubber** a slick rubber that has little reaction to spin on the opponent's shot. Compare sticky rubber (t.ten.) [6]

**apex** the centre point of a corner (autosp.) [6]

**Apley test** a test for knee injury in which the lower leg is gently rotated in different directions (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**apparatus** the term applied to each piece of gymnastics equipment (art.gymn.) [6]

**apparatus** one of the pieces of equipment used in gymnastics competition, including the balance beam, the horizontal bar, parallel bars, the pommel horse, still rings, uneven bars, and the vaulting horse (gymn.) [6]

**apparatus** equipment used in a laboratory or hospital (Note: No plural: use a *piece of apparatus; some new apparatus.*) (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**apparatus gymnastics** apparatus gymnastics: collective term for all forms of physical exercises performed with or at equipment. In addition to the competitive gymnastics disciplines (» floor gymnastics, » parallel bars, » high bar, » rings, » vault, » pommel horse, » balance beam, » uneven bars) this also includes disciplines such as » gyro-wheel gymnastics, » trampoline, » obstacle gymnastics, » climbing, and gymnastics at the buck, box, bench, or wall bars, etc. as well as » gymnastic games. Next to track and field, callisthenics, and some team ball games, apparatus gymnastics is a basic component of physical exercises and physical education in schools and sport clubs, but also in special groups such as gymnastics for children, mother and child gymnastics, etc. Apparatus gymnastics consists of a large and diverse group of exercises, and the techniques therefore have varying characteristics as well. The following structural groups of fundamental movement forms in apparatus gymnastics are differentiated: upward circle, circle, » uprise, » upstart, » hip circle, » roll, leg swing, handspring, and jumping movements (flank, » hang, swing with half turn, » support). All these movement forms can be combined with each other as well as performed in different variations: straight

(» extension), tucked (tuck), stooped (» stoop), straddled (» straddle), scissored (» scissors), twisted (» twist). A further possibility for variation is given by the different types of grips, by means of which the gymnast holds on to the equipment (» grips). In order to make learning of gymnastics easier auxiliary aids such as spring boards, mini trampolines, angled box covers, etc. are used. On the history of apparatus gymnastics » gymnastics. (*H.Haag &G. Haag, Dictionary, 2003, 39 p.*)

**appel** a stamp of the front foot on the ground (fenc.) (*Chambers. Sports Factf., 2005, 230p.*)

**appel** beating the ball of the foot on the ground (fenc.) [6]

**appendicular** referring to body parts which are associated with the arms and legs (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**apperceive** to analyse a situation using previous experience of similar situations, and react accordingly (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**apperception** the ability to analyse a situation using previous experience of similar situations (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**apple-shaped** used for describing a person with a body that has fat deposits mostly around the abdominal area (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**application** a teaching strategy that communicates a concern for shifting the student focus from how to do the movement to how to use the movement (*Dict. of sp. and Ex. Sc. 1991, 9p.*)

**applied psychology** the branch of psychology in which theory is applied to real-life situations, e.g. in a training situation or in a medical setting (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**applied sports psychology** sports psychology that involves the practical application of general theories in order to help individual athletes (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**approach** **1.** The movement of the bowler from address to delivery. **2.** The area of the lane behind the foul line, which must be at least 15 feet long (bowl.) [6]

**approach** the steps, usually three or more, taken by a diver before the hurdle and takeoff (div.) [6]

**approach** **1.** a way of dealing with a problem **2.** in golf, a shot made from the fairway towards a green **3.** same as **approach shot** ■ **1.** in golf, to make a shot from the fairway towards a green **2.** in tennis, to come in towards the net (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**approach (shot)** a stroke when a player puts or attempts to put the ball onto the green (golf) (*Chambers. Sports Factf.,2005,288p.*)

**approach shot** a short or medium-range shot played to the green (golf) [6]

**approach shot** a shot hit deep, enabling a player to move into the net (ten.) (*Chambers. Sports Factf., 2005, 599p.*)

**approach shot** a shot hit hard and deep to allow the player to take the net (ten.) [6]

**approach shot** in tennis, a shot hit deep into the opponent's court, designed to give the player time to approach the net for the next shot (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**approach, run-up** first movement phase of sport exercises with the purpose of working up a momentum and concentrating force by running. In the approach movement energy is always transferred to a jumping or throwing movement. The approach takes on different forms in the various types of sport; examples are the approach in track and field as the transformation of speed into jump height or length (high jump, long jump, triple jump, pole vault) or throwing distance (javelin; also in skittles or ninepin and in bowling), in springboard or tower diving the approach as a preliminary movement, in gymnastics the approach to the vault for picking up momentum, or in ski jumping the approach for gaining speed until reaching the takeoff platform. The approach represents a fundamental movement pattern of sport movements. (*H.Haag &G. Haag, Dictionary, 2003, 40 p.*)

**apraxia** a condition in which someone is unable to make proper movements (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**après-ski** taking place in the evening after a day's skiing (*Dict. of Leis., Trav. and Tour., 2008, 14p.*)

**apricot** the small yellow fruit from the deciduoud three *Prunus armeniaca*, similar to a small peach, but not as juicy. (*Dict. of Leis., Trav. and Tour., 2008, 14p.*)

**apron** the area of grass surrounding the putting surface; also known as the fringe (golf) [6]

**apron** the part of the **fairway** just in front of the **green** (golf) (*Chambers. Sports Factf.,2005,288p.*)

**apron** in Indy car and Nascar racing, the paved portion of a racetrack that separates the racing surface from the infield (autosp.) [6]

**apron** that part of a boxing **ring** that extends beyond the ropes (box.) (*Chambers. Sports Factf., 2005, 140p.*)

**APS** Analysis and Performance in Sport (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**APSL** American Professional Soccer League - the nation's only outdoor professional soccer league since 1991, consisting of 8 teams in the U.S. and Canada (expanding to 12 by 1995) (soccer) [6]

**aptitude** 1. a natural tendency to do something well, especially one that can be further developed 2. quickness and ease in learning (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**aptitude test in sport** method for assessing sportive prerequisites (motor characteristics, sport motor skills) before beginning the study of sport science or before taking up athletic training. Special tests have been developed for testing aptitude in sport which allow relatively reliable conclusions to be drawn in the area of diagnostics and also prognostics. (*H.Haag &G. Haag, Dictionary, 2003, 40 p.*)

**aqua training** exercise carried out in water, designed both to support joints and also provide additional resistance (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**aquaplane** a water-skiing board on which someone stands while being towed by a motorboat (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**aquarobics** aerobic exercises done to music in a swimming pool (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**aquatics** in water (*Dict. of Leis., Trav. and Tour., 2008, 14p.*)

**aquatics** sports played in or on water (*Dict. of Sp. and Ex. Sc. 2006, 16 p.*)

**aquatics sports** activities which take place on or in water, e.g. swimming, water polo or scuba diving (*Dict. of Leis., Trav. and Tour., 2008, 14p.*)

**arbiter** person who enforces rules of participation in sport competition and administers sanctions (penalties) in cases of rule violations. Also called referee, umpire (*Dict. of sp. and Ex. Sc. 1991, 10p.*)

**arch** any of the several curved arrangements of bones and ligaments that form the foot, especially the medial arch on the inside of the foot (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arch** a position in which the body is curved backwards (gymn.) [6]

**arch throw** **1.** in handball (arch pass, arch ball) a throw or pass with a high arch-shaped flight curve. The arch throw is used especially in situations where an attacking player runs towards the goalie, who moves out from his goal, and with no defending player interfering, or in case of a penalty throw where the goalie stands far out from the goal. **2.** in bowling a gliding throw with four run-up steps and a flat and soft dropping of the ball onto the lane. **3.** in water polo an easy throw on the goal over the top of the goalie. (*H.Haag &G. Haag, Dictionary, 2003, 40 p.*)

**arch, bow** **1.** in figure and roller skating a compulsory figure, a circle, half circle or figure eight skated on the standing leg. **2.** in gymnastics exercise on the balance beam and on the floor, where the (arched) body is supported by hands and feet. In the slow hand-spring the arch is a stationary element. (*H.Haag &G. Haag, Dictionary, 2003, 40 p.*)

**archery** the activity of shooting with a bow and arrow (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**archery** sport shooting with bow and arrow on a target disk. (*H.Haag &G. Haag, Dictionary, 2003, 41 p.*)

**archery / clout archery** this is a form of long-distance shooting where the target, called a clout, is a flat surface on the ground divided in concentric circles. The distances vary between 125m/136.7yd and 185m/202.3yd. Archers fire arrows high into the air to land on the target (arch.). [6]

**archery / flight archery** the object is to fire an arrow as far as possible. World records are set for different bow types (arch.) [6]

**archery / indoor target archery** as target archery but staged indoors with a target set at 18m (arch.) [6]

**archery / popinjay archery** the wooden targets are disguised with feathers and called “birds”, “chicks” or “hens”. They are arranged in a “roost” atop a 26m pole. Archers aim to dislodge them by firing from below [6]

**archery / ski archery** a combination of archery and Nordic cross-country skiing [6]

**archery darts** archers shoot at a target that has the same arrangement as the numbers on a dartboard. The target is set at 18m (arch.) [6]

**arena** originally a place for combat covered with sand in the Greek-Roman amphitheatre, circus or stadium; today a general term for the venues for athletic competitions. (*H.Haag &G. Haag, Dictionary, 2003, 42 p.*)

**arena** an indoor or outdoor area surrounded by seating for spectators, where shows or sports events take place (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm** the part of the body from the shoulder to the hand, consisting of the upper arm, the elbow and the forearm (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm ball** a delivery by a spin bowler that continues in the direction of the bowler's arm, not deviating as is normal (crick.) (*Chambers. Sports Factf., 2005, 170p.*)

**arm bar** a method of turning an opponent from stomach to back on the mat by wrapping an arm around the opponent's elbow and using the leverage of that hold to flip him over (wrest.) [6]

**arm blaster** a piece of weightlifting equipment that holds the elbows in place during biceps curls (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm control** controlling the opponents arms (wrest.) [6]

**arm extension** a backwards or downwards movement of the arm from the shoulder joint (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm flexion** a forwards or upwards movement of the arm from the shoulder joint (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm horizontal extension** a backwards horizontal movement of the arm from the front to the side of the body (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm horizontal flexion** a forwards horizontal movement of the arm from the side to the front of the body (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm locks** in judo attacks on the elbow joint (flexed lock, extended lock). Arm lock attacks are very effective; due to danger of injuries the rules limit their application to the elbow joint. (*H.Haag &G. Haag, Dictionary, 2003, 43 p.*)

**arm movement** in swimming movement of the arms for » propulsion in the four strokes of breast, butterfly, freestyle, and back-crawl swimming. Depending on the stroke a pull, push and swing phase as well as an above-water and below water phase (with the exception of breaststroke) can be differentiated. (*H.Haag &G. Haag, Dictionary, 2003, 43 p.*)

**arm preference** a person's choice to use one or the other arm to perform a given task; it may or may not be the person's dominant arm (*Dict. of sp. and Ex. Sc. 1991, 10 p.*)

**arm preference** the tendency to favour one arm over another when performing particular movements (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arm throw** a move in which a wrestler throws his opponent over his shoulder while holding his opponent's arm (wrest.) (*Chambers. Sports Factf., 2005, 633p.*)

**armband** worn by skaters in pairs so judges can distinguish one from the other. The skater who starts on the inner lane wears white and the other skater wears red (sp.skat.) [6]

**Armco** metal crash barriers designed to absorb the impact of cars and protect spectators, now rarely used (autosp.) [6]

**armguard** a device that protects the bow arm from abrasion by the string (arch.) [6]

**armguard** protection worn by a batsman on the forearm facing the bowler (crick.) (*Chambers. Sports Factf., 2005, 170p.*)

**armlock** the use of pressure on an opponent's elbow joint to gain a submission (judo) (*Chambers. Sports Factf., 2005, 372p.*)

**armstand** a dive in a platform diving competition where the diver begins from a handstand position (div.) (*Chambers. Sports Factf., 2005, 572p.*)

**armstand dive** any dive that's executed from an armstand position; in platform diving only (div.) [6]

**armstand dives** group of dives in tower diving which are initiated from a handstand position from the forward edge of the tower platform. (*H.Haag &G. Haag, Dictionary, 2003, 43 p.*)

**Arnold press** a type of dumbbell lift designed to work out the shoulders (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**aromatherapy** the use of oils extracted from plants to alleviate physical and psychological disorders, usually through massage or inhalation (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**around the horn** if a **double play** is made around the horn, the ball is thrown from third base to second to first, putting out runners at second and first base (baseb sl.) (*Chambers. Sports Factf., 2005, 89p.*)

**around-the-head** a shot often used to avoid the backhand. It's similar to the overhead smash, but the shuttlecock is struck on the opposite side of the head from the player's racket hand (badm.) [6]

**around-the-wall shot** a shot that caroms from a side wall to the front wall and then to the opposite side wall (racq.b.) [6]

**arousal** (*In performance theory*) a stimulation that causes a person to perform (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arrested progress** a point in the process of learning a skill at which a plateau is reached and further progress is a struggle (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arrhythmia** a variation in the rhythm of the heartbeat (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**arrivals hall, arrivals lounge** a hall or lounge where passengers can be met or can sit and wait. (*Dict. of Leis., Trav. and Tour., 2008, 15p.*)

**arrow attack** in fencing a lunging attack after which the fencer runs past his opponent. (*H.Haag &G. Haag, Dictionary, 2003, 43 p.*)

**arrows** slang for the game of darts, and for the darts themselves (darts sl.) (*Chambers. Sports Factf., 2005, 214p.*)

**arrows** target lines marked on the lane, used to help guide the ball to the pins (bowl.) [6]

**arrows** darts (darts) [6]

**arrows** seven aiming points marked in the lane to allow the bowler to determine the correct release point (bowl.) [6]

**arrows** target lines marked on the lane, used to help guide the ball to the pins (bowl.) [6]

**articulation** the joint connecting the front section of a bobsled to the rear section (bobsled.) [6]

**artificial track** a refrigerated track (luge) [6]

**artistic callisthenics** variant of callisthenics that developed in connection with reform pedagogy at the beginning of the 20th century, which combines elements of art, music and (individual) movement. Towards the middle of the century its program was expanded by adding movements from acrobatics, ballet, floor gymnastics, rhythmical callisthenics, and dance, since their aim is also the artistic presentation of movement through fundamental movements and the combination of movement and music. The International League for Modern Callisthenics, founded in 1952, is concerned with the continued development of this program. (*H.Haag &G. Haag, Dictionary, 2003, 44 p.*)

**artistic flight sport** discipline of flying sport, where difficult movements, accelerations and figures differing from normal flight patterns have to be flown. The important factors are precision of execution and remaining within the prescribed air space. Depending on the degree of difficulty of the figures one differentiates between simple and higher artistic flying. In championship competitions in motor flying sport there is a qualification with one unknown and one known compulsory exercise (7 minutes each) and a free program (9 minutes). The final consists of one free program of 4 min. Competitors fly in special artistic planes (usually one-seaters with good roundabout vision) in two classes: 1. full acrobatics with planes that are designed entirely for artistic flying (a fuel and oil supply system that also functions in the upside down position is essential), and 2. half acrobatics with planes that have limited artistic flying capacity. The most well-known figures in artistic flying are: upside down flying, spinning, upward and downward looping, keg roll (uncontrolled), roll (controlled), combination of half a looping and half a roll, turn, fan turn, and tail slide. Artistic flying is also practiced with glider planes (» gliding). Another form of artistic flying is formation flying with military jet flying squadrons. The first artistic flyer was the Frenchman Adolphe Pogoud (\*1889, fl915). World championships have been held since 1934 (officially since 1960). Artistic flying is organized in the national aerosport federations. (*H.Haag &G. Haag, Dictionary, 2003, 45 p.*)

**artistic impression** one of the categories by which synchronized swimming is judged. It encompasses choreography and the use of movement to interpret the mood of the music (synchr.swim.) [6]

**artistic sport disciplines** collective term for sport disciplines where the main goal is the artistic presentation of movement sequences (partly as a combination of movement and music); examples are gymnastics, figure-, inline- and roller-skating, and callisthenics. Performances are assessed by judgement, usually by awarding points. (*H.Haag &G. Haag, Dictionary, 2003, 45 p.*)

**artistic strength sport** see sport acrobatics. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**artistry** see sport acrobatics. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**asana** a posture used in yoga (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**asap** ASAP *abbreviation* as soon as possible (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**ascender** a sliding metal grip threaded on a rope as a foothold or aid to climbing (alp.) [6]

**ascesis** self-restraint and self-denial, especially in pursuit of a long-term goal (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**ascorbic acid** vitamin C, found in fresh fruit (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**ASEAN ParaGames** a multi-sport event for disabled athletes in association with the Southeast Asian Games, held directly afterwards (*Dict. of Sp. and Ex. Sc. 2006, 18p.*)

**Ashes** (*in cricket*) the trophy awarded to the winner of a series of test matches between England and Australia, or the name given to the series itself (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**ashi waza** leg techniques, including kicks and throws in which the pivot point is the leg or foot (mart. arts) [6]

**ashi-tori** a move that involves grabbing an opponent's leg to bring him or her down (sumo) (*Chambers. Sports Factf., 2005, 554p.*)

**ashore** on land, or onto the land from a ship. (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**ashtanga yoga** a dynamic form of yoga that focuses on synchronising the breathing with each exercise to increase circulatory benefits (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**Asiad** same as Asian Games (*Dict. of Sp. and Ex. Sc. 2006, 18 p.*)

**Asian Games** a major multi-sport event that is open to athletes from all Asian nations and takes place every four years (*Dict. of Sp. and Ex. Sc. 2006, 17 p.*)

**Asian Games** athletic competitions with an Olympic program for the Asian countries. The first Asian Games were held in 1951 in New Delhi (India) and have taken place every four years since 1954 in the middle of the four-year interval between the » Olympic Games. The Asian Games are comparable to

the Pan-American Games, Pan-Arabic Games, African Games, and European Championships. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**assault, violence** especially in team sports with physical contact term for a severe and conscious attack on the body of an opponent player. Usually, an assault is penalized with disqualification and suspension; in some cases assault in sport is prosecuted as assault under criminal law. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**assessment** 1. careful consideration of something to make a judgment about it 2. a judgment based on evidence (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**assist** a pass that leads directly or indirectly to a goal. Players score out a baserunner (baseb.) [6]

**assist** a pass that leads directly or indirectly to a goal. Players score one point for each assist; up to two assists may be credited on each goal (icehock.) (*Chambers. Sports Factf., 2005, 361p.*)

**assist** a pass that results in the scoring of a goal, eg *Henry scored a goal and had two assists* (f/b) (*Chambers. Sports Factf., 2005, 258p.*)

**assist** a pass that sets up a goal. Up to two assists may be credited on each goal (icehok.) [6]

**assist** a pass to a colleague that allows a basket to be scored (b/b) (*Chambers. Sports Factf., 2005, 108p.*)

**assist** a pass to a team-mate that directly leads to a basket (b/b) [6]

**attendance** Number of spectators (sold tickets) (b/b) [6]

**assist** a pass to a teammate that leads directly to a field goal (b/b) [6]

**assist** a play by a fielder that makes it possible for a colleague to put out a **baserunner** (baseb.) (*Chambers. Sports Factf., 2005, 83p.*)

**assist** an act by a player in a sport that enables another member of the team to score or achieve a successful defensive move (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**assist** the last pass to a teammate that leads directly to a field goal; the scorer must move immediately toward the basket for the passer to be credited with an assist; only 1 assist can be credited per field goal. (b/b) [6]

**assist** the pass or passes which immediately precede a successful scoring attempt; a maximum of two assists are credited for one goal. (icehok.) [6]

**assist** to help somebody. (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**Assist** the pass or passes which immediately precede a goal; a maximum of two assists can be credited for one goal (soccer) [6]

**assistance** helping and securing. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**assistance** help (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**assistant** a person who helps someone, usually as a job (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**assistant referee** either of two people who help the referee at a football match and whose opinion may be sought if the referee is unsure (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**assistant referee** one of the two officials on either touchline who help the referee to officiate the game by using flags to indicate offsides, throw-ins, and corner kicks. They were formerly known as linesmen (f/b) (*Chambers. Sports Factf., 2005, 258p.*)

**assisted stretching** stretching using a partner to provide movement and balance that cannot be achieved by one person alone (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**association football** the official name for football, used especially in the past to distinguish it from other types of football such as rugby football (f/b) (*Chambers. Sports Factf., 2005, 258p.*)

**Association Generale des Federations Internationales de Sport (AGFIS)** founded in 1967 (holding its current name since 1977), this association represents the permanent general assembly of all international sport federations (head office in Monte Carlo), which has the goal of supporting mainly non-Olympic sport disciplines. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**Association of National Olympic Committees (ANOC)** founded in 1966, this permanent assembly of National Olympic Committees (head office in Paris) has the goal of strengthening their positions within the International Olympic Committee. (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**associative** used for describing the attentional style of an athlete who tends to focus more on internal stimuli (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**associative coping, associative strategy** a method of blotting out external distractions during competition by concentrating on your own thoughts and feelings (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**associative stage** the middle stage of skill acquisition in which the sequence of movements has been learned but must be consciously refined through coaching (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**associator** a type of athlete who needs to blot out external distractions for an extended period, e.g. a long-distance runner (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**astasia** a severe lack of motor coordination resulting in an inability to stand upright (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**A-State** an individual's response to a particular stressful situation, such as competing in a sport (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**astatic** unsteady because of poor muscle coordination (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**astern** marine term used in sailing to describe everything located in the back of the boat - as seen from the middle of the ship (midship). (*H.Haag &G. Haag, Dictionary, 2003, 46 p.*)

**asthenic** used for describing someone who has a slender and lightly muscled build (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**Astroturf** an artificial surface used instead of grass on many football fields. (f/b) [6]

**at bat** a player's turn to bat, eg *three hits in four at bats* (baseb.) (*Chambers. Sports Factf., 2005, 84p.*)

**ataxiometer** a device for measuring a person's ability to balance (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**atemi waza** striking techniques, including kicks, punches, and blocks. (mart.arts) [6]

**athlete** **1.** someone who has the abilities necessary for participating in physical exercise, especially in competitive games and races **2.** a competitor in track or field events (*Dict. of Sp. and Ex. Sc. 2006, 19 p.*)

**athlete** **1.** in the Greek-Roman times (Antiquity) a participant in the ancient festival games (» athletics). **2.** today in a narrow sense a term for a person trained to compete in one or more forms of sport or exercise. **3.** today in a broader sense a person actively practicing sport. A differentiation can be undertaken either according to the different sport disciplines (e.g. a boxer, soccer player, runner) or in analogy to the various other possibilities for classification used for sport itself (e.g. recreational athlete, after-work athlete, professional athlete). (*H.Haag &G. Haag, Dictionary, 2003, 47 p.*)

**athlete** **1.** one who competes in structured, organized sport. **2.** vigorous, powerful person who has acquired strength and skill through special training and exercise (*Dict. of sp. and Ex. Sc. 1991, 12 p.*)

**athlete of the year** in many countries an honorary title awarded annually to an individual athlete or a team for outstanding performance in sport. (*H.Haag &G. Haag, Dictionary, 2003, 47 p.*)

**athlete profile** a table of an athlete's key characteristics, used for devising training plans (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athlete's foot** an infectious skin disorder between the toes, caused by a fungus. Also called **tinea pedis** (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athlete's heart** hypertrophy or enlargement of the heart, particularly of the left ventricle, resulting from chronic exercise; does not appear to be associated with any known pathology. (*Dict. of sp. and Ex. Sc. 1991, 12 p.*)

**athlete's kidney** a condition found in some athletes who suffer repeated blows to the abdomen, in which the kidney is jarred and blood is found in the urine (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athletic** **1.** relating to athletes, athletics or other sports activities **2.** used for describing a body type with a large skeletal structure and strong muscles **3.** used for describing a sports player who is faster or more agile than his or her opponent (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athletic amenorrhoea** the absence or irregularity of menstrual periods as a result of intense exercise, causing hormone levels to fluctuate (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athletic motivation Inventory** a list of qualities thought to be desirable in a potential athlete, e.g. openness to instruction, determination, self-control and the ability to work in a team. *Abbreviation AMI (Dict. of Sp. and Ex. Sc. 2006, 20 p.)*

**athletic pubalgia** a tear in the muscles of the lower abdomen, caused by repeated bending and stretching (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athleticism** the fact of being athletic (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athletics** **1.** sports activities carried out on a field, e.g. discus, high jump and long jump, or on a track, e.g. running **2.** the methods, systems and principles of training and practice for athletic activities **3.** US activities such as sports and exercises that require physical skill and strength (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**athletics** in the Greek-Roman times (Antiquity) competitive sport practiced for the purpose of earning money within the framework of » agonistics. Every participant at a gymnastic (not hippo or artistic) Agon (event) was considered to be an athlete; usually he prepared himself through specific training for various athletic events. Athletes were organized on a "local" (club), "regional" (training and festival unions), and "world" level (athlete organization of the Roman Empire). In accordance with the Olympic Games the main disciplines for competition were: stadium run, double run, long-distance run, pentathlon, wrestling, boxing, pancratium, and weapon run (» ancient festivals). Other competitions held were horse races, torch runs, and archery. Athletic competitions were divided into age groups; with the exception of a few running events for girls, only boys participated at these competitions. Today the term "athletics" is almost exclusively used in its differentiated meanings in the areas of » track and field and » heavy athletics. (*H.Haag &G. Haag, Dictionary, 2003, 47 p.*)

**Atkins diet** a plan to help people lose weight that suggests that they should eat a lot of protein and fat but little carbohydrate (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**Atkins diet** a plan to help people lose weight that suggests that they should eat a lot of protein and fat but little carbohydrate (*Dict. of Leis., Trav. and Tour., 2008, 16p.*)

**atlas** the topmost vertebra of the neck, above the axis, that connects the spine to the skull (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**atonic** displaying a lack of muscle tone or tension (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**atony** a lack of tone or tension in the muscles (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**A-trait** the personality trait that is a tendency to panic when put under stress (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**atrophy** the process of wasting away because of a lack of nutrients (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**attack** **1.** (tactical) play combination, through which the opponent is pushed into the defense so that the competitive actions are determined by the attacker. The attack has different characteristics in the

various sports and is an essential element of the tactical measures (e.g. in the racquet games badminton, table tennis, tennis, and in volleyball). In some sports the possibilities for attacks are limited by the size or by the zone divisions of the field (e.g. offensive zone in ice-hockey, attack zone in volleyball); opposite: » defense. **2.** in combat sports an action with which the opponent is attacked. **3.** in volleyball hitting the ball at the net with one hand into the opponent's field as an offensive action (spike or lob). The spike is performed as follows: after an approach the opposing leg to the striking arm is set forward on the ground for push-off, the arms are moved backwards, ankles, knees and hips are extended with timed coordination in order to reach an optimal height for hitting the ball. Some tactical variants (e.g. running around the setter) require a take-off from one leg. The smash itself is prepared by moving the bent arm backwards on the side and behind the head. The arch tension and wind-up movement are released and the upper arm, lower arm, and hand are successively accelerated in a whip-like action resulting in a hard hitting movement, which has the aim of beating the opponent's defense. The landing should be soft and occur on both feet if possible. When a lob (fake) is played, the forward movement of the stroke arm is stopped rapidly just before ball contact; the ball is then played with one hand (wrist or one-handed overarm hit) in an arch across the opponent's block. The players standing on the side and behind the attacking player go in attack safety positions to protect against balls deflecting off the block into their own field. (*H.Haag &G. Haag, Dictionary, 2003, 48 p.*)

**attack** a sudden burst of speed designed to leave a rider or group of riders behind. As a verb, to attempt an attack (cycl.) [6]

**attack** an movement signaled by extending the sword arm, which gives the fencer the right of way (fenc.) [6]

**attack** the offensive moves a wrestler makes in competition (wrest.) [6]

**attack** to attempt to defeat, or score against, an opponent in a competitive game or sport (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**attack** to make a sudden acceleration to try to ride away from another rider or group (cycl.) (*Chambers. Sports Factf., 2005, 203p.*)

**attack** to play aggressively (golf) [6]

**attack line** a line marked 3m from the net that delineates the furthest advance of defending players (beach v/b) [6]

**attack the net** see take the net (ten.) [6]

**attacker** see forward (hock.) [6]

**attacker** a player who tries to overpower opponents by killing as many balls as possible. Compare defender (t.ten.) [6]

**attacker** any player on the team that has possession of the ball (soccer) [6]

**attacking line** see forward line (icehok.) [6]

**Attacking midfielder** the most forward-playing midfielder, playing right behind the forwards; he supports the offense by providing passes to forwards to set up goals (soccer) [6]

**attacking team** the team that has control of the ball. In the case of a free ball, the team that last had possession. Opposite of defensive team (w.polo) [6]

**attacking team** the team that has possession of the ball (soccer) [6]

**attacking zone** the area between the opponents' blue line and their goal. (icehok.) [6]

**attacking zone** the area in the opponents' end of the ice between the blue line and the goal line (icehok.) [6]

**attempt** each lifter is allowed three attempts, at requested weights, on the snatch and on the clean and jerk. The results of the best good lifts are added to reach a total. If the lifter doesn't have at least one valid attempt in each of the two lifts, there is no total (weightl.) [6]

**attempt board** an electronically-controlled display that shows the name of the competitor, the weight division, the lift being attempted, the number of the attempt, and the weight to be lifted. The referee decision lights and timing clock are also shown on the attempt board (weightl.) [6]

**attend the flag** to hold the flag whilst another player putts, removing it after the ball has been struck (golf) (*Chambers. Sports Factf.,2005,288p.*)

**attendant** 1.somebody who is on duty in a public place such as a museum. 2. somebody who is on duty to help customers (*Dict. of Leis., Trav. and Tour., 2008, 17p.*)

**attention** special care or treatment (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**attentional focus** the ability to notice relevant stimuli in a performance situation and to ignore others that may be distracting (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**attentional style** the stimuli to which a particular athlete pays attention, whether external, e.g. crowd noise or the presence of other athletes, or internal, e.g. the athlete's own feelings and physical sensations (*Dict. of Sp. and Ex. Sc. 2006, 20 p.*)

**attribute** same as **quality** (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**audible** a play called out in coded form by the **quarterback** at the **line of scrimmage** to replace the previously arranged play (Am f/b) (*Chambers. Sports Factf.,2005,14p.*)

**audible** verbal commands shouted by the quarterback to his teammates at the line of scrimmage to change a play on short notice (f/b) [6]

**audience** a group of people assembled to watch and listen to an event (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**audience effect** the effect that being watched while performing has on an athlete (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**Australian Rules** an Australian game resembling rugby, played on an oval pitch with 18 to a team and a large oval ball that can be punched, kicked or carried (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**auto** same as car (*Dict. of Leis., Trav. and Tour., 2008, 17p.*)

**autobahn** a motorway in Germany, Austria and other German-speaking countries (*Dict. of Leis., Trav. and Tour., 2008, 17p.*)

**autobus** the group of poor **climbers** who stick together in the mountain **stages** of a race to help each other to finish inside the time limit. Also known as the 'grupperto' (little group) or laughing group (cycl.sl.) (*Chambers. Sports Factf.,2005,207p.*)

**autocross** a gymkhana; sometimes used to mean a gymkhana that allows greater speed than usual (autosp.) [6]

**auto-cross** cross-country drive for motor vehicles in a terrain with a multitude of variants (see moto-cross). (*H.Haag &G. Haag, Dictionary, 2003, 49 p.*)

**autogenic training** a method of relieving stress by using meditation and other mental exercises to produce physical relaxation (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**autogenic training** mental training program in which an individual attends to internal feedback, based on verbal cues and visual images, to reach a state of relaxation (*Dict. of sp. and Ex. Sc. 1991, 14 p.*)

**autogenius training** psycho-therapeutic method of "concentrative self-relaxation", developed by the psychiatrist Johannes Heinrich Schultz (\*1884, -JT970) and related to hypnosis and relaxation methods from the Far East. Auto-suggestive and auto-hypnotic methods with step-by-step concentration exercises (physically through muscle relaxation, pulse and breathing control; psychologically through self-immobilization, alleviation of affect, self-analysis) are designed to change body functions and sensations which can otherwise not be influenced voluntarily; the purpose is the changeover of body sensations, the balancing of tension states, the reduction or elimination of pain, sleep disturbances, etc. Therefore, autogenous training is predominantly aimed at relief from physical and mental predispositions and self-education. It can be practiced alone or in groups. Autogenous training should be connected with other training methods such as mental training and desensitizing for useful application in sport practice. (*H.Haag &G. Haag, Dictionary, 2003, 49 p.*)

**automatic** descriptive of an easy putt; also, an extra Nassau bet that's allowed whenever a player is two points behind (golf) [6]

**automatic foul detector** an electric eye device that sets off an alarm if the bowler's foot crosses the foul line (bowl.) [6]

**automobile sport** sport competitions for automobiles. The drivers require a licence from the national sport bureaus. Regulations exist on national and international levels where vehicles are divided into categories, groups, and (cubic capacity) classes; these regulations also govern the respective championships. The automobiles used in the races are divided into the following categories and groups: *Category I:* ... Predominantly the following competitions are held in automobile sport: (*H.Haag &G. Haag, Dictionary, 2003, 50 p.*)

**autonomic** governing itself independently (*Dict. of Sp. and Ex. Sc. 2006, 21p.*)

**auxology** the study of human physical growth and development (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**auxotonic** occurring against increasing force as part of a muscle contraction (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**auxotonic training** exercises supporting or strengthening the tonus, i.e. the nervous influence of continually held tension (contraction) of the muscle system. Tension (pressure) and length of the muscle fibres are changed by auxotonic muscle training; therefore, auxotonic training lies between » isometric training and » isotonic training. (*H.Haag &G. Haag, Dictionary, 2003, 52 p.*)

**avalanche** a heavy mass of snow sliding down a mountainside (*Dict. of Leis., Trav. and Tour., 2008, 18p.*)

**avalanche season** late spring, when increasing temperatures make the snow melt on high mountains, and cause avalanches (*Dict. of Leis., Trav. and Tour., 2008, 18p.*)

**average** a measure of a player's or team's achievement, reached by dividing the number of opportunities for successful performances by how many times a successful performance was achieved (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**average heart rate** heart rate shown as an average over the course of a particular activity (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**avitaminosis** a disease caused by deficiency of a specific vitamin (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**avoidable hinder** a hinder that clearly impedes the continuation of a rally or prevents the opponent from making a clean winner; results in loss of serve or point. (racq.b.) [6]

**avoidance** ducking or moving laterally to prevent a hit (fenc.) [6]

**AVPU** a scale of responsiveness applied on a person who has suffered a head injury, namely Alert, in which the person is fully conscious, Verbal, in which the patient responds to verbal stimuli, Pain, in which the patient responds to painful stimuli, and Unresponsive, in which the patient does not respond to any stimuli (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**award** a prize, medal, document or money that is given to somebody to show recognition of something good that he or she has done (*Dict. of Leis., Trav. and Tour., 2008, 18p.*)

**awareness** the fact of being aware of something, e.g. of a change in an opponent's position or mood (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**awasewaza** an **ippon** made by scoring two **waza-ari** (judo) (*Chambers. Sports Factf.,2005,372p.*)

**away** descriptive of the ball farthest from the hole, or of the golfer whose ball it is. The golfer who is away shoots first (golf) [6]

**away** the player who is away is the player furthest from the hole (golf) (*Chambers. Sports Factf.,2005,288p.*)

**away game** a match played at a ground that is not the team's own ground (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**away match** game played on the field of the opponent in the course of championship round (» return match). Occasionally special tactical measures are taken to compensate for a possible opponent's advantage of spectator support at a » home game. (*H.Haag &G. Haag, Dictionary, 2003, 53p.*)

**away swing** movement of the ball in the air from the **leg** to the **off** side (crick.) (*Chambers. Sports Factf., 2005,170p.*)

**away swing bails** movement of the ball in the air from the leg to the off side the two small pieces of wood that rest on top of the stumps; one of them must be dislodged if a batsman is to be given out bowled or run out (crick.) [6]

**awkwardly** in a way that puts the body in an unnatural or painful position and seems likely to cause injury (*Dict. of Sp. and Ex. Sc. 2006, 21 p.*)

**axel** a jump where the skater takes off from the forward outside edge of one skate and lands on the back outside edge of the opposite skate. There are single axel, double axel and triple axel variations. The jump is named after Norwegian skater Axel Paulsen (1855-1938) (f.skat.) (*Chambers. Sports Factf.,2005,367p.*)

**Axel** named for Axel Paulson, the 1908 Gold Medalist who invented it, this is a jump on which the skater takes off from the forward inside edge and lands on the back outside edge of the opposite foot. There are single, double, and triple versions (f.skat.) [6]

**Axel** (Axel-Paulsen, Axel-Paulsen-jump) jump in figure and roller skating named after the Norwegian figure skater Axel R. Paulsen (\*1885, †1938): start with a curve for ward-outward, after take-off from forward-outward one and a half turns in the direction at the beginning of the jump and landing backward-outward on the other leg, i.e. the previous free leg. The direction of the curve after landing is the same as the direction before take-off. The same jump with two and a half turns is called a double Axel, with three and a half turns a triple Axel. (*H.Haag &G. Haag, Dictionary, 2003, 53p.*)

**axis** **1.** an imaginary line through the centre of the body **2.** the second vertebra of the neck, below the atlas, connected to the skull (*Dict. of Sp. and Ex. Sc. 2006, 22 p.*)

**AYSO** American Youth Soccer Organization - an administrative body of youth soccer which sets rules and provides information and equipment to youth league referees, coaches and players (soccer) [6]

**ayurvedic medicine** a traditional Hindu system of healing that assesses someone's constitution and lifestyle, and recommends treatment based on herbal preparations, diet, yoga and purification (*Dict. of Sp. and Ex. Sc. 2006, 22 p.*)

**azygous** single and not forming one of a pair (*Dict. of Sp. and Ex. Sc. 2006, 22 p.*)

## B

**baby split** the 2-7 or 3-10 split (bowl.) [6]

**baby split with company** the 2-7-8 or 3-9-10 split (bowl.) [6]

**baby the ball** to release the ball too carefully, at the expense of the follow-through (bowl.) [6]

**baby Ton** score of 95, especially if reached with five 19s (darts) [6]

**baby-sit** to look after children while their parents are out (*Dict. of Leis., Trav. and Tour., 2008, 19p.*)

**baby-sitter** somebody who baby-sits (*Dict. of Leis., Trav. and Tour., 2008, 19p.*)

**bachman ladder** apparatus for testing balance ability, consisting of freestanding ladder with staggered rungs for the right and left feet, which the subject must climb to the greatest height possible, without skipping rungs, before balance is lost and the task is restarted. (*Dict. of sp. and Ex. Sc. 1991, 15 p.*)

**back** **1.** the part of the body from the neck downwards to the waist, consisting of the spine and the bones attached to it **2.** the side that is opposite to the front or dorsum **3.** player in sports such as football or hockey whose role is mainly to prevent the other team from scoring **■** to bet money on the person, team or animal thought likely to win a race or competition (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**back** a defender (f/b) [6]

**back** any of the seven players who do not participate in the **scrum** (rugby L.) (*Chambers. Sports Factf.,2005, 478p.*)

**back** one of the players usually numbered 9 through 15. Except for the scrumhalf, backs don't take part in scrums or lineouts (rugby) [6]

**back** same as **defender** (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**back** the part of the bow handle that faces the target when the archer is shooting (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**back** the side of the bow farthest from the archer (arch.) [6]

**back bend** an exercise in gymnastics in which a person bends over backwards from a standing position until the hands touch the floor (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**back check** (*in ice hockey*) to skate back towards your own goal while trying to block an opponent with the body or a stick (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**back court** the area of the court from the baseline to the service line (ten.) [6]

**back dives** group of dives which are performed from a backward standing position in a backward direction. It is important to have a strong take-off; the arms are guided diagonally upward backward to control the flight path and the head movement. (*H.Haag &G. Haag, Dictionary, 2003, 53p.*)

**back door** if a putt goes in by the back door, it falls into the hole by slowly dropping in from one side (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**back door** the rear of the hole. When a putt goes around the hole and then drops in the back of the cup, it is said to have gone in the back door. Sometimes used as a verb, as in, "He back doored that putt." (golf) [6]

**back edge** the opposite edge of a sabre from the cutting edge (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**back extension** an exercise in which the upper body overhangs a platform, with the body face down, and is moved up and down using the back muscles, like a reverse sit-up (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**back flip** a backward somersault performed in the air (freest.) [6]

**back full** a back flip with a full twist, in the layout position (freest.) [6]

**back giant** a giant that begins with the body moving backward (gymn.) [6]

**back handspring** a back flip using both hands on the floor or apparatus, beginning and ending in a standing position. The legs come over the head as a unit. Compare back walkover (gymn.) [6]

**back handspring** a move in which the gymnast takes off from one or both feet, flips backwards onto his or her hands and then lands with both feet on the floor or **apparatus** (gymn.) (*Chambers. Sports Factf.,2005, 310p.*)

**back header** a player's use of his head to direct the ball backwards (f/b) [6]

**back heel** a pass or shot made with the heel (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**back judge** a member of the officiating team, positioned downfield of the **line of scrimmage** at the side of the field, who rules on whether passes are caught fairly (Am.f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**back layout** a back flip in the layout position (freest.) [6]

**back layout** a position in which the body is extended with the face, chest, thighs, and feet at the surface. Head, hips and ankles should be in line (synchr.swim.) [6]

**back line** a team's defensemen, as a unit (icehok.) [6]

**back line** one of two lines at each end of the field beyond which the ball is out of play (polo) (*Chambers. Sports Factf.,2005, 446p.*)

**back line** one of two lines marking the lengthwise boundaries of the field. The goal line is the section of the back line between the goal posts (hock.) [6]

**back line** the line marking the limit of either end of the pitch (hock.) (*Chambers. Sports Factf.,2005, 322p.*)

**back line** a line at the back of the house marking the boundary of the ice. If a stone crosses the back line, it's out of play (curl.) [6]

**back lip** the edge of a bunker that is farthest from the hole (golf) [6]

**back marker** a driver at the back of the field (motorsp.) [6]

**back nine** the last nine holes on a course (golf) (*Chambers. Sports Factf.,2005,288p.*)

**back nine** the second 9 holes on an 18-hole course (golf) [6]

**back off** to slow down; often said of a driver who is attempting to pass and realizes he can't make it, so he backs off to try again later (autosp.) [6]

**back paddling** pushing the paddle forwards to reverse the direction of the canoe or kayak (canoe) (*Chambers. Sports Factf.,2005, 151p.*)

**back pass** in football, a pass from an outfield player back to the goalkeeper. Goalkeepers are forbidden to handle back passes with their hands. (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**back pike** a position in which the body is bent at the hips to form a 45-degree angle or less and the legs and trunk extended, with the back straight and the head in line (synchr.swim.) [6]

**back player** in team games term for the players who play predominantly in the defense (e.g. in soccer) or in sport disciplines with fixed positions (e.g. in volleyball or fistball) in the backfield. The back players have an important role in organizing and setting up the play (» forward players). (*H.Haag &G. Haag, Dictionary, 2003, 53p.*)

**back pocket** a defensive player who runs the ball out of defence (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**back row** the three forwards attached at the back of a team's **scrum**, the two **flankers** and the **number eight** (rugby U.) (*Chambers. Sports Factf.,2005, 490p.*)

**back row** the two flankers and the No. 8 man, lined up for a scrum (rugby) [6]

**back seat** an undesirable situation in which the skier's weight isn't centered over the skis in the stacked position (freest.) [6]

**back shot** a shot played in the opposite direction to the flow of play (polo) (*Chambers. Sports Factf.,2005, 446p.*)

**back side** same as back nine (golf) [6]

**back simultaneous crawl swimming** early technique of swimming (forerunner of backcrawl); it is still practiced in recreational and mass sport, also for therapeutic purposes (e.g. de-loading of the spine, forms of releasing tension in water). For lifesaving its application by using only the leg kick is a fundamental technique for saving the victim; it is also a recommended technique in case of fatigue or impending exhaustion, by making only limited movements. Movement sequence: the symmetric leg movement is identical with the leg action of the breast stroke. The arms are brought simultaneously above the water in front of the head (reaching and relaxation phase), enter the water, and then are pulled on the side of the body against water resistance to the hips and thighs (propulsion phase). Arm and leg action alternate in the coordinated movement. (*H.Haag &G. Haag, Dictionary, 2003, 53p.*)

**back splash** spray toward the bow from an oar that enters the water on recovery (row.) [6]

**back stop** a screen or barrier to stop a ball travelling out of the playing area (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**back straight** the straight part of a running track on the other side from the **home straight** (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**back support** a supportive wrap that protects the back from injury during exercise (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**back tackle** an attempt by a defender to take the ball away from a ball carrier by swinging the defender's leg in front of the ball from behind (f/b) [6]

**back three** the **wingers** and **full back**, who are usually the three players furthest back in a defensive situation (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**back tuck** a single back flip in the tuck position (freest.) [6]

**back walkover** a move performed on the floor or beam in which the gymnast does a **bridge** and then brings each leg in succession forward, passing via a handstand position (gymn.) (*Chambers. Sports Factf.,2005, 310p.*)

**back walkover** a move that begins with a back arch or bridge position, in which one foot is brought down to the front, followed by the other foot. Compare back handspring (gymn.) [6]

**backboard** a 6-by-4-foot rectangular structure of wood or fiberglass that holds the basket (b/b) [6]

**backboard** a rigid vertical panel placed above and behind the basket to deflect the ball (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**backboard** a wall, usually of wood, that's used for practice. It's often marked with a line at the height of the net (ten.) [6]

**backboard** (*in basketball*) the vertical board situated behind the basket that serves to rebound the ball into the basket or onto the court Also called **board** (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backboard** the rectangular structure, 6' x 3 ½', to which the basket is attached (b/b) [6]

**backcheck** an attempt by a player, on his way back to his defensive zone, to regain the puck from the opposition by checking or harassing an opponent who has the puck (icehok.) [6]

**backcheck** to check an opponent while on the way back to the defensive zone (icehok.) [6]

**backcountry skiing** recreational cross country skiing away from developed land and open roads (ski.) [6]

**backcountry snowboarding** snowboard riding that is done away from resorts or in specially marked areas (*Dict. of Leis., Trav. and Tour., 2008, 19p.*)

**backcourt** the area from the midcourt line to the end line furthest from the offense's basket (b/b) [6]

**backcourt** the back third of the court (badm.) [6]

**backcourt** 1. The area from the center line to the baseline nearest the basket being defended by the team. 2. A team's guards, considered as a unit, as in, "Duke has an excellent backcourt." (b/b) [6]

**backcourt violation** the offence of passing the ball back across the centre line to a team-mate; punishable by loss of possession (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**backcourt violation** the failure to bring the ball from the backcourt into the frontcourt in the allotted 10 seconds; a violation. See also over and back (b/b) [6]

**backcourt** the area of the court lying between the **service line** and **baseline** (ten.) (*Chambers. Sports Factf.,2005,599p.*)

**backdoor play** a play on which an offensive player slips behind the defense along the baseline, usually from the weak side, to receive a pass (b/b) [6]

**backdoor slider** a pitch that appears to be beyond the outside part of the **strike zone**, but then breaks back over the **plate** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**backfield** the area behind the line of scrimmage (f/b) [6]

**backfield** (*in American football*) the area of the playing field behind the line of scrimmage (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backfield** the collective name for the players in a team who line up behind the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**backflip** a backward midair somersault with the arms and legs extended, performed in gymnastics, diving and board sports such as skateboarding and snow-boarding (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backhand** a shot hit from the "wrong" side of the body, i.e., the side away from the racket; the left side for a right-handed player (ten.) [6]

**backhand** a shot hit on the opposite side of the body from the racket hand; the left side, for a right-handed player (t.ten.) [6]

**backhand** a shot or pass made from the side of the body opposite the stick hand (icehok.) [6]

**backhand** a shot or pass that's flipped backward, over the shoulder or head (w.polo) [6]

**backhand** in tennis and other racket games, a stroke made with the back of the hand turned towards the ball or shuttlecock as the arm moves outwards from a position across the body ■ to hit the ball with a backhand (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backhand** **1.** (backhand hit or stroke) sport motor skill in the racquet games (badminton, tennis, ping pong, squash, etc.); the hand's back of the arm that makes the shot as well as the corresponding shoulder are held in the direction of playing. The backhand is generally more difficult to play than the » forehand, since the back of the hand guides the movement and the forces produced are less than those possible in the forehand stroke. **2.** in hockey, ice-hockey and roller hockey a hit performed on the left side of the body (for right-handers) or on the right side of the body (for left-handers). **3.** in boxing an illegal punch with the back of the hand. (*H.Haag &G. Haag, Dictionary, 2003, 54p.*)

**backhand** a stroke with the hand turned backward, and to the left of the elbow for a right-hander and right of the elbow for a left-hander (t.ten.) (*Chambers. Sports Factf., 2005, 288p.*)

**backhand** a stroke with the back of the hand turned towards one's opponent (ten.) (*Chambers. Sports Factf., 2005, 599p.*)

**backhand** the left-hand side of the **rink** (for a right-handed bowler), where the bowl is delivered to the left and swings back to the right (bowl) (*Chambers. Sports Factf.,2005, 127p.*)

**backhand shot** a shot or pass made with the stick from the left side by a right-handed player or from the right side by a left-handed player (icehok.) [6]

**backhand throw** throwing technique in handball where the throwing player stands with his back to the target (most often the goal). As a shot on the goal this type of throw is very difficult for the goalie to predict. When played as a pass, the receiving player has to react quickly. A variant of the backhand throw is the backhand dive shot (» dive shot). (*H.Haag &G. Haag, Dictionary, 2003, 54p.*)

**back-in, full-out** a double salto with a full twist, the twist completed during the second salto. Compare full-in, back-out (gymn.) [6]

**back-in, full-out** a move comprised of a double **salto** with a full **twist** completed during the second salto (gymn.) (*Chambers. Sports Factf.,2005, 310p.*)

**backing** reinforcement on the back of the bow (arch.) [6]

**back-into-back-wall shot** a shot that is driven into the rear wall and travels on the fly to the front wall (racq.b.) [6]

**backpack** a large bag carried on the back when walking. Also called rucksack (*Dict. of Leis., Trav. and Tour., 2008, 20p.*)

**backpacker** somebody who travels, or goes walking, carrying a backpack (*Dict. of Leis., Trav. and Tour., 2008, 20p.*)

**backpacking** the activity of going on long-distance trips or walks, carrying your clothes and equipment in a backpack (*Dict. of Leis., Trav. and Tour., 2008, 20p.*)

**back-pass rule** law approved in 1992 by FIFA which states that a goalkeeper may not handle the ball in the penalty box when it has been intentionally kicked back to him/her by a team-mate (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**back-pedal** to move the pedals of an exercise bike in the opposite direction to normal, in order to change the muscle groups being exercised (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backs** the running backs; the halfback and the fullback (f/b) [6]

**backscratcher** a manoeuvre in aerial skiing where the skier touches his or her back with the tails of both skis. The legs are together with the knees bent under the body (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**backscratcher** a trick in which the skier touches his or her back with the tails of the skis (freest.) [6]

**backside** the side of a mogul that faces downhill (freest.) [6]

**backspin** backward spin around the ball's horizontal axis that will make it stop or even roll back upon landing (golf) [6]

**backspin** backward rotation on the ball, caused by drawing the racket strings down during the stroke, that results in a low bounce. On some surfaces, the ball may even bounce back toward the net. Also known as underspin. See also chip; chop (ten.) [6]

**backspin** reverse spin applied by drawing the face of the racket down across the ball at impact. Also called "underspin." (t.ten.) [6]

**backspin** the movement of a ball that spins backwards as it travels forwards, usually imparted by hitting the lower half of the ball (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**backspin** reverse spin imparted by striking the ball with a downward movement or **chop** of the bat (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**backspirt** the backward motion imparted on the cue ball when the cue strikes it under the centre (bilj.) [6]

**Backstop** a fence, wall, or other boundary behind the end of the court that retains balls within a limited area (ten.) [6]

**backstop** a screen, wall, etc acting as a barrier behind the **catcher** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**backstop** a small block on the bow end of the slide, which holds the seat on track (row.) [6]

**backstroke** a technique in swimming, where the body lies as straight as possible in the water (no "seated position", pelvis near the water surface). The following technique elements are differentiated: **1.** arm movement: the arms are pulled alternately through the water with circles that resemble a scooping movement; one arm goes above water during the swing phase, while the other arm is guided under water during the pull and push phase. The body is engaged in a rolling movement around the body's longitudinal axis, where the shoulder on the side of the swinging arm is lifted; **2.** leg movement: the legs swing from the hip in a swinging kick from a position with the back in the water; the main propulsion is therefore produced by the upward kick; **3.** breathing: during a double arm pull the swimmer inhales (during the swing phase of one arm) and exhales (during the push and pull phase of the same arm); **4.** total movement: the common ratio of arm to leg action is 2:6 as in freestyle (front crawl) swimming; **5.** start: a race is started in the water facing the starting block. Both hands hold on to the wall, bar or start grips; legs and feet have to be out of the water. The push-off occurs with bent legs in backward direction into a position with the back in the water, which has to be kept by the swimmer until the opposite wall is touched (at turn or finish). **6.** turn: during the turn one hand has to touch the wall or pool's edge; the body then turns by means of rolling, tilting, or twisting. Following the push-off from the wall with the feet the swimmer has to lie on his back again. The swimming velocities of freestyle are not reached in backcrawl. Until 1904 a double arm movement was used in swimming competitions (» back simultaneous crawl swimming). (*H.Haag &G. Haag, Dictionary, 2003, 54p.*)

**backstroke** a method of swimming on the back in which the swimmer makes circular backward movements with each arm alternately while kicking the legs rhythmically up and down (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**backstroke flags** flags suspended above and across the pool, 5m from each end, to assist backstrokers in making turns (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**backswing** the backward movement of a player's club, bat or racket away from the eventual point of contact with the ball in preparation for playing the actual stroke (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**backswing** the portion of the swing when the club is taken from the ground back over the head (golf) [6]

**backswing** the movement when the hands and arms take the club away from the ball (golf) (*Chambers. Sports Factf.,2005, 288p.*)

**backup** a ball that breaks in the wrong direction, e.g. to the right for a right-handed bowler (bowl.) [6]

**backward** any dive where the diver starts with his or her back towards the water and rotates away from the board (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**backward dive** any dive on which the diver begins with his or her back toward the water (div.) [6]

**backward lean** in various sport disciplines required body position where the upper body is moved backwards beyond the vertical line, e.g. in rowing before finishing the pull of the oar, in alpine skiing (also in water skiing) for putting pressure on the back of the skis (particularly when skiing in powder

snow). The change between backward lean, centered position, and » forward lean is necessary in several sport disciplines (e.g. in skiing) and requires a high level of coordinative ability. (*H.Haag &G. Haag, Dictionary, 2003, 55p.*)

**backwards** body position where the back faces the equipment, while standing, sitting, or hanging. Exercises performed backwards are a major element of gymnastics and diving. Many movements from a backwards starting position are executed in a backward direction. (*H.Haag &G. Haag, Dictionary, 2003, 55p.*)

**badminton** an indoor game in which rackets are used to hit a shuttlecock back and forth across a high net (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**badminton** racquet game for two (singles) or four (doubles) players, predominantly played indoors using racquets and a birdie. Badminton is played by women, men and mixed doubles. Badminton is well suited as a game for school physical education and as remedial sport, since it requires little equipment, can be easily learned, is played with high movement intensity, and can also be played easily outside of school (lifetime sport). (*H.Haag &G. Haag, Dictionary, 2003, 55p.*)

**Baedeker** a guidebook for travellers (*Dict. of Leis., Trav. and Tour., 2008, 20p.*)

**baffy** an obsolete 5 wood with the loft of a 3 or 4 iron. Sometimes applied to the 4 wood (golf) [6]

**baffy** an old-fashioned club similar to a modern 3-wood (golf) (*Chambers. Sports Factf.,2005, 288p.*)

**bag** a base (baseb.sl.) [6]

**bag o' nuts** 45 points on a throw (darts) [6]

**baggage** suitcases or bags for carrying clothes when travelling (*Dict. of Leis., Trav. and Tour., 2008, 20p.*)

**baggage ticket** a piece of paper showing that you have left a piece of baggage with someone (*Dict. of Leis., Trav. and Tour., 2008, 21p.*)

**baggage trolley** same as luggage trolley (*Dict. of Leis., Trav. and Tour., 2008, 21p.*)

**baguazhang** a Chinese martial art in which each movement is based upon the movements of one of 8 animals (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**baguette** a long loaf of French bread (*Dict. of Leis., Trav. and Tour., 2008, 21p.*)

**baie** the green woollen cloth used to cover the slate bed of a table (bilj.) [6]

**bail** (*in cricket*) either of the two short pieces of wood laid on top of the stumps to make the wicket (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**bail out** to avoid or get out of trouble. There are two different senses here: Making a long putt is one way of bailing out; another is to hit a safe shot rather than risk playing the ball into a hazard (golf) [6]

**bail out** if you bail out, you play safe by e.g. playing short of a green which has **bunkers** guarding it (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**bail out dart** the third dart of a throw when it hits the target after the first two had missed (darts) [6]

**bails** the two small pieces of wood that rest on top of the **stumps**; one of them must be dislodged if a batsman is to be given out **bowled** or **run out** (crick.) (*Chambers. Sports Factf.,2005, 170p.*)

**bain-marie** a pan holding hot water into which another vessel containing food to be cooked or heated is placed (*Dict. of Leis., Trav. and Tour., 2008, 21p.*)

**balance** **1.** the act of staying upright and in a controlled position, not stumbling or falling **2.** a state of emotional and mental stability in which somebody is calm and able to make rational decisions and judgments **3.** the proportions of substances in a mixture, e.g. in the diet (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**balance** in general the state of a stationary or moving object where all forces acting upon the body cancel each other out; their sum equals zero. Motor balance of the human being is controlled by the » vestibular apparatus; the necessary balancing and compensating movements are executed by the muscles spanned over those joints which are closest to the support area. One differentiates in sport between three kinds of motor balance: static balance (e.g. a handstand, headstand), dynamic balance (e.g. during running, windsurfing), and balancing an object (e.g. balancing a bar on the palm of the hand). The ability to create or maintain states of motor balance is trainable and an essential prerequisite for many sport disciplines (e.g. bicycling, figure skating, inline skating, roller skating, skiing, snowboarding). (*H.Haag &G. Haag, Dictionary, 2003, 58p.*)

**balance** **1.** ability to maintain or control upright body position. **2.** Ability to maintain body equilibrium or steadiness. (*Dict. of sp. and Ex. Sc. 1991, 15 p.*)

**balance beam** **1.**a piece of apparatus 120 centimeters high, 10 centimeters wide, and 500 centimeters long. **2.**a women's event performed on the apparatus. The balance beam routine lasts 70 to 90 seconds and includes a variety of acrobatic, gymnastic, and dance moves, ending with a dismount (gymn.) [6]

**balance beam** US same as **beam** (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**balance beam** discipline of women's gymnastics. The balance beam is a 5 m long wooden beam with a 10 cm wide running surface (usually covered with plastic) at a height of 1.20 m, Balance beam gymnastics consists mainly of balancing exercises and movement forms where the gymnast's abilities can be expressed. Rolls, somersault (also as dismounts from the beam), hand and shoulder stands, jumps, and step combinations are performed. The presentation of the free program should last 70-90 sec (on scoring » gymnastics). Exercise elements for balance beam gymnastics in schools and clubs are taken predominantly from the movement skills of floor gymnastics; the difficulty is increased through various balancing elements, which train coordination and balancing ability. The forerunners of the balance beam are pieces of balancing equipment developed in Berlin as well as crossbeam, bench, and balancing edge, which were used in Swedish gymnastics. Balance beam gymnastics emerged especially during the 1930s. It has been on the Olympic program since 1936. World championships have been

held since 1950. Balance beam gymnastics has developed from a simple form of gymnastics that was combined with balancing exercises as an almost artistic form of movement; however, these exercises sometimes have effects that are detrimental to the athlete's health, such as superextension of the body, hard, uncushioned landings on the equipment, especially in light of the generally youthful age of the gymnasts. (*H.Haag &G. Haag, Dictionary, 2003, 58p.*)

**Balance of Good Health** a piechart representation of the proportions in which food groups should be consumed for health (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**balanced diet** a diet that contains the right quantities of basic nutrients (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**balanced tension** the theory that a low level of stress can be beneficial to an athlete's performance (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**balancing** to maintain one's body or an object in » balance either during a stationary position or while moving. The ability of maintaining one's balance is one fundamental component of the coordinative motor abilities which play an essential role especially in artistic sports such as apparatus gymnastics, sport acrobatics, trick cycling, rhythmical callisthenics, etc. (*H.Haag &G. Haag, Dictionary, 2003, 58p.*)

**balata** a resilient sap-like substance from the Balata tree used to cover balls, softer than other coverings and said to give greater feel but prone to cuts (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**balestra** a quick hop or jump forward, often the first movement in an attack (fenc.) [6]

**balestra** an attacking movement where the fencer jumps forwards with both feet, and then immediately lunges on landing (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**balk** an approach that doesn't end with a delivery (bowl.) [6]

**balk** to stop short of an obstacle (equest.) [6]

**balk** usually a false start, on which the diver begins the approach but doesn't complete the dive. A balk also occurs when the diver loses balance on an armstand dive and the feet touch the platform. A balk results in a score of zero for that dive (div.) [6]

**balk** an illegal action made by the pitcher to deceive a **baserunner** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**ball** field hockey uses a ball of solid plastic, with a circumference of 8 13/16 to 9 1/4 inches, weighing between 5 1/2 and 5 3/4 ounces (hock.) [6]

**ball** the modern golf ball must be at least 1.68 inches in diameter and weigh no more than 1.62 ounces. There are several different types of construction, from a one-piece molded rubber ball to multi-layer balls that have liquid or solid centers wound with rubber thread. The covering is hard rubber or synthetic material covered with surface indentations, known as dimples (golf) [6]

**ball** the ball used in water polo is a pressurized sphere weighing 400 to 450 grams. For men's play, it is .68 to .71 meters in circumference and inflated to 13-14 pounds of pressure. For women's play, it is .65 to .78 meters in circumference and inflated to 12-13 pounds of pressure (w.polo) [6]

**ball** the table tennis ball is a hollow sphere of celluloid or similar plastic, 40 millimeters in diameter and 2.7 grams in weight (t.ten.) [6]

**ball** the basketball is 9 ½ inches in diameter and weighs 20 to 22 ounces (b/b) [6]

**ball** 1. an object, usually round in shape and often hollow and flexible, used in many games and sports in which it is thrown, struck or kicked 2. the soft part of the hand below the thumb 3. the soft part of the foot below the big toe (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ball** a pitch that is outside the **strike zone**. A batter who receives a baseball stadium (*Chambers. Sports Factf.,2005, 84p.*)

**ball** a piece of play and sport equipment that is usually round, but in some cases also egg-shaped, which is used for throwing, catching, rolling, hitting, pushing, kicking; a ball's weight and size depends on the sport discipline it is designed for. It is used predominantly in » ball games and as a hand apparatus in rhythmical callisthenics. The ball is one of the oldest pieces of equipment used for play. In the past natural ball shaped products such as coconuts were used. In cult games skulls were used as well. Today, the categories of » solid balls (massive, filled) and » hollow balls (pressure from an inflated rubber bladder) are distinguished. The following materials are used - among others - for the construction of balls: leather, rubber, plastic, felt, cork, wood. (*H.Haag &G. Haag, Dictionary, 2003, 59p.*)

**ball** 1.the hard, leather-covered spherical object bowled by bowlers 2.an instance of a bowler bowling the ball to a batsman, eg *that was a good ball* (crick.) (*Chambers. Sports Factf.,2005, 130p.*)

**ball boy/girl** a youngster who retrieves balls, usually from errant serves, to keep the court clear during a match (ten.) [6]

**ball carrier** a player that has possession of the ball (f/b) [6]

**ball carrier** any player who has possession of the ball (f/b) [6]

**ball fake** a fake pass or shot (b/b) [6]

**ball game** 1.any game played with a ball 2.US a game of baseball (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ball games** collective term for diverse and widely popular games that use a ball. Many ball games with cult origins have been known since ancient times, particularly in ancient Mexico; they gained in popularity in the ball houses in the Middle Ages. In the sport forms practiced today ball games were developed mainly in England in the 19th century. One differentiates between partner games (e.g. tennis) and team games (e.g. basketball). Some games are played everywhere in the world (e.g. volleyball, soccer), others are limited mainly to a regional level (e.g. baseball in the USA, Canada,

Japan). Competitions in ball games are held according to international rules. Based on these rules ball games can be divided into the following categories: goal and passing games (basketball, soccer, handball, hockey, korfbal, lacrosse, polo, bicycle polo, rugby, water polo, etc.), net and racquet games (badminton, fist-hall, indiacca, pelota, ring tennis, squash, tennis, table tennis, volleyball, etc.), batting games (baseball, cricket, softball, etc.), solid ball games (billiards, boccia, bowling, golf, sling ball, etc.), and local gymnastic games. (*H.Haag &G. Haag, Dictionary, 2003, 59p.*)

**ball handler** 1.the player in control of the ball. 2.a player known for skillful handling of the ball (b/b) [6]

**ball handle** the player with the ball; usually the point guard at the start of a play (b/b) [6]

**ball handling** technical skill of controlling the ball in ball games, which manifests itself predominantly in receiving the ball, moving with the ball, and passing the ball. A skilled player with good ball handling is said to have a good feeling for the ball, which is especially important for securing the ball against the opponent, i.e. protecting it by keeping one's body between the ball and the opponent. (*H.Haag &G. Haag, Dictionary, 2003, 60p.*)

**ball hog** (*in team sports*) a player who dominates the ball and does not allow other members of the team the opportunity to play (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ball marker** a small coin or token used to spot the ball's position on the putting surface (golf) [6]

**ball pendulum** training equipment (a ball hanging on a rope that can be adjusted in height) for practicing shooting and header technique of soccer players. (*H.Haag &G. Haag, Dictionary, 2003, 60p.*)

**ball retriever** a pole with a scoop or net attached, used to retrieve balls from water hazards and other areas that are difficult to reach (golf) [6]

**ball toss** the action of tossing the ball into the air to initiate a serve (ten.) [6]

**ball track** area on lane where most balls are rolled (bowl.) [6]

**ball under** a foul committed when a player for takes or holds the ball underwater while being tackled by an opponent (w.polo) [6]

**ball up** commencement of play in which the umpire bounces the ball in the centre of the field and ruckmen compete for possession behind a goal scored between an inner post and an outer post worth one point (Austral.f/b) [6]

**ballboy** a boy who retrieves balls that go out of play during a tennis match and delivers them to the server when required (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ballboy, ballgirl** a boy or girl who collects out of play ball and returns them to the server (ten.) (*Chambers. Sports Factf.,2005, 599p.*)

**ballet** the former name for acro (freest.) [6]

**ballet** a form of dance characterised by conventional steps, poses and graceful movements including leaps and spins (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ballet leg** a position in which one leg is extended perpendicular to the water surface, while the body is in a back layout position (synchr.swim.) [6]

**ballet leg** a position in synchronized swimming where one leg is extended perpendicular to the surface of the water, with the body in a back layout position (synchr.swim.) [6]

**ballet leg double** a position in which both legs are extended perpendicular to the water surface, with the swimmer's face at the surface (synchr.swim.) [6]

**ballet leg double** a position in synchronized swimming where the swimmer has her legs together and extended perpendicular to the water surface, with the face at the surface (synchr.swim.) [6]

**ballgirl** a girl who retrieves balls that go out of play during a tennis match and delivers them to the server when required (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ballistic** relating to the movements of objects propelled through the air (*Dict. of Sp. and Ex. Sc. 2006, 24 p.*)

**ballistic movement** a fast and intense movement involving a rapid muscular contraction (*Dict. of Sp. and Ex. Sc. 2006, 23 p.*)

**ballistic skills** motor tasks in which force is applied to an object, with or without an implement; a subdivision of fundamental manipulative skills, including throwing, striking, volleying, and kicking (*Dict. of sp. and Ex. Sc. 1991, 16 p.*)

**ballistic stretching** stretching using the momentum of a ballistic movement to enhance the effects, not recommended for most people as it carries a high risk of injury (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**balloon** 1.a large round object which is inflated. 2.a brandy glass with a wide body tapering to a narrower mouth (*Dict. of Leis., Trav. and Tour., 2008, 22p.*)

**balloon** equipment in ballooning (*H.Haag &G. Haag, Dictionary, 2003, 60p.*)

**balloon sport** oldest form of flying sport. Sport equipment is the free balloon. The balloon is a ball- or pear-shaped hull made of coated fabric or foil materials and filled either with a gas (hydrogen or helium) which is lighter than air (gas balloon) or with hot air (hot air balloon). Due to the difference in density in relation to the surrounding air the balloon rises and is carried away with the air flow. In a gas balloon (average volume 1000 m<sup>3</sup>) the balloon basket holding the balloonists hangs on ropes from a net made of rope surrounding the balloon. By means of dropping ballast (emptying sand bags) the crew can increase the balloon's rising speed; when releasing gas from the balloon through a special valve the balloon loses altitude again. Just before landing the towing line is thrown out, which reduces travelling and sinking speed. In the hot air balloon (average volume over 2500 m<sup>3</sup>) the air inside the balloon is heated through the balloon's opening at the bottom by means of a propane burner; the temperature

depends on the desired flight path and ranges between 60° and 120° Celsius. In this manner the balloon's lift can be regulated. The material used for the modern hulls is plastic which does not burn, melts slowly, and is very light. For a faster emptying of the gas balloon a rip cord is pulled during landing; it opens a long slit in the balloon. In the hot air balloon the descent and quick emptying of the hull is made possible with a large valve opening at the tip of the hull (parachute system). Limited technical steering devices are available on the hot air balloon with valves attached on the hull's side, but the balloon is predominantly navigated at different heights by using prevalent air flows. Competitions include target and distance travels. In target competitions the balloon putting a marker on the ground closest to the target is declared the winner. Records are held in distance, altitude and duration travels. (*H.Haag &G. Haag, Dictionary, 2003, 60p.*)

**ballooning** the sport of racing large passenger-carrying balloons (*Dict. of Leis., Trav. and Tour., 2008, 22p.*)

**ballpark** a baseball stadium (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**balsa** a hit on the head pin with little power behind it (bowl.) [6]

**banana ball** a very bad slice; from the shape of its path (golf) [6]

**banana kick** a type of kick that gives the ball a curved trajectory; used to get the ball around an obstacle such as a goaltender or defender (f/b) [6]

**band** the strip of canvas at the top of the net (ten.) [6]

**bandage** a long strip of thin or elasticated fabric that is wrapped around a wound or injured part of the body to protect or support it (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**bandage** a piece of cloth which is wrapped around a wound or an injured limb (*Dict. of Leis., Trav. and Tour., 2008, 22p.*)

**bandaging** same as **taping** (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**bandbox** a small ballpark that makes it easy to hit **home runs** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**bandit** an amateur player who has a higher **handicap** than his or her skill merits, thus giving him/her an advantage in competitions (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**bandy** a sport played on ice with sticks, similar to ice hockey but with rules close to those of football (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**bandy** ball game played on ice originating in England (documentary evidence from the 11th century) and mainly played in Scandinavia and Russia today. World championships have been held since 1957. Bandy is played in two variants: **1.** on a playing field with dimensions of 90-105 x 50-70 m by two teams of 11 players each; **2.** as rink bandy on a regular ice-hockey court with two teams of 6 players each. In both cases up to three substitutes per team are permitted. The players skating on ice-skates attempt to hit the ball (diameter 6 cm, 58-62 g) with raised field hockey sticks into the opponent's goal

(width 3.50 m, height 2.10 m) as often as possible. Playing time is 2 x 45 min. The rules are stricter than those of ice-hockey; e.g. leg and knee tackling are prohibited. Offside rules and team positions correspond roughly to those of soccer. A rule violation within the penalty zone (semicircle with a radius of 17 m around the center of the goal line) is penalized with a penalty taken from a distance of 12 m from the goal; if the violation occurred outside the penalty zone a free hit is taken. (*H.Haag &G. Haag, Dictionary, 2003, 62p.*)

**bang the boards** to go after a rebound very aggressively (b/b) [6]

**bang the glass** same as bang the boards (b/b) [6]

**bank** a US term for double (pool) [6]

**bank shot** a shot on which the ball is bounced off the backboard (b/b) [6]

**bank shot** a shot that sends the ball off the **backboard** and into the basket (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**bank shot** a shot where the ball is first bounced (or banked) off the backboard at such an angle that it then drops into the basket (b/b) [6]

**banked turn** a turn that's inclined so the outside area is higher than the inside area (auto sp.) [6]

**banking** the inclined track surface of a **velodrome** (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**banquet** a large formal dinner for many people (*Dict. of Leis., Trav. and Tour., 2008, 23p.*)

**bantamweight** (*in professional boxing*) a weight category for competitors who weigh between 51 and 53.5 kg or 112 and 118 lb (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**banzuke** the official tournament ranking list (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**bar** short for barbell (weightl.) [6]

**bar** **1.**in the goal of ball games the cross-beam of the goal. **2.**in track and field (high-jump and pole-vault) the object that is to be cleared by the athlete. (*H.Haag &G. Haag, Dictionary, 2003, 62p.*)

**bar** the 4m-long crossbar which an athlete must clear in the high jump (4.5m in the pole vault) (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**Barbarians** an invitational team, formed in 1890, that plays friendly games and whose players wear shirts with black-and-white hoops (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**barbecue** **1.**food cooked in the open air, over a charcoal fire. **2.**a metal or party, where the food is cooked on a barbecue. **3.** a metal holder for charcoal over which food is cooked in the open air (*Dict. of Leis., Trav. and Tour., 2008, 24p.*)

**barbell** the entire bar that is lifted, including the weight discs and collars (weightl.) [6]

**barbell** a metal bar with removable weights at each end, used in weightlifting (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**barbell** weight lifting equipment which consists of two weights connected by means of a grip or a bar; it is used as an exercise and training device in strength and condition training. There are barbells designed for one or two hands. With disk weights the barbell is used as the equipment in » weightlifting. (*H.Haag &G. Haag, Dictionary, 2003, 62p.*)

**barbell curl** a curl performed with both arms holding a barbell (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**barbell shrug** an exercise in which a barbell is held with the arms loosely hanging at the front of the body, and the shoulders are slowly raised and lowered (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**barbell, bar** the weightlifting bar with attached **disc weights** and **collars** (weightl.) (*Chambers. Sports Factf.,2005, 627p.*)

**bare bow** a bow without sights (arch.) [6]

**barge board** a vertical piece of bodywork behind the front wheels of a Formula One car that directs airflow into the sidepods and away from the car (motorsp.) [6]

**barmaid** a pin that's hidden behind another pin (bowl.) [6]

**Barmy Army** the name given to the group of England fans who travel around the world to support their team (crick.) (*Chambers. Sports Factf.,2005, 170p.*)

**barn dart** same as bail out dart (darts) [6]

**barotrauma** pain caused by pressure disturbances inside the ear canal, suffered by scuba divers (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**barrage** a fight-off to break a tie (fenc.) [6]

**barrage** a fence-off to decide ties (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**barrel** the metal area of the dart where the shooter grips it (darts) [6]

**barrel** the metal front part of the dart, which is gripped by the thrower (darts) [6]

**barrel** the shape of the hollow wave when it is breaking (surf.) [6]

**bas** the flat blade of the hurley (hurl.) [6]

**base** 1.the bottom of a ski; its running surface, typically coated with polyethylene or carbon fiber. 2.the bottom of a slope or mountain. 3.the average depth of snow at a ski area (ski.) [6]

**base** 1. in baseball, one of the four comers of the diamond-shaped infield that a batter must touch in order to score a run 2. a substance that reacts with an acid to form a salt (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**base** clearly visible mark on a playing field or sport installation. In baseball the batter must run from one base to the next after hitting the ball in order to score points. (*H.Haag &G. Haag, Dictionary, 2003, 63p.*)

**base** one of the fixed points around the corners of the infield, which a player must cross to score a run (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**base hit** same as **hit** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**base hit** in baseball, a hit that enables the batter to reach a base safely (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**base jumping** the extreme sport of parachuting from the tops of very tall natural objects or building (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**base of support** the parts of the body that are supporting the wrestlers weight on the mat (wrest.) [6]

**base on balls** same as **walk** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**base position** an area in the center of the court where a singles player usually wants to be positioned after each shot (badm.) [6]

**base training** general athletic training designed to improve overall fitness (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**base weight** a maximum weight to be carried by the luge slider, typically 75 kilograms for women's singles and 90 kilograms for men's singles. Athletes are allowed to wear additional weight, up to 75% of the difference between the body weight recorded at weigh-in and the base weight (luge) [6]

**baseball** an American game that consists of nine innings and the target number is the number of the inning being played (darts) [6]

**baseball** team batting game popular especially in the USA as a national sport, which originated in the middle of the 19th century from German stickball and English cricket. (*H.Haag &G. Haag, Dictionary, 2003, 63p.*)

**baseball** **1.** a game played with a bat and ball by two teams of nine players on a field with four bases marking the course the batters must take to score runs **2.** a hard leather-covered ball about 23 cm in circumference, used in the game of baseball (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**baseball grip** a grip in which all ten fingers are on the club shaft, similar to the way a baseball bat is gripped (golf) [6]

**baseball pass** a long fast pass made by throwing the ball overarm (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**base-jump** to participate in the sport of basejumping (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**basejumping** the extreme sport of parachuting from the tops of very tall natural objects or constructions such as cliffs, towers or buildings (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**baseline** a line at the end of the court, parallel to the net, that marks the lengthwise boundary of the playing area (ten.) [6]

**baseline** **1.** One of the two lines that mark the lengthwise boundaries of the court. **2.** A loosely defined area just inside the baseline, used in phrases such as, "He drove the baseline and made a layup." (b/b) [6]

**baseline** **1.** a boundary line at each end of a court that marks the limit of play in tennis, badminton or basketball **2.** on a baseball field, a line running from home plate to first base and from home plate to third base, and extending into the outfield as foul lines **3.** in baseball, the area within which a base runner must stay when running between bases **4.** the point from which change can be measured (*Dict. of Sp. and Ex. Sc. 2006, 25 p.*)

**baseline** a line joining two bases (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**baseline** the boundary line at the back of the court (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**baseline drive** a drive on which the player moves along the baseline toward the basket (b/b) [6]

**baseline game** a playing style in which the player hits almost all of his or her shots from near the baseline, rather than taking the net (ten.) [6]

**baseline judge** an official, stationed on a line with the baseline, who is responsible for determining whether shots are in or out. The baseline judges are seated on the same side of the court as the umpire (ten.) [6]

**baseline player** a player who practices the baseline game (ten.) [6]

**baseline** see end line (b/b) [6]

**baseliner** a player who plays mainly from the **baseline** and rarely approaches the net (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**basement** double 3s (darts) [6]

**baserunner** a player who has reached first base safely and is attempting to perform a circuit of the bases (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**basho** a sumo tournament (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**basic position** in general the relaxed, concentrated and usually upright body position (ready position) before the start of an exercise or action in various sport disciplines, e.g. relaxed body posture, slightly bent knees and stable weight distribution in basketball, starting position with feet right next to each other in gymnastics, body straight and extended while standing on the tip of the springboard in diving. (*H.Haag &G. Haag, Dictionary, 2003, 66p.*)

**basic skill** a simple skill such as running, jumping or hand-eye coordination that is a basic requirement for involvement in many sports (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**basic stroke** in several sport disciplines term for a fundamental sport motor skill; examples are: straight and hook in boxing; serve, forehand, and backhand in tennis, badminton and table tennis; serve, digging and setting in volleyball. (*H.Haag &G. Haag, Dictionary, 2003, 66p.*)

**basket** the cup at the bottom of a ski pole, which encircles a sharp tip that bites into the snow to prevent slipping (ski.) [6]

**basket** **1.** The goal in basketball, made up of a metal rim 18 inches in diameter, suspended 10 feet above the floor, with a corded net 15 to 18 inches long. **2.** A field goal (b/b) [6]

**basket** **1.** (*in basketball*) a mounted horizontal metal hoop with a hanging open net. through which a player must throw the ball in order to score **2.** (*in basketball*) a goal scored by throwing the ball through the basket, which is worth 1, 2 or 3 points depending on circumstances (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**basket** in » basketball, » netball, and » korfbal **1.** the sport equipment that the ball is to be thrown into, and **2.** a throw that lands in the basket and thereby counts as one (or more) points. (*H.Haag &G. Haag, Dictionary, 2003, 66p.*)

**basket** **1.** a hoop with an open net attached, used as a goal **2.** an instance of scoring (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**basket** a circular-shaped part of the ski pole near its base that prevents the pole from going too far into the snow (ski.) [6]

**basket catch** a catch made by a fielder at waist height as the ball drops over his shoulder (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**basket interference** see goaltending (b/b) [6]

**basket** attached to the backboard, it consists of a metal rim 18" in diameter suspended 10' from the floor, from which a 15-18" corded net hangs, and through which points are scored; also used to refer to a successful field goal (b/b) [6]

**basketball** **1.** a game played by two teams of five players who score points by throwing a ball through a basket mounted at the opponent's end of a rectangular court **2.**, a large round ball of the type used in the game of basketball (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**basketball** a fast moving team ball game without body contact. The idea of the game is: each of the two teams attempts to throw the ball as often as possible into the opponent's basket and to prevent shots by the opponent on its own basket. (*H.Haag &G. Haag, Dictionary, 2003, 67 p.*)

**bat** a common name for the racket (badm.) [6]

**bat** 1. an implement of varying shape used for striking the ball in many sports, e.g. cricket, table tennis and baseball 2. a heavy stick or wooden club 3. (*in cricket*) a batsman (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**bat, racquet** stick usually made of wood used for hitting a ball in baseball, rounders, and cricket. (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**bath** 1.the process of washing your whole body. 2.same as bathtub (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bath mat** a small mat to step on as you get out of the bath (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bath oil** scented oil to put in a bath (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathe** 1.to swim. 2.to wash something such as a wound carefully. 3.US to have a bath (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bather** somebody who is swimming (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathing** the activity of swimming in the sea, river or a pool (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathing cap** a rubber hat worn when swimming to prevent your hair getting wet (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathing costume** same as swimming costume (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathrobe** 1.a loose coat of towelling worn before or after a bath. 2.US a man's dressing gown (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathroom** 1.a room in a house or hotel with a bath, a washbasin and usually a toilet. 2.a room containing a toilet (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathroom fittings** in a bathroom, such as a shower, wash basin, bidet etc. (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**bathroom linen** towels and other cloth articles that are provided in a bathroom (*Dict. of Leis., Trav. and Tour., 2008, 25p.*)

**baths** reservoirs of water of various temperatures, sometimes with added minerals, in which the body is submerged for therapeutic purposes (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**bathtub** US a large container filled with water to wash the whole body in. Also called bath (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**baton** 1.in callisthenics a » hand apparatus. 2.in track and field the relay baton in » relay running. The baton was used as a gymnastics hand apparatus mainly in the 19<sup>th</sup> century for free and order exercises with the goal of shaping the body. (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**baton** a short stick or hollow cylinder passed by each runner in a relay team to the next runner (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**baton change** the transfer of the baton in a relay race from one member of a competing team to the next runner (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**baton** the 30.48cm-long metal cylinder that must be passed between athletes in a **relay** (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**bat-pad catch** a catch (usually from a slow delivery) taken after the ball has struck the bat and then rebounded off the batsman's **pad** (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**batsman** **1.**(in cricket or baseball) a player who is batting **2.**a cricket player who specialises in batting, rather than bowling or fielding (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**batsman** a player who attempts to hit the ball with his bat and so score runs (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**batter** a thin liquid mixture of flour, eggs and milk, used e.g. for making pancakes or toad-in-the-hole, or for coating fish before frying (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**batter** especially in baseball, a player who bats (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**batter** the player attempting to hit the ball delivered by the pitcher; also called **hitter** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**batter's box** the place where the batter stands to receive the pitch (baseb.) (*Chambers. Sports Factf.,2005, 600p.*)

**battery** the **pitcher** and **catcher** collectively (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**batting** (in cricket or baseball) the action or ability of a player or team that hits with a bat (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**batting average** *US* (In baseball) a measure of a batter's performance, calculated by dividing the total of base hits gained in a given period by the number of times at bat (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**batting average** a figure calculated by dividing a batter's total number of **hits** by the number of **at bats**, used as an indication of a batter's success (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**baulk** if a horse baulks, it stops short of an obstacle (equest.) (*Chambers. Sports Factf.,2005, 224p.*)

**baulk** the part of the table behind the baulk line (bilj.) [6]

**baulk line** drawn at each end of a croquet court from which players start (croq.) [6]

**baulk line** the line near the bottom of the table. The brown spot is at the centre of this line and the yellow and green spots are at either side of the brown spot at the points where the D meets the baulk line (bilj.) [6]

**baulk lines** lines on the pitch parallel to the centre line and 3m/9ft 10in from it (kabadi) (*Chambers. Sports Factf.,2005, 377p.*)

**beach** a sand hazard (golf) [6]

**beach ball** colloquial term for » paddleboard tennis. (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**beach hut** a small wooden building on a beach, where you can change, keep deckchairs, etc. (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**beach sailing** form of sailing on land (on hard sand beaches) on three-or four-wheeled sailing carts, usually consisting of a hull wide rear axle at the stern and a rig. The carts are steered by means of one or two swivel-mounted front wheels. The construction of the beach sailing carts is not normed but races are held in five classes differentiated accord in to sail size: I: up to 15 m<sup>2</sup>, II: up to 10 m<sup>2</sup>, III: up to 7.5 m<sup>2</sup>, IV: up to 6.5 m<sup>2</sup>, Manta class: up to 5 m<sup>2</sup>. Regattas on triangle courses and open races are held. World championships have been held since 1970. International organization is the Federation Internationale de Strand Land Yachting (FISLY; founded in 1962, head office in Brussels, Belgium). (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**beach towel** a large towel usually used on the beach (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**beach umbrella** a large coloured umbrella to use on a beach (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**beam** the widest part of canoe (or any vessel) (canoe) [6]

**beam** 1.a long thick solid bar used as a support 2.a narrow shaft of light or radiation 3.a narrow horizontal wooden bar on legs that women gymnasts stand on to perform balancing exercises (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**beamer** a full toss at head height (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bearing away, bearing off, falling behind** moving a sailboat away from the wind, i.e. falling to lee ward (opposite: luffing up). (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**beat** sharp contact with the opponent's blade to initiate or threaten attack (fenc.) [6]

**beat** 1. musical measurement and reference system which regulates the intonation steps as well as temporal order o notes and has a fundamental impact on » rhythm. The beat is a fundamental movement characteristic in artistic sport disciplines which are presented and accompanied by music (especially in dancing); it is one of the assessment criteria. 2.in equestrian term for the regular movement rhythm of the horse's gait; in the walk a beat of four, in the trot a beat of two, and in the gallop a beat of three. Deviations from the correct foot sequences are regarded as beat faults and have a negative effect on the assessment of the performance. (*H.Haag &G. Haag, Dictionary, 2003, 72 p.*)

**beat** to win a game against another player or team. (*Dict. of Leis., Trav. and Tour., 2008, 26p.*)

**beat the defender** when an offensive player, with or without the ball, is able to get past an opponent who is guarding him (b/b) [6]

**beat the defense** to get past the opposing defensemen (icehok.) [6]

**beat the defense** to get by one or both of the defensemen (icehok.) [6]

**beat the goalie** to score a goal, usually by faking out or outsmarting the opposing goaltender (icehok.) [6]

**beat the goalie** to outwit the goalie and score a goal (icehok.) [6]

**beat** to get the ball through or around an opponent by dribbling or shooting (f/b) [6]

**beat** when a player gets past an opponent trying to block or tackle him (f/b) [6]

**beats per minute** the number of heartbeats occurring within one minute. Abbreviation **BPM** (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**bed** a specific target area; e.g., double 20. See also Three in a Bed (darts) [6]

**bed** the area surrounding the lane, including the approach, the pit, and the gutters (bowl.) [6]

**bed** the area of a double or treble, defined by the wire of the spider (darts) [6]

**bed** the flat surface, made of slate, on which the baize cloth is laid (bilj.) [6]

**bed and board** a hotel charge that includes all meals as well as the room charge (*Dict. of Leis., Trav. and Tour., 2008, 27p.*)

**bed and breakfast** scoring 26 points in one throw with a 20, a 5 and a 1; because, in England, the traditional bed and breakfast price was two pounds and sixpence (darts) [6]

**bedposts** the 7-10 split (bowl.) [6]

**beefy** strong and muscular (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**beer frame** a frame after which one bowler has to buy beer for all the others. This is often a pre-determined frame, with the low scorer in that frame getting stuck with the tab. Sometimes, if all bowlers but one roll strikes in a frame, that becomes the beer frame and the bowler who didn't strike has to buy (bowl.) [6]

**beer mat** a small cardboard mat, usually with an advertisement for a brewery on it, placed under a glass to protect a surface in a pub or restaurant (*Dict. of Leis., Trav. and Tour., 2008, 28p.*)

**beginner** someone who has just started to learn or do something (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**beginner swimming** the beginning phase in the development of swimming ability. Instruction predominantly includes exercises where water resistance and buoyancy, underwater diving, and gliding

through water are experienced. Swimming strokes regarded as useful for such exercises are breast-stroke and freestyle. Slow and careful progression is particularly important when teaching beginner swimming. (*H.Haag &G. Haag, Dictionary, 2003, 73 p.*)

**behavioural anxiety** anxiety that is expressed through a person's behavior (*Dict. of Sp. and Ex. Sc. 2006, 26 p.*)

**behavioural coaching** skills coaching in which the athlete is given a breakdown of the components of the skill, with positive personal feedback as they master each part (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**behind the defender** the area between a defender and his goal (f/b) [6]

**behind the net** descriptive of the area in back of the goal cage (icehok.) [6]

**behind the net** the area of ice behind the goal cage is legal territory (icehok.) [6]

**belay** a safety technique in which a stationary climber provides protection, by means of ropes, anchors and braking devices, to an ascending partner (alp.) [6]

**belief** confidence that someone or something is good or will be effective (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bell** a metal cup-shaped object which makes a ringing sound when hit, or a mechanism to make a similar ringing sound. (*Dict. of Leis., Trav. and Tour., 2008, 28p.*)

**bell** acoustic sign indicating the begin of the last round of a race (track and field, horse racing) or fight (boxing); in bicycling also the announcement of special test courses, such as mountain portions of a course, where prize money can be won. (*H.Haag &G. Haag, Dictionary, 2003, 73 p.*)

**belly** the bottom section of a curve (bobsled.) [6]

**belly** the side of the bow nearest the archer (arch.) [6]

**belly** the abdomen or the stomach (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**belly putter** a type of putter with a slightly longer than normal shaft; the top of the shaft is lodged in the player's midriff during the shot (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**belly** the part of the bow handle that faces the archer when shooting (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**belt** to hit the ball with extreme power (golf) [6]

**belt** 1.a belt awarded to a sports competitor, especially in boxing or the martial arts, as a trophy or a sign of having attained a particular grade 2.somebody awarded a particular belt for an achievement, usually in boxing or one of the martial arts (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**belt, Obi** in budo sports a band of cloth, which is tied around the athlete's waist, keeps the jacket together. The colour of the belt acknowledges the athlete's level of ability (» Pan or » Kyu). The length

of the belt has to be measured so that it can be wrapped twice around the waist, knotted, and the ends have a length of 15 cm each. (*H.Haag &G. Haag, Dictionary, 2003, 73 p.*)

**beltline** boundary line on the body (upper edge of the sport trunks), below which no hits (in boxing) or grips (in Greek-Roman wrestling) are permitted. (*H.Haag &G. Haag, Dictionary, 2003, 73 p.*)

**bench** a team's substitutes, as in, "The Lakers have a very strong bench." (b/b) [6]

**bench** 1. a long seat in a gym, used for lying on when doing exercises 2. a seat for a rower in a boat 3. in team sports, the seats for players not taking part on the field or court 4. the officials and players who are not taking part on the field or court ■ in team sports, to exclude or remove a member of a sports team from play (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bench** 1. term for a piece of gymnastics equipment originating from Sweden (long bench, long low sitting bench without back support), which is used for general physical training 2. bench-like position in wrestling (arms extended and knees bent) and in callisthenics (arms extended, upper legs parallel to the floor). 3. short term for the area from where the » substitution occurs and where the coaches and substitute players are located in certain sports (e.g. basketball). (*H.Haag &G. Haag, Dictionary, 2003, 73 p.*)

**bench** 1.a seat for coaches and reserve players at a match 2.the reserve players collectively (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**bench** where a team's managers and substitutes sit, near the touchline of the pitch (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**bench jockeying** as in baseball, conversation or gibes meant to distract an opponent (bowl.) [6]

**bench minor penalty** a two-minute penalty assessed against someone in a team's bench area rather than a player on the ice. Any player except a goaltender may be designated by the coach to serve in the penalty box (icehok.) [6]

**bench press** an exercise in which a person lies on his or her back on a bench and lifts weights straight upwards from the chest (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bench press** a weightlifting exercise in which a lifter lies on a bench with feet on the floor and raises a weight from chest level to arm's length (weightl.) (*Chambers. Sports Factf.,2005, 627p.*)

**bench-press** to be able to lift a particular weight in a bench press exercise (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bend** the curve on a shot; as a verb, to hit a hook or slice (golf) [6]

**bend** 1.a shallow turn. 2.to damage a car slightly (autosp.) [6]

**bend** to curve from a straight shape (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bend** 1.a curved section of a running track 2.the part of a race run around these sections, eg *she's run a good bend* (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**bender** a curve or hook that nearly falls into the gutter before beginning to break (bowl.) [6]

**bending** movement form in many types of sport, especially in callisthenics; flexion occurs in the arms, legs (one- or two-sided), and in the torso (backwards, forwards, sideways). Bending enhances flexibility, as muscles, tendons, and ligaments are stretched. Bending and stretching are counterparts that are usually performed alternately. (*H.Haag &G. Haag, Dictionary, 2003, 74 p.*)

**benefit** something that has a good effect or promotes wellbeing (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**bent grass** the most common type of grass on northern courses (golf) [6]

**bent-shaft paddle** a paddle with a bend in the shaft near the throat, which increases power but decreases control (canoe) [6]

**Bermuda** the most common type of grass on southern courses (golf) [6]

**Bernoulli effect** the difference in air pressure on either side of a spinning ball, which causes it to curve in the air (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**berth** a place in a harbour where a ship can tie up. (*Dict. of Leis., Trav. and Tour., 2008, 28p.*)

**best** 1. someone or something of the highest quality or standard 2. the highest quality or standard that someone or something is capable of 3. the best time or score that someone has achieved in a sport or game (*Dict. of Sp. and Ex. Sc. 2006, 27 p.*)

**best ball** descriptive of a match in which the best individual score of two or more partners is the score for a hole. Also, the score itself, as in, "Smith had the best ball with a birdie, while his partner shot par." (golf) [6]

**best practice** the most effective and efficient method of achieving an aim or providing a service (*Dict. of Leis., Trav. and Tour., 2008, 28p.*)

**bestball** 1.a match in which one player plays against two or three players, the lowest score of the team being counted 2.sometimes used to mean the same as **fourball** (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**betterball** a **strokeplay** or **matchplay fourball** game in which the lower score of each team is counted on each hole (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**betting shop** a shop or office that is licensed to take bets on the results of races and other sporting activities (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**BFC** body fat composition (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**biathlon** a competitive event that combines cross country skiing and marksmanship (ski.) [6]

**biathlon** a competition that combines cross-country skiing with rifle shooting at targets along the course (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**biathlon** winter sport competition for men and women, a combination of cross-country skiing and rifle shooting. (*H.Haag &G. Haag, Dictionary, 2003, 74 p.*)

**bib** an attachment to the mask that protects the neck and throat area (fenc.) [6]

**bib** the (usually white) padded protective part of a mask that protects the throat (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**biceps** any muscle formed of two parts joined to form one tendon, especially the muscles in the front of the upper arm **biceps brachii** and the back of the thigh **biceps femoris**. o **triceps** (NOTE: The plural is **biceps**.) (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bicipital** 1. relating to a biceps muscle 2. consisting of two parts (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bicycle** same as barmaid (bowl.) [6]

**bicycle** a vehicle with two wheels and a seat that is moved by pushing pedals with the feet, and steered by handlebars at the front wheel ■ to travel by bicycle (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bicycle** a vehicle with two wheels, which you ride on and pedal with you feet. Also called **pushbike** (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**bicycle kick** a kick by a player who is in mid-air with the feet above the head (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**bicycle kick** when a player kicks the ball in mid-air backwards and over his own head, usually making contact above waist level; an acrobatic shot (f/b) [6]

**bicycle motocross** full form of **BMX** (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bicycle path, bike path** a special path for bicycles to ride on, either by the side of a road or as part of the pavement (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**bicycle sport** collective term for the five disciplines which are practiced in outdoor and indoor competitions: street racing, track racing, » trick cycling, » bicycle polo, and mountain-biking. (*H.Haag &G. Haag, Dictionary, 2003, 77 p.*)

**bidon** a water bottle carried on the bike during a road race (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**Biellmann spin** a spin, similar to the **layback spin**, where the skater arches his or her back and pulls up the free leg over the head. Named after Swiss skater Denise Biellmann (1962-) who made the move famous (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**biff** a crash (cycl.) [6]

**big air** a freestyle event where skiers perform aerial tricks after jumping from a variety of jumps, scores being awarded for height, execution and the degree of difficulty of the trick (ski.) (*Chambers. Sports Factf., 2005, 525p.*)

**big ball** a hook with a lot of action, often allowing a bowler to get strikes even on hits that aren't perfect (bowl.) [6]

**big banger** a powerful engine; one with a large volume of displacement, usually more than 305 cubic inches (autosp.) [6]

**big bore** same as big banger (autosp.) [6]

**big ears** the 4-6-7-10 split (bowl.) [6]

**big fill** getting nine or ten pins following a spare, or a double following a strike (bowl.) [6]

**big five** a leave with three pins on one side and two on the other (bowl.) [6]

**big four** same as big ears (bowl.) [6]

**big game** large wild animals which are hunted and killed for sport, e.g. elephants, tigers and lions (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**biggest lead** highest score difference in any moment of the game. For a team who never led, the value of 'biggest lead' is 0 (b/b) [6]

**biggest scoring run** biggest margin of consecutive points scored by a team without any points from opponent (b/b) [6]

**bike** same as bicycle (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**bike** same as **bicycle** (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**biker** somebody who rides a motorcycle (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**biking** the activity of travelling on a bicycle (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**bikram yoga** a form of yoga performed in a hot room to relax muscles and joints and also increase detoxification through sweating (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bilateral** pertaining to or affecting two sides or symmetry of the body (*Dict. of sp. and Ex. Sc. 1991, 18 p.*)

**bilateral integration** the use of both sides of the body at once to perform a smooth and coordinated movement (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**bilateral integration** smooth coordination or interaction of both sides of the body to execute a physical or motor skill (*Dict. of sp. and Ex. Sc. 1991, 18 p.*)

**bilateral transfer** the benefit to performance of a task with one hand or foot that arises from prior learning of the same task with the other hand or foot (*Dict. of Sp. and Ex. Sc. 1991, 18 p.*)

**billiard table** a rectangular table covered in smooth, close-fitting cloth, on which the game of billiards is played (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**billiards** a game involving hitting balls with a long rod on a smooth table covered with green cloth, the object being to hit a white ball so that it sends a ball of another colour into one of the “pockets” at the edge of the table (*Dict. of Leis., Trav. and Tour., 2008, 29p.*)

**billiards** an indoor game in which a felt-tipped stick is used to hit balls across a cloth-covered table into pockets (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**billiards** ball game played in various variants on a rectangular table, where the balls are moved by means of a playing cue. Number of balls, course and aim of their movement vary according to the type of game. The most important forms of the game are cannon (or carom) billiards, » pool billiards, and skittles (» skittles-billiards). The idea of the game of cannon billiards (Billiard-Carambol) is to cause as many collisions of the three playing balls as possible while abiding by the rules. (*H.Haag &G. Haag, Dictionary, 2003, 79 p.*)

**bind** a series of circular moves with the blade to disengage (fenc.) [6]

**binding** an attachment on the ski that clips onto the boot, thus holding the ski to the foot. See also release (ski.) [6]

**binding** the method by which players grip one another to form a maul, ruck, or scrum. A player must bind with at least one arm on a teammate (rugby) [6]

**binding** holding on to another player; players must be bound at **scrums**, **rucks** and **mauls** (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**binding** one of the fastenings on a ski or snowboard that hold the ski to the boot (*Dict. of Sp. and Ex. Sc. 2006, 28 p.*)

**binding, lunge, split** **1.** in fencing the fixing and pushing aside of the opponent’s blade; by controlling the opponent’s blade the opening for a possible hit is increased. **2.** in skiing a device which fixes the ski boot to the ski. Bindings for cross-country and alpine skiing are designed differently. The safety binding is used in alpine skiing. It consists of a toe-piece (at the tip of the ski boot), a heelpiece, and a ski break which helps to prevent the ski from sliding down the ski slope after the binding has been released. The safety binding has elasticity in all three dimensions. In case of frontal falls the heel-piece opens automatically, when a twisting fall occurs toe- and heelpiece open; these safety features greatly reduce the danger of injury which may be caused by the rigid fixation of the boot on the ski. On touring skis the bindings are also equipped with toe-irons for better stability and the option of lifting the heel is provided. In Nordic skiing there are two variants, one for crosscountry skiing and one for ski-jumping. The binding on the cross-country ski affixes the boot at the toes and the heel is free in order to be able to optimally perform skating and classic cross-country skiing techniques. In ski

jumping a cable binding with toe-irons is used which lends lateral stability but also makes free heel movement possible during the forward lean of the body. Bindings for telemark skis are similar to those of ski-jumping. In snowboarding two general types of binding are used to fix the snowboard boot on the snowboard: hard bindings which keep the hard snowboard or touring boot (made of plastic) firmly fixed to the board by means of two metal clips mounted to the board (safety bindings are also used by some snowboarders); soft bindings which hold a softer boot on the board by means of a plastic shell and two or three buckles allow more flexibility for forward and lateral movements (especially for freestyle manoeuvres). (*H.Haag &G. Haag, Dictionary, 2003, 82 p.*)

**bindings** the fastenings that secure the shoe-like fittings to the skis (w.ski) [6]

**bioenergetics** a method of studying and understanding the human personality in terms of the body and its energetic processes, based on the belief that the body and the mind are functionally closely related (*Dict. of Sp. and Ex. Sc. 2006, 29 p.*)

**biological age** **1.** indicator of biological maturation. **2.** age from conception rather than birth. **3.** age expressed relative to various performance capacities and physiological functions in comparison to other individuals of similar chronological age (*Dict. of sp. and Ex. Sc. 1991, 19 p.*)

**biologically active dietary supplement** a substance used for enriching food that contains nature-identical compounds in a concentrated form. Abbreviation **BADS** (*Dict. of Sp. and Ex. Sc. 2006, 29 p.*)

**biomechanical analysis** the assessment of the proper use of techniques in sport and exercise (*Dict. of Sp. and Ex. Sc. 2006, 29 p.*)

**biomechanics** the study of body movements and of the forces acting on the musculoskeletal system, used in sport for analysing complex movements to improve efficiency and help avoid injury (*Dict. of Sp. and Ex. Sc. 2006, 29 p.*)

**biomechanics** field of study applying the principles of mechanics to the study of animate movement (*Dict. of sp. and Ex. Sc. 1991, 19 p.*)

**biomedicine** **1.** the use of the principles of biology, biochemistry, physiology and other basic sciences to solve problems in clinical medicine **2.** the study of the body's ability to withstand unusual or extreme environments (*Dict. of Sp. and Ex. Sc. 2006, 29 p.*)

**biorhythm** the phenomenon that in organisms (also in the human being) some life processes occur in a certain daily and/or seasonal rhythm. One differentiates between the exogenous biorhythm, which is determined by external (among others, climatic) factor e.g. hibernation of animals), and the endogenous biorhythm, which is regulated by internal (i.e. hormone) mechanisms e.g. ovulation, sleep-wake-rhythm). Especially the endogenous biorhythm e.g. menstruation of the woman) has a considerable influence on human performance capacity; therefore, the biorhythm with its positive and negative effects must also be taken into consideration in connection with realizing sport performances (e.g. when developing an individual training plan). (*H.Haag &G. Haag, Dictionary, 2003, 84 p.*)

**biorhythm** a regular process of change that takes place within living organisms, eg. sleeping, waking or the reproductive cycle (NOTE: Some people believe that biorhythms affect behaviour and mood.) (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**bioscience** a science that studies structures, functions, interactions or other aspects of living organisms, e.g. biology, ecology, physiology or molecular biology (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**birani** a front flip with a half-twist (freest.) [6]

**bird** the shuttlecock (badm.) [6]

**bird** a nickname used for the shuttlecock (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**bird's nest** an unfortunate lie, in which the ball is cupped in deep grass, like an egg in a nest (golf) [6]

**birdie** one stroke under par on a hole (golf) [6]

**birdie** (*in golf*) a score in which the ball is hit into the hole using one stroke fewer than the accepted standard number of strokes (**par**) for that hole (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**birdie** a score of one under **par** on a hole (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**birds** a type of competition in which a point is awarded for a birdie and two points for an eagle, on any hole (golf) [6]

**birth certificate** a document which shows when and where someone was born (*Dict. of Leis., Trav. and Tour., 2008, 30p.*)

**bisque** a handicap stroke that can be taken on any hole, provided the player announces his intention before teeing off on that hole (golf) [6]

**bisque** a free turn that is awarded to the weaker player in a handicap game (croq.) (*Chambers. Sports Factf.,2005, 188p.*)

**bistro** a small restaurant or bar (*Dict. of Leis., Trav. and Tour., 2008, 30p.*)

**bit** the metal mouthpiece to which the reins are attached (equest.) [6]

**bite** see backspin (golf) [6]

**bite** the amount of turn a spinner is able to extract from a particular wicket (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**biter** a stone that's touching the house and may be a counter (curl.) [6]

**biter** a stone just touching the outer circle of the **house** (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**black belt** 1. a belt worn by someone who has reached a high level of skill in a martial art such as judo or taekwondo 2. someone at a high level of skill in a martial art, entitled to wear a belt that is black (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**black dog** the double-bull (darts) [6]

**black economy** work which is paid for in cash or goods, but not declared to the tax authorities (*Dict. of Leis., Trav. and Tour., 2008, 31p.*)

**black eye** the center area of the bullseye, which is worth 50 points (darts) [6]

**black flag** the signal for a driver to come into the pits, usually to allow officials to inspect it to determine whether it can run safely after an accident. It may also mean that officials have already decided the car is too slow or too dangerous to continue running, as when it has a serious oil leak that makes the track slippery (autosp.) [6]

**black hat** hitting three double-bulls in one throw; from hat trick (darts) [6]

**black market** a system for buying and selling goods in a way which is not allowed by law, e.g. in a time of rationing (*Dict. of Leis., Trav. and Tour., 2008, 31p.*)

**blackout** when a regional network TV affiliate is forbidden from showing a local game because it is not sold out (f/b) [6]

**blade** the flat section of a hockey stick that contacts the puck (icehok.) [6]

**blade** the flat side of the stick's head, which is used for hitting the ball (hock.) [6]

**blade** the hitting part of the clubhead on an iron. As a verb, to top an iron shot (golf) [6]

**blade** the paddle without its rubber surface (t.ten.) [6]

**blade** the part of a fencing weapon that extends beyond the guard (fenc.) [6]

**blade** the flat part of the oar or **scull** that enters the water during the rowing **stroke** (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**blade** the widened end of the paddle that does the work in the water (canoe) [6]

**blade** in fencing term for the part of the weapon above the grip. Depending on the position three blade positions are distinguished: invitation (» opening), » binding, and » line. (*H.Haag & G. Haag, Dictionary, 2003, 84 p.*)

**blade** the wooden bat excluding its rubber covering (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**blade putter** a putter with an iron head that's very similar to the numbered irons (golf) [6]

**blades** clubs that do not have a **cavity back** (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**blank end** an end in which no points are scored (curl.) [6]

**blanket** a cover worn by a greyhound during the parade. The blanket bears a colour and number corresponding to the dog's post position (dog.rac.) [6]

**blanket finish** a situation in which the runners in a race finish very close to one another (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blast** a shot from a sand trap that takes a large amount of sand with it; as a verb, to hit such a shot (golf) [6]

**blast** a **home run** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**blaster** same as **sand wedge** (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bleachers** *US* **1.** seats in an uncovered area of a sports stadium **2.** retractable tiered benches for spectators in an indoor sports arena (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**Bledisloe Cup** the cup for which Australia and New Zealand have competed since 1931; presented by Lord Bledisloe, Governor-General of New Zealand (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**blend** a racing fuel combining methanol and nitromethane (autosp.) [6]

**blind** a score marked for a team's absent player. In many leagues, the bowler's average or the average minus ten pins is used. In others, it's a set score, such as 140 for men and 120 for women (bowl.) [6]

**blind bogey** a competition in which a score is drawn from a hit and the winner is the player the player who comes closest to matching it (golf) [6]

**blind hole** a hole on which the putting green cannot be seen as the player approaches it (golf) [6]

**blind pass** a pass made without looking at the target (icehok.) [6]

**blind pass** a pass made without looking at the target (b/b) [6]

**blind pass** a pass from a ball handler who does not see his receiver, but is estimating where he should be (b/b) [6]

**blind pass** to pass the puck without looking (icehok.) [6]

**blind side** (*in rugby*) the side of the field that lies between a scrum and the nearer touchline (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blind side** **1.** the side of the pitch with less space between the **scrum**, **ruck** or **maul** and the touchline; compare **open side** **2.** the flanker binding on that side of the scrum (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**blind side** the side of the pitch with less space between the **scrum** or **play-the-ball** and the touchline; compare **open side** (rugby L.) (*Chambers. Sports Factf.,2005, 478p.*)

**blind testing** a way of testing the efficacy of supplements using a test group and a control group for the purposes of comparison (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blinder** an outstanding performance in a sport (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blinders** same as blinkers (equest.) [6]

**blindside** same as weakside (rugby) [6]

**blindside 360** (*in wakeboarding and snowboarding*) a 360-degree turn in which the rider is facing away from and unable to see either the takeoff or the landing point (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blinkers** flaps on the bridle that keep a horse from seeing to the side or back (equest.) [6]

**blinkers** the leather sidepieces attached to a horse's bridle to prevent the horse from seeing to the side (equest.) [6]

**blitz** (*informal*) **1.** to defeat a person or team overwhelmingly in a game **2.** to concentrate a lot of effort on something to get it done (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blitz** a defensive tactic in which a **linebacker** or **defensive back** abandons his usual role and tries to sack the **quarterback** (Am.f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**blitz** a play where the defensive team sends players rushing towards the line of scrimmage as soon as the ball is snapped to try to sack the quarterback (f/b) [6]

**blizzard** a heavy snowstorm with strong winds (*Dict. of Leis., Trav. and Tour., 2008, 32p.*)

**blob** a score of naught; so called because it is round (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**block** a piece of wood at the start line on which the brakeman places his feet in order to get a better start (bobsled.) [6]

**block** a return shot on which the paddle is simply held in front of the ball, with little or no movement (t.ten.) [6]

**block** a return shot, where the ball is played shortly after the bounce with little bat movement at the point of contact (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**block** a type of hinder on which the player prevents the opponent from seeing or getting to the ball (racq.b.) [6]

**block** the portion of the start when an athlete puts the sled into a forward rock; followed by compression (luge) [6]

**block** to hit a slice by delaying the rotation of the wrists, forcing the clubhead to arc from inside to outside at impact. Usually done deliberately because of the ball's location (golf) [6]

**block** to return the ball by holding the racket stationary rather than swinging it (ten.) [6]

**block** a shot, usually from near the net, on which the racket is not swung, but simply used as a "backboard" to return the shuttlecock (badm.) [6]

**block** 1. the act of stopping a function 2. something that causes an obstruction 3. starting blocks (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**block** an engine's cylinder block (autosp.) [6]

**block** to disrupt a chase by slowing down the pace line. It can be the action of one or more riders. Blocking is often done to protect a teammate who's in the lead (cycl.) [6]

**block** in volleyball a defensive formation of the net players for defending spikes hit by the opponent. The block is usually played by two players (double block), sometimes also with three players (triple block) or one player (single block). The timing of the initiation of the block is crucial. The players performing the block must jump up shortly after the attacker. The block is set-up within reach of the net with a strong push-off, straight arms and fingers spread out either as an active block with the aim of scoring a point or gaining the right to serve or as a passive block which reduces the effect of the attack and makes a controlled attack formation of the own team possible. An additional field player is positioned for block safety, i.e. he defends the zone that has become free due to the block player moving up and attempting to reach balls lobbed over the top of the block or deflected off the block. (*H.Haag &G. Haag, Dictionary, 2003, 84 p.*)

**block** 1.the freewheel 2.a rider's deliberate attempt to slow down a group when that rider does not want the group to catch another rider who has the lead (for tactical reasons) (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**block** a return shot, where the ball is played shortly after the bounce with little bat movement at the point of contact chop a defensive downward stroke that produces backspin (t.ten.) [6]

**block** a wall of hands at the top of the net created to prevent a **spike** from getting through. Players' hands can reach over the net but they are not permitted to touch it (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**block** to deflect the ball on its upward trajectory towards the basket; compare goal-tending (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**block** a wrestlers attempt to prevent an opponent from shooting in (wrest.) [6]

**block** the platform from which a swimmer starts a race (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**block** to hinder the progress of an opposing player who does not have possession (Am.f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**block out** see box out (b/b) [6]

**block volley** a **volley** played with a stationary racket (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**blocked practice** practice of a particular skill over and over until it is mastered, with no interruption, before moving on to the next skill (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blocked shot** a shot that is deflected from its course toward the basket by a defensive player before it has reached its highest point. See also goaltending (b/b) [6]

**blocked shot** when the defence deflects or stops a shot attempt with their hand while the ball is still on its upward flight (b/b) [6]

**blocked shot** the successful deflection of a shot by touching part of the ball on its way to the basket, thereby preventing a field goal (b/b) [6]

**blocked skill** a skill that cannot be mastered for psychological reasons or because of an injury impeding the appropriate body movements (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blocker** a bowl played so that it finishes deliberately short of the head, making it harder for an opponent to attack the jack (bowl.) [6]

**blocker** the goalie's blocking glove or the pad attached to it (icehok.) [6]

**blocker** a substance that blocks an action, o **alpha-blocker, beta-blocker** (*Dict. of Sp. and Ex. Sc. 2006, 30 p.*)

**blocking** see obstruction (rugby) [6]

**blocking** using any part of the body to block or impede an opponent's progress; a personal foul. Compare charging (b/b) [6]

**blocking** the use of the shoulders, arms or hands in order to prevent an opponent's punch from landing cleanly (box.) (*Chambers. Sports Factf.,2005, 140p.*)

**blocking glove** a large glove worn by the goalie on the stick hand, which has a rectangular pad attached to the back. Also known as the blocker (icehok.) [6]

**blocking** the act of preventing a defensive player from getting to the ball carrier; blockers use their arms and bodies but may not hold an opponent (f/b) [6]

**blocking** the use of a defender's body position to illegally prevent an opponent's advance; the opposite of charging (b/b) [6]

**blocks** barriers that mark the inner boundary of the track (sp.skate.) [6]

**blocks** used by an athlete to brace his or her feet and get a fast start to the race, eg, *he's quick out of the blocks* (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**blood** red liquid in the heart and blood vessels of all highly developed beings. The human body contains approx. 4-6 l of blood which has to fulfill the following tasks: transport oxygen from the lungs to the various tissues and remove carbon dioxide from the tissues, transport nutrients and active substances present within the body (enzymes, hormones, vitamins), distribute the warmth produced in

metabolism, quickly close injured blood vessels with the components dissolved in the blood (blood plates and coagulation factors). In a healthy human being bleeding stops take place after about 1 to 3 min. Furthermore, blood has the ability to destroy germs that have entered the body, i.e. it has a defensive function. White blood cells (» leukocytes) are responsible for preventing infections, and red blood cells (» erythrocytes) for the transport of oxygen. Blood also contains water as well as positively and negatively charged particles for maintaining the » membrane potential and specific characteristics of blood group determination (blood group antigens). (*H.Haag &G. Haag, Dictionary, 2003, 84 p.*)

**blood bin** if a player is sent to the blood bin, he leaves the pitch because he has a bleeding wound; a replacement player must be used until the wound has been attended to (rugby L.) (*Chambers. Sports Factf.,2005, 478p.*)

**blood bin** if a player is sent to the blood bin, he leaves the pitch because he has a bleeding wound; a replacement player must be used until the wound has been attended to (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**blood doping** the banned practice of reinjecting an athlete with his or her own red blood cells shortly before a competition in order to enhance performance. Also called **blood retransfusion** (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**blood sport** a sport in which animals are killed, e.g. bull-fighting (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**bloop** a stroke that sends the ball softly just beyond the **infield** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**blow** to miss converting a spare (bowl.) [6]

**blower** a supercharger (autosp.) [6]

**blown engine** **1.** an engine that has failed completely. **2.** a supercharged engine (autosp.) [6]

**blowout** knocking down all but one pin (bowl.) [6]

**blue flag beach** a beach with sea water that meets the cleanliness requirements of the European Commission (*Dict. of Leis., Trav. and Tour., 2008, 32p.*)

**blue line** one of two, 12-inch-wide lines that run across the width of the ice, 60 feet from the goal line. They divide the ice into three zones. See attacking zone; defensive zone; neutral zone (icehok.) [6]

**blue line** either of two blue lines that divide an ice hockey rink into the defensive, neutral and offensive zones (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**blue line** one of the two lines, each 30cm wide, that divide the playing area into three equal parts (icehoc.) (*Chambers. Sports Factf.,2005, 361p.*)

**blue lines** two blue, 12-inch wide lines running parallel across the ice, each 60 feet from the goal; they divide the rink into three zones called the attacking, defending and neutral (or center) zones;

defending blue line is the line closer to a player's own net; attacking blue line is the one farther from his net; used in determining offsides (icehok.) [6]

**blueliner** a defenseman (icehok.) [6]

**blunt** any move in which the tail area behind the rear truck is in contact with a surface (skateb.) [6]

**BMC** *abbreviation* British Mountaineering Council (*Dict. of Leis., Trav. and Tour., 2008, 32p.*)

**BMI** see body mass index (*Dict. of sp. and Ex. Sc. 1991, 20 p.*)

**BMX** the riding or racing of bicycles designed for use on rough terrain or open country. Full form **bicycle motocross** (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**bo** a fighting staff, about 6 feet long and 1 inch in diameter, made of polished wood and used in several martial arts (mart.arts.) [6]

**board** term for the outside border of a playing field in several sports (e.g. billiards, ice-hockey, roller hockey, bowling, and equestrian sport). The boards can be part of the playing field and therefore be touched by the playing equipment (e.g. billiards, ice-hockey) or be defined as out-of-bounds (e.g. in bowling). (*H.Haag & G. Haag, Dictionary, 2003, 86 p.*)

**board** 1.same as **backboard** 2.same as **skateboard** 3.a general term for the flat piece of equipment used in sports such as snowboarding, surfing or wakeboarding (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**board sports** a general term for sports that involve the use of a board, e.g. snow-boarding or skateboarding (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**board** a **rebound**, eg *he came up with two steals and grabbed some tough boards* (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**board** the point at the end of the **runway** from where an athlete takes off in the long jump and triple jump (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**board-checking** sending an opponent violently into the boards by any method, including a body check, elbowing, and tripping. Usually incurs a minor penalty, but a major penalty if the opponent is injured (icehok.) [6]

**boarding** see board-checking (icehok.) [6]

**boarding** **bodychecking** an opponent violently into the **boards**; the offender is assessed a **penalty** at the referee's discretion (icehoc.) (*Chambers. Sports Factf.,2005, 361p.*)

**boarding or board-checking** a minor penalty which occurs when a player uses any method (body checking, elbowing or tripping) to throw an opponent violently into the boards; if an injury is caused, it becomes a major penalty (icehok.) [6]

**boards** an enclosure of wood or fiberglass, 3 ½ to 4 feet high, that surrounds the rink (icehok.) [6]

**boards** the wooden or plastic wall surrounding the playing area, not less than 1.17m and not more than 1.22m in height above the level of the ice, and usually topped with protective glass or netting (icehok.) (*Chambers. Sports Factf.,2005, 361p.*)

**boards or board wall** a wooden or fibreglass wall 3 ½ to 4 feet high which surrounds the rink to keep the puck and players from accidentally leaving the rink and injuring spectators; all rinks have shatterproof glass that rises above the boards to provide additional protection (icehok.) [6]

**boast** any shot that hits three walls before bouncing (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**boast for nick** a boast that lands in the nick and dies (squash) [6]

**boat** a small vehicle that people use for moving on water (*Dict. of Leis., Trav. and Tour., 2008, 33p.*)

**boat classes** the classification of boats used for water sport into certain categories: » canoeing, » motor boat sport, » rowing, » sailing. (*H.Haag &G. Haag, Dictionary, 2003, 86 p.*)

**Boat Race** the annual boat race between crews from Oxford and Cambridge universities. It is held each spring on the River Thames in London between Putney and Mortlake and is also known variously as the University Boat Race and the Varsity Race (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**boatel** a waterside hotel where people travelling in boats can stay and moor them (*Dict. of Leis., Trav. and Tour., 2008, 33p.*)

**boating** the activity of going in small boats for pleasure, especially rowing or sailing (*Dict. of Leis., Trav. and Tour., 2008, 33p.*)

**bobsled** a large sled made up of two sections linked together. The frame is made of metal, the shell of fiberglass or similar material. There are two sizes, two-man and four-man (bobsled.) [6]

**bobsled** speed competition for men with special sleds (bobsleds) on especially constructed race courses. Races are held for teams of two (two-men bob) and four (four-men bob) athletes. (*H.Haag &G. Haag, Dictionary, 2003, 86 p.*)

**bobsleigh** a long racing sledge with steering, brakes, a seat for two or more people, and two pairs of runners, one in front and one at the back (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**boccia** ball game played on a playing field (24 x 3 m) which is usually outdoors and surrounded by a 10-20 cm high board. Boccia is played using a small positioning ball (pallino) which has a diameter of 3-5 cm, and a weight of 900-1,000 g. At the beginning of the game the positioning ball is thrown into the playing field by one of the players so that it comes to a rest at a minimum distance of 6 m from the base line (one of the short sides of the field) and at least 50 cm from the side lines. The objective of the game is to throw or roll the boccia balls (four per team) as close to the positioning ball as possible. It is permitted to hit the positioning ball, ones own balls, and those of the opposing team so that they are moved from their original positions. Every ball of the same team that is closer to the positioning ball than any of the opponent's balls after all of the balls have been thrown, counts as one point. A set is finished when one team has scored 15 points. A match is played for the best of three sets. Boccia is

played as singles or doubles. A team consists of four players who each play in one double and two single games. The baselines are alternated after every game. It is likely that Boccia originated in Sparta, Greece around 500 B.C., and then later was played in Erutria. In the Middle Ages it was played predominantly in Italy, but also in France, Spain, England, and Germany. Boccia became a sport discipline in Italy towards the end of the 19th century where it is played today as a popular game, as is the case in Southern France and Northern Spain. The international organization is the Federazione Boccistica Internazionale (FBI, founded in 1943, head office in Chiasso, Switzerland). (*H.Haag &G. Haag, Dictionary, 2003, 88 p.*)

**boccia** a Paralympic sport that is similar to boules (*Dict. of Sp. and Ex. Sc. 2006, 31 p.*)

**body** **1.** the physical structure of a person, as opposed to the mind **2.** the main part of a person's body, not including the head or arms and legs **3.** foreign body (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body** individual existence of the human being (physicality) where he "is" as a whole being, so that the term "body" can be used representing the human being. The human exists in his "body" and thereby communicates himself through motor action (gesture, mime, etc.) interacting with his environment. However, the human being is not only his own body, he also has a body which he experiences (with limitations) "objectively" (e.g. in case of fatigue, illness, failure to perform) and which he can utilize as a means for reaching certain goals and objectives, e.g. in training physical characteristics such as strength, endurance, speed, and specific bodily function such as the strength of the throwing arm, etc. Since sport is concerned with » movement, » motor action and » motor behaviour of the human body, this body becomes the main starting point for sport in general (» physical education, » physical exercises, » body-soul problem, » body experience). (*H.Haag &G. Haag, Dictionary, 2003, 88 p.*)

**body alignment** body posture. See also atypical body alignment (*Dict. of sp. and Ex. Sc. 1991, 20 p.*)

**body awareness** **1.** recognition, identification, and differentiation of the location, movement, and interrelationships of body parts and joints. **2.** a performer's spatial orientation and perceived location of the body in the environment (*Dict. of sp. and Ex. Sc. 1991, 20 p.*)

**body bar** a type of free weight (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body-check** same as **check** (*Chambers. Sports Factf.,2005, 361p.*)

**body check** a check made with the hip or shoulder to slow or stop an opponent's movement or to throw him off balance (icehok.) [6]

**body check** when a hockey player bumps or slams into an opponent with either his hip or shoulder (the only legal moves) to block his progress or throw him off-balance; it is only allowed against an opponent in control of the puck or against the last player to control it (icehok.) [6]

**body composition analysis** a method of testing the proportions of different fat and lean tissues that make up a person's body. **Abbrev. BCA** (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body contact** see physical contact (*H.Haag &G. Haag, Dictionary, 2003, 89 p.*)

**body control** the ability to use major and minor muscles to give the body stability, balance and poise (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body control** the regulation of body position in time and space by means of the sensory characteristics and the balance organ (vestibular apparatus), which is required particularly for the everyday and ergonomic motor system. The necessity for body control increases continuously in motor learning from the gross movement form via the fine form up to the stabilized form of movement. Furthermore, body control plays an essential role in sport disciplines from the Far East (e.g. disciplines of budo sport) and techniques from the Far East (e.g. » autogenous training). (*H.Haag &G. Haag, Dictionary, 2003, 89 p.*)

**body culture** see physical culture (*H.Haag &G. Haag, Dictionary, 2003, 89 p.*)

**body culture** a social atmosphere in which pressure is put on individuals to conform to a high standard of fitness or attractiveness (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body drop** a common throw where a **judoka** throws the opponent forward over an outstretched leg (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**body English** movements and contortions of the body intended to steer the ball as it travels down the lane. Usually ineffective (bowl.) [6]

**body fat composition** the proportion of fat to lean tissues that makes up a person's body, determined using body composition analysis. **Abbrev. BFC** (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body image** the mental image that a person has of their own body. Also called body schema (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body image** one's concept of how one's body appears to others and how it performs (*Dict. of sp. and Ex. Sc. 1991, 20 p.*)

**body language** the expression on your face, or the way you hold your body, interpreted by other people as unconsciously revealing your feelings (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body lock** a hold in which a wrestler locks arms around his opponent's body before taking him down to the mat (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**body lock** a hold in which a wrestler locks arms around the torso of his opponent and tries to take him to the mat (wrest.) [6]

**body mass index** an index that expresses adult weight in relation to height, calculated as weight in kilograms divided by height in metres squared. Abbreviation **BMI** (NOTE: A body mass index of less than 25 is considered normal, and one of over 30 implies obesity.) (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body mass index (BMI)** ratio of body weight (kg) to height (m<sup>2</sup>); provides a gross estimate of appropriateness of weight for height; used to assess growth and nutritional status (*Dict. of sp. and Ex. Sc. 1991, 20 p.*)

**body position** 1. posture of the body, usually as a starting point or the final stage of a movement. Several positions are differentiated: » basic position, step position, straddle position; according to the direction in relation to the equipment where the movement is performed: » forwards, » backwards, sideways. Stoop, straddle, tuck, and extension during the execution of jumps are also considered to be positions. Within the context of specific movement sequences, in the different sport disciplines special positions exist as well (e.g. the start position during the low start, standing after the completion of an exercise in gymnastics). 2. one important factor in learning the different swimming strokes. Generally the body should lie in the water as flat and straight as possible (planning boat position, planning). An incorrect (twisted, bent) body position makes learning the correct breathing technique as well as » leg movement and » arm movement more difficult. (*H.Haag &G. Haag, Dictionary, 2003, 90 p.*)

**body schema** same as **body Image** (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body scheme** see body experience (*H.Haag &G. Haag, Dictionary, 2003, 90 p.*)

**body sensation** see kinaesthetics (*H.Haag &G. Haag, Dictionary, 2003, 90 p.*)

**body throw** a move in which a wrestler locks his arms around the opponent's body and throws him to the mat (wrest.) [6]

**body weight** each athlete is weighed, to the nearest 10 grams, two hours before competition begins. If two lifters have exactly the same total, the one with the lower body weight is given the higher ranking (weightl.) [6]

**body weight** a measure of how heavy a person is (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body weight** the weight of an individual's naked body which depends on gender, age, dietary state, and body height. It is composed of the weight of bones, muscles, skin and connective tissue, organs, fat, and water. The largest portion of body weight is made up of water (approx. 55-60 %, bones approx. 17.5 %) (» ideal weight, » normal weight). (*H.Haag &G. Haag, Dictionary, 2003, 91 p.*)

**body weight** the gravitational force that the earth exerts on a body at or near its surface; the product of body mass (in kilograms) and acceleration due to gravity ( $9.81 \text{ ms}^{-2}$ ); measured in newtons (N) (*Dict. of sp. and Ex. Sc. 1991, 21 p.*)

**body weight training** weight training that involves using only the body's weight as the resistant force, as distinct from training in which external weights and equipment is used (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body wire** wire that's worn beneath the clothing to connect the fencer's sword to electrical scoring apparatus (fenc.) [6]

**body work** physical manipulation of the human body, including all types of massage, carried out to improve general health or posture, or to treat injuries (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**bodyboard** a board around 1.6m long on which the surfer lies (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**bodyboarding** a form of surfing in which the participant is mainly lying down on the board (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**bodybuilding** form of training for strengthening the muscles and improving the body shape. Most often equipment designed especially for the purpose of bodybuilding is used. The goal is not so much an improvement of sport performance capacity, but rather to achieve a physical "beauty" ideal. National, European, and world championships are held in bodybuilding in several weight classes with a compulsory and a free program; they are organized by the International Federation of Body Builders. Points are awarded for muscles, body structure, and poses. Bodybuilding, as a sport, is a subject of controversial discussion due to its show-elements, and also due to the static loads which are unphysiological and the nutritional substances taken to increase muscle size (such as anabolic steroids) which are proven to have negative side effects. (*H.Haag &G. Haag, Dictionary, 2003, 91 p.*)

**bodybuilding** the practice of developing the muscles of the body through weightlifting and diet (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**bodycheck** in ice-hockey the legal bumping into an opponent carrying the puck (push with arms held by the body with the use of shoulders, chest and hips, but not with the stick). The body check is legal within the entire playing field. However, only two short steps can be taken as a run-up towards the opponent. (*H.Haag &G. Haag, Dictionary, 2003, 88 p.*)

**bodycheck** in some sports, especially ice hockey or soccer, an illegal act of using the body to obstruct an opposing player ■ in some sports, especially ice hockey or soccer, to use the body to obstruct an opposing player illegally (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**body-check** a deliberate obstruction of an opposing player's movements that is a permitted part of the rules in the men's game. Body-checking does not form part of the women's game (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**body-check** same as check (icehoc.) (*Chambers. Sports Factf.,2005, 361p.*)

**bodylink** an interconnected set of devices that monitor your body during exercise, e.g. a heart-rate monitor, a timer and a mileometer (*Dict. of Sp. and Ex. Sc. 2006, 32 p.*)

**Bo-Dyn** the trademarked name for a type of sled, designed by NASCAR driver Geoff Bodine, used by the U. S. national team (bobsled.) [6]

**bogey** a score of one over the designated par for a hole. As a verb, to score a bogey. Sometimes spelled "bogie." (golf) [6]

**bogey** a score of one over par on a hole (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bogu** armour worn by a kendoka, consisting of the men, do, kote and tare (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**boiler plate** ice (freest.) [6]

**bokken** a wooden sword, originally used by samurai in place of a real sword during practice, now a weapon in its own right (mart.arts.) [6]

**bold** usually descriptive of a putt that's hit too hard and goes well beyond the hole, but it might be applied to any shot that carries too far or to a firmly hit approach shot to a pin that's well protected (golf) [6]

**bomb** to fail making a good lift in either or both of the two lifts, which results in no score. Also "bomb out." (weightl.) [6]

**bomb** a pass thrown deep downfield (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**bomb** a long pass thrown to a receiver sprinting down the field (f/b) [6]

**bombs** very large or heavy darts; also bombers (darts) [6]

**bonding** the formation of a close emotional tie between people, e.g. the establishment of a relationship between members of a team (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bone hypertrophy** an increase in bone mass as a result of activity, especially weight bearing activity (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bone mass** the concentration of fibres in bone. Also called **bone density** (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bone strength** the ability of bone to withstand pressure and shock without damage (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bones** the situation in which a shooter needs a double-1 to get down to zero (darts) [6]

**bonification** a time bonus given to riders in the Tour de France for achieving a place at the end of a stage or in incidental sprints (cycl.) [6]

**bonk** a state of exhaustion brought on by lack of food during a long stretch of riding (cycl.) [6]

**bonk** (*in snowboarding*) to strike or collide with something while riding a snowboard (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bonk** sudden fatigue during a race when body carbohydrate reserves are depleted (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**bonspiel** a tournament. probably from the dutch for "league game." (curl.) [6]

**bonspiel** a curling match (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**bonus** pins awarded for winning a game in certain kinds of match play (bowl.) [6]

**bonus free throw** an extra free throw awarded after the opposing team has exceeded a certain limit. In the National Basketball Association, the limit is five personal fouls per period. After that, a personal

foul results in two free throws for the opponent who was fouled. In college basketball, the limit is seven fouls per half, after which the opposing team shoots one-and-one free throws (b/b) [6]

**bonus situation** a team is said to be in the bonus situation when it's entitled to bonus free throws (b/b) [6]

**booby prize** a prize given as a joke to the person or team coming last in a competition (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**boogie board** same as bodyboard (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**book** (*in team sports*) to penalise a player for a serious offence and make a note of his or her name, o **yellow card, red card** (Note: When players are booked, the way in which they are penalised varies according to which sport they are playing and according to the severity of the action for which they were penalised. The punishment ranges from a simple warning to the player being permanently excluded from the game and possibly also banned from a number of future games.) (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**bookable** used for describing an offence in football for which a player may be booked or is likely to be booked (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**booking** an instance of a player having his name taken by the referee for a serious foul. As in soccer, yellow cards are used for bookings and red cards for sending's off (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**booking** the entry of a player's name in the referee's notebook, when a serious foul has been committed. A booking is signalled by the showing of a yellow card to the offending player. Two yellow cards result in a red card and a sending-off (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**bookmaker** an individual or company that sets odds and takes bets (equest.) (*Chambers. Sports Factf.,2005, 346p.*)

**boom** a beam to which the bottom edge of a sail is attached in order to hold the sail at an advantageous angle to the wind (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**boom** a pole that controls the position of a sail (sail.) (*Chambers. Sports Factf.,2005, 503p.*)

**boomerang** angled or slightly bent throwing object, which comes back to the thrower when properly thrown. The boomerang was the throwing weapon of the Australian aborigines. If it missed a target, it came back to them. Today the boomerang is a piece of sport equipment, with which competitions in distance throwing, exact catching, and number of successive catches are held. The flight characteristics of the boomerang (made of wood, plastic or glass fibre, sometimes with stabilizing led weights attached to the arms) are related to its plane convex or asymmetrical biconvex cross-section and the slight twist of the two arms in relation to each other. Velocities of up to 160 km/h and distances of up to 100 m can be reached with a boomerang. (*H.Haag &G. Haag, Dictionary, 2003, 93 p.*)

**boost** a move in which the swimmer rises rapidly out of the water, head first, bringing as much of the body as possible above the surface (synchr.swim.) [6]

**boost** to make something increase (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**boost** a rapid, headfirst rise out of the water in synchronized swimming where the swimmer aims to raise as much of her body as possible above the water surface (synchr.swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**boosters** alumni supporters of college teams (b/b) [6]

**boot** a device that holds the bow of a boat until the starting signal, when it drops below the water (row.) [6]

**bootie** a racing shoe for lugers that has a smooth, rounded bottom (luge) [6]

**bootleg** a deceptive play in which the quarterback simulates a handoff to a runner and runs in the opposite direction concealing the ball behind his hip before running or passing (Am.f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**bore** the diameter of the cylinder bore (autosp.) [6]

**borrow** to play a putt to the side of the hole in order to compensate for the slope or curve of the green (golf) [6]

**borrow** the allowance to be made for a slope on a **green** (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bos** same as bas (hurl.) (*Chambers. Sports Factf.,2005, 354p.*)

**Bosman ruling** a legal ruling in football that allows European players to transfer to another club in the European Union at the end of their contract, without restriction by their current club, named after Jean-Marc Bosman, a Belgian player who, in 1990, won a lawsuit against his club RFC Liege and the restrictions they placed on him (*Dict. of Sp. and Ex. Sc. 2006, 33 p.*)

**Bosman ruling** the result of a case won by the Belgian footballer Jean-Marc Bosman in 1995 which removed the limit on the number of foreign players any club within the European Union can field and which gave out-of-contract footballers the right to become free agents (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**bottom** the second part of an Inning, during which the home team bats, eg *Boston scored three runs in the bottom of the eighth* (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**bottom board** the lowest area of the front wall (racq.b.) [6]

**bottom position** in par terre, the wrestler who is on hands and knees is in the bottom position (wrest.) [6]

**bouldering** rock climbing that involves undertaking short and extremely difficult slopes (*Dict. of Leis., Trav. and Tour., 2008, 35p.*)

**bouldering** a discipline in which climbers attempt to overcome obstacles on a short route without the use of ropes, acquiring points for each obstacle negotiated (alp.) (*Chambers. Sports Factf.,2005, 425p.*)

**boule** collective term for a number of ball games which are similar to » boccia (Boule de Fort, Boules Lyonnaises, Jeu Provençal). Boule is played as boccia - with a positioning ball called the Cochonnet ("piglet") and playing balls, which are oval (and in Boules Lyonnaises have an off-center axis). Teams of two or four players compete against each other. The International Boules Federation (Federation Internationale des Boules) was founded 1983, and its head office is in Torino, Italy. (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**boules** an outdoor game of French origin, similar to bowls, traditionally played on open dusty ground with heavy metal balls that are tossed with a backhand action (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bounce** if a player bounces the ball, he bounces it from hand to ground and back to hand again. This is a way of a player retaining possession and gaining ground (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**bounce** the projection at the bottom of the back of a wedge (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bounce ball** indoor team gymnastics game similar to fistball. Two teams of two or four players each attempt to bounce a ball, i.e. hit it on the floor with the fist in such a manner that it flies across the bouncing block (beam, bench, rope, etc.), which is 35-40 cm high and stands on the center line of the 8 x 16 m playing field, into the opponent's playing field and cannot be returned legally by the opponent. A game lasts for 2 x 10 min. The rules are similar to those of fistball. The ball is hit with the fist and can only be touched three times in the own half of the playing field. Between the bounce hits the ball must have touched the ground. The bouncing block cannot be touched by the players or the ball. Each fault results in a point awarded to the opponent. Bounce ball has been played in Europe, since 1920, in the clubs of the gymnastics federations. (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**bounce pass** a pass thrown to a teammate on one bounce (b/b) [6]

**bounce pass** a pass where a player bounces the ball to the recipient (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**bounce pass, bounce shot** in handball and basketball a pass to a team mate where the ball hits the floor before being caught by the team mate; this technique is predominantly used to avoid interception by defending players. (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**bounce-out** when a dart hits the wire of the board and falls to the ground (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**bouncer** a fast delivery that bounces up high off the pitch to around shoulder height (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bouncing** **1.** technique of ball handling where the ball is hit to the ground with an open or closed hand, e.g. in basketball, handball, fistball, bounce ball, and in rhythmical callisthenics. **2.** fundamental activity in callisthenics: the body moves up and down; the movements are absorbed elastically and rhythmically in the joints and the body is extended again. The toes do not leave the ground completely. (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**boundary** an imaginary line that marks the limit of the golf course and defines the area of play. A ball hit beyond the boundary is out of bounds (golf) [6]

**boundary** the outer limit of the playing area of a cricket pitch (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**boundary** **1.** the outer limit of the playing area, usually marked by a rope or painted white line **2.** a hit by a batsman that reaches (a four) or clears (a six) the boundary (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**boundary line** one of the lines surrounding the pitch, beyond which the ball is out of bounds and the play is stopped (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**boundary line** the line surrounding the playing surface of the pitch beyond which the ball is out of play (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**bout** a boxing or wrestling match (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bout** a fencing fight for a specific number of hits, usually five touches in six minutes (fenc.) [6]

**bout** a match between two wrestlers, which is made up of two periods of three minutes each. A bout ends before the regulation time in the event of a fall, a technical fall, an injury default, or a disqualification. If the bout is tied or neither wrestler has three points after time expires, there is an overtime period (wrest.) [6]

**bout** a boxing contest (box.) (*Chambers. Sports Factf.,2005, 140p.*)

**bout** a contest between two fencers (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**bout** a judo contest (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**bout** a wrestling contest (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**bow** the front end of a canoe (canoe) [6]

**bow** the forward part of a boat (row.) [6]

**bow** **1.** sport equipment used in » archery. **2.** term for the foremost, pointed part of a boat. (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**bow** 1. the forepart of a boat 2. one side of the forepart of the boat (the **starboard** and **port** bows meet at the **stem**) (sail.) (*Chambers. Sports Factf.,2005, 503p.*)

**bow** 1. the front end of the boat 2. the rower who sits in the bow (also termed a bowman) (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**bowball** a round rubber protrusion attached to the bow of a shell for protection (row.) [6]

**Bowen therapy** a therapeutic technique that initiates healing and encourages emotional stability using manipulation of muscles and connective tissues (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bowker** a poor shot that bounds back into play after hitting a spectator, a tree, or some other unlikely helpful object (golf) [6]

**bowl** 1. (*in cricket*) to send a ball, usually overarm, to a batsman 2. (*in cricket*) to get a batsman out by bowling (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bowl game** a college football game played in late-December or early-January, after the regular season, between two successful teams (f/b) [6]

**bowled** when a ball bowled by the bowler strikes the stumps and dislodges the bails, and the batsman is thus out (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bowler** 1. (*in cricket*) a player who bowls the ball 2. someone who plays bowls (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bowler** a player who projects the ball overarm from the stumps at one end towards the stumps at the other in an attempt to get the batsman out (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bowl-in** same as throw-in (polo) (*Chambers. Sports Factf.,2005, 446p.*)

**bowling** 1. same as **ten-pin bowling** 2. a game played by rolling a ball so that it either hits pins, as in tenpin bowling, or moves close to another ball, as in bowls 3. (*In cricket*) the action of launching the ball at a batsman (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bowling** see skittles (*H.Haag &G. Haag, Dictionary, 2003, 94 p.*)

**bowling crease** a horizontal line marked at each end of the pitch, indicating from where the bowler should bowl and on which the stumps are placed (compare popping crease) (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bowls** a game in which heavy wooden balls are rolled on a flat surface towards a smaller target ball (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bowls** English ball game which is similar to » boule and » boccia in regard to the idea of the game (getting close to a target ball with the playing balls) and scoring. Bowls is played in two variants: 1. as a flat lawn game on a level, usually square lawn area with a side length of 40-44 yards, which is divided into lanes. The target ball (J<sup>ac</sup>k) has a diameter of 6.5 cm, the playing balls of maximally 13.3

cm (weight 1.37-1.58 kg); 2. in Crown Green Bowls the playing field (30-60 m side length) is not divided in lanes, but elevated slightly up to the center of the field (up to 30 cm); the target ball (puck) has a weight of 567-652 g; the dimensions of the playing balls are not standardized. The game can be played in all directions on the playing field. The characteristic element of both versions of the game is that the playing balls (in Crown Green Bowls also the target ball) have an eccentric mass distribution and therefore always follow a crooked path. Bowls is played in teams of one to four players. Bowls was popular in England as early as the 13<sup>th</sup> century. The rules originated in the 19th century and still largely apply today. Bowls is organized by the International Bowls Board (IBB; founded in 1905) and is played today predominantly in Great Britain, Australia, New Zealand, South Africa, and the USA. (*H.Haag &G. Haag, Dictionary, 2003, 95 p.*)

**bowman** the oarsman who sits nearest the bow (row.) [6]

**bowside** the left side of the shell, from the point of view of the oarsmen, who face the stern. By extension, the oarsmen whose oars are in the water on that side (row.) [6]

**bowside** the left-hand side of the boat -from the rowers' point of view. The bowman's oar is on this side; compare strokeside (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**bowsight** a sighting device attached to the bow to help the archer aim the central spot of the target (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**box** 1.a defensive formation, when a team is short-handed, in which the four remaining skaters form a square. 2. the penalty box (icehok.) [6]

**box** the transmission (autosp.) [6]

**box** a hollowed out section of the kufens that holds the gummies and bridge legs (luge) [6]

**box** the support in which an athlete plants the base of his or her pole when vaulting (*Chambers. Sports Factf.,2005, 49p.*)

**box** a frame (bowl.) [6]

**box** 1. a relatively private enclosed area at a sports venue that contains the best and most luxurious seats 2. in many sports, a marked-off part of the playing area used for a special purpose, or subject to special rules 3. (*in football*) the penalty area (*informal*) 4. a protective plastic covering for a sportsman's genitals, worn especially in cricket ■ to fight using the techniques of boxing, or fight someone in a boxing match (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**box** gymnastics equipment introduced by Per Henrik Ling (\*1776, 11839) to Swedish gymnastics and by Hugo Rothstein (\*1810, \*T865) to German gymnastics. The box consists of several frame pieces which can be stacked on top of each other and thereby vary the height. The top piece is cushioned and covered with leather. The box is used for preparation for jumping across the vault and for training jumping strength. Due to its design the many parts of the box can be used in physical education for various purposes, e.g. for setting up obstacles in an obstacle course or as goals for various ball games. (*H.Haag &G. Haag, Dictionary, 2003, 95 p.*)

**box** a hard plastic form of protection for the genitals, worn inside the trousers by batsmen and wicketkeepers (and sometimes close fielders) (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**box** short for **penalty box** (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**box in** if an athlete is boxed in, he or she is trapped by other competitors against the inside of the track and is unable to move out to overtake (athl.) (*Chambers. Sports Factf.,2005, 49p.*)

**box kick** a high kick, usually by the **scrum-half**, into the area (the box) behind the **scrum** or *line-out* (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**box out** to position oneself between the basket and an opposing player in order to get a rebound. Also block out (b/b) [6]

**box out** to position oneself between an opponent and the basket in order to establish a good position to catch a rebound (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**box** the support in which an athlete plants the base of his or her pole when vaulting (athl.) [6]

**box-and-chaser** a type of defense in which four players form a box, with two of them on each side of the free throw line, while the fifth is initially stationed near the top of the key and chases the ball as the opposition moves it around (b/b) [6]

**box-and-one** a defense in which four players form a box, with two of them on each side of the free throw line, and the fifth covers an opponent one on one (b/b) [6]

**boxing** the sport of fighting with the fists with padded gloves, with the aim of knocking out the opposing boxer, or inflicting enough punishment to cause the other boxer to retire or be judged defeated (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**boxing** combat sport practiced in a ring by two men or women according to fixed rules. The two athletes fight with fists protected by bandages and padded gloves under the supervision of a referee. (*H.Haag &G. Haag, Dictionary, 2003, 95 p.*)

**boxing out** a player's attempt to position his body between his opponents and the basket to get rebounds and prevent the opponents from doing so (b/b) [6]

**boxing ring** a square raised platform with roped-in sides, used as the fighting arena in boxing matches. Each fighter has a designated corner diagonally opposite the other (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**BPM** *abbrev.* beats per minute (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**brace** a recovery stroke used to prevent the canoe from capsizing (canoe) (*Chambers. Sports Factf.,2005, 151p.*)

**bracing** bending the bow to place the string in the notches (arch.) [6]

**bracing** 1. the act of fitting a brace to support some part of the body after injury, 2. the act of stiffening the major muscles to balance or stabilise oneself (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**bracket** a half-turn that takes the skater from one edge to the opposite edge of the blade (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**bracketed morality** an outlook during a sporting competition in which the *usual morals of everyday* life are suspended (*Dict. of Sp. and Ex. Sc. 2006, 34 p.*)

**brain bucket** a protective helmet worn when engaging in sports such as climbing or motorcycling (*slang*) (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**brake fade** loss of braking effectiveness, usually caused by overheating (autosp.) [6]

**Brakeman** the person in the last seat of a sled, who applies the brakes when a run has ended (bobsled.) [6]

**braking straight or braking stretch** a long, straight section of the track, after the finish line, where the brakes are applied to slow the sled (bobsled.) [6]

**braking zone** the area of track preceding a corner in which drivers apply the brakes (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**brassie** obsolete name for a 2 wood, because it originally had a brass sole plate (golf) [6]

**brassie** an old-fashioned name for a 2-wood, so called because it had a brass **sole** (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bravura** great skill that is shown when something is done in an exciting or innovative way (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**brawn** muscular strength (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**brawny** muscular and strong-looking (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**break** 1.to make less than a particular score, as in breaking par, breaking 90, breaking 100, etc.; 2.the direction in which the ball will roll because of the green's slope (golf) [6]

**break** a frame in which a series of strikes ends (bowl.) [6]

**break** see fast break (b/b) [6]

**break** when an athlete breaks, he or she moves from their lane towards the inside of the track – permitted after the first bend of the 800m and after the first bend of the second leg of the 4x400m relay (*Chambers. Sports Factf.,2005, 49p.*)

**break** a short space of time when you can rest (*Dict. of Leis., Trav. and Tour., 2008, 37p.*)

**break** the section on a three-point hydroplane where the afterplane meets the forward part of the hull bottom (wat.motorsp.) [6]

**break** to win a game as receiver; as a noun, a synonym for service break (ten.) [6]

**break** **1.** to damage a hard body part such as a bone, or sustain such a break **2.** (in *tennis*) to win a game in which die other player is serving **3.** (in *cricket*) to change direction after bouncing **4.** (in *cricket*) to hit and knock over a bail from the wicket **5.** to separate after being in a boxing or wrestling clinch **6.** to increase speed suddenly in a race **7.** same as counterattack ■ *noun* (in *tennis*) the winning of a game in which the other player is serving (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**break** **1.** in tennis the winning of a game in which the opponent is serving. **2.** in the ice-hockey the sudden, forceful breaking through the opponent's defensive line. **3.** in boxing the command for breaking up issued by the ring judge when the opponents are in a clench. (*H.Haag &G. Haag, Dictionary, 2003, 98 p.*)

**break** **1.** a consecutive series of pots, eg *it looks like his break is about to come to an end* **2.** the score made at the end of such a series of pots, eg *a break of seventeen; a century break* **3.** same as **break-off** (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**break** a turn in which more than one point is scored in consecutive scoring shots (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**break** same as borrow (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**break** the first shot of a game (pool) (*Chambers. Sports Factf.,2005, 450p.*)

**break** to win a game in which one's opponent was serving (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**break back** to win a game as receiver immediately after having suffered a service break (ten.) [6]

**break beck** to win one's opponent's **service game** immediately after losing one's own service game (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**break callisthenics** callisthenics exercises during breaks at the workplace, which serve predominantly regenerative purposes. Break callisthenics can be practiced individually (Yoga exercises, autogenous training) or as » break sport in groups. (*H.Haag &G. Haag, Dictionary, 2003, 98 p.*)

**break cue** a cue with a hard tip that is used specifically for breaking (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**break down** (v.) to flatten an opponent to the mat on his stomach or side when the opponent starts from the bottom position (wrest.) [6]

**break ground** to step back (fenc.) [6]

**break point** a point which will result in a service break if it's won by the receiver (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**break point** in tennis, a point that, if won, results in the player who is not serving winning the game (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**break point** an opportunity to win one's opponent's service game if the next point is won, eg *he has two break points for a 4-2 lead* (ten.) [6]

**break sport** extracurricular sport activity during intermissions between instructional periods at school, in some cases using equipment on the school yard specifically designed for this purpose. The realization of these activities is often made difficult due to legal considerations regarding the increased risk of injury and inadequate supervision. Break sport is also practiced in groups (as teams sport games, common callisthenics, etc.) during breaks at the workplace. (*H.Haag &G. Haag, Dictionary, 2003, 98 p.*)

**break the throw** to win a leg of darts in which your opponent threw first (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**break** a chance to start a rush when the opposing forwards are caught out of position (icehok.) [6]

**break** see fast break (b/b) [6]

**break** when a team quickly advances the ball down the field in an attempt to get its players near the opponent's goal before the defenders have a chance to retreat; also called an advantage (f/b) [6]

**break** when an athlete breaks, he or she moves from their lane towards the inside of the track – permitted after the first bend of the 800m and after the first bend of the second leg of the 4x400m relay (athl.) [6]

**break, breakaway** a rider or group of riders that has ridden away from a larger group or the **peloton** (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**breakaway** a scoring opportunity on which a skater with the puck is behind the opposing defensemen and faces only the goaltender (icehok.) [6]

**breakaway** see flanker (rugby) [6]

**break-away** the action of a rider or group of riders that launches an attack and leaves the main group behind (cycl.) [6]

**breakaway** a fast break in which an attacker with the puck skates in alone on the goalie, having gotten past or clear of the defensemen, trapping the opponents behind the play (icehok.) [6]

**breakaway** when an attacker with the ball approaches the goal undefended; this exciting play pits a sole attacker against the goalkeeper in a one-on-one showdown (f/b) [6]

**breakdown** the act of getting an opponent to the mat on his stomach or side (wrest.) [6]

**breakdown** the termination of a run, causing a competition for the ball, usually following a **tackle** (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**breakdown:** a move in which the top wrestler flattens an opponent to the mat on the opponent's stomach or side when the opponent is in the bottom position (wrest.) [6]

**break-fall** a technique that lessens the impact of a fall (mart.arts.) [6]

**breaking away** shaking off rival competitors (runners, bicyclists, etc.) through greater speed or skilled tactical behaviour. (*H.Haag &G. Haag, Dictionary, 2003, 99 p.*)

**breaking ball** any pitch that swerves or changes direction in flight, such as a **curveball** or **slider** (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**breaking pass** a pass to a teammate who is trying for a breakaway (icehok.) [6]

**breaking point** the point at which someone loses the ability to deal physically, psychologically or emotionally with a stressful situation (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**break-off** the first shot of a frame, when the cue ball is hit from the D to break the formation of reds (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**breakout** a method of moving the puck out of the defensive zone and beginning an attack (icehok.) [6]

**breakstroke** swimming technique where the swimmer lies in the water in i in as possible with shoulders parallel to the water surface. The following elements characterize this technique: **1.** arm movement: in the short gliding phase the arms lie straight and are pointed forward. The pull phase starts with both hands simultaneously and symmetrically in downward-outward direction, as soon as the propulsion decreases. In the subsequent push phase upper arm and elbow can only be taken back as far as the shoulder axis. The arms are then extended forward. **2.** leg movement: drawing up of the feet, bending and opening of the knees, kicking the shank in a semi-circle, bringing together and extending the legs. **3.** breathing: inhaling occurs during the arm's push phase, exhaling through mouth and nose under water while the arms are brought forward. **4.** movement coordination: pull phase of the arms, push phase of the arms and drawing up of the legs, leg kick and forward movement of the arms, short gliding phase. **5.** start: following the start jump from the starting block (» swimming start) only one arm pull and one leg kick are permitted under water (» underwater stroke). **6.** turn: the touch during the turn is performed with both hands and with a horizontal shoulder axis. Following the twist (high or low turn) the swimmer performs a strong push-off which leads to an underwater stroke. At the beginning of the second arm pull a part of the swimmer's head must be at the water surface. Due to the fact that the strength reserves can be well controlled, breaststroke is the most commonly used stroke in swimming. Breaststroke is the oldest but also the slowest of today's four competitive swimming strokes (» swimming competitions). (*H.Haag &G. Haag, Dictionary, 2003, 99 p.*)

**breakthrough** 1. in team games the moving of attacking players through the defensive block of the opponent. 2. in combat sports (boxing, fencing, etc.) the breaking of the opponent's defense. 3. in tennis a » break. (*H.Haag &G. Haag, Dictionary, 2003, 99 p.*)

**breaststroke** a swimming stroke in which both arms are extended and pulled back together in a circular motion while both legs are thrust out and pulled back together (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**breathing** same as **respiration** (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**breathing exercises** activities that emphasize proper breath control and increase the strength and endurance of ventilator muscles for individuals with pulmonary deficiencies. Also called diaphragmatic breathing (*Dict. of sp. and Ex. Sc. 1991, 22 p.*)

**breathing exercises, respiratory callisthenics** from of callisthenic exercises which focus on improvement of the performance capacity of heart and lungs (» organ callisthenics). Exercises for inhalation (e.g. swinging the arms in a circle backwards) and for exhalation alternate (e.g. letting oneself fall into a low squat position). (*H.Haag &G. Haag, Dictionary, 2003, 99 p.*)

**breathless** finding it difficult to breathe enough air, e.g. after exertion (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**breeches** tight-fitting trousers that don't cover the entire leg, worn for riding (equest.) [6]

**brewery** a place where beer is made (*Dict. of Leis., Trav. and Tour., 2008, 37p.*)

**brewpub** a restaurant or bar where the beer is made on the premises (*Dict. of Leis., Trav. and Tour., 2008, 37p.*)

**brick** a poor shot, usually thrown on a low trajectory, that bounces hard off the rim or backboard (b/b) [6]

**brick** an inaccurate and poorly thrown shot (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**bricked** said of a player who fails to hit a single mark in a round of cricket (crick.) [6]

**brickyard** the Indianapolis Motor Speedway (autosp.) [6]

**Brickyard** the name given to the Indianapolis circuit; so called because of the 3.2 million bricks laid in 1909. They are now covered with asphalt, except for the symbolic yard-wide strip left at the start/finish line (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**bridge** a section of the sled that connects the kufens and carries the pod. Each sled has a front bridge and a rear bridge (luge) [6]

**bridge** an arched position adopted by a wrestler, with his back above the mat, usually to avoid being pinned but sometimes as an offensive move (wrest.) [6]

**bridge** to move from one group of riders to another group that's farther ahead (cycl.) [6]

**bridge** **1.** the top part of the nose where it joins the forehead **2.** an artificial tooth or set of teeth that is held in place by being joined to natural teeth **3.** a part joining two or more other parts (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**bridge** **1.** in rowing the wooden part of the air box cover between the crew room and the cover. **2.** in callisthenics an exercise for stretching the back and neck muscles, performed as a handstand, headstand or underarm bridge, depending on which body segments, apart from the feet, support the body which is bent backwards. **3.** in floor gymnastics a holding element, where the body is bent backwards and is only supported by hand and feet. (*H.Haag &G. Haag, Dictionary, 2003, 100 p.*)

**bridge** **1.** the support for the cue made by the player placing his fingers on the table and raising his thumb **2.** a metal support performing a similar function at one end of a **rest** (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**bridge** an arched position adopted by a wrestler, with his back facing the mat, in order to avoid a fall (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**bridge** if a rider bridges, he or she catches up with a **break** (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**bridge** the position of the body with an arched back position (gymn.) (*Chambers. Sports Factf.,2005, 310p.*)

**bridge** the arched position a wrestler adopts, with his back facing the mat, supporting himself on his head, elbows and feet, to avoid having his shoulders touch the mat (wrest.) [6]

**bridge bolts** bolts that pass through the boxes to hold the bridges to the kufens (luge) [6]

**bridge out** an escape move in which a wrestler rolls from a bridge onto the stomach (wrest.) [6]

**bridge out** if a wrestler bridges out from an opponent's move, he escapes by rolling from a **bridge** onto his stomach (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**bridle** a harness of leather straps that fits around the horse's head and holds the bit (equest.) [6]

**bridle** the Y-shaped portion of the tow-rope that attaches to the tow handle (w.ski) [6]

**brisk** done quickly and energetically (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**brisket** beef from the breast of an animal (*Dict. of Leis., Trav. and Tour., 2008, 38p.*)

**briskly** in a quick and energetic manner (*Dict. of Sp. and Ex. Sc. 2006, 35 p.*)

**British Mountaineering Council** a British organisation which protects the interests of climbers, hill walkers and mountaineers. *Abbrev. BMC* (*Dict. of Leis., Trav. and Tour., 2008, 38p.*)

**broach** a dangerous situation in which a canoe is caught against an obstruction and turned sideways by the current (canoe) [6]

**broadhead** a sharpened steel point used in bow hunting (arch.) [6]

**broken time** a pause in an action that's normally performed in one movement (fenc.) [6]

**bronze medal** a medal that is awarded to a person who is placed third in a competition, especially a sporting event (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bronze medal** » medal generally awarded for a third place ranking. (*H.Haag &G. Haag, Dictionary, 2003, 100 p.*)

**Brooklyn hit** a hit on the wrong side of the headpin; i.e, the left side for a right-handed bowler, the right side for a lefty (bowl.) [6]

**Brooklyn strike** a strike that results from a Brooklyn hit (bowl.) [6]

**broom** an instrument used to sweep the ice ahead of the stone (curl.) [6]

**broom** the instrument used for sweeping the ice ahead of the stone. It is made of horsehair or synthetic fibres (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**broom ball** a ball with so much action that it seems to sweep the pins away (bowl.) [6]

**broom wagon** (voiture balai in French); the support vehicle that picks up riders who abandon, or fall too far behind in, a stage race (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**broomball** (*in Canada*) a game similar to ice-hockey played without skates, using brooms adapted to the game and a large ball instead of a puck (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**broomhandle putter** a type of putter with a much longer than normal shaft; the top of the shaft is held in one hand, at chest height, and the other hand, which is the only one that moves during the stroke, holds the club at waist height (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bruised** painful after a blow and showing the presence of blood under the skin (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bruised ribs** a deep bruise over the ribs, usually caused by a heavy blow as during contact sports (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**brush up** to refresh or renew knowledge of or skill in something (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**brut** a French adjective meaning dry (*Dict. of Leis., Trav. and Tour., 2008, 38p.*)

**brutality** an exclusion foul called for very rough play, such as punching or kicking an opponent or official (w.polo) [6]

**bubble** the last position on the starting while qualifying is going on; the driver in that position is said to be "on the bubble." (autosp.) [6]

**bucket** a diamond-shaped, four-pin cluster, e.g., the 2-4-5-8 or 1-2-3-5 (bowl.) [6]

**bucket** another name for the basket or a field goal (b/b) [6]

**bucket of nails** when all three darts land in the 1s (darts) [6]

**bucket rig** an arrangement on an eight or a four so that Riggers 2 and 3 are on the same side of the boat (row.) [6]

**bucket** the basket, or a basket (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**buckshot** when the three darts in a throw are scattered over the board (darts) [6]

**budo, martial arts** (in Japanese bu = knight and do = path or basis) general term for all Japanese martial arts with value-forming mental and educational contents. This includes » aikido, »judo, »jujutsu, » karate, » kendo, » kyudo, also the Korean » taekwon-do. Common external characteristics of all types of budo are the use of Japanese language in competitions (except in taekwon-do which is Korean), the competitors' clothing, and the belt colour of master (» Dan) and student (» Kyu) degrees. A more important aspect is the common ethical and philosophical basis: the "Do" of Zen philosophy, the path toward physical and mental control of one's self. The intention of budo martial arts is to follow this path which leads to psychological maturity. (*H.Haag &G. Haag, Dictionary, 2003, 100 p.*)

**buff** US physically fit and strong, especially through exercise and a controlled diet (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**buff up** US to become or make yourself physically fit and strong through exercise and diet (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**build** the general size and shape of a person's body (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bujutsu** fighting arts of Japan's ancient warrior class (mart.arts.) [6]

**bulger** an obsolete, pear-shaped wooden club with a convex face (golf) [6]

**bulimia** eating disorder characterized by frequent abnormal and constant craving for food, manifested as binge eating with intervals of dieting, self-starvation, or purging (vomiting) (*Dict. of sp. and Ex. Sc. 1991, 22p.*)

**bulk up** to visibly increase muscle mass through exercise (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bull** short for bulls eye (darts) [6]

**bull and cork** the center of the bull (darts) [6]

**bull out** to win a game with a double bull four balls is automatically awarded first base (baseb.) [6]

**bull pen** **1.** the part of a baseball ground where pitchers warm up **2.** a team's relief pitchers collectively (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**bull ring** an oval track of a half-mile or less (autosp.) [6]

**bull('s eye)** the centre circle of the target, worth ten points (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**bull('s eye)** the small red circle at the centre of a dartboard; worth 50 points (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**bull('s eye)** the central spot of the target (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**bullet** a fast, accurate pass (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**bullseye** the centermost area of the board, made up of the single bull and double bull (arch.) [6]

**bulls-eye** the gold center circle on a target (arch.) [6]

**bullseye** the centre of a target in a sport such as archery, which usually carries the highest score (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bully** a method of starting or re-starting play, similar to the face-off in ice hockey. The referee places the ball on the ground between two opposing players. They tap the flat sides of their sticks together three times and then go for the ball (hock.) [6]

**bully** in hockey games (field hockey, indoor hockey, ice-hockey, inline hockey) bringing the ball or puck (back) into the game by the referee. One player from each team stands near the referee; all others must be at least 3 m (in ice-hockey 4.55 m) away from the ball (puck). (*H.Haag &G. Haag, Dictionary, 2003, 100 p.*)

**bully-off** formerly, a way of starting a hockey match in which two opposing players hit sticks over the ball before each tries to hit it first (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bully-off** the term used to describe a way of restarting the game after play has been stopped for an injury; also formerly to start the game and restart it after each goal. One player from each team hits the ground and the opponent's stick once above the ball, before attempting to be the first to strike the ball lying between them (hock.) (*Chambers. Sports Factf.,2005, 322p.*)

**bump** a mogul (freest.) [6]

**bump and run** same as chip and run (golf) [6]

**bump and run** an **approach shot** played so that the ball runs a long distance after landing (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bump-and-run** a technique used by pass defenders, where they hit a receiver once within 5 yards (1 yard in college) of the line of scrimmage to slow him down, and then follow him to prevent him from catching a pass (f/b) [6]

**bumper** same as bouncer (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bumper race** a National Hunt flat race for horses that have not yet competed in flat racing or over National Hunt jumps (equest.) (*Chambers. Sports Factf.,2005, 346p.*)

**bumpers** fins on the front and back of a sled; they're used by crew members when they're loading (bobsled.) [5]

**bunch** same as peloton (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**bunch sprint** a sprint for the line involving the bunch at the end of a road race or stage (cycl.) (*Chambers. Sports Factf.,2005, 203p.*)

**Bundesliga** the German professional soccer league (f/b) [6]

**bung** an illicit fee paid to a football player, manager or agent to facilitate a player transfer (*slang*) (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bungee** an elastic strap with a hook at each end, used e.g. for attaching luggage onto a trolley or onto the back of a bicycle (*Dict. of Leis., Trav. and Tour., 2008, 39p.*)

**bungee jumping** a sport in which a person dives from a high place using an *elastic cord tied to the ankles* as a restraint (*Dict. of Sp. and Ex. Sc. 2006, 36 p.*)

**bungee-jumping** a sport which consist of jumping from a high point such as a bridge, when attached by your ankles to a long elastic cable, so that instead of hitting the ground, you bounce up into the air (*Dict. of Leis., Trav. and Tour., 2008, 39p.*)

**bunk beds** two beds, one above the other, usually used for children in hotels (*Dict. of Leis., Trav. and Tour., 2008, 40p.*)

**bunker** a hazard consisting of an area of bare ground, often a depression, usually covered or filled with sand (golf) (*Chambers. Sports Factf.,2005, 289p.*)

**bunker** a hazard consisting of a sand-filled hollow (golf) [6]

**bunks** same as bumpers (bobsled.) [6]

**bunny** a goal scored on a hard shot close to the goalkeeper's head. Also called a donut (w.polo) [6]

**bunny** a very easy, uncontested shot (b/b) [6]

**bunny** same as rabbit (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**bunny slope** a gently sloping hill for beginning skiers (ski.) [6]

**bunny-hop** jumping the bike over an obstacle without dismounting (cycl.) [6]

**bunsen** rhyming slang (Bunsen burner = turner) for a wicket on which the ball spins a long way after pitching (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**bunt** to hit a shot intentionally short (golf) [6]

**bunt** to block the ball with the bat so that it travels only a short distance, usually done as a tactical move to allow a baserunner to advance (baseb.) (*Chambers. Sports Factf.,2005, 84p.*)

**buoy** floating object made of sheet steel, plastic, wood, or cork which is anchored with a chain to a weight on the ground (usually a concrete block). Buoys include marks (large buoys), lighted buoys, howling buoys (in case of fog). Buoys are used in various water sports for marking a course (e.g. marks which must be rounded in sailing). Knowledge about buoys is an integral component of the training and examination for licenses in some water sports. (*H.Haag &G. Haag, Dictionary, 2003, 100 p.*)

**buoyancy** the force acting perpendicular to the direction of flow or in the opposite direction of gravity upon an object which is subjected to a flow of a fluid or a gas around it. In sport buoyancy plays an important role especially in water sports and aeronautic sport, but also in ski jumping and in track and field (javelin and discus throw). In swimming the utilization of buoyancy is specifically taught in beginner's classes in order to achieve a horizontal body position in the water. Various additional buoyancy aids such as belts and cork boards are also used. The amount of buoyancy depends on the characteristics of the flowing medium (e.g. salt concentration and flow of the water, wind force and direction). In the Dead Sea, e.g. buoyancy is high enough (25% salt concentration) to make resting on the water without any movement possible. Buoyancy in water or air represents a primary movement experience for the human being. (*H.Haag &G. Haag, Dictionary, 2003, 101 p.*)

**burn** scottish for a creek or stream (golf) [6]

**burn out** to set a very fast pace (sp.skate.) [6]

**burned stone** a stone that must be removed from play because it has been touched by a curler (curl.) [6]

**burner** a pin that remains standing after an apparently perfect hit (bowl.) [5]

**burnout** process where sport performance capacity is successively and permanently lost due to overtraining. Mental overtraining can also amplify the tendency toward burnout, since an athlete practicing sport under high performance demands needs to be regarded as a psycho-physical unit. Optimal periodization of training and competition can prevent burn-out. (*H.Haag &G. Haag, Dictionary, 2003, 101 p.*)

**burnout** the process of spinning the rear tyres in water to heat and clean them prior to a run to gain better traction. Competitors perform a burnout before every run (auto sp.) (*Chambers. Sports Factf.,2005, 219p.*)

**burst** movement skill serving the purpose of acceleration. In sport disciplines where the aim is minimizing time, a burst of speed plays an important role in the start, in reacting to passing manoeuvres, and in the sprint. In track and field sprinting ability, i.e. the ability of the runner to reach a high velocity in a short time is required to achieve a burst of speed. (*H.Haag &G. Haag, Dictionary, 2003, 101 p.*)

**bury** to sink a shot cleanly, as in, "She really buried that jumper." (b/b) [6]

**bus lane** a part of a road where only buses may drive (*Dict. of Leis., Trav. and Tour., 2008, 41p.*)

**bushido** the code of ethics practiced by the bushi and samurai class in ancient Japan; the Japanese for "way of the warrior." (mart.arts.) [6]

**business card** a card showing the name of a businessperson and the name and address of the company he or she works for (*Dict. of Leis., Trav. and Tour., 2008, 40p.*)

**bust** to exceed the required score (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**busted** having scored too many points when trying to finish an 01 game (sp.g.) [6]

**bustle** a hydrodynamic shape attached to the chine that increases the area available for buoyancy (wat.motorsp.) [6]

**butt** the top end of the hockey stick (icehok.) [6]

**butt** the thicker end of the cue (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**butt** a mound of earth behind a target (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**butt-ending** poking an opponent with the butt of the stick, which normally incurs a minor penalty (icehok.) [6]

**butt-ending** a major penalty which occurs when a player jabs an opponent with the shaft of his hockey stick (icehok.) [5]

**butterfly** **1.** in floor gymnastics, roller and figure skating term for a split jump with preliminary arm movement, where the upper body lies horizontally in the air. The butterfly is in a sense a horizontal cartwheel in the air. **2.** » butterfly swimming. (*H.Haag &G. Haag, Dictionary, 2003, 101 p.*)

**butterfly swimming** competitive swimming stroke where the swimmer lies flat in the water with parallel horizontal shoulders and the pelvis near to the water surface (dolphin swimming). **1.** arm movement: both arms are brought simultaneously forward above water (in the swing phase) and pulled backwards again under water (in the push phase). **2.** leg movement: legs and feet move simultaneously up and down, similar to the movement of a swinging dolphin tail. The leg movement is initiated by the downward movement of the pelvis. The upward kick (straight legs is slower than the downward kick. **3.** breathing: the swimmer inhales from the push until the beginning of the swing phase, followed by exhaling under water through the nose and water. **4.** total movement: two leg kicks are performed during one arm pull. The first leg kick begins immediately following the water entry of the arms, the second occurs during the arm pull phase. **5.** start: following the start dive the swimmer can perform several leg kicks and one arm pull under the water surface. **6.** turn: during the turn and at the end of a race the swimmer has to touch the pool's edge with both hands and with horizontal shoulder position. Butterfly swimming emerged from breaststroke (same leg kick) around 1935. In 1953 the technique of butterfly swimming was officially separated from breaststroke. (*H.Haag &G. Haag, Dictionary, 2003, 101 p.*)

**button** a soft covering over the point of a foil or epee (fenc.) [6]

**button** see **tee** (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**button** a collar on the shaft of the oar that keeps it from slipping through the oarlock. It can be adjusted up or down to increase or decrease the rower's leverage (row.) [6]

**button** a plastic or metal fitting tightened on the oar to keep it from slipping through the **rowlock** (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**button** same as **tee** (curl.) [6]

**button** the soft covering over the point of a foil or épée that is used when practicing (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**buy the farm** to die in an accident (autosp.) [6]

**buzzard** a score of two strokes over the designated par for a hole; a takeoff on eagle (golf) [6]

**buzzard** three consecutive open frames. Compare turkey (bowl.) [6]

**buzzer beater** a shot that's made just before the buzzer sounds to signal the end of a period (b/b) [6]

**bye** in match-play tournaments, a free pass to the next round without having to compete (golf) [6]

**bye** the right to advance to the next round of a tournament without playing a match. Top-seeded players are often given byes in the first round. See seed (ten.) [6]

**bye** **1.** decision reached by a draw that an athlete (or a team) reaches the next round of a competition without having to compete. **2.** reaching the second round of a tournament in racquet games without having to compete against an opponent (e.g. in badminton, tennis, ping pong); this situation occurs when the number of competitors is less than 64, 32, 16, 8 or 4, i.e. when the pairs cannot be drawn in such a manner that the number of players left after the first round can be divided by 4. An example: of 14 participants in the first round of a tournament 2 players get a bye, 12 players compete against each other, leaving 6 winners. The winners advance with the 2 players who had a bye to the second round (= 8 players). Usually, seeded players are awarded a bye in the first round (» seeding). (*H.Haag &G. Haag, Dictionary, 2003, 102 p.*)

**bye** **1.** the right to proceed to the next round of a competition without contesting the present round, often through nonappearance of an opponent **2.** (*in golf*) an informal match contested over remaining holes, once the main competition is over **3.** (*in cricket*) a run scored off a ball that has not been hit by a batsman, awarded to the team as a whole rather than to an individual batsman ((*Dict. of Sp. and Ex. Sc. 2006, 37 p.*)

**bye** an **extra** awarded when the batsmen complete a run after the ball has not made contact with the bat or body (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**bye holes** the holes that remain unplayed because a match has been decided. For example, if a player is ahead by five holes with only four left to play, those four holes are not played (golf) [6]

**bypass** a road which goes round a town (*Dict. of Leis., Trav. and Tour., 2008, 42p.*)

## C

**C-1** designation for a one-person Canadian canoe (canoe) [6]

**C-1, C-2, C-4** one-, two- or four-person Canadian canoe (canoe) [6]

**C-2** designation for a two-person Canadian canoe (canoe) [6]

**C-4** designation for a four-person Canadian canoe (canoe) [6]

**cabbage** deep, thick rough (golf sl.) [6]

**cable car** **1.** a vehicle which goes up a mountain, hanging on a wire cable **2.US** (*in San Francisco*) a type of tram which is pulled by a metal cable set in a channel in the road (*Dict. of Leis., Trav. and Tour., 2008, 43p.*)

**cable crossovers** an exercise using a machine with resistant cables that are pulled forward and crossed over the chest (*Dict. of Sp. and Ex. Sc. 2006, 38 p.*)

**cable rower** a rowing machine with resistant cables that are pulled, recreating the sensation of pulling oars (*Dict. of Sp. and Ex. Sc. 2006, 38 p.*)

**cab-over** a boat in which the driver sits in front of the engine. Such a boat usually has a pickle-fork bow (*wat.motorsp.*) [6]

**caddie** a person who carries a player's clubs and may assist with advice, in accordance with the rules. Sometimes spelled "caddy." (golf) [6]

**caddie** someone who assists a golfer during a round, by carrying the clubs and advising on choice of club (golf) [6]

**caddie master** a golf course employee who's in charge of the caddies (golf) [6]

**cadence** pedaling rate, in revolutions per minute of one of the cyclist's feet (cycl.) [6]

**cadence** the rate at which a rider is pedaling - generally between 90 and 130rpm for a competitive cyclist (cycl.) [6]

**cadence** the beat at which the oarsmen are rowing. With coxed crews, the coxswain often raps out the cadence to keep the oarsmen pulling together (row.) [6]

**cadence** the rhythm of a sequence of movements (fenc.) [6]

**cadence** the beat or measure of something that follows a set rhythm, e.g. in dance or when setting the number of strokes per minute to be achieved by a rowing crew (*Dict. of Sp. and Ex. Sc. 2006, 38 p.*)

**cadence action** a sequence of identical movements performed by all team members, individually and in rapid succession (synchr.swim.) [6]

**cadre** **1.** term for a collective of athletes based on their competitive performance. **2.** part of the playing field in carambol billiards (» billiards). (*H.Haag &G. Haag, Dictionary, 2003, 102 p.*)

**caecal slap syndrome** a condition, suffered by long-distance runners, in which part of the intestine rubs against the abdominal muscles, causing pain and internal bleeding (*Dict. of Sp. and Ex. Sc. 2006, 38 p.*)

**cage** **1.** (*in athletics*) a wire-mesh structure used to enclose the area from which the discus and hammer are thrown **2.** (*in baseball*) a screen behind home plate that stops thrown or fouled balls **3.** (*in basketball*) the basket (*informal*) **4.** (*in ice hockey*) the goal (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 38 p.*)

**cage** an enclosed area used for batting practice (baseb.) [6]

**cage** the goal net. The goal-tender is sometimes known as the cageman (icehok.sl.) [6]

**cager** a basketball player; derived from the days when a wire mesh barrier surrounded the court to protect the fans from the players and vice versa (b/b) [6]

**Calcutta Cup** the cup for which Scotland and England have competed, now as part of the Six Nations Championship, since 1877; so called because it was made from the rupees in the funds of the Calcutta Football Club after it was wound up (rugby) [6]

**calf cramp** painful, continuous contraction of the calf muscles often caused by overload (» cramp); it is usually harmless and can be treated immediately (e.g. by stretching), but can be extremely dangerous (and lead to drowning) if it occurs in open water. (*H.Haag &G. Haag, Dictionary, 2003, 103 p.*)

**calf raise** an exercise in which the person stands with their heels overhanging a step, and raises and lowers the whole body on the toes, toning the calf muscles (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calf stretch** a stretch performed standing and braced against a wall, in which one leg is extended backwards and the person leans forward to stretch the back of the calf (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calf support** a supportive wrap used for protecting the calf from injury during exercise (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calibration** prescribed control of sport equipment to ensure that they correspond to fixed norms for measurements, weights, forms, etc. given by the producer. (*H.Haag &G. Haag, Dictionary, 2003, 103 p.*)

**calibre** **1.** in equestrian sport the body size of a horse. **2.** in shooting the inner diameter of the gun's or pistol's barrel also the outside diameter of the projectile, usually indicated in mm or inches. Weapons with a calibre up to 0.22 (0.22 inches = 5.6 mm) are labelled small calibre weapons. (*H.Haag &G. Haag, Dictionary, 2003, 103 p.*)

**call** 1. to make an official decision in a sporting event or a game 2. to postpone or stop a sporting event because of bad weather or other unsuitable conditions 3. to commentate on radio or television on a sporting event, especially a horse race ■ 1. a decision made by a referee 2. a declaration made during a game, e.g. the choice of heads or tails when a coin is tossed (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**call a play** instruct players to execute a pre-planned play (f/b)

**Callanetics** a trade name for a system of exercise made up of small precise movements that are designed to tone and strengthen the muscular system (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**callipers** an instrument with movable legs used for measuring body fat (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**callisthenics** energetic physical exercises designed to improve fitness and muscle tone, including press-ups, sit-ups and star jumps (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**callisthenics** (in several other languages denoted by the root gymnastic) movement training performed on the same spot as well as during the various forms of running or walking. It is practiced either without any equipment or using only » hand apparatus such as ball, ribbon, clubs, hoop, jumping rope. Furthermore, callisthenics is understood as a term for flexibility and posture training and as any physical training without a fixed apparatus (exercises included in floor gymnastics can also be viewed as callisthenics) or at certain large pieces of equipment such as the long bench, wall bars, and balance beam. From the multitude of possible objectives of callisthenics, three main ones have emerged, which are used to categorize callisthenics exercises. Functional callisthenics serves predominantly the maintenance or renewal of bodily functions (e.g. infant, pregnancy, rehabilitation, orthopaedic callisthenics). This area includes general callisthenics oriented towards conditioning as fitness training (remedial callisthenics), since it is also based on functional aspects, especially with respect to posture deficiencies, an unstable circulatory system muscular tension or deficiencies, and vertebral disk problems. Functional callisthenics are practiced considering special functions, e.g. as foot, torso, arm, or breathing callisthenics. An essential element of callisthenics is always the joy of movement as a psychological and physically effective factor. In addition to this gross classification of callisthenics, several other classification criteria are possible, e.g. the participants (children, women's, and men's callisthenics), the body parts predominantly used in the exercises (torso, foot, finger, vertebral spine, and organ callisthenics), the time the exercises are practiced (morning, break, and minute callisthenics), the place where participants perform the exercises (floor, workplace, and underwater callisthenics), the equipment used (ball, ribbon, rope, hoop and bar callisthenics), the objective of the exercises (remedial, condition, competitive, and expressive callisthenics), the national origin of certain callisthenics (gymnastics) systems (German and Swedish callisthenics) (*H.Haag & G. Haag, Dictionary, 2003, 103 p.*)

**calorie goal** the number of calories that should be eaten each day according to an individual weight loss or exercise regime (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calorie intake** the numbers of calories consumed in a day (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calorific** used for describing food and drink that contains many calories and is therefore likely to be fattening (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calorific balance** a situation in which the amount of energy being expended equals the amount being taken in through the diet (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calorimeter** a piece of equipment that measures the amount of heat given out or taken in during a process such as combustion or a change of state (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**calorimetry** the science of measuring the heat given off in a thermal reaction (*Dict. of Sp. and Ex. Sc. 2006, 39 p.*)

**cam** mechanical device with protrusions which grip into a crack in the rock (alp.) [6]

**caman** a stick with a narrow curved end that is used to strike the ball. It is about 1m/3ft 6in long and made of laminated hickory or ash (shinty) [6]

**caman** Gaelic variant name for the hurley (hurl.) [6]

**camber** a lengthwise arch or bow built into a ski to make it more flexible. Generally speaking, a lower camber is better for Alpine skiing, because it makes turning easier, while a higher camber is better for cross country, because it allows for better gliding. See Alpine camber; double camber; Nordic camber (ski.) [6]

**camel** a spin performed on one leg, while the skater's other leg is extended in the air, parallel to the ice (f.skate.) [6]

**camel spin** a one-legged spin where one leg is extended horizontally behind the skater, parallel to the ice (f.skate.) [6]

**camogie** an Irish stick and ball game that is a form of hurling played by women. Camogie was developed in 1900 by women in Dublin and the game has become increasingly popular with more than 400 clubs affiliated to the Camogie League (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**camp fire** a fire around which campers sit at night (*Dict. of Leis., Trav. and Tour., 2008, 45p.*)

**Campbell Conference** was one of the two conferences in the NHL that contained the Norris and Smythe Division until 1992-93; renamed the Western Conference in 1993. (icehok.)

**camper van** a motor caravan equipped with bunks, kitchen equipment and furniture, in which people can drive around and park to stay overnight (*Dict. of Leis., Trav. and Tour., 2008, 45p.*)

**camping** living outdoors as a recreational and holiday activity, where a tent, caravan or motor home is used as accommodation. Camping is a popular activity around the world, and is practiced both during the winter (winter camping) and summer months. (*H.Haag &G. Haag, Dictionary, 2003, 106 p.*)

**camping** the activity of going on holiday with a tent or caravan (*Dict. of Leis., Trav. and Tour., 2008, 45p.*)

**camping trailer** a vehicle which is towed behind a car and which unfolds to form a tent (*Dict. of Leis., Trav. and Tour., 2008, 45p.*)

**campus** the area of land occupied by a university and the various buildings associated with it (*Dict. of Leis., Trav. and Tour., 2008, 45p.*)

**can** to make a putt (golf) [6]

**can of corn** an easy catch for a fielder (baseb.sl.) [6]

**Canada Games** a two-week multi-sport event that takes place every two years in Canada, in which the 13 provinces each enter a team of athletes (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**Canadian canoe** an open canoe propelled with a single-bladed paddle (canoe) [6]

**Canadian canoe** originally a boat with a high, rounded stem used by the North American (Canadian) Indians. Today it is a boat category in » canoeing: boats without steering that are propelled in a kneeling position with single-bladed paddles. The following types are differentiated: Canadian single (C1), Canadian double (C2), mixed double Canadian (C2-Mix), Canadian seven (C7, 6 paddlers, 1 steerer), and Canadian eight (C8, only on national levels). These boats are divided into three groups: Canadian racing canoes (covered only partly, prescribed maximum length, minimum width, and minimum weight for the individual types), slalom and white water Canadian canoe (unsinkable due to covered top; equipped with holding straps, prescribed minimum and maximum length and minimum width, no weight limit), and leisure Canadian canoe (for up to ten people). For longer trips Canadian canoes equipped with motors are also used. (*H.Haag & G. Haag, Dictionary, 2003, 107 p.*)

**Canadian canoe** an open canoe in which the canoeist uses a single-bladed paddle (canoe) [6]

**canard** a small wing usually mounted between the sponsons (wat.motorsp.) [6]

**candyfloss** melted sugar spun to make a fluffy pink mass, often sold at fairgrounds and open-air entertainments (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**cannon** a stroke in which three or four balls are in contact and the player takes a croquet shot and makes a croquet in one stroke (croq.) [6]

**cannon** if the cue ball cannons into a ball, it deflects from the object ball into another ball (bilj.) [6]

**canoe** a boat which is moved forward by one or more people using paddles (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**canoe** a portion of a three-point hydroplane, comprising the sponson, chines, and air trap, molded as a single piece (wat.motorsp.) [6]

**canoe** broadly speaking, any paddle-propelled craft with two pointed ends, which includes kayaks. But the word is often used to mean a Canadian canoe (canoe) [6]

**canoe** a lightweight boat, pointed at each end, that can be paddled by one or two people and can carry passengers. Canoes were originally made from natural materials, but modern canoes are made of aluminium or of moulded plastic and fibreglass. ■ to paddle a canoe, often as a sport or hobby (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**canoe** originally designed as a light boat without a keel used by the North and Central American Indians (termed "canoa" by Christopher Columbus, \*1451, + 1506), made of hollowed tree trunks or tree bark, or of animal skins which were stretched across a wooden frame. Today "canoe" is a term for racing and recreational boats based on this previous shape used in » canoeing. (*H.Haag &G. Haag, Dictionary, 2003, 107 p.*)

**canoeing** the sport of going in a canoe (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**canoeing** the sport, hobby, or activity of paddling a canoe (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**canoeing** collective term for the sports of canoeing and kayaking; in colloquial language also known as paddling. The sport is practiced in various forms: **1.** recreational canoeing: canoeing on lakes, rivers, or oceans with » faltboats (collapsable canoe; today mostly plastic boats) as a leisure-time activity. **2.** canoe slalom: speed competition for kayaks or Canadian canoes over a slalom course of 600 m, which has white-water features (rapids) as well as natural and artificial obstacles (20-25 gates with widths of 1.2-3.5 m); the gates must be passed downstream or upstream (against the current), either forwards or backwards (stern first). Incorrect passing of a gate results in penalty points. Wearing a helmet and lifebelt is mandatory in canoe slalom. Canoe slalom competitions are held for single kayaks (men and women), single and double Canadian canoes (men), and mixed double Canadian canoe; individual and team scores are given. **3.** canoe racing: various distances (500 - 10,000 m) have to be covered in the smallest possible time on a regatta course with the kayak or Canadian canoe (with one or more athletes). **4.** canoe sailing: high speed race over varying distances in a small rigid sailboat derived from the canoe which is steered by one person. The boat used in canoe sailing is still one of the fastest one-handed sailboats; it can reach velocities up to 26 knots (48 km/h). **5.** canoe polo: two teams with five players each (plus three substitute players) try to drive a hollow ball made of plastic or rubber (weight 350-500 g, circumference 68.5-71.0 cm) into the opponent's goal basket from the boat with paddle or hands. The ball cannot be held longer than three seconds. The playing field is a marked-off water area 25-50 m long and 16.7-33.3 m wide; the goal is 4 m wide and 1.5 m high and can be defended with a paddle. Only standard boats made of plastic can be used in canoe polo (maximum length 3 m, width 50-60 cm). **6.** white-water kayaking: paddling and/or drifting downstream on a river with rapids (white-water) and currents of varying difficulty. An essential manoeuvre for performing this sport is the » Eskimo roll, where the white-water kayaker puts the kayak in the right position after capsizing. **7.** marathon kayaking: endurance kayaking sport practiced on still or flowing water. The courses have a minimum distance of 20 km for men and 15 km for women, but usually cover the traditional marathon distance of 42.16 km; portages, i.e. small overland sections, are often part of the course. (*H.Haag &G. Haag, Dictionary, 2003, 107 p.*)

**canoeist** somebody who paddles a canoe (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**canoeist** somebody who canoes, especially as a sport or a hobby (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**cant** the chanting of 'kabaddi' (kabadi) [6]

**canter** a gait in which three legs are simultaneously off the ground. It's faster than a trot but slower than a gallop (equest.) [6]

**canter** a horse's gait in which three legs are off the ground at the same time. It is slower than a gallop and faster than a trot (equest.) [6]

**canvas** the tapered section of a boat between the bowman and the bow of the boat or between the coxswain and the stern. So called because it used to be covered with canvas (row.) [6]

**canvas** the covered front or back of a racing boat. In a close race it is used to describe the measure of lead between two boats. K a crew 'wins by a canvas' it is a margin of victory of about 5 to 6 feet; see also length (row.) [6]

**canvas** the floor of a boxing ring (box.) [6]

**canyon** a deep valley with steep sides, usually in North America (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**canyoneering** the sport of travelling through canyons on foot, using skills such as abseiling, swimming, climbing and rafting (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**canyoning** the sport of climbing into and out of canyons (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**cap** **1.** a covering that protects something **2.** a player who has been selected for a special team such as a national cricket, football or rugby team ■ to select a player for a special team such as a national side, for which a cap is awarded (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**cap** each player wears a cap, numbered 1 to 13, with the goalkeeper wearing No. 1. Team caps are of contrasting colors, typically white for one team and blue for the other. Goalkeepers wear red caps (w.polo) [6]

**cap** the honor of playing for a national team against another national team. If a player has appeared in five such games, he or she is said to have "five caps." (rugby) [6]

**cap** the top end of a club grip and shaft (golf) [6]

**cap** **1.** in various sport disciplines mandatory head gear which serves protective purposes (e.g. in bicycling or harness racing), is used for distinguishing teams (e.g. in water polo), or is just a part of the traditional clothing (e.g. in equestrian or baseball); **2.** term for the main part of the parachute (without lines and harness) in » parachuting. (*H.Haag &G. Haag, Dictionary, 2003, 109 p.*)

**cap** commemorative cap given to a footballer every time he or she plays in an international match. It also refers to the number of appearances a player has made at international level, eg *he won 60 caps for Finland* (f/b) [6]

**cap** a recognition earned by a player for each appearance in an international game for his country (f/b) [6]

**capacitate** to make someone able, fit or qualified to do something (*formal*) (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**capacity** **1.** the ability to do something easily **2.** the amount of something that a container or organ can hold **3.** the amount of something that can be produced or the amount of work that can be done (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**capoeira** a martial art and dance form, originally from Brazil, that is used to promote physical fitness and grace of movement (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**capsizing** the sideways overturning of boats or ships as a result of too much heeling. (*H.Haag &G. Haag, Dictionary, 2003, 109 p.*)

**capsule hotel** in Japan, a hotel in which the rooms are lockable cubicles (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**captain** the leader of a team in a sport or game (*Dict. of Sp. and Ex. Sc. 2006, 40 p.*)

**captain** the player in charge of a team during a match (rugby) [6]

**captain** leader of the team elected by the players or appointed by the coach (b/b) [6]

**car** **1.** a small motor vehicle for carrying people **2.** *US* a railway carriage or wagon (*Dict. of Leis., Trav. and Tour., 2008, 47p.*)

**car hire, cae rental** the business of lending cars to people for money (*Dict. of Leis., Trav. and Tour., 2008, 48p.*)

**carabiner** aluminium or steel ring device with spring-loaded gates through which a rope can be threaded. They are used in abseiling, belaying and prusiking (alp.) [6]

**carambol-skittles, skittles-billiards** mixed sport of skittles and » billiards, which is predominantly played in Scandinavia. Five skittles (height 10.5 cm, diameter at the base 13 mm) are positioned at marked points in the center of a billiards table (90 x 180 cm), forming the image of a "five" on a die (when points of this image are replaced by balls in the course of the game, certain substitute images are used). The aim is to knock down the skittles by indirect hits with balls. A game is set for 50 or 100 hits. Each fallen skittle counts as one point, if only the center skittle falls two points are awarded. The winner of the game is the player who has scored the most points, i.e. who has knocked down the most skittles (which are reset on their markings after each hit). European championships in carambol-skittles have been held since 1970. (*H.Haag &G. Haag, Dictionary, 2003, 109 p.*)

**caravan** 1. a van with beds, table, washing facilities, etc., which can be towed by a car (The US English for this is **trailer**) 2. a group of vehicles or animals travelling together, especially across a desert (*Dict. of Leis., Trav. and Tour., 2008, 47p.*)

**caravan park** a type of campground with permanently positioned caravans, which are rented to holidaymakers (*Dict. of Leis., Trav. and Tour., 2008, 46p.*)

**caravanette** somebody who goes on holiday in a caravan (*Dict. of Leis., Trav. and Tour., 2008, 47p.*)

**caravanner** somebody who goes on holiday in a caravan (*Dict. of Leis., Trav. and Tour., 2008, 47p.*)

**caravanning** the activity of going on holiday in a caravan (*Dict. of Leis., Trav. and Tour., 2008, 47p.*)

**carb** short for carburettor (autosp.) [6]

**carbon blade** a blade with a layer of carbon between two wood surfaces (t.ten.) [6]

**card** a golfer's score card; as a verb, to make a specific score, as in, "I carded a 5 on that hole." (golf) [6]

**card** in several sport disciplines (e.g. handball, soccer) a measure to clearly demonstrate severe rule violations (also visible to the spectators): 1. yellow card: warning; 2. red card: disqualification for the rest of the game. The red card is shown when (depending on the sport) one of more warnings have been issued by means of a yellow card or in case of severe rule violations. The rules of the sport discipline prescribe precisely, if and for what time period a player, who has received several fellow or a red card, is suspended from future competitions. (*H.Haag & G. Haag, Dictionary, 2003, 110 p.*)

**card** if a player cards a score, he or she returns that score on the scorecard, eg *he carded a level-par 72 to finish third* (golf) [6]

**card** the list of races at a meeting (dog.rac) [6]

**card game** a game played with cards (*Dict. of Leis., Trav. and Tour., 2008, 48p.*)

**cardiac pacemaker** an electronic device that is implanted on a patient's heart or worn attached to the chest and stimulates and regulates the heartbeat (*Dict. of Sp. and Ex. Sc. 2006, 41 p.*)

**cardiac rate** same as heart rate (*Dict. of Sp. and Ex. Sc. 2006, 41 p.*)

**cardiorespiratory endurance** the body's ability to carry out prolonged exercise, taking into account both muscle strength and aerobic capacity (*Dict. of Sp. and Ex. Sc. 2006, 42 p.*)

**cardiovascular** relating to the heart and the blood circulation system (*Dict. of Sp. and Ex. Sc. 2006, 42 p.*)

**cardiovascular endurance** the ability of the cardiovascular system to deliver sufficient blood to the muscles to sustain intense activity for any period of time (*Dict. of Sp. and Ex. Sc. 2006, 42 p.*)

**cardiovascular training** exercise that raises the heart rate and increases circulation, strengthening the cardiovascular system and burning fat. Also called **cardio** (*Dict. of Sp. and Ex. Sc. 2006, 42 p.*)

**care and supervision duty** obligation of the physical education teacher to assume pedagogical responsibility for sport instruction and to supervise the execution of practical sport exercises, so that the pupils do not engage in exercises that overtax their developmental state and the danger of injury (accidents) is eliminated as much as possible. This includes, e.g. setting tasks adequate for age and performance level, ensuring the safety of sport equipment and facilities, supporting students (helping and securing), enhancing and supervising the hygienic behaviour of pupils, etc. (*H.Haag &G. Haag, Dictionary, 2003, 111 p.*)

**carom** a rebound of the puck off the boards or any other object (icehok.) [6]

**carpet** a large area of grass, such as a fairway or putting green (golf) [6]

**carpet** the surface on which indoor bowls is played (bowl.) [6]

**carreau** similar to tiler but with the advantage of leaving the attacking ball in the position vacated by the ball knocked away the target ball (bowl.) [6]

**carriageway** a road for vehicles, especially one of the two sides of a motorway (*Dict. of Leis., Trav. and Tour., 2008, 49p.*)

**carrot** the part of the hoop sunk below the ground (croq.) [6]

**carry** an illegal shot, on which the ball is held and/or carried on the racket, rather being struck. Also used as a verb (ten.) [6]

**carry** the length of travel by the ball through the air, before it hits the ground (golf) [6]

**carry** the distance which a player has to hit the ball in the air over an obstacle (water, rough etc), eg *there's a carry of 180 yards over the lake* (golf) [6]

**carry** the illegal act of catching the shuttlecock on the racket and then slinging rather than striking it. Also called "sling" or "throw" (badm.) [6]

**carry the ball** to move with the ball without dribbling properly. See travelling (b/b) [6]

**carrying the ball** a foul called on a goalkeeper when he takes more than 4 steps while holding or bouncing the ball (f/b) [6]

**cartwheel** a move in which the hands are placed on the mat or apparatus to one side of the body, one after the other, with the legs following (gymn.) [6]

**cartwheel** 1. figure in artistic swimming which is performed under water and forms the shape of a wheel. 2. in gymnastics a handspring performed sideways, where the hands are placed one after the

other at a large distance from each other (there is always contact with the floor or equipment); it is performed in floor gymnastics and on the balance beam, and as a cartwheel handspring on the parallel bars or vault. (*H.Haag &G. Haag, Dictionary, 2003, 112 p.*)

**cartwheel** a revolution through 360 degrees in which the hands touch the beam or floor one after the other and then the legs travel afterwards to complete the circle (art.gymn.) [6]

**carve** to make a clean turn, using the edge of the ski, with no skidding (ski.) [6]

**carve** to make a turn crisply by applying weight and pressure to the ski edges (freest.) [6]

**carving skis** used for recreational skiing, they are narrower at the centre and wide at the top and tail, and allow a skier to make carving turns similar to a snowboarder (ski.) [6]

**carving** making large smooth turns on a wave (surf.) [6]

**casco** a helmet. Frontcourt players wear yellow helmets and backcourt players wear red helmets (pelota) [6]

**case study** an analysis of a particular case or situation used as a basis for drawing conclusions in similar situations (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**CASMT** cognitive-affective stress management training (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**casting** » sport fishing (*H.Haag &G. Haag, Dictionary, 2003, 112 p.*)

**casual labour** workers who are hired for a short period (*Dict. of Leis., Trav. and Tour., 2008, 51p.*)

**casual water** a temporary accumulation of water, usually from rain, that is not a water hazard. A player is allowed to lift the ball from casual water without penalty (golf) [6]

**casual water** pools of water caused by rain or flooding etc; a ball in casual water can be dropped without penalty (golf) [6]

**casual work** work for a short period (*Dict. of Leis., Trav. and Tour., 2008, 51p.*)

**casual worker** an employee hired for a short period (*Dict. of Leis., Trav. and Tour., 2008, 51p.*)

**cat out the window** description of a skier completely out of control during an aerial (freest.) [6]

**cat stance** same as neko-ashi-dachi (karate) [6]

**catamaran** sailboat with two hulls which are connected with crossbars and a mid-deck. Double canoes were first used by the Polynesians. The first catamarans were built in the USA in 1876. However, this type of boat did not become popular until 1960 (first inclusion in the Olympic program was the Tornado in 1976). Catamarans are characterized by high stability and speed. The most important classes are the international A-catamaran (one man), Tornado (two man), and Hobie Cats of

various sizes. Similar boats with three hulls are also built (trimaran). (*H.Haag &G. Haag, Dictionary, 2003, 112 p.*)

**catamaran** a boat with two hulls (sail.) [6]

**catapult throw, windmill throw** throwing technique for throwing a ball across large distances; the ball rests on the bent palm as well as underarm and is thrown by means of a rapid hurling movement of the throwing arm (in handball as a pass and a throw on goal, in soccer only as a throw-off by the goalie). (*H.Haag &G. Haag, Dictionary, 2003, 112 p.*)

**catastrophic injury** a sports injury that is debilitating and results in a temporary or even permanent inability to play (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**catch** the portion of the stroke when the oar initially engages the water (row.) [6]

**catch** (*in cricket*) to cause the batsman hitting the ball to be out by catching the ball before it reaches the ground ■ a move in ball games such as cricket or rounders in which a player catches a ball hit by another before it touches the ground, forcing that person to retire (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**catch** when the blade enters the water at the beginning of the rowing stroke (row.) [6]

**catch a crab** to make a faulty stroke, usually because the blade enters the water at an angle, instead of perpendicularly (row.) [6]

**catch a crab** if a rower catches a crab, he or she sinks the oar too deeply (or not deeply enough) into the water. The jolt can affect the progress of the boat or even stop it dead in its tracks (row.sl.) [6]

**catch an edge** to have a ski dig too deeply into the snow, throwing the skier out of control and often leading to a fall (freest.) [6]

**catch an edge** to have an edge of a ski dig into the snow, causing a fall or near fall (ski.) [6]

**catch and release** the practice of releasing fish after they have been caught and weighed (angl.) [6]

**catch as catch can** another name for freestyle or folkstyle (wrest.) [6]

**catch out** (*in cricket, rounders or baseball*) to catch a ball hit by a player while it is still in the air, forcing the player or the player's team to retire (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**catch some air** to take flight briefly after skiing over a small hill or mogul (ski.) [6]

**catcher** the baseball player who stands behind home plate, signals for pitches and catches pitched balls that have not been hit by the batter (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**catcher** a fielder positioned behind the batter (baseb.) [6]

**catching** basic sport activity where a flying object (usually a ball) is caught. In some sports various catching techniques have developed (e.g. one-handed, two-handed catch). (*H.Haag &G. Haag, Dictionary, 2003, 112 p.*)

**catching glove** the glove worn by the goalie on the non-stick hand (icehok.) [6]

**catchweight** used for describing a contest in a sport such as wrestling or horseracing that has no weight restrictions [6]

**caught up ice** descriptive of a player who is still in the attacking zone while the opponents are attacking at the other end of the ice (icehok.) [6]

**causal modelling** (*in psychology*) a method of analysing and explaining the causes of a particular behaviour (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**caution** the indication of a (minor) rule-violating action of an athlete by the referee or judge. A caution is the weakest form of sanction against a player or team; in the case of repeated violations of the rules it is followed by a warning and penalizing (disciplinary penalty). (*H.Haag &G. Haag, Dictionary, 2003, 113 p.*)

**caution** an instruction by the referee to a boxer following an infringement of the rules. Usually, three cautions will lead to a warning (box.) [6]

**caution** same as booking ( f/b) [6]

**caution** see Yellow card (f/b) [6]

**cave** a large underground hole in rock or earth (*Dict. of Leis., Trav. and Tour., 2008, 52p.*)

**cavern** a very large cave, formed by water that has dissolved limestone or other rock (*Dict. of Leis., Trav. and Tour., 2008, 52p.*)

**caving** the activity or sport of exploring and climbing in underground caves and passages [6]

**cavity back** a design of the clubhead with a depression on the back; this feature creates a bigger sweet spot and hence makes it easier to hit good shots (golf) [6]

**cavus foot** a condition in which a person has high, tight arches that do not allow the foot to roll when it strikes the ground. Also called **claw foot** (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**CC** a 200 game (bowl.) [6]

**cc** cubic centimeters, the standard measure of displacement in Europe. A liter, 1000 cubic centimeters, is approximately 61 cubic inches (autosp.) [6]

**ceding parry** a parry that's executed by giving way to an opponent (fenc.) [6]

**ceiling** an upper limit or point that cannot be passed (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**ceiling level** the highest possible level of fitness that can be attained by a person (*Dict. of Sp. and Ex. Sc. 2006, 43 p.*)

**ceiling serve** a serve that hits the ceiling. If it hits the front wall first, it is a fault. If it hits the ceiling before hitting the front wall, it is side out (racq.b.) [6]

**ceiling shot** a shot that hits the ceiling before striking the front wall (racq.b.) [6]

**center** a player who is generally in the center of the offense, usually the tallest player on a team, who takes the tip-off and is usually stationed in a post position on offense (b/b) [6]

**center** one of two backs, an inside center (usually No. 12) and an outside center (usually No. 13) (rugby) [6]

**center** the player in the center of a team's forward line. He takes most of the faceoffs and often leads an attack by carrying the puck into the attacking zone, then shooting or passing to a teammate (icehok.) [6]

**center 1.** in basketball the center player in the tactical set-up of a team. Usually the center is a player characterized by height, forcefulness, and good rebound skills. (*H.Haag & G. Haag, Dictionary, 2003, 113 p.*)

**Center** starting area in the center of the mat (wrest.) [6]

**center** the player in the centre of the offensive line who begins the play by snapping the ball to a player in the backfield (Am.f/b) [6]

**center circle** a 12-foot circle in the center of the court with a 4-foot jumping circle in its center, where a jump ball is held to start a period (b/b) [6]

**center circle** see center ice circle (icehok.) [6]

**center circle** in various team ball games a circle drawn around the center point, where the game is started and continued after sides have been changed and after a goal or point has been scored (e.g. in » basketball, » soccer). (*H.Haag & G. Haag, Dictionary, 2003, 113 p.*)

**center circle** a circular marking with a 10-yard radius in the center of the field from which kickoffs are taken to start or restart the game (f/b) [6]

**center circle** the circular area at midcourt from which jump balls are taken (b/b) [6]

**center court** the middle area of the court, just behind the short line (racq.b.) [6]

**center court** the main court at a tennis arena, where the championship and other major matches are played (ten.) [6]

**center court** term for the main court at large tennis facilities (e.g. in Wimbledon). (*H.Haag & G. Haag, Dictionary, 2003, 113 p.*)

**center face-off circle** a circle, measuring 30 feet in diameter, at the center of the ice where the puck is dropped in a face-off to start the game and to restart the game after a goal has been scored (icehok.) [6]

**center faceoff spot** see center ice spot (icehok.) [6]

**center forward** old name for the center (icehok.) [6]

**center gravity** central mass point of the (human) body, point of gravity which moves following the laws of mechanics in such a manner, as if the whole mass of the body was concentrated at this one point. Only external forces can change the movement state of the center of gravity; internal forces can merely change the position of the individual segments in relation to each other and to the center of gravity. In sport biomechanics the body's center of gravity is determined in order to gain insights into the regularities of changes in body position that occur in sport movements. (*H.Haag & G. Haag, Dictionary, 2003, 113 p.*)

**center ice** the neutral zone (icehok.) [6]

**center ice circle** the faceoff circle, 30 feet in diameter, surrounding the center ice spot, where faceoffs are held to start a period and to restart the game after a goal (icehok.) [6]

**center ice spot** the faceoff spot inside the center ice circle, marking the exact center of the rink (icehok.) [6]

**center ice** the area between the two blue lines, also called the neutral zone (icehok.) [6]

**center line** a line down the middle of the ice from one hack to the other (curl.) [6]

**center line** a white line down the middle of the table, parallel with the side lines, that divides the courts into half-courts (t.ten.) [6]

**center line** a line midway between and parallel to the baselines that divides the court into halves. Also known as division line, midcourt line, ten-second line, and time line (b/b) [6]

**center line** the line that divides the field into two halves (hock.) [6]

**center line** the red line (icehok.) [6]

**center line judge** an official who is responsible for watching the center service line to determine whether a serve has entered the service court (ten.) [6]

**center line** a red, 12-inch wide line across the ice midway between the two goals (icehok.) [6]

**center line** see Midfield line (f/b) [6]

**center mark** a line, 2 inches wide and 14 inches long, that marks the midpoint of the baseline (ten.) [6]

**center mark** a spot in the middle of the pitch where the ball is placed for a bully (hock.) [6]

**Center of gravity** location at which the mass (weight) of a body is concentrated (wrest.) [6]

**center official** when there are three referees working a game, the referee who is primarily responsible for action between the free throw line extended and the midcourt area marker. See also lead official; trail official (b/b) [6]

**center or center forward** the center player in the forwards line who usually leads his team's attack when they are trying to score a goal; he takes part in most of the face-offs; he controls the puck and tries to score or pass it to a teammate who is in a better position to score a goal (icehok.) [6]

**center pass** a pass from the center of the field, used to start a half or following a goal. The player must pass the ball to a teammate who is at least 1 meter back. Also known as the "pass back" or "push back." (hock.) [6]

**center player** tactical player position in team games: in basketball the » center, in soccer the » libero (free back), in handball and hockey the player who takes on offensive and defensive tasks in the middle of the row of players. (*H.Haag & G. Haag, Dictionary, 2003, 113 p.*)

**center service line** a line, extending from the net to the midpoint of the service line, which marks the boundary for both service courts (ten.) [6]

**center shafted** descriptive of a putter on which the shaft is attached to the center of the head (golf) [6]

**center spot** a small circular mark inside the center circle that denotes the center of the field from which kickoffs are taken to start or restart the game (f/b) [6]

**center the puck** to pass the puck from near a corner in the attacking zone into the area in front of the goal cage (icehok.) [6]

**center zone** the neutral zone (icehok.) [6]

**center** a pass from a player located near the sideline towards the middle of the field; used to get the ball closer to the front of the goal; also called a cross (f/b) [6]

**center-back** a defensive player whose main job is to cover the opposition's center-forward (w.polo) [6]

**center-forward** a team's chief attacking player, who is usually positioned directly in front of the opponent's goal between the two-meter and four-meter lines. Also called the hole man, hole set, or two-meter man (w.polo) [6]

**centering pass** a pass on which a player centers the puck (icehok.) [6]

**centering pass** a pass from an attacking player towards the middle of the ice to a teammate with a better angle at the goal (icehok.) [6]

**center-shot** a cutout section above the grip that allows the archer to shoot through the center of the bow, rather than from one side (arch.) [6]

**central circle** the inner circle, 1 meter in diameter, on the wrestling mat (wrest.) [6]

**central circle** the inner circle of a wrestling mat (wrest.) [6]

**Central circle** the small inner circle of the wrestling mat (wrest.) [6]

**central contract** when a player is contracted to his national team as well as to a county or state team (crick.) [6]

**central defender** a player who guards the area directly in front of his own goal in a zone defence; does not exist in a man-to-man defence (f/b) [6]

**central obesity** the condition of being 'apple-shaped', with subcutaneous fat being deposited mainly around the abdomen (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**central wrestling area** a circle, 8 meters in diameter, inside the passivity zone (wrest.) [6]

**central wrestling area** the circle on the wrestling mat between the passivity zone and the central circle (wrest.) [6]

**centre** **1.** in some sports, an attacking player or position in the middle of the field or court **2.** in Australian Rules football, a player who occupies a position in the centre circle ■ in some sports, to pass, hit or kick a ball or puck from the edge of the playing area towards the middle (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centre** a creative player operating in midfield (Austral.f/b) [6]

**centre** a player (who wears the abbreviation C) who can play in all areas of the court except the shooting circles (net/b) [6]

**centre** a player, usually the tallest player on a team, who takes up a position immediately under the basket, often specializing in blocking shots and catching rebounds (b/b) [6]

**centre** either of the two three-quarters in the centre of the pitch; centres wear the number 3 and 4 shirts (rugby) [6]

**centre** midfield player who competes in the draw and links play between defence and attack (lacr.) [6]

**centre bounce** same as ball up (Austral.f/b) [6]

**centre circle** the circle painted on the middle of the pitch, at the centre of which is the centre spot (f/b) [6]

**centre field** the part of the outfield immediately behind second base when viewed from home plate (baseb.) [6]

**centre fielder** the fielder positioned in centre field (baseb.) [6]

**centre forward** (in sports such as football and hockey) the player or position in the middle of the forward attacking line (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centre forward** an attacking player who leads the line of attack (f/b) [6]

**centre forward** an attacking position in the centre of the field (hock.) [6]

**centre half** (in football and hockey) the player or position in the middle of the half line (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centre half** a position in the centre of midfield (hock.) [6]

**centre half, centre back** a defensive player who plays in the middle of the defence (f/b) [6]

**centre halfback** defensive player who operates near the middle of the 50-metre arc, in the front of the fullback (Austral.f/b) [6]

**centre half-forward** an attacking player who operates behind the full forward and forward pockets (Austral.f/b) [6]

**centre line** same as red line (icehok.)

**centre of gravity** **1.** the point at which a body can be balanced. Abbreviation **CG** **2.** the point through which the force of gravity acts (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centre pass** the throw from the centre of the court that starts or restarts the game (net/b) [6]

**centre pass** the pass that starts the game (or restarts it after a goal), made by a centre from the centre spot, backwards to a team-mate (hock.) [6]

**centre service line** the line parallel to the tramlines, dividing the right and left service courts (ten.) [6]

**centre spot** the painted spot in the middle of the pitch from which the kick-off is made at the start of each half and after a goal is scored (f/b) [6]

**centre square** 45m/49yd-square area marked in the centre of the oval (Austral.f/b) [6]

**centreback** (in sports such as football and hockey) the player or position in the middle of the back line (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centreman** the forward playing between the two wingers; responsible for the central part of the ice, from his or her own blue line up to the opposition's goal (icehok.) [6]

**centrifugal force** the force of acceleration away from the axis around which an object rotates (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centripetal force** a force that pulls a rotating or spinning object towards a centre or axis (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**centurion** a batsman who scores a century (crick.) [6]

**century** a Score of 100 or more points in one round (darts) [6]

**century** (*in cricket*) 100 runs scored by one batsman (*Dict. of Sp. and Ex. Sc. 2006, 44 p.*)

**century** a break of 100 or more points (bilj.) [6]

**century** a score of 100 runs or more by a batsman (crick.) [6]

**cesta** the wicker-woven basket used to propel the ball. It is made from reeds woven over a chestnut frame. They are custom-made but are usually about 60cm long. A leather glove is attached for the player's hand (pelota) [6]

**chain gang** the members of the officiating team concerned with measuring the ten yards required to gain a new set of downs (Am.f/b sl.) [6]

**chaining** a way of learning a complex series of movements, using the same order as the movements will be performed (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**chainring, chainwheel** the gear wheel that drives the chain, attached to the cranks. There are usually two on a road bike and one on a track bike chasers riders trying to catch up with a break (cycl.) [6]

**chains** a device used by the officiating team to measure the yardage required to achieve a new set of downs. A team that advances the required ten yards is said to 'move the chains' (Am.f/b) [6]

**chainsuck** the unhappy situation when the chain gets caught between the rear wheel and chain stay (cycl.) [6]

**chair** the umpire's seat and, by extension, the umpire, as in "The chair ruled that the shot was out." (ten.) [6]

**chairlift** an arrangement of simple seats attached to a moving cable, to allow skiers to be carried to the top of a mountain (*Dict. of Leis., Trav. and Tour., 2008, 53p.*)

**chairman** see referee (wrest.) [6]

**chairman, umpire** official representative of clubs and federations. (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**chalk** to keep score (darts) [6]

**chalk** magnesium carbonate powder that lifters put on their hands to improve the grip (weightl.) [6]

**chalk** a chalky preparation applied to the hands to improve grip, used by weight-lifters, gymnasts and others (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**chalk** a small cube of coloured chalk used to rub the tip of the cue to ensure a good contact when the cue strikes the cue ball (bilj.) [6]

**chalk** the substance used by weightlifters on their hands to help them grip the bar. The chalk is magnesium carbonate powder (weightl.) [6]

**chalker** one who keeps score (darts) [6]

**challenge** a test of someone's abilities, or a situation that tests someone's abilities in a stimulating way (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**Challenge Tour** lower-ranking part of the European Tour (golf) [6]

**challenging** demanding physical or psychological effort of a stimulating kind (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**champion** someone who competes in and wins a contest, competition or tournament, either alone or as a member of a team (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**champion** term for the winner of a competition in a certain sport discipline. (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**championship** **1.** a contest, competition or tournament that is held to decide who will be the overall winner **2.** the designation or period of being a champion (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**championship** term for a competition or series of competitions (playing round) which leads to determining the best athlete or team, the master of a sport discipline; it is also used as a term for the victory in such a competition. Championships are held in almost all sport disciplines, on a national level (usually) annually as club, county, region, state, or national championships; on an international level with varying cycles as continental or world championships. In some cases the competitions held at the Olympic Games are counted as world championships. Championships are also held for certain professional groups (e.g. university, police, and military championships). (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**Championship Board** a dart board on which the double and triple rings and the bullseye are half the size of a normal board; often used for practice (darts) [6]

**Championships/Olympic Games** the entire event including the opening ceremony, competition, closing ceremony, official training and other official activities (b/b) [6]

**change beat** a beat made after passing over or under the opponent's blade (fenc.) [6]

**change of ends** **1.** in team ball games the change of the playing halves, which were selected at the start of the game through the choice of ends, at the beginning of the second playing period and (if applicable) in case of overtime periods. **2.** In tennis the sides are changed every time an odd number of games has been completed. (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**change of engagement** a re-engagement of the opponent's blade on the opposite side by passing over or under (fenc.) [6]

**change of line** movement of the blade from high to low or from outside to inside (fenc.) [6]

**change on the fly** to make a line change or send other substitutes out while play is going on (icehok.) [6]

**change over** 1. (*in team sports*) to switch to opposite ends of a playing field, usually halfway through a match 2. (*in a relay race*) to pass on the responsibility for participation to another team member by handing over a baton or touching (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**change, exchange, substitution** in handball term for the change of position of two or more players by means of running paths towards or through the opponent's defense, with the intention of gaining a favourable position for a throw on the goal. One differentiates between outside and inside change, depending on whether the change is initiated from the sidelines or from the middle of the playing field. (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**changeover** a 90-second period after every odd-numbered game in a set, when players change sides (ten.) [6]

**change-up** a slower pitch, thrown to deceive the batter (baseb.) [6]

**chanko naba** a protein-rich stew fed to rikishi to bulk them up ready for competition (sumo) [6]

**channel** the formal name for a gutter (bowl.) [6]

**charge** to come from behind to win a tournament; to play aggressively (golf) [6]

**charge** physical attack against or impeding of a participant during a competition, which is permitted in some sports under certain restrictions (e.g. soccer, ice-hockey), but entirely illegal in other sport disciplines (e.g. basketball) and can even lead to a disqualification (e.g. in the running disciplines of track and field, or in bicycling). (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**charge down** blocking a kick by the opponent (rugby) [6]

**charge down** if a player charges down a kick, he blocks it using his hands or body (rugby) [6]

**charge** to run into an opponent; legal if done from the front or side of the ball carrier; illegal against a player without the ball or from behind (f/b) [6]

**charging** an offensive foul committed when a player runs into a defender who has established position and is essentially motionless. If the defender hasn't established position, it is blocking, a defensive foul (b/b) [6]

**charging** taking two or more steps before body checking an opponent. Normally incurs a minor penalty, but a major penalty if blood is drawn or a serious injury results (icehok.) [6]

**charging** in some team sports illegal physical attack (e.g. ice-hockey, basketball). (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**charging** the offence of running into a stationary defender while in possession of the ball (b/b) [6]

**charging** a minor penalty which occurs when a player makes a deliberate move of more than two steps when body checking an opponent; if serious injury is caused or blood is drawn it becomes a major penalty (icehok.) [6]

**charging** an offensive foul which occurs when an offensive player runs into a defender who has established position (b/b) [6]

**charity stripe** the free throw line (b/b) [6]

**charley horse** a severe muscular cramp, especially of the upper leg (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**chase** the pursuit, usually by a group of riders, of another group that's farther ahead, often one engaged in a breakaway (cycl.) [6]

**chase** a point which is held in abeyance. It is made when a ball enters a gallery (except the winning gallery) or falls on the floor (bounces a second time). Lines measured in yards and marked on the court floor indicate the quality of the chase. The nearer the ball drops to the end wall the better the chase. The opponent needs to make a better chase to win the point (realten.) [6]

**chaser** a horse that competes in steeplechases (equest.) [6]

**chasers** riders who are involved in a chase (cycl.) [6]

**chatter** vibration of a ski caused by the edges bouncing off hard snow instead of biting in (ski.) [6]

**cheat** to break the rules of a game in an attempt to gain an unfair advantage ■ someone who breaks rules or uses trickery to gain an unfair advantage (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**cheat rep** a rep performed using improper form, e.g. by using other muscle groups or relying on momentum or gravity to help perform the motion (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**check** any tactic used by a defensive player in an attempt to slow down an opponent and/or get possession of the puck. There are two main varieties: the body check and the stick check (icehok.) [6]

**check** deceleration caused by poor rowing technique, usually because an oarsman puts pressure on the stretcher without applying simultaneous, countervailing pressure on the pin (row.) [6]

**check** in ice-hockey illegal physical play intended to interfere with the opponent. The following are differentiated: check against the boards (the opponent is thrown against the boards), cross check (check with the stick held high or horizontally, » high stick) and stick check (attack on the body with

the stick held in both hands). The only check permitted in the game of ice-hockey is the body check (direct check against another player by using only the body). (*H.Haag &G. Haag, Dictionary, 2003, 114 p.*)

**check** in sports such as ice hockey, to move directly into the path of an opponent, usually making physical contact, in order to block his or her progress (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**check** the legitimate blocking of an opponent's progress by use of the shoulder or hip (icehok.) [6]

**check it down** an emergency command from the coxswain to jam oars into the water in order to stop the boat (row.) [6]

**check or checking** any contact initiated by a defending player against an opponent to get the puck away from him or slow him down; there are two main types of checks: stick check and body check; these are only allowed against a player in control of the puck or against the last player to control it immediately after he gives it up; checking after too many steps or strides becomes charging (icehok.) [6]

**check over** to examine someone carefully to establish his or her state of health (*Dict. of Sp. and Ex. Sc. 2006, 45 p.*)

**check side** see side (bilj.) [6]

**checkered flag** the flag of black and white squares that signals the end of a race (autosp.) [6]

**checking line** a line made up of players known primarily for defense, not scoring (icehok.) [6]

**check-out** a shot that's hit to win the game (darts) [6]

**checkout** the score successfully thrown to win a game in one turn; the highest possible checkout is 170 (two treble 20s and the bull's eye) (darts) [6]

**cheesy cakes** lanes that are dressed so that it's easy to get strikes (bowl.) [6]

**cherry** same as chop (bowl.) [6]

**chest pass** a two-handed pass thrown from chest level (b/b) [6]

**chest pass** a pass where the player holds the ball with both hands at chest height and passes it without bouncing to a team-mate (b/b) [6]

**chest pass (push pass)** in » basketball the most frequently used technique of passing, executed with both hands. The body weight is shifted forward, the ball is played by simultaneous extension of arms, wrists, and fingers. The ball is quickly passed to a team-mate on the shortest path (straight pass), but can also be played as a lob pass or bounce pass. (*H.Haag &G. Haag, Dictionary, 2003, 115 p.*)

**chest press** an exercise in which the arms are pushed away from the chest against some resistance, e.g. by lifting a weight when lying on the back (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chest trap** when a player uses his chest to slow down and control a ball in the air (f/b) [6]

**chicane** (*in motorsport*) a sharp double bend created by placing barriers on the circuit (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chicane** a man-made corner set up to reduce speed at a certain point on a road track (autosp.) [6]

**chicane** two bends, one immediately after another (motorsp.) [6]

**chicken wing** a type of arm swing in which the elbow moves out, away from the body (bowl.) [6]

**Chicken wing** illegal pinning combination in which the nearside arm is hooked and barred across the back (wrest.) [6]

**chief referee** see referee (weightl.) [6]

**child's play** behaviour pattern typical for children, doing the "unnecessary", which includes all forms of play, i.e. also sport-oriented games. Children's games can be utilized to achieve learning goals in a playful manner. This is why physical education for children should be designed with a playful undertone, especially since direct advantage can be taken of the favourable prerequisites of the child's age for motor learning (» sport). (*H.Haag &G. Haag, Dictionary, 2003, 115 p.*)

**children's play area, children's playground** an area outside a pub, hotel or restaurant, or in a town garden, or inside a ferry, where children can play (*Dict. of Leis., Trav. and Tour., 2008, 58p.*)

**children's sport** area of sport labeled according to the age group engaged in it. To ensure opportunities for fair comparison, children's sport competitions are held in several classes. An example (Germany): up to 10 years of age - class C; 11/12 years of age - class B; 13/14 years of age - class A. » Youth sport begins with the age of 15. The sport federations have issued special rules and regulations for competitive children's sport. However, especially those sport disciplines where children are producing top-level sport performances (e.g. swimming, gymnastics, figure-skating) have been exposed to an increased amount of public criticism, since the integration of children into high-performance sport is difficult on a medical, psychological, and pedagogical level. On the other hand, children's sport within the framework of mass recreational sport is important for a positive general development of the child due to the favourable prerequisites for motor learning in school and club sport as well as in non-institutionalized forms of sport (family, holiday). (*H.Haag &G. Haag, Dictionary, 2003, 115 p.*)

**children's training** specific enhancement of learning processes for optimal performance development in sport for children (6-14 years). Objectives, content, and methods of children's training are different from those of youth and adult training. Pedagogic guidance by parents, coaches, teachers, and club officials is particularly important when dealing with children. The family and school conditions must be coordinated with children's training. Recently, children's training especially in the sport disciplines of swimming, gymnastics, and figure-skating has received strong

criticism. From the public discussion it has become evident that predominantly pedagogic aspects must be taken into consideration in competitive sport with children (» children's sport). (*H.Haag &G. Haag, Dictionary, 2003, 115 p.*)

**chili-dip** a shot on which the club head hits the ground before the ball, resulting in a weak, lofted shot (golf) [6]

**chimney** a cleft in a rockface just large enough for a climber to enter and climb (alp.) [6]

**chin** same as **pull-up** ■ to perform chins (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chin music** a pitch that passes close to the batter's head (baseb.sl.) [6]

**chin music** bowling bouncers that rear up close to the batsman's head; a term invented and a practice mastered by West Indian fast bowlers (crick.sl.) [6]

**chin raise** same as **chin** (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chinaman** (*in cricket*) a slow off-break bowled by a left-handed bowler to a right-handed batsman (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**Chinaman** the standard delivery of a left-arm wrist-spin bowler, ie one that moves from off to leg (for a right-handed batsman) after pitching (crick.) [6]

**chine** the line where the side and bottom of a v-bottomed boat meet; in a three-point hydroplane, the inclined side of a sponson or the hull (wat.motorsp.) [6]

**Chinese cut** an inadvertent stroke by a batsman where the ball is deflected off the inside edge of the bat, behind the wicket (crick.) [6]

**Chinese medicine** a very old system of diagnosis, treatment and prevention of illness developed in China that uses medicinal herbs, minerals and animal products in addition to acupuncture, massage and exercise (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**Chinese snooker** a position where the cue ball is awkwardly placed, usually very close to or touching another ball, rather than actually snookered, making cueing awkward (bilj.sl.) [6]

**chin-up** US same as **pull-up** (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chip** a soft shot, hit with backspin, that just drops over the net; as a verb, to hit such a shot. It's similar to the drop shot, but is more commonly used against an opponent who is at the net, forcing a difficult volley (ten.) [6]

**chip** same as pop kick (rugby) [6]

**chip** **1.** same as **chip shot** **2.** a space or crack left in something hard or brittle after a small piece has been broken off or out of it ■ **1.** to hit or kick a ball or puck so that it travels a short distance in a high arc **2.** (*in golf*) to play a chip shot **3.** to become damaged by having a small piece or small pieces break off (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chip** a shot, usually from close to the green, giving the ball a low trajectory so that it runs forward on landing (golf) [6]

**chip and roll** to play a shot that caroms off an object stone to the desired position (curl.) [6]

**chip in** to hit a chip shot into the hole (golf) [6]

**chip pass** a pass lofted into the air from a player to a teammate; used primarily to evade a defender by kicking the ball over his head (f/b) [6]

**chip shot** a short approach shot with a low trajectory, usually hit with topspin or backspin (golf) [6]

**chip shot** **1.** a short-range kick or shot in which the ball or puck rises sharply into the air **2.** (*in golf*) a short approach shot, used for lofting the ball onto the green (*Dict. of Sp. and Ex. Sc. 2006, 46 p.*)

**chip shot** a kick lofted into the air to try to sail the ball over the goalkeeper's head and still make it under the crossbar into the goal (f/b) [6]

**chip-and-run** a chip shot, usually hit from just off the green, on which the ball rolls a considerable distance toward the hole after landing (golf) [6]

**chip-in** when a player puts the ball in the hole directly from a chip shot (golf) [6]

**chips** the feat of scoring 26 points in a throw; see also Classic (darts) [6]

**chistera** same as cesta (pelota) [6]

**choctaw** a two-footed turn performed from outside edge to inside edge (or inside to outside edge); compare Mohawk (f.skate.) [6]

**choise of ends** in ball games choosing the half of the playing field where a team wants to play in first. The right to choose an end is determined by the referee throwing a coin and is awarded to the captain of the team who won the toss. The other team has the right to start the game. (*H.Haag & G. Haag, Dictionary, 2003, 116 p.*)

**choke** to grip the club farther down on the handle than usual (golf) [6]

**choke** to perform poorly in an important situation because of nerves (bowl.) [6]

**choke** to lose nerve or confidence and falter in the middle of doing something (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**choke hold** a move that involves choking or strangling an opponent by encircling the neck with an arm, or the legs, or the lapels of the jacket of the judogi (judo) [6]

**chokehold** a hold in some martial arts that restricts the opponent's breathing, causing loss of consciousness (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**chon-mage** a sumo hairstyle that has hair slicked with camomile oil and a top-knot (sumo) [6]

**chop** a sharp downward stroke that produces backspin (t.ten.) [6]

**chop** to hit down on the ball with a sharp hacking motion in order to apply extra spin (golf) [6]

**chop** a shot hit with a sharp, downward chopping motion, resulting in a great deal of backspin; as a verb, to hit such a shot (ten.) [6]

**chop** to knock down one pin of a spare leave, while the pin next to or behind it remains standing (bowl.) [6]

**chop** to hit a ball with a quick sharp downward movement of a racket or bat, often in order to give the ball backspin (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**chop** to strike with a sharp blow (karate) [6]

**chop block** an illegal block below the knees (Am.f/b) [6]

**chopper** a player who hits a lot of chops (t.ten.) [6]

**chopper** see hatchet (row.) [6]

**chopper** a ball that bounces high after being hit into the ground (baseb.) [6]

**christie** a braking turn on which the tails of the skis are allowed to skid (ski.) [6]

**christie** (*in skiing*) a type of turn used for stopping or rapidly changing direction, in which the skier twists sharply aside while keeping the skis parallel to each other (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**christmas tree** the 3-7-10 or 2-7-10 split; so-called because of the triangular arrangement (bowl.) [6]

**Christmas tree** the description given to the multicoloured lighting system of yellow, green and red lights that starts races (autosp.) [6]

**chronic injury** an injury from the past that still causes pain or restricted movement, requiring ongoing treatment (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**chronological age** somebody's real age, as opposed to the age suggested by his or her mental or physical development (*Dict. of Sp. and Ex. Sc. 2006, 47 p.*)

**chubby darts** same as three in a bed (darts) [6]

**chucker** a shooter who just throws at the board without aiming at any particular number round (darts) [6]

**chui** a violation that gives the opponent a yuko. If given to a combatant who already has a chui, the chui is increased to keikoku (judo) [6]

**chui** a penalty awarded against a judoka for a more serious violation. The opponent is awarded a yuko compare keikoku and shido (judo) [6]

**chukker** one of the six seven-and-a-half minute periods into which a game of polo is divided (polo) [6]

**chute** an area where a river or stream suddenly narrows, resulting in increased water speed; often contains rapids (canoe) [6]

**chute** a straightaway (autosp.) [6]

**chute** **1.** a slide into water in a swimming pool **2.** a slide to send things down to a lower level (*Dict. of Leis., Trav. and Tour., 2008, 61p.*)

**chute** an area of river that narrows causing an increase in speed (canoe) [6]

**Cincinnati** the 8-10 split (bowl.) [6]

**cinder track** a running track covered with a layer of fine ash to improve grip and make the surface softer (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**cinta** the string that ties the cesta to the player's hand (pelota) [6]

**circle** the area within which an athlete must slay when throwing the hammer, discus or shot (athl.) [6]

**circling** in gymnastics and callisthenics performing circular movements with certain parts of the body or with the entire body: circling arms and hands (parallel circling, mill circling, circling in opposite directions) with and without hand apparatus, as frontal or flank circling; circling of the torso (forward, backward); circling of the feet and legs (inward, outward, eight circling, or double leg circles). Circling predominantly trains agility, balance, and coordination. (*H.Haag &G. Haag, Dictionary, 2003, 117 p.*)

**circuit** one trip over a course that is traversed more than once during a road race; the equivalent of a lap in track racing (cycl.) [6]

**circuit race** a multi-lap race on a course of two miles or longer (cycl.) [6]

**circuit training** a form of sports training that involves performing different exercises in rotation (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**circuit training** modern form of training motor characteristics and skills. An exercise program is performed at a certain number of stations (usually about 8 to 10) in a certain order (circuit). The important characteristic is the changing of load from station to station. Circuit training is either realized according to the principle of frequency of the exercise or of the time spent at each station. For an individual dosage of load it is useful to perform a maximal test initially, so that the optimal submaximal exercise intensity can then be determined. The dosage can be regulated through frequency, time limits, and the number of circuits. The effect of circuit training depends highly on active breaks, i.e. the individual should not come to total rest in the breaks between the stations, but rather engage in relaxing and loosening exercises. Circuit training is one of the most popular training

methods in school and club sport, because good training results can be achieved as a result of the individual modification of the training program. (*H.Haag &G. Haag, Dictionary, 2003, 117 p.*)

**circular effect of aggression** the theory that taking part in sport does not provide an outlet for aggressive feelings but increases a person's tendency towards aggression (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**circular parry** a parry made with a circular movement of the sword point (fenc.) [6]

**circumduction** the action of moving a limb so that the end of it makes a circular motion (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**cite** if a player is cited, an official complaint is made by the opposition team after a game about foul play by him (rugby) [6]

**citius, altius, fortius** "faster, higher, stronger" (Latin), motto of the modern Olympic Games. In an overexaggerated form this motive contains the tendency towards an excessive strive for sport performance, which should be objected to on the basis of pedagogical and medical reasons. (*H.Haag &G. Haag, Dictionary, 2003, 117 p.*)

**clamp grip** specific form of support grip in gymnastics, where the supporting person grasps the gymnast's upper arm with one hand from above and the other hand from below. (*H.Haag &G. Haag, Dictionary, 2003, 118 p.*)

**clap skate** allowed only in long track racing, the clap skate has a blade that detaches at the heel, which allows the full length of the blade to remain on the ice for a much longer period of time, increasing speed. When the skate is lifted from the ice, the blade is snapped back into its original position by a spring-loaded hinge located under the ball of the foot. That produces a distinctive clapping sound that gives the skates their name. Also klap skates, often spelled as one word (speed skat.) [6]

**class** **1.** a category or group into which things are classified according to quality or price **2.** a group of children or adults who go to school or college together (*Dict. of Leis., Trav. and Tour., 2008, 62p.*)

**class** category for athletes according to different classification criteria to ensure equal opportunities in competition. The criteria are: **1.** age (» age groups), **2.** weight (» weight classes), **3.** performance (» performance classes), **4.** sports equipment (e.g. boat classes in water sports, auto mobile categories in automobile sport). The specific classes are prescribed by the sets of rules of the respective sport disciplines. In open class competitions there are no limitations for participation in the competition (open competition). (*H.Haag &G. Haag, Dictionary, 2003, 118 p.*)

**classic** the feat of scoring 26 points in a throw by hitting a 5, a 20 and a 1 (darts) [6]

**classic** a major sporting event, e.g. a horse race or golf tournament (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**classic** one of the principal flat races for three-year-old horses. In Britain the five classics are the Two Thousand Guineas, the One Thousand Guineas, the Oaks, the Derby, and the St Leger (equest.) [6]

**classic bow** same as recurve bow (arch.) [6]

**classic technique** in Nordic skiing, the traditional ski racing technique. Skiers use a diagonal stride in which both skis stay parallel to each other (ski.) [6]

**classical cross country** a cross country race in which skiers use the traditional straight striding technique, leaving distinct parallel tracks, with considerable assistance from the ski poles. Skating is not allowed (ski.) [6]

**classification** a way of putting into classes according to quality (*Dict. of Leis., Trav. and Tour., 2008, 62p.*)

**classification of team** classification of teams shall be made on classification points according to their win-loss records, namely 2 (two) points for each game won, 1 (one) point for each game lost (including lost by default) and 0 (zero) points for a game lost by forfeit (b/b) [6]

**clay pigeon** a clay disc thrown into the air from a machine called a trap as a target for shooting with shotguns (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**clean** the first phase of the clean and jerk movement that has the weightlifter lifting the bar to shoulder height in preparation for the second phase, the jerk (weightl.) [6]

**clean and jerk** a two-part lift in which the weight must first be pulled from the platform to the shoulders in one motion while splitting or squatting and then standing up (the clean). Before the bar begins to descend, the lifter must jerk the weight overhead with a quick movement, ending with the arms fully extended and the body completely upright (weightl.) [6]

**clean and jerk** a two-part lift in weightlifting, in which the bar is lifted firstly to the chest and then above the head (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**clean and snatch** same as **snatch** (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**clean game** a game with no open frames (bowl.) [6]

**clean house** the strategy of reducing the number of stones in play in order to keep the scoring area open for the last stone in an end (curl.) [6]

**clean round** a round that's completed without a single fault or penalty (equest.) [6]

**clean round** a round of jumping completed without any faults or penalties (equest.) [6]

**clean winner** a shot that cannot be reached by the opponent (ten.) [6]

**clean-living** never doing anything that might be considered immoral or unhealthy (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**clean-up hitter** the hitter who bats fourth for the batting side, regarded as having the best opportunity to drive in runs (baseb.) [6]

**clear** free of obstacles; the track must be clear before the slider is allowed to start a run (luge) [6]

**clear** to move the ball away from the goal after an attack by the other team has been stopped (hock.) [6]

**clear** to pass, poke, or deflect the puck away from one's own goal cage, or out of the defensive zone. As a noun, the act of clearing (icehok.) [6]

**clear** a shot, similar to the lob in tennis, that is hit over the opponent's head, usually to a point near the back boundary line. The attacking clear is an attempt to score, while the high clear is a defensive shot (badm.) [6]

**clear** stroke technique in badminton with the goal of playing the birdie towards the rear boundary of the opponent's playing field. One differentiates between the normal clear (a high shot hit into the area of the rear boundary line), an offensive clear (shot just barely above the opponent's reach), and the defensive clear (very high shot intended to drop almost vertically just before the rear boundary line). A clear can be hit as a forehand or backhand stroke. (*H.Haag &G. Haag, Dictionary, 2003, 118 p.*)

**clear** an overhead shot where the shuttlecock travels from baseline to baseline. In general there are two types of clear shot: a high defensive clear and an attacking clear (badm.) [6]

**clear hip circle** a hip circle in which the hips do not touch the bar (gymn.) [6]

**clear the zone** to leave the attacking zone in order to avoid being called offside when the puck enters (icehok.) [6]

**clear** to kick the ball away from one's goal (f/b) [6]

**clearance** in games, the process of clearing the ball from the defence area (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**clearing the puck** getting the puck out of one's own defensive zone (icehok.) [6]

**clearing the zone** when a defending player sends the puck out of the opponent's attacking zone, all the attacking players must leave or clear the zone to avoid being called offside's when the puck reenters the zone (icehok.) [6]

**clear-out** a play on which four offensive players position themselves on one side of the free throw line, thus clearing out the other side so the fifth player can go one-on-one against a defender (b/b) [6]

**cleat** a metal or plastic attachment on the sole of the cycling shoe that fits into an opening to fasten the shoe to the pedal (cycl.) [6]

**cleat** a spike on a golf shoe (golf) [6]

**cleat** a device attached to the bottom of a cycling shoe that engages with the mechanism on a clipless pedal, locking the rider to the bicycle. Can usually be disengaged by twisting the foot (cycl.) [6]

**cleats** same as **spikes** (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**cleats** the metal, plastic or rubber points in the bottom of a soccer shoe used to provide a player with traction; term also used to refer to the shoes themselves (f/b) [6]

**cleaver** see hatchet (row.) [6]

**cleek** the shot if a player cleeks the shot he stops or blocks it (shinty) [6]

**cleek** formerly, a narrow-bladed iron used for long shots from the rough or sand; now sometimes applied to the 4 wood or 1 iron (golf) [6]

**clickity click** a Score of 66 on a throw (darts) [6]

**cliff** a high rock face usually by the sea (*Dict. of Leis., Trav. and Tour., 2008, 62p.*)

**cliff jumping** the sport of jumping from a high point such as a cliff into water (*Dict. of Leis., Trav. and Tour., 2008, 62p.*)

**cliff-jumping** the sport of jumping from a high point such as a cliff into water (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**climb** to go up mountains or rocks on foot or using hands and feet as a sport (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**climb** a section of a race or stage ending at the top of a long hill or mountain. In stage races such as the Tour de France the climbs are categorized by height and gradient (cycl.) [6]

**climb the ladder** to jump extremely high in order to catch the ball (Amf/b sl.) [6]

**climber** somebody who climbs mountains (*Dict. of Leis., Trav. and Tour., 2008, 63p.*)

**climber** **1.** somebody who climbs rocks or mountains as a sport **2.** a player or team who is steadily gaining in rank or status (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**climber** a road-racing cyclist who specializes in long hill climbs or the mountain stages of races such as the Tour de France (cycl.) [6]

**climbing** same as **mountaineering** (*Dict. of Leis., Trav. and Tour., 2008, 63p.*)

**climbing** the sport of climbing mountains or rocks (*Dict. of Sp. and Ex. Sc. 2006, 48 p.*)

**climbing** form of upward locomotion where the hands are used for support due to the steepness of the terrain or of the equipment that is to be mastered (» mountain climbing). Climbing involves total body movement and serves as an exercise for strengthening the entire body when using climbing ropes and climbing bars within the framework of physical education. Hands and feet are released

alternately from the equipment in order to take on a closed position at or around the equipment after gaining altitude. The simplest form of climbing on equipment is climbing up a latter or wall bars, the most difficult form is » over-handing. (*H.Haag &G. Haag, Dictionary, 2003, 118 p.*)

**climbing wall** a specially constructed wall with hand- and foot-holds for practising mountaineering and rock climbing techniques (alp.) [6]

**clinch** the act of a boxer holding his opponent such that the opponent cannot throw punches (box.) [6]

**clip** an illegal block below the waist made from behind (Am.f/b) [6]

**clipless pedals** pedals with a built-in mechanism that locks the rider's foot to the pedal. Used with cleats (cycl.) [6]

**clipping** blocking an opponent below the waist from behind; this illegal block is a personal foul, punishable by a 15-yard penalty (f/b) [6]

**clips, toe-clips** devices attached to pedals allowing the foot to be strapped to the pedal. Now generally replaced by the use of clipless pedals, but sometimes used by track cyclists in addition to clipless pedals for added security (cycl.) [6]

**clock** the dartboard (darts) [6]

**clock golf** a game like golf where you hit the ball into a central hole from points round a circle (*Dict. of Leis., Trav. and Tour., 2008, 63p.*)

**clonic cramp** cramping of the muscles in which they are seen to twitch and jerk uncontrollably (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**close quarters** a situation in which the two fencers are close to one another but still able to wield their weapons (fenc.) [6]

**close the line** to block the opponent's attack (fenc.) [6]

**closed draw** a draw in which the referee draws numbers from a container, in the presence of judges, to determine skating order for an event. See also open draw (f.skate.) [6]

**closed face** the position of the club face when it is pointed slightly to the left of the target (golf) [6]

**closed grip** a grip in which the racket face is tilted downward, toward the court (ten.) [6]

**closed paddle** a paddle tilted downward, toward the table. Striking the ball with a closed paddle tends to produce topspin. Compare open paddle (t.ten.) [6]

**closed racket** a racket held with a closed grip (ten.) [6]

**closed skill** a skill in which the same movement is performed every time, with no adaptation to circumstances, such as in diving or gymnastics. Compare **open skill** (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**closed stance** a stance in which the left foot extends over the ball's line of flight. Opposite of open stance (golf) [6]

**closed stance** in sports such as baseball or golf, a stance in which the front foot is closer to the line of play than the rear foot (*Dict. of Sp. and Ex. Sc. 2006, 49p.*)

**closely guarded player** a closely guarded player (within one normal step) who is holding the ball shall pass, shoot, roll, or dribble the ball within five (5) seconds. Infraction of this article is a violation (b/b) [6]

**closer** a pitcher who specializes in defending a lead late in the game (baseb.) [6]

**clothesline** the 1-2-4-7 or 1-3-6-10 leave (bowl.) [6]

**club** one of the black suits in a pack of cards, which has a symbol shaped like a leaf with three parts (*Dict. of Leis., Trav. and Tour., 2008, 64p.*)

**club** the instrument used to strike the golf ball; its basic components are the grip, the shaft, and the head. Also, an organization or association of golfers (golf) [6]

**club** **1.** a stick or bat used in some sports, especially golf, to hit a ball **2.** an association of people with a common interest **3.** an organisation formed for the pursuit of a sport (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**club face** the striking surface of the club (golf) [6]

**club professional** a professional who works for a golf club as a teacher and equipment supplier and plays only in local events (golf) [6]

**club** a team that plays in a league (f/b) [6]

**clubhead** the part of the club that strikes the ball (golf) [6]

**clubhouse** the main building on a golf course, which houses lockers, meeting rooms, restaurants, bar, and other facilities (golf) [6]

**clubhouse lawyer** a self-appointed arbiter who doesn't usually know the rules as well as he thinks he does (golf) [6]

**coach** **4.** somebody who trains someone in a sport (*Dict. of Leis., Trav. and Tour., 2008, 64p.*)

**coach** person responsible for » training, systematically preparing athletes/teams for competitions, and comprehensive counseling of teams and individual athletes. In addition to the education received by every physical education teacher, a coach should possess knowledge in general training theory (coaching science) and in the respective sport discipline; if possible, he should have competitive

experience himself. There are part-time and full-time coaches. (*H.Haag &G. Haag, Dictionary, 2003, 119 p.*)

**coach** someone who trains sports players or athletes ■ to train someone in a sport (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**coaching** the activity or profession of training sports players or athletes (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**co-active sport** any sport in which each athlete performs separately, with no team element, e.g. marathon running (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**coaming** raised rim of a cockpit, to which a spray skirt is attached (canoe) [6]

**coarse fish** freshwater fish other than those of the salmon family (angl.) [6]

**coast to coast** the entire length of the court; used of a player's movement or a pass. E.g., "He took the rebound and went coast to coast for a lay-up at the other end." (b/b) [6]

**coasteering** a sporting activity that takes place along a coast and combines scrambling, rock climbing, traversing, swimming and cliff jumping (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**coasteering** a sport that takes place along a coast and combines scrambling, rock climbing, traversing, swimming and cliff jumping (*Dict. of Leis., Trav. and Tour., 2008, 64p.*)

**cochonnet** the target ball (bowl.) [6]

**cock** to bend the wrists during the backswing, in preparation for bringing the club forward (golf) [6]

**cock feather** the feather that's placed at right angles to the string when the arrow is nocked (arch.) [6]

**cocked hat** a shot in which the object ball, lying close to a side cushion, is hit off three cushions towards a middle pocket, the trajectory of the shot following a triangular shape like that of an old-fashioned three-cornered hat (bilj.sl.) [6]

**cockpit** in several sports term for the place of the driver (captain, helmsman), e.g. in flying, sailing, canoeing, or automobile sport. (*H.Haag &G. Haag, Dictionary, 2003, 119 p.*)

**cockpit** the space in the deck of a kayak in which the kayaker sits (canoe) [6]

**cockpit** the space where the driver sits (motorsp.) [6]

**code** a system of accepted laws and regulations that govern procedure or behaviour within a particular sport (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**code de pointage** book for gymnastics judges published by the International Gymnastics Federation (since 1954 for men, since 1970 for women) to standardize scoring in gymnastics. The code de pointage describes the so-called A-, B-, C-, and D-parts (» part) and prescribes the scoring. Since the

performance assessment (in points) by the judge is always a subjective estimation, such clear criteria for awarding points are absolutely necessary as a guideline for judges. (*H.Haag &G. Haag, Dictionary, 2003, 119 p.*)

**co-driver** the navigator whose job is to read the paces notes (autosp.) [6]

**coexistent** used for describing multiple injuries that exist at the same time (*Dict. of Sp. and Ex. Sc. 2006, 49 p.*)

**coffin** a case used to carry a player's equipment and clothing (crick.sl.) [6]

**cognitive** relating to the process of acquiring knowledge by the use of reasoning, intuition or perception (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive anxiety** stress that derives from an athlete thinking consciously about what may go wrong, which may be detrimental to performance (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive appraisal** a study of an athlete's attitude and mental state undertaken by a sports psychologist, usually used for diagnosing burnout (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive assessment** a set of logic questions used in a sports concussion assessment tool, e.g. a series of numbers or words that are read out and should be repeated backwards (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive attribution model** a sports psychology model of the way in which athletes view failure or success, in light of how much personal control they had overall the competition variables (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive dissonance** a state of psychological conflict or anxiety resulting from a contradiction between a person's simultaneously held beliefs or attitudes (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive learning** skills learning that emphasises participation and reasoning on the part of the learner (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive psychology** the branch of psychology that deals with unobservable % mental processes (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive stage** the first stage of skill acquisition in which the sequence of movements must be learned through coaching and practice (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive-affective stress management training** stress management training that focusses on the mental processes that trigger emotional responses and looks to develop strategies for recognising and coping with these. Abbreviation **CASMT** (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cognitive-behavioural** relating to the way in which mental processes determine actions, and how these can be modified and used for improving performance (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cohesive** sticking, holding, or working together as a united whole (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cohort study** a study of people over an extended period of time (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**coincidental** descriptive of matching penalties assessed against players of both teams for simultaneous fouls (icehok.) [6]

**cold therapy** same as **ice therapy** (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**cold water immersion** exposure to cold water that results in a lowering of the core body temperature, a risk faced by enthusiasts of water sports such as canoeing (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**collapse** **1.** to fall down in a semi-conscious state **2.** to be suddenly and quickly overwhelmed by an opponent or opposing team (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**collapse** if a set of forwards collapses a scrum, they deliberately cause the front rows to fall towards each other (rugby) [6]

**collapsing defense** a defense, often some kind of zone, in which defenders converge on the opposing center whenever the ball is passed to him (b/b) [6]

**collar** strictly speaking, the edge of a sand trap, but also used to describe the fringe around the putting surface (golf) [6]

**collar** a metal attachment that encircles the bar at each end to hold the discs in place (weightl.) [6]

**collar** the device that secures the disc weights to the bar (weightl.) [6]

**collar** same as button (row.) [6]

**collective aims** goals that all members of a team share (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**collective behaviour** behaviour exhibited by people working as part of a team, when they are influenced by one another and enjoy a degree of anonymity (*Dict. of Sp. and Ex. Sc. 2006, 50 p.*)

**colon** the main part of the large intestine, running from the caecum at the end of the small intestine to the rectum (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**colon cancer** cancer of the colon or bowel, against which regular exercise in later life is thought to give protection (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**colour** any of the six coloured balls - yellow, green, brown, blue, pink and black - which are potted after a red and which must be potted in sequence after the 15 reds have been potted (bilj.) [6]

**colours** the clothing worn by a jockey or an athlete that indicates the horse's owner or the team to which the athlete belongs (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**colt** a male horse under the age of four (equest.) [6]

**combat** a physical struggle between opposing individuals or forces (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**combat sport** a sport in which one person fights another, e.g. wrestling, boxing and the martial arts (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**combat sports** term for a group of sport disciplines which are characterized mainly by the immediate fight "man against man", usually with physical contact. This includes combat games (fight), boxing, wrestling, fencing, and all disciplines of » budo. (*H.Haag &G. Haag, Dictionary, 2003, 120 p.*)

**combination** a series of jumps set within a stride or two of each other (equest.) [6]

**combination** (*in boxing*) two or more punches quickly delivered one after the other (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**combination** **1.** the connection of two or more exercises to form a presentation, e.g. in gymnastics or aeronautical sport (combination of flying figures). **2.** the arrangement of two or more obstacles to form a barrier that has to be overcome by horse and rider in show-jumping and is counted as one obstacle, e.g. double combination, triple combination. **3.** the addition of scores from several events of a sport discipline for a total score, e.g. the nordic combination in skiing (consisting of ski jumping and cross-country skiing), in dancing the combined score from standard and Latin American dances, in water skiing the combination of slalom, freestyle and jumping, in diving the combination of tower and springboard dives. **4.** in team games the coordinated play of several team-mates. **5.** » movement combination (» combination ability). (*H.Haag &G. Haag, Dictionary, 2003, 120 p.*)

**combination** a series of punches thrown in quick succession (box.) [6]

**combination** a shot that hits more than one ball and pockets the last one hit (pool) [6]

**combination ability** coordinative motor characteristic which enables an individual to execute movements simultaneously (e.g. circling both arms forwards at the same time), or successively (e.g. circling both arms forward with a delay between one arm and the other). Combination ability is an essential prerequisite for all human movements, particularly for sport movements. (*H.Haag &G. Haag, Dictionary, 2003, 120 p.*)

**combination paddle** a paddle that has two different coverings on opposing sides of the face, for example, anti-spin rubber on one side and sticky rubber on the other (t.ten.) [6]

**combination spin** an extended maneuver made up of two or more spins, during which the skater must change feet and positions while maintaining speed (f.skate.) [6]

**combined** see Alpine combined; Nordic combined (ski.) [6]

**combined pursuit** a cross country event that's made up of two races. The first is usually a 5-kilometer classical race, the second a 5-kilometer freestyle. Competitors start the second portion in

the same order in which they finished the first portion, and separated by the same amount of time (ski.) [6]

**combined spin** a descending spin of 360 degrees or more followed immediately by an equal ascending spin. Compare reverse combined spin (synchr.swim.) [6]

**combined spin** a descending spin in synchronized swimming that travels through at least 360 degrees followed, without a pause, by an equal ascending spin in the same direction (div.) [6]

**comfort level, comfort zone** the set of physical or psychological circumstances in which someone feels most at ease and free from physical discomfort or stress (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**command style** a coaching technique in which the coach gives direct instructions and the athlete has little personal input (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**command the blade** to grab the opponent's blade with the off-hand, an illegal action (fenc.) [6]

**commentary** a spoken description of a sporting event being broadcast on radio or television as it happens (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**commentary box** a booth at a sports stadium from which a television or radio commentator makes a broadcast (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**commentator** a broadcaster for radio or television who describes sporting events as they happen (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**commissioner** official responsible for supervising the work of the Table Officials and to assist the Referee and Umpire in the smooth functioning of the game (b/b) [6]

**Commissioner** the president of the NBA (b/b) [6]

**Commonwealth Games** a sports contest held every four years involving participants from countries of the Commonwealth (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**commotio cordis** sudden heart failure caused by a heavy blow to the chest, usually occurring while participating in a contact sport (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**commotio retina** a heavy blow to the eye causing bruising, swelling and retinal a damage (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**community** a group of people who live and work in a district (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**company sport** forms of sport practiced by employees of a company within the framework of the company affairs. The company sport associations organize recreational sport activities in leisure-time and also competitive sport. In a broader sense company sport also includes forms of "sport at the workplace" (sport during breaks, remedial sport), which are popular in Japan. The industry (employers) and unions (employees) are responsible for the realization of popular forms of company sport. (*H.Haag &G. Haag, Dictionary, 2003, 122 p.*)

**compartment** a group of related muscles that are found together in a particular area of the body (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**compensate** **1.** to make good the failure of an organ by making another organ, or the undamaged parts of the same organ, function at a higher level **2.** to emphasise a particular ability or personality characteristic in order to make the lack of another one seem less bad (*Dict. of Sp. and Ex. Sc. 2006, 51 p.*)

**compensatory movement** a second movement that compensates for any potential bad effects caused by a primary muscle movement, e.g. loss of balance (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**compensatory sport instruction** specific sport classes offered in addition to regular sport instruction, intended especially to help children and youths with motor and/or psychophysical performance deficiencies. Compensatory sport instruction can only be given by specifically trained teachers and is usually realized in cooperation with sport physicians. It is aimed at balancing organ, muscle, and coordinative deficiencies as well as psychologically deviating behaviour and it is motivating the participants to practice sport. (*H.Haag &G. Haag, Dictionary, 2003, 122 p.*)

**compete** to try to win or do better than others (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competence** the ability to do something well, measured against a standard, especially ability that you get through experience or training (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competent** having enough skill or ability to do something well (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competing response theory** the idea that offering an external reward such as a trophy for winning a competition may distract the competitor from the joy of winning for its own sake, lessening motivation (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competition** term for a comparison of sportive performances, which is characterized by the following elements: equality of opportunities, ordered organization which is prescribed in the » rules, sanctions for rule violations, spiritual (experience of participation), symbolic (prestige, win of a medal or cup) or material (prize) value. The origins of sport competitions are generally regarded to lay in Greek » agonistics and » athletics. Modern forms of sport competitions are, on the one hand, justified with the arguments of goal orientation, adventure, etc.; on the other hand, they are also subjected to strong criticism (» critical sport theory). Sport competitions are closely related to training (testing), which must be viewed as a prerequisite for a pedagogically responsible competition. The term competitor is also used for an athlete's rival(s) in a certain sport event. (*H.Haag &G. Haag, Dictionary, 2003, 122 p.*)

**competition** the Competition is an event from the start of the first game to the completion of the last game, excluding the opening and closing ceremony (b/b) [6]

**competition ruts** ruts that are formed during mogul contests, as opposed to those that are designed into the course (freest.) [6]

**competition training** » training directed specifically towards a concrete competition and organized differently depending on whether the athlete is in the preparation, competition or transition period. (*H.Haag &G. Haag, Dictionary, 2003, 122 p.*)

**competition training** athletic training that specifically prepares the athlete for the competition situation [6]

**competitive** 1. involving competition 2. tending to want to do something better than others or achieve more than others (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competitive form** sportive exercising in form of a competition; in addition to play form and basic form, it represents one of the three fundamental » exercise forms which make the realization of motor learning possible. The competitive form is utilized when a general pool of motor abilities has already been established through play and basic form. The advantage of the competitive form lays in the generally higher motivation for exercising. A disadvantage is that the idea of competition leads to inadequate movement execution in some cases. The competitive form has an important function in the preparation for competition. (*H.Haag &G. Haag, Dictionary, 2003, 123 p.*)

**competitive individualism** the belief that competition is a natural and healthy way of distributing rewards to those who try hardest and have the most natural ability, and that it brings out the best in a person (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competitive sport** form of sport prevalent in competition with the goal of delivering the highest possible personal performance. Competitive sport in a narrower sense is high-performance sport (or » top-level sport, when performance is understood as absolute performance). This form of sport requires a very high level of technical and personal efforts in order to get as close as possible to the pre-set norms (e.g. record, championship) or to set new norms. To achieve this, the following points are necessary: planned performance promotion as it is undertaken within the framework of talent promotion in high-performance centers, specialization, and systematic training (» high-performance training) for participation in competitive sport. In a broader sense competitive sport (performance sport, when performance is understood as relative performance) represents all sport activity, since sport and performance are inseparable. The important point in this interpretation is that the athlete determines the demand level of his competitive (performance) sport for himself. Similar to performance and the » performance principle (and depending thereupon), competitive sport (in a narrower sense) has been controversially discussed in sport and social sciences (critical theory). In order to confront effectively the indisputable dangers associated with competitive sport (physical damages caused by early intensive specialized training, devaluation of sport to a stabilizing factor of societal and/or economic systems, etc.), competitive sport represents a thematic focus of sport science as a whole and of individual scientific institutes. (*H.Haag &G. Haag, Dictionary, 2003, 123 p.*)

**competitive state anxiety** a feeling of stress caused by competition, especially when the athlete does not feel able to meet the challenges (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competitive stress** stress caused by an athlete feeling unable to meet the demands of the competition (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**competitiveness** the quality of being competitive (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**complacency** the state of being self-satisfied or overly self-confident, which may lead to longer reaction times in relation to unexpected stimuli (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**complaint** a physical disorder, usually something minor (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**complementary medicine** a range of therapies based on the holistic treatment of physical disorders, generally addressing the causes of diseases rather than their symptoms and also taking steps in the prevention of disease. The term embraces therapies such as acupuncture, herbal medicine and homeopathy (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**complete game** if a pitcher throws a complete game, he records all 27 outs without being replaced by a relief pitcher; compare no-hitter, perfect game (baseb.) [6]

**complete pass** a forward pass to a teammate who catches it in the air (f/b) [6]

**complete pass, completion** a pass that is successfully caught by a receiver (Am.f/b) [6]

**complex exercises** particularly in the sport games, exercises that contain different technical and tactical elements are used in training, since they correspond very closely to the real game situation. (*H.Haag &G. Haag, Dictionary, 2003, 124 p.*)

**complex performance** an extended athletic performance such as participation in a team game, where several physical and mental skills are required (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**composition** the overall arrangement of individual movements and skills into a gymnastics routine (gymn.) [6]

**composition** the make-up or structure of something (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**compound** a substance used to make racing tires, generally some blend of natural and synthetic rubbers with resin, carbon black, bonding agents, and other substances (autosp.) [6]

**compound action** two or more actions performed together as one continuous action (fenc.) [6]

**compound attack** an attack with two or more movements, each of which follows a feint (fenc.) [6]

**compound bow** a bow with pulleys and cables that enable an archer to impart less force to pull back the bowstring (arch.) [6]

**compound riposte** a riposte that involves one or more feints (fenc.) [6]

**compress** a wad of cloth soaked in hot or cold liquid and applied to the skin to relieve pain or swelling, or to force pus out of an infected wound (*Dict. of Sp. and Ex. Sc. 2006, 52 p.*)

**compression** the portion of the start when an athlete puts the sled into a rearward motion; followed by the pull (luge) [6]

**compression** a measure of the resilience of a ball and hence how hard it feels when hit; ratings are usually between 80 and 100 (golf) [6]

**compulsories** routines that contain movements required of all gymnasts. Compare optional (gymn.) [6]

**compulsories** routines that contain mandatory moves (art.gymn.) [6]

**compulsory** required by law or an authority ■ an exercise or routine that participants in a sport such as gymnastics or figure skating must perform as part of a competition (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**compulsory dives** see required dives (div.) [6]

**compulsory exercise** (compulsory figures) prescribed exercises which are combined with the » free program for the total score of a competition. A compulsory exercise is part of the competitive program in » figure skating, » roller (inline) skating, » gymnastics, » trampoline, » diving, » synchronized swimming, artistic flying, and » rhythmical callisthenics. (*H.Haag &G. Haag, Dictionary, 2003, 124 p.*)

**compulsory training** in sports featuring high risks, prescribed training before the competition; in some sport disciplines the successful completion of this training is a prerequisite for admission to the actual competition and decides the starting sequence (e.g. in automobile sport, downhill skiing). (*H.Haag &G. Haag, Dictionary, 2003, 124 p.*)

**conative** used for describing behaviour that is based on willpower or the drive to succeed (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**CONCACAF** The Confederation Norte-Centroamericana y Del Caribe de Football - the regional organization of North American and Central American soccer under which World Cup qualifying matches are played; member countries include the U.S., Canada, Mexico, and Central American and Caribbean countries (f/b) [6]

**concede** **1.** to accept and acknowledge defeat in a contest without waiting for the final result **2.** to allow an opponent or opposing team to gain a goal or points (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**concentric action** an action performed by contracting a muscle (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**concentric strength** the force exerted by a muscle while it is contracting (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**conceptual competence** the ability to make decisions based on a set of concrete observations and known facts (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**condition** **1.** the particular state of someone or something **2.** a particular illness, injury or disorder ■ to undertake a fitness plan to improve general health, appearance or physical performance (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**condition** particularly physical performance capacity as a fundamental prerequisite for sport performances, characterized by the motor characteristics » endurance, » flexibility, » strength, and » speed. One differentiates general (refer ring to a general sport performance capacity) and specific condition (referring to performance capacity in a specific sport discipline). Condition is specifically developed by » condition training. Next to technique and tactics, specific condition is one factor determining success in all sport disciplines. In connection with the motor characteristics oriented towards » coordination, condition forms the basis for general» fitness. (*H.Haag &G. Haag, Dictionary, 2003, 125 p.*)

**condition training** training method aimed toward the improvement of general and specific » condition and of the complex characteristics. Within the framework of competitive sport, training towards general condition serves the purpose of (apart from fitness) compensation in the transition phase from training to competition. The training of specific condition is oriented towards the requirements of the respective sport discipline and is therefore characterized by special exercises and the competitive movements them selves. A lack of condition training is frequently the cause for a failure to learn sport movements. (*H.Haag &G. Haag, Dictionary, 2003, 125 p.*)

**conditioned** **1.** having reached a particular or high level of fitness, quality or performance **2.** brought on unconsciously by a stimulus that triggers a reaction because of a learned association with something else (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**conditioning** the work or programme used to bring somebody or something to a good physical state (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**conditions race** the most prestigious type of flat race. Conditions races are divided into pattern races and listed races. Pattern races consist of three groups: group 1 consists of classics and other important international races; group 2 races are the less important international races; group 3 races are mainly domestic. Listed races are less important than pattern races but are still highly prized (equest.) [6]

**condor** a triple eagle, that is, four under par on a hole. A very rare occurrence, since it requires a hole in one on a par 5 hole (golf) [6]

**conduct** the way a player behaves on a sports field or in another arena (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**cone** a plastic object used to mark out playing areas in a field or sports hall (*Dict. of Sp. and Ex. Sc. 2006, 53 p.*)

**cones** one of the disciplines in carriage driving. The cones section involves manoeuvring the horse and carriage through a pattern of cones on top of which are balanced balls. If the balls are knocked off the cones, penalty points are incurred (equest.) [6]

**conference** **1.** a meeting of people to discuss problems **2.** a large meeting where people who are interested in the same thing come together **3.** an informal agreement between airlines or shipping lines to restrict competition on particular routes (*Dict. of Leis., Trav. and Tour., 2008, 70p.*)

**conference** an association or league of sports teams that compete with each other (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**conferences** groups into which teams are divided in professional and college football; the NFL is divided into National and American Conferences (f/b) [6]

**confidence** a belief in your ability to succeed (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**confrontation** a face-to-face meeting or encounter, especially a challenging or hostile one (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**connections** the people associated with a horse, such as the owner(s) and the trainer (equest.)

**consolation match** a tournament game played between the losers of the 2 semifinal matches to determine the third-place team (f/b) [6]

**consolidation** the increasing of the strength, stability or depth of a person's or group's success or position (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**constant resistance exercise** an exercise using weights in which the load does not change during the course of the exercise (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**constitution** general physical and sometimes psychological make up, especially the body's ability to remain healthy and withstand disease or hardship (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**constitution** the total appearance of a human being, composed of the interaction between physical, psychological and mental characteristics, which is considerably influenced by hereditary disposition and environmental factors. In sport usually the physical build (bodily structures) is regarded as a main feature of a certain constitution; however, it must be taken into consideration that sport is not only characterized by motor features (which depend on physical build), but also by cognitive and affective features. Therefore, factors influencing constitution such as concentration ability, mental strength, will, endurance, diligence, etc. cannot be neglected. (*H.Haag &G. Haag, Dictionary, 2003, 126 p.*)

**constitutive rule** out of a set of basic rules that define a sport (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**contact sport** any sport in which physical contact between players is an integral part of the game, e.g. boxing, rugby or taekwondo (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**contentious** causing or likely to cause disagreement and disputes between people with differing views (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**contest** an organised competition for a prize or title, especially one in which the entrants appear or demonstrate their skills individually and the winner is chosen by a group of judges (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**contest arena** the place in which an athlete performs in competition, which may differ in important ways from the training arena (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**contextual interference** the effect of performing a skill in a different context to the one in which it is usually performed, e.g. in competition (*Dict. of Sp. and Ex. Sc. 2006, 54 p.*)

**continuation stroke** the bonus stroke taken after running a hoop or the second bonus stroke after making a croquet (croq.) [6]

**continuity theory** the idea that, to adjust to retirement from professional sport, it is best to wind down gradually, replacing old roles with new ones such as taking up coaching or commentating (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**continuous passive motion** a technique, used in the rehabilitation of injured limbs, in which the limb is moved and manipulated passively without using the muscles (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**continuous performance limit** individual limit between light and heavy physical load dependent on the state of training. If a physical activity can be performed without interruption over a longer period of time, then it is below the continuous performance limit. A physical load, which leads to early fatigue and a decrease in performance and possibly to the stopping of physical work, is considered to be above the continuous performance limit. In the latter type of activities the body cannot produce a balance between the energy supply from aerobic energy production and energy consumption. The muscles fatigue inevitably from a collection of lactic acid caused by anaerobic energy production. (*H.Haag &G. Haag, Dictionary, 2003, 126 p.*)

**continuous reinforcement** behavioural reinforcement that is given every time the correct behaviour is exhibited (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**continuous skill** an activity that has no real beginning, middle and end and can go on for any length of time, e.g. swimming or cycling (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**continuous spin** a descending spin with a rapid rotation through 720 degrees or more; i.e., two complete revolutions of the body (synchr.swim.) [6]

**continuous spin** a descending spin in synchronized swimming that travels through at least 720 degrees (div.) [6]

**continuous training** steady exercise at a medium intensity with no bursts of activity or rest periods. Compare **interval training** (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**continuous training method** training method for the development of fundamental and long-term endurance with aerobic loads (» aerobic). A general value for the load duration is exercise for at least 10 min without a break. In training theory three forms of the continuous training methods are distinguished: terrain play (playful adaptation of the speed to the terrain), the tempo changing method (planned variation of speed), and the constant continuous method (a constant speed is maintained throughout the training unit) (» endurance training). (*H.Haag &G. Haag, Dictionary, 2003, 126 p.*)

**contract** a formal or legally binding agreement, e.g. one setting out terms of employment ■ **1.** to become smaller and tighter, or make a muscle or part of the body smaller and tighter **2.** to make a

formal or legally binding agreement with someone to do something (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**contract player** in professional sport term for an athlete (a player) who is bound by a contract to produce sport performances for a club and receives a financial reward (salary) for delivering the performances. (*H.Haag & G. Haag, Dictionary, 2003, 127 p.*)

**contraction** a tightening movement that makes a muscle shorter, makes the pupil of the eye smaller or makes the skin wrinkle (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**contractor** something that contracts, e.g. a muscle (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**contract-relax stretching** stretching in which the muscle is fully contracted then stretched out, usually with the aid of a partner (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**contraindication** a sign that a particular exercise should not be performed, e.g. pain or stiffness (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**contre-la-montre** same as time trial. Literally 'against the watch' in French (cycl.) [6]

**control** a wrestler who has a dominant position that restricts the opponent's mobility is said to be in control (wrest.) [6]

**control** skill in using something or in performing (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**control group** a group of people who are not being treated but whose test data are used as a comparison in a study (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**control of the ball** when not touching it, a player is considered in control of the ball if it is on the water in front of the horizontal plane of his or her shoulders (w.polo) [6]

**control shot** a shot played with emphasis on accuracy, often hit with less than full power. Also "controlled shot." (golf) [6]

**control steel** a steel instrument mounted along the track to measure the control temperature (luge) [6]

**control temperature** a reference temperature, taken by the control steel. The temperature of each sled's steels is compared to the control temperature to ensure that the steels have not been illegally heated (luge) [6]

**controlling aspect** in competing response theory, the degree to which an athlete is motivated by external rewards at the expense of internal motivation (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**controlling the game clock** the use of tactics by an offensive team to either save or use up time on the game clock, which often dictates its choice of plays (f/b) [6]

**convalescence** gradual return to good health after an illness or medical treatment, or the period spent recovering (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**conventions** the rules governing fencing for a specific weapon (fenc.) [6]

**conversation** the play, back and forth, of fencers and their blades in a match (fenc.) [6]

**conversational index** a measure of how easy an athlete finds it to speak while exercising at various intensities, which indicates their anaerobic threshold (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**conversion** a kick at the goal posts, after a try has been awarded, that scores 2 points. It can be a dropkick or a placekick. If a placekick, the opponents can rush as soon as the kicker moves toward the ball, but a dropkick can't be rushed. The kick is taken from a spot perpendicular to where the try was awarded (rugby) [6]

**conversion** (*in rugby*) a kicking of the ball over the crossbar following a try, or the score made with a successful kick (*Dict. of Sp. and Ex. Sc. 2006, 55 p.*)

**conversion** an additional score after a touchdown, worth one or two points (Am.f/b) [6]

**conversion** the opportunity to score a further two points after a try by kicking the ball between the posts and over the bar; conversions are taken from the twenty-metre line in line with where the try was scored (rugby) [6]

**convert** to make a free throw (b/b) [6]

**convert** to make a spare after a split leave; loosely, to make any spare (bowl.) [6]

**convert** **1.** (in rugby) to add to the points awarded for a try by following it with a successful kick of the ball over the crossbar **2.** to take advantage of an opportunity offered by an opponent, such as by winning a break point in tennis (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**convertibles** darts that have interchangeable tips, for playing steel-tip or soft-tip (electronic darts) (darts) [6]

**cool down** to become less warm after exertion (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**cool-down** a session of gentle activity and stretching after exercise to relax the muscles (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**Cooper test** test for measuring endurance performance capacity named after the American K. Cooper, the "father" of the aerobic-fitness movement in the USA. The test is used world-wide. The distance covered in a run of 12 min is determined and assessed according to a quality scale. (*H.Haag &G. Haag, Dictionary, 2003, 126 p.*)

**coordination** the ability to use two or more parts of the body at the same time to carry out a movement or task (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**coordination** in general agreeing together on different things and processes; in a more narrow, physiological context the interplay between the central nervous system and the muscle system during a movement sequence, as intramuscular coordination the interplay between several different muscles

(» antagonists). In motor learning initially the intention is to achieve gross coordination in the movement sequence (i.e. a degree of coordination that makes the intended movement sequence recognizable in gross outlines); it is then further developed into fine coordination which is characterized by movement rhythm, movement flow, and movement precision. Coordination can be measured by motor tests. In a broader sense, coordination is a collective term for all those motor characteristics that serve the ordering of different motor processes (» balance, » combination ability, » agility and reaction ability). The disturbance of sensorimotor coordination is an indicator that the interplay between muscles, nerves, and senses does not function at all or only to a limited extent. Such disturbances are caused by damages to cerebellum or cerebrum, through drugs and alcohol as well as through psychological factors. » Movement education and the » psychomotor system are especially aimed at eliminating these disturbances; they also offer possibilities for improving the performances of the visual sensory stimulation canal (e.g. hand-eye coordination), position and balance sensation (vestibular apparatus), and kinaesthetic sensation (muscle and movement sensation). In addition to » condition, coordination represents the foundation of general » fitness. (*H.Haag &G. Haag, Dictionary, 2003, 128 p.*)

**COPE model** a model designed to help athletes manage their stress, in which the elements are Control over emotions, Organisation of stimuli, Planning of a suitable response and Execution of the response (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**coping skills** learned methods of managing strong feelings in response to events, so that they do not detract from a generally positive mindset (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**coquille** the bell-shaped guard of a foil or epee (fenc.) [6]

**coquille** the hilt of a sword in the shape of a shell that protects the hand on a foil or épée (fenc.) [6]

**corded** having tensed or well-developed muscles visible as ridges or ripples (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**CORDS** the net (b/b) [6]

**core stability** the fact of having strong abdominal and back muscles so as to maintain proper posture when doing other exercises (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**core temperature** the optimum internal body temperature of a person, which it is dangerous to raise or lower (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**cork** the bullseye (darts) [6]

**corn** small, rounded kernels of snow, most often seen in the springtime (ski.) [6]

**corner** an area near the intersection of baseline and sideline (b/b) [6]

**corner** an area of the rink near one of the four rounded sections where the sideboards and endboards meet (icehok.) [6]

**corner** 1. the part of the playing field or surface where two boundaries meet 2. a free kick or shot from a corner of the field, given to the attacking team when a defending player plays the ball over the goal line 3. (*in boxing and wrestling*) any of the four parts of a ring where the ropes are attached to the posts, especially the two where the competitors rest between rounds (*Dict. of Sp. and Ex. Sc. 2006, 56 p.*)

**corner** in some sports the restarting of the game by means of a hit, stroke, kick or throw by an attacking player, when a player of the defending team has played the ball across his own goal line and thereby interrupted the game. In soccer a goal can be scored directly from a corner, in hockey, handball and water polo this is not permitted. (*H.Haag & G. Haag, Dictionary, 2003, 128 p.*)

**corner** one of the four corners of the boxing ring. One is assigned to each boxer, and it is that corner where he sits, assisted by his seconds, in the intervals between rounds. The other two corners are called the neutral corners (box.) [6]

**corner (kick)** a kick awarded to the attacking team at one of the four corners of the pitch as a result of a defending player putting the ball out of play beyond the goal line (f/b) [6]

**corner arc** a quarter-circle with a radius of 1 yard located at each of the 4 corners of the field; on a corner kick, the ball must be kicked from inside this arc (f/b) [6]

**corner area** see Corner arc (f/b) [6]

**corner flag** one of the four flags that mark the corners of the pitch where the touchline meets the goal line (f/b) [6]

**corner flag** the flag located at each of the 4 corners of the field, inside the corner area (f/b) [6]

**corner hit** same as long corner (hock.) [6]

**corner kick** a type of restart where the ball is kicked from the corner arc in an attempt to score; awarded to an attacking team when the ball crosses the goal line last touched by the defending team (f/b) [6]

**corner man** same as second (box.) [6]

**corner throw** a free throw awarded to the attacking team if a defensive player touched the ball last before it went out over the goal line. It's taken from the two-meter line on the side nearest the spot where the ball went out of bounds (w.polo) [6]

**cornerback** a defensive back who lines up at the side of the field, usually covering an opposing wide receiver (Am.f/b) [6]

**cornerman** a forward (b/b) [6]

**cornice** a dangerous overhanging mass of wind-sculpted snow that projects beyond the crest of a ridge (alp.) [6]

- corps a corps** bodily contact between fencers; the French for "body to body." (fenc.) [6]
- corps à corps** bodily contact between two fencers (fenc.) [6]
- corrective activity** a training exercise designed to correct a problem with a learned skill (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- corrective therapy** professional coaching or counselling to correct undesirable behaviour (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- corridor of uncertainty** the area outside a batsman's off stump, where he is unsure whether to play a stroke or not; a phrase popularized by England batsman-turned-commentator Geoffrey Boycott (crick.sl.) [6]
- costal** relating to the ribs (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- costochondrial separation** a sports injury in which one or more ribs becomes detached from the sternum, usually caused by a heavy blow to the chest (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- cottage** a little house in the country (*Dict. of Leis., Trav. and Tour., 2008, 76p.*)
- coule** a straight thrust on which the blade grazes lightly down the opponent's blade (fenc.) [6]
- counsel** to give someone advice and support on personal or psychological matters, usually in a professional context (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- counselling** a method of treating mental disorders in which a *specialist talks* with a person about his or her condition and how to deal with it (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- counsellor, manager** person responsible for accompanying measures in the course of athletic training and competition. The most important tasks of a counsellor are: supplying optimal learning aids, mediating social well-being, creating motivation for performance as well as solving conflicts, promoting talent, coordinating sport and professional issues, being a team leader, creating a positive attitude towards competitions, and public relations. A counsellor plays an especially important role in youth sport. (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)
- count** the number of pins knocked down with the first ball in a frame (bowl.) [6]
- count** a tally of the number of balls and strikes that have been thrown during an et bat, eg *if the count is three and one. the pitcher has thrown three balls and one strike to the batter* (baseb.) [6]
- count** the counting up to ten seconds by the referee when a boxer is down on the canvas, after which a win to his opponent by a knockout is declared (box.) [6]
- counter** (*in boxing and other full-contact sports*) to defend oneself against a punch or kick from an opponent, and deliver a punch or kick in return (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)
- counter** a stone in the house that may be worth a point at the completion of the end (curl.) [6]

**counter** an attack launched immediately after an opponent throws a punch, in order to exploit an opening in his defences (box.) [6]

**counter** any stone in the house or touching the ring surrounding the house that may be worth a point (curl.) [6]

**counter attack** an attack made immediately after avoiding or stopping an opponent's attack during an et bat, eg *if the count is three and one. The pitcher has thrown three balls and one strike to the batter* (baseb.) [6]

**counter conditioning** a process of psychological conditioning that attempts to replace somebody's undesired habitual response to a particular situation with a desired learned response (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)

**counter movement** in a motor action a movement (reaction movement) that occurs in the opposite direction of the main movement (action movement). In walking and running, e.g. the right leg and the left arm are moved forward simultaneously (and vice versa), or in jumping the swinging leg is lifted while the take-off leg points downwards. A counter-movement is based on the 3rd fundamental law of mechanics (Newton's law of interaction) which also applies to biomechanics. It states that the effect (actio) of a movement is equal in magnitude to the counter-effect (reactio), with opposite direction. (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)

**counter play** an offensive play in which the ball carrier moves in the opposite direction to the other players (Am.f/b) [6]

**counter, fast break** defending an attack of the opponent by a counter-attack (especially in boxing). (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)

**counterattack** to make an attacking move from a defensive position (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)

**counterattack** an attack launched by a defending team soon after it regains possession of the ball (f/b) [6]

**counter-drive** an attacking shot used to return the opponent's attacking shot (t.ten.) [6]

**counterhold** releasing trick. (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)

**countering** a method of encouraging positive thinking by identifying present negative triggers and thoughts, and building new responses to these (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)

**counter-parry** a defensive movement in which the fencer goes around the opponent's blade and moves it away (fenc.) [6]

**counter-riposte** an attack made immediately after parrying the opponent's riposte or counter-riposte (fenc.) [6]

**counter-time** an attack made by luring the opponent into a counter attack and then striking back (fenc.) [6]

**counting off** a defensive measure in handball which is aimed at ensuring that each attacking player of the opponent is assigned to one defensive player. (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)

**counting out** to determine the loss of a boxer who has gone to the floor or who is standing up but unable to continue the fight; the referee counts to ten (seconds). In case of a severe knock-out the referee can count a fighter out after the first second (k.o.). (*H.Haag &G. Haag, Dictionary, 2003, 129 p.*)

**coup de grace** the final action that assures victory or success (*Dict. of Sp. and Ex. Sc. 2006, 57 p.*)

**coup lancé** an attack that begins before a stop in play but results in a hit afterward. It's not valid if time has run out, but it counts if play was stopped for any other reason. (French for "launched hit.") (fenc.) [6]

**coupe** see cut-over (fenc.) [6]

**coupe double** a double hit (fenc.) [6]

**course** the entire playing area for a round or match, usually comprising 9 or 18 holes, each of which has a teeing ground, a fairway, and a green (golf) [6]

**course** a straight area in the water, typically 4 to 8 lanes wide, for rowing competition. The standard Olympic course is 2,000 meters long (row.) [6]

**course** an area where a race is run or where a sport in which players progress over the area is played (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**course** marked path for competitions held in running and racing disciplines, e.g. in automobile sport, skiing, bicycle racing, and equestrian. In sailing the course represents the direction of movement in degrees on the magnetic compass. (*H.Haag &G. Haag, Dictionary, 2003, 130 p.*)

**course** the race's distance (dog.rac.) [6]

**course management** if a player demonstrates good course management, he or she adapts his/her game to the demands of the particular course (golf) [6]

**course rating** an evaluation of a course in terms of difficulty, as compared to other courses, expressed in strokes and decimal fractions of a stroke. The course rating is used in computing handicaps (golf) [6]

**course stability** the ability of a boat to maintain the selected course independent from wind and waves and without any help from the rudder. Deviations from the course are caused by wrong trimming of the boat, swell, or wind changes. (*H.Haag &G. Haag, Dictionary, 2003, 130 p.*)

**courses to the wind** in sailing term for different relations between wind and boat direction. The following courses are differentiated: upwind (the wind blows diagonally from the front), half-wind (the wind blows from abeam), reach (the wind blows diagonally from behind), and downwind (the wind blows directly from behind). (*H.Haag &G. Haag, Dictionary, 2003, 130 p.*)

**court** the tennis court is 78 feet long and 27 feet wide for singles, 36 feet wide for doubles. It is divided across the middle by the net. Service lines are marked 21 feet from each side of the net and parallel to it. The area bounded by the singles sidelines and the service line is divided into two equal parts, the service courts, by the center service line, which is halfway between the sidelines and parallel to them (ten.) [6]

**court** an area where a game of tennis or squash, etc., is played (*Dict. of Leis., Trav. and Tour., 2008, 77p.*)

**court** the playing area for a game of basketball, which varies in size, depending on the level of play. College and National Basketball Association courts are 94 feet long by 50 feet wide. The court used in international play is 91 feet, 10 inches, by 49 feet, 2 ¼ inches. The court is bounded by baselines and sidelines and is divided in half by a center line (b/b) [6]

**court** the playing area on one side of the net, which is 5 feet wide and 4 ½ feet long. Sometimes used to mean the entire surface of the table (t.ten.) [6]

**court** the badminton court is 17 by 44 feet for singles, 20 by 44 feet for doubles. There is a short service line, 6 feet and 6 inches from the net, on each side of the court, that marks the beginning of the service court. A long service line, 2 feet and 6 inches from each backline, marks the end of the service court (badm.) [6]

**court** the playing area in some sports, e.g. basketball and tennis (*Dict. of Sp. and Ex. Sc. 2006, 58 p.*)

**court hinder** an unavoidable hinder caused by an object, such as a door latch (racq.b.) [6]

**court player** a player other than the goalkeeper (h/b) [6]

**court tennis** the ancestor of modern tennis, court tennis apparently developed during the Middle Ages in monastery courtyards and then moved into the courtyards of castles, where it was played by kings and nobles. It has a very complicated scoring system, which has been somewhat simplified for modern lawn tennis. Also known as "real tennis," in which "real" is the Spanish word for "royal." (ten.) [6]

**court vision** a player's ability to see everything on the court during play - such as where his teammates and defenders are set up - which enables him to make better choices in passing; the best point guards possess this (b/b) [6]

**court** each of the two equal areas into which the pitch is divided (kabadi) [6]

**court** the 94' x 50' area bounded by 2 sidelines and 2 end lines containing a basket at each end, on which a basketball game is played (b/b) [6]

**cover** to close a line to the attacker (fenc.) [6]

**cover** to position oneself between an opposing player and the ball (hock.) [6]

**cover** a fielding position on the off side between point and mid-off (crick.) [6]

**cover** when a player stays close to an opponent to prevent him from receiving a pass or making a play on offense (icehok.) [6]

**cover drive** a drive by a batsman that goes through the cover area (crick.) [6]

**cover or coverage** preventing a player from gaining yards; in pass coverage, a defender follows a receiver to prevent him from catching a pass; in kick coverage, members of the kicking team try to prevent a long kick return (f/b) [6]

**cover point** defensive player whose role is to mark the opposing team's second home (lacr.) [6]

**cover point** same as cover (crick.) [6]

**cover shot** a throw at another high number, usually treble 18 or 19, when the treble 20 bed is obscured by the position of a dart or darts already thrown (darts) [6]

**cover tackle** a tackle made by a player running across the field behind his team-mates, on a player who has managed to break through the defensive line (rugby) [6]

**cow corner** a fielding position on the boundary on the leg side between deep mid wicket and long on to which cow shots are hit (crick.sl.) [6]

**cow shot** a slog to the leg side (crick.sl.) [6]

**cowling** the covering over the front part of the sled (bobsl.) [6]

**cox** short for coxswain (row.) [6]

**cox** the member of a rowing crew who faces forward, steers the boat and directs the speed and rhythm of the rowers (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**cox** (short for coxswain); the steersman who sits opposite the stroke and gives instructions during a race (row.) [6]

**cox box** a small electronic device that amplifies the coxswain's voice and also gives a readout of information, such as the current stroke rating (row.) [6]

**coxa** the hip joint (NOTE: The plural is coxae.) (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**coxed** descriptive of a boat or crew that has a coxswain (row.) [6]

**coxed/coxless** having/not having a cox. In coxless boats the steering is generally done by the bowman using steering lines attached to his or her shoes (row.) [6]

**coxless** descriptive of a boat or crew with no coxswain (row.) [6]

**coxswain** the helmsman, who has two important jobs: To keep the boat moving straight by making minor corrections to the rudder, and to keep the oarsmen rowing at the desired stroke rate (row.) [6]

**coxswain** see cox (row.) [6]

**coxswain, helmsman** usually light-weight person steering a rowing boat (» rowing). (*H.Haag &G. Haag, Dictionary, 2003, 130 p.*)

**crack** to hit a single when aiming at a double (darts) [6]

**crack** originally the best horse of a stable, later term for an out-standing athlete. (*H.Haag &G. Haag, Dictionary, 2003, 130 p.*)

**cradle** a hold in which one arm is around the neck of the opponent, the other around the neck, with the hands gripped tightly together (wrest.) [6]

**cradle** **1.** a frame placed beneath bedclothes covering a patient to keep him or her from touching a sensitive part of the body, e.g. after an injury or operation **2.** (*in cricket*) a shallow curved frame used in catching practice (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**cradle** the gently rocking movement of keeping the ball near the lip of the net of the crosse so that a player can quickly throw the ball when necessary (lacr.) [6]

**cramp** a painful involuntary spasm in the muscles, in which the muscle may stay contracted for some time (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**cramping** the occurrence of cramps during or after exercise (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crampons** metal devices with spikes that are attached to climbing boots to provide grip on snow and ice (alp.) [6]

**crane** a position in the body is extended upward and one leg is extended forward at a 90-degree angle (synchr.swim.) [6]

**crank** to steer extremely hard (luge) [6]

**cranker** a bowler who lifts and turns the ball at the top of the backswing to generate a great deal of hooking action (bowl.) [6]

**crankshaft** the shaft that transmits power from the pistons to the differential (autosp.) [6]

**crash** to miss a shot because the shooter struck another stone (curl.) [6]

**crash** to hit the track's wall or go off the track entirely (luge) [6]

**crash** 1. to collide 2. to suffer a total loss of physical or mental energy, often because of exhaustion or stress (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crash ball** if a player passes or receives a pass 'on the crash ball', he does it at the same time as he is tackled from the front (rugby) [6]

**crash course** a course of study or training done intensively over a short period of time in order to learn the basics of a subject, skill, or activity quickly (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crash diet** a dietary plan that drastically reduces calorie intake for a short period, leading to rapid but unsustainable weight loss (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crash helmet** a hard padded helmet worn by cyclists, racing drivers and others to protect the head in case of an accident (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crash the boards** same as bang the boards (b/b) [6]

**crawl** a fast swimming stroke in which the swimmer lies face down and uses a flutter kick and an overarm stroke (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crawler** a strike on which the ball misses the head pin. So called because the 4, 2, and 1 pins usually fall slowly, like dominos, after the rest of the pins are down (bowl.) [6]

**crease** see goal crease (icehok.) [6]

**crease** 1. (*in cricket*) any of various lines that demarcate the wicket, especially the popping crease 2. the rectangular area in front of an ice hockey goal 3. the semicircular area surrounding a lacrosse goal (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**crease** 1. any of the lines marked at either end of the pitch; see bowling crease, popping crease and return crease 2. a batsman is said to be 'in his crease' if he is behind the popping crease (crick.) [6]

**crease lines** the red lines that form the semi-circular area with a 6-foot radius in front of the goal called the goal crease (icehok.) [6]

**Creating an angle** making a move to try to attack from the side when you and your opponent are both on your feet (wrest.) [6]

**creating space** when a player from the attacking team moves without the ball to draw defenders away from the ball carrier and give him space (f/b) [6]

**creativity** the ability to use the imagination to develop new and original techniques or make unorthodox plays to successfully deal with difficult situations (*Dict. of Sp. and Ex. Sc. 2006, 58p.*)

**creeper** a slow ball (bowl.) [6]

**creeping** slight forward movement of the arrow point before actual release (arch.) [6]

**cresting** distinctive color markings on an arrow to identify the owner in scoring (arch.) [6]

**crew** the three sliders who sit behind the driver in a four-man bobsled (bobsl.) [6]

**crew** a group of people who work on a plane, ship etc. (*Dict. of Leis., Trav. and Tour., 2008, 80p.*)

**crew** the rowers and cox of a racing boat (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**crew** in sailing, term for the people operating a ship other than the captain or helmsmen. In dinghy sailing the individual responsible for the jib sheet, spinnaker, and hiking out in the trapeze (if necessary). (*H.Haag &G. Haag, Dictionary, 2003, 131 p.*)

**crew** the oarsmen or oarswomen (and cox, where appropriate) of a racing boat (row.) [6]

**Crew's Nest** an upper part of the clubhouse at the Augusta National course, where amateurs can stay during the Masters (golf) [6]

**cricket** a team game in which the object is to hit three each of the numbers 15 through 20 and the bullseyes (darts) [6]

**cricket** an outdoor sport played by two teams of 11 players using a flat bat, a small hard ball, and wickets. A player scores by batting the ball and running, while the defenders can get a player out by bowling and hitting the wicket, catching a hit ball, or running the player out (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cricket** hitting ball game (catching and returning game) for two teams which is played outdoors. The idea of the game is that only two players of the defending batting team compete with the opponent's attacking (catching) team (11 players). (*H.Haag &G. Haag, Dictionary, 2003, 131 p.*)

**cripple** a very easy shot, typically a lay-up with no defenders nearby (b/b) [6]

**criterion-referenced test** a situation in which a competitor must achieve a predetermined standard or score, rather than beat a competitor's score (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**criterium** a multi-lap race on a course of a mile or less (cycl.) [6]

**criterium** road races involving several laps around a short road circuit in a town centre (cycl.) [6]

**critical point** » ski jump. (*H.Haag &G. Haag, Dictionary, 2003, 133 p.*)

**critical point** same as k point (ski.) [6]

**critical power** a level of intensity that is the highest that a person can exercise at without becoming exhausted (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**criticise** to say what is wrong with something (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**criticism** a spoken or written opinion or judgment of what is wrong or bad about someone or something (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**croise** the action of taking the opponent's foible on the forte and moving the opponent's from high to low, or vice versa, on the side of engagement. See also diagonal parry (fenc.) [6]

**Croke Park** venue for the All-Ireland final and headquarters of the GAA, located in Dublin. It is named after its patron, Dr Croke, the Roman Catholic Archbishop of Castel (hurl.) [6]

**chromoly** a steel alloy that is light and durable, used to make sports equipment such as bicycle frames (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**crooked number** any number other than 0 or 1 recorded on a baseball scoreboard (baseb.sl.) [6]

**crop** a short whip (equest.) [6]

**croquet** an outdoor game, usually played on a lawn, in which the players use long-handled wooden mallets to hit large wooden balls through a series of hoops (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**croquet** ball game where balls have to be moved through a certain number of gates with the least number of hits taken using a stick similar to a large wooden hammer. (*H.Haag &G. Haag, Dictionary, 2003, 133 p.*)

**croquet lawn** a special lawn set out with hoops for playing croquet (*Dict. of Leis., Trav. and Tour., 2008, 80p.*)

**croquet shot** played after a croquet, a shot made when the striker's ball is in contact with an opposing bail (croq.) [6]

**cross** an advance or retreat made by crossing one leg over the other (fenc.) [6]

**cross** a skill performed on the still rings, in a straight body or " L" position, with the body perpendicular to the floor and the arms stretched perpendicular to the body. See also inverted cross (gymn.) [6]

**cross** term for a movement in diagonal direction, e.g. in boxing a punch over the defending arm of the opponent to his opposite half of the body or face; in tennis, table tennis and badminton a shot diagonally across the playing field. (*H.Haag &G. Haag, Dictionary, 2003, 134 p.*)

**cross** **1.** a pass that sends the ball across the field in a team game such as hockey **2.** a punch thrown at a boxing opponent from the side, in response to and evading the opponent's jab or lead ■ in football and some other games, to make a pass that sends the ball across, rather than up or down, the field (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross** a straight punch delivered from the side (box.) [6]

**cross** on the rings, a move in which the gymnast holds his body at right angles to the floor and his arms stretched out at right angles to the body (art.gymn.) [6]

**cross bar** the 6-foot-long horizontal bar that connects the tops of the goal posts (icehok.) [6]

**cross bar** the horizontal bar that connects the top of the two goalposts (icehok.) [6]

**cross bunker** a bunker, usually long and narrow, that crosses the fairway (golf) [6]

**cross country** a type of race that takes place over a considerable distance. See classical cross country; freestyle cross country (ski.) [6]

**cross country** riding that simulates a ride through open country, including various types of jumps (equest.) [6]

**cross flank** in soccer a high ball passed into the center of the penalty box. (*H.Haag &G. Haag, Dictionary, 2003, 134 p.*)

**cross or crossing pass** a pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field; used to give the teammate a good scoring opportunity (f/b) [6]

**cross step** **1.** in figure and roller (inline) skating the crossing of one leg over top of the other when skating in a curve line, used as an approach for jumps (often performed backwards). **2.** in track and field one step in the run-up of the javelin throw, where the legs are crossed to get into a favourable throwing position. (*H.Haag &G. Haag, Dictionary, 2003, 134 p.*)

**cross training** fitness training in different sports, e.g. running and weightlifting, usually undertaken to enhance performance in one of the sports (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-bar** the horizontal bar between the goal posts, which is 3 meters (9 feet, 10 inches) above the ground (rugby) [6]

**crossbar** the wooden or metal bar that is supported by the two goal posts (f/b) [6]

**crossbar** the horizontal beam that forms the top of a goal and sits on top of the two posts; it is 24 feet long and supported 8 feet above the ground (f/b) [6]

**cross-batted** a cross-batted shot is one played with the bat horizontal (crick.) [6]

**cross-body ride** same as grapevine (wrest.) [6]

**crossbow shooting** shooting sport where the crossbow is used as a weapon. (*H.Haag &G. Haag, Dictionary, 2003, 134 p.*)

**crosscheck** (*in hockey, ice hockey and lacrosse*) to obstruct an opposing player by using both hands to thrust a playing stick across his or her body (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-check** illegal check delivered with both hands on the stick and no part of the stick on the ice; the offender is assessed a penalty at the referee's discretion (icehok.) [6]

**cross-checking** hitting an opponent with the stick while it is held in both hands and no part of the stick is touching the ice. Usually incurs a minor penalty, but a major penalty if blood is drawn or a serious injury results (icehok.) [6]

**cross-checking** a minor penalty which occurs when a player holds his stick in both hands and drives the shaft into an opponent; a stick check where a player has both hands on the stick and no part

of the stick on the ice; if serious injury is caused or blood is drawn it becomes a major penalty and a game misconduct (icehok.) [6]

**cross-comparison** a mode of organizing tournaments in various sport disciplines where teams from two or more groups, with different placing within the groups after preliminary rounds, play against each other in a knock-out system (e.g. the winner of the game between the first-ranked of group A and the second-ranked of group B plays in the final against the winner of the game between the first-ranked of group B and the second-ranked of group A). (*H.Haag &G. Haag, Dictionary, 2003, 136 p.*)

**cross-country** descriptive of a mountain bike race that takes place over trails, jeep roads, and similar difficult terrain (cycl.) [6]

**cross-country** a sporting activity or event such as running, cycling or racing that is done off the roads (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-country** type of riding event that simulates a ride through open country, including various jumps (equest.) [6]

**cross-country race** in general a term for competitions usually held in diverse natural terrain in sports such as track and field, motor sport, bicycling, equestrian; cross-country races have become increasingly popular due to the diversified courses. Cross-country races are also held on skis (on alpine skis with touring bindings and skins or special bases - not to be confused with » cross-country skiing), with horses and motor vehicles, and in track and field (» moto-cross). (*H.Haag &G. Haag, Dictionary, 2003, 136 p.*)

**cross-country skiing** skiing for long distances following marked tracks across country, as opposed to downhill skiing. Also called XC skiing (*Dict. of Leis., Trav. and Tour., 2008, 80p.*)

**cross-country skiing** skiing on long narrow skis across open countryside on fairly level ground (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-country skiing** discipline of Nordic skiing (also » Nordic combination, » biathlon). With respect to sport equipment compare » ski, » ski boots, » ski poles. Cross-country skiing has been divided into two groups according to the technique used. The original cross-country events were held using the traditional diagonal or classic technique; since 1985 there have been freestyle events, where the skating technique is used (also Siitonen step). The classic technique consists of the diagonal step, double-pole push, and other similar movements. Skating technique consists mainly of the » skating step. Cross-country skiing has become increasingly popular as a recreational sport, which is also due to the fact that most winter resorts provide a well prepared network of cross-country ski tracks. Recreational cross-country skiing events with thousands of participants are held in winter resorts around the world (» ski marathon) (on competitions and organization » skiing). (*H.Haag &G. Haag, Dictionary, 2003, 136 p.*)

**cross-country sports, outdoor sports** in a narrow sense term for all sport disciplines which are practiced in (natural) terrain and thereby receive an additional degree of difficulty, e.g. cross-races in

track and field, motor sports, bicycling, and equestrian sport. (*H.Haag &G. Haag, Dictionary, 2003, 137 p.*)

**cross-court** descriptive of a shot that is hit from one side of the court to the other, as well as over the net. For example, the player hits from the right-hand side of the back court to the right-hand side of the opponent's backcourt (ten.) [6]

**crosscourt** hit or thrown from one side of a playing court towards the other, especially in tennis or basketball (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-court** a cross-court shot is one that is hit diagonally from corner to corner of the table (t.ten.) [6]

**cross-court** if a player plays cross-court, he or she hits a shot diagonally across the court (ten.) [6]

**cross-court pass** a shot hit from one side of the court that passes the opponent on the opposite side (racq.b.) [6]

**crosse** the playing stick, it has a pocket at the end for catching, carrying and throwing the ball (lacr.) [6]

**crosse grip** a moulded grip that has protrusions to protect the fingers on foils and epees (fenc.) [6]

**crossed cheque** a cheque with two lines across it showing that it can only be deposited at a bank and not exchanged for cash (*Dict. of Leis., Trav. and Tour., 2008, 80p.*)

**cross-face** a hold in which the wrestler's forearm is pressed across the opponent's face (wrest.) [6]

**crossfield** kicked or thrown from one side of a playing field towards the other, especially in football or rugby (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-handed grip** an unorthodox grip in which the left hand is below the right hand (golf) [6]

**cross-handed grip** a style of putting grip where the right hand is below the left (for a right-handed player) (golf) [6]

**crossing** **1.** in running and racing competitions interference with a rival competitor, cutting him off by changing lanes immediately after passing. **2.** in basketball blocking an opponent by two players. **3.** in figure - skating and roller (inline-) skating a » cross step. **4.** in speed skating changing lanes on the change straight **5.** in team games (e.g. handball) the position change of two players in such a manner that one of the two has a chance of having a shot on the goal. (*H.Haag &G. Haag, Dictionary, 2003, 137 p.*)

**crossing** an illegal move in which a player crosses in front of the ball-carrier, thus obstructing the defensive team from making a tackle (rugby) [6]

**cross-legged** sitting exercise with legs crossed, which is utilized in callisthenics for the improvement of flexibility in pelvis, hips, and legs; in Yoga (with straight, upright posture of the upper body) it is used for concentration purposes. (*H.Haag &G. Haag, Dictionary, 2003, 137 p.*)

**crossover** (cross-step): in ice-skating, roller- (inline-) skating, and speed-skating lifting the free leg over top of the support leg when skating in a curve. When skating backwards this is also used as a run-up technique for jumps. (*H.Haag &G. Haag, Dictionary, 2003, 137 p.*)

**crossover** **1.** Halfway through each lap in pairs skating, the skaters have to change lanes in a designated area called the crossover. **2.** The motion used by skaters to negotiate curves, in which the outer foot crosses over the inner foot to help maintain balance and speed (sp.skate.) [6]

**cross-over** a ball that results in a Brooklyn hit (bowl.) [6]

**crossover** a method of turning corners and gaining speed on which the skater crosses one foot over the other (f.skate.) [6]

**crossover** a basic move where the skater crosses one skate over the other when turning corners and increasing speed (f.skate.) [6]

**crossover dribble** a dribble made using first one hand, then the other (b/b) [6]

**crossover dribble** when a ball handler dribbles the ball across his body from one hand to the other (b/b) [6]

**crossover dribble** a dribble on which the ball is moved across the body, from one hand to the other (b/b) [6]

**cross-sex effect** the fact of having members of the opposite sex in the audience, and the effect that this may have on an athlete's performance (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-tracking** Improperly crossing into the wrong lane; results in disqualification (sp.skate.) [6]

**cross-train** to learn one or more tasks or skills at a time, or teach someone one or more skills (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**cross-trainer** **1.** an athlete who trains for more than one competitive sport at a time **2.** an exercise machine intended to help develop many different groups of muscles ■ **cross-trainers** sports shoes designed for more than one sporting activity (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**crotch** a junction of two playing surfaces, e. g. the front wall and a side wall (racq.b.) [6]

**crotch lift** a hold in which the arms are wrapped around the opponent's upper thigh, often used to turn the opponent over for a pin (wrest.) [6]

**crotch serve** a serve that hits the crotch of the front wall and floor, front wall and side wall, or front wall and ceiling (racq.b.) [6]

**crouching start** a starting position for a race with the knees bent; first used in 1888 by US athlete Charles Sherrill (athl.) [6]

**crowd control** methods of coping with large groups of people such as at a sports game, making sure that they each have space and can move freely (*Dict. of Sp. and Ex. Sc. 2006, 59p.*)

**crowding** playing too close to the opponent; an avoidable hinder (racq.b.) [6]

**crud** snow of variable consistency because of temperature changes and several snowfalls (ski.) [6]

**cruise** a holiday consisting of a long journey in a ship, stopping at different places (*Dict. of Leis., Trav. and Tour., 2008, 81p.*)

**cruiserweight** (*in professional boxing*) a weight category for competitors whose weight does not exceed 86 kg or 190 lb (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**crunch** a form of sit-up in which the body is only partially raised, intended to strengthen the abdominal muscles (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**crural** relating to the thigh, leg or shin (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**crural length** the ratio of thigh length to total leg length, relevant in some athletic events that involve jumping (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**crutches** a pair of long sticks with handgrips and rests for the forearm or armpit, used for support by a person who is unable to walk unassisted (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cryokinetics** the combination of massage and ice therapy in the rehabilitation of a sports injury (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cryotherapy** same as **ice therapy** (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**CSAI-2** a method used to measure levels of competitive state anxiety, which looks at both the athlete's general tendency towards stress (A-trait) and the their tendency to suffer stress under pressure (A-state). Pull form **Competitive State Anxiety Inventory-2** (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cubes** cubic inches of displacement, as in, "That car has 350 cubes." (autosp.) [6]

**cubital** relating to the elbow (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cue** **1.** (*in games such as snooker and pool*) a long tapering stick used for striking the cue ball **2.** a stimulus or pattern of stimuli, often not consciously perceived, that results in a *specific learned* behavioural response (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cue** a long tapered wooden shaft with a leather tip, used to propel the cue ball (pool) [6]

**cue** a long tapered wooden shaft with a leather tip, used to propel the cue ball (bilj.) [6]

**cue ball** in billiards, snooker or pool, the white ball struck with the cue so that it strikes the object ball in turn (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cue ball** the white ball struck by the cue and used to propel the object ball (pool) [6]

**cue ball** the white ball struck by the cue and used to propel the object ball (bilj.) [6]

**Cuervo** a vault that consists of a handspring off the springboard, and then a half-twist followed by a backward salto off the horse; named after the Cuban gymnast Jorge Cuervo who first performed it in 1973 (art.gymn.) [6]

**cufin** see kufen (luge) [6]

**cul** a goal, scored when the ball is played under the crossbar and worth three points (hurl.) [6]

**cup** an attachment on the wing of a jump that holds the rail (equest.) [6]

**cup** see hole (golf) [6]

**cup** to close the palm on the ball when tossing it up for a serve. Cupping is against the rules, since it can be used to put spin on the ball (t.ten.) [6]

**cup** **1.** a sporting competition in which the winner's prize is a large ornamental cup **2.** *US* an athletic support reinforced with plastic or metal, worn to protect the male genitals during team sports (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cup** a drinking or decorative container awarded to the winner, made of gold, silver, or other materials, which is used as a victory trophy in sport competitions; also term for the actual competition for the cup. The most well-known cup competitions are the various Cup events in soccer, which use a knock-out system. When home and away games are played, goals scored by the guest team count double. In case of equal scores a decision regarding the victory can be made by overtime play, a repeat of the game, » penalty kicks, or a draw. The trophy (cup) either remains in the possession of the winner for one year (challenge cup) or it becomes the possession of the team forever (usually after winning it three times). When the winners of different cup events compete against each other, the event is called a Super Cup. (*H.Haag & G. Haag, Dictionary, 2003, 138 p.*)

**cup** the plastic or metal casing that lines a hole (golf) [6]

**Cup Final** the final match in a knockout sports competition, especially in football (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cup holder** a team that won the cup in the previous staging of a sporting competition or tournament (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cup tie** a match in a knockout competition for which the prize is a cup (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cuppy** descriptive of a lie in which the ball sits in a cup-shaped depression (golf) [6]

**curative callisthenics** callisthenics aimed at prevention and restoration / recovery of health. Based on principles of » functional callisthenics, it becomes specific in exercises taken from » orthopaedic callisthenics, » respiratory callisthenics, and » physiotherapy. (*H.Haag &G. Haag, Dictionary, 2003, 138 p.*)

**curl** turn (spin) put on the stone by twisting the handle at release to make it curl, or curve. Also, the curvature of the stone's path (curl.) [6]

**curl** a weight training exercise in which a weight held in the hand or hands is lifted by curling the forearm towards the upper arm (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**curl bar** a weighted shaped bar designed for use when performing curls (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**curl pattern** a route taken by a receiver involving running up the field and then turning back towards the line of scrimmage (Am.f/b) [6]

**curl** a part of a hollow or semi-hollow wave that loops over as it breaks (surf.) [6]

**curling** a team game played on an ice rink, in which a heavy polished stone with a handle is slid towards a circular target (**000**) (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**curling** winter sport game played on ice. There are two very similar versions of the game originating from different places The term curling as it is used today originates from Scotland. The other version is mainly played in Germany and is called "Eisstockschiessen" (ice stick shooting). (*H.Haag &G. Haag, Dictionary, 2003, 138 p.*)

**curl-up** a type of sit-up performed slowly with great attention to technique and form (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cursorial** having a body or body parts particularly well-adapted for running (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**curtain** a blow in the last frame by the anchor man, when a spare would have won for his team (bowl.) [6]

**curve** a ball that has a big, slow break. Compare to hook (bowl.) [6]

**curve technique** in running and racing disciplines special technique for mastering curves in the course with the highest possible speed, e.g. in short-distance running in track and field by a slight inside lean of the body, in speed-skating by crossing the skates, in alpine skiing by putting pressure on the outside ski and initiating the turn. (*H.Haag &G. Haag, Dictionary, 2003, 141 p.*)

**curveball** in baseball, a ball that when pitched drifts to the left if thrown by a right-handed pitcher and to the right if thrown by a left-handed pitcher (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**curveball** a slower pitch with an arcing trajectory (baseb.) [6]

**curved last** same as **performance last** (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**curvilinear** moving along a curved path or line (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cushion** the padding at the back of the pit (bowl.) [6]

**cushion** the padded lining of the inner side of a pool table (pool) [6]

**cushion** the padded lining of the inner side of a table (bilj.) [6]

**custodian** the goalkeeper (f/b sl.) [6]

**custom drug** a drug that targets a specific condition, especially a drug that is tailored to an individual patient's genetic requirements (*Dict. of Sp. and Ex. Sc. 2006, 60p.*)

**cut** to hit the ball with a short, downward slicing motion, often drawing the racket strings across it to give some sideways spin in addition to backspin (ten.) [6]

**cut** a hit in sabre competition made by striking with the edge of the blade (fenc.) [6]

**cut** the highest score that allows a player to continue in a tournament, usually determined after the first 36 holes of a 72-hole tournament. If a player shoots that score or lower, he is said to have made the cut. To shoot a higher score is to miss the cut (golf) [6]

**cut** a quick change in direction, to elude a defender or find an open area on the floor. As a verb, to make a cut (b/b) [6]

**cut** **1.** in boxing a head injury (usually in the region of the eyebrow). **2.** in polo a ball hit away from the horse. **3.** in tennis a sliced ball. **4.** in sabre fencing a type of hit (» fencing). Cuts are only valid if hit above the belt-line. One differentiates between high (to the head or face mask) and low cuts (to the flank, chest or stomach) as well as straight and curved cuts. Cuts are hit from certain fencing positions (prime, sec-onde, tierce, quarte, quinte, sixte, septime, octave). (*H.Haag & G. Haag, Dictionary, 2003, 141 p.*)

**cut** **1.** to hit a ball with a racket in such a way that it spins as it flies through the air **2.** to strike a cricket ball square on the offside with the bat more or less parallel to the ground (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cut** **1.** a shot in which the bail intentionally moves from left to right in the air (for a right-handed player) **2.** the reduction of the field in a tournament after a set number of rounds (usually two), only those players with the better scores qualifying to play in the final round(s) (golf) [6]

**cut** a hit with a sabre (fenc.) [6]

**cut** a shot on the off side, between cover and third man, played with the bat close to the horizontal (crick.) [6]

**cut back** a sudden change in direction taken by a to make it more difficult for defenders to follow and tackle him (f/b) [6]

**cut down the angle** when the goalie comes out of the goal several feet to make himself closer and larger to an attacker, leaving the attacker less net to shoot at (f/b) [6]

**cut fastball** same as cutter (baseb.) [6]

**cut in** to hit an approach shot precisely, usually with backspin, to a well-protected pin (golf) [6]

**cut off** when a defensive player keeps his body between an attacker and the defender's goal, forcing the attacker out towards the sidelines (f/b) [6]

**cut shot** a high, soft shot that stops almost immediately when it hits the green (golf) [6]

**cutback** a manoeuvre used to change direction and head back towards the breaking part of the wave (surf.) [6]

**cut-off man** a fielder who goes to meet a long throw from the outfield before it reaches the infield (baseb.) [6]

**cut-over** the act of passing the blade over the opponent's point (fenc.) [6]

**cutter** a stone that runs slow and straight, with little or no curl (curl.) [6]

**cutter** a very sharp-breaking hook (bowl.) [6]

**cutter** a fastball with a late sideways movement (baseb.) [6]

**cut-throat** a non-standard version of racquetball with three players. The players take turns serving and the server plays against the other two players (racq.b.) [6]

**cutting off** unsportsmanlike behaviour in running and racing competitions, where the path of an opponent is crossed in such a manner that he is impeded or endangered in his movement; it is frequently penalized with disqualification. (*H.Haag & G. Haag, Dictionary, 2003, 141 p.*)

**cutting up** the practice of reducing bodily water retention in order to improve muscular definition. Also called **drying out** (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**CV training** *abbrev. cardiovascular training (Dict. of Sp. and Ex. Sc. 2006, 61p.)*

**cycle** **1.** a series of events that recur regularly **2.** same as **bicycle** ■ to ride a bicycle (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cycle** if a batter hits for the cycle, he hits a single, double, triple and home run in the same game (baseb.) [6]

**cycle hire** the rental of a bicycle for a period, paid for at a particular rate per hour, per half-day, per day or per week (*Dict. of Leis., Trav. and Tour., 2008, 84p.*)

**cycle path** a special path for cyclists (*Dict. of Leis., Trav. and Tour., 2008, 84p.*)

**cycling** the activity of riding on a bicycle (*Dict. of Leis., Trav. and Tour., 2008, 84p.*)

**cycling** the sport of riding a bicycle (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cyclist** who rides a bicycle (*Dict. of Leis., Trav. and Tour., 2008, 84p.*)

**cyclocross** the sport of racing bicycles across rough country (*Dict. of Sp. and Ex. Sc. 2006, 61p.*)

**cylinder** an area above the basket, outlined by the projection of the rim into space, where the ball cannot be touched by any player. See goaltending (b/b) [6]

**cylinder** the imaginary area directly above the basket where goaltending or basket interference can occur (b/b)

## D

**D** same as **shooting circle** (hock.) (*Chambers. Sports Factf.,2005, 322p.*)

**D** the D-shaped area on the edge of the penalty box outside which players must stand when a penalty is being taken (f/b) (*Chambers. Sports Factf.,2005, 258p.*)

**D** the semi-circular area adjoining the **baulk line** at the bottom end of the table (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**D.O.A.** short for "dead on arrival"; applied to a dead ball (bowl.) [6]

**dab** if a batsman dabs the ball, he deflects it with minimal bat movement on the **off** side (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**dachi** any stance taken up by the **karateka** (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**daffy** a manoeuvre in aerial skiing where the skier spreads his or her legs apart with one in front of the body and one behind (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**daffy** a mid-air split, in which the skier kicks one leg forward, the other backward, so that the front ski points straight up and the back ski points straight down (freest.) [6]

**daffy twister** a daffy followed by a twister (freest.) [6]

**daffy twister spread** a sequence of a daffy, a twister, and a spread eagle (freest.) [6]

**dam** the mother of a **foal** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**dam** the mother of a greyhound (dog rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**dan** a grade of black belt (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**dan** the highest proficiency grade (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**dan** 1. one of the numbered black-belt levels of proficiency in martial arts such as judo and taekwondo. Also called **dan grade** 2. somebody who has achieved a dan (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**Dan** in » budo term for the ten ranks of masters in the martial arts, which allows the master to wear a certain colour belt. The following belts are worn (starting from the lowest rank): a black belt (Kuro-Obi) for the 1st to the 5th Dan (1. Scho-Dan or Itschi-Dan; 2. Ni-Dan; 3. San-Dan; 4. Schi-Dan; 5. Go-Dan), a red and white belt (Schima-Obi) for the 6th to 9th Dan (6. Roku-Dan; 7. Sitschi-Dan; 8. Hatschi-Dan; 9. Ku-Dan), a pink or black belt (Aka-Obi) for the 10th Dan (Ju-Dan). Usually the Dan ranks are acquired (» Kyu) by taking examinations after completing the various ranks; they can also be awarded if success has been achieved in several competitions, or if a significant contribution toward the development of budo sports has been made. The 8th, 9th, and 10th Dan are generally reserved for the Japanese. (*H.Haag &G. Haag, Dictionary, 2003, 142 p.*)

**dance callisthenics** form of callisthenics developed by the American dancers Isadora (\*1878, †1927) and Elizabeth Duncan (†1948), who intended to enrich the rigid movements of ballet dancing by incorporating callisthenics elements. It was picked up and developed further by Rudolf von Laban (\*1879, †1958), Mary Wigman (\*1886, †1973), and others, who attempted to present body and movement training artistically based on ideas from dance. (*H.Haag &G. Haag, Dictionary, 2003, 142 p.*)

**dance floor** the putting green (golf) [6]

**dancercise** aerobic exercise in the form of dance (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**DanceSport** dancing as a competitive activity (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dancing** (also tournament or competitive dancing) the sportive^ artistic variant of » social dancing performed in competitions by pairs, teams, and formations (» formation dance). (*H.Haag &G. Haag, Dictionary, 2003, 142 p.*)

**danger position** a position in which a wrestler has his opponent's back at less than right angles to the mat (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**dangerous play** any play which is likely to cause injury to another player, especially play that involves raised feet to an opponent who is trying to head the ball (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**dangerous play** rule violation in team games with physical contact, where a player exposes opponents to danger of injury through his actions, e.g. » straight leg in soccer. (*H.Haag &G. Haag, Dictionary, 2003, 143 p.*)

**dark horse** a little-known competitor who achieves unexpected success in a race or other sporting contest (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**Dartitis** a malady that prevents a player from releasing the dart (darts) [6]

**dartitis** unexplained syndrome (similar to the yips in golf) where a player cannot release the dart naturally or at all, resulting in a total loss of accuracy (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**darts** an indoor game in which players take turns throwing arrow-shaped missiles (darts) from a set distance at a circular board (dartboard) placed at about eye level on a wall (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**darts** see arrows (bowl.) [6]

**darts** English target game, where arrows (darts) up to 15 cm long and made of metal with wings (plastic or feather) at the end are thrown at a round target (2 cm thick, 40-45 cm diameter). Every disk is divided into 20 different circle segments, with different numbers assigned to each of the segments. In one of the numerous game variants played in darts the points scored with a throw are subtracted from a number determined before the game is started. Winner is the player who reaches 0 points first. (*H.Haag &G. Haag, Dictionary, 2003, 143 p.*)

**dash** the former name for a **sprint** (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**dasher** the small ledge at the top of the boards (icehok.) [6]

**day trip** a tour or excursion which leaves in the morning and returns the same evening (*Dict. of Leis., Trav. and Tour., 2008, 86p.*)

**day tripper** somebody who goes on a day trip (*Dict. of Leis., Trav. and Tour., 2008, 86p.*)

**DCO** abbreviation doping control officer (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead** a bowl is dead if it rolls into the **ditch** without first touching the **jack** during its original course on the **green**, or if it goes out of play (off the **rink**) (bowl.) (*Chambers. Sports Factf.,2005, 127p.*)

**dead** a dead shot is one with no spin (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**dead** descriptive of a shot that stops immediately when it lands (golf) [6]

**dead** the ball is dead if it is not in play (in accordance with various laws) (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**dead** 1. not sensitive 2. in some sports, used to describe a ball that has crossed the boundary of the playing area (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead arm** a situation in which the shoulder socket briefly dislocates before slipping back in, causing pain and numbness in the arm (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead ball** a ball becomes dead when a play is over and becomes live as soon as it is snapped for the next play (f/b) [6]

**dead ball** a ball is dead after a point is won or lost (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**dead ball** a ball that hits the pins slowly and with little action (bowl.) [6]

**dead ball** a ball that is so close to the hole that there's no doubt it will be sunk with the next putt (golf) [6]

**dead ball** any ball that is not live; occurs after each successful field goal or free-throw attempt, after any official's whistle or if the ball leaves the court; it stops play which is then resumed by a jump ball, throw-in or free-throw (b/b) [6]

**dead ball** the ball is dead after an official whistle, after any score, and after it has gone out of bounds. It is then put back into play with a free throw attempt, a throw-in, or a jump ball (b/b) [6]

**dead ball** the ball when it is stationary but ready to be played, for example at a free kick or corner (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**dead ball** a ball that temporarily cannot be used for the purposes of the game, usually because it has gone outside the playing area (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead ball** in team ball games a ball that is not in play any more, e.g. in case of game interruptions by the referee whistle, when the ball is outside of the playing field, after a goal is scored, etc. (*H.Haag &G. Haag, Dictionary, 2003, 144 p.*)

**dead bat** if a batsman plays the ball with a dead bat, he defensively allows the ball to hit the bat so that it falls in front of him (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**dead draw** a **draw** played with **dead weight** (bowl.) (*Chambers. Sports Factf.,2005, 127p.*)

**dead end** an end is termed dead, and has to be replayed, when the **jack** is hit off the **rink**, i.e. onto the next rink or beyond the bank (bowl.) (*Chambers. Sports Factf.,2005, 127p.*)

**dead handle** a stone that either has no turn or loses its rotation during travel (curl.) [6]

**dead hang** to hang limp from a handhold with straightened arms so that the body weight is supported by the skeleton rather than arm muscles (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**dead heat** an exact tie between two or more greyhounds in a race (dog rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**dead heat** a race or other competition in which two or more contestants finish together or with the same score (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead man's drop** exercise in springboard or tower diving, where the diver lets his body fall passively downwards from a seated, standing (facing forward or backward), or handstand position in order to enter the water as vertically as possible. The dead man's drop is predominantly used to practice precise water entry and as a preparatory exercise for dives, since it is missing the element of take-off. (*H.Haag &G. Haag, Dictionary, 2003, 144 p.*)

**dead puck** a puck that flies out of the rink or that a player has caught in his hand (icehok.) [6]

**dead space** same as **respiratory dead space** (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**dead weight** if a bowler bowls a wood dead weight, it comes to rest right next to the **jack** or to a target bowl (bowl.) (*Chambers. Sports Factf.*,2005, 127p.)

**dead wood** pins that remain on the lane or in the gutter after being knocked down. They are removed in ten-pin, but left in place in both candlepin and duckpin bowling (bowl.) [6]

**Dead-Eye** the feat of hitting three doubl-bulls in one turn (darts) [6]

**deadlift** **1.** a weightlifting event in which a weight is raised from the floor to the level of the hips and lowered again in a controlled manner **2.** an exercise in which a barbell is lifted from the floor, emphasising proper posture (*Dict. of Sp. and Ex. Sc. 2006, 62p.*)

**death spiral** a move in pairs skating where the male skater spins the female skater around him in a circle as she skates on one foot and with her body laid nearly horizontal to the ice (f.skat.) (*Chambers. Sports Factf.*,2005, 368p.)

**death spiral** in pairs skating, a difficult and crowd-pleasing move in which the male holds his partner's hand and pulls her in a circle around him; the female glides on one foot, with her body nearly horizontal to the ice (f.skat.) [6]

**death spiral** figure in the original and free programs of pairs in figure (and roller-inline) skating. It follows a spiral where the woman skates around her partner on one leg. The woman is held by the partner with an extended arm and moves almost horizontally with her back towards the ice; she is turned around the man's body axis. There are several variants of the death spiral (backward or forward, inward or outward, and with a jump). (*H.Haag &G. Haag, Dictionary, 2003, 144 p.*)

**decathlete** an athlete who competes in a decathlon (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decathlon** a contest in which athletes compete in ten different events and are awarded points for each to find the best all-round athlete. The events are long jump, high jump, pole vault, shot put, discus, javelin, 110-metre hurdles, and running over 100 metres, 400 metres, and 1,500 metres. (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decathlon** combined track and field competition for men consisting of ten disciplines. The decathlon is held on two consecutive days with the following sequence: day 1: 100m-run, long jump, shot-put, high jump, 400m-run; day 2: 110m hurdles, discus, pole-vault, javelin, 1,500m-run. In order to provide a fair addition of the scores from the ten events, which are measured in different units, the performances are transformed into points according to an international track and field decathlon table ("thousand points-table"), where a norm value of 1,000 points is set for all disciplines. Depending on the respective performance, points are subtracted from or added to these 1,000 points. The rules of the individual disciplines also apply to these ten events. (*H.Haag &G. Haag, Dictionary, 2003, 144 p.*)

**deceive** to evade the opponent (fenc.) [6]

**decelerate** to reduce speed, or make something do this (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**deceleration** the act or process of reducing speed or making something go more slowly (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**deceleration injury** an injury such as whiplash that occurs when a moving body suddenly stops (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decider** something that settles the outcome of a contest or argument, especially, in sport, a game played to determine the ultimate winner (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decision** a win in a boxing match that is awarded to the fighter who is given the higher total of points by the judges (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**deck** the board (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**deck** the top surface of the surfboard (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**deck** a platform on which physical exercises are performed, e.g. in a gym (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**declare** when the captain of the batting side declares, he ends his side's **innings** before all ten wickets have been taken (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**declare** (*in cricket*) to end an innings before all the batsmen have been dismissed, having decided, as the batting side or the captain of it, that the team has probably made enough runs (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decompensation** a situation in which the heart is faced with an increased workload and is unable to cope (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decompression** **1.** the expansion of small nitrogen bubbles in body tissues that occurs as a person rises from a scuba dive, which can be harmful if not controlled **2.** a surgical procedure carried out to reduce pressure in an organ or part of the body caused, e.g., by fluid on the brain, or to reduce the pressure of tissues on a nerve (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decompression sickness** damage to bodily tissues caused by decompression when rising from a scuba dive too quickly, with symptoms including skin rashes, extreme fatigue, joint pain, breathing difficulties and unconsciousness (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**decondition** to lose physical fitness through lack of exercise or illness, or cause someone to do this (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**dedans** an opening in the short wall behind the server; a shot played into this wins a point. Spectators generally view the action through the dedans (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**dedication** the quality of being committed to achieving a goal (*Dict. of Sp. and Ex. Sc. 2006, 63p.*)

**deed-ball line** the line at the end of the **in-goal** area (rugby L.) (*Chambers. Sports Factf.*,2005, 479p.)

**deep** located, coming from or reaching relatively far inside the body (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**deep stroking massage** a form of deep-tissue massage in which stroking pressure is applied along the length of the muscle, removing accumulated fluids. Abbreviation **DSM** (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**deep-range conditioning** conditioning that builds up strength in minor muscles, allowing greater flexibility (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**deepwater start** a start executed when the boat pulls the water-skier, wakeboarder or barefooter up out of the water while the skier is holding on to the tow-rope (w.ski.) (*Chambers. Sports Factf.*,2005, 623p.)

**defeat** to win a victory over an opposing player or team ■ the fact or an instance of losing to an opposing player or team in a competition (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**defence** **1.** in sports, the method or manoeuvres that prevent the other team from scoring **2.** the sports team members who have responsibility for defence (NOTE: The US spelling is defense.) (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**defenceman** the player whose prime duty is to defend against the opposition; each team normally uses two on the ice at any one time (icehok.) (*Chambers. Sports Factf.*,2005, 361p.)

**defend** **1.** to resist the attacks of an opposing player or team and try to prevent them from scoring **2.** to try to retain a sporting title by competing in the relevant competitions **3.** to protect the goal and goal area from the attacks of the opposition (*Dict. of Sp. and Ex. Sc. 2006*, 63p.)

**defender** a player whose duties are mainly defensive (f/b) (*Chambers. Sports Factf.*,2005, 260p.)

**defender** **1.** a player whose role is to try to prevent the opposition from scoring or getting into a scoring position **2.** the holder of a title that is being challenged (*Dict. of Sp. and Ex. Sc. 2006*, 64p.)

**defense** the act of preventing the offense from scoring; the team without the ball (b/b) [6]

**defense** the team that does not have possession of the ball at the start of a play (Am f/b) (*Chambers. Sports Factf.*,2005, 14p.)

**defense** **1.** in combat and team sports a defensive way of fighting in order to prevent an effect of the opponent's attacks. **2.** in ball games the entire line of defending players (defensive players) of a team. If their actions are successful, the team is said to have a stable or good defense (» parry). (*H.Haag &G. Haag, Dictionary, 2003, 145 p.*)

**defenseman** a player who is primarily responsible for preventing the opposition from scoring. There are usually two defensemen on ice for a team at any given time, and they are usually positioned closer to their own goal cage than the forwards (icehok.) [6]

**defensemen** two players who make up a team's defensive unit usually stationed in or near their defensive zone to help the goalie guard against attack; sometimes they lead an attack. The left defenseman covers the left half of the rink, the right defenseman plays to the right, but they can skate into each other's territory (icehok.) [6]

**defensive** **1.** concentrating more on preventing an opponent from gaining an advantage than on scoring **2.** *US* relating to those players who have responsibility for defence (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**defensive back** a defensive player who begins the play away from the **line of scrimmage**, primarily concerned with defending against passes (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**defensive board** **1.** the backboard behind the basket a team is defending. **2.** a defensive rebound (b/b) [6]

**defensive end** a defensive player who lines up at the end of the **line of scrimmage** (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**defensive line** consists of two defenseman (icehok.) [6]

**defensive rebound** a rebound of an opponent's missed shot (b/b) [6]

**defensive rebound** a rebound of an opponent's shot (b/b) [6]

**defensive zone** the area in a team's own end of the ice, between the blue line and the goal line (icehok.) [6]

**defensive zone** the zone or area nearest a team's goal (the goal they are defending (icehok.) [6]

**deferent** going away from the centre (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**Defi sportif** an annual multi-sport event held in Montreal, open to athletes with disabilities (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deficiency** **1.** a lack of something necessary, especially a nutrient **2.** a failure to reach the required standard in something (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deficiency disease** a disease caused by lack of an essential element in the diet such as vitamins or essential amino and fatty acids (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deficient** **1.** lacking a particular quality or nutrient, especially one that is expected or necessary **2.** not meeting the required standard (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**defined** used for describing of a person's physique that shows good muscle tone (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**definition** the quality of being clearly or sharply visible (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deflection** a shot or pass that changes direction when it strikes a player, skate, or stick. While often accidental, a deflection may also be a deliberate act of a player who uses the stick to redirect a teammate's shot into the goal cage (icehok.) [6]

**deflection** causing any pass or shot to stray from its intended course; a shot or pass that hits some object such as a stick or skate and goes into the net for a score or when a goalie hits the puck away (icehok.) [6]

**deft** moving or acting in a quick, smooth and skilful way (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**degree of difficulty** a measure applied to each dive, ranging from 1.2 to 3.6. The judges' scores are multiplied by the degree of difficulty to determine the total score on a dive (div.) [6]

**degree of difficulty** a rating that measures the difficulty of a particular dive. It is based on a mathematical formula (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**degree of difficulty, difficulty** **1.** classification or assessment category for the technical difficulty of exercises in sport disciplines where performance cannot be measured directly, but must be judged and assessed according to a point system, e.g. in » gymnastics, » sport acrobatics (» part), » figure skating, » roller (inline) skating (» mark), » diving. **2.** in alpinism the classification of the technical difficulty of a climbing route (» mountain climbing). (*H.Haag &G. Haag, Dictionary, 2003, 145 p*)

**dehydration** a dangerous lack of water in the body resulting from inadequate intake of fluids or excessive loss through sweating, vomiting or diarrhoea (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deionised water** purified water that has been through a process that removes mineral salts. Also called **demineralised water** (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**deke** to fake, either with the puck or the body, in order to get a defensive player out of position or off balance. Short for "decoy." (icehok.) [6]

**deke or deking** a decoying or faking motion by the puck-carrier; the art of making a defensive player think you are going to pass or move in a certain direction when you are not. There are shoulder dekes, stick dekes and head dekes (icehok.) [6]

**delay of game** a minor penalty imposed on any player who purposely delays the game in any way, such as shooting or batting the puck outside the playing area or displacing the goalpost from its normal position (icehok.) [6]

**delay of game** an infraction that covers several different offenses. The most common is when a player, most often the goalie, shoots or bats the puck out of the playing area. Other offenses include deliberately displacing a goal post from its normal position, freezing the puck against the boards or the net when not being checked, and obvious delays in substitution by a coach. The infraction generally incurs a two-minute minor, but it may result in a penalty shot if a goal post is intentionally displaced when an opposing player has a breakaway (icehok.) [6]

**delayed offside** an apparent offside on which the linesman doesn't blow the whistle immediately because a defending player has gained control of the puck near the blue line. If the player loses possession before crossing the blue line, the offside will be called (icehok.) [6]

**delayed onset muscle soreness** pain in the muscles felt for one or two days after unusually intense exercise. *Abbreviation DOMS (Dict. of Sp. and Ex. Sc. 2006, 64p.)*

**delayed penalty** 1. a penalty that isn't called immediately because the non-offending team has control of the puck in an advantageous position. The referee raises an arm to signal the penalty but doesn't blow the whistle to stop action and enforce the penalty until the offending team gets the puck. 2. a penalty that isn't immediately assessed because the offending team already has two players in the penalty box. It is enforced when one of the two previously penalized players leaves the box (icehok.) [6]

**delayed penalty** a penalty against a team that has only 4 players on the ice, assessed only when one of its players gets out of the *penalty box* (icehok.) [6]

**delayed whistle or delayed call** when an official raises his arm but does not blow his whistle, waiting to see the outcome of a play before calling a penalty; this is done so as not to penalize the non-offending team by stopping its momentum (icehok.) [6]

**delegative leadership style** occurs when group leader allows group members to make decisions. Leader's role is only to implement decisions made by group members (*Dict. of sp. and Ex. Sc. 1991, 42p.*)

**delinquency** antisocial or illegal behaviour or acts, especially by young people. 0 hooliganism (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**delinquent** someone, especially a young person, who has acted antisocially (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**delivery** a bowler's entire movement, from approach to follow-through (bowl.) [6]

**delta sailing** » hang-gliding (*H. Haag & G. Haag, Dictionary, 2003, 146 p.*)

**demineralised water** same as **deionised water** (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**democratic coaching** a coaching style in which the athlete or team are actively involved in training decisions (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**democratic leadership** in sport, leadership style encouraging coach-athlete interaction and frequent decision-making by team members, usually pertaining to group goals, practice methods, and game tactics and strategies (*Dict. of sp. and Ex. Sc. 1991, 42p.*)

**demonstrating** presenting a movement to develop a movement image as an internal representation of the learner. An optimal presentation of the movement is necessary, where the functional phases of the movement are clearly recognizable. Individuals participating in the motor teaching and learning process (particularly physical education teachers and coaches) often perform demonstrations for

students and athletes. A movement demonstration is a component of the deductive method in sport instruction. (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**demonstration competitions** predominantly at large sport events, competitions where the results are not counted and the presentation serves mainly demonstrative purposes. The best-known demonstration competitions have been held during the Olympic Games; the respective organizing committee can suggest the inclusion of so far non-Olympic disciplines in the accompanying program, which thereby receive the chance of being selected as an Olympic sport in subsequent Olympic Games. (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**demonstration sport** a sport that it contested in the Olympics on a trial basis and has yet to be accepted as a permanent medal sport (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**denervate** to deprive an organ or body part of nerves, either by cutting them or by blocking them with drugs, e.g. to control pain (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**denervation** the stopping or cutting of the nerve supply to a part of the body (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**deny the ball** to prevent an opponent from getting the ball, often by fronting (b/b) [6]

**dependence** the fact that a person is addicted to a substance (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**depression** 1. a psychiatric disorder showing symptoms such as persistent feelings of hopelessness, dejection, poor concentration, lack of energy, inability to sleep and, sometimes, suicidal tendencies  
2.the act of lowering a limb (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**depressor** 1. a muscle that pulls part of the body downwards 2. same as **depressor nerve** (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**depth perception** the ability to perceive objects and their spatial relationship in three dimensions (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**derailleur** a mechanism that moves the bicycle chain from one gear sprocket to another when the gear is shifted (cycl.) [6]

**derailleur** the mechanism that changes the gear on a road bike by moving the chain between **sprockets** at the rear or **chainrings** at the front (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**deranged** used for describing the jaw when it has been moved out of alignment by a heavy blow (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**derby** flat race in horse racing for three-year old horses held in Epsom and Ewell, England. The race is named after the 12<sup>th</sup> Earl of Derby who organized the first race in 1780. The original distance was 1,800 m, since 1784 it has been 2,400 m. Later on races for three-year olds were also called derbies in other countries. The term derby has also been adopted in other equestrian events (trotting derby/harness racing, driving derby, dressage derby, jumping derby). (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**derobement** evading an opponent's attack on the blade (fenc.) [6]

**descender** a device for controlling the descent on a rope (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**Descent** a trip down a bobsled track (bobsl.) [6]

**descriptive feedback** feedback, given by a coach on an athlete's performance, that involves a detailed description of the performance (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**desensitisation** a method of stress management in which the athlete visualises the potentially stressful situation while in a calming environment (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**desensitise** to make something less sensitive to something such as pain, e.g. by stretching a muscle more over a period of time (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**designated hitter** diamond a player who takes a regular turn at batting, but does not field the diamond-shaped part of a baseball field marked off by the baselines [6]

**designer drug** a medicine that has been synthesised with the aim of producing a specific effect, e.g. muscle growth (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**detachment** the situation in which both blades break contact (fenc.) [6]

**detachment training** athletic training that helps athletes to ignore unnecessary stimuli such as crowd noise when performing (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**deteriorate** to become worse (*Dict. of Sp. and Ex. Sc. 2006, 65p.*)

**deterred gratification** a situation in which a person sacrifices short-term comfort for long-term goals, which will bring greater satisfaction (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**detraining** reversal of adaptations to chronic exercise program has been terminated; effects of detraining occur more rapidly than training gains, with significant reductions in oxygen transport, enzyme activity, and overall work capacity being seen within two weeks of cessation of training (*Dict. of sp.and Ex.Sc.1991, 44p.*)

**detraining** the effects seen when an athlete stops training, including loss of flexibility, agility and skills (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**detraining** the stepwise reduction of high training loads with the aim of adapting to lower demands predominantly in the cardiovascular area. (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**deuce** a 200 game (bowl.) [6]

**deuce** a hole made in two strokes (golf) [6]

**deuce** (*in tennis, badminton and other racket sports*) a situation in which a player must score two successive points to win after the score is tied (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**deuce** the score of forty-four, where a player must win two successive points to win the game (from the French à deux de jeu meaning 'at two to play') (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**deuce** tied score in » tennis. (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**deuce court** the right side of the court, from which the **serve** is made and received at even-numbered points (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**development** extension of the sword arm as part of a lunge (fenc.) [6]

**development** process of continuous change to a state of specialized functional capacity and adaption to maintain that state, Often confused with growth and maturation (*Dict.of sp.and Ex.Sc.1991, 44p.*)

**development aid in sport** the totality of sport relations with words countries. One can distinguish between technical, personal, organizational, and material aids. Development aid in sport is a communal task of the sport self-administration and the public sport administration. The measures taken encompass the entire area of sport, e.g. the creation of organizational structures for sport, development of school, recreational and top-level sport, training of physical education teachers, coaches, exercise supervisors, sport scientists, sport physicians, referees, etc., construction of sport and exercise facilities, support for the production of sport equipment, etc. Such projects are realized either in the country providing the aid (training courses, studies, etc.) or by sending experts to the country receiving the aid (or both). The acceptance of a sponsorship for individual projects is intended to secure the long-term effects of these measures. On an international level the International Olympic Committee provides development aid in sport in a program entitled "Olympic Solidarity". A proper concept of development aid in sport that is appropriate to the conditions of the respective country is crucial for an optimal continued development of sport, sport education, and sport science on the international level. (*H.Haag &G. Haag, Dictionary, 2003, 146 p.*)

**developmental age** an individual's approximate age in terms of development and maturation, regardless of chronological age (*Dict.of sp.and Ex.Sc.1991, 44p.*)

**developmental period** period of time used to measure structural growth from birth to approximately 18 to 20 years (*Dict.of sp.and Ex.Sc.1991, 44p.*)

**devil take the hindmost** a popular name for the miss-and-out race (cycl.) [6]

**dexterity** ease and skill in physical movement, especially in using the hands and manipulating objects (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**dexterous** characterised by ease and skill in physical movement, especially in using the hands and manipulating objects (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diabetes** a disorder in which the amount of glucose in the blood is too high because the body does not produce enough of the hormone insulin needed to convert the glucose from food into energy (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diagonal parry** a parry in which the opponent's blade is moved from high to low, or vice versa, on the opposite side. See also croise (fenc.) [6]

**diagonals** movements that test the coordination of the rider's posting and up-down motion with the diagonal movement of the horse's legs while trotting (equest.) [6]

**dialogue** a formal discussion or negotiation in which both parties put their views (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diamond** a defensive formation, used when a team is short-handed, in which the four remaining skaters form into a diamond arrangement (icehock.) [6]

**diamond** **1.** the area of a baseball field bounded by home plate and the three bases **2.** an area for playing baseball including the infield and the outfield (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diamond-and-one** a defense in which four players form into a diamond shape, one on each side of the line, one near the basket, and one near the free throw, while the fifth defender covers an opponent one on one (b/b) [6]

**diamonds** diamond-shaped inlays on the top surfaces of **cushions** (three between each pocket) that are used as reference points when playing **doubles** (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**diaphragm** a thin layer of tissue stretched across an opening, especially the flexible sheet of muscle and fibre that separates the chest from the abdomen and moves to pull air into the lungs in respiration (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diastasis** **1.** a condition in which a bone separates into parts **2.** dislocation of bones at an immovable joint (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diastole** the part of the process involved in each beat of the heart when its chambers expand and fill with blood. The period of diastole lasts about 0.4 seconds in an average heart rate. Compare **systole** (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diastolic blood pressure** the pressure of blood in a person's artery when the heart contracts, shown written over the systolic blood pressure reading. Compare systolic blood pressure (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**diathermy** heat treatment used for relieving sports injuries using microwaves or short waves (*Dict. of Sp. and Ex. Sc. 2006, 66p.*)

**dicing** close, dangerous driving; from the notion that the driver is gambling with lives (autosp.) [6]

**Diddle for the Middle** the preliminary act of throwing a single at the bull to decide which player will throw first; also simply "diddle" (darts) [6]

**diet** **1.** the amount and type of food eaten **2.** the act of eating only particular types of food, in order to become thinner, to cure an illness or to improve a condition (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**diet drink** a drink that is low in calories or is a reduced-calorie version of a popular drink (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**diet, food nutrition** intake of food for maintaining human body functions. Depending on the quality and amount of food intake, the body may be supplied with insufficient amounts of important nutrients. An inadequate diet can lead to deficiency symptoms of varying degrees of severity, such as bone diseases, weak vision, etc. A lack or insufficient amount of food intake has become less of a problem in many countries of our world. Problems resulting from overeating manifest themselves in diseases such as diabetes, high blood pressure, cardiac infarction, etc., and have become an increasingly important concern. A balanced mixture of food, including fresh fruit and vegetables as well as natural forms of carbohydrates is advantageous for remaining healthy and preventing diseases (» metabolism). (*H.Haag & G. Haag, Dictionary, 2003, 147 p.*)

**dietary** relating to food eaten (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietary fat** fat from food, which is an essential nutrient and also transports other nutrients such as fat-soluble vitamins (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietary guidelines** public advice on healthy eating (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietary intake** the amount of a nutrient that a person receives through their diet (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietary reference value** the amount of a particular nutrient that is recommended per person per day by official bodies (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietary supplement** ♦ **supplement** (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dieter** someone who is on a diet, especially a weight-loss diet (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietetic foods** food designed for people with specific nutritional requirements (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dietetics** the study of food and its nutritional value (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**differential** the final link in the drive train, which transmits power to the wheels (autosp.) [6]

**differential relaxation** the ability to consciously relax muscles that are not being used for a particular movement so as not to waste energy (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**diffident** lacking self-confidence (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**diffuser** the rear part of a car's underbody, designed to channel the airflow and generate **down force** (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**dig** a defensive shot made with the forearms together that keeps the ball up in the air (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**dig** an **innings**, eg *they only scored 156 in their first dig* (*Chambers. Sports Factf.,2005, 177p.*)

**digital** relating to the fingers or toes (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**digital scales** personal weighing scales that give a digital reading (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**digital skipping rope** a skipping rope with a digital monitor in the handle that counts the number of rotations (*Dict. of Sp. and Ex. Sc. 2006, 67p.*)

**dime defense** a defensive formation involving six **defensive backs** (so called because it involves more players than a **nickel defense**, a dime being worth two nickels) (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**dime store** the 5-10 split (bowl.) [6]

**dimple** one of the indentations on a golf ball that allow it to fly farther and straighter. A dimple is usually rounded, although some are polygonal. There are 300 to 500 dimples on a ball (golf) [6]

**dimple** small depression on a golf ball; golf ball manufacturers now produce balls with different sizes, shapes and arrangements of dimples (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**dinghy** a small boat, especially one with one mast and sails, used for recreation or racing (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**dinghy** any small open boat (sail.) (*Chambers. Sports Factf.,2005, 503p.*)

**dinghy** small open sailboat which has a center-board, one mast, and is partly equipped with a deck; in contrast to keel-boats a dinghy has no ballast and can be capsized (but is unsinkable); it is therefore predominantly sailed on lakes and rivers. Stability is increased by the crew's » hiking out. Since dinghies have high buoyancy they can be righted following a capsize and can be sailed again immediately. Various classes are differentiated (among others the Flying Dutchman and Optimist), which are categorized for international and national regattas. Olympic dinghy classes are: Finn-dinghy, Laser (both one-nr dinghies), Europe-Moth (one women), and 470 (two men and two women). (*H.Haag & G. Haag, Dictionary, 2003, 148 p.*)

**Dinky Doo** the 22 (darts) [6]

**dinner bucket** same as bucket (bowl.) [6]

**dip** a short bathe or swim (*Dict. of Leis., Trav. and Tour., 2008, 92p.*)

**dip** an exercise on parallel bars in which the elbows are bent until the gymnast's chin is level with the bars, and the body raised by straightening the arms (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**dip** when an athlete dips, he or she lunges for the finish line, eg *he lost out on the line because he clipped too early* (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**dipsogen** something that provokes thirst (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**direct** descriptive of a route taken straight down the fall line (freest.) [6]

**direct** descriptive of an action in which the blade is not passed under or over the opponent's blade (fenc.) [6]

**direct free kick** ♦**free kick** (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**direct free kick** see **free kick** (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**direct instruction** teacher-centered instructional process. The teacher exclusively makes decisions about instructional goals, material to be learned, pace of the lesson, and level of correct response. Compare *indirect instruction* (*Dict.of sp.and Ex.Sc.1991, 45p.*)

**direct measure** in sport, a measurement of team cohesion based on the responses of team participants to questions about their perceptions of group member behaviors, interactions, and relationships that affect team climate (*Dict.of sp.and Ex.Sc.1991, 45p.*)

**direct play** in ball games the immediate moving of the ball with foot head, hand, body, or racquet without stopping it previously. (*H.Haag &G. Haag, Dictionary, 2003, 148 p.*)

**directeur sportif** the team manager of a professional cycling team (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**directionality** 1.ability to identify or project dimensions to the space external to the body. 2. Grasp of spatial concepts about the movements or locations of objects in the environment (*Dict.of sp.and Ex.Sc.1991, 45p*)

**director** the referee of a match (fenc.) [6]

**dirt track** a track of earth mixed with gravel and cinders that is used for horse racing or motorcycle racing (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**dirty air** turbulent air, created by a car in front, which affects the aerodynamics of a following car (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**Dirty Darts** questionable tactics, such as scoring excessive points in Cricket (darts) [6]

**disability** a condition in which part of the body does not function in the usual way and makes some activities difficult or impossible, o **learning disability** (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**disability** impairment of physical, mental, or emotional functioning that may or may not limit the person's ability to perform certain tasks (*Dict.of sp.and Ex.Sc.1991, 45p*)

**disability sport** a sport such as boccia that is suitable for, or specially designed or adapted for, athletes with disabilities (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**disc** a flat round structure, o **Intervertebral disc** (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**disc** 1. in archery and shooting the target. 2. the weights affixed equally on each side of the bar in weight-lifting. (*H.Haag &G. Haag, Dictionary, 2003, 148 p*)

**disc weights** the differing weights of disc that are attached to the bar to make it heavier. The discs are colour coded as follows: red (25kg); blue (20kg); yellow (15kg); green (10kg); white (5kg); black (25kg); chrome (1.25kg, 0.5kg, 0.25kg) (weightl.) (*Chambers. Sports Factf.,2005, 627p.*)

**disc wheel** a wheel composed of a solid disc (rather than spokes), used in time trials and some track events for its superior aerodynamic properties (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**disciplinary action** hearing before the sport court of the respective federation after the disqualification of an athlete from a competition, where additional penalties for the athlete are discussed (e.g. imposing a ban). (*H.Haag &G. Haag, Dictionary, 2003, 149 p*)

**disciplinary hearing** a formal investigation by a sports federation into banned substance use by an athlete under their jurisdiction (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discipline** in education, the maintenance of behavior that is consistent with the educational goals of the specific learning situation and environment (*Dict.of sp.and Ex.Sc.1991, 45p*)

**discipline** 1. the ability to behave in a controlled and calm way even in a difficult or stressful situation 2. mental self-control used in directing or changing behaviour, learning something or training for something 3. a particular field of activity within a wider context, e.g. the discipline of javelin within athletics or of the parallel bars within gymnastics (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discomfort** a feeling of mild pain (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discounting principle** (*in performance feedback*) the tendency of an athlete to reject the advice of a coach if it is felt that the coach has a generally negative or unfair viewpoint (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discrete skill** a skill that has an easily discernible beginning, middle and end, e.g. hitting a ball (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discrete skill** motor task with a clearly defined beginning point and a clearly defined end point (*Dict.of sp.and Ex.Sc.1991, 46p*)

**discriminate** to treat one person or group unfairly, usually because of prejudice about race, ethnicity, age, religion or gender (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discrimination** the act of treating one person or group unfairly, usually because of prejudice about race, ethnicity, age, religion or gender (*Dict. of Sp. and Ex. Sc. 2006, 68p.*)

**discus** 1. a weighted disc thrown in competitions by an athlete who spins with outstretched arms to launch it from the flat of his or her hand 2. an athletics event in which the contestants compete to throw a discus as far as possible (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**discus** a throwing event in which the athlete spins to gain speed before throwing a metal disc (weighing 2kg/4.4lb for men and 1kg/2.2lb for women) as far as possible (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**discus, discus throw** discipline of track and field where a disc (the discus) is thrown from a throwing circle with a flinging motion. (*H.Haag &G. Haag, Dictionary, 2003, 148 p*)

**disengage** to break contact with the opponent's blade (fenc.) [6]

**dish** to pass the ball, eg *Stockton dished to Marshall for a three-pointer* (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**disk wheel** a solid wheel, without spokes, that's used in the time trial and sometimes in other races because of its aerodynamic qualities (cycl.) [6]

**dislocate** to displace a bone from its usual position at a joint, or to become displaced (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dislocated** used for describing a joint that is out of alignment, usually as a result of a fall or heavy blow (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dislocation** a condition in which a bone is displaced from its usual position at a joint. Also called **luxation** (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dislocation** term for an extreme » luxation, almost exclusively used for shoulder and hip joint. At these joints an almost hemispherical shaped bone end lies in an articular cavity and is held in place by ligaments, tendons and muscles. If this joint-supporting apparatus is overstrained and if the bone-end leaves its cavity, the joint is dislocated. It can either re-set itself or be re-set by appropriate movements. Once a joint has been dislocated, it has a tendency toward further dislocation due to the prestretched ligaments. Therefore, following a dislocation, temporary physical rest is necessary. (*H.Haag &G. Haag, Dictionary, 2003, 151 p*)

**dismount** the move or end of a routine on leaving the piece of apparatus (art.gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**dismount** to leave the apparatus as the finale of a routine, usually with a difficult salto or twist (art.gymn.) [6]

**dismount** in gymnastics the final part of the exercise with which the gymnast leaves the equipment. The dismount is performed in a wide range of variants and should result in a secure landing with solid footing. A well-performed and risky dismount lends a special note to an exercise. (*H.Haag &G. Haag, Dictionary, 2003, 151 p*)

**disobedience** a term that covers several types of misbehavior, including deviating from the course, a refusal, run-out, and resistance (equest.) [6]

**disordered eating** unusual eating habits that may present a risk to health, without exhibiting all the symptoms of a recognised eating disorder (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**disorientation** feeling lost or confused, especially with regard to direction or position, sometimes as a result of a head injury (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**displaced** used for describing an organ or bone that is not in the correct position (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**displaced fracture** a fracture in which the pieces of bone move out of alignment with each other (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**displacement** **1.** the fact of being moved out of the usual position **2.** the inappropriate transference of feelings from one situation to another, such as when taking out aggression caused by an earlier incident on an innocent person (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**displacement** a measure of an engine's size. It's the difference between the volume contained in the cylinders when the pistons are at the bottom of the stroke and the volume that remains when the pistons are at the top of the stroke. It can be calculated by multiplying bore times stroke times 0.785 times the number of cylinders (autosp.) [6]

**displacement** turning or ducking to move a valid target area from its normal position, replacing it with a non-valid area (fenc.) [6]

**disqualification** the elimination of a boxer from a contest because he has received three **warnings** from the referee for infringements of the rules (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**disqualification** the state of being disqualified from competition (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**disqualification** before, during, or after a competition in form of denying admittance to the competition because of an offense against the competition regulations (e.g. the wrong body weight for a specific class in weightlifting), exclusion from an ongoing competition due to severe violations of the rules or unfair behaviour (e.g. disqualification in soccer, indicated by a red » card, match (disqualification in ice-hockey), or deprivation of a performance after the competition due to a fault during the competition disclosed afterwards (e.g. missing a gate in alpine skiing), or as a result of doping. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**disqualified** of a sports team or athlete, prevented from taking part in a competition because of a rules violation (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**disqualify** to prevent a sports team or athlete from taking part in a competition because of a rules violation (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dissociation** the act of ignoring irrelevant stimuli such as crowd noise when competing so as to better concentrate on the game (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dissociative** for describing the attentional style of an athlete who tends to focus more on external stimuli (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dissoclator** a type of athlete who needs to concentrate on external stimuli and blot out internal thoughts or sensations in order to perform, e.g. a player of team sports (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**distal** used for describing a body part situated away from the main trunk of the body (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**distance** if a bout goes the distance, it lasts the full number of **rounds** (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**distance** a measurement of the space between two points (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**distance** **1.** in general the spatial or performance difference between two competitors. **2.** in running competitions and various races the length of the course that is to be covered. **3.** in boxing the distance between two boxers determined by measuring the range of the arms. **4.** in shooting (also biathlon) the range between shooting line (location of the shooter) and target. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**distance 800m** a middle-distance race over two laps of the track; athletes must stay in lane for the first bend, but may then break to the inside (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**distance running** running that is over a considerable distance, e.g. marathon running (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**distant competitions** sport events where the participants do not compete at the same location. The results are registered and recorded in result lists (e.g. in archery). Distant chess competitions are the most well-known distant competitions; they are held by means of chess cards that are mailed between the players. The availability of computers and electronic data processing has opened new opportunities for distant competitions. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**distend** to expand, swell, or inflate as if by pressure from within, or cause something to do this (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**distension** a condition in which something is swollen (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**disuse** the fact or condition of not being used, applied, or followed, especially for a long time (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**ditch** the shallow trough around a **green** or at either end of an indoor **carpet** (bowl.) (*Chambers. Sports Factf.,2005, 127p.*)

**dive** **1.** a jump downwards into water head first **2.** a disreputable bar (informal) (*Dict. of Leis., Trav. and Tour., 2008, 94p.*)

**dive** **1.** to perform a pattern of acrobatic movements in the air ending in a headfirst plunge into water, especially as a sport **2.** to swim below the surface of a stretch of water, often with special breathing apparatus (*Dict. of Sp. and Ex. Sc. 2006, 69p.*)

**dive** a deliberate going to ground of a player when he or she has not been fouled by an opponent, in an attempt to win a penalty or free kick (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**dive** a sharp, last-instant break by the ball; it is said to "dive into the pocket." (bowl.) [6]

**dive group** in diving jumps (dives) categorized according to certain characteristics into a table. The following six dive groups are used for springboard and tower diving: 1. forward, 2. backward, 3. reverse, 4. inward, 5. twist, 6. hand stand dives (the latter only in tower diving). The various dives in the dive groups are differentiated according to their mode of execution and degree of difficulty. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**dive shot** in handball a throwing technique especially for shots on the goal taken close to the goal line, where the ball is released while the player throwing it is in a falling movement. With this technique the distance to the goal can be reduced, the throwing angle with respect to the goal can be increased, and the release of the ball can be delayed so that the goalie's possibilities to stop the ball are reduced. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**diver** somebody who jumps into water head first, or who swims under water (*Dict. of Leis., Trav. and Tour., 2008, 95p.*)

**diving** 1. the sport of jumping into water head first 2. the activity of swimming under water to explore or as a sport (*Dict. of Leis., Trav. and Tour., 2008, 95p.*)

**diving** 1. » underwater diving. 2. discipline of water sport, where predetermined jumps must be made from springboard or tower into the water. (*H.Haag &G. Haag, Dictionary, 2003, 152 p*)

**diving board** a plank at a swimming pool from which people plunge into the water (*Dict. of Leis., Trav. and Tour., 2008, 95p.*)

**diving board** a raised board at the edge of a swimming pool from which to dive into the water (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**diving reflex** a reflex in which the heart rate slows and blood vessels of the skin narrow on immersion in cold water to conserve oxygen (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**diving stroke** » underwater stroke. (*H.Haag &G. Haag, Dictionary, 2003, 155 p*)

**division** a group of teams of roughly similar standard in a sports league (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**division** in the NFL, sub-groups within conferences, such as the Eastern, Northern, Southern and Western Divisions; also, a grouping of teams in college football, where Division I contains the most competitive teams and Division III the least (f/b) [6]

**division of labour** the way in which a team divides tasks up between the players for maximum efficiency (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**divot** a piece of turf cut out by the club head when a shot is made. The golfer is obligated to replace the divot and tamp it down (golf) [6]

**divot** a small piece of turf dug up by the head of a club during a stroke (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**dizziness** the feeling that everything is going round because the sense of balance has been affected (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**dizzy** feeling that everything is going round because the sense of balance has been affected (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**DNA** a chemical substance that is contained in the cells of all living things and carries their genetic information. Full form **deoxyribonucleic acid** (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**DNF** abbreviation for "Did Not Finish," usually because of a crash (bobsl.) [6]

**DNS** abbreviation for "Did Not Start." (bobsl.) [6]

**dock** a harbour, a place where ships can load or unload (*Dict. of Leis., Trav. and Tour., 2008, 95p.*)

**dock start** a start executed when the water-skier, wakeboarder or barefooter begins his or her run by being pulled into the water by the boat while standing or sitting on a dock or pier (w.ski.) (*Chambers. Sports Factf.,2005, 623p.*)

**dodge ball** throwing game, regarded as one of the small games, which is played on a 8 x 16 m playing field with variable rules. Two teams of 6-20 players each attempt to "throw out" players of the other team by hitting them with a ball (size and weight variable) in such a manner that they cannot catch it. When thrown out, the player either has to leave the playing field, or the other team is awarded one point. When a player has to leave the playing field; he is allowed to assist his team by attempting to throw out opponents from behind the opponent's baseline. Dodge ball is played predominantly in elementary schools. (*H.Haag &G. Haag, Dictionary, 2003, 155 p*)

**dog leg** a hole with a **fairway** that bends (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**dogleg** a bend in the fairway (golf) [6]

**dohyo** the wrestling ring (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**dohyo-iri** the rituals performed at the beginning of each match (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**doigté** use of the fingers to manipulate the sword; from the French meaning 'finger play' (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**dojo** a place or school where judo is taught or practiced (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**dojo** a place or school where karate is taught or practiced (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**dolly** an easy catch (*Chambers. Sports Factf.,2005, 177p.*)

**dolphin kick** a kick performed in the butterfly stroke where the legs are held together and moved up and down by bending and straightening them at the knee twice in quick succession (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**domestique** a rider in a professional cycling team whose job is to ride for the overall benefit of the team and the team leaders rather than for their own glory (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**domestique** the team rider in a long race who's responsible for getting food, water, and other from the support vehicle and distributing them to his teammates (cycl.) [6]

**dominant** important or powerful (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**doosra** a top-spinning delivery by an **off-break** bowler that moves from **off** to **leg**, rather than the usual **leg** to **off** (crick.) (*Chambers. Sports Factf.,2005, 171p.*)

**dopaminergic system** part of the central nervous system responsible for motivational, emotional and cognitive processes, e.g. learning and attention (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**dope** 1. a drug given illegally to affect performance 2. an illegal drug, especially cannabis (*slang*) ■ *verb* to add a drug to food or drink secretly in order to affect performance (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**dopehead** somebody who takes illegal drugs regularly or who is physiologically or mentally dependent on them (*sl.*) (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**dopester** *US* somebody who is able to supply information and analysis about current events and forecasts for the future, especially in the fields of sport and politics (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**doping** the use of illegal drugs, e.g. steroids, in sport (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**doping** the attempt to improve sport performance by administering foreign substances to the body (doping substances) such an attempt violates the principle of equality and is therefore unfair. Furthermore, the intake of doping substances can harm the athlete's health. (*H.Haag &G. Haag, Dictionary, 2003, 155 p*)

**doping control Officer** an official who oversees the selection of athletes for drugs testing. Abbreviation **DCO** (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**doping control station** an office where urine samples are given by athletes for drugs testing (*Dict. of Sp. and Ex. Sc. 2006, 70p.*)

**doping marker** ♦ **marker 2** (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dormant** inactive for a time. Compare **active** (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dormie** if a player is dormie in a **matchplay** game, he or she is ahead by as many holes as there are still to play, eg *he was dormie 5*. The word may come from the Latin verb meaning to sleep as the player who is dormie cannot lose even by going to sleep (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**dormie** the situation, in match play, in which a golfer is ahead by as many holes as are left to play. If that golfer wins or halves just one of the remaining holes, the match is over (golf) [6]

**dorsal** 1. relating to the upper back. Opposite **ventral** 2. relating to the back of the body (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dorsal** pertains to the back, such as the back of the thoracic region or of the hand (*Dict. of sp. and Ex. Sc. 1991, 47p*)

**dorsiflexion** foot movement, articulating at the ankle, upward and toward the anterior surface of the leg (*Dict. of sp. and Ex. Sc. 1991, 47p*)

**dorsiflexion** flexion towards the back of part of the body, e.g. raising the foot at the ankle. Compare **plantar flexion** (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dot ball** a delivery from which no runs are scored and no wicket taken, so called because in such circumstances the scorer places a dot in the score book (crick.) (*Chambers. Sports Factf., 2005, 172p.*)

**dots** markers on the runway that guide the bowler's approach (bowl.) [6]

**double** 1. success in two events or competitions in the same year or series or against the same opponent 2. (*in cue games*) a stroke that makes the ball rebound against a cushion and land in the opposite pocket 3. (*In baseball*) a hit that enables a batter to reach second base ((*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**double** a **hit** that allows the batter to reach second base (baseb.) (*Chambers. Sports Factf., 2005, 85p.*)

**double** a shot in which the object ball is played off a cushion back towards the player (bilj.) (*Chambers. Sports Factf., 2005, 450p.*)

**double** a takeout shot which removes two of the opposition's stones from play (curl.) [6]

**double** if a player doubles a ball, the **object ball** rebounds off a **cushion** back towards the player (bilj.) (*Chambers. Sports Factf., 2005, 537p.*)

**double** the score of twice the normal amount when hitting the narrow outer ring of a dartboard (darts) (*Chambers. Sports Factf., 2005, 213p.*)

**double** the winning of the Premiership and FA Cup in one season (f/b) (*Chambers. Sports Factf., 2005, 260p.*)

**double** two consecutive strikes (bowl.) [6]

**double action** offensive actions made by both fencers simultaneously (fenc.) [6]

**double Axel** an Axel on which the skater performs 2 ½ revolutions (f.skate.) [6]

**double back** a move with two consecutive back flips (art.gymn.) (*Chambers. Sports Factf., 2005, 311p.*)

**double back** two consecutive back flips (art.gymn.) [6]

**double bogey** a score of 2 over the designated par for a hole (golf) [6]

**Double Bull** the center portion of the bullseye, worth 50 points (darts) [6]

**double champion** **1.** an athlete ( a team) who gains two victories at a competition (e.g. in 100-m and 200-m freestyle swimming). **2.** honorary title at the ancient Olympic Games for an athlete who won both the wrestling and the pancration event on the same day. (*H.Haag &G. Haag, Dictionary, 2003, 157 p*)

**Double Cork** same as double bull (darts) [6]

**double coverage** when 2 defensive players cover one receiver (f/b) [6]

**double defeat** if both fencers have received the same number of hits after time has expired in an epee competition, a defeat is scored against each of them (fenc.) [6]

**double dribble** a violation in which a player resumes dribbling after having stopped a dribble series, or dribbles the ball with both hands simultaneously (b/b) [6]

**double dribble** the illegal act of **dribbling** with two hands or, more commonly, resuming a **dribble** after stopping (b/b) (*Chambers. Sports Factf.,2005,108p.*)

**double eagle** a score of 3 under the designated par for a hole (golf) [6]

**double fault** two **faults** in succession on service, giving a point to one's opponent (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**double fault** (*in tennis*) two consecutive serves that land outside the service box or in the net, with the result that the server loses a point (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**double fault** **1.** in volleyball the simultaneous fault of two opposing players (the serve is replayed). **2.** in tennis the second irregular serve (resulting in a point awarded to the opponent). (*H.Haag &G. Haag, Dictionary, 2003, 157 p*)

**double flip** two flips done in rapid succession (freest.) [6]

**double foul** the situation in which opponents commit simultaneous fouls against one another. A jump ball is held between the two players. Compare false double foul; multiple foul (b/b) [6]

**double front tuck** a double forward flip in the tuck position (freest.) [6]

**double full** a layout flip with two twists (freest.) [6]

**double full full full** a sequence of three flips with four twists, including two on the first flip (freest.) [6]

**double hit** **1.** fault in volleyball when the same player touches the ball twice. **2.** in boxing the execution of two hits with the same hand immediately following each other. (*H.Haag &G. Haag, Dictionary, 2003, 157 p*)

**double hit** the situation when each competitor scores a hit on the other simultaneously in epee (fenc.) [6]

**Double In (DI)** hitting the double area of a number to start an 01 game (darts) [6]

**double jumps** in figure- and roller- (inline-) skating term for jumps with two full turns around the body's longitudinal axis. (*H.Haag &G. Haag, Dictionary, 2003, 157 p*)

**double layout** a sequence of two flips in the layout position (freest.) [6]

**double minor** in effect, a four-minute penalty imposed on a player, either for a serious infraction resulting in injury to an opponent or for two different infractions on the same play (icehok.) [6]

**double minor** a type of minor penalty given for certain accidental infractions that result in an injury to another player or for certain deliberate attempts to injure an opponent that are unsuccessful; penalty time of 4 minutes is served, double the time of a normal minor penalty (icehok.) [6]

**Double Out (DO)** hitting the double area of a number to win an 01 game (darts) [6]

**double pinochle** same as big ears (bowl.) [6]

**double play** a defensive play that results in two players being put out (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**double poling** using both ski poles at the same time; used to generate speed at starts (biathl.) (*Chambers. Sports Factf.,2005, 114p.*)

**double post** an offensive set-up in which two players, typically the center and the power forward, are in post positions. They usually start in low post positions, one on each side of the basket, with one of them sometimes coming out to the high post as the ball moves around (b/b) [6]

**double pull** the twin action produced by agonist and antagonist muscles contracting and lengthening simultaneously (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**double pump** a play in which a shooter attempts to deceive a defender by feinting to shoot in mid-air before taking a shot (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**double pump** two fake shots in rapid succession. Also used as a verb (b/b) [6]

**Double Ring** the outer ring of the dart board, worth double the designated number (darts) [6]

**double round** competition system in ball games where each team competes against each opponent in one home game and on! away game to determine the champion of the season. (*H.Haag &G. Haag, Dictionary, 2003, 158 p*)

**double scull** a two-manned boat in which each crew member has a pair of **sculls** (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**double stroke breathing** breathing technique in swimming where the swimmer breathes after every second arm stroke. In-between each second stroke the head remains in the water in a position that is favorable with respect to flow characteristics (» triple stroke breathing). (*H.Haag &G. Haag, Dictionary, 2003, 158 p*)

**double team** the defensive strategy of assigning two defenders to one attacking player (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**double team** to guard one opponent with two defenders. Also used as a noun (b/b) [6]

**double team** when two teammates join efforts in guarding a single opponent (b/b) [6]

**double time** descriptive of a parry or riposte performed as two distinct actions (fenc.) [6]

**Double Top** the double 20 (darts) [6]

**double top, tops** double 20 (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**double trap** a **trapshooting** event where two targets are released simultaneously at different heights and angles and the shooter must fire a shot at each target (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**double twist** a single **layout** flip with two **twists** (art.gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**double twister** a sequence of two twisters (freest.) [6]

**double twister spread** a sequence of two twisters followed by a spread eagle (freest.) [6]

**double wood** same as barmaid (bowl.) [6]

**double-blind testing** a form of blind testing in which the researchers are not aware which subjects are receiving the supplement and which are receiving a placebo until the results have been collected and analysed. Compare **single-blind testing** (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**double-fault** (*in tennis*) to make two consecutive faulty serves and lose a point as a result (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**double-header** a set of two games played on the same day (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**double-leg tackle** a move in freestyle wrestling in which a wrestler takes down his opponent by means of an arm tackle on his opponent's legs (wrest.) (*Chambers. Sports Factf.,2005, 633p.*)

**doubles** a racket game played between two pairs of players (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**doubles** in the racquet games (e.g. badminton, tennis, ping pong) a team consisting of two players. There are three forms: men's doubles, women's doubles, and mixed (one woman, one man). (*H.Haag &G. Haag, Dictionary, 2003, 158 p*)

**double-touch** a description indicating that the ball was not played cleanly (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**double-wake cut** an approach in jumping where the skier crosses the wake of the motorboat twice to build up speed. It is also known as a 'crack-the-whip' manoeuvre and enables jumpers to attain speeds in excess of 96 kph as they reach the ramp (w.ski.) (*Chambers. Sports Factf.,2005, 623p.*)

**down** one of 4 chances a team on offense has to gain 10 yards; also, the state of a player who has just been tackled; also, a ball that a player touches to the ground in the end zone to get a touchback (f/b) [6]

**down** one of four attempts allowed for the offense to advance the football a minimum of ten yards. If successful, the offense is awarded a new set of four downs (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**down** the number of holes, in match play, or the number of strokes, in stroke play, that a player is behind an opponent (golf) [6]

**down** when a boxer is down, a part of his body other than his feet is touching the **canvas** or he is in a helpless condition on the ropes or is judged by the referee to be unable to continue boxing (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**down force** the aerodynamic force that is applied in a downwards direction as a car travels forwards (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**down the field** in the direction of the opponent's goal line (f/b) [6]

**down the line** same as **trapshooting** (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**Down Time** the length of time it takes for a run (bobs.) [6]

**downcourt** from the backcourt toward the frontcourt, or toward the basket at which the team is shooting (b/b) [6]

**downcourt or down the court** the direction a team on offense moves, from its backcourt into its frontcourt and towards its own basket (b/b) [6]

**downhill** a skiing race against the clock down a long mountainside course with several hundred yards between marker flags (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**downhill** towards the bottom of a hill , same as downhill skiing (*Dict. of Leis., Trav. and Tour., 2008, 96p.*)

**downhill lie** a lie on which a right-handed golfer's right foot is higher than the left foot (golf) [6]

**downhill skiing** the activity of skiing fast down slopes, as opposed to cross-country skiing (*Dict. of Leis., Trav. and Tour., 2008, 96p.*)

**downhill skiing** discipline of alpine skiing where a downhill course cleared of natural obstacles is set with compulsory gates and must be covered in the shortest time possible. The course must be at least 40

m wide and contain gliding stretches, jumps, steep pitches, and a large finish area for stopping. The vertical distance of the course is between 800 and 1,000 m for men and between 500 and 700 m for women. The minimum width of the gates which consist of two flags held by two poles each is 8 m. (*H.Haag &G. Haag, Dictionary, 2003, 158 p*)

**downshift** shifting from a higher to a lower gear, used in road racing to slow a car without any significant change in engine speed (autosp.) [6]

**Downstairs** the bottom area of the board (darts) [6]

**downstream gate** a gate on a slalom course that is to be traversed in the same direction as the water's flow. To be distinguished from an upstream gate (canoe) [6]

**downstream gate** on a **slalom** course, a **gate** (marked by green and white stripes) that has to be negotiated following the direction of the river (canoe) (*Chambers. Sports Factf.,2005, 151p.*)

**downswing** the part of the swing where the club is moving down towards the ball (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**downswing** the portion of the swing from the top of the backswing to the point of impact (golf) [6]

**downtown** some distance from the basket, usually behind the three-point line (b/b) [6]

**downtown** the area beyond the **three-point line** (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**DQ** abbreviation for "DisQualified," usually because of a rules violation such as carrying too much weight, using heated runners, or entering a sled that doesn't meet specifications (bobs.) [6]

**draft** the method by which NBA teams annually select college or foreign players to their teams, designed to promote balanced competition in the NBA (b/b) [6]

**draft** to follow another car very closely, taking advantage of decreased air resistance (autosp.) [6]

**draft** to ride close behind another racer in order to take advantage of decreased wind resistance (cycl.) [6]

**draft choice** a player chosen by a professional sports team from a pool of college players in an annual draft (f/b) [6]

**drafting** driving close behind a car in order to benefit from the vacuum created (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**drafting** riding closely behind another rider or riders to save energy by reducing the effects of wind resistance (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**drag** the resistance experienced by a body moving through a fluid medium, especially by a swimmer when travelling through the water (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**drag** the slightly retarded motion of the **cue ball**, caused by **backspin**, when it is struck just under the centre (bilj.) (*Chambers. Sports Factf.,2005, 537p.*)

**drag racing** the sport or activity of racing cars with specially modified bodies and engines over a distance of a ¼ of a mile at extremely high speeds (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**drag racing, dragster** in motor sport a car race with formula-free, highbred, special cars (dragsters). The cars are usually without cover and equipped with small wheels in the front and wide smooth tires in the back. The dragsters race a quarter mile (402 m) on a smooth asphalt track from a standing start; velocities of up to 400 km/h can be reached. Brake parachutes help slow the cars after the finish. In a competition two cars usually race against each other, the loser is eliminated. Drag racing (on straight courses) also exists for specially constructed motorcycles and motor boats with strong engines. (*H.Haag &G. Haag, Dictionary, 2003, 159 p*)

**drain** to shoot the ball cleanly through the basket, eg *she drained a three- pointer* (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**drain a putt** same as **sink a putt** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**draw** a random method of determining diving order (div.) [6]

**draw** 1. the act of selecting at random which contestants are to play each other in a sporting contest, or the resulting list of matches to be played 2. a contest that ends with both sides having the same score or with neither side having won ■ 1. to finish a game with the scores for the opposing sides level or with neither side having won 2. (*in golf*) to hit a ball so that it curves in flight following the direction of the golfer's swing instead of travelling straight (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**draw** 1. the amount of curve in the trajectory of a stone 2. a shot played with enough weight to reach the house (croq.) [6]

**draw** a deceptive play in which the offense simulates a passing play but executes a running play (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**draw** a gently delivered shot where the bowl curves in from the edge of the **rink** or **carpet**, towards the **head** (bowl.) (*Chambers. Sports Factf.,2005, 127p.*)

**draw** a method of pairing opponents for a match-play tournament; as a verb, to hit a draw shot (golf) [6]

**draw** a shot that enters the house (curl.) [6]

**draw** a stroke taken at right angles to the direction of travel, as a means of turning a canoe (canoe) [6]

**draw** a stroke, taken at right-angles to the direction of travel, which turns the canoe (canoe) (*Chambers. Sports Factf.,2005, 151p.*)

**draw** if a player draws the ball, he or she hits it in such a way that, as intended, it moves from right to left in the air (if right-handed) or from left to right (if left-handed). A more extreme form of such movement produced unintentionally is a **hook** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**draw** the method of determining the skating order for an event. See also closed draw and open draw (f.skat.) [6]

**draw** the method of starting and restarting the women's game. The ball is balanced on the backs of the two **centres'** sticks, held horizontally, and is flung in the air as the **crosses** are pulled up and away (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**draw** the random process used to determine the greyhounds' starting positions (dog rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**draw** to pull back the bowstring and arrow ready to shoot (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**draw** method for determining the line-up in individual sports or playing groups in partner or team sports; (bib) numbers or names are drawn. In case of an uneven number of competitors a so-called bye is assigned. A draw can also be used within certain performance classes or groups (e.g. in alpine skiing) or following a seeding of the best competitors (e.g. in tennis or table tennis). (*H.Haag &G. Haag, Dictionary, 2003, 159 p*)

**draw decision** determining start positions or opponents for competitions, awarding one half of the playing field or the right to start the game in team games, and the determination of the winner of a fight (game) by a draw. Determining a winner by draw is only practiced when all other measures do not lead to a decision (e.g. overtime play, penalty kicks, taking the difference in goals into consideration, or the number of victories). (*H.Haag &G. Haag, Dictionary, 2003, 159 p*)

**draw shot** a controlled shot that curves from left to right for a right-handed golfer, deliberately hit to get position or to get out of trouble (golf) [6]

**draw weight** the force required to pull back the bowstring to its maximum – in men's competition it is about 22kg; in women's competition about 15kg (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**dream team** the best possible combination of people to perform a task (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**Dream Team** the name given by the media to the U.S. basketball team that won the gold medal at the 1992 Barcelona Olympics; it was the first time non-amateurs were permitted to represent the country; the members of this team were Charles Barkley, Larry Bird, Clyde Drexler, Patrick Ewing, Magic Johnson, Michael Jordan, Christian Laettner, Karl Malone, Chris Mullin, Scottie Pippen, David Robinson and John Stockton. In the 1996 Olympics, the U.S. team was called Dream Team II and in 2000, Dream Team III (b/b) [6]

**dressage** a type of competition in which judges award points for the performance of the horse and rider in a series of movements testing the rider's control and the horse's training (equest.) [6]

**dressage** discipline of equestrian riding sport. Dressage represents the gymnastic training and careful education of the horse to develop its natural abilities and to achieve willing obedience. It forms the basis for all disciplines of horse-back riding; its precise form is practiced in the haute école. The dressage arena is called a site. It is a rectangle with a soft ground (peat, sand, wood shavings, grass) of 20 x 40 m (normal classes) or 20 x 60 m (more difficult classes and international tournaments), which is surrounded by boards, lathworks, or other markings. Track points in the arena mark those locations where the prescribed tasks (in the free program they can be chosen by the rider) must be executed. The following elements have to be presented and are assessed: the gaits (walk, trot, gallop), the transitions between gaits and speeds, pivots, rein-back (several steps with diagonal foot sequence in a straight direction), (flying) change of leg (changing the foot sequence), and sidesteps (sideways-forward movement of the horse). (*H.Haag & G. Haag, Dictionary, 2003, 159 p*)

**dressing** a bandage or other sterile covering put on a wound to protect it from infection or further damage (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dribble** to move a ball along using small repeated movements of the foot, the hand or a stick ■ a movement or run made while dribbling a ball, especially in football or basketball (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**dribble** to move around the court while bouncing the ball with one hand (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**dribble** to move the ball forward little by little, keeping it under close control with the stick (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**dribble** to run with the ball at one's feet, where control is maintained by a series of small kicks (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**dribble** to bounce the ball repeatedly with one hand, while moving or standing still. As a noun, the act of dribbling. See also carry the ball; double dribble; travelling (b/b) [6]

**dribble or dribbling** when a player repeatedly pushes, pats, taps or bats the ball toward the floor with one hand to cause the ball to bounce back up to either of his hands; used to advance the ball or keep control of it (b/b) [6]

**dribble series** a number of consecutive dribbles which end when a player allows the ball to rest in one or both hands; a player is only permitted one dribble series before he must pass or shoot (b/b) [6]

**dribble series** any number of consecutive dribbles. A dribble series ends when the player allows the ball to rest in one or both hands or loses control of the ball. A player is allowed only one dribble series before passing or shooting (b/b) [6]

**dribbling** term for a sport motor skill, which is part of the fundamental skills required in a number of team games: **1.** in basketball the continuous one-hand bouncing of the ball onto the floor in a standing position or while in motion which ends as soon as the ball has been touched with both hands; to continue dribbling after holding the ball is prohibited (double dribble). **2.** in soccer guiding the ball

with the outside or inside part of the foot. When close to an opponent, the player moving the ball attempts to bring his body between opponent and ball in order to make it more difficult for him to get to the ball. **3.** in handball the repeated bouncing of the ball (with one or two hands) while in motion. **4.** in hockey carrying the ball with fore- and backhand around the opponent. **5.** in water polo a player pushing the ball ahead in front of him while freestyle swimming. **6.** in rugby moving the ball ahead with the inside of the feet or with the shins. An athlete who perfectly masters dribbling (especially in soccer) is called a dribble artist. (*H.Haag &G. Haag, Dictionary, 2003, 160 p*)

**drift** a controlled, four-wheel slide through a turn, to get a car line up for a straightaway with a minimum of steering (autosp.) [6]

**drill** a sequence of tasks or exercises repeated over and over until they can be performed faultlessly, as used in teaching sports skills ■ to make someone repeat a sequence of exercises or procedures over and over again in order to learn it (*Dict. of Sp. and Ex. Sc. 2006, 71p.*)

**drill** fixed sequence of exercises to learn a sport motor skill as quickly and optimally as possible. (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**D-rings** handles used to steer the sled; so named from their shape (bobsl.) [6]

**drive** **1.** a ride in a motor vehicle **2.** the way in which a car is propelled or guided **3.** a path leading to a house wide enough for a car to drive along it (*Dict. of Leis., Trav. and Tour., 2008, 98p.*)

**drive** a fast and straight shot (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**drive** a hard low shot that is hit with the racquet horizontal and travels horizontally over the net (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**drive** a sequence of plays executed by one team without losing possession (Am f/b) (*Chambers. Sports Factf.,2005, 14p.*)

**drive** a shot played with a vertical bat so that the ball runs along the ground in front of the batsman (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**drive** a **tee shot** using a **driver** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**drive** the action of pulling the oar through the water (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**drive** the pushing forward by one team of a **maul** (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**drive** the series of plays a team puts together in an attempt to score (f/b) [6]

**drive** to advance forcefully towards the basket with the ball (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**drive** to bowl a straight fast bowl, eliminating the bias, with the intention of breaking up the **head** and/or sending the **jack** into the **ditch** or off the rink (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**drive** usually, to hit the ball from the tee; also, to hit the ball with a full swing and maximum force (golf) [6]

**drive** 1. in some sports, to kick or hit a ball forcefully 2. (*in golf*) to hit a long shot from either a tee or a fairway when covering the principal distance between holes 3. (*In basketball*) to dribble the ball through a particular area of the court towards the basket 4. (*in cricket*) to strike the ball very hard and straight with the bat held vertically ■ 1. energy and determination that helps someone achieve what he or she wants to do 2. in some sports, a forceful shot or stroke in hitting a ball 3. (*in golf*) a long shot played from either a tee or fairway, when covering the principal distance between two holes 4. (*in basketball*) a fast direct run towards the basket while dribbling the ball (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drive** an aggressive move toward the basket with the ball. As a verb, to make a drive (b/b) [6]

**drive** in several sports term used for a certain type of hit: 1. in golf a long hit taken with a special club (the driver). 2. in polo a hit made from alongside the horse. 3. in tennis a hit that brings the ball quickly and low to the opponent's baseline. 4. in badminton a ball hit hard and low over the net to the opponent's playing field center or the baseline area. (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**drive in** if a batter drives in a run, he makes a **hit** that allows a **baserunner** to score; see also **run batted in** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**drive the tips** to press the tips of the skis down on the backside of a mogul for better speed control (freest.) [6]

**drive to the basket** to move rapidly toward the basket with the ball (b/b) [6]

**drive train** the system that carries power from the engine to the driving wheels; it includes the crankshaft and the differential (autosp.) [6]

**driver** a golf club with a metal or wooden head used to hit the ball a long way, usually from the **tee** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**Driver** the front person in the bobsled, who's responsible for steering. The essential job of the driver is to maintain the straightest possible line down the course by minimizing rocking and skidding in the curves (bobsl.) [6]

**driver** the No. 1 wood, the longest hitting club, used most often from the tee on a hole requiring maximum distance (golf) [6]

**drive-through penalty** a penalty where a driver must enter the **pit lane**, drive through it complying with the speed limit, and then rejoin the race (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**driving iron** an **iron** that has an enlarged head and is used for **tee shots** when greater accuracy is required (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**driving iron** obsolete name for various iron clubs; now used only for the No. 1 iron (golf) [6]

**driving mashie** an obsolete club, less lofted than a mashie iron, used for long shots (golf) [6]

**driving range** an area where a number of golfers can practice their tee shots and other strokes (golf) [6]

**drop** **1.** to let something such as a ball fall **2.** to lose a match, game or part of a game (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drop** the act of depositing a ball on the course to put it in play after it has been declared unplayable or to replace a lost ball. See also free drop (golf) [6]

**drop** when the ball is repositioned from an **unplayable** position by letting it fall from one's outstretched arm (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**drop** a touch shot where the ball falls close to the front wall after hitting it (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**drop back** when a quarterback, after taking the snap takes a few steps backward into an area called the pocket to get ready to pass (f/b) [6]

**drop ball** a ball is said to drop when, after passing the net, it bounces for the first time on the floor (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**drop ball** in some team ball games bringing the ball back into play by the referee after a game interruption which was not caused by a rule violation or after a ball leaving the playing field. In soccer the ball is dropped by the referee from chest height at the spot where it was last played. It cannot be played before it has touched the ground. In handball all players must keep a distance of at least 3 m from the referee when the ball is being dropped. In water polo (referee throw-in) the ball is thrown into the pool from the pool's edge (also at the beginning of a playing period). (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**drop goal** (*in rugby*) a goal scored by dropping the ball and then kicking it (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drop goal** a means of scoring, worth one point, in which the ball is dropped to the floor, kicked as it bounces, and sent through the posts and over the bar (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**drop handlebars** (*on a racing bicycle*) handlebars that curve downwards, enabling the rider to adopt a more aerodynamic posture (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drop in** if a skateboarder drops in, he or she enters a **half-pipe** or obstacle from the top (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**drop kick** **1.** (*in rugby or American football*) a method of kicking a ball on the half-volley by dropping it from the hands **2.** (*In amateur wrestling*) an illegal move in which one wrestler attacks another by leaping into the air and striking an opponent with both feet (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drop kick** a type of free kick where a player drops the ball and kicks it right after it hits the ground; rarely used today (f/b) [6]

**drop kick** **1.** in soccer a shot where the ball is hit with the foot at the moment that it hits the ground; the drop kick can give the ball a high velocity. **2.** in rugby a kick where the ball is dropped from the hands and then kicked with a jumping movement. (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**drop pass** a pass on which a player simply leaves the puck behind on the ice for a teammate to pick up (icehok.) [6]

**drop pass** when a player simply leaves the puck behind for a teammate following him to pick up (icehok.) [6]

**drop shot** a gentle shot hit from the baseline at the back of the court that drops just over the net (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**drop shot** a softly-hit shot that drops just over the net (badm.) [6]

**drop shot** a touch shot that falls just over the opponent's side of the net; it is generally played when the opponent is far away from the table (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**drop shot** in racket games, a shot in which the ball drops abruptly to the ground just after passing over the net or hitting the wall (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drop shot** **1.** in squash a hit where the ball is played against the front wall in such a manner that it "drops" onto the floor and thereby becomes unreachable for the opponent. **2.** in ping pong a stop ball. (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**drop shot** a gently hit stroke that lands close behind the net after just clearing it (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**drop step** a move on which a player, back to the basket, takes a step back on the side of a defender behind him, then turns and drives past him on that side (b/b) [6]

**drop, stop** shot technique in racquet games where the ball is played with absorption of the impact and angled racquet in such a manner that the ball velocity is significantly reduced and the ball drops into the opponent's playing field shortly after it has crossed the net, so that the opponent, who is usually positioned at the base line, has difficulty in returning it, e.g. in badminton, tennis, and ping pong. (*H.Haag &G. Haag, Dictionary, 2003, 161 p*)

**drop-in wicket** a portable batting surface that is laid into the playing surface (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**dropout** a drop kick from the defending team's **twenty-two**, awarded when the attacking team has sent the ball over the **dead-ball line**, or when the defending team has touched the ball down after the attacking side has put it in the **in-goal** area (rugby U.) (*Chambers. Sports Factf.,2005, 491p.*)

**dropout** a drop kick taken from between the goalposts or from the centre of the **twenty-metre line**, when restarting play (rugby L.) (*Chambers. Sports Factf.*, 2005, 479p.)

**dropout** term for the phenomenon that an athlete resigns from competitive sport before reaching his individual performance peak. This results from, e.g. a development of performance that is too rapid and not stabilized, incompatibility of training and competition with professional and or private interests, strong pressure from parents, coaches, officials, or government, and burnout due to excessive training and competition levels. (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**drops** the lower portion of down-turned handlebars (cycl.) [6]

**drops** the lower sections of the curved handlebars on a road bike and some track bikes. Riders ride with their hands 'on the drops' to achieve a lower, more aerodynamic position (cycl.) (*Chambers. Sports Factf.*, 2005, 204p.)

**drubbing** a total or humiliating defeat over an opponent or opposing team (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**drug-testing programme** a systematic attempt to test some or all of the athletes in a sporting competition for banned substances (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dry** descriptive of a match that has no electrical judging apparatus (fenc.) [6]

**dry slope** a ski slope made of artificial snow (*Dict. of Leis., Trav. and Tour.*, 2008, 99p.)

**dry slope skiing** the activity of skiing on artificial snow slopes (*Dict. of Leis., Trav. and Tour.*, 2008, 99p.)

**dry training** type of training where athletes do not practice the sport discipline where it usually takes place. It serves predominantly the development of foundations of motor characteristics specific to the respective sport discipline (e.g. dry training as ski callisthenics in a gymnasium), or training sport motor skills (e.g. practicing downhill technique in alpine skiing with vibration boards in a wind tunnel). (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**dry-fly** a method of angling where the fly does not sink in the water (angl.) [6]

**drying out** same as **cutting up** (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**DSM** abbreviation deep stroking massage (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dual sport disciplines** term for sport disciplines that can only be performed with one partner (opponent), e.g. all combat sports (wrestling, fencing, judo, boxing, etc.) and racquet games (tennis, ping pong, badminton, etc.). Within the framework of school sport these are taught once the mandatory program of individual and team sports has been covered in class; dual sports enhance education towards partner-oriented social behaviour. (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**duathlete** an athlete who takes part in a duathlon (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**duathlon** a sports event in which athletes compete in two endurance events, e.g. cross-country skiing and rifle shooting, or running and swimming (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dub** a missed or poorly-hit shot (golf) [6]

**duck** a score of no runs by a batsman (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**duck dive** the method of diving the board under an oncoming wave on the way out (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**duck hook** a badly mishit shot that veers sharply and low to the left (for a right-handed player) as soon as it is hit (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**ducking** in boxing avoiding a hit by the opponent by moving or bending the head and upper body downwards and sideways; ducking below the beltline is prohibited. (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**duel** competition between two participating rivals; the tactical adaptation is very important, particularly in combat sports. (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**duffer** a poor golfer; a hacker (golf) [6]

**dumbbell** an exercise weight in the form of a metal bar with a metal disc or ball at each end (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell bench press** a bench press performed using dumbbells (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell flyes** flyes performed using dumbbells, often lying down (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell lunge** a lunge performed using dumbbells to give extra weight (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell pullover** a pullover performed using a dumbbell held in each hand (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell rack** a sturdy piece of gym equipment for holding dumbbells securely (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dumbbell triceps extension** an exercise in which a dumbbell is raised and lowered behind the back with the arms held over the head (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dummy** in football, rugby or a similar game, a feigned pass or other move intended to deceive an opponent, especially a tackler ■ to make a dummy in football, rugby or a similar game (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dummy** same as blind (bowl.) [6]

**dummy** to feign to pass the ball in order to distract and run past an opponent (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**dummy half** same as **acting halfback** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**dummy scissors** a move in which the attacking team **dummies** to play a **scissors** move (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**dump** a dummied spike that tips the bail just over the net or the **block** (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**dump** to release the ball without bending the knee, which usually makes it travel through the air before plopping down on the lane (bowl.) [6]

**dumper** a wave that crashes suddenly downwards with great force, causing surfers to fall (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**dunk** a shot on which the player leaps above the rim with the ball and pushes it into the basket from above. See also slam dunk (b/b) [6]

**dunk** if a player dunks the ball, he jumps up and pushes it down through the basket from close range; see also slam dunk (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**dunk** to hit the ball into a water hazard (golf) [6]

**dunk** when a player close to the basket jumps and strongly throws the ball down into it; an athletic, creative shot used to intimidate opponents (b/b) [6]

**dunking** most artistic form of scoring a basket in basketball. The offensive player jumps so high that he is able to throw (dunk) the ball with one or both hands through the metal ring of the basket from above. It can be played in several variants (reverse, delayed, etc.) (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**duration** the length of time for which something continues (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**duration competition** in various sport disciplines common form of a competition where large distances or long times have to be covered. Such duration competitions require a specific preparation through training under medical supervision. Duration competitions are known from sports such as track and field (marathon run), rowing, swimming, equestrian sport, motor sport, cross-country skiing, triathlon. (*H.Haag &G. Haag, Dictionary, 2003, 162 p*)

**duration of bout** the actual fencing time, recorded by a clock that is started at the beginning of a bout, stopped each time action is halted, and re-started when the bout resumes (fenc.) [6]

**duration-related response** a human response to a stimulant that varies according to the time spent exposed to it (*Dict. of Sp. and Ex. Sc. 2006, 72p.*)

**dutch 200** a game in which a bowler alternates strikes and spares for a 200 score (bowl.) [6]

**dyad** group composed of two individuals (*Dict. of sp. and Ex. Sc. 1991, 48p*)

**dynamic balance** the act of balancing while on a moving surface (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamic balance** equilibrium maintained either on a moving the body through space (*Dict. of sp. and Ex. Sc. 1991, 48p*)

**dynamic conditioning** the conditioning of muscles through sports that involve free movement (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamic equilibrium** the state of a system moving with zero acceleration (*Dict. of sp. and Ex. Sc. 1991, 48p*)

**dynamic stretching** stretching that involves some movement but does not force the muscle past its range of motion (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamic work** in sports medicine term for the form of muscular strain (muscle work) where a change between tension and relaxation occurs. Dynamic work is the most common type of muscular work during sport movements (» static work). (*H. Haag & G. Haag, Dictionary, 2003, 163 p*)

**dynamics** the branch of mechanics that deals with motion and the way in which forces produce motion (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamics** subdiscipline of mechanics, where the relationship between forces and the movement states of objects caused by them is examined. Its basis is the fundamental dynamic law: force is mass times acceleration or force is equal to the change over time of the movement impulse. Together with » kinematics, » kinetics, and » statics the area of dynamics is indispensable for the knowledge about sport movements as well as its analysis and description. (*H. Haag & G. Haag, Dictionary, 2003, 163 p*)

**dynamogeny** the supposed effect on a runner of having faster athletes alongside them, stimulating nervous energy that gives them greater speed (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamometer** an instrument for measuring the force of muscular contraction (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dynamometer** an instrument used to measure engine output (autosp.) [6]

**dynamometer** instrument used to measure the force or torque of a selected muscular contraction; typically operates on the principle of compression of a spring-loaded device (*Dict. of sp. and Ex. Sc. 1991, 49p*)

**dynamometrics** collective term for all methods of measuring dynamic quantities such as (muscle) force or reactive force (performance behaviour). A dynamometric device can be used to measure forces through its elastic deformation (pull or push spring, torsion rod, force measurement clamp, etc.). If the force-time-graph is to be recorded at the same time, a dynamograph is required. (*H. Haag & G. Haag, Dictionary, 2003, 163 p*)

**dynamometry** the act of measuring the force of muscular contraction (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dyno** (short for dynamic), an athletic leap for a distant hold (alp.) (*Chambers. Sports Factf., 2005, 426p.*)

**dysbaria** any disorder caused by differences between the atmospheric pressure outside the body and the pressure inside, e.g. when diving (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysdiadochokinesia** the inability to carry out rapid movements, caused by a disorder or lesion of the cerebellum (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysfunctional** used for describing an organ or other part or system of the body that is unable to function regularly as a result of disease or impairment (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dyshydria** an unusual production of sweat, either excessive or insufficient (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dyskinesia** impairment of control over ordinary muscle movement, often resulting in spasmodic movements or tics (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysorexia** a disorder of the appetite, e.g. anorexia nervosa or persistently uncontrolled eating (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysplasia** an unusual development of tissue (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dyspraxia** difficulty in carrying out coordinated movements (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysreflexia** any disorder of the reflexes (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dyssynergia** a lack of muscular co-ordination caused by a brain disorder (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dystaxia** a lack of muscular co-ordination (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dystrophy** the wasting of an organ, muscle or tissue owing to lack of nutrients in that part of the body (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

**dysvitaminosis** a disease caused by either a deficiency or excess of a particular vitamin (*Dict. of Sp. and Ex. Sc. 2006, 73p.*)

## E

**eccentric contraction** a situation in which a muscle is tense, but lengthening, as of the arm muscles when slowly lowering a heavy weight (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**eccentric strength** the force exerted by a muscle while it is extending (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**ecchymosis** a dark area on the skin made by blood that has escaped into the tissues after a blow. Also called **bruise** (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**ECG** a graph showing the behaviour of the heart by recording its electrical voltage, produced by a device called an electrocardiograph. Full form **electrocardiogram** (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**echelon** a **paceline** in which the cyclists are staggered at an angle to allow them to achieve a **drafting** effect against a crosswind (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**economy class** the cheapest category of seat on a plane (*Dict. of Leis., Trav. and Tour., 2008, 102p.*)

**ectomorph** a body type that is tall, thin and possibly underweight. Compare **endomorph** (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**edge** an advantage over somebody, e.g. a competitor ■ **1.** to move gradually sideways, or make something move in this direction by pushing it **2.** to strike a ball or other object with the edge of a cricket bat **3.** to put weight down on the outer or inner side of a ski so that its edge cuts into the snow (*Dict. of Sp. and Ex. Sc. 2006, 74p.*)

**edge** each skate blade has two edges, one on each side of the groove in the center, the inside edge and the outside edge, and each edge is divided into two sections, forward and back. On most maneuvers, specific edges are supposed to be used. For example, the specifications for the Axel call for a takeoff from the forward inside edge and a landing on the back outside edge of the opposite foot (f.skate.) [6]

**edge** if a batsman edges the ball, he gets a slight touch to it from the edge of his bat (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**edge** part of some sport equipment used in winter sports: in alpine skiing the steel sides on the outside of the ski's running bases; appropriate use of the inside edge of the bottom ski and the outside edge of the upper ski are essential for successful and effective turning. (*H.Haag &G. Haag, Dictionary, 2003, 164 p*)

**edge jump** any jump on which the skater takes off from an edge of the skating foot without assistance from the other foot; for example, the Axel, loop, and Salchow (f.skate.) [6]

**edging** the technique of tilting the skis so that the edges dig into the snow to provide stronger grip (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**effective playing time** in basketball, ice-hockey and water polo the time that the ball or puck has actually been in play. At each interruption of the game the clock is stopped and not restarted until the whistle of the referee. This rule of effective playing time prevents unfair playing actions such as the delaying of the game. (*H.Haag &G. Haag, Dictionary, 2003, 164 p*)

**effector muscle** a muscle that performs an intended action (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**efficacy** the ability of an individual to use their skills to achieve something (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**efficiency** relating to human movement, the ratio of work accomplished to energy expenditure; in general, during exercise, efficiency of the human body is approximately 20% to 30% (*Dict. of sp. and Ex. Sc. 1991, 50p*)

**efficiency** 1. the ability to make a physical movement with a minimum of unnecessary effort 2. a comparison of the effective or useful output to the total input in any system (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**efficient** referring to the ability to act or produce something with a minimum of waste, expense or unnecessary effort (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**effort** mental or physical energy that is exerted in order to achieve a purpose (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**effort headache** a short-lived headache that is brought on by strenuous physical exercise (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**egg position** same as **tuck position** (ski.) (*Chambers. Sports Factf., 2005, 525p.*)

**eggbeater** a rotary action of the legs used to support and propel the upper body in an upright position in synchronized swimming (synchr.swim.) (*Chambers. Sports Factf., 2005, 572p.*)

**eight** an eight-oared boat with eight rowers and a cox (row.) (*Chambers. Sports Factf., 2005, 469p.*)

**eight-count** a count of eight seconds made by the referee that a downed boxer must take while the referee decides whether or not to continue the bout. If a boxer takes three eight-counts in one round or four in a bout, the fight is stopped and the opponent is declared the winner (box.) (*Chambers. Sports Factf., 2005, 141p.*)

**eighteen-yard box** same as **penalty area** (f/b) (*Chambers. Sports Factf., 2005, 260p.*)

**Eisenhower Tree** a pine tree situated 195yd from the championship tee on the 17<sup>th</sup> hole at the Augusta National course; named after the former US president who hit his ball into it so many times that he campaigned (in vain) to have it cut down (golf) (*Chambers. Sports Factf., 2005, 290p.*)

**elapsed time** the measured amount of time or actual duration of a sporting event such as a race (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**elapsed time** the time taken to travel the course from start line to finishing line (autosp.) (*Chambers. Sports Factf., 2005, 219p.*)

**elastic** able to stretch and contract (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**elastic bandage** a stretchy bandage used for supporting a weak joint (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**elastic strength** the ability to contract a muscle swiftly in order to overcome a resistance (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**elasticity** ability of the body or substance to make a change of volume or shape caused by external forces without outside help. In sport the term refers predominantly to muscles, tendons and ligaments which are constantly exposed to various external forces during sport activity; therefore, their flexibility and pliability should be maintained through special training (mainly callisthenics) with alternating tension and relaxation. Training strength in different variations depends highly on elasticity. (*H.Haag &G. Haag, Dictionary, 2003, 164 p*)

**elbow support** an elastic wrap that protects the elbow from injury during exercise (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**elbowing** striking an opponent with the elbow; usually incurs a minor penalty (icehok.) [6]

**elbowing** a minor penalty which occurs when a player strikes his opponent with an elbow to impede his progress (icehok.) [6]

**electrocardiogram** full form of **ECO** (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**electrocardiograph** an apparatus for measuring and recording the electrical impulses of the muscles of the heart as it beats (*Dict. of Sp. and Ex. Sc. 2006, 75p.*)

**electromyogram** a chart showing the electric currents in active muscles. Abbreviation **EMG** (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**electromyograph** a machine for producing a graphical tracing of the electrical activity picked up via electrodes inserted into muscle tissue (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**electronic scoring device** see fencing (*H.Haag &G. Haag, Dictionary, 2003, 165 p*)

**electronic timing** finer and more precise time measurement compared to the measurement with mechanical stop watches operated by hand. Electronic measurement instruments are used to measure time especially in running, racing, and swimming competitions. Time is measured with a precision of 1/100 sec (in the bobsled even 1/1000 sec) by means of electric impulses (photo cells, finish cameras, etc.) which are given at the start as well as at the finish line (or the wall in swimming) by means of force platform contact, connection of the starting pistol with the measurement instrument, etc. Electronic timing was used for the first time officially at the Olympic Games 1972 in Munich. (*H.Haag &G. Haag, Dictionary, 2003, 165 p*)

**elektrogoniometer** instrument that provides an electrical signal that is converted to represent the relative angular movement at a joint (*Dict.of sp.and Ex.Sc.1991, 52p*)

**elementary movement** term for a basic form of movement within the framework of the total repertoire of human movement. The following are considered elementary movements: grabbing, crawl-

ing, standing up, standing, walking, climbing, pushing, pulling, jumping down, carrying, throwing, running, jumping, catching. These elementary movements are very closely related to everyday life. Since motor behaviour can be regarded as one basic human behaviour these elementary movements also play a significant role as the foundation for sport movements. In sport, five specific elementary callisthenic movements are known: bouncing, walking, running, jumping, and swinging. When these elementary movements are taught by the physical education teacher or coach, a positive effect on the development of everyday and ergomotor behaviour is likely to occur. (*H.Haag &G. Haag, Dictionary, 2003, 166 p*)

**elevate** to raise something or to lift something up (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**elevated** 1. raised to a higher place or position 2. increased (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**elevation** the act of raising a limb to a higher point (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**eleven** a team of 11 players, e.g. a football team or cricket team (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**eligibility** the right of an athlete to participate in sport competitions as an individual or as a member of a team. In sport games, the responsible sport federation issues a player's certificate, which is controlled by the referee at the beginning of the game. A player's certificate can only be issued, if the player is an official member of a sport club. In case of a » suspension the eligibility is (temporarily) removed and the player's certificate is confiscated. (*H.Haag &G. Haag, Dictionary, 2003, 166 p*)

**eligible receiver** a player allowed by the rules to catch a forward pass; all offensive players are eligible except linemen and the quarterback, who must notify the referee if they wish to become eligible and stand at least one yard behind the line of scrimmage before the snap (f/b) [6]

**eligible receiver** an offensive player, usually a back or a player on the end of the **line of scrimmage**, who is legally allowed to catch a pass (Am./f) (*Chambers. Sports Factf.,2005, 14p.*)

**eliminate** to defeat a player or team and put them out of a competition (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**elimination** prohibition to continue participating in a competition after receiving a » caution or a warning by the referee or judge for serious rule infringements, but also without previous warning (e.g. in the case of violent action). The elimination applies either for a certain amount of time (temporary suspension) or for the entire duration of the competition (» disqualification). The responsible sport federation can also give a longer » suspension as a consequence of an elimination. (*H.Haag &G. Haag, Dictionary, 2003, 166 p*)

**elimination procedures** procedures for selecting participants in the competition or for reducing the number of competitors, which are necessary for determining a winner; examples are preliminary rounds or intermediary heats. The elimination procedures vary according to the type of sport. The following basic procedures are possible: determining the maximum number of competitors participating in the final round (e.g. eight in swimming, windsurfing slalom, and track and field) or the knock-out system, i.e. the elimination of the loser (e.g. in bicycle racing, match-racing in sailing, and the European Cup in

soccer). In some cases participation in consolation rounds is possible after one loss. (*H.Haag &G. Haag, Dictionary, 2003, 166 p*)

**elimination tournament** a series of games, bouts or contests in which a player or team is removed from competition after being defeated (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**elite** more talented, privileged or highly trained than others (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**elliptical trainer** an exercise machine that works both the upper and lower body simultaneously (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**emblem** in sport the sign for national origin or nationality of a team. The question of emblems frequently becomes a point of controversy within the framework of » sport politics. It also plays an important role in the discussions about the organization of Olympic Games. (*H.Haag &G. Haag, Dictionary, 2003, 167 p*)

**emotional eating** the consumption of food in response to feelings of stress or sadness, rather than hunger (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**empty calorie** food that contains energy but no nutrients (*Dict. of Sp. and Ex. Sc. 2006, 76p.*)

**empty net** a net that's unprotected, because the goalie is out of position or because he's off the ice in favor of an extra skater (icehok.) [6]

**empty net goal** a goal scored when the net is not guarded by the goalie, usually because he's been pulled to get an extra skater on the ice (icehok.) [6]

**empty-net goal** a goal scored against a team that has pulled the goalie (icehok.) [6]

**EMS abbreviation** electrical muscle stimulation (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**en garde** a warning to assume a defensive position in readiness for an attack. The fencer stands sideways to his or her opponent with the swordless hand crooked up behind for balance (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**encho-sen** an extension of play to determine the winner of a tied match (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**enclosure** an area of ground at a sports event set aside for specific spectators or competitors (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**encroachment** if a player (besides the center) is in the neutral zone and contact occurs prior to the snap; a foul punishable by a 5-yard penalty (f/b) [6]

**end** **1.** half of a playing field or court, defended by one side **2.** (*in American football*) a player positioned at each end of the offensive or defensive line **3.** (*in curling and bowls*) a phase of play in a particular direction across the rink, green or other playing area (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**end** a complete sequence of play in one direction, at the end of which shots are counted and the score updated; so called because play alternates from one end of the **rink** to the other (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**end** the completion of 16 stones, each player having played their two stones. Scores are decided at the conclusion of each end and each match is the best of ten ends (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**end around** an offensive play in which a runs behind the line of scrimmage, is handed the ball, and continues running to the opposite side of the field (Am./f) [6]

**end line** a line at the end of a court or field that marks the boundary of a playing area (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**end line** the boundary line that runs the width of the field along each end (f/b) [6]

**end zone** the area between the end line and goal line bounded by the sidelines, which a team on offense tries to enter to score a touchdown (f/b) [6]

**end zone** the area behind the goal line, into which the offense attempts to take the ball to score a **touchdown** (Am./f) (*Chambers. Sports Factf.,2005, 14p.*)

**end** a group of arrows, usually three, shot in one sequence (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**endboards** a section of the boards at an end of the rink (icehok.) [6]

**endboards** the boards at each end of the rink (icehok.) [6]

**endomorph** body type or classification of physical appearance characterized by short height, heavy bones, soft muscles, medium shoulder width, wide hips and stocky limbs (*Dict.of sp.and Ex.Sc.1991, 53p*)

**endurance** ability to perform physical work for extended periods of time; cardiovascular endurance is influenced by an individual's VO<sub>2</sub>max and the percentage of VO<sub>2</sub>max at which steady-rate exercise can be maintained; muscular endurance is influenced by circulation and oxygen availability (*Dict.of sp.and Ex.Sc.1991, 53p*)

**endurance** the ability or power to bear prolonged exertion, pain or hardship (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**endurance** motor characteristic oriented toward condition which prevents or delays fatigue symptoms and permits a higher quality of work; endurance therefore works against fatigue. The gross differentiation common in sport between general and specific, (sport-specific) endurance can be analyzed in more detail under various sport-physiological aspects by creating opposing pairs of objectives. The following criteria can be utilized for differentiation with this approach: **1.** according to the form of energy production: aerobic and anaerobic endurance. **2.** according to the amount of utilized

muscles: local and total endurance. **3.** according to the functioning mode of the muscle: dynamic and static endurance. **4.** according to the duration of exertion: short-term and long-term endurance. **5.** according to the training goal: strength/speed endurance and fundamental endurance. **6.** according to the specificity of demands: general and specific endurance.

These different types of endurance occur in concrete sport actions only as mixed forms; e.g. a sprinter requires anaerobic, total, dynamic, short-term, speed, and specific endurance, whereas a long-distance runner requires aerobic, total, dynamic, long-term, fundamental, and specific endurance. Thus, endurance - in addition to strength, speed, and flexibility - represents one of the four motor characteristics relating to condition, which can be regarded as the basic prerequisites for optimal sport action in top-level sport as well as in recreational sport. (*H.Haag &G. Haag, Dictionary, 2003, 169 p*)

**endurance athlete** an athlete who has a high level of aerobic fitness (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**endurance fitness** capability to perform prolonged aerobic exercise (*Dict.of sp.and Ex.Sc.1991, 59p*)

**endurance training** exercises designed to increase an athlete's level of aerobic fitness (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**endurance training** specific measure for improving the motor-condition characteristic of » endurance. With respect to the training goal a differentiation between aerobic and anaerobic endurance training can be made. Two fundamental methods for endurance training can be distinguished: continuous and interval method. (*H.Haag &G. Haag, Dictionary, 2003, 169 p*)

**enduro** long-distance cross-country racing that tests reliability and endurance; events include the ISDE (International Six Days Enduro) and the Paris-Dakar rally. Riders travel between checkpoints and incur penalties if they arrive late (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**enduro** a long race, especially one involving motorcycles or cars, in which the emphasis is on endurance rather than speed (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**energy** the force or strength to carry out activities (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**energy balance** a mathematical relationship between the number of calories a person consumes and the number they expend (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**energy bar** a bar-shaped snack made of ingredients intended to boost physical energy (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**energy drink** same as **sports drink** (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**energy expenditure** the amount of energy used during a particular activity such as running or walking (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy level** the amount of energy that a person has over the course of the day, related to such factors as blood sugar levels, activity and how rested they are (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy requirements** the number of calories needed to sustain the daily activity of an individual (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy supplement** a supplement designed to give a person more energy, which may contain caffeine, B vitamins, sugar or herbal preparations (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy therapy** a holistic method of healing using energy supposedly contained in and surrounding the human body, mind and spirit (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy value** the amount of energy produced by a given amount of a particular food (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**energy-dependent** used for describing a sport that involves a great deal of physical movement or effort and is therefore reliant on energy metabolism, e.g. running or swimming (*Dict. of Sp. and Ex. Sc. 2006, 77p.*)

**enforcer** a player whose primary job is to protect teammates by retaliating against any opposing player guilty of excessive roughness (icehok.) [6]

**enforcer** also called the policeman; is usually the most penalized player on a team; he has the job of protecting his teammates from harm; generally a larger player who is not afraid of any fight (icehok.) [6]

**English** a North American term for **side** (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**English** a US term for side (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**English running distances** races held in track and field competitions in English speaking countries, especially USA and Great Britain, where distances differ from the metric distances used in the rest of the world. The following events are held in English distances: 100 yards (91.44 m), 120 yards hurdles (109.78 m), 440 yards flat race and hurdles (402.32 m), 880 yards (804.45 m), the mile (1,609.30 m), 3 miles (4,827.90 m), and 6 miles (9655.80 m). The mile race is still especially popular in English speaking countries. (*H.Haag &G. Haag, Dictionary, 2003, 171 p*)

**enrich** 1. to improve the nutritional quality of food 2. to improve the living conditions of farm animals, e.g. by providing them with larger living areas (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**enriched** used for describing food that has had vitamins and minerals added to make it more nutritious (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**enrichment** the act of adding vitamins, minerals or other nutrients such as milk proteins to food, to make it more nutritious (*Dict. of Sp. and Ex. Sc. 2006, 78p.*)

**entering the goal area** a foul called when a court player encroaches the **six-metre line** or lands in the **goal area** before having thrown the ball; it can be penalized with a **free throw** or a **seven-metre throw**, and if a goal is scored, it will not be awarded (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**entry** the end of the dive when the diver hits the water. A perfect entry is judged on vertical body shape and little or no splash (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**épée** a sword that weighs up to 770g, is up to 110cm/43.3in in length, and has a relatively stiff triangular blade (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**EPO** abbreviation erythropoietin (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**equaliser** a goal scored which makes the scores of each team equal (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**equalizing, tie** **1.** in sport disciplines, where the result of the competition is determined by the difference in points made by the opponents, a point (basket, goal) can equalize the score to establish a » tie in the game. **2.** in some sport disciplines corrections made to establish comparable competitive chances, e.g. in horse racing the assignment of weights in equalizing races, or in sailing the compensation for disadvantaged boats starting in the same class as faster boats (» handicap). (*H.Haag &G. Haag, Dictionary, 2003, 172 p*)

**equestrian** relating to horses or riding ■ somebody who is skilled at riding horses or performing on horseback (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**equestrian sport** sport practiced on horses which includes the disciplines of dressage, show-jumping, three-day event, and gallop racing. (*H.Haag &G. Haag, Dictionary, 2003, 172 p*)

**equestrian tournament sport** collective term for show-jumping, dressage, versatility test, driving, vaulting / trick-riding, and pony riding. The first riding tournament took place in Berlin in 1896. (*H.Haag &G. Haag, Dictionary, 2003, 172 p*)

**equestrian versatility test, military** formerly called military, also known as the three-day event. Test in equestrian sport consisting of dressage, endurance test, and show-jumping. Competitions are held in three classes: class L (minimum age of horse is 5 years). The best age for horses competing in this three-day event is between 9 and 14 years. A veterinarian controls the condition of the horses before the first, during the second, and before the third test. (*H.Haag &G. Haag, Dictionary, 2003, 172 p*)

**equestrianism** same as **horseriding** (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**equilibrium** **1.** the balanced or stabilized state of a system that is not being accelerated. **2.** system in which the sum of the external forces and torques is zero. **3.** Ability to maintain or control an upright body position (*Dict.of sp.and Ex.Sc.1991, 54p*)

**equipment** collective term for sport clothing and sport equipment. In competitive sport the rules of the individual sport disciplines contain precise regulations regarding the respective equipment (e.g. material, circumference, and weight of balls, maximal sole height of shoes in the high jump, form of the helmet in downhill skiing). In the more informal mass sport the equipment used depends on the specific requirements of the sport; on the other hand, personal taste and certain fashion trends have had an increasing influence on the selected equipment. The undenied interrelation between sport and

economy becomes especially apparent here and the sport equipment industry has become an important economic factor (» sport equipment). (*H.Haag &G. Haag, Dictionary, 2003, 173 p*)

**equipment track** » obstacle gymnastic (*H.Haag &G. Haag, Dictionary, 2003, 174 p*)

**erg, ergo** same as **ergometer** (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergogenic** used for describing a stimulant that gives greater energy or improved mental capacity (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergograph** a piece of equipment that records the work of one or several muscles (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergolytic** having a negative effect on muscle capacity (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergometer** (usually shortened to ergo); a land-based rowing machine, used mainly for winter training and fitness testing (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**ergometer** an instrument for measuring muscle power or work done by muscles, e.g. when exercising (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergometrics** testing of physical reactions to load in order to determine physical performance capacity. To create standardized test conditions, the load is usually pre-set, e.g. on a bicycle ergometer (standing bicycle with adjustable resistance). The body's adaptation reaction can be measured during stepwise increments up to the individual load limit. Depending on the problem, one can measure various parameters, e.g. blood pressure, heart rate, cardiac currents, respiratory rate, oxygen consumption, body temperature, perspiration, energy consumption, et. Furthermore, the determination of the individual maximum load limit is important in assessing the load capacity for work or sport and for sequential control following medical treatment or athletic training. The speed of recovery after loading also provides important information in regard to physical adaptability (» spiroergometry). (*H.Haag &G. Haag, Dictionary, 2003, 174 p*)

**ergometry** technique of measuring work output by means of an apparatus that may be calibrated and produces measurable units of work (e.g. bicycle ergometer, arm-crank ergometer) (*Dict.of sp.and Ex.Sc.1991, 54p*)

**ergonomic** designed for maximum comfort, efficiency, safety, and ease of use, especially in the workplace (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ergospirometry** the act of performing spirometry during exercise to measure gas metabolism (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**error** deviation from a target or ideal varying in amount or nature (*Dict.of sp.and Ex.Sc.1991, 54p*)

**error** an instance of a fielder failing to record an **out** when one could have been made using routine effort (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**error-free learning** a characteristic of programmed learning indicating that the skill acquisition is structured so that the learner experiences continual success, without error (*Dict. of sp. and Ex. Sc. 1991, 54p*)

**error-full learning** trial and error process of motor skill acquisition in which a learner makes a variety of responses in early learning, including errors, but gradually learns the appropriate response for a situation (*Dict. of sp. and Ex. Sc. 1991, 54p*)

**Eskimo roll** a method of using the paddle against the water to right a boat that has tipped or rolled over (canoe) (*Chambers. Sports Factf., 2005, 151p.*)

**Eskimo roll** also known as capsize roll; technique copied from the Eskimos where the kayak is brought upright after capsizing while remaining in the boat. The Eskimo roll has been further developed into a twisting movement consisting of the following stroke techniques: starting in the position for a forward stroke, strong forward lean, round stroke forwards until reaching the water surface, parallel pull stroke, pull stroke (supported by a zigzag stroke if necessary), and complete righting in the end phase. It is essential that the spray cover remains closed and that the kayaker can still orient himself in the unusual counter position (upside down in the kayak). (*H. Haag & G. Haag, Dictionary, 2003, 175 p*)

**e-stim** abbreviation electrical stimulation, or **TENS** (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**estimated average requirement** the amount of a particular nutrient that is estimated to be consumed per person per day by official bodies. Abbreviation **EAR** (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**ET** short for **elapsed time** (autosp.) (*Chambers. Sports Factf., 2005, 219p.*)

**ethical** 1. concerning ethics, or reasonable or acceptable from a moral point of view 2. used for describing a drug that is available on prescription only (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**eurhythmics** a system of physical exercise, therapy and musical training in which the body moves rhythmically and gracefully in interpretation of a piece of music (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**eurhythmics** generally in (dance) callisthenics and remedial gymnastics, the balance and harmony of movements. In a narrower sense, within the framework of the anthroposophics developed by Rudolf Steiner (\*1861, †1925), a movement art (labelled "eurhythmies" by Steiner) with the task of presenting intellectual content through the "language" of movement; arms and hands play essential roles; whereas the legs are only used for support. Eurhythmies is taught predominantly at Waldorf-schools (schools with alternative orientations), which base their educational concepts on the integration of motor, cognitive, and affective behaviour elements. (*H. Haag & G. Haag, Dictionary, 2003, 175 p*)

**EuroGames** a multi-sport event open to participants from all European nations, with an emphasis on gay and lesbian acceptance (*Dict. of Sp. and Ex. Sc. 2006, 79p.*)

**European championship** competition on a European level for determining the champion in Europe. This is realized in a variety of organizational forms (e.g. European league, European tournaments, Europa Cup with home and away matches). European championships are held in team sports for club

teams (often called Europa Cup); the most well-known competitions are held in soccer: European Champions League and Cup (since 1955/56), European Cup Winners (since 1960) and national teams (in soccer since 1967 every four years), but also in individual sports (e.g. track and field, swimming). The idea of athletic competition in Europe and between Europe and other continents is also promoted by: European selections (the best athletes in a sport discipline from Europe), European junior championships, European sport federations, European records, Eurovision sport shows, European sport achievement award. (*H.Haag &G. Haag, Dictionary, 2003, 175 p*)

**eusitia** the state of having a normal appetite (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**eustress** a feeling of tension that is positive and enjoyable, as in fierce competition (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**evaluate** **1.** to examine and calculate the quantity or level of something **2.** to examine someone who is ill or injured and calculate the medical treatment they require (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**evaluation** assessment of prerequisites, processes and results of sportive actions. Evaluation is preceded by the assessment of performance, which can be realized in a formal (e.g. as a test where performance is measured or assessed) or informal manner (e.g. in a conversation). With the help of the data gained thereby (e.g. fitness data from a fitness test) an assessment occurs (e.g. comparison of percent norms for the respective reference group); the result of this assessment is reported to the people who have been involved and sometimes it is reported to other individuals as well (by means of a test card or the » sport mark). Evaluation in sport is predominantly related to the motor domain, but also refers to cognitive and affective behaviour characteristics. It assumes an open and self-critical standpoint from all individuals involved in the evaluation process. (*H.Haag &G. Haag, Dictionary, 2003, 176 p*)

**evaporative heat loss** bodily cooling achieved by the evaporation of sweat from the skin (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**evens** if a horse's odds are evens, the amount staked on it is equal to the amount won if the horse wins. As with all winning bets, the stake is also returned (equest.) [6]

**event** **1.** an action or activity **2.** an organised activity in which several players or teams compete against each other (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**eversion** the act of turning towards the outside or turning inside out (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**everyday motor behaviour** ergomotor behaviour. (*H.Haag &G. Haag, Dictionary, 2003, 176 p*)

**evodiamine** a thermogenic stimulant used by athletes (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exchange diet** a weight-loss plan in which the types of food eaten do not matter as long as they add up to the correct number of calorie (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exchange lists** tables that show which foods contain equivalent numbers of calories, for use in planning an exchange diet (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**excitable** used for describing a nerve or tissue that is able to respond to a stimulus (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**excite** to stimulate or increase the rate of activity of an organ, tissue or other body part (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**excretion** the act or process of discharging waste matter from the tissues or organs (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**execution** technical performance of a routine, including form, style and technique (gymn.) [6]

**execution** in sport the realization of a movement (movement execution). In artistic sport disciplines an important criterion for assessing a movement process in regard to its technical precision and aesthetic presentation (» aesthetics). A portion of the attainable points is given for the execution (e.g. in gymnastics). In figure- and roller-(inline)skating and ice dancing the B-mark (» mark) represents a separate assessment of the execution. (*H.Haag & G. Haag, Dictionary, 2003, 176 p*)

**executor** someone who performs an action or task (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise** **1.** physical or mental activity, especially the active use of the muscles as a way of keeping fit, correcting a deformity or strengthening a part **2.** a particular movement or action designed to use and strengthen the muscles ■ *verb* **1.** to undertake physical exercise in order to keep fit and healthy **2.** to subject the body, or part of it, to repetitive physical exertion or energetic movement in order to strengthen it or improve its condition (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise** the process as well as the result of sportive action. As a process, exercise is the repeated execution of predetermined movement sequences (exercising) with different levels of intensity; as a result, exercise is a part of a comprehensive motor performance or presentation (e.g. in figure-skating, gymnastics). (*H.Haag & G. Haag, Dictionary, 2003, 176 p*)

**exercise adherence** motivation to exercise and stay physically fit for its own sake (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise ball** a large inflated ball used in exercises to strengthen muscles and improve flexibility and balance (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise bike** a fitness machine in the form of a stationary bicycle that is pedalled vigorously for exercise (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise challenge** a medical test in which an athlete performs aerobic exercise while his or her breathing patterns are monitored, designed to diagnose exercise-induced asthma (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise class** same as **fitness class** (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise form** term for structural element within the motor teaching and learning process, consisting of preparatory forms of games (playful practice), fundamental forms (practicing the required technique), and competitive forms (practicing technical skills in difficult situations). Exercise forms have a wide variety and specific to a sport discipline (also in physical education). (*H.Haag &G. Haag, Dictionary, 2003, 176 p*)

**exercise headache** same as **effort headache** (*Dict. of Sp. and Ex. Sc. 2006, 80p.*)

**exercise intensity** the degree to which a workout is difficult for the exerciser (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise machine** a machine that is specially designed to allow a person to perform a particular exercise or tone a particular area (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise music** music with about 120 beats per minute that is suitable for accompanying aerobics and other exercises (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise physiology, sport physiology** theory of the functions and regulations of life processes under special consideration of the changes brought about by sport activity. Based on anatomy and physiology it examines the effects of activities in different sport disciplines (and the intensity of these activities) on the various body organs and functions as well as on the human being as a body-soul unit. Thereby, it forms the basis for adequate, appropriate, and safe training. The main areas of research are: **1.** the acute adaptation of biological functions to the changed conditions occurring during physical loading (e.g. respiration, blood flow, heart rate); **2.** the long-term effects of regularly practiced sport (e.g. arthrosis, hypertrophy, athlete's heart, » therapeutic sport); **3.** the investigation of the special conditions and performance capacity in extraordinary performances (e.g. underwater diving, flying, sport in high altitudes) and the effects of sport equipment (skis, clothing, respiratory equipment, tennis racquet, etc.) on the organism; **4.** the compiling of advice for adequate training program and dosage with special consideration of the age and state of the athlete as well as the specific conditions and demands of the respective sport discipline. (*H.Haag &G. Haag, Dictionary, 2003, 177 p*)

**exercise platform** a low step-like platform used for performing step aerobics (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise prescription** a personal fitness plan or guidelines given by a professional for health reasons (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise prescription** an individual program of exercise based on an individual's level of fitness and health status; should consider exercise intensity (e.g., percentage of maximum heart rate or rating of perceived exertion), frequency per week (e.g., three times/week), duration (e.g., 30 min/session), and mode (e.g., jogging) (*Dict. of sp. and Ex. Sc. 1991, 55p*)

**exercise program** same as **fitness program** (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise psychology** **1.** study of the psychological factors underlying participation and adherence in physical activity programs; partially explains or predicts differences between the exercise participant

and nonparticipant. **2.** application of psychological factors to the promotion, explanation, maintenance, and enhancement of behaviors related to physical work capacity. Related to, but not synonymous with health, and ergonomic (work) concerns (*Dict. of Sp. and Ex. Sc. 1991, 56p*)

**exercise-induced anaphylaxis** a condition in which an athlete experiences anaphylaxis-like symptoms after exercise, often linked to food consumption (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exercise-induced asthma** asthma that is caused by *exercise* such as running or cycling. Abbreviation **EIA** (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exerciser** **1.** a piece of equipment used for exercising the body **2.** someone who exercises racehorses (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exert** to make a strenuous physical or mental effort (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exertion** physical activity (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exhalation** **1.** the act of breathing out **2.** air that is breathed out ► opposite **inhalation** (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exhale** to breathe out Opposite **inhale** (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exhibition game** a game not included in the regular-season schedule and which does not count in the standings; the All-Star Game or other games generally played before the season begins (icehok.) [6]

**exhibition game** a sports contest played purely as a display of skill and an entertainment for spectators, with no prizes or competition points at stake (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**exhibition skating** presentation in figure-skating and roller-(inline-)skating, usually by the first three ranked skaters (in individual events, pairs, and ice dance), at the end of a championship. Since exhibition skating does not have the competitive characteristics of the previous performances, relaxed presentations with high technical value are often presented (elements from the free program, comical show etc.). (*H.Haag & G. Haag, Dictionary, 2003, 177 p*)

**expander** exercise equipment for strengthening the muscles (especially of arms and trunk), which consists of steel springs or rubber ropes that can be pulled apart with two grips. The expander can be used for dynamic and static muscle strength training. (*H.Haag & G. Haag, Dictionary, 2003, 177 p*)

**expansion** the addition of teams to the NHL (icehok.) [6]

**expansion bolt** a bolt that expands within a hole or crack in the rockface to provide firm support (alp.) (*Chambers. Sports Factf., 2005, 426p.*)

**expansion draft** a special arrangement to assist new franchises in obtaining players, where expansion teams choose players from other teams' rosters (icehok.) [6]

**expansion team** a team that has been recently added to the NHL (icehok.) [6]

**expedition** a trip made by a group of people for a particular purpose, such as to discover unknown territory (*Dict. of Leis., Trav. and Tour., 2008, 111p.*)

**expedition pole** a type of strong ski pole, used when mountain climbing (*Dict. of Leis., Trav. and Tour., 2008, 111p.*)

**expiration** the act or process of breathing out (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**expiratory loop** the volume of air that is expired at each point during a full forced expiration. A normal expiratory loop should involve a gradual tapering of the amount expired towards the end (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**explosion shot** a stroke that sends the ball in a high trajectory out of a **bunker** by striking the sand behind the ball with a strong swing of the club (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**exposing** a scoring technique in which points are earned for exposing an opponent's back to the mat at an angle of 90 degrees or more (wrestl.) (*Chambers. Sports Factf.,2005, 633p.*)

**expressive callisthenics** collective term for all expressive body movements containing rhythmical, callisthenic, or dance elements. Expressive callisthenics were founded in 1924 following the theory of expression developed by Ludwig Klages (\*1872 + 1956). It can be regarded as a form of » artistic callisthenics and is aimed at practicing expressive elements through » expressive movements. (*H.Haag &G. Haag, Dictionary, 2003, 177p*)

**expressive movement** every movement which - unconsciously or consciously -informs the person who is producing it about his physical and mental state and makes him express himself. Such a state can be expressed immediately (e.g. in gestures or miming) and habitually (e.g. in posture) by a motor action (expressive motor system), but can also objectify itself as the result of an expressive movement (e.g. in handwriting and drawing). Expressive movements are differentiated according to the (predominantly) involved body segments into gesture (hands, arms), miming (face), and pantomime as an expressive movement of the entire body. Expressive movements are an essential element of all artistic sport disciplines (e.g. artistic callisthenics, dance (» expressive dance), figure-skating and roller-inline-) skating, and ice-dancing) as (aesthetic) elements of style and are therefore practiced specifically by doing » expressive callisthenics. (*H.Haag &G. Haag, Dictionary, 2003, 178 p*)

**extended length conditioning** same as **deep-range conditioning** (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**extensible** capable of being stretched (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**extension** **1.** the stretching or straightening out of a joint **2.** the stretching of a joint by traction (*Dict. of Sp. and Ex. Sc. 2006, 81p.*)

**extension** a shaft extension attached to the end of a one-piece cue or screwed into the middle of a two-piece cue, used when a shot is not possible with a standard-size cue (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**extension** in gymnastics term for a position in which the body is not angled anywhere, e.g. in the straight hang, straight jump (also in callisthenics), the straight stand, straight support position. (*H.Haag &G. Haag, Dictionary, 2003, 178p*)

**extensor** a stretchy band that is pulled between feet and arms to exercise muscles (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**external obliques** a pair of abdominal muscles that run diagonally inwards from the outer ribs to the pelvis (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**external overload** a situation in which an athlete cannot block out distracting external stimuli and his or her performance suffers (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**external rotation** movement of a ball-and-socket joint so that the limb turns outwards (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**externaliser** a personality type in which the individual believes that what happens to them is controlled to a large degree by external variables. **Compare Internaliser** (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**externally paced** used for describing skills that are performed under pressure in reaction to some outside change in situation (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**extra** a run scored by the batting side from a **bye, leg-bye, wide** or **no-ball** (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**extra cover** a fielding position on the off side between **cover** and **mid-off** (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**extra inning** additional innings played to decide the winner if a game is tied after nine innings (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**extra point** a point scored after a **touchdown** by **snapping** the ball from the two-yard line and kicking it through the goalposts (Am./f) (*Chambers. Sports Factf.,2005, 14p.*)

**extra point(s)** additional point(s) scored by a team after it has scored a touchdown, either by a point-after-touchdown (1 point) or a 2-point conversion (2 points) (f/b) [6]

**extra skater** a player, usually a forward, who is on the ice to replace the goalie, either during a delayed penalty or when a team desperately needs a goal late in the game (icehok.) [6]

**extra time** a period of play, consisting of two halves of 15 minutes, used to decide cup matches that have been drawn (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**extra time** an additional fixed period played at the end of a match if the scores are equal at full time and a decisive result is needed (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**Extreme Games** an international sports contest, modelled on the Olympic Games, involving competitions in extreme sports (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**extreme sport** a sport considered more dangerous and thrilling than ordinary sports and often involving hazardous airborne stunts and tricks (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**extreme sport** a sport in which participants deliberately seek out dangerous or even life-threatening experiences (*Dict. of Leis., Trav. and Tour., 2008, 112p.*)

**extrinsic motivation** motivation to achieve a goal out of a desire to win a prize (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**extroverted** 1. interested in people and things other than oneself 2. turned inside out (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

**eye tracking** the act of watching a moving ball (*Dict. of Sp. and Ex. Sc. 2006, 82p.*)

## F

**face mask** the protective mask worn by the goalie (icehok.) [6]

**face mask** the protective grille attached to a player's helmet (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**face off** (*in ice hockey, lacrosse and similar sports*) to start or restart play by dropping the puck or ball between two opposing players (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**face shield** a piece of protective sports equipment that covers the head and face and protects them from flying objects (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**faceguard** a protective grille worn to protect the face in certain sports, e.g. baseball and American football (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**face-off** the method of starting and restarting the men's game. The player's squat down and the ball is placed between their **crosses**. The aim is to capture or fling the ball away to a player on the same side (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**faceoff** the method of starting play at the beginning of a period or of restarting after play has been stopped for any reason. Two opposing players stand a stick-length apart with their stick blades flat on the ice and a referee or linesman drops the puck between them. Other players must remain outside the faceoff circle or at least 15 feet away if the faceoff is at a spot that's not in a circle (icehok.) [6]

**face-off** the method of starting play; the dropping of the puck by the official between the sticks of two opposing players standing one stick length apart with stick blades flat on the ice; used to begin each period or to resume play when it has stopped for other reasons (icehok.) [6]

**face-off** the way in which play is started or re-started: a linesman drops the puck between two opposing players (icehok.) [6]

**faceoff circle** there are five faceoff circles, each 30 feet in diameter, one at the center of the rink and two in each end of the rink (icehok.) [6]

**face-off circles and spots** the various circular spots on the ice where an official and two players will hold a face-off to begin or to resume the action of the game; there is one blue face-off circle and four red face-off spots located in the neutral zone; two red face-off circles are found at each end of the ice (icehok.) [6]

**faceoff spot** in addition to the faceoff spots located in the center of each faceoff circle, there are four faceoff spots in the neutral zone, located directly in line with the faceoff spots in the end faceoff circles and 2 feet from the blue lines (icehok.) [6]

**facilities** equipment or building which make it easy to do something (*Dict. of Leis., Trav. and Tour., 2008, 113p.*)

**factual decision** decision made in the course of a competition by a referee or judge about rule violations (e.g. a foul) or other events (e.g. a goal decision in soccer), which is usually not reversible, and against which a protest cannot be launched. Exceptions are factual decisions that obviously violate the rules, which can be evaluated by means of television recording ("television assessment"). If in doubt, the referee or judge can consult linesmen or other judges before making a decision. (*H.Haag & G. Haag, Dictionary, 2003, 179p.*)

**fad diet** a diet that is fashionable and often unusual or extreme, followed for a short time (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fade** **1.** to lose strength **2.** (*in golf*) to hit a ball so that, in a right-handed shot, it curves slightly from left to right, or be hit in this way ■ (*In golf*) a shot in which the ball curves slightly from left to right in the air (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fade** a controlled shot on which the ball curves slightly from left to right at the end of its flight, when hit by a right-handed golfer. As a verb, to hit such a shot (golf) [6]

**fade** if a player fades the ball, he or she hits it in such a way that, as intended, it moves from left to right in the air (if right-handed) or from right to left (if left-handed). A more extreme form of such movement produced unintentionally is a **slice** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**fadeaway** a shot taken while leaning or falling away from the basket (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**fail** if an athlete fails at a height in the high jump or pole vault, he or she fails to clear the **bar** (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**failure** a lack of success in or at something (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**failure-orientated** used for describing a competing athlete who is keen to win in order to avoid the disappointment of failure, rather than for the joy of succeeding (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fair ball** a ball hit between the **baselines** into the field of play; compare **foul ball** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fair catch** an unopposed catch of a **punt** or kickoff, after which the receiver cannot advance the ball (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**fair play** proper behaviour in sportive competitions with consideration of the fundamentals of » fairness. Fair play cups can be won in various sport disciplines. In 1964 the “Fair-Play-Trophy Pierre de Coubertin” was donated by the UNESCO for fair behaviour in sport. In school physical education efforts have also been made to mediate the idea of fair play to the pupils and ensure that it becomes effective. (*H.Haag &G. Haag, Dictionary, 2003, 179p.*)

**fairness** in general honourable, proper behaviour, also term for the fundamental ethical attitude of an athlete, which results in dealing adequately with loss and victory, not wanting to win "for any price", abiding by rules, viewing the partner as a sport opponent rather than an enemy, and the creation of equal opportunity as well as conditions for athletic competitions. Fairness is a main goal of physical education in the social-affective domain (feeling, attitude), Fairness is promoted in the various forms of the Fair-Play movement (» fair play). (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**fairway** the area of the course between tee and green that is well kept, usually affording a good lie for the ball (golf) [6]

**fairway** the closely mown area on a golf hole that forms the main avenue between a tee and a green (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fairway** the smooth turf between the tee and **green**, distinguished from the uncut **rough** and from **hazards** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**fairway** » golf. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**fairway wood** a wood club used to hit the ball from the fairway, rather than the driver (golf) [6]

**fairway wood** a wood other than a **driver** that is used for hitting shots from the **fairway** (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**faja** a fringed red sash worn as part of the standard uniform (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**fake, feint** action to mislead the opponent, which is predominantly used in games and combat sports. The structure of the movement is modified in such a way, that a movement is faked in the preparatory phase of the movement, which causes the opponent to expect a certain main phase; however, this phase is not executed as expected. The ability for fast information perception and processing determines whether a fake is successful or can be counteracted. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**fakie** any move in which the skateboarder rides backwards (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**fakie** (*In skateboarding*) while moving backwards on the board (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fall** **1.** not to be successful in doing something **2.** to become weaker and less likely to recover (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fall** in wrestling, a scoring move in which a wrestler forces the opponent's shoulders to the floor for a specific period ■ to drop or be dropped or lowered (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**fall** the forcing of an opponent's shoulders on to the mat (wrestl.) (*Chambers. Sports Factf.,2005, 633p.*)

**Fall Classic** the World Series (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**fall line** the most direct route down a slope (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**fall line** the quickest path to the bottom of a run (freest.) [6]

**fall line** the line of fastest descent to the base of a wave (surf.) (*Chambers. Sports Factf.,2005, 556p.*)

**fall line** **1.** in mountain climbing the shortest way to the top ("diretissima"). **2.** in skiing the shortest route down towards the valley. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**fallen arches** a condition in which the arches in the sole of the foot are not high (*Dict. of Sp. and Ex. Sc. 2006, 83p.*)

**faller** a horse that falls at a fence or hurdle and fails to complete the race (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**faller** a horse that falls at a fence or hurdle and fails to complete the race (equest.) [6]

**falling on the puck** a minor penalty, which occurs when a player other than the goalie closes his hand on the puck, deliberately falls on the puck, or gathers the puck under his body while lying on the ice (icehok.) [6]

**falling on the puck** an infraction, incurring a minor penalty, that occurs when a player other than a goalie deliberately falls on the puck, gathers the puck under his body while lying on the ice, or closes his hand on the puck (icehok.) [6]

**falling start** » start. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**false start** a situation in which a competitor in a race breaks a regulation governing the starting procedure and the race has to be restarted (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**false start** if an athlete false starts, he or she shifts from the **blocks** before the starting pistol is fired; the rules now state that once a false start has occurred, any subsequent athlete who false starts is disqualified (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**false start** early start, in running and racing competitions and in swimming leaving the start position before the start signal. A false start is penalized with a warning of the competitor who caused it and - in the case of repetition - with disqualification. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**faltboat** collapsible kayak for one or two people constructed from a supporting framework of long poles and cross ribs and a cover (rubber material with sail cloth deck). The faltboat is propelled, as the kayak, using a double » paddle. The collapsed boat can be packed into a seabag. The faltboat has been replaced almost completely by plastic boats. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**family sport** recreational sport where the differentiation according to age, gender, or performance is unimportant; rather, the uniting element of sport stands in the foreground for the members of a family. Clubs, communities, and private businesses have offered an increasingly large program of family sport, especially in the areas of water sports, winter sports, games, and callisthenics. (*H.Haag &G. Haag, Dictionary, 2003, 180p.*)

**fan** an enthusiastic supporter of something or someone, such as a team or a pop group (*Dict. of Leis., Trav. and Tour., 2008, 114p.*)

**fan** to miss the puck completely when attempting a shot or pass (icehok.) [6]

**fan** to swing and miss the ball completely (golf) [6]

**fan** *abbreviation* for a fanatic and enthusiastic spectator of a sport discipline, an athlete, or a sport club. The increasing emergence of fanclubs shows a tendency towards institutionalizing the athlete/club cult, which is associated with positive and negative effects. (*H.Haag &G. Haag, Dictionary, 2003, 181p.*)

**fan** if a pitcher fans a batter, he strikes him out (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**far post** the post furthest away from where the ball is (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**fartleck training** same as **interval training** (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fartlek** training element within the framework of the » continuous training method for training endurance, particularly related to strength and speed. The fartlek is a form of endurance training that is to be varied by the athlete with respect to speed, intensity and situation; the playful component in the variation of load is a fundamental characteristic. The fartlek was developed by Gosse Holmer, in Sweden, after 1930, as a one- to two-hour running training. It is practiced preferably on soft forest trails, especially as preparatory training for sport disciplines such as track and field, bicycling, cross-country skiing, rowing, and swimming. (*H.Haag &G. Haag, Dictionary, 2003, 181p.*)

**fartlek training** from Swedish, meaning “speed play”; a method of interval training that does not use set times and distances but uses the natural terrain to dictate exercise intensity; can train both anaerobic and aerobic energy systems (*Dict.of sp.and Ex.Sc.1991, 58p.*)

**fascia** very stable thin layer of connective tissue, which covers muscles and their tendons and separates them in their form and position from other muscles and organs. Some fasciae combine a group of muscles. (*H.Haag &G. Haag, Dictionary, 2003, 181p.*)

**fast break** an attempt to score by moving the ball forwards quickly after gaining possession (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**fast break** in team sports, a swift counterattack made in an attempt to score before the opposing players have the chance to recover their defensive positions (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fast break** tactical measure in some team ball games, a quick counterattack from the defense after an attack by the opponent has been intercepted; it is played rapidly to reach the opponent's side of the field before their defense can organize itself. (*H.Haag &G. Haag, Dictionary, 2003, 181p.*)

**fastball** a delivery from the pitcher thrown at maximum speed (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fasting** the practice of going without food (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fat** if a player hits the ball fat, he or she mishits it, striking the ground before the ball, so that it does not travel very far (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**fat burning** the consumption of fat reserves by the body for energy, reducing visible body fat, usually achieved by increasing activity levels or decreasing calorie intake (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fat shot** a shot on which the club hits the ground before it hits the ball, resulting in loss of distance (golf) [6]

**fatigue** very great tiredness (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fault** a mistake that incurs penalty points. Faults include **disobedience**, knocking down an obstacle, the horse's hooves touching water in a **water jump**, and a fall by rider or horse (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**fault** when a **serve** fails to land the ball within the **service box** (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**fault** term for illegal (or incomplete) execution of a technique specific to a sport discipline, e.g. travelling in handball and basketball, incorrect serve in racquet games (badminton, tennis, etc.), knocking down an obstacle in show-jumping, catching the ball with both hands in water polo, touching the ball with the hand in soccer, the execution of a gymnastic exercise that does not correspond to the Code de Pointage. Faults and the corresponding sanctions are defined in the rules of the respective sport discipline. (*H.Haag &G. Haag, Dictionary, 2003, 182p.*)

**fault line** the line parallel to the **main wall** in the **hazard** end. With the **service line**, which meets it at right angles, it delineates the area into which a server must get the ball to drop (real ten.) (*Chambers. Sports Factf.,2005, 461p.*)

**favourite** the horse on which most money has been wagered, giving it the shortest odds (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**favourite** in general a favoured or loved individual; in sport, the participant of a sport competition (individual athlete, team) who is expected to win due to his past sport performances. (*H.Haag &G. Haag, Dictionary, 2003, 182p.*)

**feather** if a batsman feathers the ball, he gets a very faint edge to it (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**feather** if a player feathers the cue ball, he touches it lightly with his cue tip unintentionally while lining up a shot (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**feather** to hit a long, high that drops lightly on the green, with little roll (golf) [6]

**feathered paddle** a kayaking paddle in which the blades are at right-angles to each other (canoe) (*Chambers. Sports Factf.,2005, 151p.*)

**featherie** an old-fashioned golf ball made from animal feathers, the predecessor of the gutty (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**feathering** holding the oars so that the **blade** is parallel to the water (in order to reduce wind resistance) when they are being swung forward as the rower prepares to take a **stroke** (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**featherweight** (*in professional boxing*) a weight category for competitors whose weight does not exceed 57.1 kg or 126 pounds (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**FEC** abbreviation forced expiratory capacity (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**federation** a group of various bodies or parties that have united to achieve a common goal (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**feeble** lacking physical or mental strength or health (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**feed** **1.** same as **put-in** (sense 1) **2.** if a **scrum- half** feeds the scrum he puts the ball in favouring his own team, an offence punished by a **free kick** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**feed** same as **put-in** (sense 1) (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**feed** to make a pass that sets a teammate up for a shot (icehok.) [6]

**feedback** comments in the form of opinions about and reactions to something such as athletic performance, intended to provide useful information for future development (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**feeding** passing the puck (icehok.) [6]

**feeding station** a designated point in a road race where riders can pick up food and drink (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**feet** an infringement that occurs when the ball either deliberately or accidentally comes into contact with the player's foot (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**feint** a deceptive move in a competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**feint** a deceptive movement or fake attack to trick the opponent into changing his or her line (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**feint** the faking of a punch in order to put the opponent into a vulnerable position (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**female athlete triad** a syndrome sometimes suffered by dedicated female athletes, consisting of the three interrelated health problems of disordered eating, amenorrhoea and bone loss (*Dict. of Sp. and Ex. Sc. 2006, 84p.*)

**fence** an obstacle to be jumped in a **steeplechase** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**fence** to fight using a slender sword, formerly in combat, now as a competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**fencing** the art or practice of fighting with slender swords, formerly in combat, now as a competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**fencing** combat sport with weapons that have dulled edges and tips which cannot penetrate the fencing garment and masks worn by the athletes. Three forms of fencing are distinguished according to the weapon used: foil fencing, epee fencing, and sabre fencing. (*H.Haag &G. Haag, Dictionary, 2003, 183p.*)

**FEV1** a measure of the amount of air that a person can forcefully expire in one second. Full form **forced expiratory volume 1**(*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**field** **1.** an open expanse of ground kept or marked out as a playing area for a particular sport **2.** all the participants in a race or other competitive event **3.** all the participants in a race or competitive event except the leader, winner, or favourite **4.** a particular arrangement of cricket fielders around the wicket  
■ **1.** in cricket, rounders or baseball, to retrieve, pick up or catch a ball in play, usually after it has been struck by the person batting **2.** in cricket, rounders or baseball, to act as a fielder (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**field** all of the players in a tournament (golf) [6]

**field** the arrangement of the **fielders**, eg *the captain set a very defensive field* (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**field** the horses in a race, eg *she led the field with two furlongs to go* (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**field** term for **1.** play and sport facility. **2.** the totality of all competition participants. **3.** the largest closed group (with the highest number of competitions) in the course of a competition (e.g. in running bicycling). **4.** specific zones in playing fields of various sports. (*H.Haag &G. Haag, Dictionary, 2003, 186p.*)

**field** same as **peloton** (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**field captain** a leader of a team who decides on tactics and strategy and is authorised to discuss penalties with officials (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**field event** an athletics event that takes place on an open area not on a track, e.g. the discus, javelin, long jump, or high jump (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**field events** the jumping and throwing competitions, as distinct from **track events** (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**field goal** a goal scored from normal play, rather than from a **free throw** (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**field goal** a goal scored from open play (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**field goal** a score achieved by kicking the ball through the opposition's goalposts, worth three points (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**field goal** same as **drop goal** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**field goal** **1.** (in *American football*) a score worth three points, made by kicking the ball over the crossbar from a point about ten yards behind the line of scrimmage **2.** (*In basketball*) a goal made during normal play by throwing the ball through die basket, worm two points, or three points if scored from beyond a specific distance (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**field handball** until 1965 official competitive form of the game of handball played mainly in Germany. The idea of the game and rules basically correspond to those of today's indoor » handball (but 11 players). Outer field measurements and goals of the outdoor playing field were the same as in soccer, the goal area circle had a radius of 13 m, the free-throw line 19 m, and the penalty line was marked at a distance of 14 m from the goal. (*H.Haag &G. Haag, Dictionary, 2003, 187p.*)

**field hockey** team stick ball game played outdoors. The game is also played – with minor rule modification – as indoor hackey. The idea of the game is that a player attempts to shoot a ball, using a stick, into the opponent's goal as often as possible and to prevent the opponent from scoring. (*H.Haag &G. Haag, Dictionary, 2003, 187p.*)

**field judge** a member of the officiating team, positioned downfield of the **line of scrimmage** in the middle of the field (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**field player** a player other than the goalkeeper (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**field player** in some team sports (soccer, handball, hockey, etc.) term for all players except for the goalie. (*H.Haag &G. Haag, Dictionary, 2003, 191p.*)

**field sports** outdoor country sports that involve killing or capturing animals, especially hunting, shooting, and fishing (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**field testing** testing for something such as biomechanical analysis, carried out at the athlete's usual training ground, for maximum authenticity of results. Compare **lab testing** (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fielder** a player who catches and stops the ball (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**fielder** in cricket, rounders or baseball, a player who is positioned on the field of play to catch or retrieve the ball when it is struck by the person batting (*Dict. of Sp. and Ex. Sc. 2006, 85p.*)

**fielder's choice** a play where the batter is allowed to reach first base, but a **baserunner** ahead is put out, *eg Gwynn hit a single but was then retired on a fielder's choice* (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fifty kilometer (50km) walk** a walking event over a street course, ending at the **finish line** of the stadium (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**fifty metre (50-m) arc** semi-circular line surrounding the goals at either end of the pitch (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**fighter** a competitor in a full-contact sport such as boxing or taekwondo (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fighting** a major penalty which occurs when two or more players drop their sticks and gloves and fight; if a referee deems one player to be the instigator, that player also receives a minor penalty and a misconduct penalty; the minor penalty for a less severe pushing and shoving match is called roughing (icehok.) [6]

**fighting** an infraction that incurs a major penalty. It's called when two or more players drop their sticks and gloves and begin fighting. A player judged to be the instigator may get a game misconduct penalty (icehok.) [6]

**figure** term for characterizing a movement sequence that forms a closed unit, e.g. in figure- and roller-(inline-) skating, in dancing (formation dancing), equestrian sport (dressage), and swimming (» synchronized swimming). (*H.Haag &G. Haag, Dictionary, 2003, 191p.*)

**figure eight** a dressage exercise in which the horse traces two connected circles, one clockwise the other anti-clockwise (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**figure skating** a form of competitive skating in which skaters trace patterns on the ice and perform spins, jumps, and other manoeuvres (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**figure skating** sportive-artistic form of ice skating, which is performed in competitions as individual events (women and men), for pairs (one woman and one man) and as ice dancing (also one woman and one man). (*H.Haag &G. Haag, Dictionary, 2003, 191p.*)

**filly** a female horse under the age of four (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**filthy** if a pitch is described as filthy, it breaks so sharply that it is almost impossible to hit (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**fin swimming** » underwater diving. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**fin, flipper** swimming equipment used in underwater diving, in the flipper ballet event of synchronized swimming, and in body surfing. A flipper looks similar to a goose's foot and its larger stroke area makes faster movements and decreased strength efforts under water possible. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**final** last and deciding round in sport competitions, in which preliminary and intermediate rounds are necessary because of the large number of participants. Examples are the final races in track and field running events, rowing, and swimming. In team games and partner sports, final games are played between 2 opponents, semi-finals in two games with 2 opponents each (4), and quarter-finals with 2 opponents each (8); in combat sports, final rounds are fought. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**final spurt** last phase of a sport competition where the competitor makes the attempt by increasing force, speed, concentration, etc. to win the competition. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**final whistle** acoustic signal given by the referee for the ending part of the playing time or the entire competition. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**fine form** quality of movement execution, which is characterized - in contrast to the basic form - by form, precision, rhythm, and control of the movement. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**fine leg** a fielding position, on the **leg** side boundary at a more acute angle to the batsman than **long leg** (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**fine motor skill** type of skill performed by the small musculature, particularly of the hands and fingers (*Dict.of sp.and Ex.Sc.1991, 59p.*)

**fine motor skills** the coordination of several small muscles to achieve a complex or subtle movement, as occurs, e.g., when making a facial expression. Compare **gross motor skills** (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**finger dexterity** ability to manipulate tiny objects, primarily with the fingers, or to control the fingers to lap or type in a skillful, smooth manner (*Dict.of sp.and Ex.Sc.1991, 60p.*)

**finger tab** a piece of leather worn to prevent injury when the finger releases an arrow (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**finish** the final part of a race, especially a sprint, acceleration or challenge, near the finishing line (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**finish** to win a game of darts by hitting the required double (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**finish** when the **blade** is brought out of the water at the end of the **stroke** (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**finish line** the line marking the end of the race (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**finish the turn** to make rounder turns in order to control speed (freest.) [6]

**finish, target** the end of a competition course marked by lines, posts, etc. In several sport disciplines the sequence of competitors reaching the finish is supervised by finish judges and recorded with finish time cameras (electronic time measurement). (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**finishing line** a real or imaginary line that marks the end of a race (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fins** small vertical projections on the rear of the bottom of the surfboard that are used for stability (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**fins** broad flat rubber extensions worn on the feet to aid in swimming or diving. Also called **flippers** (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fire** same as drive (bowl.) [6]

**firepower** the capability or potential of a person, team or organisation for effective action (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**firing line** the line from where competitors shoot (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**firm** see **going** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**first aid** initial care for an injured or acutely ill person. The objective is to avoid a further decline in the victim's state of health, or to start treatment while awaiting competent help. (*H.Haag &G. Haag, Dictionary, 2003, 196p.*)

**first base** the first of the bases to which e batter must run, situated on the right - hand side of the **infield** when viewed from **home plate** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**first baseman** the fielder positioned near first base (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**first cut** the area of rough closest to the **fairway**; the grass here will usually only be slightly longer than the fairway (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**first eleven** in football, cricket and other team sports with eleven players per team, the best of several teams competing for the same club at different levels (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**first fifteen** in rugby, the best of several teams competing for the same club at different levels (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**first home** attacking player, usually the main goalscorer (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**first pitch** a ceremonial opening pitch made at the start of a season, series or game, often thrown by an honoured guest (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fish oil** oil obtained from fish, considered beneficial to health because it contains essential fatty acids and vitamins A and D (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fishing, sport fishing** see angling. (*H.Haag &G. Haag, Dictionary, 2003, 197p.*)

**fishtail** if a car fishtails, the back moves erratically from side to side because of lack of grip (moto sp.) [6]

**fist defense** in soccer defensive technique of the goalie: especially high balls and hard shots can be defended with one or two fists. This technique is used predominantly when the ball cannot be caught safely by the goalie and has to be moved outside the danger zone as quickly as possible. (*H.Haag &G. Haag, Dictionary, 2003, 197p.*)

**fit** strong and physically healthy (NOTE: **fitter - fittest**) (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness** one capacity to perform work (exercise) of a specific intensity and duration; may be aerobic, anaerobic, or muscular. See also anaerobic fitness, cardiovascular fitness, endurance, fitness, strength fitness (*Dict.of sp.and Ex.Sc.1991, 60p.*)

**fitness** the fact of being strong and healthy (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness** term for the good physical state of an individual achieved by means of sport training. Fitness has physical, mental, social, and psychological interacting components. In a narrower sense fitness is often understood as "physical fitness". Physical fitness is predominantly based on favourable anthropometric prerequisites (e.g. physical dimensions of the body, skinfold thickness, etc.), good perceptive abilities (visual, auditive, tactile, kinaesthetic), conditional characteristics (strength, speed, endurance, flexibility), coordinative motor characteristics (balance, ability for motor combination, agility, recreation ability) and body experience. Among the numerous models of physical fitness the one developed by E. Fleishman in 1964 is used widely; it defines that physical fitness is characterized by the following factors: static and dynamic flexibility, explosive strength, static strength, trunk strength, total body coordination, balance, and endurance. Sometimes a differentiation is made between physical (as a general foundation) and motor fitness (as the ability to utilize these foundations to produce movement). Furthermore, physical fitness is frequently equated with terms like: health, well-being, balance, etc. Therefore, the following are regarded as objectives of the strive for fitness: prevention of diseases, slowing down the process of ageing, improving professional performance, optimizing the motor system, producing a feeling of well-being, self-realization, and maintaining contact with the environment. Physical fitness viewed under this perspective represents a very complex

personality trait, which also explains the emergence (since the 1950s) of the fitness movement (» trimm campaign). Among other developments, this movement resulted in the construction of numerous forest, trimm and fitness trails, a large supply of programs for home training (» home trainer), the organization of fitness runs and walks, the development of aerobics, and the emergence of commercial fitness studios (fitness centers). In connection with efforts towards providing a sensible control of the fitness movement, several fitness tests have been developed (e.g. » Cooper-test), by means of which the fitness state can be tested objectively; a specific adequate fitness training program can be followed based on results from such fitness tests. (*H.Haag &G. Haag, Dictionary, 2003, 197p.*)

**fitness belt** a belt that makes use of electronic massage to tone the muscles of the abdomen (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness centre** same as **leisure centre** (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness centre, fitness club** a special room or rooms in a hotel or other building with sauna, gymnasium, etc., where customers can go to take exercise (*Dict. of Leis., Trav. and Tour., 2008, 119p.*)

**fitness class** a group session of exercise such as yoga, spinning or aerobics, led by a fitness instructor (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness equipment** equipment used for exercise, including exercise machines, weights, benches and storage racks (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness goal** a target that a person hopes to achieve through a fitness program, e.g. increased flexibility, cardiovascular fitness or muscle development (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness instructor** a professional who gives other people advice and training for fitness, often employed by a leisure centre or gym, or who works as a personal trainer (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness level** how fit a person is, from absolute beginner to trained athlete (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness program** a suitable and coordinated program of exercise undertaken in order to meet a particular fitness goal (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness rings** a type of extensor (*Dict. of Sp. and Ex. Sc. 2006, 86p.*)

**fitness testing** professional assessment of a person's fitness level in order to develop a suitable exercise program (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**Fitt's and Posner's stages** a theory developed in 1967 that describes the three stages of skill acquisition. **0 cognitive stage, associative stage, autonomous stage** (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**five hole** the opening between a goalie's leg pads (icehok.) [6]

**five thousand metre (5,000m)** a **long-distance** race over twelve and a half laps of the track (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**five-a-day** the government-recommended guideline of eating at least 5 portions of fruit and vegetables a day for health (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**five-a-side** a form of the game played, usually indoors, on a smaller pitch than standard and with five players on each side (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**five-a-side** football with five players in each team, including the goalkeeper, usually played indoors (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**five-eighth** an Antipodean term for **stand-off** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**fixed rope** a rope anchored to a route by the lead climber and left in place for those that follow (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**fixed weight** a weight that is attached to a weightlifting machine. Compare **free weight** (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**fixed-wheel** a rear wheel with no **freewheel** where the wheel and pedals always turn together (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**fixture** a sports event or its date (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flag** a marker thrown by a member of the officiating team to show that an infringement of the rules has occurred (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**flag** short for flagstick (golf) [6]

**flag, flagstick** marks the position of the hole; 'flagstick' is more commonly used in US English (golf) (*Chambers. Sports Factf.,2005, 290p.*)

**flagman** an official who signals a goal by waving a flag over his head, or under the waist if a shot does not pass over the line and between the posts (polo) (*Chambers. Sports Factf.,2005, 446p.*)

**flagstick** the marker placed in the hole to show its location (golf) [6]

**flame-out** a form of burnout that occurs for a short period of time, usually after a heavy training season or competition (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flamingo** a position in synchronized swimming where one leg is extended perpendicular to the surface while the other leg is drawn to the chest, with the face at the surface (synchr.swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**flamme rouge** a red flag marking the point 1km from the finish of a road race or stage (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**flange** a surface that protrudes from the sole of the head to improve a club's balance (golf) [6]

**flanker** a forward bound loosely on either side of the **scrum**; flankers wear the number 6 and 7 shirts (rugby U.) (*Chambers. Sports Factf.*,2005, 492p.)

**flash the leather** to make a skilful defensive play (baseb.sl.) (*Chambers. Sports Factf.*,2005, 89p.)

**flash trap** a small, shallow sand trap (golf) [6]

**flat feet** feet in which the arches are very low or non-existent Compare **high-arched feet** (*Dict. of Sp. and Ex. Sc.* 2006, 87p.)

**flat pass** a pass that slides along the ice (icehok.) [6]

**flat pass** when a player passes the puck to a teammate along the surface of the ice (icehok.) [6]

**flat racing** horse racing over level ground, without fences to be jumped (*Dict. of Sp. and Ex. Sc.* 2006, 87p.)

**flat racing** racing over relatively short distances on **turf** or **all-weather** surfaces with no hurdles, fences, or other obstacles. The introduction of all-weather surfaces has meant that flat racing now takes place all year round in Britain, but the traditional flat season is still from March to November (equest.) (*Chambers. Sports Factf.*,2005, 347p.)

**flat racing** racing over relatively short distances on turf or all-weather surfaces with no hurdles, fences, or other obstacles. The introduction of all-weather surfaces has meant that flat racing now takes place all year round in Britain, but the traditional flat season is still from March to November (equest.) [6]

**flat swing** a swing on which the club is carried back at a relatively low angle to the ground, usually from the inside out, which is likely to cause a hook (golf) [6]

**flatwater** calm water; describes sprint as opposed to **slalom** races (canoe) (*Chambers. Sports Factf.*,2005, 152p.)

**flea flicker** a deceptive play in which a runner or receiver pitches the ball backwards to a team-mate who attempts to advance it (Am.f/b) (*Chambers. Sports Factf.*,2005, 15p.)

**flèche** a short run towards the opponent or an attack in which the aggressor leaps off the leading foot, attempts to make the hit and then passes the opponent; from the French meaning 'arrow' (fenc.) (*Chambers. Sports Factf.*,2005, 230p.)

**fleet race** a race in which a number of single boats race the same course, starting and finishing at the same points (sail.) (*Chambers. Sports Factf.*,2005, 503p.)

**fletching** the feathered end on an arrow used in archery, which helps to stabilize it in flight (*Dict. of Sp. and Ex. Sc.* 2006, 87p.)

**fletchings** the feathers of an arrow; they are designed to make the arrow fly straight (arch.) (*Chambers. Sports Factf.*,2005, 15p.)

**flex** 1. to bend something, especially a joint in the body 2. to move or tense a muscle, or become tense or contracted (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flex** the amount of bend in the shaft of a club (golf) [6]

**flexibility** the range of motion about a joint (*Dict. of sp. and Ex. Sc. 1991, 60p.*)

**flexibility** 1. the amount or extent to which something can be bent 2. the extent to which something can change or respond to a variety of conditions or situations (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flexibility** one of the basic motor characteristics. Flexibility is predominantly a function of the » ligaments and » joints. It is measured as the movement range (movement amplitude) in the joints. Flexibility is limited - apart from the construction of the joints - by the elasticity of the muscles and ligaments spanning over or stabilizing joints. The following factors have a significant influence on flexibility: age (flexibility is greatest up to the age of 13 years), psychological state (e.g. stress), environmental factors (e.g. temperature), and physical performance state (training state). Depending on the goal pursued when measuring flexibility a differentiation is made between static (movement range achieved without a preliminary movement and held in a resting position for a short time), dynamic (position reached after a swinging movement and only held for a brief period), general ("normal" movement range available at any time), specific (above-average movement range in specific joints), active (through own muscle force), and passive (movement range achieved as a result of application of external force) flexibility. (*H. Haag & G. Haag, Dictionary, 2003, 198p.*)

**flexibility training** regular exercise that increases the body's flexibility, e.g. yoga or Pilates (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flexible** able to bend or be bent repeatedly without damage or injury (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flexion** movement at a joint that causes a decrease in the relative angle between the two segments (*Dict. of sp. and Ex. Sc. 1991, 60p*)

**flexion** the act of bending a joint (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flic-flac** a move very similar to the back handspring. The takeoff is from one or both feet, with a backward jump onto the hands and a landing on the feet, in the standing position (gymn.) [6]

**flic-flac** same as **back handspring** (gymn.) (*Chambers. Sports Factf., 2005, 311p.*)

**flick** (*in hockey*) a penalty shot taken from the penalty spot (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flick** an apparently gentle shot that moves out of the reach of an opponent because of the wristy power imparted to it (badm.) (*Chambers. Sports Factf., 2005, 67p.*)

**flick** same as **scoop** (hock.) (*Chambers. Sports Factf., 2005, 323p.*)

**flick-flack** see handspring. (*H. Haag & G. Haag, Dictionary, 2003, 198p.*)

**flick-on** (in football and hockey) a tight touch on a moving ball with the foot, head or a stick, intended to guide it towards a teammate (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**flier** a mishit ball that travels further than intended (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**flier** a shot hit with little or no spin that travels farther than normal (golf) [6]

**flier lie** specifically, a lie in which the ball is sitting in clover or tufted grass; generally, any good lie in the rough (golf) [6]

**flight** a division of players of relatively equal ability in a tournament. There are usually 16 players in a flight (golf) [6]

**flight** usually plastic or polyester attachment with four fins that fits into the **shaft** of a dart and make it more aerodynamic. Flights were originally made from turkey feathers and paper flights were introduced around the beginning of the 20th century (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**flight period** the period of time when a body has no contact with the ground; that is, when the body is a projectile (*Dict.of sp.and Ex.Sc.1991, 60p.*)

**flight phase** sequence of a movement characterized by free flight (» flying). The realization of the flight phase is a crucial factor for the number of points awarded in those sports where performance is assessed by judges' marks (e.g. diving, gymnastics, aerials in freestyle skiing.) (*H.Haag &G. Haag, Dictionary, 2003, 198p.*)

**flip** a jump, made with the assistance of the toe pick, on which the takeoff is from the back inside edge of one foot and the landing is on the back outside edge of the other (f.skate.) [6]

**flip** a jump where the take-off is from the back inside edge of one skate and the landing on the back outside edge of the other (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**flip** short form for a flip jump in figure and roller skating: sticking the tip of the skate of the free leg into the ice for take-off, after take-off from backward-inward a full turn in the air in the direction of take-off, and landing backward-outward on the leg which was stuck in the ice for take-off. The curve direction is the same before take-off and after landing. The jump with two turns is called a double flip, with three turns a triple flip. (*H.Haag &G. Haag, Dictionary, 2003, 199p.*)

**flip** a jump where the take-off is from the back inside edge of one skate and the landing on the back outside edge of the other (f.skate.) [6]

**flip pass** a pass by a player to a teammate that lifts the puck from the ice and sends it through the air, usually for the purpose of getting it over an opponent's stick (icehok.) [6]

**flip pass** a pass on which a player lifts the puck off the ice with a quick wrist snap, usually to clear an opponent's stick (icehok.) [6]

**flip shot** a short, high shot, usually played with a highly lofted iron (golf) [6]

**flip shot** a shot in which a player cups the puck in his stick, then flips it with his wrists up off the ice towards the goal; this sometimes makes the puck harder to block (icehok.) [6]

**flip shot** a shot that's similar to a flip pass, except that it's directed on goal (icehok.) [6]

**flip-flop** same as flic-flac (gymn.) [6]

**flipper** a delivery by a leg-spin bowler which comes at the batsman faster than a standard ball, with backspin, skids on low and does not deviate on pitching (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**flippers** same as **fins** (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**float** a buoyant rectangular board that supports the arms and top of the body of a swimmer, used for learning to swim and for kicking training (*Dict. of Sp. and Ex. Sc. 2006, 87p.*)

**float trip** a trip along a river on a raft (*Dict. of Leis., Trav. and Tour., 2008, 121p.*)

**floater** a move in which the surfer rides the very top of the wave (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**floor exercise** an event in a gymnastics competition that consists of a series of tumbling exercises in a timed routine performed on a mat (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**floor exercise** an event in which the gymnast performs tumbling and acrobatic passes on a mat 40 feet square. The women's floor exercise is done to music (gymn.) [6]

**floor guard** a covering that protects a gymnasium floor from damage (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**floor gymnastics** discipline of gymnastics performed on the floor (the floor is considered to be a piece of equipment). For women the exercise is accompanied by music. The floor mat is a square with dimensions of 12 x 12 m. Since 1964 the mat is laid on a double-swing floor developed by Rudolf Spieth and Richard Reuther. This has made the inclusion of increasingly difficult movements (e.g. triple somersault) in the floor exercises possible. The compositions of exercises should make use of the entire mat area, the harmonic and rhythmical connection of the various gymnastic elements is essential for a successful presentation. The fundamental movement skills in floor gymnastics can be divided into two groups: rolls and handsprings; elements from these groups are connected with stride combinations. The exercises are started with a run-up and a turn (twist) around the sagittal and/or longitudinal axis of the body with or without hand support. The following movement skills belong to floor gymnastics: rolls: forward roll, flying roll, forward somersault, backward roll, backward somersault; handsprings: handspring sideways, handspring sideways with quarter twist, forward handspring, forward neck handspring, forward head handspring, backward hand-jump spring, backward handspring (flic-flac). Floor gymnastics also includes more static oriented exercises such as » stoop, » headstand, » shoulder stand, » handstand, and » scale. The movements in floor gymnastics have similarities to the exercises of rhythmical callisthenics, especially with respect to the connection of individual elements in the movement choreography. Floor gymnastics can be performed quite easily due to the small requirements regarding equipment outside the gymnasium. Floor gymnastics has been a popular event, because it is

diverse and dynamic, connects music and movement, offers great possibilities for displaying one's skills, and serves a good general physical training. Floor gymnastics is also suited well in physical education in schools, in particular for mixed classes (boys and girls). Floor gymnastics has been an Olympic event since 1932 (men) and 1952 (women). It is also one event of the all-around competition (8 events for women, 12 events for men) (on scoring » gymnastics). (*H.Haag &G. Haag, Dictionary, 2003, 199p.*)

**flop shot** a short **pitch** shot with a very high trajectory (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**flotel** a floating hotel (*Dict. of Leis., Trav. and Tour., 2008, 122p.*)

**flow** movement concept; allows the performer to initiate and complete actions such as swimming a bat (free flow) or stopping or restraining actions such as running within a boundary (bound flow). Also called *pacing* (*Dict.of sp.and Ex.Sc.1991, 60p.*)

**flub** a poor shot, usually caused by hitting the ground before the ball (golf) [6]

**fluid balance** the maintenance of the balance of fluids in the body during training (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**fluids** all liquids that rehydrate the body, including water, cordials, fruit juice, tea and coffee (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**fluke** **1.** a fortuitous pot usually resulting from an unintended collision or rebound **2.** if a player flukes a shot he pots a ball in this way, eg *he fluked the green off three cushions* (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**flush** to artificially increase the size of muscles before a bodybuilding competition by using special exercises to fill them with blood (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**flutter kick** a kick, usually performed as part of the front crawl, where the legs are held straight and moved up and down alternately (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**flutter kick** a swimming technique that consists of moving the legs rapidly up and down in short strokes (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**flutter serve** serving technique in volleyball. The ball is played across the net with extended fingers by means of an extension movement of the arm which is directed forward and upward; this causes the ball to have a fluttering flight path which makes it difficult for the opponent to judge. (*H.Haag &G. Haag, Dictionary, 2003, 200p.*)

**fly** short for butterfly, eg *the 100m fly* (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**fly ball** a ball hit in the air; compare **ground ball** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fly hack** a kick forward of a ball lying loose on the ground (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**fly out** if a batter flies out, he is put out by a fielder catching a **fly ball** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**fly slip** a fielding position behind the **slips**, between them and the boundary (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**flyaway** a dismount from a bar in which the gymnast swings down and lets go to do a flip backwards before landing (gymn.) [6]

**flyaway** on the high bar and asymmetric bars, when a gymnast swings down and releases, usually to do a back flip and land (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**flies** exercises performed using weights held in either hand, in which the arms are held horizontal and swung from the front to the sides of the body (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**fly-half** (*in rugby*) a player who plays behind the forwards and the scrum half, provides a link between them and the three-quarter backs, and often has control of the team's tactics. Also called **stand-off half** (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**fly-half** the back who usually stands one player out from the **scrum-half** at a **scrum** or **line-out**, usually an elusive runner and good kicker; wears the number 10 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**flying** moving freely in the air; in some sports certain physical and movement experiences are made while the body is in free flight. This relates to flying sport (e.g. parachuting, paragliding), but also springboard and tower diving, ski jumping, apparatus gymnastics, and trampoline. The feeling experienced when the body is in free flight can very exhilarating and important in a world that is normally characterized by a lack of movement. (*H.Haag &G. Haag, Dictionary, 2003, 200p.*)

**flying camel** a combination move, a jump spin on which the skater lands in the camel position (f.skate.) [6]

**flying camel** a jump-and-spin combination that ends in a camel spin (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**flying disc** same as Frisbee (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**flying exchange** substitution of players without interrupting the game, predominantly during an attack of the own team (e.g. in handball or ice-hockey). The substitute player is not permitted to touch the playing field until the other player has left it. (*H.Haag &G. Haag, Dictionary, 2003, 200p.*)

**flying finish** the end of a stage when the car crosses the finish line at speed (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**flying sit spin** a combination move on which the skater performs a jump spin, assumes the sitting position in mid-air, and continues with a sit spin after landing (f.skate.) [6]

**flying sit spin** a jump-and-spin combination that ends in a sit spin (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**flying sport** (air sport) term for all forms of practicing sport with flying devices (« hang-gliding, » parachuting, ballooning, » model airplane sport, artistic flying sport, » gliding, » paragliding). Issues related to flying sport are handled by national or local air space authorities, on an international level by the Federation Aeronautique Internationale (FAI; founded in 1905, head office in Paris, France). Detailed regulations are necessary to organize flying sport and to avoid potential risks associated with flying. (*H.Haag &G. Haag, Dictionary, 2003, 200p.*)

**flying start** a start of a race in which competitors cross the starting line at racing speed (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**flying start** see start. (*H.Haag &G. Haag, Dictionary, 2003, 200p.*)

**flyweight** (*In professional boxing*) a weight category for competitors whose weight does not exceed 51 kg or 112 lb (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**foal** a young horse (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**foam** **1.** a mass of bubbles of air or gas in a liquid film **2.** a light, porous, semirigid or spongy material used for thermal insulation or shock absorption (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**focus** **1.** concentrated effort or attention on a particular thing **2.** the aim of something, e.g. a fitness programme or a competitive tactic **3.** the centre of an infection (NOTE: The plural is loci.) (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**focused awareness** during peak performance, optimal concentration is predominantly immersed in the activity, resulting in the automatic psychological adjustment to task relevant cues; manifested by complete absorption in the movement task, and often includes altered perceptions about time, space, and the quality of the experience (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**foible** the half of the blade furthest from the **hilt**. It is more flexible than the **forte** (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**foil** a sword that weighs up to 500g, is up to 110cm/43.3in in length, and has a flexible rectangular blade and a blunt point (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**follow through** to continue the movement of an arm or leg past the point of contact or of release after hitting, throwing or kicking a ball or other object (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**following wind** a tailwind that assists an athlete to run faster or jump further; times or distances are not considered for official records if the following wind is over the legal limit (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**following wind** same as **tailwind** (*Dict. of Leis., Trav. and Tour., 2008, 123p.*)

**follow-on** when a team has to start its second innings immediately after the first, as the result of scoring a total that is lower than that of the opposing team by more than a predetermined amount (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**follow-through** the forward motion of the cue after the cue ball has been struck (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**follow-through** the portion of the swing after the ball has been struck (golf) [6]

**follow-through** the continuation of the movement of an arm or leg past the point of contact or of release after hitting, throwing or kicking a ball or other object (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food additive** same as **additive** (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food combining** the practice of eating different types of food at different times in the belief that this aids digestion and weight loss (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food composition** the percentages of each nutrient present in a particular foodstuff (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food diary** a note of all food eaten by a person over a particular period, used by a dietetic professional to assess their diet (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food energy** the amount of digestible energy provided by food (*Dict. of Sp. and Ex. Sc. 2006, 88p.*)

**food exchange diet** same as **exchange diet** (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**foot contact** in gait, the initial point at which any part of the foot contacts the ground (*Dict. of sp. and Ex. Sc. 1991, 61p.*)

**foot defense** defensive technique of the goalie, with the foot or shank, used in team games such as ice-hockey, soccer, handball, field hockey, etc. (*H. Haag & G. Haag, Dictionary, 2003, 200p.*)

**foot dominance** consistent preference for use of one foot instead of the other foot (*Dict. of sp. and Ex. Sc. 1991, 61p.*)

**foot fault** to step over the **baseline** when serving (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**foot fault** in tennis, a fault committed by a server whose foot touches any part of the baseline or court before the ball has been hit (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**foot fault** **1.** illegal touching or crossing of a marked line, which leads to disqualification or an invalid trial. Examples are: in bowling the crossing of the throwing line; in track and field stepping beyond the edge of the take-off board closest to the landing pit in long and triple jump; crossing the markings in the throwing disciplines (javelin, discus and hammer throw, shot put); running beyond the exchange marks in relay runs; in some racquet games crossing the service line, etc. **2.** in various sport disciplines term for a behaviour violating the rules. E.g. in basketball, hockey, or handball players are not

permitted to touch the ball with their feet. In tennis stepping over the base line while serving counts as a foot fault. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**foot flat** in gait, period when the foot is flat on the ground (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**foot loop** an extensor fixed at one end to the floor (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**foot preference** person's choice to use one foot rather than the other for a given task. It may or may not be the dominant foot (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**foot spot** in 9-ball pool, the spot on the surface of the table on which the number-1 ball (and in 8-ball pool the ball at the apex of the **rack**) is positioned at the beginning of a game (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**foot strike** contact of a foot or feet with a surface in a locomotor skill after a period of flight or recovery from a preceding step (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**football** **1.** UK a game in which 2 teams of 11 players try to kick or head a round ball into the goal defended by the opposing team. Also called **soccer** **2.** any game in which two teams kick or carry a ball into a goal or over a line, e.g. rugby, Australian Rules or Gaelic football **3.** the large round ball used in the game of football (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**football** British name for » soccer; see also » American football, Australian rules football. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**football boots** a pair of strong shoes with studs, worn for playing football (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**football ground** a place where football matches take place, including the field on which the game is played, the area where the spectators sit or stand, and any associated buildings (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**football pitch** the rectangular field on which football is played (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**football strip** the clothing, of a distinctive colour or combination of colours, worn by the members of a particular football team and sometimes by their supporters (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**footer** a round mat (sense 1) used in crown green bowls (bowls) [6]

**foot-eye coordination** the ability to perform tasks that involve coordinating the movement of the feet and eyes, as does, e.g., kicking a ball (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**footwear** coverings worn on the feet, especially shoes, boots, sandals or slippers, but often including socks or stockings (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**footwork** movement of the feet in the combat sports: boxing, fencing, judo, and wrestling. In dancing the footwork is scored separately. Correct footwork is also a criterion for scoring artistic sports such as

apparatus gymnastics, rhythmical callisthenics, and diving. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**foramen** a natural opening inside the body, e.g. the opening in a bone through which veins or nerves pass (NOTE: The plural is **foramina**.) (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**force** an action, push or pull, that causes a change in the state of motion of an object an its linear acceleration. Force is measured in newtons (N) (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**force concept** concept that emphasizes the performer's understanding of variations of movements that are heavy and firm or soft and light (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**force couple** two non-colinear forces, equal in magnitude and acting in opposite directions, producing rotation about an axis (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**force platform** a flat, usually rectangular, device designed to measure the three-dimensional components and point of application of a contact force applied to the device's upper surface (*Dict.of sp.and Ex.Sc.1991, 61p.*)

**force platform** a piece of equipment like a set of scales that measures the force exerted by the athlete during a jump or action, used for performance testing (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**force, strength** fundamental term of physics, a directed physical quantity (a vector), which represents the cause of changes in movement (accelerations) or form (deformation) of an object (also of the human body). Force is defined as the product of mass and acceleration. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**forced expiratory capacity** the amount of air that can be forcibly expelled in the first few seconds of a forced vital capacity test Abbreviation **FEC** (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**forced expiratory volume 1** full form of **FEV1** (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**forced rep** a repetition of an exercise that is difficult and uncomfortable, designed to push the body to build more muscle (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**forced vital capacity** the amount of air that can be expelled after inhaling the maximum possible amount into the lungs (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**fore** a warning called out to those who may be in danger from the flight of the ball (golf) [6]

**fore** a warning cry to anybody in the way of the ball (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**fore** towards the front of a boat (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**fore caddie** a caddie who formerly was posted up ahead so as to see where the balls went (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**fore-and-aft sail** any sail that is not set on **yards** and lies fore-and-aft when not in use (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**forecaddie** a person employed by a golf course or tournament committee to spot and mark the location of a player's ball (golf) [6]

**forecheck** to check members of the opposing team in their own defensive zone, both to slow down their attack and to attempt to regain control of the puck (icehok.) [6]

**forecheck** to check or harass an opponent who has the puck in his defensive zone and keep the opponents in their end of the rink while trying to regain control of the puck; usually done by the forwards (icehok.) [6]

**forecourt** the area between the net and the service line (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**forecourt** the part of the court nearest the net or front wall in games such as tennis, badminton and handball (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**forehand** a shot or pass made from the same side of the body as the stick hand (icehok.) [6]

**forehand** a shot or pass taken from the right side of a right-handed player or from the left side of a left-handed player (icehok.) [6]

**forehand** a stroke with the front of the hand turned towards one's opponent (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**forehand** a stroke with the hand facing forward (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**forehand** the hitting of the ball forwards or sideways to a team-mate (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**forehand** the right-hand side of the rink (for a right-handed bowler), where the bowl is delivered to the right and swings back to the left (bowl.) [6]

**forehand** (*in racket games*) a basic stroke played with the palm of the racket hand facing forwards ■ (*in racket games*) played with the palm of the racket hand facing forwards, or relating to a stroke played in this way ■ in racket games, to hit the ball with a forehand stroke (*Dict. of Sp. and Ex. Sc. 2006, 89p.*)

**forehand** **1.** (forehand stroke) in some racquet games term for a racquet position where the palm of the hand points towards the opponent (» grips; opposite: » backhand). **2.** in hockey hitting the ball with the flat side of the stick on the right side of the body. **3.** in equestrian term for all parts of the horse located in front of the rider's hand. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**form** the performances of a horse in its most recent races (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**form** **1.** the condition of a player, team or athlete with regard to fitness, health and ability to perform well **2.** the posture and positioning in which a person does *something* such as lift a weight **3.** (*in some martial arts*) a formal series of movements, used either for training or to demonstrate technique (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**form** current state of performance of an athlete or an athletic team. If the form is excellent, the athlete or team are in top form. An athlete's form changes over time, it can drop (form crisis) or improve (form improvement). (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**form constancy** person's ability to recognize a shape or form as the same regardless of its orientation, size, color, or the context (*Dict.of sp.and Ex.Sc.1991, 62p.*)

**form drill** an exercise that is designed to improve form and technique in a particular activity (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**formation** the arrangement of the players in a team into a certain pattern, for example a 4-4-2 formation features four defenders, four midfielders, and two attackers (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**formation dance** team competition in » dancing, where eight pairs per team present group dances in the disciplines standard and Latin American dance within fixed time limits. Five to seven judges award rankings according to the following criteria: **1.** rhythm and movement, **2.** dance performance, **3.** execution and choreography, **4.** consistency and ex pression. World championships have been held since 1973. (*H.Haag &G. Haag, Dictionary, 2003, 201p.*)

**formation lap** the lap that the cars make prior to the start of a race to allow them to warm up their tyres (motorsp.) [6]

**formative assessment** evaluation of a child's form or technique in relation to a defined model or standard of performance (*Dict.of sp.and Ex.Sc.1991, 62p.*)

**forming** the first stage of team development according to the Tuckman model, in which the team is put together and their goals and objectives set out (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**formula** in sailing term for building formulas (strict regulations for the building of the boat), construction formulas (prescribe only width, length, and sail area), and measurement formula (since 1969 the "International Offshore Rule" for length, draught, and sail area in order to account for the handicaps of different boats). (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**formula diet** a diet of simple substances that do not need digesting (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**forte** the half of the blade nearest the **hilt** (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**fortified** same as **enriched** (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**forty/twenty (40/20) rule** a newly introduced rule whereby if a player kicks the ball from inside his own forty-metre line, and it goes into touch between the opposition's **twenty-metre line** and the **try line** on the bounce, then that player's side are awarded the **put-in** at the scrum (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**forty-five metre kick** a free kick awarded to an attacking team when the ball goes out of play beyond the goal line off a defender. It is taken from a line 45m from the goal and is the equivalent of a corner kick in soccer (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**forward** an offensive player who moves close to the goal area line and tries to get away from his opponents by quick position changes and fakes in order to create the opportunity for receiving a pass or make a gap for shots on the goal by other offensive players. (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**forward** a tall player who plays mainly in the area around the basket and whose primary roles are to catch **rebounds** and shoot from close range; compare **guard** (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**forward** an attacking player in some team sports, e.g. football, rugby, hockey and basketball (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**forward** one of the three players who make up a team's forward line: the center and the right and left wings (icehok.) [6]

**forward** any of the eight players who participate in the scrum (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**forward** an attacking player such as a **centre forward** or a **winger** (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**forward** any of the six players who participate in the **scrum** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**forward flip** a front flip (freest.) [6]

**forward jumps** group of jumps in diving performed in forward direction while facing forward with or without an approach. When performing a forward jump it is important that a high height is reached in order to have enough time in the air to execute turning movements and/or positions correctly (extended, stooped, tuck). (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**forward lean** in alpine skiing the basic position of the body when skiing in the fall line. (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**forward line** the three forwards as a unit (icehok.) [6]

**forward line or attacking line** consists of two wings (right and left) and a center; these three players play nearer the opponent's goal and are responsible for most of the scoring (icehok.) [6]

**forward pass** an illegal pass where the ball travels forward (rugby) (*Chambers. Sports Factf.,2005, 479p.*)

**forward pass** (*in rugby*) an illegal pass in which the ball goes forward (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**forward player** term for a player in team and partner games who plays in the forward row, i.e. in the offensive row (opposite: back player). (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**forward pocket** an opportunistic player operating in the **50-metre arc** near the goal (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**forward roll** in gymnastics, a movement in which the body is rolled over in a forward direction, placing the head on the ground and bringing the feet over the head (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**forward somersault** a body roll on the floor exercise or balance beam, done forward with knees in the tuck position (gymn.) [6]

**forwards** the three players who make up the attacking line or forward line of a team - the center and the right and left wings (icehok.) [6]

**Fosbury flop** a method of high-jumping in which an athlete goes over the **bar** horizontally on his or her back; now used universally, it is named after US athlete Dick Fosbury, who pioneered the technique in the 1960s (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**foul** an illegal action against an opposing player, or an action that breaks the rules of a sport ■ to act illegally against an opposing player, or break a rule of a sport (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**foul** any infraction of the rules that will draw a penalty (icehok.) [6]

**foul** a transgression of the rules. Technical fouls, such as throwing the ball instead of passing it, lifting the ball straight off the ground, killing the ball, and wresting the ball from an opponent who has caught the ball, are punishable by free kicks. Aggressive fouls, such as kicking an opponent, are punished by bookings and sendings-off (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**foul** an athlete fouls in the long jump and triple jump when his or her **spikes** imprint in or beyond the red section of the **plasticine** on the **board**; in the discus, hammer or shot put when he or she steps outside the circle or the throw lands outside the designated area; and in the javelin when he or she steps over the end of the **runway**, even after the javelin is released, or the throw lands outside the designated area. Fouls in all cases are designated by a red flag (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**foul** an illegal shot that results in points awarded to one's opponent (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**foul** an infringement of the rules resulting in a free kick (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**foul** behaviour violating the rules in sport. The rules of the individual sport disciplines determine what counts as a foul and what the corresponding penalty is. In some sports it is differentiated between a personal foul and technical foul (e.g. in basketball). Since the decision whether a foul was committed or not is a » factual decision, the referees must be well-trained to avoid incorrect decisions. (*H.Haag &G. Haag, Dictionary, 2003, 202p.*)

**foul** an illegal move, such as holding onto one's opponent or hitting him below the **belt** or behind the head (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**foul ball** a ball hit behind the **baselines**, counting as a **strike** unless there are already two strikes against the batter; compare fair ball (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**foul circle** the circular painted area behind the **foul line**, inside which a player taking a **free throw** stands (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**foul lane** the area (often painted) between the basket and the **foul line**, outside which the other players must stand when a **free throw** is being attempted (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**foul line** a line 4,6m/15ft from the backboard, from which free throws are taken (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**foul line** the line at the end of the lane behind which the player must release the ball (bowl.) [6]

**foul line** **1.** (*in baseball*) either of the lines extending from home plate through first and third bases to the end of the playing field **2.** (*in basketball*) either of two lines on a court from which players get unobstructed chances to score a basket after they have been fouled. Also called **free-throw line** **3.** (*in some other sports*) a boundary beyond which a ball or player is not permitted, e.g. the line in tenpin bowling where the player must stop before releasing the ball (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**foul out** to be ejected from the game for committing more than the allowed number of **personal** fouls (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**foul play** **1.** unfair action or behaviour **2.** action that is contrary to the rules of a sport (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**foul pole** either of two solid structures marking the division between the edge of the outfield and foul territory- A ball that strikes the foul pole on the full is counted as a home run (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**foul territory** the part of baseball ground outside the field of play (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**four** a four-oared boat with four rowers (row.) (*Chambers. Sports Factf.,2005, 469p.*)

**four hundred metre (400m)** a **sprint** from **blocks** over one **lap** of the track (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**four hundred metre (400m) hurdles** a single-lap **sprint** from **blocks** over ten hurdles 3ft/0.914m high (2.5ft/0.762m high for women), with 114.83ft/35m between hurdles (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**four times in a four hundred metre (4x400m) relay** a team event with four runners completing a lap of the track each; athletes must stay in lane until the end of the first bend of the second **leg**, but may then **break** to the inside (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**four times in a hundred metre (4x100m) relay** a team event with four runners completing in total a single lap of the track (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**four-ball** a match between two teams of two players each in which the better ball of one team is played against the better ball of the other. See also best ball (golf) [6]

**fourball** a match played between two pairs of players, in which only the lower score of each pair for each hole is counted (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**four-four-two** (*in football*) one of the most common outfield team formations comprising four defenders, four midfielders and two attackers (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**four-meter penalty** penalty hit or throw, in bicycle ball, Korbball, and water polo, which is performed from a distance of 4 m without interference from the opponent. (*H.Haag &G. Haag, Dictionary, 2003, 203p*)

**four-metre line** a 15cm-long mark, 4m in front of the goal, where the goalkeeper stands during a **seven-metre throw** but which he or she cannot cross; also called goalkeeper's restraining line (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**four-point landing** a landing in aerial skiing where both poles plant on the snow when the skier lands from a jump (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**four-point landing** a landing on which the ski poles are planted as the skis hit the snow (freest.) [6]

**four-point takeoff** a takeoff from an air bump with the skis slightly less than shoulder length apart and the ski poles planted in front (freest.) [6]

**foursome** strictly, a match between two teams of two players each, in which each team plays one ball, with the partners alternating shots. Often erroneously applied to a four-ball match. Also, a group of four individuals playing a round together (golf) [6]

**foursome** a match played between two pairs of players, in which each pair plays only one ball, players taking alternate strokes (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**fourth official** official who assists the referee and assistant referees from the **technical area** and makes sure that substitutes, managers, trainers, etc maintain discipline off the pitch. The fourth official was introduced into the game in 1991, originally as cover in case one of the three other officials sustained an injury (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**fracture** a break in a bone (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**frame** **1.** the particular size and shape of someone's body **2.** a solid support for something (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**frame** a pair of attempts by each player to score points (bowl.) [6]

**frame** a single game, completed when all the balls have been potted or when one player has conceded (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**frame of mind** someone's psychological state, attitude or mood at a specific time (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**franchise** a team; the legal arrangement that establishes ownership of a team (icehok.) [6]

**franchise** any of the organizations who operate a team in the National Football League (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**franchise** *US* **1.** a professional sports team that is a member of an organised league (*informal*) **2.** an agreement or licence to own a sports team **3.** a player who is valuable and important *to* a team (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**franchise player** a player paid at a premium rate and not eligible to be signed by other teams (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**free** at any given moment, a skater is usually skating on one foot and the other is called the free foot. By extension, every other part on that side of the body is called "free," as free shoulder, free hip, free side, etc. (f.skate.) [6]

**free ball** a situation where one's opponent plays a foul shot but leaves the cue ball in a position where one does not have a direct shot to the desired object ball. The referee awards a free ball, giving one the opportunity to nominate and then play another ball, which is then regarded as having the same points value as the desired object ball (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**free ball** in some ball games the restarting of the game after it being interrupted due to a violation of the rules (usually a foul), taken by a player from the team that did not commit the violation. In ice-hockey, roller (inline) hockey, and field hockey this is called a free hit, in soccer a free kick (which can lead directly to a goal as a direct free kick, as an indirect free kick it must be touched by another player before a shot is taken on the goal), in basketball, handball, and water polo a free throw. The reasons for a free ball and the correct way of its execution are written down in the rules of the respective sport disciplines. (*H.Haag &G. Haag, Dictionary, 2003, 203p.*)

**free climbing** climbing without aids (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**free climbing** mountain or rock climbing done without aids such as spikes and ladders, though usually with ropes and other safety equipment (*Dict. of Leis., Trav. and Tour., 2008, 127p.*)

**free drop** a drop for which there is no penalty stroke (golf) [6]

**free drop** a ruling allowing one to lift a golf ball from its resting place and drop it elsewhere without penalty (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**free exercises** sport movements performed alone or in a group without equipment. Free exercises are categorized according to body segments (arms, legs, trunk) and fundamental activities of the human (standing, walking, hopping, jumping, running, turning). The goal is the development of the body and movement in a free and unconstrained manner; historically, free exercises were frequently performed as strict » order exercises (subordination of the body under the mind). Within the framework of school

physical education free exercises are frequently used for warming-up at the beginning of a lesson. (*H.Haag &G. Haag, Dictionary, 2003, 203p.*)

**free gate** a **gate** indicated by black and white stripes that can be entered from either direction (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**free hit** a hit awarded following an infringement committed outside the area (shinty) (*Chambers. Sports Factf.,2005, 509p.*)

**free hit** a shot taken when an offence has been committed outside the **shooting circle** or by an attacker within the opposition's **23-metre line** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**free hit, goal-kick, tee-off** in field hockey, continuation of the play from the shooting circle. (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**free kick** a kick taken 10m in from the touchline that restarts play following a kick into touch from a **penalty**. The ball may be kicked in any manner in any direction, but it may not be kicked for goal (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**free kick** a kick, awarded after a foul or an offside, which is taken without interference from the opposing team. Free kicks can be direct or indirect, depending on the nature of the foul. A goal cannot be scored from an indirect free kick unless the ball is touched by another player first (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**free kick** a punishment for a technical offence. Less serious than a penalty, it may not be kicked for goal (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**free kick** an unimpeded kick awarded to a team for an infringement. The following infringements result in a free kick: a neck tackle; pushing an opponent in the back; throwing the ball; dropping the ball while being tackled; tackling an opponent who doesn't have the ball; kicking the ball out of bounds on the full; running with ball for more than 10m without bouncing it (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**free kick** in football, a kick of a stationary ball awarded for an infringement by a member of the opposing team, who must stand at least ten yards from where the kick is taken. A goal can be scored by a player taking a direct free kick, whereas an indirect free kick requires that the ball touch another player before entering the goal. (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**free kick** see free ball. (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**free leg** the leg free for movement while standing (e.g. in soccer) or skating (e.g. ice-skating and roller (inline) skating) on the » support leg. The free leg moves a ball (football), is used for maintaining balance, or performs a preliminary or a final movement (e.g. in gymnastics, callisthenics). (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**free pass** a pass awarded as the result of an infringement (pelota) [6]

**free programm** sequence of exercises in a sport competition which is composed by the competitor himself or by his coach/choreographer (in the compulsory free program with limitations). A free program presentation is assessed by judges by awarding points for criteria such as degree of difficulty, execution of individual exercises, composition and rhythm of movement sequences, and (if applicable) harmony with the music. Free exercises are a competitive component of several sport disciplines (especially artistic sports), e.g. » figure skating, » gymnastics (free exercises as the second part of the Olympic all-around competition consisting of 12 events for men and 8 events for women), » dressage, » rhythmical callisthenics, » roller (inline) skating, and » synchronized swimming. The rules of the various sport disciplines contain detailed stipulations for the free program, particularly with respect to their scoring weight in relation to the compulsory program. (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**free riding** a basic style of snowboarding that involves travelling over the snow without performing stunts (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**free skating** a portion of the competition, 4 or 5 minutes long, in which the skater performs movements, including jumps and spins, that are choreographed to background music (f.skate.) [6]

**free throw** an advantage awarded to a team for a foul against them; when taken at the **nine-metre line**, the opponents can form a defensive wall by standing just outside the **six-metre line** with their arms in the air to try to prevent a goal (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**free throw** (*in basketball*) an opportunity to shoot at the basket unhindered by the opposing players, awarded to a player who has been fouled (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**free throw** an unhindered throw to the basket awarded as a penalty after an infringement by the opposing side (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**free throw** see free ball. (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**free weight** a weight that is not attached to a weightlifting machine, in the form of, e.g., a barbell or dumbbell. Compare **fixed weight** (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**freecarving** a style of snowboarding that focuses on carving deep tracks in the snow with tight cornering rather than on doing stunts (*Dict. of Leis., Trav. and Tour., 2008, 127p.*)

**freediving** the extreme sport of submerging into deep water for as long as possible without the aid of oxygen tanks (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**freediving** the extreme sport of submerging into deep water for as long as possible without the aid of oxygen tanks (*Dict. of Leis., Trav. and Tour., 2008, 127p.*)

**freeheel skiing** a form of skiing in which the heel is not fixed down to the skis. Also called **telemark skiing** (*Dict. of Sp. and Ex. Sc. 2006, 90p.*)

**freeskiing** the sport of skiing on downhill skis that have curved tips front and back, permitting the skier to execute moves similar to those of snowboarders on slopes and in half-pipes (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**free-standing** standing alone, not fixed to a wall, floor or other structure for support (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**freestyle** type of wrestling in which competitors may use their arms and legs as well as their bodies, and may hold opponents above and below the waist (wrestl.) (*Chambers. Sports Factf.,2005, 633p.*)

**freestyle** used for describing events in such sports as figure skating, surfing and downhill skiing in which any manoeuvre can be performed, with the contestants judged on their athleticism, technique and artistry (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**freestyle skiing** artistic and acrobatic alpine skiing consisting of three disciplines: ballet, aerials and moguls. (*H.Haag &G. Haag, Dictionary, 2003, 204p.*)

**freestyle swimming** also known as front crawl swimming. Stroke in competitive swimming, the fastest human means of forward motion in water; the body lies as horizontal as possible in the water. (*H.Haag &G. Haag, Dictionary, 2003, 205p.*)

**freestyle technique** in Nordic skiing, the skating-style technique that closely resembles ice skating. It is usually faster than the **classic technique** (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**freestyle wrestling** see wrestling. (*H.Haag &G. Haag, Dictionary, 2003, 206p.*)

**free-throw line** same as nine-metre line (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**free-throw line** same as **foul line** (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**freewheel** **1.** the mechanism to which the **sprockets** are attached, allowing the sprockets to disengage from the rear wheel so that it may continue to turn freely when the rider stops pedaling **2.** if a rider freewheels, he allows the bicycle to continue to move forwards without pedaling (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**freeze** a draw where a stone stops adjacent to another stone (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**freeze the puck** to hold the puck against the boards or the back of the net with the skate or stick, in order to stop play and gain a faceoff. If a player freezes the puck when no opponent is trying to gain control of it, it's delay of game (icehok.) [6]

**freeze the puck** to hold the puck against the boards with the skate or stick in order to stop play briefly or gain a face-off (icehok.) [6]

**frequency** **1.** the number of times something takes place in a given time **2.** the rate of vibration in oscillations (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**frequency** term used in various connections related to sport for the quantity (number) of certain movement executions realized. In » circuit training one differentiates, e.g. between exercising according to frequency or according to time intervals. In the track and field running disciplines step frequency per time unit plays a crucial role. Determining the frequency is used predominantly for cyclical movements that are repeated continually (e.g. the stroke frequency of the legs in breast-stroke swimming). (*H.Haag &G. Haag, Dictionary, 2003, 206p.*)

**frequency of training** number of training sessions on a daily, weekly or monthly basis; minimum of three training sessions per week are thought to be needed to obtain a training effect (*Dict.of sp.and Ex.Sc.1991, 62p.*)

**friction** deliberate rubbing of a body part as a way of stimulating blood circulation, warming or relieving pain (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**friction blister** a blister caused by repeated chafing of the skin, as by sports clothing or footwear (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**fried egg** see plugged lie (golf) [6]

**friendly** a match arranged between two teams outside normal competition, such as a player's testimonial or a warm-up match before the start of a season or competition (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**friendship competition, informal competition** (friendship game) athletic competition between two teams held outside of the championship rounds, predominantly played before or after the regular season, often against teams from other countries. A friendship competition is a good opportunity to realize the values of cooperation, friendship, and understanding, which are attributed to sport, and to counteract an exaggerated striving for sport performance. (*H.Haag &G. Haag, Dictionary, 2003, 206p.*)

**fringe** see apron (golf) [6]

**fringe** the area bordering the green, where the grass is slightly longer (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**Frisbee** throwing disk made of plastic with the edge bent towards the bottom side resulting in good flight characteristics. This popular piece of recreational playing equipment is used informally for throwing between two or more partners; numerous artistic throwing and catching techniques have been developed from this recreational use of the frisbee (e.g. boomerang throw, catching and regrabbing, spinning). Ultimate is a frisbee game played by two teams of seven players each. The game structure is a mixture between football and handball, although players cannot run with the frisbee and no contact between players is permitted. The frisbee has to be caught by a member of the attacking team in the opponent's end zone to score a point. (*H.Haag &G. Haag, Dictionary, 2003, 207p.*)

**Frisbee** a trade name for a plastic disc thrown from person to person in a game (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**frog hair** short grass bordering the edge of the green (golf) [6]

**front crawl swimming** see freestyle swimming. (*H.Haag &G. Haag, Dictionary, 2003, 206p.*)

**front facing** the position in throwing when the thrower's shoulders rotate to a position facing (parallel with) the target (*Dict.of sp.and Ex.Sc.1991, 62p*)

**front five** same as **tight five** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**front flip** a single forward somersault performed in the air (freest.) [6]

**front giant** a giant that begins with the body moving forward (gymn.) [6]

**front handspring** a **handspring** that starts with a forward flip (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**front handspring** a that begins with a forward flip (gymn.) [6]

**front hip pullover** a mount for the uneven bars in which the body is supported by the hands and the hip rests on a bar (gymn.) [6]

**front nine** the first nine holes on a course (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**front nine** the first nine holes on an 18-hole course (golf) [6]

**front pike somersault** a forward somersault done with the knees straight (gymn.) [6]

**front row** the three powerfully built forwards, the two **props** and the **hooker**, who push (or more usually lean) directly against their opponents in a **scrum** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**front row** the three powerfully built forwards, the two **props** and the **hooker**, who push directly against their opponents in a **scrum** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**front side** same as front nine (golf) [6]

**front side** the side of a mogul that faces uphill (freest.) [6]

**front somersault** same as forward somersault (gymn.) [6]

**front split** a split in which one leg is forward, the other back (gymn.) [6]

**front tuck** a single front flip in the tuck position (freest.) [6]

**front walkover** a move from the front split handstand position in which one foot is brought down in back, followed by the other foot (gymn.) [6]

**front walkover** a move in which the gymnast performs a **handstand** with legs split and then arches the back further to bring one foot down to the ground or beam, followed by the other foot (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**frontal plane** the axis divides the body into anterior and posterior parts (*Dict. of sp. and Ex. Sc. 1991, 62p*)

**frontal serve** service technique in volleyball. Two frontal serves are differentiated. In the frontal serve from a standing position the hand is held open with the fingers aligned (similar to the hand position when scooping water). The frontal serve from below is played from a stride position with the hitting arm moving from behind and low to forward and high in the direction of the ball. It is used predominantly by beginners. The frontal serve from above (tennis serve) is performed from a slight stride-straddle or parallel position with the hitting arm moving from behind and high to forward and high. The wrist is snapped forward over the top of the ball, which gives the ball a forward spin. This type of serve can be played very hard and is therefore used by advanced volleyball players. The Japanese service is played with a stabilized wrist low across the net, often from far behind the base line. The irregular flight path of the ball is a result of hitting the ball in its center and due to a rapid deceleration of the hitting movement. It is used in top-level volleyball to make a controlled attack formation difficult. The frontal serve from a jump is a very strong serve which was developed by top-level players. It is an attack spike played from the baseline forward with the ball thrown up by the serving player with one or two hands prior to take-off. The player jumps forward into the playing field. Due to the velocity of the ball the receiving of this type of serve is very difficult. On the other hand, the error rate is higher for this serve as compared to the other serve variants. (*H. Haag & G. Haag, Dictionary, 2003, 207p.*)

**frontenis** a form of Jai Alai played on a smaller court with tennis rackets (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**frontis** the front wall of a court (pelota) (*Chambers. Sports Factf., 2005, 444p.*)

**fronton** **1.** a two- or three-walled court of variable dimensions **2.** the wall against which the game of pelota is played (pelota) (*Chambers. Sports Factf., 2005, 444p.*)

**frozen Shoulder** same as **adhesive capsulitis** (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**fuel load** the amount of fuel on board a car; teams will modify this depending on their race strategy, ie how many pit stops they plan to make (motorsp.) [6]

**full** a flip with a full twist (freest.) [6]

**full back** a defensive player who plays on either the left or right side of the pitch (f/b) (*Chambers. Sports Factf., 2005, 260p.*)

**full back** the player who normally stands furthest back on the pitch in a defensive situation; as well as being the last line of defence, he is used as an attacking runner; wears the number 1 shirt (rugby L.) (*Chambers. Sports Factf., 2005, 479p.*)

**full back** the player who normally stands furthest back on the pitch in a defensive situation and is a skilled kicker and tackler; wears the number 15 shirt (rugby U.) (*Chambers. Sports Factf., 2005, 492p.*)

**full back** (in sports such as football, rugby and hockey) a player in a defensive position (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**full ball** to hit a ball full ball is to strike the cue ball against the full face of the **object ball**; compare half ball (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**full count** a situation where the pitcher has thrown three **balls** and two **strikes** to the batter; see also count (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**full double full** a sequence of two flips with three twists, including a double twist in the second flip (freest.) [6]

**full double full full** a sequence of three flips with four twists, including two on the second flip (freest.) [6]

**full double full tuck** a sequence of three flips in the tuck position, with three twists, including a double twist in the second flip (freest.) [6]

**full forward** attacking player playing near the opponents' goal (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**full full** a double flip with a full twist on each (freest.) [6]

**full full full** a sequence of three flips with three twists, one in each flip (freest.) [6]

**full in** a double or triple flip with a full twist on the first flip (freest.) [6]

**full in full out** a sequence of two flips with two twists, one in each flip (freest.) [6]

**full lay** a sequence of two flips in the layout position, with one twist in the first flip (freest.) [6]

**full out** a double or triple flip with a full twist on the last flip (freest.) [6]

**full strength** when a team has its full complement of 6 players on the ice (icehok.) [6]

**full strength** descriptive of a team that has its full complement of six players on the ice (icehok.) [6]

**full time** (in football and other sports) the end of a match (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**full toss** a ball bowled by the bowler that does not pitch before it reaches the batsman (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**full twisting double back** a double back with a full twist on either of the flips (gymn.) [6]

**fullback** an offensive player who lines up behind the **quarterback** and **halfback**, primarily concerned with blocking for other runners (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**fullback** a defensive player who counters a **full forward** (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**full-court press** a tactic in which the defensive team challenges opponents in all areas of the court rather than retreating to its own defensive area (b/b) (*Chambers. Sports Factf.,2005, 108p.*)

**full-in, back-out** a double **salto** with a full **twist** completed during the first salto (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**full-in, back-out** a double salto with a full twist, the twist completed during the first salto. Compare back-in, full-out (gymn.) [6]

**fumble** if a player fumbles the ball, he loses hold of it while in possession (Am.f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**fumble** to fail to catch a ball ■ an act or instance of fumbling (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**fun run** a noncompetitive run over a moderately long course, organised to promote health and fitness or to raise money for charity (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**functional callisthenics** » callisthenics derived from the anatomical and physiological organism, which serves predominantly the purpose of restoring and maintaining health. In this connection one also speaks of postural, physical and organ training. Exercises from functional gymnastics are used mainly in » sport to support instruction and in » physiotherapy (» curative callisthenics). (*H.Haag &G. Haag, Dictionary, 2003, 208p.*)

**functional food** food, often containing additives, that is said to be beneficial to health and able to prevent or reduce diseases such as tooth decay and cancer (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**functional overload** training in a particular sport in which the athlete wears heavier clothes or shoes or carries weights to work the muscles harder (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**functional phase** term for a temporal unit of a movement sequence, which is characterized by a specific goal, or the fulfilment of a certain function. Under a structural perspective, a movement sequences can be divided into preliminary movement, main functional phase, and final phase; preliminary and final movements are usually termed auxiliary functional phases. The phase structure of a movement (» movement phase) makes a more detailed analysis of a movement within the framework of sport-specific teaching and learning processes possible. (*H.Haag &G. Haag, Dictionary, 2003, 208p.*)

**functional short leg** ♦ short **leg** (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**functional strength training** training that helps to develop strength needed for everyday activities, such as for those who do a lot of lifting in their job (*Dict. of Sp. and Ex. Sc. 2006, 91p.*)

**fundamental training** first phase of a long-term training build-up. Its aims are the creation of a general basis for performance capacity and readiness to perform as well as the development of specific techniques and tactics. Fundamental training is usually continued for 2 to 6 years. (*H.Haag &G. Haag, Dictionary, 2003, 208p.*)

**funny car** front-engine car with a fibreglass body than can be folded up and resembles that of a normal car (autosp.) (*Chambers. Sports Factf.,2005, 219p.*)

**furlong** a distance used in British horse racing. A furlong is equal to one eighth of a mile (220yd) (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**futsal** a form of the game played with five players on each side, a less bouncy ball, and a duration of 40 minutes. The word derives from Spanish *futbol* football + *sala* room (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**FVC** abbreviation forced vital capacity (*Dict. of Sp. and Ex. Sc. 2006, 92p.*)

## G

**Gabba** Test cricket ground in Brisbane, Australia; from the suburb of Woolloongabba where it is situated (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**Gaelic football** a game played in Ireland with 15 players on each side, the aim of which is to punch or kick a ball into or over a goal (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**gaff** a **spar** to which the head of a **fore-and-aft sail** is fastened (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**gain line** if a player or team gets beyond the gain line, they move the ball beyond an the imaginary line on which the preceding **play-the-ball** or **scrum** has taken place (rugby L.) (*Chambers. Sports Factf.,2005, 470p.*)

**gain line** if a player or team gets beyond the gain line, they move the ball beyond the imaginary line on which the preceding **set piece**, **ruck** or **maul** has taken place (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**gait** sequence of body movements in which the body is first supported by one limb (or one set of limbs) on the ground and then by other (*Dict.of sp.and Ex.Sc.1991, 64p.*)

**gait** the manner in which a horse goes, based on the sequence and rhythm of its foot movements. See canter; gallop; trot; walk (equest.) [6]

**gait** the manner in which a horse moves, based on the rhythm and sequence of its leg movements (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**gait** a way of walking (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**gait** an equestrian term for the movement of the horse. Three natural basic gaits of the horse are differentiated: walk, trot, and gallop. They are differentiated further by qualification as collected walk, ordinary walk, extended walk, trot, and gallop and according to the length of steps. In the walk the horse lifts its legs on the same side but one after the other and puts them down again. In the trot the

diagonal pairs of legs touch the ground simultaneously which makes this gait a swinging movement. In the gallop the momentum comes - as in the trot - from the horse's hind legs. The gallop is a sequence of jumps. Furthermore, all three gaits can be characterized with the additional label "collected", if the walking, trotting, or galloping sequences are performed with lowered hind legs, i.e. from a position where the horse's center of gravity is moved backwards and with small steps; the latter form creates the impression of grandeur. (*H.Haag &G. Haag, Dictionary, 2003, 208p.*)

**gait analysis** biomechanical analysis of a person's walking style, including stride length, pronation, balance and posture (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**gala** a sporting event, especially a swimming contest, with a variety of different races and competitions (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**galleries** a series of small openings in the side penthouse. Shots into the galleries count as chases. On the service side of the net the sequence is: first gallery, door, second gallery, last gallery; on the hazard side, hazard the first gallery, hazard the door, hazard the second gallery and the winning gallery (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**gallery** the spectator area at the ends and sides of a court. By extension, the spectators, as in, "The gallery really applauded that shot" (ten.) [6]

**gallery** the spectators at a golf tournament (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**gallop** a horse's fastest gait, in which all four feet are off the ground at the same time (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**gallop** the horse's fastest gait, in which all four feet are off the ground simultaneously (equest.) [6]

**gallop leap** jump in callisthenics and gymnastics for women (on the balance beam) with the following movement sequence: take-off from one leg, long jump, bending of the legs one after each other to the chest in flight, landing on the takeoff leg. (*H.Haag &G. Haag, Dictionary, 2003, 208p.*)

**gallop races** discipline of equestrian sport; speed race named after the fastest gait of the horse, the gallop. Gallop races are usually run by thoroughbreds, the highest bred, and fastest racehorse (the blood content relative to the horse's weight is higher than in other horses). One purpose of the race is to determine the feasibility of the horse's breeding possibilities. Therefore only stallions and mares, but not geldings (castrated stallions), are permitted to start in these races. The horses are ridden by amateur and professional jockeys who are usually of small and light stature in order to keep the total weight to be carried by the horse as low as possible. Gallop races are held as flat races over level courses with no obstacles with distances varying between 1,000 and 4,800 m and as obstacle races, either in form of a hurdle race (across moveable obstacles) or steeplechase (across fixed obstacles) over distances between 2,800 and 6,800 m. The minimum weight to be carried by a horse including rider and saddle is 47 kg for flat races and 57 kg for obstacle races. (*H.Haag &G. Haag, Dictionary, 2003, 209p.*)

**galloping** the locomotor pattern wherein one foot takes the lead to step forward and the trailing foot closes with a leaping step; the landing of the leaping step is even with the lead foot; the pattern is repeated with the same foot always leading (*Dict. of Sp. and Ex. Sc. 2006, 64p.*)

**game** a contest in which one player or side serves throughout. The first contestant to take four points wins the game, but the margin of victory must be at least two points. Scoring follows the sequence, Fifteen-Thirty-Forty-Game. If both players or sides reach forty, it's called deuce. See also advantage; deuce; set; match (ten.) [6]

**game** a field hockey is made up of two halves, each 35 minutes in major contests, with a half-time intermission of 5 to 10 minutes. See also overtime (hock.) [6]

**game** a table tennis game ends when one player has scored at least 11 or 21 points and at least 2 more than the opposing player. International rules now call for an 11-point game, but the 21-point game is still often used in informal player. See deuce (t.ten.) [6]

**game** a water polo game consists of four periods of 7 minutes each, with a 2-minute interval between periods. If the score is tied after the fourth period, there are two overtime periods of three minutes each, with a 1-minute interval. If the score is still tied, a penalty shootout is used to determine the outcome (w.polo) [6]

**game** **1.** a sporting or other activity in which players compete against each other by following a fixed set of rules **2.** an occasion when a competitive game is played **3.** in sports such as tennis, a subsection of play that goes towards making up a set or match **4.** the total number of points needed to win a contest (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**game** **1.** an activity in which people compete with each other using skill, strength or luck **2.** animals which are hunted and killed for sport and food. **3.** food from animals such as deer or pheasants, which have been hunted and killed (*Dict. of Leis., Trav. and Tour., 2008, 132p.*)

**game** see play. (*H.Haag &G. Haag, Dictionary, 2003, 210p.*)

**game ball** in racquet games the last point needed to win a game. (*H.Haag &G. Haag, Dictionary, 2003, 210p.*)

**game bird** any bird which is hunted and killed for sport and food (*Dict. of Leis., Trav. and Tour., 2008, 132p.*)

**game break, play break** game intermission. (*H.Haag &G. Haag, Dictionary, 2003, 210p.*)

**game clock** shows how much time remains in each of the four 12-minute quarters of an NBA game or two 20-minute halves of a college game (b/b) [6]

**game fish** any freshwater fish of the salmon family except the grayling (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**game idea** the action plan that the various games are based on, mostly formulated in the respective sets of » rules. (*H.Haag &G. Haag, Dictionary, 2003, 210p.*)

**game observation** method of gaining insight through visual impressions into the course of a game and the game performance delivered by individual players. The score of the game only serves as a general indicator of the course of the game. A game observation permits more precise insights in terms of an analysis, which can be crucial, e.g. for the type of training required. Game observation can be realized on an informal or formal level. The subjective observation of a game by an individual (e.g. a coach) who derives his assessment of the game from this observation is considered to be informal. The utilization of test procedures is regarded as formal game observation, i.e. standardized game observation sheets, by means of which events from the course of the game are recorded, usually in a quantitative manner, through observing and assessing (e.g. number of corners, frequency of offside-positions, number of successful passes, etc.). However, only some aspects of the game can be recorded by means of game observation. A differentiated feedback to the athletes based on such game observation sheets can make a considerable contribution towards the improvement of teaching and learning processes in games. (*H.Haag &G. Haag, Dictionary, 2003, 210p.*)

**game on** the request for silence at the start of the game (darts) [6]

**game on** the traditional call of the announcer to signal the beginning of a game (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**game plan** 1. a strategy that someone devises to achieve a goal 2. the strategy that a team or player devises for use during a game (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**game point** a point that will end the game if it is won by the leading player or side. See also set point; match point (ten.) [6]

**game point** 1. (*in sports such as tennis and badminton*) a situation in which one player or side has only to win the next point in order to win the game 2. same as **match point** (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**game protocol** piece of writing where the team roster, referees, judges, officials, results, special events (e.g. disqualification) and parts of the game are recorded. After the end of the game the game protocol is sent to the responsible federation. (*H.Haag &G. Haag, Dictionary, 2003, 211p.*)

**game reserve** an area of land where wild animals are kept to be hunted and killed for sport (*Dict. of Leis., Trav. and Tour., 2008, 132p.*)

**game shot** the potential winning shot (darts) [6]

**game shot** the shot that wins a leg of darts (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**game sports** category of sport disciplines which have a predominantly playful character. One differentiates » small games and » large games. In sport games success is determined by the number of goals or points scored. A more detailed insight into performance in game sports can also be gained by means of » game observation or sport-motor tests for testing technical skills. Game sport disciplines differ from combat and individual sport disciplines in regard to their structure and form. They are characterized by a set of » rules. (*H.Haag &G. Haag, Dictionary, 2003, 211p.*)

**game system** tactical plan agreed upon by the coach and his team or individual players before the game is started (e.g. taking into consideration the specific opponent or the fact that a home or away game is played). (*H.Haag &G. Haag, Dictionary, 2003, 211p.*)

**games** **1.** an event that consists of many different sporting activities and usually lasts for several days  
**2.** gymnastics, athletics, team sports, and other forms of physical exercise taught to children at school (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**Games of the Small States of Europe** *plural noun* an annual athletic championship for European countries with a population of less than one million, including Andorra, Cyprus, Malta and Iceland. Abbreviation **GSSE** (*Dict. of Sp. and Ex. Sc. 2006, 93p.*)

**games room** a special room in a hotel or pu where games such as darts or pool can be played (*Dict. of Leis., Trav. and Tour., 2008, 132p.*)

**game-set** part of an announcement that a player has won the decisive game in a set, as in, "Game-set to Miss Jones" (ten.) [6]

**game-set-match** part of an announcement that a player has won the decisive game in a match, as in, "Game-set-match to Miss Jones" (ten.) [6]

**gangway** **2.** a little movable bridge for going on board a ship (*Dict. of Leis., Trav. and Tour., 2008, 132p.*)

**gap** same as **alley** (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**gap** the difference in time between individuals and/or groups of riders. As a verb, to increase the gap (cycl.) [6]

**gap** in some team ball games (e.g. soccer) term for a space, "free room" in the defensive set-up of the opponent; the ball can be played by means of a » pass into this gap in such a manner that a team-mate, who has freed himself from his defender, can receive it. (*H.Haag &G. Haag, Dictionary, 2003, 211p.*)

**gapper** a ball hit into the gap between two **outfielders** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**garbage serve** a lobbed serve that comes to the opponent at approximately shoulder height (racq.b.) [6]

**garden states** score of 88 (darts) [6]

**gardening** when a batsman prods down loose areas of the pitch with the end of his bat (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**gargu kamae** a stance with "raised arms ready to defend the body (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**garryowen** same as **up and under**; the word derives from the Garryowen club in Limerick, Ireland (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**gas analysis** a breakdown of the components of a gas, especially the breath, that can detect any medical abnormalities (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**gasser** a drag racer that runs on gasoline (autosp.) [6]

**gate** a high, narrow fence (equest.) [6]

**gate** in whitewater slalom, a passage marked by two poles that the paddler must pass through. See downstream gate; upstream gate (canoe) [6]

**gate** a bar across the oarlock that keeps the oar from popping out (row.) [6]

**gate** a narrow, high fence (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**gate** a pair of flags set on flexible poles through which a skier must pass in Alpine events (ski.) [6]

**gate** on a slalom course, an obstacle marked by two free-hanging poles; paddlers have to go between the poles without touching them (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**gate** the gap between the batsman's pad and bat when playing a shot, eg *he was bowled through the gate* (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**gate** the U-shaped attachment at the outer end of the **rigger** that holds the oar in place at the pivot point (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**gate** two flagged poles in matching colours that must be skied between in slalom events (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**gate** **1.** in rowing, a fastening with a hinge that serves to keep an oar in its rowlock **2.** a device for controlling the passage of water or gas through a pipe (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**gate combination** in alpine skiing a sequence of one or more » gates which are set in various positions and have to be passed in the slalom race. According to the number of gates forming a gate combination one differentiates between single, double, triple, quadruple, etc. gates and according to the gates' position relative to the skiing direction between open, vertical, and diagonal gates. When setting gate combinations in a slalom course the terrain, snow conditions, and the skill level of the skiers must be taken into consideration. (*H.Haag &G. Haag, Dictionary, 2003, 211p.*)

**gate controller** one of several officials who ensure that racers pass the slalom gates correctly (ski.) [6]

**gate, goal** **1.** in alpine skiing term for an obstacle consisting of two poles which has to be passed (» slalom, » giant slalom, goal combination). **2.** in show-jumping a type of obstacle, a bar hung from two posts. **3.** in canoeing (slalom) an obstacle formed by two hanging poles, which must be crossed, in

some cases backwards. **4.** in water skiing the marking of the start (start gate) and finish (finish gate) by means of two buoys. (*H.Haag &G. Haag, Dictionary, 2003, 212p.*)

**Gay Games** an international multi-sport event that places an emphasis on gay and lesbian acceptance but is open to all participants, regardless of sexual orientation (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**Gaylord** on the high bar, a move that consists of a front **giant** and a one-and-a-half front **salto** over the bar, followed by the gymnast re-grabbing the bar; named after the US gymnast Mitch Gaylord (1961-), who first performed it in competition in 1981 (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**gel** to hold uniform hairstyles in place and to keep their hair out of their eyes, swimmers use a specially formulated waterproof hair gel (synchr.swim.) [6]

**gelding** a castrated male horse (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**gene doping** genetic engineering that allows an athlete to perform better at their sport (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**general classification (GC)** the positions of riders in a stage race based on overall time (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**general endurance** see endurance. (*H.Haag &G. Haag, Dictionary, 2003, 212p.*)

**general fitness** a non-athlete's fitness for performing everyday tasks, achieved by eating a healthy diet and taking moderate exercise (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**general motor ability (GMA)** hypothesized ability that is global in regard to motor aptitude, such that a person high in general motor ability would perform or acquire any motor task, more quickly than a person low in general motor ability (*Dict.of sp.and Ex.Sc.1991, 64p.*)

**general motion** movements that are combinations of linear and angular motion (*Dict.of sp.and Ex.Sc.1991, 64p.*)

**genoa** a very large triangular front sail on a sailing boat, especially a racing yacht (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**German fistball** return game with two teams of five players each (plus two substitutes), which is played on outdoor fields or in a gymnasium. The idea of the game is to play the ball into the opponent's field by a continuous change from reception, pass, and return in such a manner that the opponent cannot return the ball without violating the rules. (*H.Haag &G. Haag, Dictionary, 2003, 212p.*)

**German rig** the arrangement of an eight so that riggers 4 and 5 are on the same side while the others alternate port and starboard (row.) [6]

**Gestalt psychology** a branch of psychology that treats behaviour and perception as an integrated whole and not simply the sum of individual stimuli and responses (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**Gestalt therapy** a form of psychotherapy in which emphasis is placed on feelings and on the influence on personality development of unresolved personal issues from the past (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**get** a difficult shot successfully reached and returned, eg *what an amazing get* (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**get down** to manage to get the ball in the hole, eg *he got down in six* (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**get ready** **1.** to prepare yourself for something **2.** to get something prepared (*Dict. of Leis., Trav. and Tour., 2008, 134p.*)

**get the jump** to move fast and thereby get a good start on the opponents (icehok.) [6]

**g-forces** gravitational forces exerted on the sled and the slider by acceleration, deceleration, and changes in direction. These forces typically reach as high as 3 gs, where g represents the force of normal gravity, and can approach 5 gs on some runs (luge) [6]

**gi** the uniform worn while practicing martial arts (mart.arts.) [6]

**giant** a 360-degree swing around the high bar (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**giant killer** a person or team that defeats a superior or better-known opponent (*Dict. of Sp. and Ex. Sc. 2006, 94p.*)

**giant slalom** a type of race similar to the slalom, but with fewer and wider turns that require the skier to spend a lot of time going across the hill rather than down it. Each skier makes two runs, on two different courses, and the fastest cumulative time determines the winner (ski.) [6]

**giant slalom** discipline of alpine skiing where two different courses with control gates must be mastered. The gates consists of two pairs of poles which are positioned at a distance of 4-8 m from each other. Each pair of poles is connected with a red or blue piece of cloth (50 x 75 cm) which has a white diagonal stripe. The distance between snow surface and the lower edge of the cloth is at least 1 m. The giant slalom course is marked by at least 30 gates (minimum distance from each other 10 m), has a difference in elevation of 250-400 m for men and 250-350 m for women, and has a slope incline of 25-30° (» slalom, » super-g). (*H.Haag &G. Haag, Dictionary, 2003, 213p.*)

**gie, gi** a karate costume (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**Gienger** on the high bar and asymmetric bars, a **flyaway** with a one-half **twist**, followed by a re-grasping of the bar. It is named after German gymnast Eberhard Gienger (1951- ), who first performed it in competition in 1978 (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**gig** type of boat used in rowing for training, touring and as a racing gig for rowing regattas. Gigs are more stable and heavier than rowing boats, are equipped with outriggers and sliding seats, and can be rowed with oars or sculls. (*H.Haag &G. Haag, Dictionary, 2003, 214p.*)

**gimme** a short putt that one's opponent is sportingly excused from playing, there being little likelihood of missing it (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**give way** instruction given to begin rowing (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**give-and-go** same as **one-two** (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**give-and-go** attack combination in soccer; two passes immediately following each other between two players, usually played near or in the penalty area with the aim of outplaying the opponent's defense and thereby increasing the chance of scoring a goal. (*H.Haag &G. Haag, Dictionary, 2003, 214p.*)

**glacier** a mass of ice like a frozen river which moves slowly down a mountain (*Dict. of Leis., Trav. and Tour., 2008, 135p.*)

**glance** if a batsman glances the ball, he hits it so that it deviates only slightly from its line of flight (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**glance** **1.** to strike something briefly or lightly at an angle **2.** (*in cricket*) to hit a bowled ball with the bat held at an angle so that the ball is deflected to the leg side (*Dict. of Sp. and Ex. Sc. 2006, 95p.*)

**glass-bottomed boat** a boat with a bottom made of glass, so that tourists can see into the water under the boat (*Dict. of Leis., Trav. and Tour., 2008, 136p.*)

**glide** if a downhill skier glides, he or she travels smoothly without any **edging** (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**glide** to make a moderate forward movement while maintaining contact with the opponent's blade (fenc.) [6]

**glide wax** a wax that decreases the friction between the skis and the snow, which is applied to the entire ski for freestyle races, but only to the tails and tips for classical races. Compare grip wax (ski.) [6]

**glide wax** the substance used to decrease the friction between the skis and the snow. It is applied to the entire ski in **freestyle technique** races, but to only the front and rear tips of the skis in **classic technique** races (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**gliding** **1.** form of movement in water, where the extended body is in a horizontal frontal or backward position. Depending on the type of propulsion one differentiates active (the swimmer pushes himself off from the pool wall) and passive gliding (the swimmer is pulled by a partner or a rope). During gliding the head is under water and only lifted for inhaling, the swimmer exhales under water. Mastering gliding is a very important step of learning how to swim in the transition between being a non-swimmer and a swimmer. **2.** form of movement of glider planes and other flight devices (paraglider, hang-glider) in the air by utilizing advantageous air flows. (*H.Haag &G. Haag, Dictionary, 2003, 214p.*)

**gliding sport** flying sport practiced with glider airplanes. A glider has no propulsion devices and takes advantage of rising air flows to gain altitude. Therefore, they can only be used in adequate air

spaces with thermal air movements. Depending on the type of air flow the following are differentiated: gliding in upward air flows alongside mountain slopes and coasts, thermal gliding in vertical air streams above areas that have been heated up by solar radiation, thunderstorm and weather front gliding in the vertical air flows in front of thunderstorms, cold and warm fronts, and wave gliding (leeward wave gliding) in the upward air flow areas (rising zones) of leeward waves, which are standing waves built up leeward of a peak or mountain range (foehn waves). The start of a glider is usually realized with a motor winch (winch start) or in tow behind a motor plane (airplane tow start). (*H.Haag &G. Haag, Dictionary, 2003, 215p.*)

**glissade** the act of sliding down a slope in a standing or squatting position, often with the aid of an ice axe for braking (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**global strength** the overall muscle strength of a person's body (*Dict. of Sp. and Ex. Sc. 2006, 95p.*)

**glove** defensive ability, eg *he is not usually known for his glove, but that was a good play* (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**glove** a padded protective covering for the hand worn in some sports (*Dict. of Sp. and Ex. Sc. 2006, 95p.*)

**glow** a brightness or redness in someone's complexion, e.g. as a result of exercise or good health (*Dict. of Sp. and Ex. Sc. 2006, 95p.*)

**go into the country** to leave the track, in road racing (autosp.) [6]

**go yard** to hit a **home run** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**goal** 1) The water polo goal is made of two goal posts and a crossbar, from which a net is suspended. The goal posts are 3 meters apart and the crossbar is .9 meters above the water surface. 2) A score, which is made by throwing or dribbling the ball so that it goes completely across the goal line, between the posts and under the crossbar (w.polo) [6]

**goal** 1. the area bounded by crossbar, posts, and netting and defended by the goalkeeper 2. a successful attempt to score, in which the whole of the ball crosses the **goal line** (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**goal** a ball that crosses the goal line between the goalposts and below the crossbar for which a point is awarded; also, the 8-foot high, 24-foot wide structure consisting of two posts, a crossbar and a net into which all goals are scored (f/b) [6]

**goal** a successful kick of the ball between the two inner posts, worth six points (Austral. f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**goal** provides one point; scored when a puck goes between the goalposts from the stick of an attacking player and entirely crosses the red line between the goalposts; also the informal term used to refer to the area made of the goalposts and the net guarded by the goalie and into which a puck must enter to score a point (icehok.) [6]

**goal** the field hockey goal is a net, 7 feet high, 12 feet wide, and 4 feet deep (hock.) [6]

**goal** **1.** in a game such as football or hockey, the space or opening into which a ball or puck must go to score points, usually a pair of posts with a crossbar and often a net **2.** the score gained by getting the ball or puck into the goal **3.** a successful attempt at hitting, kicking, or throwing a ball or hitting a puck into a goal **4.** something you are striving to do or achieve **5.** a final state reached when a task has been finished or has produced satisfactory results **6.** in Australian Rules football, six points, scored by kicking the ball between the two goal posts (*Dict. of Sp. and Ex. Sc. 2006, 96p.*)

**goal** an aim, the thing you are trying to achieve (*Dict. of Leis., Trav. and Tour., 2008, 136p.*)

**goal area** a D-shaped area around the goal that nobody but the goalkeeper can enter (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**goal area** the rectangular area 20 yards wide by 6 yards deep in front of each *goal* from which all goal kicks are taken; inside this area, it is illegal for opposing players to charge a goalie not holding the ball (f/b) [6]

**goal area** in football, the rectangular area marked out in front of the goal within which goalkeepers may handle the ball (*Dict. of Sp. and Ex. Sc. 2006, 96p.*)

**goal attack** an attacking player (who wears the abbreviation GA) restricted to the **shooting circle**, attacking third and centre third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**goal ball** competitive game for visually impaired using auditory stimuli in an air-filled ball. Performers attempt to catch or intercept the ball before it crosses a goal (*Dict. of sp. and Ex. Sc. 1991, 65p*)

**goal cage** a 6 foot wide by 4 foot high tubular steel frame consisting of a cross bar and two goalposts to which a net is attached (icehok.) [6]

**goal circle** same as **shooting circle** (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**goal circle** actually a D-shaped area made up of two quarter-circles, measured 16 yards out from each goal post and joined by a short straight line. An attacking player must be within this area to score. Also known as the "shooting circle" or "striking circle" (hock.) [6]

**goal circle** same as **shooting circle** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**goal crease** a semi-circular area with a 6 foot radius in front of the opening of the goal; denotes the playing area of the goaltender within which attacking players must not obstruct his movement or vision (icehok.) [6]

**goal crease** the circle around the goal into which only defensive players may enter (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**goal defence** a defensive player (who wears the abbreviation GD) restricted to the **shooting circle**, defending third and centre third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**goal difference** the difference between the number of goals scored and conceded by a team, used to separate teams tied on the same number of points in a league competition (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**goal difference** in football and other sports, the difference between the number of goals scored for and against a team in a specific competition. It is often used as a *decider* between teams with equal points (*Dict. of Sp. and Ex. Sc. 2006, 96p.*)

**goal difference** in the team goal games the difference between goals scored and goals received, which determines the ranking in the case of an equal number of points for games won and lost. This subtraction method replaced the division method which was used until the late 1960s in several leagues, where the number of goals scored was divided by the number of goals received. (*H.Haag &G. Haag, Dictionary, 2003, 217p.*)

**goal judge** there are two goal judges, one positioned on a side of the pool at each goal line. The goal judge's chief responsibility is to determine whether a goal has been scored and, if so, to signal the score by raising and crossing both arms (w.polo) [6]

**goal kick** a free kick awarded to the defending team in the **six-yard area** of the penalty box when the opposing team puts the ball behind the goal line. The kick is usually but not always taken by the goalkeeper (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**goal kick** a type of restart where the ball is kicked from inside the goal area away from the goal; awarded to the defending team when a ball that crossed the goal line was last touched by a player on the attacking team (f/b) [6]

**goal kick** **1.** (*in football*) a free kick taken from the six-yard-line by a defensive player when the ball has been driven out of play over the goal line by an opposing player **2.** (*in rugby*) a free kick by a member of the attacking team, aimed at clearing the defenders' crossbar and designed to convert a five-point try into a seven-point score (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**goal line** a line drawn across the width of the field, 10 yards inside each end line, which a team must cross with the ball to score a touchdown (f/b) [6]

**goal line** an imaginary line that extends across the pool at the mouth of the goal. The playing area extends at least .3 meter behind the goal line (w.polo) [6]

**goal line** same as **try line** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**goal line** same as **try line** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**goal line** the field boundary running along its width at each end; also called the end line; runs right across the front of the goal; the line which a ball must completely cross for a goal to be scored (f/b) [6]

**goal line** the line marking each end of the pitch, on which the goals stand (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**goal line** the two-inch red line between the goalposts that stretches in both directions to the sideboards (icehok.) [6]

**goal line** (in games such as football, rugby and hockey) the line where goalposts are positioned and over which the ball must pass or be carried to make a score (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**goal shooter** an attacking player (who wears the abbreviation GS and is skilled at shooting) restricted to the **shooting circle** and attacking third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**goal square** a square marked in the front of the goals. After a behind the game recommences with a free kick to the defending side from the goal square (Austral. f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**goal throw** a throw taken by the defending goalkeeper from behind the two-meter line to restart play if an attacking player was the last to touch the ball before it went out over the goal line (w.polo) [6]

**goal zone** in team goal games the zone marked off in front of the goal, which can either only be entered by the goalie or where certain protective rules for the goalie apply. (*H.Haag &G. Haag, Dictionary, 2003, 217p.*)

**goal-area line** same as six-metre line (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**goalball** a game developed for athletes with visual impairments, played using a ball with bells inside that can be tracked by the sound it makes (*Dict. of Sp. and Ex. Sc. 2006, 96p.*)

**goal-hit** the method of re-entering the ball in play after it has gone over the goal line after last being touched by an attacker (shinty) (*Chambers. Sports Factf.,2005, 509p.*)

**goalie** see goalkeeper (f/b) [6]

**goalie** short for **goalkeeper** (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**goalie, keeper** in the goal games the player of a team who protects the goal of his team; his task is to prevent the opponent from scoring goals. Special rules apply for the goalie in the respective sport disciplines, e.g. the goalie has special protective rights in his own goal zone (soccer, ice-hockey), he is permitted to touch the ball within the penalty zone with his hands (soccer) or legs (handball). (*H.Haag &G. Haag, Dictionary, 2003, 217p*)

**goalkeeper** a defensive player (who wears the abbreviation GK) restricted to the **shooting circle** and defending third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**goalkeeper** each team has a goalkeeper, who must remain behind the half-distance line. The goalkeeper alone is allowed to stand or walk on the floor of the pool, to jump from the floor of the pool, to use both hands on the ball, and to punch the ball (w.polo) [6]

**goalkeeper** each team must have a goalkeeper among its eleven players. The goalkeeper is allowed to use the kickers and leg guards, as well as the stick, to propel the ball. The hands may also be used to stop the ball, but not to grasp it (hock.) [6]

**goalkeeper** the player positioned directly in front of the goal who tries to prevent shots from getting into the net behind him; the only player allowed to use his hands and arms, though only within the penalty area (f/b) [6]

**goalkeeper** the player who protects the goal and who is the only player allowed to handle the ball in the penalty area (f/b) (*Chambers. Sports Factf.,2005, 260p.*)

**goalkeeper** in games such as football and hockey, a defensive player positioned in or near a goal whose main task is to keep the ball or puck from crossing the goal line into the goal (*Dict. of Sp. and Ex. Sc. 2006, 96p.*)

**goalkeeper, goalie or goaltender** the heavily padded player who guards the goal; prevents opponents from scoring by stopping the puck any way he can (icehok.) [6]

**goalmouth** the area immediately in front of the goal (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**goalmouth** the front opening to each goal (f/b) [6]

**goalpost** a tall metallic structure that stands at the back of each end zone; consists of a crossbar and two uprights that extend upward from it, supported directly above the end line by a base; teams try to kick the ball above the crossbar and between the uprights to score a field goal or extra point (f/b) [6]

**goalpost** in games such as football and hockey, either of two posts, usually supporting a crossbar between them, that together mark the boundary of the goal (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**goalposts** the metal bars that frame the area to which the net is attached which rests on the center of the goal line and between which a puck must pass to score a *goal* (icehok.) [6]

**goalposts** the two vertical beams located 24 feet apart which extend 8 feet high to form the sides of a goal and support the crossbar (f/b) [6]

**goal-tender** a player who wears special leg pads and gloves and whose job is to stop the **puck** from entering the net (icehok.) (*Chambers. Sports Factf.,2005, 361p.*)

**goal-tending** the illegal touching of the ball on its downward trajectory towards the basket (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**goal-throw** a basic technique in ball games, which consists of a throw by the goalie (in handball) or by the goal guarder (in korfbal) for continuation of the game. (*H.Haag &G. Haag, Dictionary, 2003, 217p.*)

**Go-Cart** cart sport. (*H.Haag &G. Haag, Dictionary, 2003, 217p.*)

**going** the state of the ground as it affects ease and speed of movement, especially for horses in a race (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**going** the state of the ground at a racecourse in terms of the amount of moisture it holds and how much give it has. In increasing order of firmness the going conditions are as follows: heavy,

yielding, soft, good-to soft, good, good-to-firm, firm, standard and hard (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**going for it** when a team facing a fourth down decides to try for a new first down instead of punting; if it fails, it loses possession of the ball (f/b) [6]

**gold glove** an annual award made to the outstanding fielder in the league at each position (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**gold medal** a medal that is made of gold or something representing gold, given as a first prize for excellence or winning a competition (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**golden duck** when a batsman is given out to the first ball he faces (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**golden goal** a goal scored in **extra time** which settles a match immediately. The golden goal rule was first used in a major competition in the European Championship finals of 1996 (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**golden goal** formerly in some football competitions, the first goal scored in extra time after a drawn game, which decides the winning team (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**golden sombrero** a notional award given to a batter who **strikes out** four times in a game (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**golf** a game for two people, or two couples, where a small hard ball is struck with long-handled clubs into a series of holes, the object being to use as few strokes as possible ◊ **a round of golf** a game of golf, going round all 18 holes on the course (*Dict. of Leis., Trav. and Tour., 2008, 136p.*)

**golf** an outdoor game in which an array of special clubs with long shafts are used to hit a small ball from a prescribed starting point into a series of holes. The object of the game is to complete the course in as few strokes as possible (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**golf** lawn game played outdoors either alone, with a partner or in a larger group. The idea of the game is to play a ball with the least amount of stroke using various clubs into a hole along tracks of varying shape and length. (*H.Haag &G. Haag, Dictionary, 2003, 218p.*)

**golf ball** a small hard ball used for playing golf (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**golf club** **1.** a wooden- or metal-headed long-handled stick for striking a golf ball **2.** a group of people who play golf, and allow others to join them on payment of a fee **3.** a house where golfers meet (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**golf course** a large area of ground specially designed for playing golf (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**golf umbrella** a large colourful umbrella used by golfers, and also by the general public (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**golfer** somebody who plays golf (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**golfing** the activity of playing golf (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**Golgi organ** a sensory organ at the point where a tendon attaches to skeletal muscle, which measures the degree of tension and inhibits over-stretching (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**good** see **going** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**good areas** if a bowler is said to be putting the ball in good areas, he is bowling in such away that the batsman is not able to score easily (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**good group** three darts in a close grouping (darts) [6]

**good lift** a lift that has been correctly completed, as determined by at least two of the three referees. See also no lift (weightl.) [6]

**good lift** a lift that has the approval of the majority of the three judges. In competition it is indicated by two or three white lights on a scoreboard (weightl.) (*Chambers. Sports Factf.,2005, 628p.*)

**goofy** (*in skateboarding, snowboarding and similar sports*) used for describing a stance on the board in which the rider's right foot is nearer the front end (*sl.*) (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**goofy foot** if a surfer rides goofy foot, he or she surfs with his/her right foot in front of the left (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**googly** an **off-break** bowled with an apparent **leg-break** action by a right-arm bowler to a right-handed batsman, or conversely for a left-arm bowler (crick.) (*Chambers. Sports Factf.,2005, 172p.*)

**googly** in cricket, a ball that looks like a leg break on delivery and then moves unexpectedly in the opposite direction after it pitches (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**gorge-walking** same as canyoneering (*Dict. of Leis., Trav. and Tour., 2008, 137p.*)

**goshi waza** throws in which the hip is used as the pivot point (mart.arts.) [6]

**goshin jitsu** techniques of self defense (mart.arts.) [6]

**G-O-T** admonition to a player to get mentally focused; short for "Get On Top" (darts) [6]

**gouge** a large scratch on a runner (bobsl.) [6]

**governing body** a group of people appointed to supervise and regulate a field of activity or institution (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 1 injury** (*in sports medicine*) an injury in which tissue has been stretched or bruised but not seriously damaged (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 1 sprain** (*in sports medicine*) the mildest form of sprain, in which there is pain but minimal damage to the tissue (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 2 injury** (*in sports medicine*) an injury in which tissue has been moderately damaged, causing some loss of function (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 2 sprain** (*in sports medicine*) a form of sprain in which there is a moderate amount of damage to the tissue (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 3 injury** (*in sports medicine*) an injury in which tissue has been severely damaged, causing total loss of function (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grade 3 sprain** (*in sports medicine*) the most severe form of sprain, in which the tissue is very damaged (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**Graeco-Roman** a type of wrestling in which only the upper body and arms may be used for moves and holds. Moves and holds on and using the legs are not permitted (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**Graham diet** a dietary plan that is wholly vegetarian and allows fats only in small quantities (*Dict. of Sp. and Ex. Sc. 2006, 97p.*)

**grand amplitude** a throw in which the wrestler's centre of gravity is lower than the wrestler whom he is trying to throw (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**grand amplitude** descriptive of a throw in which a wrestler lifts the opponent completely off the mat, sweeps him through the air in a curve, and brings him down in the danger position (wrest.)

**Grand Prix** strictly, a race that counts toward the World Drivers' Championship (autosp.) [6]

**grand prix** the highest stage of dressage, used to determine Olympic and world champions (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**grand prix** the highest stage of dressage, which is used to determine world and Olympic champions (equest.) [6]

**grand prix** any of a number of important international annual races for racing cars, held to decide the world motor-racing championship, abbreviation **GP** (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**Grand Prix** in automobile sport term for a Formula 1 race that counts towards the Driver's World Championship. The number of Grand Prixes held per year can vary. Among others, the following Grand Prixes have been held: Australia, South Africa, Spain, Monaco, France, Great Britain, Holland, Italy, and Germany. Grand Prixes are also held in motorcycling and motor boating as well as shooting and equestrian. In other sport disciplines the term Grand Prix is sometimes also used for big international events (e.g. rowing, wrestling, tennis). The idea underlying the Grand Prix is the same as in the various competitions of a World Cup. (*H.Haag &G. Haag, Dictionary, 2003, 220p.*)

**grand prix freestyle** the final round of a grand prix dressage competition, in which rider and horse perform a series of movements to music (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**grand prix freestyle** the third and final round of grand prix competition, a six-minute routine of dressage movements to musical accompaniment, choreographed by the rider (equest.) [6]

**grand salami** a **grand slam** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**grand slam** a **home run** hit when there is a **baserunner** at each base, scoring four runs (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**grand slam** the feat of defeating all the other teams in the Six Nations Championship (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**grand slam** the feat of winning first place in every event at a meet, typically solo, duet, and team competition (synchr.swim.) [6]

**grand slam** the winning of all four major championships (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**Grand Slam** (originally term for taking all tricks in bridge) in golf and tennis the victory of one player in all four of the most important tournaments of the year. In golf these are the Masters Tournament, the Open Championships of the U.S.A. and Great Britain, and the Professional Golf Association. In tennis they include the Open Championships of England (Wimbledon), the U.S.A. (Flushing Meadow), Australia (Melbourne), and France (Paris). (*H.Haag &G. Haag, Dictionary, 2003, 220p.*)

**grand slam** **1.** (*in sports such as tennis and golf*) the winning of all of a series of major competitions by one player or team in one year **2.** (*in sports such as tennis and golf*) a major competition that is part of a series **3.** (*in baseball*) a home run made when the bases are loaded (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**Grand Slam** There are four tournaments in the "Grand Slam" of tennis: The Australian, French, and U. S. Opens and England's Wimbledon championship. The phrase came from contract bridge by way of golf (ten.) [6]

**grandstand** an open structure or platform, usually with a roof, containing rows of seats for spectators at a sports stadium or racecourse (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**grandstand finish** a finish to a race or competition that is exciting because the outcome is unclear until the very end (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**granny gear** the lowest gear on a mountain bike, used for very steep climbs (cycl.) [6]

**granny gear** a very low gear (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**granular surface** ungroomed snow that isn't fresh powder; it's made up of tiny pellets of icy snow (ski.) [6]

**grapevine** a hold in which a wrestler wraps a leg around one of the opponent's legs, often preparatory to a throw (wrest.) [6]

**grapevine** a move in freestyle wrestling in which a wrestler uses his legs to turn his opponent (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**grappling** (*in combat sports such as wrestling and martial arts*) the act of holding your opponent to subdue or control them (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**grass skiing** summer sport where competitions of alpine skiing are held on grass slopes (mostly in hilly rather than mountainous terrain). The equipment used is grass skis which consist of a 60-80 cm long metal plate to which safety bindings are attached; the plate is attached by means of a tunnel-shaped oval rail, and blocks (width approx. 6 cm, depth approx. 4 cm) which are mounted on roller bearings and are connected with a continuous plastic band 7 cm from each other and run underneath the metal plate. The movement does not occur by means of gliding as in alpine skiing, but rather according to the crawler track or tank track principle, i.e. the blocks are always in rest with respect to the ground during downhill movement. Ski poles are also used. A European Cup in slalom and giant slalom has been held since 1973, world championships since 1979. Grass skiing is organized by the national ski federations. (*H.Haag &G. Haag, Dictionary, 2003, 221p.*)

**grass sport** collective term for all sport disciplines that are played (at least partially) on grass (some events of track and field, grass strength sport, soccer, hockey, rugby, golf, cricket, croquet, polo). (*H.Haag &G. Haag, Dictionary, 2003, 221p.*)

**grass-track racing** a form of speedway over grass tracks of varying length, usually laid out in fields although some dedicated tracks also exist (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**gravel trap** an area of gravel near a corner, which will slow cars down if they run off the track (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**gravity** the attraction of two objects with a force proportional to the product of their masses and inversely proportional to the squared distance between them (law of gravitation). (*Dict.of sp.and Ex.Sc.1991, 66p.*)

**Gravity Games** any of various extreme sports tournaments held around the world (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**Greco-Roman** a style of wrestling in which the wrestler may not attack the opponent's legs nor use his own legs to execute attacks (wrest.) [6]

**Greek callisthenics** term for the totality of all physical exercises in Greek Antiquity. Initially, their general aim was education towards and training of health and well-being. However, they were subsequently differentiated depending on the aspect under which they were practiced, into (professional) athletics (emphasis on sport performance) and » dietetics (emphasis on health). (*H.Haag &G. Haag, Dictionary, 2003, 221p.*)

**Greek-Roman wrestling** see wrestling. (*H.Haag &G. Haag, Dictionary, 2003, 222p.*)

**green** a 34-40m square area of closely cut grass on which outdoor bowls is played (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**green** the area around a hole where the grass has been cut very short for putting (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**green** the closely mown area at the end of a fairway on a golf course on which the hole for the ball is located (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**green card** a card issued by the referee as a warning for a minor rules violation (hock.) [6]

**green card** a card shown by the referee as an official warning to a player after a relatively minor offence (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**green card** (*in hockey*) a card shown by the referee to a player as a warning for dangerous play or misconduct, or **red card, yellow card** (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**green holiday** a holiday spent in the countryside doing work which helps the environment (*Dict. of Leis., Trav. and Tour., 2008, 139p.*)

**green in regulation** if a player reaches the green in regulation, he or she takes two strokes fewer than par (two putts being assumed to be standard); this statistic is widely used in gauging performance (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**green jersey** the jersey worn by the leader in the **points competition** in the Tour de France (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**greenie** a quick shot taken by a player after receiving a pass near the goal. Originally "guerrini" (w.polo) [6]

**greensomes** a type of **fourball** match in which all players drive and then each pair selects the ball with which they want to complete the hole (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**grid** the arrangement of cars in the starting lineup; at the Indianapolis 500, the grid is made up of 11 rows with three cars per row (autosp.) [6]

**grid** the staggered arrangement of the cars before the start of a race (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**gridiron** the field on which American football is played, with lines marked across it every five yards (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**grille** a 3ft/1m square window in the short wall above the tambour. The opening is covered by a net. A shot played into the grille wins a point (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**grind** a move in which one of the **trucks** is scraped along a rail, wall edge or other surface (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**grip** the area of the paddle that the canoeist holds (canoe) [6]

**grip** the part of a ski pole that the skier grasps (ski.) [6]

**grip** the part of a sword, contained in the guard, where it is grasped by the hand (fenc.) [6]

**grip** the way in which the bar is held (weightl.) [6]

**grip** the way in which the paddle is held. See penholder grip; Seemiller grip; shakehand grip (t.ten.) [6]

**grip** **1.** in gymnastics term for different ways of holding on to the apparatus. The grips are named according to the position of the hands or lower arms: reverse grip (the ulna of the forearm is positioned upwards, the back of the hands face each other), cross grip (the arms are crossed), ordinary grip (the backs of the hands point upwards, the thumbs are next to each other), and outside grasp (the radius points upwards, the palms face each other). The grip with which the exercise is performed effects the degree of difficulty. A prerequisite for learning the different grips is a general training of grip strength in the hands. **2.** in tennis the various possibilities of holding the racquet with the hand: eastern grip for a forehand stroke (the hand is held in a shakehands position and grips the racquet from behind and up with the playing surface positioned vertically, continental or hammer grip for forehand or backhand strokes (the racquet is held like the handle of a hammer), Western grip for the high backhand stroke (the wrist is partly on the grip and partly in front of it). A changing grip refers to the possibility to change the racquet over from one hand to the other during the game (however, due to the velocity of today's game, this option is usually ineffective). Recently, some players have begun to play the ball with the same surface of the racquet without changing the grip (for grips in other sport disciplines ping pong). (*H.Haag &G. Haag, Dictionary, 2003, 222p.*)

**grip wax** a wax that increases the friction between the skis and the snow. It's applied to the middle section of the ski for classical races. Compare glide wax (ski.) [6]

**grip wax** the substance applied to skis and used to increase friction and thereby traction. It is applied to the middle part of the skis for **classic technique** races (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**grip width** the distance between the hands on the bar (weightl.) [6]

**griptape** a rough adhesive tape used on the board to provide extra grip (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**groin** the area of the body between the tops of the thighs and the abdomen (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**groin support** a piece of protective clothing that reduces the risk of developing a hernia, used by weightlifters (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**grommet** a derogatory term for a young surfer (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**groom** a person who assists a driver in carriage riding. Grooms walk the course and memorize distances and turns, keep the horse and carriage well turned out, and help balance the carriage on tight turns (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**groom** to prepare a course or run by smoothing it with machinery, allowing more consistent skiing (ski.) [6]

**groove** the fastest route through a turn or around the complete course (autosp.) [6]

**grooves** guide channels cut into the ice at the starting area, allowing a sled to follow a straight line during the process of pushing and loading (bobs1.) [6]

**gross anatomy** the study of the structure of the body that can be seen without the use of a microscope (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**gross coordination** see coordination. (*H.Haag &G. Haag, Dictionary, 2003, 222p.*)

**gross form** within the framework of the motor learning process term for the stage of movement mastery which makes the structure of the movement to be learned recognizable in its "gross features", but is not refined to its basic form or »fine form. (*H.Haag &G. Haag, Dictionary, 2003, 222p.*)

**gross motor skill** motor task either requiring large musculature or moving the body in space (*Dict.of sp.and Ex.Sc.1991, 66p.*)

**gross motor skills** the use of groups of large muscles to achieve a simple movement, as, e.g., when walking or swinging the arm. Compare fine motor skills (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**ground** a batsman's ground is the space behind the **popping crease** with which the batsman must be in touch by bat or person if he is not to be **stumped** or **run out** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**ground ball** a ball hit along the ground; compare fly ball (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**ground effect** the extra adhesion to the track created by the car design; ground-effect cars have been banned in some forms of racing (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**ground judge** an official who rules on hits. There are two ground judges, one at each end of the strip (fenc.) [6]

**ground out** if a batter grounds out, he hits a **ground ball** and is put out by not reaching first base before the throw from a fielder (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**ground reaction force** the resultant reaction force, equal and opposite to the applied force, of the supporting surface (*Dict.of sp.and Ex.Sc.1991, 66p.*)

**ground rule** a sports rule that is specific to a particular place of play (*Dict. of Sp. and Ex. Sc. 2006, 98p.*)

**ground stroke** any stroke played after the ball has bounced, usually used to refer to shots from the baseline (ten.) (*Chambers. Sports Factf.,2005, 554p.*)

**ground under repair** any part of the course being repaired, often indicated by a sign with the letters GUR; a ball that lands in such an area must be removed (without penalty) (golf) (*Chambers. Sports Factf.*,2005, 291p.)

**groundstroke** a shot hit from the back court or behind the baseline after the ball has bounced; the standard shot in tennis (ten.) [6]

**group** the pattern of arrows shot on target during an end (arch.) [6]

**group aspiration** a goal that all members of a team would like to achieve, working together (*Dict. of Sp. and Ex. Sc. 2006*, 98p.)

**group callisthenics** callisthenics practiced by several participants at the same time. The participants stand in rows and perform the same exercises while attempting the best possible spatial and temporal coordination (group rhythm). Group callisthenics is a part of » rhythmical callisthenics and is performed as mass exercises in the » Gymnaestrada and other sport festivals. World championships in group callisthenics have been held since 1984. (*H.Haag &G. Haag, Dictionary, 2003*, 222p.)

**group race** same as **pattern race** (equest.) (*Chambers. Sports Factf.*,2005, 347p.)

**grouse** **1.** a small black game bird, found in the UK, especially in the north of England and in Scotland **2.** a complaint (*Dict. of Leis., Trav. and Tour.*, 2008, 140p.)

**growth spurt** ♦ **adolescent growth spurt** (*Dict. of Sp. and Ex. Sc. 2006*, 98p.)

**grubber** a delivery that keeps low after leaving the bowler's hand (crick.) (*Chambers. Sports Factf.*,2005, 173p.)

**grubber kick** a ball dropped from hand and kicked along the ground (rugby L.) (*Chambers. Sports Factf.*,2005, 479p.)

**grubber kick** a ball dropped from hand and kicked along the ground (rugby U.) (*Chambers. Sports Factf.*,2005, 492p.)

**grudge match** a match between players or teams who have a long-standing animosity between them or a specific past insult or injury to revenge (*Dict. of Sp. and Ex. Sc. 2006*, 98p.)

**GT** Grand Touring; originally from the Italian Gran Turismo, meaning a sedan built in limited quantities and designed to provide fast, comfortable transportation over fairly long distances (autosp.) [6]

**guard** a shot made either to protect a stone in the scoring area or to block the other team's attempts to score (curl.) [6]

**guard** **1.** the part of the weapon, between the blade and handle, that protects the hand. **2.** a specific defensive position (fenc.) [6]

**guard** a posture of defence, with the gloves raised, protecting the face (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**guard** a stone played into a position so it can protect another stone from being hit. It is generally played just short of the **house** (curl.) (*Chambers. Sports Factf.,2005, 195p.*)

**guard** a usually shorter player who plays mainly away from the basket, whose primary roles are to pass, dribble and shoot the ball; compare **forward** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**guard** one of the players positioned on either side of the **center** on the offensive line (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**guard** the metal cup at the hilt end that protects the hand from being hit (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**guard** the position of a batsman's bat relative to the stumps when standing ready to receive a ball, eg *he takes a leg stump guard* (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**guard** **1.** (*in basketball*) either of the two players who regularly defend the back-court and initiate attacks **2.** (*in cricket*) a position taken by a batsman when ready to receive a bowled ball **3.** (*in American football*) each of two attackers on each side of the centre (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**guarding** the act of following an opponent around the court to prevent him from getting close to the basket, taking an open shot or making easy an pass, while avoiding illegal contact (b/b) [6]

**guarding** screening of an opponent while defending in ball games. The degree of physical contact can vary from no contact (blocking in volleyball) and minor unavoidable contact (basketball) to given contact (screening in soccer). (*H.Haag &G. Haag, Dictionary, 2003, 223p.*)

**guards** the 2 players on each team who are the smallest on the court; they usually handle setting up plays and passing to teammates closer to the basket (b/b) [6]

**guide** **1.** somebody who shows tourists round a site or house **2.** a guide book (*Dict. of Leis., Trav. and Tour., 2008, 142p.*)

**guidebook** a book for tourists, explaining what there is to see in a place, where to stay, how to travel around and where to eat (*Dict. of Leis., Trav. and Tour., 2008, 142p.*)

**guided tour** a tour with a guide who shows places to tourists. Also called conducted tour (*Dict. of Leis., Trav. and Tour., 2008, 142p.*)

**gully** a fielding position on the **off** side, between **point** and **slips** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**gummy** one of four cylindrical rubber pieces that hold the bridge legs, allowing the legs to move up and down to give the sled flexibility (luge [6])

**gumshield** a hard plastic cover that fits inside somebody's mouth over the teeth and gums, worn as protection from injury by people involved in contact sports such as boxing and rugby (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gun lap** the last lap of an athletics race, signalled by the firing of a gun as the leading runner begins it (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**Gundersen competition** a Nordic combined event in which the jumping competition is held first. Differences in jumping points are converted into time differences for the cross country starting order, with the winner of the jumping portion starting first (ski.) [6]

**guns** the biceps (*sl.*) (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gunwale, gunnel** the top section on the sides of a **shell**, to which the **riggers** are secured (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**gut wrench** a move in which a wrestler rolls his opponent on his back while in a **bridge** position (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**gut wrench** a moved used when the opponent is face down on the mat. The wrestler puts both arms around the opponent's mid-section, gripping as tightly as possible, then goes into the bridge position and rolls the opponent over his own torso onto the back (wrest.) [6]

**gutta-percha** a strong waterproof substance, like rubber but harder and not extensible, used to make early golf balls (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**gutty** an old-fashioned type of golf ball made from **gutta-percha** (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**gybe** if a sailor gybes, he or she swings a sail over from one side of a vessel to the other, usually to alter course (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**gym** a room or building with equipment for physical exercise of various kinds (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gym** a hall for indoor athletics and exercises (*Dict. of Leis., Trav. and Tour., 2008, 142p.*)

**gym ball** a piece of gym equipment like a large inflatable ball, used when performing some exercises (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gym mat** a soft floor covering used for protecting a gym floor or for comfort when performing exercises on the floor (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gym rat** somebody who spends a lot of time exercising or playing a sport at a gymnasium (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gym shoe** same as plimsoll (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gymkhana** a competition in which cars are driven around a twisting course, executing certain specified maneuvers, against the clock (autosp.) [6]

**Gymnaestrada** callisthenics world festival without competition organized by the International Gymnastics Federation every four years. Teaching presentations and shows have a guiding influence on the development of callisthenics. The term was introduced by its initiator, J.H.F. Sommer from the Netherlands, who added the Spanish word estrada (= street) to the Greek prefix gymna (= callisthenics). The first Gymnaestrada took place in Rotterdam in 1953. (*H.Haag &G. Haag, Dictionary, 2003, 223p.*)

**gymnasium** a hall equipped for physical exercise or physical training of various kinds, e.g. in a school or a private club (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gymnast** an athlete who performs gymnastics, especially as a competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gymnastic** **1.** relating to or involving gymnastics **2.** involving or demonstrating athleticism and agility (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gymnastics** **1.** physical training using equipment such as bars, rings and vaulting horses, designed to develop agility and muscular strength **2.** the competitive sport in which athletes perform a series of exercises on pieces of gymnastic equipment (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gymnastics** sport discipline developed by Friedrich Ludwig Jahn (\*1778,†1852) around 1810. Jahn derived gymnastic exercises from the physical exercises of the Germanic peoples and the medieval knights, while Johann Christoph Friedrich GutsMuths (\*1759, †1839), another "father" of gymnastics, related his ideas to Greek callisthenics. Since the second half of the 19th century the meaning of the term gymnastics has been limited to apparatus gymnastics at the high bar, parallel bars, vault and other gymnastic apparatus; before that it included » callisthenics, » gymnastics games, etc. (some national gymnastic federations still consider these activities to be part of gymnastics). Modern gymnastics includes apparatus gymnastics, obstacle gymnastics, and special gymnastics (special exercises for prevention of postural anomalies or defects) as well as specific forms of gymnastics such a gyro-wheel and trampoline gymnastics, ring tennis, etc. Gymnastics aims at enhancing a harmonic human development, improving and maintaining health, relaxing body and mind, and developing the gymnast's character and personality. The gymnastics movement is characterized by assuming a certain body position while maintaining control over body and apparatus; gymnastic games, on the other hand, are oriented towards sociableness and relaxation. The borderline to artistry is fine. (*H.Haag &G. Haag, Dictionary, 2003, 223p.*)

**gymnastics equipment** collective term for all objects (equipment) used in gymnastic disciplines. These include all apparatus used in competitive gymnastics, all » hand apparatus used in rhythmical calisthenics, all auxiliary equipment such as springboard, mini trampoline, box, buck, table, wall bars, ladder, bench, rope, mat, which are used predominantly in school physical education as well as recreational sport, and also special equipment such as the gyro-wheel and trampoline. (*H.Haag &G. Haag, Dictionary, 2003, 226p.*)

**gynecomastia** enlarged breasts on a man caused by hormonal imbalance or hormone therapy (*Dict. of Sp. and Ex. Sc. 2006, 99p.*)

**gyoji** the referee (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

## H

**habilitation** the use of movement as a stimulus for encouraging physical and motor development (*Dict. of sp. and Ex. Sc. 1991, 68p.*)

**hack** (*in rugby or football*) to commit a foul by kicking the shins of an opposing player (*Dict. of Sp. and Ex. Sc. 2006, 100p.*)

**hack** a metal or wooden plate from which the curler can push off to begin delivery. There are usually two hacks at each end of the rink, for right- and left-handed curlers (curl.) [6]

**hack** metal or rubber footholds at each end of the **rink** from where curlers can push off (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**hack** same as **fly hack** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**hack line** a line, 1.2 meters from the backboards at each end of the rink, that marks the location of the hacks. The front of each hack is on the hack line (curl.) [6]

**hacking** kicking an opponent's legs (f/b) [6]

**hadaka jime** a choke hold with the naked arm (mart.arts.) [6]

**Hahnenkamm** hill and course in Kitzbuhel that is renowned as the most difficult on the World Cup circuit (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**hail** goal (shinty) (*Chambers. Sports Factf.,2005, 509p.*)

**hail Mary** a high pass thrown into the end zone at the end of a half (Am f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**hail Mary Dart** same as bail out dart (darts) [6]

**hailkeeper** goalkeeper (shinty) (*Chambers. Sports Factf.,2005, 509p.*)

**hairpin** a tight corner that turns back on itself and must therefore be taken slowly; two of the most famous hairpins are at Monte Carlo: the Mirabeau (before the tunnel) and the Rascasse (near the end of the lap) (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**hairpin** a turn that goes through 180 degrees (autosp.) [6]

**hairpin** two **vertical gates** in succession on a slalom course (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**hairpin shot** a shot made from very close to the net on which the shuttle rises just over the net and drops quickly on the other side. Often used to return a drop shot (badm.) [6]

**hairy** frightening; originally short for "hair-raising" (autosp.) [6]

**hajimae** begin; a command (mart.arts.) [6]

**hajime** the command with which the referee starts a judo **bout** (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**haka** a version of a traditional Maori war dance performed by sports teams, especially the New Zealand rugby team (*Dict. of Sp. and Ex. Sc. 2006, 100p.*)

**half** a flip with a half twist (freest.) [6]

**half** one of the 45-minute periods of play into which each 90-minute match is divided (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**half a Crown** a score of 26 (slang from the former British coinage, in which two shillings and sixpence equaled half a crown) (darts) [6]

**half back** (*in a team sport*) a player who is positioned just in front of the last defensive line (*Dict. of Sp. and Ex. Sc. 2006, 100p.*)

**half ball** to hit a ball half ball is to strike the cue ball against the edge of the **object ball**; compare full ball (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**half court** the area of the court in the vicinity of the service line (ten.) [6]

**half full half** a sequence of three flips with two twists, including a full twist on the second flip (freest.) [6]

**half half** a sequence of two flips with a half-twist in each (freest.) [6]

**half half full** a sequence of three flips with two twists, including a full twist on the final flip (freest.) [6]

**half in** a double or triple flip with a half-twist on the first flip (freest.) [6]

**half mils** the predecessor and imperial equivalent of the **800m** (half a mile = 804.67m) (athl.) (*Chambers. Sports Factf.,2005, 52p.*)

**half nelson** a hold in which the wrestler's arm is passed under the opponent's armpit and the hand is on the back of the opponent's head. See also full nelson (wrest.) [6]

**half out** a double or triple flip with a half-twist on the last flip (freest.) [6]

**half pass** a forward and sideways movement in the which the horse must cross its legs (equest.) [6]

**half pass** a sideways and forward movement in dressage in which the horse crosses its legs (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**half pirouette** a half-circle turn with the inside hind foot as pivot (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**half pirouette** a rhythmic, half-circle turn with the inside hind foot as the pivot (equest.) [6]

**half randy full** a sequence of three flips with a total of five twists. See also randy (freest.) [6]

**half rudy** two backward flips with a half twist on the first and a one-and-one-half twist on the second. See also rudy (freest.) [6]

**half rudy full** a triple back flip, with a half-twist on the first, one and a half in the second, and a full twist in the third (freest.) [6]

**half squat** a squat in which the knees are bent only slightly (weightl.) [6]

**half time** the 15-minute period between halves during which players rest (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**half twist** a 180-degree rotation of the body around its vertical axis (synchr.swim.) [6]

**half twist** a 180-degree rotation of the body around the skier's vertical axis (freest.) [6]

**half volley** a kick in which the player makes contact with the ball just as it starts to bounce up off the ground (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**half volley** a shot on which the ball is struck just after it has hit the court. Also used as a verb (ten.) [6]

**half volley** a stroke or shot that makes contact with the ball immediately after it has bounced (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**half-and-half** a doubles strategy in one player covers the right half of the court and the other covers the left half (racq.b/) [6]

**halfback** an offensive player who lines up between the **quarterback** and **fullback**, primarily used to carry the ball (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**halfback** either of the two players, the **scrum-half** and **fry-half**, providing a link between the forwards and the **three-quarters** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**halfback** either the **scrum-half** or **standoff** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**halfback** see Midfielder (f/b) [6]

**halfback** see midfielder (hock.) [6]

**halfback flank** a running defender who plays on the flank (Austral. f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**half-butt** a cue, longer than the standard cue, usually used with a long **rest** (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**half-century** a break of between 50 and 99 points (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**half-century** a score of 50 runs or more by a batsman (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**half-court** one side of a court, 4 ½ feet long by 2 ½ feet wide, representing one quarter of the table, delineated by the net and the center line (t.ten.) [6]

**half-court line** a line marked on the floor of the court that divides the back of the court into two (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**half-court line** another name for the center service center service line (ten.) [6]

**half-court or set offense** when a team takes the time to develop a play in its frontcourt, such as the give-and-go or a screening play; opposite of fast break (b/b) [6]

**half-distance line** an imaginary line, marked by white buoys, that divides the field of play into two equal ends (w.polo) [6]

**half-forward flank** an attacking player who plays on the flank near the 50-metre arc flank (Austral. f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**half-in, half-out** a move that incorporates a double **salto** with a half **twist** on each salto (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**half-marathon** a race on foot over a distance equivalent to half a marathon, 13 miles 352 yards (*Dict. of Sp. and Ex. Sc. 2006, 100p.*)

**half-out** loss of service by the first server on a doubles team; the first half of a side-out (racq.b.) [6]

**half-pipe** a curved trough that ends with a vertical wall and lip and from where the skateboarder launches the board to perform **aerial** manoeuvres (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**halfpipe** a structure in the shape of the bottom half a pipe, built for freestyle snowboarding, in-line skating, and skateboarding (*Dict. of Leis., Trav. and Tour., 2008, 144p.*)

**half-pipe** a structure in the shape of the bottom half of a pipe, built for freestyle snowboarding, in-line skating and skateboarding (*Dict. of Sp. and Ex. Sc. 2006, 100p.*)

**half-time** a short break between the halves of a game, during which players rest (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**half-time** in sport games with fixed playing time, term for one half of the playing time and the break between the two periods of play. Playing time and duration of the break are prescribed in the rules of

the respective sport disciplines. Frequently the score at half-time is reported with the final score to give some indication of the course of events during a game. (*H.Haag &G. Haag, Dictionary, 2003, 228p.*)

**halftime** the intermission between the 2 periods or halves of a game (f/b) [6]

**half-volley** to strike a ball immediately after it has bounced (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**halfway line** the line separating the two halves of the pitch. At a kick-off the opposing team must stay outside the **centre circle** and in their own half (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**Hall of Fame** an institution based in Canton, Ohio, that honours outstanding figures in the game's history (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**Hall of Fame** an institution based in Cooperstown, New York, that honours outstanding figures in the game's history (baseb.) (*Chambers. Sports Factf.,2005, 85p.*)

**halt** stop; a command (equest.) [6]

**halt, parry, save** in equestrian stopping (total halt) or collecting (half halt) of the horse or team of horses. (*H.Haag &G. Haag, Dictionary, 2003, 228p.*)

**halves** see periods (f/b) [6]

**halyard, halliard** a rope used for hoisting or lowering a sail, **yard** or **flag** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**hammer** to ride very hard, at the limit of one's capabilities (cycl.) [6]

**hammer** a heavy metal ball attached to a handle of flexible wire, thrown in an athletics field event (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hammer** a throwing event in which an athlete throws a metal ball (weighing 7.26kg/16lb for men and 4kg/8.8lb for women) attached to a steel wire as far as possible by rotating it around the head and then releasing it (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**hammer** if a **rink** has the hammer, they have the right to play the last stone in an **end** (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**hammer** the last stone delivered in an end (curl.) [6]

**hammer** **1.** part of the polo stick in » bicycle polo. **2.** equipment in » hammer throw. (*H.Haag &G. Haag, Dictionary, 2003, 228p.*)

**hammer throw** discipline of track and field, where a throwing hammer is flung as far as possible after a turning movement within a throwing circle. (*H.Haag &G. Haag, Dictionary, 2003, 228p.*)

**hammer throw** a field event in which competing athletes try to throw a heavy metal ball attached to a handle of flexible wire as far as they can (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hammered** totally exhausted (cycl.) [6]

**hamstring stretch** a stretch in which the athlete sits on the floor with one leg extended out in front and pulls the top of the foot back towards the body, extending the hamstring (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hand apparatus** in » callisthenics and » rhythmical callisthenics exercise equipment that can be carried; they increase the wealth of movements as well as the intensity of movement execution. In rhythmical callisthenics the following hand apparatus are used: **1.** ribbon (usually coloured piece of cloth which is 7 m long, 4-6 cm wide and attached to a 50-60 cm long stick); **2.** ball (coloured hollow rubber ball with a weight of 400-500 g and a circumference of 51-82 cm); **3.** clubs (bottle-shaped apparatus made of wood which comes in two variants: short form (36 cm long, weight 280-320 g) and long form (45 cm long, weight 360-400 g)); **4.** hoop (ring made of wood or light metal with a flat or round cross-section and a diameter of 80-90 cm); **5.** rope (rope without a grip made of hemp about 280 cm long, depending on the size of the athlete). Other hand apparatus which are predominantly used as training and exercise devices are » medicine ball, swinging rope (length of up to 10 m), » baton (length approx. 1 m, thickness 2.6 cm), iron ring, tambourine, » sling ball, barbell, and others. (*H.Haag &G. Haag, Dictionary, 2003, 230p.*)

**hand ball** a foul committed when a player intentionally uses his or her hand or arm to play the ball. A goalkeeper is exempt from this inside his penalty box (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**hand ball** a foul where a player touches the ball with his hand or arm; the opposing team is awarded a direct free kick (f/b) [6]

**hand dominance** a person's consistent preference to use one hand rather than the other hand (*Dict.of sp.and Ex.Sc.1991, 68p.*)

**hand fighting** competition in which two standing wrestlers are constantly moving their hands, trying to gain control (wrest.) [6]

**hand grip** a resistant piece of equipment used to develop hand strength (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hand plant** (*in skateboarding*) a move in which the board is held to the feet with one hand while the skateboarder performs a handstand on a ramp or obstacle with the other (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hand preference** a person's choice to use one hand rather than the other for a given task. It may not be the dominant hand (*Dict.of sp.and Ex.Sc.1991, 68p.*)

**hand wrap** a supportive bandage used for protecting the hands from injury during sports (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**handbags** handbags or "handbags at ten paces" is sometimes used by commentators to describe incidents between players that involve pushing and threatening language but without much in the way

of serious fisticuffs. The phrase implies that the confrontation is rather effeminate and not a proper man's fight (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**handball** term for a team ball game (also known as team or European handball). In North America handball also stands for a game similar to » racquetball. The team game of handball is a fast game with body contact played by men and women. The game was originally only played outdoors (field handball), today it is played almost exclusively in a gymnasium, or sometimes as small field handball outdoors on grass fields. The idea of the game is to throw the ball into the opponent's goal as often as possible and to prevent the opponent from scoring in the same manner. (*H.Haag &G. Haag, Dictionary, 2003, 230p.*)

**handball** **1.** (*in football*) a rule infringement committed when a player other than a goalkeeper inside his or her penalty area uses a hand to control the ball **2.** a game for two or four people in which players hit a small hard ball against a wall with their hands **3.** the small hard ball used in the game of handball (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hand-eye coordination** the ability to perform tasks that involve coordinating the movement of the hands and eyes, e.g. catching or hitting a ball (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**handicap** a type of track race, very popular in Australia, in which the riders start from different points, based on past performance. The fastest riders, known as "scratch men," start at the usual start line, while the "outmarkers" start at various positions up to 250 meters away, thus getting a head start (cycl.) [6]

**handicap** a problem a person encounters because of a hindrance or difficulty imposed by physical, health, learning or behavioral characteristics that interfere with achievement or acceptance by society. See also **disability** (*Dict.of sp.and Ex.Sc.1991, 68p.*)

**handicap** a value assigned to each player in a polo team based on previous performances. The combined values for each team in a game are taken into account and the team with the highest handicap value has to concede points, based on the handicap difference between the two teams, to their opponents before the match has started. Unlike in golf, the higher the handicap the better the player (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**handicap** in some sport disciplines term for a point (e.g. in golf), weight (e.g. in horse racing), time (e.g. in equestrian), or distance bonus awarded to participants in the competition with a lower level of performance; the idea behind a handicap is to create equal opportunities for winning a competition where athletes with a higher performance level participate (e.g. in golf between amateur and professional players). In horse racing the stronger competitor is loaded with additional weight (e.g. in handicap races, » gallop racing). (*H.Haag &G. Haag, Dictionary, 2003, 234p.*)

**handicap** the number of strokes by which a golfer's average score exceeds **par** for the course, this number being subtracted from one's score in **strokeplay** competitions (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**handicap** a weight that a horse must carry in a **handicap race** according to its previous performances, gender, age, and the quality of the horses it-is racing against (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**handicap** **1.** a contest, especially a horse race, in which individual competitors are given an advantage or disadvantage in an attempt to give every contestant an equal chance **2.** a compensation in strokes given to a golfer on the basis of skill in past performances (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**handicap race** a race, less important than a **conditions race**, that involves a **handicapper** giving horses different weights according to their ability. Theoretically, each horse in a handicap race should have a chance of winning it (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**handicapper** the official body in charge of assigning handicaps to horses (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**handicapper** the official who grades greyhounds and decides weights to be carried in handicap events (dog rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**handle** one of two metal grips, located on each side of the sled inside the pod. The handles are used to push the sled during the start and sometimes for steering during the run (luge) [6]

**handle** the section of the oar gripped by the oarsman (row.) [6]

**handle steer** to steer the sled by pushing or pulling on the handles (luge) [6]

**handled the ball** when a batsman deliberately touches the ball with his hand, especially in order to prevent it from hitting the **stumps**, and is thus out (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**handles** bars at the back of a two-man sled that the brakeman pushes on to get it started on the descent (bobs). [6]

**handoff** a legal move in which a player with the ball pushes away a tackler (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**handoff** a legal move in which a player with the ball pushes away a tackier (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**handoff** the transfer of the ball from the **quarterback** to a **running back** (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**hand-out** same as half-out (racq.b.) [6]

**handover** the change in possession after the **sixth tackle** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**handpass** if a player handpasses the ball to a team-mate, he punches the ball to him flank (Austral. f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**handsling** the way in which team-mates change places in the Madison by gripping hands, then releasing, so that one rider can propel the other forwards (cycl.) (*Chambers. Sports Factf.*,2005, 204p.)

**handspring** a gymnastic movement in which somebody flips the body forwards or backwards and lands briefly on the hands before continuing the flip so as to land on the feet again (*Dict. of Sp. and Ex. Sc.* 2006, 101p.)

**handspring** a move in which the gymnast springs off the hands with a strong push from the shoulders (gymn.) (*Chambers. Sports Factf.*,2005, 311p.)

**handspring** in gymnastics a whole turn around the body's horizontal axis (forward, backward, sideways), where the hands provide brief support after half a turn. The free handspring (without touching the floor or apparatus) is equivalent to a somersault. Backward and forward handsprings in rapid succession are called flic-flac. (*H.Haag &G. Haag, Dictionary, 2003, 234p.*)

**handstand** a move in which the body is supported on both hands, with the arms straight and the body vertical (gymn.) (*Chambers. Sports Factf.*,2005, 311p.)

**handstand** term for an exercise where the body is balanced upside down for a longer time period with extended arms supported by the hands. The handstand is an exercise element in gymnastics (floor, parallel bars, and rings), in callisthenics, in trick bicycling, and diving (tower diving, handstand jumps). The handstand can be performed with the support of one or both arms. (*H.Haag &G. Haag, Dictionary, 2003, 234p.*)

**hane goshi** a springing hip throw. (Mainly judo) (mart.arts.) [6]

**hang** a position in which the bar is above the platform but below the knees (weightl.) [6]

**hang** posture in gymnastics (at high bar, rings, parallel bars, and uneven bars), where the body is held freely hanging from the apparatus above the floor. The hang is performed in numerous variants, e.g. as straight hang (the body hangs with extended arms on the apparatus), bent hang (hanging with bent arms), knee hang (the body hangs in the hollow of the knee), upper arm hang (hanging with the upper arms lying on the parallel bars), hanging scale (the body is held horizontally and hangs from the rings), forward swing with half turn in hang (hang with half a turn around the longitudinal axis). (*H.Haag &G. Haag, Dictionary, 2003, 234p.*)

**hang on** to maintain contact with a group of riders, but just barely (cycl.) [6]

**hang time** the time a player is able to remain in the air while shooting or jumping for the ball (b/b) (*Chambers. Sports Factf.*,2005, 109p.)

**hang time** the time that a kick remains in the air. A kick with a long hang time gives a greater opportunity for the kicking team to move upfield and tackle the player returning the kick (Am f/b) (*Chambers. Sports Factf.*,2005, 15p.)

**hang-glider** 1. a large cloth wing stretched over a light-weight frame, like a giant kite, under which the pilot hangs in a harness, holding onto a bar which is used for steering ◇ **paraglider** 2. somebody who flies a hang-glider (*Dict. of Leis., Trav. and Tour., 2008, 145p.*)

**hang-glider** an aircraft with no engine that consists of a rigid frame in the shape of a wing, with the pilot usually suspended in a harness below the wing (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hang-gliding** flying sport developed in the early 1960s in the USA, where a person glides through the air with a flying apparatus. The appeal of this new sport is due to its technical simplicity, mobility and freedom to choose a location to fly, and especially the realization of the unending human dream of flying like a bird. (*H.Haag & G. Haag, Dictionary, 2003, 235p.*)

**hang-gliding** the sport of flying in a hang-glider (*Dict. of Sp. and Ex. Sc. 2006, 101p.*)

**hang-gliding** the sport of flying a hang-glider ◇ **paragliding** (*Dict. of Leis., Trav. and Tour., 2008, 145p.*)

**hanging arrow** an arrow that hangs down because it hasn't penetrated deeply into the target (arch.) [6]

**hanging lie** when the ball is resting on a slope (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hansoku mate** a very serious violation that gives the opponent an ippon, thereby ending the match (judo) [6]

**hanso-kumake** a disqualification for an offence. The opponent is awarded an **ippon** and thereby the **bout** (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**hantei** the judge's determination of the winner when a match is tied in points (mart.arts.) [6]

**hapkido** a Korean martial art that emphasises control of the opponent (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**happy Meal** score of 69 (darts) [6]

**hara** a person's center of mass, believed to be the origin of the ki. Literally, Japanese for abdomen (mart.arts.) [6]

**haragei** a form of abdominal exercises designed to strengthen the stomach (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**harai goshi** a sweeping hip throw (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**harangue** to criticise someone in a forceful angry way that undermines their confidence (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**harbour race** a race in which competing boats sail a course marked out by buoys, generally making several laps (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**hard** see **going** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**hard lenses** rigid contact lenses that can cause eye trauma if knocked, as may occur, e.g., in some contact sports (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**hard set** a set of exercises that are difficult, used after the easy set as an actual muscle workout (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**hardbat** an older type of paddle, on which the rubber sheet is attached with the pips out (t.ten.) [6]

**hare and hounds** an **enduro** but with no checkpoints, the winner being the rider who has ridden the most laps in a given time (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**harness racing** discipline of horse racing where a horse pulls a small wagon (the sulky) with a driver at the speed of a fast trot (» gait). Site is the oval race track with a total length of 1,600-4,200 m, about 25 m wide, most often an asphalt track covered with sand and equipped with superelevated curves. Equipment is the sulky, a two-wheel race wagon with plastic protective shields to prevent accidents (total maximum weight 30 kg). The entire distance has to be covered in a clean trot; in case of a gait that is not clean (amble or gallop) the participant is disqualified. The gait is controlled by the race supervisor who drives alongside the horses in an accompanying car on an inside track. The winner is the horse which has not been disqualified and reaches the virtual line between the goal posts first with the tip of its nose. (*H.Haag &G. Haag, Dictionary, 2003, 236p.*)

**harries** a preparation for skis in **classic technique** skiing where a wire brush is used to roughen the base of the skis (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**Harrow drive** same as **Chinese cut** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**hash mark** one of a series of short marks at intervals of one yard, running the length of the field. There are two sets of hash marks on the **gridiron**, marking the furthest distance from the centre of the field at which the ball can be placed to restart play (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**Haskell** the rubber-cored ball that succeeded the **gutty** at the beginning of the 20<sup>th</sup> century, invented by American dentist Coburn Haskell (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hat trick** 3 or more goals scored in a game by a single player (f/b) [6]

**hat trick** a series of three wins or successes, especially three goals scored by the same player (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**hat Trick** the feat of hitting the bull with all three darts (darts) [6]

**hat trick** the taking of three wickets with consecutive balls; so called because the feat was considered as deserving a new hat (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**hat trick** three goals scored by the same player in a single game (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**hat trick** three or more goals scored by a player in one game (icehok.) [6]

**hat trick** originally a term for a custom in cricket, where a bowler who was able to knock down the wicket (the goal) three times was awarded a hat. Today, especially in soccer, term for scoring three goals in succession in one half of the game by the same player, without a goal being scored by his own or the opponent team in between. The term is also used for three victories in sequences achieved by one team. A hat trick is also known as three victories of one nation in automobile sport. The idea behind a hat trick also underlies the common custom in some cup events, where a challenge cup goes into possession of the team or individual who has won the event three times. (*H.Haag &G. Haag, Dictionary, 2003, 237p.*)

**hataki-komi** a quick sidestep and push (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**hatchet** an oar with a cleaver-shaped blade that has a larger surface area than on the standard oar (row.) [6]

**Hatha yoga** a low-impact yoga that helps to regulate breathing by exercises consisting of postures and stretches intended to sustain healthy bodily functioning and induce emotional calmness (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**hauler** a very fast car (autosp.) [6]

**hazard** a **bunker** or water obstacle (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**head** length of a dog's head; one of a number of terms used to indicate the distance between two dogs finishing a race (dog.rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**head** the length of a horse's head, used to describe a short winning margin (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**head** the part of the racket comprising the frame and strings (ten.) [6]

**head** to use the head to hit a ball (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**head deke** when a player drops his head as though moving one way and quickly moves in another to fake out the opponent (icehok.) [6]

**head game** the psychological aspect of a competitive endeavour, especially a sport (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**head protection** in various sport disciplines (e.g. amateur boxing, ice-hockey, inline-hockey, fencing, automobile sport, downhill skiing, ski jumping, water skiing) mandatory or permitted helmet or cushioned cap worn to protect the head from injury. Sometimes a » face mask is attached to the head protection gear (e.g. in fencing). (*H.Haag &G. Haag, Dictionary, 2003, 237p.*)

**head races** (also known as head-of-the-river races); these differ from straight races in that crews are sent off at intervals and are timed over the course (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**header** a pass or effort on goal using the head (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**header** technique in soccer to move the ball with the head. A header is usually played with the front side of the head (forehead) while the neck muscles stabilize the head. A high movement impulse is a result of the player's arch tension. (*H.Haag &G. Haag, Dictionary, 2003, 237p.*)

**header** the striking of a ball in the air by a player's head (f/b) [6]

**headguard** a protective head covering that must be worn by amateur boxers (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**headlock** a hold in which an arm is around the opponent's neck and the hands are locked together. The opponent's arm must be gathered into the hold to prevent accidental choking (wrest.) [6]

**headset** the part of the bicycle frame where the fork, stem, and handlebar are fitted (cycl.) [6]

**headstand** a position in gymnastics or yoga in which the body is balanced upside down on the head, usually using the hands for support (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**headstand** exercise in floor gymnastics where the body is balanced on the head and hands (or lower arms) with the feet pointing straight upwards. The blood flow effect of the headstand is similar to that of the handstand. (*H.Haag &G. Haag, Dictionary, 2003, 237p.*)

**headwind** a wind blowing straight towards a ship or aircraft (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**heal** **1.** to return to a healthy state **2.** to make someone or something get better (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**healing** the process of getting better (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health** the "normal" condition (not being ill), look and behaviour as well as medical or laboratory findings do not deviate from the norm. According to the postulate of the World Health Organisation health is a "state of complete physical, mental and social well-being and not only the lack of diseases and ailments". Sport is attributed with undisputed positive health effects, as long as one does not only consider extreme high-performance sport. The contribution of sport to achieving and maintaining (especially physical) health can be manifold (also » prevention, » therapy, » rehabilitation). (*H.Haag &G. Haag, Dictionary, 2003, 237p.*)

**health** the fact of being well or being free from any illness (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health** the fact of being well or being free from any illness (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**health club** a club for people who want to improve their health by taking exercise, dieting, etc. (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**health -conscious** used for describing someone who is keen to eat healthy and nutritious foods and to look after his or her health in other ways, e.g. by exercising (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health counsellor** a general adviser on matters of health, fitness and nutrition in an institution such as a school (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health education** pedagogical measures for mediating knowledge, attitudes, and programs aimed at leading to a health-conscious lifestyle in all areas of life. Due to the general health significance of sport, education in and through movement, play, and sport represent a central task within the framework of general health education. (*H.Haag &G. Haag, Dictionary, 2003, 238p.*)

**health food** food with no additives or natural foods, which are good for your health (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health freak** a person who is very keen to be fit and healthy and follows a strict diet and exercise regime (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health pack** a dietary supplement consisting of a combination of ingredients, with *supposed* benefits for a specific aspect of health (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**health problem** any illness or chronic injury indicating that a person must take precautions when carrying out particular activities (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**health professional** same as **healthcare provider** (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**health promoting claim** wording or a logo on food packaging that makes a claim about the nutritional content of the food inside (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**health risk** a situation in which there is a risk to health caused by something such as not following safety procedures (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**health spa** an exercise and health centre of its visitors (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**health sport** term for all types of physical activities where the central aim is the regaining, maintaining, or improving of one's health. From a medical point of view health sport is an important instrument in » prevention, » therapy, and » rehabilitation. A frequent motivation for practicing health sport are concrete diseases related to the lack of movement and the desire to eliminate the main risk factors for a cardiac infarct (lack of movement, inadequate diet, stress, smoking). The terms health training and » health education are also used in this connection. (*H.Haag &G. Haag, Dictionary, 2003, 238p.*)

**health trainer** a person who acts as a link between health professionals and the community, giving personal advice and support to people looking to improve their health (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**health walking** walking as a form of exercise (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**healthcare** the provision of medical and related services aimed at maintaining good health, especially through the prevention and treatment of disease (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**healthcare assistant** someone with no specialised training employed in a hospital or other healthcare facility to perform basic nursing-support tasks (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**healthcare provider** a professional who offers medical care, e.g. a doctor, physiotherapist or chiropractor (*Dict. of Sp. and Ex. Sc. 2006, 102p.*)

**healthy** **1.** in good physical condition **2.** helping to maintain or bring about good health (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**healthy** **1.** in good physical condition **2.** making you stay fit and well (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**healthy eating** the practice of eating food that is rich in essential nutrients and within recommended dietary guidelines (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**healthy lifestyle** activities and diet choices that make a person healthy (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heart rate** the number of heartbeats that occur within a specific length of time, typically a minute. Abbreviation HR (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heart rate monitor** a small machine that straps over the chest or onto the wrist to accurately measure a person's heart rate (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heartly** **1.** showing physical health, strength and vigour **2.** used for describing food that is substantial and gives considerable satisfaction and nourishment (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heat** a race within a race, from which the top finishers advance to further rounds that will ultimately determine the winner (row.) [6]

**heat** if a pitcher 'throws heat' or 'brings the heat', he has a powerful **fastball** (baseb.sl.) (*Chambers. Sports Factf., 2005, 89p.*)

**heat** one of several preliminary rounds before a race or contest, especially one in which competitors are eliminated, or one that determines players' starting order for the main event (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heat cramps** muscle cramps caused by dehydration and lack of salt (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heat exhaustion** collapse caused by physical exertion in hot conditions, involving loss of salt and body fluids (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heat injury, heat stress** any condition arising from becoming overheated, e.g. dehydration, cramps and heatstroke (*Dict. of Sp. and Ex. Sc. 2006, 103p.*)

**heat regulation** (thermoregulation) mechanisms for maintaining the necessary body core temperature: reduction of the blood flow through the skin results in an increase of the body temperature, the body saves emerging heat at the large surfaces. In case of an external overheating the opposite occurs: blood flow to the skin is increased and the skin is additionally cooled by sweat, the evaporation of which requires heat energy. During high endurance loads (running, bicycling) the body discharges up to 1 litre of sweat per hour. Physical and mental strains heat up the body due to increased metabolism (in marathon runners the body temperature often rises up to 40°). (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**heat therapy** the application of heat to an injured part of the body in order to loosen muscles or relieve pains (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heated pool** a swimming pool where the water is warmed before it is pumped into the pool (*Dict. of Leis., Trav. and Tour., 2008, 146p.*)

**heatstroke** a condition in which someone becomes too hot and his or her body temperature rises abnormally, leading to headaches, stomach cramps and sometimes loss of consciousness (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heatstroke** illness resulting from an excessive increase of body temperature. Heat-related damage to the central nervous system causes clouding of consciousness and in extreme cases, paralysis of the respiratory system. The functions of the circulatory and cardiac systems are disturbed (» collapse) and may cease to work. High body temperatures can result from - among other causes - extreme endurance sport performances, especially when the weather is hot and humid. (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**heavy** see **going** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**heavy athletics** (strength sport) collective term for all athletic sport disciplines involving strength efforts such as weight-lifting, sport acrobatics, grass strength sport, wrestling, boxing, tug-of-war. (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**heavy ball** a shot hit with topspin, which drops sharply (ten.) [6]

**heavy ice** ice on which stones will travel slowly (curl.) [6]

**heavy-duty** designed for long or hard wear or use (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heavyweight** **1.** (*in professional boxing*) the heaviest weight category, for competitors whose weight does not exceed 79.5 kg **2.** (*in amateur boxing*) the heaviest weight category, for competitors whose weight does not exceed 91 kg **3.** a professional or amateur boxer who competes at heavyweight level **4.** a contestant in the heaviest weight class of any contact sport **5.** a person or organisation with considerable power or influence (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**hecht** body position in gymnastics, where the upper body is pushed upwards away from the hands and the feet are overstretched backwards, resulting in body tension. The hecht is an element of various

movement skills, e.g. hecht dismount, hecht flank, hecht straddle, hecht swing with a half turn, hecht roll, hecht somersault, hecht vault, hecht handspring. (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**hecht-jump** (long fly, hecht-jump) in gymnastics a high flying approach to the vault after take-off from both legs; the hands touch the vault during the support phase. The body tension has to be released in time to avoid the danger of injuries of the cervical vertebrae. (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**heel** the tower part of the **clubhead**, nearest the player (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**heel-and-toe** a driving technique in which the accelerator is operated with the right heel and the brake pedal with the toes of the right foot (autosp.) [6]

**height** how tall someone or something is (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heinz** a score of 57; from Heinz's 57 varieties (darts) [6]

**Heisman trophy** a trophy awarded each year to the outstanding player in college football (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**held ball** cause for a game interruption in basketball, when the ball is either held at the same time by two opponents with both hands (continuation of game with a »jump ball) or cannot be played within 5 seconds in form of a pass, dribbling, or shot on basket by the player controlling the ball due to aggressive defense of the opponent (continuation of play with a throw-in by the opponent). (*H.Haag &G. Haag, Dictionary, 2003, 239p.*)

**helibiking** a sport in which mountain-bike riders are taken by helicopter to the top of a mountain and then ride down (*Dict. of Leis., Trav. and Tour., 2008, 147p.*)

**helicopter** a mid-air maneuver in which the skier rotates the body 360 degrees (freest.) [6]

**helicopter** in aerial skiing, an upright aerial spin of 360 degrees (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**heliskiing** skiing in which skiers are taken to a usually remote ski slope by helicopter (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heli-spread** a helicopter that includes a spread eagle. See also 180 spread 180 (freest.) [6]

**Hell Bunker** the biggest bunker on the Old Course at St Andrews, at the 14<sup>th</sup> hole; over 10ft deep, it is positioned across the fairway on this par-five and has caught many misjudged second shots (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**heptathlon** a multi-event for women, consisting of seven events held on two consecutive days and contested in the following order - first day: 100m hurdles, high jump, shot put, 200m; second day: long jump, javelin, 800m (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**heptathlon** an athletics competition, usually for women, in which the contestants compete in seven different events and are awarded points for each to find the best all-round athlete. The events are the javelin, hurdles, high jump, long jump, shot put, sprint and 800-metre race. (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**heptathlon** combined track and field event for women, which replaced the pentathlon for women practiced until then. The heptathlon is held on two consecutive days: day 1: 100-m hurdles, high jump, shot-put, 200-m run; day 2: long jump, javelin, 800-m run. The individual events are scored according to the international points table based on a thousand points per event (» decathlon). (*H.Haag &G. Haag, Dictionary, 2003, 240p.*)

**hero bumps** soft consistent moguls, so called because they're easy to ski and can make any skier look like a hero (freest.) [6]

**herringboning** a technique for climbing in cross-country skiing where the tips of the skis are turned outwards (ski.) (*Chambers. Sports Factf.,2005, 525p.*)

**hesitation dribble** a dribble in which a player feints to stop before continuing to advance the ball (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**HGH** abbreviation human growth hormone (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**HGH booster** same as **secretagogue** (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**high avoidance in motor skills** 1. withdrawal reaction in response to perceiving a novel situation as unpleasant or possibly dangerous. 2. skilled movements associated with anxiety and hesitancy when the performer is first confronted with attempting them (*Dict.of sp.and Ex.Sc.1991, 70p.*)

**high bar** discipline of gymnastics for men, part of the Olympic all-around competition (12 events) for men. Apparatus is the high bar, a prestressed steel bar 2.40 m long with a diameter of 28 mm, which is fixed onto two support rods up to 2.75 m above and parallel to the floor; the support rods are braced onto an area of 5.50 x 4.00 m by means of steel wires (similar to the bracing of the uneven bars). The variety of exercises on the high bar includes the following movement skills: swinging while in the hang, underswing, upward circle, circle, giant upward circle, giant swing forwards, forward frontways hip circle, upstart, and uprise. In high bar gymnastics various positions (e.g. chest-high or head at the bar) and various degrees of difficulty of exercises are possible. (*H.Haag &G. Haag, Dictionary, 2003, 240p.*)

**high cheese** a pitcher's **fastball** thrown at the top of or above the **strike zone**; also called high heat homer a **home run** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**high guard** the arm position in locomotor skills wherein the arms are abducted at the shoulders, the elbows flexed, and the hands held at or above shoulder level; often seen in early development of a locomotor skill (*Dict.of sp.and Ex.Sc.1991, 71p.*)

**high house** in **skeet** events, the higher trap house from where targets are catapulted (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**high hurdles** the men's 110m and women's 100m hurdles (athl.) (*Chambers. Sports Factf.*,2005, 53p.)

**high jump** a jumping event in which an athlete must clear a 4m-long cross- bar, taking off on one foot (athl.) (*Chambers. Sports Factf.*,2005, 53p.)

**high jump** an athletics event in which the contestants run forward to gain momentum and then jump over a horizontal pole using any of a number of jumping styles (*Dict. of Sp. and Ex. Sc.* 2006, 105p.)

**high jump** jumping discipline of track and field, where a bar placed as high as possible must be crossed by jumping up and over it after a run-up. (*H.Haag &G. Haag, Dictionary, 2003, 241p.*)

**high line** any line above the midway point of the fencer's trunk or above the guard (fenc.) [6]

**high percentage shot** a shot that is likely to go in the basket, such as a layup (b/b) [6]

**high post** an imaginary area outside either side of the foul lane at the free-throw line extended (b/b) [6]

**high post** the area of the court near the foul circle during an attack (b/b) (*Chambers. Sports Factf.*,2005, 109p.)

**high side** if a player misses a putt on the high side, it means that he or she has allowed too much borrow (golf) (*Chambers. Sports Factf.*,2005, 291p.)

**high stick** in ice-hockey rule violation regarded as » dangerous play, where a player holds a stick above shoulder height (cross-check). The game is restarted with a face-off. (*H.Haag &G. Haag, Dictionary, 2003, 243p.*)

**high stick** raising the stick above shoulder level; a violation (hock.) [6]

**high Ton** a score between 150 and 180 in an 01 game (darts) [6]

**high toss serve** a serve where the ball is thrown high into the air. It increases the spin and deception the player can impart to the serve (t.ten.) (*Chambers. Sports Factf.*,2005, 579p.)

**high-altitude climbing** the activity of climbing mountains over 5,000m (*Dict. of Leis., Trav. and Tour.*, 2008, 148p.)

**high-arched feet** feet in which the arches are unusually high, which may require special support during exercise. Compare **flat feet** (*Dict. of Sp. and Ex. Sc.* 2006, 104p.)

**high-calorie** used for describing food that contains a high number of calories from fat or carbohydrates (*Dict. of Sp. and Ex. Sc.* 2006, 104p.)

**High-crotch move** a takedown move from an outside step in which the opponent's hip strength is neutralized long enough to complete the move (wrest.) [6]

**high-energy** used in marketing to describe foods such as glucose drinks **or** high-sugar items such as honey that can be broken down easily by the body to provide a rapid supply of energy (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**high-fibre** used for describing foods that are rich in dietary fibre and therefore help to maintain a healthy colon (*Dict. of Sp. and Ex. Sc. 2006, 104p.*)

**high-impact** used for describing exercise that puts pressure on the joints by jarring them, as does running on a hard surface (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**high-intensity interval training** interval training in which the bursts of faster exercise are extremely intense, designed to burn fat and build cardiovascular fitness. Abbreviation **HIIT** (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**high-intensity training** exercise that raises the heart rate and works muscles, giving a tiring workout (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**Highland Games** an outdoor meeting at which there are competitions in various traditional Scottish sports such as tossing the caber, in Scottish dancing, and in piping (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**highline** to ski a line toward the crest of a mogul rather than in the trough (freest.) [6]

**high-performance sport** see top-level sport (*H.Haag & G. Haag, Dictionary, 2003, 243p.*)

**high-performance training** in the broadest sense all training within the framework of top-level sport, in a narrower sense the third and last training phase (following basic and build-up training) where producing the best performance is the goal. High-performance training requires scientific foundation and medical supervision. (*H.Haag & G. Haag, Dictionary, 2003, 243p.*)

**high-risk recreation** a leisure activity that involves an element of danger, e.g. hang-gliding, skydiving, bungee jumping and white-water rafting (*Dict. of Leis., Trav. and Tour., 2008, 148p.*)

**high-sticking** a minor penalty which occurs when a player carries his stick above the normal height of his opponent's shoulders and hits or menaces the opponent with it; if injury is caused it becomes a major penalty; if a referee determines that the raising of the stick was unintentional and no contact occurred, it is considered a team infraction, and a face-off is held in the offender's defensive zone (icehok.) [6]

**HIIT** abbreviation high-intensity interval training (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**hike** a strenuous walk (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hiker** somebody who goes for strenuous walks (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hiki wake** a draw. (Judo and karate) (mart.arts.) [6]

**hiking** strenuous walking as a sport (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hiking** movement form which can be practiced in a variety of ways and contributes to physical through the immediate experiencing of nature. Hiking usually consists of walking on nature paths and is organized by hiking clubs, alpine clubs, and nature organizations. (*H.Haag &G. Haag, Dictionary, 2003, 243p.*)

**hiking out, sitting out** in sailing shifting the weight of the crew as far windward as possible, so that the boat sits on a leveled keel. Hiking out is facilitated by hiking straps in the cockpit of dinghies. Some sailboats are equipped with a trapeze where the crew can hike out – in heavy winds even with additional weight or water vests – in order to increase the leveling effect. (*H.Haag &G. Haag, Dictionary, 2003, 243p.*)

**hill walking** walking in hills as a recreation (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hilt** the area of the sword excluding the blade and including the guard, grip, pad and pommel (fenc.) [6]

**hilt** the handle of the sword. It includes the **guard**, and a grip and **pommel** (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**hind foot** one of a horse's back feet (equest.) [6]

**hinder** interference that deprives the opponent of a fair chance to make a shot. There are two types, avoidable and unavoidable (racq.b.) [6]

**hink** playful fighting of two partners who hop on one leg and cross their arms over their chest and attempt to bump the opponent in such a manner that he must touch the ground with the freely held foot. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hip circle** a move on the high bar or the asymmetric bars In which 1ho gymnast performs a circle with the hips touching the bar. When 1h0 hips do not touch the bar, the move is called a **clear hip circle** (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**hip circle** in gymnastics a circle of the body from a standing or support position into the support position or a handstand; starting from an extended position the torso is bent forwards and then extended again. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hip flexor strain** strain in the upper thigh area caused by repeated kicking movements, often suffered by martial artists (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**hip swing** form of torso movement occurring in several sport disciplines, e.g. in wrestling and judo a type of grip with pulling and swinging action starting from the hip (hip throw), in gymnastics a strong forward and backward swinging of the legs while hanging with straight legs. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hip swing throw** throwing technique in handball: the ball is received with both hands, followed by a quick turn around the body's longitudinal axis, and throwing the ball with both hands. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hira basami** a strike in which the first knuckle of the first finger, or the area between the thumb and the first finger, is the striking surface. Literally "tiger's mouth." (mart.arts.) [6]

**hit** a shot which strikes an opponent's stone (curl.) [6]

**hit** a stroke that sends the ball into the field of play and allows the batter to reach at least first base safely (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**hit** a swinging movement of the stick toward the ball. See also flick; push; scoop (hock.) [6]

**hit** in many sport disciplines necessary sport motor skill which predominantly requires good hand-eye coordination: in some ball games moving a ball by hand, arm (e.g. in volleyball), fist (e.g. in fistball), or a » racquet or » bat (e.g. in baseball, golf, cricket, rounders, badminton, tennis, ping pong, squash), which is possible in a variety of technical variants; in combat sports (e.g. boxing, karate) punching the opponent with hand or fist. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hit** the action of striking the opponent with the point of the sword, in epee or foil; a cut, in sabre. As a verb, to make a hit (fenc.) [6]

**hit** to propel the ball across the pitch surface. The hands are gripped near the top of the stick (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**hit** to strike a ball, puck or similar object (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**hit and roll** see chip and roll (curl.) [6]

**hit on the rise** to play the ball before it has reached the highest point of its bounce (ten.) [6]

**hit the wall** to reach a point at which no more can be done or achieved, e.g. a state of total exhaustion during a marathon ru (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**hit wicket** when a batsman strikes the stumps with his bat or part of his body and dislodges the **bails**, and is thus out (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**hit-and-run** a tactical manoeuvre where a **baserunner** at first base begins to run as soon as the pitcher begins to throw the ball, expecting the hitter to put the ball in play. The aim is to allow the baserunner more time to advance safely and to force **infielders** to move out of position (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**hitch** delay in forward movement of the swing leg during the hop in skipping (*Dict.of sp.and Ex.Sc.1991, 71p.*)

**hitch kick** a long-jumping technique in which an athlete moves his or her legs in the air as if he or she is running (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**hitch-hike** to travel by hitching lifts from drivers (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hitch-hiker** somebody who travels by hitching lifts from drivers (*Dict. of Leis., Trav. and Tour., 2008, 149p.*)

**hit-in** the method of re-entering the ball in play after it has gone over the sidelines, or the goal line when it was last touched by a defender. The player throws the ball in the air and hits it with the heel of the **caman** (shinty) (*Chambers. Sports Factf.,2005, 509p.*)

**hitter** same as **batter** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**hitter** a player of a sport who can hit the ball well (*Dict. of Sp. and Ex. Sc. 2006, 105p.*)

**hockey** **1.** an outdoor sport played on grass between two teams of eleven, using wooden sticks with curved ends, the aim being to hit a small hard ball into the opposing goal **2.** US same as **ice hockey** (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hockey** the throw line (darts) [6]

**hockey** see ice-hockey, » field hockey, » indoor hockey or inline hockey. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**hog** a stone that doesn't reach the hog line (curl.) [6]

**hog** a stone that fails to reach the **hog line** (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**hog line** a line, 21 feet from the tee, that marks the minimum distance the stone must travel. if it doesn't pass the hog line, the stone is removed from play (curl.) [6]

**hog line** the hog line is marked 10m/33ft from the **hack** and 6.4m/21ft from the **tee**. Only when the stone passes the hog line is it considered in play. If it fails to reach the hog line it is removed from play (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**hold** to lift or carry the ball, place the hand over or under it, or press it beneath the water (w.polo) [6]

**hold** when a boxer holds his opponent, he clutches him so that punches cannot be thrown (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**hold serve** to win a game in which the player is serving (ten.) [6]

**hold serve** to win one's own **service game** (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**hold the throw** to win a leg in which you threw first (darts) (*Chambers. Sports Factf.,2005, 213p.*)

**hold water** a command from a coxswain to the oarsmen to place their blades horizontally in the water to slow the shell quickly (row.) [6]

**holding** a minor penalty which occurs when a player grabs and holds onto an opponent (or his stick) with his hands or arms to impede the opponent's progress (icehok.) [6]

**holding** in some sports, the illegal use of the arms to hold or obstruct an opponent (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**holding** the offence of illegally grasping an opponent with the hands (Am f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**holding the puck** see falling on the puck (icehok.) [6]

**hole** **1.** (*in golf*) a small round cavity or cup on a green into which the ball is bit **2.** a part of a golf course that consists of a tee, a fairway, and a green with a hole and is a basic element in scoring. A golf course usually has 18 holes. ■ to hit or drive a ball into one of the holes of a golf course (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hole** a deep, depressed area created where most of the skiers land after an air bump (freest.) [6]

**hole** the space between the midfielders and the attackers where attacking midfielders play (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**hole guard** the defensive player who takes a position in front of his or her own goal in order to guard the opposing center forward (w.polo) [6]

**hole man** see center forward (w.polo) [6]

**hole out** if a batsman holes out, he is out caught (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**hole out** to successfully put the ball into the hole (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hole set** see center forward (w.polo) [6]

**holiday camp** a permanent facility where people spend holidays in cabins and enjoy organized entertainment and sport (*Dict. of Leis., Trav. and Tour., 2008, 150p.*)

**holiday centre** a town or area which is popular for holidays (*Dict. of Leis., Trav. and Tour., 2008, 150p.*)

**holiday home** a small house or flat, used by a family for their holidays (*Dict. of Leis., Trav. and Tour., 2008, 150p.*)

**holiday village** a specially built village of small houses for holidaymakers, usually on the sea or near a lake or river (*Dict. of Leis., Trav. and Tour., 2008, 150p.*)

**holistic** used for describing a medical treatment that takes account of someone's mental and personal circumstances, in addition to their physical symptoms (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hollow ball** inflatable rubber ball filled with air which is covered by leather, plastic, etc. A hollow ball is the playing equipment in numerous team games and is also used as one hand apparatus in rhythmical callisthenics. The rules of the individual sport disciplines prescribe weight, size, material, etc. of the ball. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**home** in many games, the place or point that must be hit in order to score or reached in order to be safe from attack (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home base** same as **home plate** (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home court advantage** the notion that playing before the home crowd is advantageous to performance because of fan support. Thought to be a function of heightened arousal and assertiveness or instrumental aggression (*Dict. of sp. and Ex. Sc. 1991, 71p.*)

**home exercise programme** a general fitness plan using basic equipment, devised for elderly people or people confined to the home through illness or injury (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home game** a match played at the team's own ground (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home game** game that takes place on the team's own grounds as part ) of a championship round or cup competition (away game). The team playing a home game (home team) is generally favoured to win the game on the basis of stronger fan support. Therefore, it is usually advantageous in cup games to play the away game first, so that the competition, which is decided on the basis of the combined score of home and away games, can then be won in the subsequent home game with the addition of fan support. (*H.Haag &G. Haag, Dictionary, 2003, 244p.*)

**home gym** a set of exercise equipment at a person's house, often comprising an exercise bicycle and rowing machine as well as free weights (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home plate** the plate over which the pitcher aims the ball, and to which the batter must return in order to score a run (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**home plate** (*in baseball*) a flat slab marking the area over which a pitcher must throw the ball for a strike and on which a base runner must land in order to score. Also called **home base** (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home run** a **hit** that goes far enough to allow the batter to make a complete circuit of all four bases, especially any hit that lands beyond the **outfield** fence between the **foul poles** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**home run** (*in baseball*) a hit that allows a player to make a circuit of all four bases and score a run, usually by hitting the ball out of the playing area (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**home straight** the final straight on a lap, the approach to the finish line (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**home team** the team in whose arena the game is being played; the team wearing the lighter uniforms (icehok.) [6]

**home trainer** term for exercise equipment which makes specific fitness training at home possible. Today's range of home trainers available on the commercial market ranges from numerous variants of standing bicycles (ergometry) to computer-controlled strength training machines. Their value has become more significant, since they enable a broad sector of the population to complete the necessary minimal training for maintaining health and well-being. (*H.Haag &G. Haag, Dictionary, 2003, 245p.*)

**homework** assignment for completion outside the formal instructional setting to provide extra time, practice, and opportunity to develop age-appropriate cognitive, fitness, and motor development (*Dict.of sp.and Ex.Sc.1991, 71p.*)

**homologation** **1.** in automobile and motorcycle racing regulations determined by international federations, which prescribe that a car model used in a sport competition has to be built in certain numbers in order to be classified as a series or special series vehicle. The vehicles have to belong to the same production series, have to be built in the same manner, and are required to have the same equipment and chassis. Every homologized car receives a test certificate (homologation papers), by means of which each model can be identified. **2.** in skiing, accepting a ski run for official competition in slalom, giant slalom, super giant slalom, and downhill with an approval of the international ski federation (» skiing). (*H.Haag &G. Haag, Dictionary, 2003, 245p.*)

**honking** pedalling whilst standing up out of the saddle. Usually used to achieve greater power or to rest the legs while climbing (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**honour** if a player has the honour, he or she has the right to tee off first as the last player to win a hole (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hood the clubhead** to decrease the **loft** on the club by pressing the hands forward; this will make the ball fly at a lower trajectory than normal (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hoods** the covers of the brake levers on a road bike. Riders sometimes ride with their hands 'on the hoods' to give an alternative, more comfortable position to riding on the drops (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**hook** a grip in which the lifter wraps the thumbs around the bar with the index and second fingers on top of the thumbs (weightl.) [6]

**hook** to block a following rider by moving the back wheel to the side (cycl.) [6]

**hook** a short punch in which the boxer swings from the shoulder with the elbow bent, bringing the fist to the centre from the side (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**hook** an attacking stroke played with a horizontal bat sending the ball from shoulder height or above onto the **leg** side behind the wicket (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**hook** if a player hooks the ball, he or she mishits it so that it inadvertently moves in the air from right to left (for a right-handed player), or from left to right (for a left-handed player); compare **slice** (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hook** if a rider hooks, he or she deliberately moves the rear wheel of the bike to the side to force the rider behind to slow down (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**hook** special form of ball technique in several sport disciplines: **1.** in bowling a throwing technique which initially gives the ball a straight path, followed by a curved path during the second half of the

ball's travel on the lane. **2.** in golf a stroke that curves away in the direction opposite to the stroke hand. **3.** in basketball » hook shot. (*H.Haag &G. Haag, Dictionary, 2003, 245p.*)

**hook** the catching of an opponent's mallet, below the level of the horse's back, in mid-shot or pass (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**hook** the curved trajectory of a ball due to spin imparted on it by a kicker, such as in a banana kick (f/b) [6]

**hook** **1.** (*in boxing*) a short blow to an opponent delivered with a swing and a bent arm **2.** (*in cricket*) a shot with the bat held parallel to the ground that sends the ball towards the leg side **3.** the act of using an ice hockey stick to prevent another player from moving freely ■ **1.** (*in boxing*) to deliver a sharp curving blow to an opponent, using a curved or bent arm **2.** (*in rugby*) to kick the ball backwards out of a scrum to the scrum half **3.** (*in cricket*) to strike the ball towards the leg side with the bat held parallel to the ground (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hook check** a sweep of the stick low to the ice to take the puck from an opponent's stick (icehok.) [6]

**hook serve** in volleyball serve played sideways from a standing position. The serving player stands sideways with respect to the net and swings the arm pointing away from the net from behind and low to forward and high in order to hit the ball, which is thrown up in front of the head, with a slight tilting movement in the wrist. This action creates a strong spin on the ball. The hook serve is rarely played in competitions. The sideways Japanese serve is similar, but performed with a smaller wind-up movement, less deceleration of the hitting movement, and central hitting of the ball (no spin). (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hook shot** special technique for shooting a basket in basketball, where the player faces the basket with one side of his body in a one-legged jump and makes an attempt to throw the ball into the basket in a curved shot above the head with the hand that faces away from the basket. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hook shot** a shot made by a player from side-on to the basket by making a curving motion with the farther-away arm (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**hook steer** to steer the sled by hooking a toe under a kufen and lifting it. The sled will tend to turn in that direction (luge) [6]

**hooker** the forward who binds between the two **props** in a scrum; wears the number 9 shirt (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**hooker** the **front-row** forward who specializes in using feet to move the ball back in a **scrum**, and usually the player who throws the ball in at a line-out; wears the number 2 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**hooker** (*in rugby*) a front row forward who hooks the ball out of the scrum (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hooking** a minor penalty which occurs when a player attempts to impede the progress of another player by hooking any part of the opponent's body with the blade of his stick; an illegal use of one's stick (icehok.) [6]

**hooking a tip** in alpine skiing term for a competitors fault: usually the inside ski is too close to the gate and passes on the wrong side of the gate, thereby not crossing the imaginary line between the two gates, which results in disqualification. Often hooking a tip results in a fall. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hooks** the curved portions of down-turned handlebars (cycl.) [6]

**hooligan** an aggressive young man, especially one acting as part of a group, who commits acts of vandalism and violence in public places (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hooliganism** acts of vandalism and violence in public places, committed especially by youths. Sport has been dogged by incidents of hooliganism, as it attracts large gatherings of young people and inspires strong emotions. (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**hoop** the hard, circular part of the basket, from which a net is suspended (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**hoop** see hand apparatus in rhythmical calisthenics. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hop** the first stage of the triple jump (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**hop, step, jump** same as triple jump (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**hopper** a container that holds large quantities of tennis balls (ten.) [6]

**hopping** the locomotor pattern wherein the body is projected from the floor by one leg and the landing is on the same leg, while either stationary or traversing a distance (*Dict.of sp.and Ex.Sc.1991, 71p.*)

**hopping** one of the basic movement forms of callisthenics. During the hop one lands on the take-off leg again before taking off from the other leg. The arms are swung strongly upwards. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**horizontal bar** 1. a metal bar fixed in a horizontal position and used for gymnastic exercises 2. a competitive gymnastics event involving feats of skill and strength on the horizontal bar (*Dict. of Sp. and Ex. Sc. 2006, 106p.*)

**horizontal stabilizer** an airfoil-shaped surface that's mounted above the rear of the hull (wat.motorsp.) [6]

**horn** the curved area at the front of a kufen (luge) [6]

**horse** same as **vaulting horse** (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**horse racing** gallop racing and » harness racing. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**horse racing** a sport in which horses ridden by jockeys race against each other, usually with spectators and others betting on the result (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**horseback** on horseback riding a horse (*Dict. of Leis., Trav. and Tour., 2008, 151p.*)

**horseriding** the practice of riding on horseback for recreation or as a sport (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**horse-riding** the activity of riding horses for pleasure (*Dict. of Leis., Trav. and Tour., 2008, 151p.*)

**hosel** the socket for the shaft in the **clubhead** (golf) (*Chambers. Sports Factf.,2005, 291p.*)

**hot corner** the position of third baseman (where the fielder has least time to react to balls hit in his direction) (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**hot dog skiing** the original name for freestyle skiing (freest.) [6]

**hot-air ballon** a very large ballon which rises into the air as the air inside it is heated, with people traveling in a basket attached under-neath (*Dict. of Leis., Trav. and Tour., 2008, 152p.*)

**hot-dog** a person who performs showy manoeuvres, such as spins and turns, while surfing (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**house** the scoring area, which is marked by a circle, 12 feet in diameter, that contains three smaller concentric circles (curl.) [6]

**house** the target, a set of three concentric rings on the ice with the **tee** in the centre. The house is 3.66m/12ft in diameter. Stones must sit within the house to score (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**how's that, howzat** the appeal of the fielding side to the umpire to give the batsman out (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**HR** abbreviation heart rate (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**huddle** a gathering together of players on the field between plays to call instructions for the forthcoming play (Am. f/b) (*Chambers. Sports Factf.,2005, 15p.*)

**hull** the main body of any water-going vessel, including canoes and kayaks (canoe) [6]

**hull** the skin of a racing boat, which is usually made of carbon fiber, fiberglass, wood, or some combination of these (row.) [6]

**hull** the structural frame or body of a boat (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**hunt riding** discipline of equestrian sport which emerged from the "parforce" hunting of live game and is now organized as an event by riding clubs. Hunt riding is practiced on a prepared course 8-25 km long with 12,15 fixed obstacles each with a height of approx 90 cm. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hunt seat** a category of horsemanship for English riders, based on riding across country and jumping, as in foxhunting (equest.) [6]

**hunter chase** a **steeplechase** for amateur riders riding horses that have been used in hunting (equest.) (*Chambers. Sports Factf.*,2005, 347p.)

**hunting stock** a broad band worn around a dressage rider's neck as a substitute for a necktie or choker (equest.) [6]

**hurdle** one of a number of light barriers over which runners have to jump in some athletics events ■  
**1.** to run in an athletics event in which hurdles must be jumped **2.** to clear a hurdle in a race (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**hurdles** running disciplines of track and field, where hurdles positioned in regular distances must be crossed. Today's standard races are 110m and 400 m for men and 100 m and 400 m for women. (*H.Haag &G. Haag, Dictionary, 2003, 246p.*)

**hurdles** an athletics event in which runners have to race to clear a series of light barriers (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**hurdling** racing over hurdles over distances of between two to three and a half miles. The hurdles are a minimum of three and a half feet high and are more flexible than fences (equest.) (*Chambers. Sports Factf.*,2005, 347p.)

**hurdling** the activity of jumping over hurdles (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**hurling** an Irish field sport resembling hockey and lacrosse that is played with broad sticks and a leather ball that is passed from player to player through the air (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**hurry-up offense** an offensive strategy involving taking the minimum time to huddle and line up between plays; see **no-huddle offense** (Am f/b) (*Chambers. Sports Factf.*,2005, 15p.)

**husky sledging** the sport of riding on sledges pulled by huskies (*Dict. of Leis., Trav. and Tour.*, 2008, 155p.)

**hybrid figure** a combination of various body positions and transitions with parts of figures (synchr.swim.) [6]

**hydrodynamics** branch of fluid dynamics that deals with the effects of water on objects moving through water (*Dict.of sp.and Ex.Sc.1991, 72p.*)

**hydrofoil** a wing-like structure that raises part or all of a powerboat's hull out of the water (wat.motorsp.) [6]

**hydroplane** a powerboat designed so that the prow and much of the hull lift out of the water at high speeds, decreasing drag and therefore increasing speed. As a verb, to skim along the surface of the water (wat.motorsp.) [6]

**hydropoeisis** the production of sweat by the body (*Dict. of Sp. and Ex. Sc. 2006, 107p.*)

**hydrotherapy** a type of physiotherapy where the patients are put in hot baths or are encouraged to swim (*Dict. of Leis., Trav. and Tour., 2008, 155p.*)

**hydrotherapy** the treatment of disease by the external use of water, e.g. by exercising weakened limbs in a pool (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hydrotic** used for describing a substance that increases the body's production of sweat (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperactive** having hyperactivity (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperactivity** higher degree of inappropriate or excessive motor activity than is common for a specific age group. Commonly accompanied by immature emotional behavior and inability to focus attention. Also called *hyperkinesis*. Compare hypokinetic (*Dict. of sp. and Ex. Sc. 1991, 72p.*)

**hyperactivity** a condition in which someone is unusually active, restless and lacking the ability to concentrate for any length of time (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperbaric chamber** a pressurised chamber used for treating decompression sickness in divers (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperextension** the continued extension at a joint that is beyond the normal limit of motion for that joint (*Dict. of sp. and Ex. Sc. 1991, 72p.*)

**hyperhydrosis** excessive sweating (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperkinesia** a condition in which there is unusually great strength or movement (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperkinesis** see *hyperactivity* (*Dict. of sp. and Ex. Sc. 1991, 72p.*)

**hyperkinetic** used for describing a joint that allows too much movement as a result of loose tendons (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperlordosis** excessive forward curvature of the lower part of the spine (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hypermobility** excessive mobility at a joint caused by looseness of the ligaments (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperresponsive** used for describing the airways of athletes that are quick to respond to different air conditions by dilating or constricting (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hyperthermia** unusually high body temperature, especially when induced for therapeutic reasons (*Dict. of Sp. and Ex. Sc. 2006, 108p.*)

**hypertonia** an increased rigidity and spasticity of the muscles (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypertonic** 1. used for describing a solution that has a higher osmotic pressure than another specified solution 2. used for describing a muscle that is under unusually high tension (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypertrophic obesity** classification of obesity characterized by a normal number of enlarged fat cells (*Dict. of sp. and Ex. Sc. 1991, 73p.*)

**hypertrophy** growth in a tissue or an organ through an increase in size of tissue elements, not cell number (*Dict. of sp. and Ex. Sc. 1991, 73p.*)

**hypertrophy** an increase in the number or size of cells in a tissue (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hyperventilate** to breathe unusually deeply or rapidly because of anxiety or disease and in excess of the body's requirements, causing too much loss of carbon dioxide (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hyperventilation** prolonged, rapid, and deep breathing that is not consistent with normal breathing patterns (*Dict. of sp. and Ex. Sc. 1991, 73p.*)

**hypervitaminosis** excessively high intakes of vitamins, which can be toxic in large doses (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypnotherapy** the use of hypnosis in treating illness, e.g. in dealing with physical pain or psychological problems (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypokinesia** a decrease in the ability of the heart to contract, usually caused by a heart attack and resulting in sluggish circulation (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypokinetic** lack of motor response. Lethargy, or responsiveness. Compare *hyperactivity* (*Dict. of sp. and Ex. Sc. 1991, 73p.*)

**hypokinetic disease** illness caused by or associated with a lack of physical exercise, such as cardiovascular disease, obesity, and osteoporosis (*Dict. of sp. and Ex. Sc. 1991, 73p.*)

**hypotenuse shot** a shot that travels from a rear corner of the court diagonally to the opposite front corner (racq.b/) [6]

**hypoventilate** to breathe in an unusually slow and shallow way leading to a dangerous build-up of carbon dioxide in the blood (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

**hypovitaminosis** an unhealthily low intake of vitamins (*Dict. of Sp. and Ex. Sc. 2006, 109p.*)

## I

**ICC** International Cricket Council (crick.) (*Chambers. Sports Factf., 2005, 173p.*)

**ice climbing** the sport of climbing ice formations such as glaciers, using specialist equipment (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice hockey** a game played on ice by two teams of six skaters. Points are scored by hitting a rubber disc (puck) into the opposing team's goal with a long flat-bladed stick. (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice pack** an ice-filled cloth or bag held against an injured part of the body to ease pain or reduce swelling (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice rink** a special area of ice for ice skating or playing ice hockey. Also called **skating rink** (*Dict. of Leis., Trav. and Tour., 2008, 156p.*)

**ice rink** an area of frozen water used by ice-skaters, ice-hockey players and curlers, especially an enclosed prepared surface (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice sailing** winter sport practiced with devices similar to sail-boats, which are mounted on iron ice-runners, on frozen lakes or rivers. Ice sailing originated in the Netherlands and has been practiced in the form of regattas since 1929 (triangle course with equal sides - 5 km side length; or windward-leeward course - 1 to 5 km length). Ice spurs on the sailor's shoes help during the start and for braking. In ice sailing velocities of over 100 km/h can be reached. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice skate** a boot with a sharp blade for sliding on ice (*Dict. of Leis., Trav. and Tour., 2008, 156p.*)

**ice skating** the sport or activity of skating on ice with skates fitted with blades (*Dict. of Leis., Trav. and Tour., 2008, 156p.*)

**ice skating** collective term for sports practiced on natural or artificial ice: figure skating and speed skating. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice skittles** winter sport similar to » curling, where the players attempt to bring the skittles, which hang down from a holding device, to fall by means of hitting them with the grip of the curling stones. The line-up of the skittles and the scoring correspond to those used in » bowling. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice speedway** see speedway races. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice sport** collective term for all sports and games practiced on ice: curling, ice-hockey, figure skating, speed skating, ice sailing, ice speedway, and ice surfing. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice surfing** see windsurfing. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice therapy** the application of an ice pack to an injured part of the body to reduce swelling or relieve pains (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice time** the amount of time that the player is on the ice during a game when the clock is running (icehok.) [6]

**ice track** sport facility with measurements varying depending on the type of ice sport practiced on the track. One differentiates between natural and artificial ice tracks and high-altitude and low-altitude ice tracks. In bobsledding and luge, ice tracks are inclined channels that feature straights and curves. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**iceberg profile** the tendency of elite athletes to suffer from generally increased energy and lower levels of stress, anger and depression than others (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ice-hockey** fast team game played on ice skates (mainly by men, recently also by an increasing number of women), where the aim is to hit a hard rubber puck using a stick as often as possible into the opponent's goal and to prevent the opponent from scoring in the same manner. (*H.Haag &G. Haag, Dictionary, 2003, 251p.*)

**ice-skates** special boots, at least ankle-high, with a sharp-edged steel blade attached underneath its sole, which makes movement on ice possible. Ice-skates represent sporting equipment in ice-hockey, figure-skating, and speed-skating. (*H.Haag &G. Haag, Dictionary, 2003, 255p.*)

**icing** a violation which occurs when the team in possession of the puck shoots it from behind the red center line across the opponent's goal line into the end of the rink (but not into the goal) and a member of the opposing team touches it first; results in a face-off in the offender's defensive zone; a shorthanded team cannot be called for icing (icehok.) [6]

**icing** shooting or directing the puck from behind the red line (in the NHL) or from the defensive zone (in amateur hockey) so that it crosses the opposition's goal line and is first touched by an opposing player other than the goaltender. Play resumes with a faceoff in the offending team's defensive zone. It is not icing if the puck passes through the goal crease or if the team is short-handed (icehok.) [6]

**icing (the puck)** when a player ices the puck, he or she shoots it from their side of the red line to beyond the opposing team's goal line. Play is stopped, and a face-off takes place in the offending team's zone on the face-off spot nearest to where they last touched the puck (this does not apply if the offending player's team is short-handed) (icehok.) (*Chambers. Sports Factf.,2005, 361p.*)

**ICSSPE** abbreviation for International Council of Sport Science and Physical Education. (*H.Haag &G. Haag, Dictionary, 2003, 255p.*)

**ideal body weight** a healthy weight for a person based on a formula such as body mass index (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**ideomotor principle** the historic notion that any idea that dominates the mind finds its expression in the muscles (*Dict.of sp.and Ex.Sc.1991, 74p.*)

**IEP** see individualized education program (*Dict.of sp.and Ex.Sc.1991, 74p*)

**IF** abbreviation information feedback (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**IFAB** International Football Association Board - the organization consisting of 4 British soccer organizations and FIFA that approves all changes in the official international rules of soccer called the 17 Laws (f/b) [6]

**IM** short for individual **medley** (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**immediate care** medical assistance *given* at the scene of an injury (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**immobilise** to test a joint or keep the parts of a fractured limb fixed in place so that they are unable to move (*Dict. of Sp. and Ex. Sc. 2006, 110p.*)

**immoderate** going beyond -what is healthy, moral, appropriate or socially acceptable (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**impact** **1.** a collision of one object against another **2.** the effect that something or someone has (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**impact force** a force that is a result of colliding with another body, e.g. when a runner's foot hits the ground. Compare **active force** (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**impassible** not susceptible to or not capable of feeling physical pain or injury (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**impeding** hindering the movement of an opposing player who does not have possession of the ball (w.polo) [6]

**impulse** **1.** a message transmitted by a nerve **2.** a sudden feeling of wanting to act in a specific way (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**in** (*in sports such as cricket and rounders*) used for indicating that a sports team or player is batting (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**in** descriptive of a good shot that lands in the opponent's court (ten.) [6]

**in** descriptive of the second nine holes of the course, since the golfer is generally moving in toward the clubhouse when playing those holes. See also out (golf) [6]

**in bounds** the region of the field inside the sidelines and end lines (f/b) [6]

**in bounds** when a ball is within the boundaries of the field, having not completely crossed a sideline or goal line (f/b) [6]

**in lap** the lap done before a driver makes a **pit stop** (motorsp.) (*Chambers. Sports Factf.,2005, 414p.*)

**in line** descriptive of an extended sword arm that threatens the opponent (fenc.) [6]

**in play** the ball is in play as soon as the player has made a stroke in the teeing ground. It remains in play until the player has holed out, except when it goes out of bounds, is lost, is lifted, or is replaced by another ball in accordance with the rules (golf) [6]

**in play** when a ball is within the boundaries of the field and play has not been stopped by the referee (f/b) [6]

**in quartata** a ta an attack made with a sidestep (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**in shape** having a healthy and attractive physique (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**in the hole** if a batter is in the hole, he is scheduled to bat two places after the current batter; compare **on deck** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**in the leather** descriptive of a ball that lies no farther from the hole than the length of the leather wrapping on the player's grip. In friendly competition, players often agree to concede such putts (golf) [6]

**in the net** said of the goalie, as in, "Dominik Hasek is in the net tonight." (icehok.) [6]

**in the paint** being in the foul lane area which is painted a different colour (b/b) [6]

**in the paint** descriptive of a location in the free throw lane, because it's painted a different color from the rest of the court (b/b) [6]

**in turn** rotation applied when the curler turns the elbow inward upon release. Clockwise, for a right-handed curler (curl.) [6]

**Ina Bauer** a move similar to the **spread eagle** but performed with a bent knee and the other leg stretched out behind. Named after the German skater Ina Bauer who first performed it (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**inactivity** a lack of activity (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**inboard** descriptive of anything located entirely within the hull; often shorthand for an inboard motor or a boat powered by an inboard motor (powerb.) [6]

**inboard** the distance from the end of the oar's handle to the portion of the button that touches the oarlock (row.) [6]

**inboard motor** a motor that's mounted entirely inside a boat's hull (powerb.) [6]

**inbound** to pass the ball on a throw-in (b/b) [6]

**inbound** returning to the home country (*Dict. of Leis., Trav. and Tour., 2008, 158p.*)

**inbounds** the area within the end lines and sidelines of the court (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**inbounds** the area within the end lines and sidelines of the court; also the act of bringing the ball into this area by means of a throw-in (b/b) [6]

**inbounds pass** a pass used on the throw-in (b/b) [6]

**incentive** something that encourages or motivates someone to do something (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incidence** the number of sports injuries incurred in a sample population, relative to the amount of time exposed to the risk (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incidental contact** minor, basically inadvertent contact, that is usually ignored by officials (b/b) [6]

**incidental contact** minor contact usually overlooked by officials (b/b) [6]

**incline** a slope or slant (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incline bench press** a bench press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incline chest press** a chest press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incline dumbbell bench press** a dumbbell bench press performed with the top end of the bench slightly raised, so that the body is not parallel with the ground (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incompetence** the inability to perform a particular action (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incompetent** lacking the skills, qualities or ability to do something (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**incomplete pass** a pass that is not caught by a **receiver** (Am. f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**incomplete pass** a forward pass that touches the ground before being caught (f/b) [6]

**incoordination** an inability to control voluntary muscular movements (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**independent sampling officer** an official who oversees the collection of samples from athletes for drug testing. **Abbreviation ISO** (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**indiacca** return game where a feather ball is played with the flat hand across a net, Indiacca can be played outdoors or indoors. Sport equipment is the Indiacca, which has a total height of 23-25 cm and consists of a pear-shaped ball (widest diameter of 6-8 cm) made of leather; in its upper part four stabilizing weights are set to adjust to the prevailing wind and weather conditions. Three 15-16 cm long feathers are fastened at the top of the ball and guide its flight path. Both the weights and the feathers are exchangeable. The total weight of the Indiacca is between 40 and 75 g. Playing field is a level rectangular court which is divided in two halves by a net (height above ground between 1.85 and 2.45

m depending on the number of players). The size of the playing field also depends on the number of players and varies between 10 x 4.5 m and 18 x 9 m. Indiaca can be played as a singles or doubles game or with teams of up to six players each side. Game rules correspond largely to those of volleyball; in the singles event the Indiaca can only be played once each time after it crosses the net, in doubles and team games it can be played three times as in volleyball. Indiaca originates from South America and developed from the Peteka game of Brazil's Indians. The game came to central Europe in the 1930s and is played predominantly as a sport game in school physical education and in leisure-time. There are no official championships. (*H.Haag &G. Haag, Dictionary, 2003, 256p.*)

**indicator** one of two mathematical methods used to determine seedings after early rounds of competition. The first indicator is the ratio of victories to fights. The second indicator is the number of hits scored minus the number of hits received (fenc.) [6]

**indirect** descriptive of an offensive action initiated by disengaging and then passing the blade under or over the opponent's blade (fenc.) [6]

**indirect free kick** a kick awarded to a player for a less-serious foul committed by the opposition; the player kicks a stationary ball without any opposing players within 10 yards of him; a goal can only be scored on this kick after the ball has touched another player (f/b) [6]

**indirect free kick** see **free kick** (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**indirect free kick** ♦ **free kick** (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**individual medley** a swimming race divided into three or four equal parts, in each of which the swimmers must use a particular stroke (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**individual pursuit** a type of race in which the two riders start on opposite sides of the track and chase each other for a distance ranging from 3,000 to 5,000 meters. If one rider catches up to the other, the race is over. If not, the rider with the fastest time wins (cycl.) [6]

**individual skill** a skill that is performed without interacting with others or the environment, e.g. throwing a javelin (*Dict. of Sp. and Ex. Sc. 2006, 111p.*)

**individual sport disciplines** term for all sport disciplines where the performance is delivered by one athlete alone (without the support of a partner or a team). Examples of individual sport disciplines are: track and field events, swimming, gymnastics, and weight-lifting. The only factor influencing performance, apart from the individual desire to perform and the athlete's ability, can be the competitive situation (e.g. in the track and field running disciplines). (*H.Haag &G. Haag, Dictionary, 2003, 256p.*)

**indolent** used for describing a disease or condition that is slow to develop or be healed, and causes no pain (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**indoor pool** a swimming pool which is indoors and usually has heated water (*Dict. of Leis., Trav. and Tour., 2008, 159p.*)

**ineffective anticipation** reaction to an anticipated stimulus before it is actually given, resulting in a mistake or violation of game rules (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inertia** a lack of activity in the body or mind (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inferior** used for describing a body part that is situated in the lower half of the body (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**infield** the area enclosed by a course. Often used for spectator seating at major races (autosp.) [6]

**infield** the part of the playing area enclosed within the **baselines** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**infielder** any fielder positioned around the infield, ie the first baseman, second baseman, third baseman or shortstop (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**infighting** boxing at very close quarters so that punches using the full reach of the arm cannot be thrown (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**inflame** to become, or make body tissue become, red and swollen in response to injury or infection (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inflamed** sore, red and swollen (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inflammation** the fact of having become sore, red and swollen as a reaction to an infection, an irritation or a blow (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**information feedback** feedback given by a coach on a sporting performance that gives the player information about what to do to improve. *Abbreviation IF* (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**infringement** a failure to obey a regulation or rule (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**in-goal** the area between the goal line and the **dead-ball line**, in which a **try** may be scored (rugby L.) (*Chambers. Sports Factf.,2005, 478p.*)

**in-goal** the area between the **goal line** and the **dead-ball line**, in which a **try** may be scored (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**in-goal** the area between the try-line and the dead-ball line (rugby) [6]

**ingrowing** growing or appearing to grow inwards (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inhalation** **1.** the act of breathing in. Opposite **exhalation** **2.** the action of breathing in a medicinal substance as part of a treatment (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inhale** **1.** to breathe in, or breathe something in **2.** to breathe in a medicinal substance as part of a treatment. Opposite **exhale** (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**inhaled drug** medicine in the form of a fine spray that is inhaled, as are some asthma medications (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injure** to hurt someone or a part of the body (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injury** a situation when a player is not capable to continue the game due to physical damage (b/b) [6]

**injury** damage or a wound caused to a person's body (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injury default** a win rewarded to a wrestler when the opponent cannot continue to compete because of an injury. Worth four classification points (wrest.) [6]

**injury management** medical treatment and rehabilitation provided for a sports injury (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injury mechanism** the way in which a casualty sustained his or her injury, e.g. in a fall or collision, which may help with diagnosis and treatment decisions (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injury time** a period during which a match is halted because one of the wrestlers is injured or bleeding. If the wrestler cannot continue within two minutes, the match ends with an injury default (wrest.) [6]

**injury time** extra time added to the end of a half to compensate for time stoppage due to injuries (rugby) [6]

**injury time** see **stoppage time** (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**injury time** time added to the end of any period according to the referee's judgment of time lost due to player injuries or intentional stalling by a team (f/b) [6]

**injury time** extra time allowed at the end of some matches, especially football and rugby, to compensate for time spent attending to injured players during the game (*Dict. of Sp. and Ex. Sc. 2006, 112p.*)

**injury time** in competitive games without » effective playing time (e.g. soccer) time added to the regular playing time due to previous game interruption (caused by the treatment of an injured player, but also by changing weather conditions, etc.). Determining the duration of injury time is entirely up to the referee. (*H.Haag &G. Haag, Dictionary, 2003, 257p.*)

**in-line skates** roller skates that run on little wheels arranged in a line (*Dict. of Leis., Trav. and Tour., 2008, 160p.*)

**inline skating** same as **rollerblading** (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**in-line skating** the sport of going on in-line skates (*Dict. of Leis., Trav. and Tour., 2008, 160p.*)

**inner** a forward who plays in or near the center of the field. See also wing (hock.) [6]

**inning** a turn at batting for each team, lasting until three batters from each are out (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**inning** each of the divisions of a game of baseball or Softball during which each team bats until it makes three outs. Nine innings are standard for baseball and seven for softball, but extra innings are played if the score remains tied. (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**inning** playing period in » baseball and » cricket. (*H.Haag &G. Haag, Dictionary, 2003, 258p.*)

**innings** a team's or individual batsman's turn at batting (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**innings** **1.** (*in cricket*) a team's or batsman's turn at batting **2.** (*in cricket*) the runs scored by a player or team during a turn at batting (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**in-off** an instance of the cue ball going into a pocket, resulting in a foul and one's opponent taking his next shot from the **D** (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**inotropic** having an effect on the force of muscular contraction (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**inrun** the part of a ski jump on which the skier is traveling down the ramp, building up speed for the takeoff (ski.) [6]

**inrun** the portion of the jump in ski-jumping during which the skier travels down the ramp (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**inside** descriptive of the ball closest from the hole, or of the golfer whose ball it is. The opposite of away (golf) [6]

**inside** (*in football, hockey and other sports*) used for describing a position nearer to the centre of the field than another position of the same name (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**inside center** the back who usually wears No. 12. See center (rugby) [6]

**inside centre** the **centre** who plays between the **fly-half** and the **outside centre**; wears the number 12 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**inside edge** the inner of the two edges of the blade of an ice skate. It is further divided into two sections: forward and back (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**inside hand** the hand closest to the oarlock (row.) [6]

**inside kick** shooting technique in soccer: the ball is kicked with the inside of the foot with the tip of the foot pulled up, which makes precise passing over short or medium distances possible. (*H.Haag &G. Haag, Dictionary, 2003, 258p.*)

**inside left** an attacking position on the left side (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**inside leg** leg closest to opponent's body (wrest.) [6]

**inside line** any line on the same side as the sword arm (fenc.) [6]

**inside out** descriptive of a shot hit with sidespin so that it will curve and bounce away from the opponent (t.ten.) [6]

**inside penetration step** see Penetration step (wrest.) [6]

**inside right** an attacking position on the right side (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**inside shooting** shots taken by a player near or under the basket (b/b) [6]

**inside shot** a shot taken from near or under the basket (b/b) [6]

**inside tie-up** a hand-fighting move in which one wrestler locks up his arm inside his opponents arm (wrest.) [6]

**inside water** the position of an attacking player who is in front of a defender and moving toward the goal (w.polo) [6]

**inside-the-park home run** a **home run** scored without the ball travelling beyond the field of play (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**instep drive** a straight shot taken with the instep of a player's foot; usually the most powerful and accurate of shots (f/b) [6]

**instep kick** technique in soccer, where the ball is played with the instep (upper side of the foot). The foot of the kicking leg is extended downward and stabilized during the wind-up phase and for the kick. The following instep kicks are differentiated: full instep kick, e.g. as a shot on goal, outside instep kick as a pass and shot on goal, and inside instep kick for playing long passes, free kicks and corner kicks. Full and outside instep kicks are taken following a frontal approach, the inside instep kick after an approach from the side. (*H.Haag &G. Haag, Dictionary, 2003, 258p.*)

**instruction** something which explains how something is to be done or used (*Dict. of Leis., Trav. and Tour., 2008, 162p.*)

**instructor** a person who gives information or training (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**instructor** somebody who shows how something is to be done (*Dict. of Leis., Trav. and Tour., 2008, 162p.*)

**insufficient parry** a parry that fails to deflect the attacking blade (fenc.) [6]

**inswinger** a ball bowled so as to swerve from **off** to **leg** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**integrated** bringing together processes or functions that are normally separate (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**intellectual disability** (in disabled sport events such as the ParaJympics) a category for athletes with long-term mental impairment, usually classified as having an IQ below 70 (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**intensified run** form of running where the speed is increased step by step up to a maximum, in contrast to tempo runs with stable medium velocity. The intensified run is utilized predominantly for training. It can also be run in a reverse fashion, i.e. the velocity is reduced stepwise from a maximum speed. (*H.Haag &G. Haag, Dictionary, 2003, 258p.*)

**intensity** the strength of something, e.g. pain (*Dict. of Sp. and Ex. Sc. 2006, 113p.*)

**intensity of training** the percentage of VO<sub>2</sub> max or percentage of maximum heart rate that must be maintained during a training session; exercise should be done at a minimum of 60% of heart rate reserve or 65% of maximum heart rate, for an aerobic training effect to occur (*Dict.of sp.and Ex.Sc.1991, 77p.*)

**intentional foul** a foul deliberately committed by a defensive player to stop the clock. In college basketball, the team that was fouled gets two free throw and possession of the ball (b/b) [6]

**intentional grounding** the offence of deliberately throwing the ball to a place where it cannot be caught in order to avoid being **sacked** (Am. f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**intentional grounding** a foul called against a quarterback who purposely throws an incomplete forward pass solely to avoid a sack; cannot be called if the pass lands at or beyond the line of scrimmage (f/b) [6]

**interactive skill** a skill that is performed by interacting with the environment, e.g. hitting a golf ball (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**intercept** to stop or interrupt the intended path of something (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interception** a pass thrown by the **quarterback** that is caught by a member of the defense (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**interception** a pass caught in the air (picked off) by a defender whose team immediately gains possession of the ball and becomes the offense (f/b) [6]

**interchange** a temporary switch of positions by teammates (hock.) [6]

**interdisciplinary** combining two or more different areas or disciplines (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interference** a penalty in hockey called when a player attempts to impede the motion of another player not in possession of the puck (icehok.) [6]

**interference** checking or otherwise impeding the motion of an opponent who is not in possession of or contention for the puck, except immediately after the opponent has taken a shot or made a pass. Incurs a minor penalty (icehok.) [6]

**interlocking grip** a grip in which the left little finger is intertwined with the right index finger, for a right-handed golfer (golf) [6]

**intermediate time** the time it takes a competitor to ski a specific section of the course (ski.) [6]

**intermediate time** in running and racing competitions the time measured at certain distances along a course which an athlete has completed. This intermediate time helps the athlete to adjust his performance capacity and initiate tactical measures. Modern technical developments permit an athlete to receive information regarding the intermediate times of himself and of his competitors, so that he can adapt the tactics during the competition. (*H.Haag & G. Haag, Dictionary, 2003, 259p.*)

**intermediates** tyres that have more grooves and tread than dry-weather tyres, but fewer than wet-weather tyres; used when the weather is changeable (motorsp.) (*Chambers. Sports Factf., 2005, 414p.*)

**intermission** a fifteen-minute recess between periods (icehok.) [6]

**intermission** the 5-minute rest period between periods of a game (f/b) [6]

**intermission** a fifteen-minute recess between each of the three periods of a hockey game (icehok.) [6]

**intermural** involving participants from two or more educational institutions, athletic clubs, or other groups (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**internal** 1. located within or affecting the inside of something, especially the inside of the body 2. between the members of a team (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**internal state** the various internal factors that act on an athlete and affect performance, including mood, mental alertness and level of skill acquisition (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**internaliser** a personality type in which individuals believe that they have a high degree of control over what happens to them. Compare **externaliser** (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**international** 1. a sports contest between teams or players from two or more countries 2. a member of a team representing his or her country in an international event (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**International Olympic Committee** the body that oversees the organisation of the Summer and Winter Olympic Games. Abbreviation **IOC** (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interpersonal** concerning or involving relationships between people (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interpersonal anxiety** fear of how other people will see and judge you, sometimes a factor in athletic performance (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interruption, stop** 1. the temporary stopping of a competition due to injury, weather, technical faults, spectator violence, etc.; the time lost as a result of the interruption is usually added on after the regular playing time has been completed. 2. » time-out. 3. in the artistic sport disciplines (e.g. gymnastics) a

solution of a motor task that is not harmonic (e.g. an intermediate swinging movement between two exercises), which is regarded as a fault and a low-quality presentation (consequence: point deduction). (*H.Haag &G. Haag, Dictionary, 2003, 260p.*)

**interstate** if a batter is 'on the interstate', he has a **batting average** below .100 (the saying comes from the fact that American interstate highways all have two-digit numbers) (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**interval** to alternate between forcing the pace and resting, with the intention of wearing out other riders (cycl.) [6]

**interval Time** the time taken to traverse a specific section of the track (bobsl.) [6]

**interval training** training characterized by periods of intense activity interspersed with periods of moderate energy expenditure; by optimally spacing work and rest periods, an individual can accomplish more total work in a workout supposedly with less fatigue than would occur with a continuous training workout; rest/work intervals will vary according to goals and objectives of the training and which energy systems need to be stressed (*Dict.of sp.and Ex.Sc.1991, 79p.*)

**interval training** training consisting of bursts of intense exercise, with periods of slower, easier exercise in between to give the body time to recover (*Dict. of Sp. and Ex. Sc. 2006, 114p.*)

**interval training** training method for developing and improving endurance; a systematic change of training load and incomplete recovery is its main characteristic (i.e. the physical load is applied again, when heart rate has dropped to only 120-130 beats/min: rewarding break). (*H.Haag &G. Haag, Dictionary, 2003, 261p.*)

**intrinsic motivation** motivation to achieve a goal for reasons of pride, enjoyment and self-worth (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**introverted** referring to someone who thinks only about himself or herself (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**invalid sport** see sport for the handicapped. (*H.Haag &G. Haag, Dictionary, 2003, 261p.*)

**inverse dives** group of dives which are performed from a backward standing position into a forward direction. Since the body turns towards the tower or springboard after take-off, inverse dives are also called dives against the board. Takeoff must be exact to ensure that there is enough space between springboard or tower platform and diver, so that the movement (e.g. twist or somersault) can be executed without a danger of touching the take-off surface. (*H.Haag &G. Haag, Dictionary, 2003, 261p.*)

**inversion** the fact of being turned towards the inside (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**inverted cross** a holding move performed on the rings In q handstand position, with the arms stretched out perpendicular to the body (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**inverted cross** a skill performed on the still rings, in an inverted handstand position, with the arms stretched out perpendicular to the body. See also cross (gymn.) [6]

**inverted rubber** a type of covering for the blade that has a smooth hitting surface on the outside and the surface with pips attached to the blade. It's called "inverted" because it's basically the same covering used on a hardbat, but upside down (t.ten.) [6]

**inverted U theory** (*in performance theory*) a model of arousal levels and their effect on performance, which is optimal when stimulation is of a medium intensity and decreases when arousal is very low or very high (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**invitation** an intentional opening of a line to the opponent's attack (fenc.) [6]

**inward** a dive where the diver starts from a position with his or her back to the water and rotates towards the board (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**inward dive** a dive on which the athlete begins with back to the water and rotates toward the board after takeoff (div.) [6]

**ippon** a full win (Judo and karate) [6]

**ippon** a winning score, awarded for a perfectly executed move (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**ippon** a winning score, awarded for a perfectly executed move, either by throwing the opponent onto his or her back with 'force, speed and control', by holding an opponent for 25 seconds or by gaining submission through a choke hold or armlock (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**ippon** in budo sports term for a whole point. If a competitor scores one Ippon, he has won the fight and is awarded the title Ippon-Gatschi. (*H.Haag &G. Haag, Dictionary, 2003, 261p.*)

**ipsative** using yourself as the norm against which to measure something, e.g. your present performance against your past performance rather than the performance of others (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**irimi nage** an entering throw, in which the attacker's arm lifts the opponent's chin. Also known as the twenty-year throw (mart.art.) [6]

**iron** a club with a metal head. The irons are numbered 1 through 9. As the number increases, the face of the club becomes larger and more lofted. The wedge is also an iron, which has the greatest loft of all (golf) [6]

**iron** a club with a thin metal head (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**iron cross** a trick in which the skier crosses the skis while in the air (freest.) [6]

**iron man** 1. a male athlete with great endurance who takes part in a triathlon or iron man competition  
2. a male bodybuilder (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**iron man competition** a triathlon for men and women that includes competitions in endurance events, usually cycling, swimming and running (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**iron woman** **1.** a female athlete with great endurance who takes part in a triathlon or iron woman competition **2.** a female bodybuilder (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**iron woman competition** an athletic competition for women that includes a variety of sports, e.g. surfing, canoeing, swimming and running (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**irons** stirrups (equest.) [6]

**irrational** lacking the normal ability to think clearly, especially because of shock or injury to the brain (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**Island Games** a multi-sport event, held every two years, in which only athletes from 25 small islands around the world, including Rhodes, Guernsey, Bermuda and Menorca, are invited to take part (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**ISO** *abbreviation* independent sampling officer (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**isokinetic** muscular contraction that occurs at a constant velocity over the full range of motion; tension developed by the muscle while shortening is maximum over the full range of motion; resistance training machines that operate under this principle are also called *accommodating resistance machines*; exercise that operate under this principle are also called *accommodating resistance exercises* (*Dict. of sp. and Ex. Sc. 1991, 81p.*)

**isokinetic training** weight training in which the muscle contracts at a constant speed, requiring specialised equipment (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**isolation training** targeted training of a specific muscle or muscle group in order to remedy a weakness (*Dict. of Sp. and Ex. Sc. 2006, 115p.*)

**isometric** muscular contraction where the tension developed occurs with no change in the length of the muscle (*Dict. of sp. and Ex. Sc. 1991, 81p.*)

**isometric** **1.** involving equal measurement **2.** used for describing muscle contraction in which tension occurs with very little shortening of muscle fibres **3.** used for describing exercises in which the muscles are put under tension but not contracted (*Dict. of Sp. and Ex. Sc. 2006, 116p.*)

**isometric stretching** a form of static stretching in which the muscles are tensed in resistance against a force but do not move (*Dict. of Sp. and Ex. Sc. 2006, 116p.*)

**isometric training** weight training in which the muscle fibres contract but the muscle does not shorten, developing static strength (*Dict. of Sp. and Ex. Sc. 2006, 116p.*)

**isometric training** strength training characterized by static muscle work; only isometric muscle contractions occur, i.e. muscular tensioning without changes in muscle fibre length. The tension or

pressure of the muscle is the only thing varied during isometric training. Opposite: » isotonic training. (*H.Haag &G. Haag, Dictionary, 2003, 262p.*)

**isometrics** a form of exercise in which the muscles are pushed against something fixed or against other muscles to strengthen them (*Dict. of Sp. and Ex. Sc. 2006, 116p.*)

**isotonic** muscle contraction, either concentric or eccentric, against a constant resistance through an entire range of motion (*Dict.of sp.and Ex.Sc.1991, 81p.*)

**isotonic drink** a liquid supplement that has nutrients in the same proportions in which they are normally found in the body (*Dict. of Sp. and Ex. Sc. 2006, 116p.*)

**isotonic training** strength training characterized by dynamic muscle work; only isotonic muscle contractions occur, i.e. muscular tensioning and the force produced remain the same throughout movements. Therefore, only muscle fibre length is varied during isotonic training. Isotonic contractions are the most common muscular activity during movement. Opposite: » isometric training. (*H.Haag &G. Haag, Dictionary, 2003, 262p.*)

**Italian rig** the arrangement of an eight so that bow and stroke riggers are on the same side while the others alternate port and starboard (row.) [6]

## J

**J Stroke** a stroke on which the paddle is turned to act as a rudder, keeping the boat on a straight course without having to shift the paddle to the other side for the next stroke (canoe) [6]

**jab** to poke continually at the ball in an attempt to make the attacking player lose possession (hock.) [6]

**jab** a straight punch thrown with the **lead** hand (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**jab** to make a short fast punch at an opponent, e.g. in boxing (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jack** the small, usually white (although sometimes yellow) object ball; in crown green bowls it has a bias (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**jack high** a bowl that is jack high is level with the **jack**; this term is now officially obsolete (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**Jack Manders** same as field goal. (Jack Manders was a field goal kicker for the Chicago Bears back in the 1930s, so this term is pretty much dated.) (bowl.) [6]

**jai alai** a form of pelota. In the Basque language jai alai means 'merry festival' (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**Jai Alai** a version of the game pelota, for two or four players (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jam** see dunk (b/b) [6]

**jam** the act of twisting a part of the body (fist, hand, foot or finger) in a crack to secure it (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**jam** to hit the ball at or near the opponent's body, forcing an awkward or weak return (ten.) [6]

**jam serve** a serve directly at the returner's body (racq.b) [6]

**jar** lack of smooth action in the bow after release (arch.) [6]

**javelin** a throwing event in which an athlete throws a pointed metal pole (weighing 800g for men and 600g for women) as far as possible from over the shoulder while running at speed (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**javelin** throwing discipline in track and field, where the javelin (a spear) is thrown as far as possible following a run-up. (*H.Haag &G. Haag, Dictionary, 2003, 262p.*)

**javelin** 1. a long thin piece of wood, plastic or metal with a pointed end, thrown in field competitions  
2. an athletics event in which the contestants compete to throw a javelin as far as possible (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jaws** the jaws of a pocket are the corners of the **cushion** (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**jerk** 1. a sudden movement of part of the body which indicates that the local reflex arc is intact 2. ♦ **clean and jerk** (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jerk** the second phase of the clean and jerk movement that follows the **clean** and has the weightlifter lifting the bar from the shoulder to above the head with straightened arms (weightl.) (*Chambers. Sports Factf.,2005, 628p.*)

**jerks** ♦ **physical jerks** (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jersey side** same as Brooklyn side (bowl.) [6]

**jet turn** see alpine skiing. (*H.Haag &G. Haag, Dictionary, 2003, 264p.*)

**Jeux de la Francophonie** a multi-sport event, held every four years, in which only athletes from French-speaking countries around the world, e.g. France, Canada and parts of Africa, are invited to take part (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jibe** same as **gybe** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**jibe** sailing manoeuvre where the sail is turned away from the wind which falls in diagonally from behind (i.e. when reaching): by means of laying the rudder the stern is turned through the wind, and the sails are taken to the other side at the same time. Various forms of jibes are also the most important way of changing the moving direction of a windsurfer (e.g. power jibe, duck jibe, arial jibe). (*H.Haag &G. Haag, Dictionary, 2003, 264p.*)

**jigger** an obsolete iron that had a narrow blade and approximately the loft of a modern No. 4 iron (golf) [6]

**jigger** formerly, an iron with a narrow blade and moderate loft, equivalent to the modern 4-iron (golf) (*Chambers. Sports Factf.*,2005, 292p.)

**jitsu** Japanese word for techniques (mart.art.) [6]

**jiu-jitsu** see jujutsu. (*H.Haag &G. Haag, Dictionary, 2003, 264p.*)

**Jive** dance from the group of Latin-American dances in competitive » dancing performed in 4/4 beat. It originated in the USA from the Boogie-Woogie, was later also danced to rock 'n roll music, and contains no throwing figures in contrast to rock 'n roll dancing. (*H.Haag &G. Haag, Dictionary, 2003, 264p.*)

**jo** a fighting staff, 3 to 4 feet in length, used in several martial arts (mart.art.) [6]

**jock itch** same as **tinea cruris** (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jockey** the rider of a horse in a race (equest.) (*Chambers. Sports Factf.*,2005, 347p.)

**jockey** a rider of racehorses, especially professionally (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jockstrap** an elasticated belt with a pouch at the front, worn by sportsmen to support their genitals or to keep a protective cup in place (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jog** a rather slow run, especially taken for exercise (*Dict. of Leis., Trav. and Tour., 2008, 168p.*)

**jog** to run at a slow steady pace as a fitness exercise ■ a spell of slow steady running for exercise (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jogger** somebody who jogs for exercise (*Dict. of Leis., Trav. and Tour., 2008, 168p.*)

**jogger** somebody who runs at a moderate pace, often over long distances, for exercise ■ **joggers** loose-fitting trousers with an elasticated waist and ankles, used for jogging (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jogging** a fitness or recreational activity that involves running at a moderate pace, often over long distances (*Dict. of Sp. and Ex. Sc. 2006, 117p.*)

**jogging** the activity of running at an easy pace for exercise (*Dict. of Leis., Trav. and Tour., 2008, 168p.*)

**jogging** term created in the USA for recreational running and as a name for the running movement which has had the goal of becoming and staying fit. It is also used as a form of training for endurance events, where the athlete intentionally runs at a relaxed and slow pace. (*H.Haag &G. Haag, Dictionary, 2003, 264p.*)

**jogging track** a track in the grounds of a hotel, health farm, etc., where guests can go jogging, without having to run on the street (*Dict. of Leis., Trav. and Tour., 2008, 168p.*)

**ju** the idea of giving way and using the opponent's momentum against him, rather than opposing force to force. Literally "gentle" in Japanese and the basis of both judo and ju-jitsu (mart.art.) [6]

**judge** an official who rates each dive on a 0-10 scale. At major meets, there are seven judges and the highest and lowest scores are thrown out (div.) [6]

**judge** official responsible for determining the finishing order in a race (dog.rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**judge** one of the three ring-side officials who keep a tally of the number of **scoring hits** during a bout (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**judge** 1. individual who supervises the abiding of the respective rules of a sport competition, measures the performance delivered by the athlete (predominantly in individual sports, e.g. in track and field), or assesses performances by awarding points (e.g. in gymnastics, » judge). The judge is usually a member of a »jury. In team games the judge is called a » referee. 2. judge in sport competitions who undertakes the assessment of a performance by awarding points (» point scoring); a judge giving points is trained specifically, since he must possess precise knowledge of the sport and have the ability to analyze movement. (*H.Haag &G. Haag, Dictionary, 2003, 265p.*)

**judo** a Japanese martial art invented early in the 20th century by Kano Jigoro, based on older styles of ju-jitsu. It has been an Olympic sport since 1964. Japanese for "gentle way" (mart.art.) [6]

**judo** (in Japanese ju= dodge and do = path) budo sport discipline, a combat sport using self-defense techniques where the intention is to make the opponent unable to continue fighting. (*H.Haag &G. Haag, Dictionary, 2003, 266p.*)

**judo** a Japanese martial art in which opponents use balance and body weight with minimal physical effort, to throw each other or hold each other in a lock (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**judogi** the costume (loose-fitting jacket and trousers secured by a belt) worn by a judoka (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**judogi** the judo uniform, a baggy jacket off white or off-white material and loose trousers (mart.art.) [6]

**judoist** same as **judoka** (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**judoka** a person who practises, or is expert in, judo (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**judoka** a practitioner of judo (mart.art.) [6]

**juggling** keeping a ball in the air with any part of the body besides the hands or arms; used for practice and developing coordination (f/b) [6]

**juice** a racing fuel blend (autosp.) [6]

**juice drink** a flavoured drink containing between 6% and 30% fruit juice, water sugar and flavourings (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**juji-gatame** same as armlock (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**jujitsu** a Japanese system of unarmed fighting devised by the samurai, or the martial art based on it (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**ju-jitsu** an old Japanese martial art, based primarily on the principle of ju. Literally, the "gentle art" in Japanese. Often spelled as one word (mart.art.) [6]

**jujutsu** (jiu-jitsu) Japanese form of self-defense, foundation of all forms of » budo. It emerged from ancient China. However, it was particularly the Japanese knights (Samurai) who were trained in this martial art; its goal was to put the opponent out of action or to kill him by means of throws, levers, strangleholds, punches, pushes, and kicks. In the modern self-defense form of jujutsu one differentiates between "hard" and "soft" techniques. Hard techniques are, among others: punches, pushes, and kicks against body locations sensitive to pain as well as throwing techniques. Soft techniques are, among others: blocking, obstructing, lever and stranglehold techniques, as well as fixation and transporting holds. These techniques should be applied without use of force and violence, the quality of the technique is the main criterion. The individuals practicing jujutsu (Jujutsuko) wear special clothing (Jujutsugi). The ranks are equal to those of other budo sports. Jujutsu plays a role in the training of police and military. In some countries it is organized in the national judo federations. There are no international competitions. (*H.Haag &G. Haag, Dictionary, 2003, 267p.*)

**jules Rimet Trophy** the trophy given to the World Cup winner between 1930 and 1970, after which it was permanently retired (f/b) [6]

**jump** a sudden burst of speed that usually becomes a sprint (cycl.) [6]

**jump** any obstacle that a horse has to jump over or across (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**jump** the final phase of the **triple jump** (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**jump** to start before the signal is given; usually in drag racing (autosp.) [6]

**jump** term for process and result of » jumping, a motor skill that is a part of many sport disciplines: in track and field in the jumping disciplines » triple jump, »long jump, and » high jump; in equestrian in » show-jumping and » equestrian versatility test; in » ski jumping; in » diving (springboard, and tower diving); in » trampoline; in » sport acrobatics. (*H.Haag &G. Haag, Dictionary, 2003, 268p.*)

**jump ball** 2 opposing players jump for a ball an official tosses above and between them, to tap it to their teammates and gain possession; used to start the game (tip-off) and all overtime periods, and sometimes to restart play (b/b) [6]

**jump ball** a ball thrown up between opposing players by an official to restart the game (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**jump ball** a method of putting the ball back into play at the beginning of the game and in various other situations. Two opponents face one another in one of the three restraining circles, the referee tosses the ball up between them, and they try to tip it to a teammate. All other players must remain outside the circle until the ball is touched (b/b) [6]

**jump ball** an action of tossing the ball vertically by the referee between two opposing players to a height greater than either of them would reach in the jump (b/b) [6]

**jump ball** in basketball a form of starting the game at the center circle. The referee throws the ball up in the air vertically between two players. After the ball has reached the highest point the players attempt to tip the ball to one of their team-mates who can be positioned anywhere outside the center circle. A jump ball is also given when a » held ball occurs. (*H.Haag &G. Haag, Dictionary, 2003, 268p.*)

**jump cue** a cue used for making the **cue ball** jump (bilj.) (*Chambers. Sports Factf.,2005, 426p.*)

**jump hook** a hook shot launched while jumping (b/b) [6]

**jump hook** a **hook shot** made while the shooter's feet are off the ground (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**jump jockey** a jockey specially trained to jump horses over fences and ride in steeplechases (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**jump mat** a type of force platform designed specifically for testing jumps (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**jump rope** US same as **skipping rope** (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**jump shot** a shot executed while jumping in the air; compare **running shot** and **standing shot** (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**jump shot** a shot made when the shooter's feet are off the ground (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**jump shot** a shot on which the shooter jumps into the air and releases the ball from above the head, making it difficult to block (b/b) [6]

**jump shot** in basketball, a shot made with one or both hands by a player who is at the highest point of a jump (*Dict. of Sp. and Ex. Sc. 2006, 118p.*)

**jump shot** 1. technique for passing and taking a shot on goal in handball. By jumping off the floor the throwing angle is changed, the distance to the goal reduced, and/or the ball velocity increased. The jump shot can be performed with a high jump (to throw above the defenders' arms) or as a long jump (to reduce the distance to the goal). The ball is released at the highest point of the jump, the player

lands on his take-off leg. **2.** technique for a shot on the basket in basketball: the player takes off with both feet held parallel to each other and throws the ball after a short delay ("hanging") towards the basket, if possible at the highest point of his flight. A jump shot can be taken from a standing position, following a dribbling, or after a pass. (*H.Haag &G. Haag, Dictionary, 2003, 268p.*)

**jump smash** a smash that is hit while the player is jumping into the air (ten.) [6]

**jumper** **1.** a rugby jersey. **2.** the player in a lineout who's responsible for jumping to catch or intercept a throw (rugby) [6]

**jumper** a jump shot (b/b) [6]

**jumper** a player who jumps to win the ball in a **line-out** (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**jumping** the locomotor skill in which the performer takes off on one foot or both feet and after a period of flight lands on both feet simultaneously (*Dict.of sp.and Ex.Sc.1991, 82p.*)

**jumping** short for show jumping (equest.) [6]

**jumping** one of the fundamental forms of human movement, where in contrast to running and walking a larger distance is covered without touching the ground. Jumping begins with the take-off from one or both legs and ends with the landing on the take-off leg, swinging (free) leg, or on both legs. Jumping is part of the movement repertoire of many sport disciplines, it is also one of the five fundamental movement forms in callisthenics (on jumping as a motor skill in the different sport disciplines » jump). (*H.Haag &G. Haag, Dictionary, 2003, 269p.*)

**jumping circle** a 4-foot circle inside the center circle. On a jump ball, each player must have at least one foot entirely inside the jumping circle (b/b) [6]

**jumping jack** **1.** term for a defensive reaction of a handball goalie: the goalie extends both arms upwards and spreads both legs while jumping in the air towards the anticipated ball in order to cover the area of the goal as much as possible. **2.** an exercise of fitness training: after jumping off the ground the legs are spread apart in the air and arms are held horizontally sideways from the body; after landing and take-off the legs are closed in the air and the arms are moved upwards simultaneously with the hands clapping above the head. This sequence is repeated to form a rhythmical movement. (*H.Haag &G. Haag, Dictionary, 2003, 269p.*)

**jumping the slide** problem that affects rowers when the **slide seat** becomes derailed from the track (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**jump-off** a tie-breaker round of jumping of two or more riders are tied for first place (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**jump-off** in equestrian sport bringing a competition, where several participants are tied, to a decision. When two or more riders have an equal number of points, they participate in a jump-off on a

course that is shortened and has less, but higher and wider, obstacles. (*H.Haag &G. Haag, Dictionary, 2003, 269p.*)

**jump-off** an extra round to break a tie for first place after the final round of show jumping competition (equest.) [6]

**jungle** heavy rough (golf) [6]

**junior circuit** the American League (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**junk rubber** anti-spin or long pips rubber (t.ten.) [6]

**jury** a group of five officials who watch the competition to ensure that all rules are complied with (weightl.) [6]

**jury** the group of officials that oversee a match. The director is the president of the jury (fenc.) [6]

**jury** a group of officials who ensure that a competition is run safely and in accordance with the rules (ski.) [6]

**jury** committee appointed by the responsible sport authority which is made up of judges, judges (responsible for giving points), and referees, and is called upon when differences in assessment occur; when necessary it can also influence and make decisions about the course of the competition. Furthermore, the jury handles official protests brought forward by competitors. (*H.Haag &G. Haag, Dictionary, 2003, 269p.*)

**jury of appeal** official body responsible for deciding in the second instance on appeals against decisions taken by the Technical Committee concerning the approval of game results and penalties imposed. Its verdict cannot be appealed (b/b) [6]

**juvenile** a two-year-old racehorse (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

## K

**K** a **strikeout** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**k point** in ski-jumping, the point at which the hill flattens out. For a large hill, the k point is 120m from the takeoff; for the normal hill it is 90m. The k point determines the amount of distance points awarded to a jump. A jump to the k point is worth 60 points; each metre over or under that distance decreases or increases the score by 2.0 points (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**k point** the distance on a ski jump equivalent to the height of the hill. A jump that reaches the k point is worth 60 points. Each meter over or under that distance decreases or increases the score by 2 points. On a normal hill, the k point is 90 meters from the takeoff; on a large hill, it's 120 meters away (ski.) [6]

- K-1** designation for a one-person kayak (canoe) [6]
- K-1, K-2** one- or two-person **kayak** (canoe) (*Chambers. Sports Factf.,2005, 152p.*)
- K-2** designation for a two-person kayak (canoe) [6]
- kabaddi** a team sport in which players must capture members of the opposing team while holding their breath, popular in South Asia (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)
- kachikoshi** a wrestler's record; it indicates that he or she has more wins than losses; compare makekoshi (sumo) (*Chambers. Sports Factf.,2005, 554p.*)
- kaiten-nage** a rotation throw (aikido) (*Chambers. Sports Factf.,2005, 2p.*)
- kake** application of a technique (mart.art.) [6]
- kamae** posture (mart.art.) [6]
- kansetsu waza** techniques of controlling the opponent's joints to throw, control, or immobilize him (mart.art.) [6]
- kapo** arts of healing (mart.art.) [6]
- karate** a modern Japanese martial art that developed from old Okinawan striking arts. Japanese for "empty hand" (mart.art.) [6]
- karate** a traditional Japanese form of unarmed combat, now widely popular as a sport, in which fast blows and kicks are used (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)
- karate** (in Japanese "empty hand") modern combat sport without weapons which is a part of budo sports; also a self defense system on the basis of various hit, push and kick techniques. The contest area is a mat of 8 x 8 m (maximally 10 x 10 m). (*H.Haag &G. Haag, Dictionary, 2003, 270p.*)
- karateka** a karate practitioner (karate) (*Chambers. Sports Factf.,2005, 381p.*)
- kata** a formal sequence of practice exercises and movements; kata competitors are marked for their routines rather than for fighting (karate) (*Chambers. Sports Factf.,2005, 381p.*)
- kata** a sequence of movements in some martial arts such as karate, used either for training or to demonstrate technique (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)
- kata** formal exercises comprising a series of grappling or striking movements that imitate fighting situations (mart.art.) [6]
- katate-tori** a one-handed grip on a shoulder (aikido) (*Chambers. Sports Factf.,2005, 3p.*)
- kata-tori** a one-handed grip on one wrist (aikido) (*Chambers. Sports Factf.,2005, 3p.*)
- katsu** methods of revival and resuscitation (mart.art.) [6]

**kayak** a fully decked canoe. The paddler sits in the kayak and uses a double-bladed paddle (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**kayak** a lightweight fibreglass canoe propelled by a double-bladed paddle, used for leisure and in competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kayak** a type of fully-decked canoe. The paddler is seated and uses a double-bladed paddle (canoe) [6]

**kayak** a type of small canoe which is pointed at both ends, and almost completely covered, with only a narrow opening for the canoeist (*Dict. of Leis., Trav. and Tour., 2008, 170p.*)

**kayak** a closed boat similar to a canoe originally used by the Eskimos for hunting. In competitive kayaking there are two boat classes: the racing kayak is made of wood or plastic and equipped with either a fin or stern steering. The dimensions vary depending on the number of athletes in the boat. It is propelled by the athlete with a double paddle from a seated position. The slalom and white water racing kayak is made of plastic, does not have a rudder, is unsinkable and is equipped with holding straps and a spray cover. It has no weight restrictions and varies in size for slalom and white-water kayaking. Depending on the number of crew, the boats are classified into single kayak (K1), kayak pair (K2), kayak triple (K3), and kayak four (K4). Slalom and white-water kayaks are always singles. Special kayaks have been designed for canoe polo and marathon kayaking and there is a large variety of designs available for recreational kayaking (» canoeing). (*H.Haag &G. Haag, Dictionary, 2003, 271p.*)

**kayaking** the sport of racing or travelling in a kayak (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kayaking** the sport of going in kayaks (*Dict. of Leis., Trav. and Tour., 2008, 170p.*)

**keel** the part of a boat that extends along the bottom from **stem** to **stern**, serving as a 'backbone' upon which the **hull** is built (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**keel** the structure of the bottom of the boat running along the centre from **bow** to **stern** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**keel** on a boat the lower longitudinal bond running amidship. In a rowing boat the lowest longitudinal edge of the boat, which is located outside the boat in a gig, inside in a racing boat. In a sailboat the beam forming the lowest part of the boat. Such sailboats are called keel boats or yachts (in contrast to sailing dinghies which are equipped with a centerboard) and have a low-lying keel with an additional ballast keel added on at its bottom. Since the center of gravity of the boat is low, the drift is smaller, the sail carrying capacity greater, and the boat cannot capsize. In a keel-centerboard boat the ballast keel is higher than in a keel boat and a centerboard can be lowered which prevents a sideways drift. (*H.Haag &G. Haag, Dictionary, 2003, 271p.*)

**keen ice** ice on which stones will travel rapidly (curl.) [6]

**keep net** a mesh bag, closed at one end, for storing fish in the water until an official weighing can be made (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**keepaway game** a tactic used by the team that is leading near the end of the game to keep the ball from its opponents to prevent them from scoring while using up time off the game clock; also called freezing (b/b) [6]

**keeper** short for **goalkeeper** (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**keep-fit** a programme of physical exercises designed to keep the body in good condition (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**keepie-uppie** the practice of juggling the ball with feet, knees, chest and, if the player is appearing in a commercial for a soft drink or a sportswear manufacturer, the shoulders and the back of the neck (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**kegler** another name for a bowler, from the German (bowl.) [6]

**keikogi** the kendo jacket. The colour of the keikogi denotes the competitor's grade (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**keikoku** a penalty awarded against a judoka for a very serious violation. The opponent is awarded a wazi-ari; compare chui and shido (judo) (*Chambers. Sports Factf.,2005, 372p.*)

**keikoku** a serious violation that gives the opponent a waza-ari. (Judo) [6]

**keirin** a Japanese variation of the motorpace, with only one motorbike. Riders fight for position, attempting to get into the motorbike's slipstream in order to increase speed. Just before the last lap, the motorbike leaves the track and the riders sprint to the finish. In Japan, there's parimutuel betting on the keirin. Also spelled keiren (cycl.) [6]

**Keirin** a **track race** sprinting event from Japan. In international competition it is ridden by six to eight riders over 2km. Riders are led for the first 1,400m by a moped, the pace gradually increasing from 30km/h to 50km/h before the moped peels away, leaving the riders to sprint for the line (cycl.) (*Chambers. Sports Factf.,2005, 173p.*)

**kempo** the way of the fist (mart.art.) [6]

**kempo** a martial art that combines karate with elements of Chinese fighting styles (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kendo** the Japanese art of fencing, which uses two types of wooden sword, the bokken and the shinai. The bokken is used primarily for practice, the shinai for full contact sparring (mart.art.) [6]

**kendo** a Japanese martial art in which people fence using bamboo sticks instead of swords (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kendo** (in Japanese "way of the sword") combat sport which is a discipline of budo sport. Kendo is practiced on a large smooth combat floor (11 x 11 m) and supervised by four referees. The equipment used for fighting is the baton (Shinai) which consists of four bamboo sticks up to 1.18 m long (weight 485 g). The clothing of the athlete (Kenodka) is made up of a divided skirt (Hakama) and cotton jacket

(Keigoki) as well as protective gear to prevent severe injuries for the iliac region (Tare), chest (Do), head (Men), and leather gloves (Kote). In the duel with the opponent (Schiai) the rules allow only hits on the protected parts of the body; however, these hits can be executed with full force. The seven fixed types of hits are often accompanied by a combat scream (Kiai). A fight usually continues for 5 minutes, or unless one fighter has reached two points (one point = successful hit). (*H.Haag &G. Haag, Dictionary, 2003, 271p.*)

**kendoka** a kendo practitioner (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**kennel** business that owns and races greyhounds (dog.rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**kentsui** the 'hammer fist' strike (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**keosuke** attention; a command (mart.art.) [6]

**kermesse** a **criterium** raced around a very short town centre circuit - popular in Belgium (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**kesho mawashi** a ceremonial apron worn by wrestlers during the their entrance ceremonies (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**ketaguri** a move that pulls the opponent's legs away as he or she rushes in (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**kettle bell** a hand-held weight with a loose ball that moves during exercise, forcing the lifter to constantly adjust and compensate (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**key** the (often painted) area on a basketball court including the **foul lane** and the **foul circle**; so-called because it resembles a keyhole (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**key** the area encompassing the free throw circle and free throw lane; so name because it was shaped like a keyhole when the lane was narrower than the free throw circle (b/b) [6]

**key or keyhole** the area at each end of the court consisting of the foul circle, foul lane and free-throw line; named for the shape it had years ago (b/b) [6]

**keyhole** original name for the key (b/b) [6]

**keyword** elaboration strategy that allows the learner to form a mental image or references point to learn a motor skill (*Dict.of sp.and Ex.Sc.1991, 82p.*)

**Khmer boxing** a form of kickboxing, originating in Cambodia, in which blows with the knees and elbows are used in addition to punches and kicks (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**ki** life energy in Japanese. (The Chinese word is *chi*.) Martial arts practitioners are taught to focus their ki into their techniques (mart.art.) [6]

**kiai** the shout delivered with a movement (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**kiai** the yell or shout that accompanies a cut or thrust. Competitors must give the appropriate shout to score (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**kick** a bad contact between cue ball and **object ball** caused by dust, chalk, etc, resulting in both balls slowing down or deviating from the intended path (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**kick** a burst of speed near the finish line in an attempt to beat another rider or riders (cycl.) [6]

**kick** an erratic or unpredictable bounce, usually caused by the ball's hitting an object or landing in unusual topography (golf) [6]

**kick** if an athlete kicks, he or she puts on an extra spurt of speed, usually on the final lap of a long-distance race, eg *he's kicked for the fine and the rest of the field can't stay with him* (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**kick** **1.** to strike a ball with the foot **2.** to strike something or somebody with the foot, e.g. in martial arts **3.** to make a thrashing movement with the legs, e.g. when fighting or swimming **4.** (*in cricket*) to bounce up high and quickly ■ **1.** a blow with the foot, e.g. in martial arts **2.** a thrashing movement with the leg when swimming **3.** the striking of a ball with the foot (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kick** **1.** in soccer collective term for different ways of hitting the ball with the foot. **2.** in American football hitting the ball with the foot in order to move the ball down the field as far as possible or score a field goal. (*H.Haag &G. Haag, Dictionary, 2003, 272p.*)

**kick out** to pass the ball from inside the **foul lane** to a player outside it, especially after **driving** to the basket (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**kick save** a save on which the goalie uses his skate or extended leg to stop or deflect the puck (icehok.) [6]

**kick serve** a serve hit with a great deal of spin, causing it to change direction when it bounces. See twist (ten.) [6]

**kick shot** a shot in which the **cue ball** bounces off one or more **cushions** before hitting the **object ball** (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**kick turn** a standing turn in which one ski is lifted so that its tail touches the ground and is then pivoted to point in the desired direction, the body and other ski then turning together to complete the manoeuvre (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**kick wax** same as grip wax (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**kickabout** an informal game of football (*Dict. of Sp. and Ex. Sc. 2006, 119p.*)

**kickbacks** the dividers between lanes; so called because pins often kick back off a divider to knock other pins down (bowl.) [6]

**kickboard** US a small buoyant board held by a swimmer in order to stay afloat while practising kicking techniques (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kickboxing** a form of boxing that involves kicking as well as punching (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kicked ball** a violation that occurs when the ball strikes or is struck by a player's moving foot, which often happens accidentally when the player has extended a leg to stop a pass (b/b) [6]

**kicker** an air bump (freest.) [6]

**kicker** protective equipment that covers the front and sides of the goalkeeper's shoes, allowing him or her to kick the ball (hock.) [6]

**kicker** the steep ramp used in aerial skiing (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**kick-nose** the curved front end of the skateboard. When the skateboarder applies downwards pressure on it the back or tail of the skateboard rises (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**kick-off** the start or resumption of a game, in which a player passes the ball from the **centre spot** to a team-mate. Kick-offs are taken at the start of each half and after a goal has been scored (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**kick-off** a place kick taken from the center of the field to begin a half (rugby) [6]

**kick-off** in soccer starting the game at the beginning of each half (also the periods of overtime) and after a goal has been scored. The right to kick-off changes between teams from half to half; after a goal has been scored the team that received the goal starts the game with a kick-off. The kick-off is executed, following the whistle by the referee, from the center point of the center circle. The players of both teams must be in their own half of the playing field and the players of the opponent team must be at least 9.15 m away from the ball. The ball has to be played into the opponent's half and touched by a team-mate before the player who kicked off or an opponent is permitted to touch the ball. It is not permitted to score a direct goal from a kick-off (» American Football). (*H.Haag &G. Haag, Dictionary, 2003, 272p.*)

**kickoff** the method of starting a game or restarting it after each goal; a player passes the ball forward to a teammate from the center spot (f/b) [6]

**kickoff** when a player kicks a ball from a tee at his own 30-yard line (35 in college) to the opposing team, whose player tries to advance it the other way; used to start the game, the second half and overtime, and to restart play after each score (f/b) [6]

**kick-off** **1.** (*in football*) the place kick from the centre spot that begins the match **2.** the time at which a football match is due to start (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kick-tail** curved back end of the skateboard. When the skateboarder applies downwards pressure on it the front or nose of the skateboard rises (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**kiken gachi** a win because of the opponent's withdrawal during a match. (Judo) [6]

**kill** a low, hard shot that bounces twice before the opponent can return it (racq.b.) [6]

**kill** a shot on which the ball is hit as hard as possible, often with topspin. See also loop kill (t.ten.) [6]

**kill** a **smash** from near the net that cannot be returned (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**kill** same as **spike** (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**kill** to hit the ball hard into an area where the opponent can't reach it. See smash (ten.) [6]

**kill** **1.** (*in football*) to bring a fast-moving ball under instant control **2.** (*in racket games*) to hit the ball so hard, with such skill or in such a direction that your opponent has no chance of returning it **3.** to hit a ball very hard (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kill** a smash from near the net (badm.) [6]

**kill** if a player kills the ball, he or she smashes it downwards so hard that its upward bounce renders it impossible to return (ten.sl.) (*Chambers. Sports Factf.,2005, 601p.*)

**kill a penalty** to prevent the opposition from scoring a goal on the power play (icehok.) [6]

**kill the ball** to take the spin off the ball, resulting in a straight shot. Often used to maximize accuracy on easy spare leaves (bowl.) [6]

**killer instinct** an overpowering drive to overcome an opponent (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kimarite** a general term given to each of the 70 winning techniques that win a sumo bout (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**kinaesthesia** the fact of being aware of the movement and position of parts of the body(*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kinanthropometry** the area of study concerned with the body's physical measurements as they relate to movement (*Dict.of sp.and Ex.Sc.1991, 83p.*)

**kinematics** area of mechanics concerned with position, velocity, and acceleration (angular or linear) of a system without reference to the forces causing motion (*Dict.of sp.and Ex.Sc.1991, 83p.*)

**kinematics** the scientific study of motion (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kinematics** the theory of level and spatial movements of rigid objects and mechanisms (also in sport) and their regularities, where (in contrast to » dynamics) the forces causing the movement are not taken into consideration. In order to describe sport movements under space-time aspects, the kinematic quantities distance (or angle) and time (velocity, acceleration) are used; on their basis movement laws

can be formulated. Kinematics represent one main area of biomechanics. (*H.Haag &G. Haag, Dictionary, 2003, 273p.*)

**kinematics** sum of (mechanical, electrical, optical) methods for measuring kinematic quantities. With respect to sport biomechanics » kinematography is especially important. (*H.Haag &G. Haag, Dictionary, 2003, 273p.*)

**kinesiology** the scientific study of human movement (*Dict.of sp.and Ex.Sc.1991, 83p.*)

**kinesiology** the study of human movements, particularly with regard to their use in treatment (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kinesiology** term for an area of science that is composed of several different approaches (e.g. anatomy, physiology, biomechanics, psychology). Kinesiology deals with movement as one of the main expressions of human behaviour (including its limitations). The strategies and models for the transfer of kinesiological knowledge to practice are summarized by » movement theory. (*H.Haag &G. Haag, Dictionary, 2003, 274p.*)

**kinesthesia** **1.** information derived from a combination of senses through muscle spindles, Golgi tendon organs, joint receptors, cutaneous receptors, semicircular canals, and hair cells in the utricle and saccule; gives the performer a sense of limb position and body position in space. **2.** sense of movement (*Dict.of sp.and Ex.Sc.1991, 83p.*)

**kinetic** area of mechanics concerned with the forces that act on a system (*Dict.of sp.and Ex.Sc.1991, 83p.*)

**kinetic energy** the energy that a body or system has because of its motion. Symbol  $T$ ,  $E_k$  (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kinetics** term for the area of dynamics that deals with movements of bodies which are exposed to forces, including everyday, work, and sport movements (» biomechanics). (*H.Haag &G. Haag, Dictionary, 2003, 274p.*)

**King of the Mountains** the leader in the competition for points gained on **climbs** in the Tour de France. Wears the **polka-dot jersey** (cycl.) (*Chambers. Sports Factf.,2005, 204p.*)

**king pair** two **golden ducks** in the same match (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**kingpin** strictly speaking, the 5-pin, because its action is usually the key to knocking down more pins; occasionally used to refer to the 1-pin (bowl.) [6]

**kiotsuke** attention; a command (mart.art.) [6]

**kip** a move from below the apparatus to above it (gymn.) [6]

**kiritsu** stand up; a command (mart.art.) [6]

**kiss** a light contact between two balls (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**kisser button** a device attached to the bowstring that touches the archer's lips when the string is at full draw (arch.) [6]

**kit** a set of items used for a specific purpose (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kite** a large, often cres-cent-shaped, device, consisting of fabric stretched over a light frame, used by participants in kiteboarding or kitesurfing to give propulsion and lift (*Dict. of Leis., Trav. and Tour., 2008, 171p.*)

**kite surfing, kiteboarding** a water sport in which the participants ride on surfboards with a kite attached to their bodies to give propulsion and lift (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**kiteboarding** a sport in which the participants ride on skateboards or snowboards with a kite attached to their bodies to give propulsion and lift (*Dict. of Leis., Trav. and Tour., 2008, 171p.*)

**kitesurfing** a water sport in which the participants ride on surfboards with a kite attached to their bodies to give propulsion and lift (*Dict. of Leis., Trav. and Tour., 2008, 171p.*)

**klok turn** a turn on the skateboard through 180 degrees (skateb.) (*Chambers. Sports Factf.,2005, 514p.*)

**kloofing** the extreme sport of following the course of a river through a gorge by climbing, swimming and jumping (*Dict. of Leis., Trav. and Tour., 2008, 172p.*)

**klooting** the extreme sport of following the course of a river through a gorge by climbing, swimming and jumping (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knead** to press and rub someone's muscles hard during massage (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knee bend** an exercise in which a person squats and raises himself or herself again repeatedly (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knee pad** a piece of padding attached to straps, used for protecting the knees from injury during sports (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knee support, knee wrap** a supportive bandage used for protecting the knees from injury during sports (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knee touch** the act of touching the knee to the platform in the course of a lift, an illegal act that results in no lift (weightl.) [6]

**kneeboard** a shorter surfboard, measuring a maximum of 1.8m, ridden on the knees (surf.) (*Chambers. Sports Factf.,2005, 554p.*)

**kneeing** a minor penalty which occurs when a player uses a knee to hit his opponent in the leg, thigh or lower body (icehok.) [6]

**kneeing** using the knee to strike an opponent; usually incurs a minor penalty (icehok.) [6]

**knock down** to hit a fence, gate, or any other obstacle, causing it to fall (equest.) [6]

**knock forward** same as knock on (rugby) [6]

**knock in** if the defending team knocks the ball in, they put the ball back into play from their own **back line** (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**knock on** if a player knocks the ball on, he touches or, drops it forward with the hand or arm; punished by a **scrum** with opposition **put-in** (rugby L., U.) (*Chambers. Sports Factf.,2005, 478p.*)

**knock out** **1.** (*in boxing and some other full-contact sports*) to knock an opponent down for a count of ten, thus winning the match **2.** to eliminate an opponent or team from a competition by winning a match or game (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**knock up** **1.** (*in racket sports*) to hit the ball back and forth in practice with an opponent especially before beginning a match **2.** (in cricket) to score a particular number of runs (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**knockabout** an informal ball game (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 120p.*)

**knock-on** a mishandling of the ball, while attempting to catch a kick or pass, so that it touches the ground in front of the player, or knocking the ball forward from another player's hand. The ball is awarded to the opponents in a scrum for an unintentional knock-on. The opponents are given a penalty kick from the spot for an intentional knock-on (rugby) [6]

**knockout** a decision made by the referee whereby a boxer is declared the winner of the bout if his opponent has been **down** for the count of ten (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**knockout** **1.** (*in boxing*) a punch that knocks an opponent down for a count of ten and so wins a contest **2.** a sports competition in which a person or team beaten in one game or match is eliminated from the entire competition (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**knock-out system** organizational form for a competition named after the knock-out victory in boxing (» victory). In a competition where several athletes or teams participate, the loser of a match is excluded from the remaining part of the competition (e.g. cup games in team sports). Usually, only one match is held between two opponents; however, some events feature a knock-out system with home and away games between two participants. When the knock-out system is used, it is important to seed strong competitors; this is done to avoid the best participants from competing against each other in one of the early rounds, thereby eliminating one of the better participants early in the competition and distorting the results. In some events the competitor who lost in a knock-out system receives the chance to continue participation in the competition in a » loser's round (double knock-out system). (*H.Haag &G. Haag, Dictionary, 2003, 275p.*)

**knockup** (*in racket games*) a practice period with an opponent, especially before the beginning of a match (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**knot** 1. connection of ropes which becomes stronger through friction, when more load is applied to it; when the load is taken of, the knot can be released easily. Mastering various types of knots is an essential skill for water sports and mountain climbing. 2. nautical velocity unit, uniform symbol kn: 1 kn = 1 nautical mile per hour = 1.852 km/h. (*H.Haag &G. Haag, Dictionary, 2003, 275p.*)

**knuckleball** a type of slow pitch with an unpredictable trajectory, caused by gripping the ball with the fingertips (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**knurl** the roughened pattern on the barbell's surface that makes gripping it easier and more secure (weightl.) [6]

**KO** a knockout, especially in boxing (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**ko kutsu dachi** a defensive stance in which most of the weight is on the back leg (mart.art.) [6]

**Kodokan** the world headquarters of judo, in Japan, a seven-story building that includes a 100 by 100-foot hall with 500 mats (mart.art.) [6]

**koka** a near yuko. However, kokas cannot be accumulated to make a higher score. (Judo) [6]

**koka** the lowest score, an 'almost **yuko**', awarded for a throw or hold or by a ten-second hold-down (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**korfbal** a game similar to basketball that is played by two teams of twelve players, each team having six men or boys and six women or girls (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**korfbal** mixed team game similar to basketball which is predominantly played outdoors. The idea of the game is to throw the ball as often as possible into the opponent's basket and to prevent the opponent from scoring. (*H.Haag &G. Haag, Dictionary, 2003, 275p.*)

**kosak** a trick combining a spread eagle and a zudnik (freest.) [6]

**koshi-nage** a hip throw (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**kote** 1. padded gloves 2. the shout made when aiming a cut at the wrists (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**Kovacs** on the high bar and asymmetric bars, a flyaway with two back somersaults over the bar, followed by a re-grasping of the bar; named after Hungarian gymnast Peter Kovacs, who first performed it in competition in 1979 (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**krav maga** a martial art from Israel, used for self-defence and by the military that emphasises attack and techniques for causing injury (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**kresge** the 5-7 split; a takeoff on dime store (bowl.) [6]

**Kriesel** a corner that contains 270 or more degrees of an arc; from the German for "circle." (bobs.) [6]

**kumite** competitive karate bouts (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**kumite** free style sparring (mart.art.) [6]

**kumite dashi** fighting stance (mart.art.) [6]

**kung fu** westerners have given this name to a conglomeration of Chinese fighting styles (mart.art.) [6]

**kung-fu** sport discipline similar to karate. Its origins lie in East-Indian hand and foot-fights and in Chinese breathing exercises. There are two styles of kung-fu, hard kung-fu (wai chia) which consists predominantly of foot strength techniques and the hardening of the hands, and soft kung-fu (nei chia) which is characterized mainly by speed and hand techniques aiming for the sensitive parts of the body. More than 400 variants of kung-fu are known, the contents of training in kung-fu are particularly: inner rest, attention, strength, coordination, concentration, and internalizing all actions towards one focus. The techniques of kicks, and foot, fist and hand hits are used. As a competitive sport kung-fu is practiced in three forms:**1.** non-contact kung-fu where no hits against the head are permitted. **2.** half-contact kung-fu (the best-known form) which is performed on a combat zone of 8 x 8 m. The competitors wear hand and foot cushioning and a groin protector. Attack can only be aimed towards the face and frontal parts of the body (except for eyes, larynx, and abdomen). The duration of a fight is two minutes in the preliminary rounds and three minutes in the final rounds. Two side and one main referee determine the winner by awarding points. The following moves are scored with points: jump kick to the head (3 points), foot hit from a standing position (2 points), hit or kick on the body (1 point). Hits with head, elbow, or knee are not permitted. **3.** full-contact kung-fu where the aim is to force the opponent out of action. (*H.Haag &G. Haag, Dictionary, 2003, 276p.*)

**kuzushi** the act of throwing the opponent off balance (mart.art.) [6]

**kyo** a set of throws (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**kyphosis** excessive forward bending in the anteroposterior curvature of the vertebral column in the thoracic area. Also called *humpback* (*Dict.of sp.and Ex.Sc.1991, 84p.*)

**kyphosis** an excessive backward curvature of the top part of the spine (NOTE: The plural is kyphoses.) (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**kyu** a grade under black belt. First kyu is the highest and 10th is the lowest (mart.art.) [6]

**kyu** one of the six novice grades, the least experienced being sixth kyu (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**kyu** student karateka (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**kyu** a level of proficiency in some martial arts (*Dict. of Sp. and Ex. Sc. 2006, 121p.*)

**kyu** in budo sports the "student ranks", the various ability levels of the students, which can be recognized by means of the belt's colour. There are a total of six kyu-ranks, of which only five are awarded in judo and jujutsu. (*H.Haag &G. Haag, Dictionary, 2003, 277p.*)

**kyudo** (in Japanese "way of the bow") Japanese form of archery which is a discipline of budo sport; it is based on the philosophically oriented art of self-absorption (kyujutsu). The equipment is a reflex bow with an asymmetrical grip (length 2.21 m). The bamboo arrows have three feathers on their ends for flight stabilization. The target has a diameter of 36 cm and is positioned at a distance of 28 m; in long-range kyudo (Enteki) the diameter is 19 cm and the distance 60 m. The combat clothing consists of a divided skirt and shirt or kimono. Kyudo is usually organized in the national judo federations (»judo). (*H.Haag &G. Haag, Dictionary, 2003, 278p.*)

**kyusho-jitsu** techniques for striking pressure points (mart.art.) [6]

## L

**la belle** a sudden-death playoff to break a tie (fenc.) [6]

**lab testing** testing for something such as biomechanical analysis that is carried out in a controlled private environment. Compare **field testing** (*Dict. of Sp. and Ex. Sc. 2006, 122p.*)

**labyrinth** a series of quick, short left and right curves (bobsl.) [6]

**labyrinth** a series of three or more curves that follow in rapid sequence, with no intervening straightaways (luge) [6]

**laceration** a deep and jagged cut in the flesh (*Dict. of Sp. and Ex. Sc. 2006, 122p.*)

**lacrosse** team ball game similar to hockey played by women and men; the idea of the game is to hit a ball as often as possible into the opponent's goal. (*H.Haag &G. Haag, Dictionary, 2003, 278p.*)

**lacrosse** a sport in which two teams of ten players use sticks with a net pouch (**crosse**) at one end to throw and catch a small hard rubber ball. The aim is to score a goal by throwing the ball into the opposing team's goal net. Lacrosse was originated by Native North Americans. (*Dict. of Sp. and Ex. Sc. 2006, 122p.*)

**lacto-ovo-vegetarian** involving a diet that includes no animal flesh, poultry or fish but does include eggs and milk products, ◇ **vegetarian, vegan** (*Dict. of Sp. and Ex. Sc. 2006, 122p.*)

**lacuna** a small hollow or cavity (NOTE: The plural is **lacunae**.) (*Dict. of Sp. and Ex. Sc. 2006, 122p.*)

**ladder tournament** a tournament based on a list of ranked players in a game or sport, in which each player may challenge any other player who is ranked one or two positions higher (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lag** a long putt, on which the object is to get the ball near the hole so that it can be sunk with the next putt. As a verb, to hit such a putt (golf) [6]

**lag a putt** to play a putt with the intention of getting the ball near the hole but not necessarily in it (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**lag for break** a way of deciding who has break in the first game by both players hitting the cue ball off the bottom cushion and back towards the head of the table. The player whose ball finishes nearest to the head cushion wins the right to break (bill.) (*Chambers. Sports Factf.,2005, 447p.*)

**lamé** a metallic vest or jacket that detects valid touches in foil and sabre (fenc.) [6]

**land training** exercises on land for athletes, usually swimmers, who usually train in water (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**landing** last phase of the sport-motor skill jumping and flying, touching ground again; the importance of the landing varies depending on the sport discipline. In track and field, e.g. long-jumpers attempt to delay landing (the first imprint in the sand) as much as possible, while in the high-jump or pole-vault the landing (on the soft landing mat) has no bearing on performance. In flying sport the landing is one of the most essential and critical manoeuvres. In ski jumping (telemark landing) and water-ski jumping the high impact experienced during landing must be absorbed as smoothly as possible. (*H.Haag &G. Haag, Dictionary, 2003, 280p.*)

**landing net** a mesh net used for scooping fish out of the water (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**landing pad** a flat area on the rut line, usually just before or after the hole, which is the best spot to land (freest.) [6]

**lane** one of eight marked divisions of the track, within which an athlete must stay when running sprint races (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**lane** Pairs racing is conducted in lanes, against the clock. To equalize the distances skated, the skaters have to change lanes at the crossover, halfway through each lap (sp.skate.) [6]

**lane** the actual playing area, which is 42 inches wide and 62 feet, 10 3/4 inches long. The gutters and the approach are not part of the lane (bowl.) [6]

**lane** the free throw lane (b/b) [6]

**lane** the smooth wooden runway along which the balls are delivered at the pins (bowl.) (*Chambers. Sports Factf.,2005, 608p.*)

**lane** a section of track assigned to a competitive runner on a racing track or a swimmer in a swimming pool (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lane press** a defense in which players are positioned in passing lanes, between the ball and the players they are guarding, rather than between the offensive players and the goal (w.polo) [6]

**lane violation** 1. entering the free throw lane when the free throw is in the air but before it has touched the backboard, net, or rim. If committed by a player on the shooter's team, the free throw

attempt is negated and the ball goes to the other team for a throw-in. If committed by a defensive player, it's ignored if the shot goes in but the shooter is allowed another free throw if the shot misses.  
**2.a** three-second violation (b/b) [6]

**lane, track** **1.** in various speed events part of the track or course assigned to the individual athletes.  
**2.in** » bowling term for the site of the game. **3.** in bowling also term for the gap (15 cm) between the skittles 1 and 2 on the left side (left lane) and 1 and 3 on the right side (right lane). (*H.Haag &G. Haag, Dictionary, 2003, 280p.*)

**langlauf** same as **cross-country skiing** (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**langlauf** a German noun meaning cross-country skiing (*Dict. of Leis., Trav. and Tour., 2008, 174p.*)

**lanterne rouge** the rider in last place in the **general classification** in a stage race. Literally 'red light' in French, an allusion to the red light at the back of a train (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**lap** **1.** a completed circuit of a racetrack. **2.** if a driver laps another one, he overtakes him so that he is ahead of him by one or more laps (motor.sp.) (*Chambers. Sports Factf.,2005, 414p.*)

**lap** a single circuit of a running track (400m) (athl.) (*Chambers. Sports Factf.,2005, 27p.*)

**lap** one trip around a track that is traversed more than once during a race (cycl.) [6]

**lap** a single circuit of a racetrack or running track or one length of a swimming pool ■ to overtake a competitor on a racetrack or running track after having completed at least one circuit more than he or she has (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lap** one trip around the racing circuit. As a verb, when one driver gets so far of another that he passes him, thus putting the second driver more than a lap behind, he is said to have lapped him (autosp.) [6]

**lap of honour** an extra lap round a racetrack or running track run by the winner of a race or game to acknowledge the presence and applause of spectators (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lap recorder** the official who's responsible for keeping track of how many laps remain in a race and ringing a bell that tells the skaters the last lap has begun (sp.skat.) [6]

**lapped** a rider has been lapped in a track race (such as the **points race** or **scratch race**) if they fall more than one lap behind the leader (cycl.) (*Chambers. Sports Factf.,2005, 196p.*)

**large hill** a ski jump hill 120 meters high. Compare normal hill (ski.) [6]

**large hill** the larger of the two Olympic ski jump hills; it measures 120m and is sometimes known as K120 (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**last** the foot shape around which a training shoe is built, with a greater or lesser inward curve for different types of runner (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lat pulldown** same as **pulldown** (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**late 10** said of the 10-pin when it is the last to fall on a strike, usually after a moment's hesitation (bowl.) [6]

**late cut** a **cut** shot played so that the ball deflects more finely than usual (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**late tackle** in a game such as football, a foul resulting from an attempt to tackle an opposing player after the ball has been passed. This can be a bookable offence, especially if the player making the tackle comes into physical contact with the player who had possession of the ball. (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**latent learning** learning that is not apparent when it occurs but can be inferred later from improved performance (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lateral** a pass thrown to a teammate backwards from the team's line of scrimmage or parallel to it; unlike a forward pass (which can be thrown only once per play), players may lateral the ball as often as they want (f/b) [6]

**lateral** any pass thrown behind or parallel to the passer (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**lateral** **1.** further away from the midline of the body **2.** referring to one side of the body (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lateral hazard** a hazard that runs parallel to the line of play, usually alongside the fairway (golf) [6]

**lateral parry** a parry made by redirecting the opponent's blade with a lateral arm movement (fenc.) [6]

**lateral raises** exercises performed using weights held in either hand, in which the arms hang down and are raised to a horizontal position at the sides of the body (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lateral water hazard** a river, pond or ditch that runs parallel to the hole (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**lath** a thin white strip that marks the boundary of a water jump. It's lined with plasticine to show whether a horse's hoof touched it (equest.) [6]

**lath** a thin white strip, lined with plasticine, marking the boundary of a **water jump** and used to indicate if a horse failed to clear the jump (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**launch control** the electronic technology that performs a fully automatic start for a car; now banned (motor.sp.) (*Chambers. Sports Factf.,2005, 414p.*)

**lawn tennis** the original name for modern tennis, based on the fact that it's played on grass, to distinguish it from court tennis (ten.) [6]

**Laws of the Game** the 17 main rules for soccer established by FIFA (f/b) [6]

**lay full** a double flip in the layout position with a full twist in the second flip (freest.) [6]

**lay full full** a triple flip in the layout position, with a full twist in each of the last two flips (freest.) [6]

**lay full tuck** a triple flip, the first in the layout position, the second in the layout position with a twist, the third in the tuck position (freest.) [6]

**lay lay** see double layout (freest.) [6]

**lay lay full** a triple flip in the layout position, with a twist in the third flip (freest.) [6]

**lay tuck** a double flip, with the first in the layout position and the second in the tuck position (freest.) [6]

**lay tuck full** a triple flip, with the first in the layout position, the second in the tuck position, and the third in the layout position with a twist (freest.) [6]

**lay tuck tuck** a triple flip, with the first in the layout position and the last two in the tuck position (freest.) [6]

**lay up** if a player lays up, he or she plays a shot deliberately short of a **hazard** or **green** (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**lay up** to hit a shot that will stop short of a hazard, rather than risking the hazard by attempting a longer shot to the green (golf) [6]

**lay up** to prevent someone from leading a normal active life, usually temporarily because of injury or illness (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**layback** an extreme surfing manoeuvre where the surfer lays backwards on a wave (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**layback** the backward lean of an oarsman's body at the end of a stroke (row.) [6]

**layback spin** an upright spin where the skater leans over with an arched back (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**layback spin** a spin on which the back is arched and the head and shoulders lie back (f.skate.) [6]

**layered eating** a weight-management plan in which low-calorie, high-bulk foods are eaten first to reduce the appetite for the higher-calorie foods (*Dict. of Sp. and Ex. Sc. 2006, 123p.*)

**lay-in** a shot on which the shooter leaps up from near the basket and drops the ball gently in with one hand (b/b) [6]

**layout** a diving position where a diver's body and legs are straight, the feet are together, and the toes are pointed (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**layout** a position in which the body is extended to full length, either straight or slightly arched (gymn.) [6]

**layout** a position in which the body is fully extended lengthwise either straight or slightly arched (gymn.) (Chambers. Sports Factf.,2005, 311p.) (*Chambers. Sports Factf.,2005, 304p.*)

**layout** an air position in which the body is extended and totally straight, with the skis held together and parallel (freest.) [6]

**lay-up** a shot taken from near the basket, releasing the ball gently with one hand at the top of one's jump so that it bounces off the **backboard** and into the basket (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**lay-up** similar to a lay-in, except that the ball is banked in off the backboard (b/b) [6]

**lay-up** technique of shooting a basket in basketball; after receiving the ball from another player or from a rebound or after dribbling the ball the player jumps up dynamically with the help of the swing leg (after a short bracing step) and throws the ball from a short distance indirectly, i.e. with a bounce off the back board, into the basket. (*H.Haag &G. Haag, Dictionary, 2003, 278p.*)

**layup or layin** a shot taken after driving to the basket by leaping up under the basket and using one hand to drop the ball directly into the basket (layin) or to bank the ball off the backboard into it (layup) (b/b) [6]

**LBM** abbreviation lean body mass (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**lbw** short for leg before wicket (see box on pi 56) (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**Le Mans start** a type of start in which the drivers, at the starting signal, run to their cars, start the engines, and begin racing (autosp.) [6]

**lead** the player who delivers stones first in an end for his or her team (curl.) [6]

**lead** if a boxer leads with a particular fist he habitually opens attacks with it (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**lead** the first bowler in a team, who also bowls the **jack** (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**lead** the leg that leads during a **canter** (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**lead** the leg that leads during the canter. The inside foreleg reaches the farthest during a correct lead (equest.) [6]

**lead** the member of the **rink** who plays first (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**lead** 1. to be ahead in a race or competition 2. (*in baseball*) to leave a base as a runner before a pitch 3. to aim something such as a ball at a point in front of a moving player to allow for the time of flight (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**lead change** a dressage manoeuvre in which the horse's lead foot changes (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**lead change** a maneuver in which the horse's lead foot changes (equest.) [6]

**lead change** transferring the lead from one ski to the other (freest.) [6]

**lead foot** the forward foot in a staggered stance (wrest.) [6]

**lead knee** the forward knee in a stance (wrest.) [6]

**lead official** the referee or official who is primarily responsible for action between the baseline and the free throw line extended. After a change in possession, when the ball begins to move toward the other end of the court, the lead official usually becomes the trail official (b/b) [6]

**lead out** to sprint in front of another rider, almost always a teammate, so that rider can take advantage of the draft for a time, before coming past with an even faster sprint toward the finish (cycl.) [6]

**lead pass** a pass sent ahead of a moving teammate (icehok.) [6]

**lead pass** a pass sent ahead of a moving teammate designed to meet the player at the location he is headed (icehok.) [6]

**lead pass** a pass sent ahead of a moving teammate to arrive at a location at the same time he does (f/b) [6]

**lead pass** a pass thrown well ahead of a running teammate (b/b) [6]

**leader** **1.** person who exerts and commands more influence than the other group members and in a position of making decisions that influence their actions and feelings. **2.** person who can effectively organize, control, and direct the work others. **3.** act of exhibiting the highest level of skill in the group for the task at hand in a given situation (*Dict.of sp.and Ex.Sc.1991, 85p.*)

**leader board** a sign on which the scores of the leading golfers are posted during a tournament (golf) [6]

**leadership** position and act of influencing individuals and groups toward set goals due to authority within a social relationship or group (*Dict.of sp.and Ex.Sc.1991, 86p.*)

**leadfoot** an aggressive driver who always goes for the lead (autosp.) [6]

**leading the receiver** when a passer throws the ball where he thinks a receiver is headed (b/b) [6]

**lead-off hitter** the player who bats first for the batting side (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**leadoff man** the first bowler for a team (bowl.) [6]

**lead-out** a dog handler who parades the greyhounds in front of the public before a race and who retrieves the dogs after the race has finished (dog.rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**lead-out** a tactic whereby a rider allows a team-mate to **draft** behind them as they ride at high speed to give them an advantage as they prepare to **jump** into a **sprint** (cycl.) (*Chambers. Sports Factf.,2005, 196p.*)

**league** a version of rugby with 13 players and different rules than are used in rugby union (rugby) [6]

**League** an alliance of teams that organizes sporting competition (f/b) [6]

**league** **1.** an association of sports clubs or teams that compete with each other **2.** a level of performance or skill (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**league** in team sports and sport disciplines where teams are formed from individual athletes (e.g. gymnastics); the game and competition class where qualified club teams from a certain area are combined for the purpose of competing against each other. (*H.Haag &G. Haag, Dictionary, 2003, 281p.*)

**league table** a list of teams or players that ranks them according to performance in a league (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**lean** used for describing meat with little fat (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**lean body mass** same as **fat-free mass** (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**lean muscle** muscle definition that is not obscured by subcutaneous fat (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leaping** locomotor pattern consisting of an elongated running step; can be interspersed in a run or performed continuously in an alternating foot pattern (*Dict.of sp.and Ex.Sc.1991, 86p.*)

**learning curve** a graphical description of how someone can acquire knowledge over time (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**learning disability** a condition that either prevents or significantly hinders someone from learning basic skills or information at the same rate as most people of the same age (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leash, leg rope** a rubber cord used to attach the surfboard to the surfer's ankle (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**leave** the pins that remain standing after the first ball (bowl) (*Chambers. Sports Factf.,2005, 608p.*)

**leave** the pins that remain after the first ball has been rolled (bowl.) [6]

**leederboard** the scoreboard that lists the names and scores of the current leaders in a competition (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**leeward** towards the direction in which the wind blows; compare windward (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**leeward** the side of the boat that points away from the wind, i.e. the side the main sail sits (opposite: » windward). (*H.Haag &G. Haag, Dictionary, 2003, 282p.*)

**left back** a position on the left side of defence (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**left back** see **full back** (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**left court** same as advantage court (ten.) [6]

**left field** the part of the **outfield** to the left of second base when viewed from **home plate** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**left fielder** the fielder positioned in **left field** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**left -footer** a left-footed sportsperson (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**left half** a position on the left side of midfield (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**left -hander** **1.** a left-handed sportsperson **2.** a blow delivered with the left hand (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**left wing** an attacking position on the extreme left (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**left wing** the forward who lines up and operates primarily on the left side of the ice, usually a left-handed shooter (icehok.) [6]

**left wing** **1.** the side of a playing field that is to the left of a player facing the opponent's goal **2.** a player whose position in a team is on the left wing (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**left-footed** **1.** having a natural tendency to lead with or use the left foot, especially in playing sports such as football **2.** performed using the left foot (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**left-handed** **1.** having a natural tendency to use the left hand, especially in playing sports such as tennis **2.** performed using the left hand (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg** a single athlete's section of a **relay** (athl.) (*Chambers. Sports Factf.,2005, 27p.*)

**Leg** one game of a match (darts) [6]

**leg** that half of the field on the side on which the batsman stands when waiting to receive the ball, separated from the **off** side by an imaginary line drawn from wicket to wicket (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg** **1.** a part of the body with which a person or animal walks and stands **2.** one of the parts of a relay race that a single athlete completes **3.** one of several stages, events or games that is part of a larger competition but is treated independently of the other parts and has its own winner **4.** either of two

games in a competition played between two football teams, one game being played at home, the other away. The aggregate score of the two games determines the overall winner of the round. **5.** the part of a cricket field that lies on the left of and behind a right-handed batsman as he or she stands in position to hit the ball (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg before wicket** (*in cricket*) the dismissal of a batsman whose leg has obstructed a ball that the umpire adjudges would otherwise have hit the wicket (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg circle** a move performed on the pommel horse where the gymnast keeps his legs together and swings them in complete circles around the horse. He lifts each hand in turn to allow the legs to pass (gymn.) (*Chambers. Sports Factf.,2005, 311p.*)

**leg curl** same as leg extension (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg extension** **1.** a backwards or downwards movement of the leg from the hip joint **2.** a curl performed sitting down with a weight over the lower legs, or a machine that simulates this (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg flexion** a forwards or upwards movement of the leg from the hip joint (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg glance** a shot played with a vertical bat in which the ball is deflected finely on the **leg** side towards **fine leg** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg movement, leg kick** in swimming the movement sequence performed by the legs, which - together with arm movement - results in propulsion in a manner typical for the different swimming techniques of breast-stroke, butterfly, freestyle, and back crawl. Swimming speed can be influenced by modifying kicking frequency and kicking amplitude (kicking range). (*H.Haag &G. Haag, Dictionary, 2003, 282p.*)

**leg press** an exercise in which the legs are brought together against resistance provided by a machine (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg shot** a quick move, involving a level change, in which a wrestler thrusts toward the opponent's legs in an attempt to get a lock on one or both of them (wrest.) [6]

**leg slip** a fielding position slightly behind the batsman on the **leg** side (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg spin** spin imparted to a ball to cause a **leg-break** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg spinner** someone who bowls **leg-breaks** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg undercut** in callisthenics and gymnastics moving the legs forward, backward or sideways in various body positions or while in flight (jumping) across an apparatus. A pronounced form of the leg undercut are the splits. (*H.Haag &G. Haag, Dictionary, 2003, 282p.*)

**leg up** descriptive of an offense in which the hooker puts his foot into the tunnel of a scrum before the scrumhalf feeds the ball (rugby) [6]

**leg work** **1.** in general the work that an athlete has to perform with his legs. **2.** in boxing the movement of the legs during a fight, which has - depending on the athlete's condition - an essential influence on attacking and defensive actions (speed of lunging forward and ducking hits, side steps) and thereby determine the outcome of a fight. **3.** in swimming a technical element, which plays a different role depending on stroke frequency, amplitude and applied force. (*H.Haag &G. Haag, Dictionary, 2003, 282p.*)

**leg-break** a ball bowled by a slow bowler that breaks from the **leg** side towards the **off** side on pitching (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg-break** (*in cricket*) a ball with a bounce that spins from the leg side to the off side (*Dict. of Sp. and Ex. Sc. 2006, 124p.*)

**leg-bye** a run made after the ball has touched any part of the batsman's person except his hands or bat, credited to the batsman's team but not to his individual score (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**leg-cutter** a fast bowler's delivery that moves from **leg** to **off** after pitching (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**legs** if a shot, usually a putt, has legs, it will run for a long distance (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**leisure centre** a building where people can exercise, with equipment usually including exercise machines, swimming pool and space for sports such as badminton, as well as changing and refreshment facilities (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**leisure centre** a public building that provides the space and equipment for recreational activities such as sports, games and hobbies (*Dict. of Leis., Trav. and Tour., 2008, 178p.*)

**leisure club** a club where hotel guests can use leisure facilities, usually without payment (*Dict. of Leis., Trav. and Tour., 2008, 178p.*)

**leisure complex** a series of buildings with various leisure facilities (*Dict. of Leis., Trav. and Tour., 2008, 178p.*)

**leisure facilities** facilities for enjoying yourself e.g. a swimming pool, putting green, or cinema (*Dict. of Leis., Trav. and Tour., 2008, 178p.*)

**leisure pursuits** hobbies things you do during your free time for relaxation or enjoyment (*Dict. of Leis., Trav. and Tour., 2008, 178p.*)

**length** length of a dog's body; one of a number of terms used to indicate the distance between two dogs finishing a race (dog.rac.) (*Chambers. Sports Factf.,2005, 303p.*)

**length** the distance from the bowler at which the ball pitches; if a bowler bowls 'a good length' or 'on a length', the ball pitches at a distance such that the batsman cannot easily play an attacking stroke (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**length** the length of a boat used to judge the distance between boats. At the race's completion a boat may be said to have won by '6 lengths' or '4 ½ lengths', for example; see also **canvas** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**length** the length of a horse, as used in reporting the distances between horses at the finishing post, eg *Silver Patriarch won by two lengths* (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**leotard** a tight-fitting one-piece elastic garment that covers the torso and is worn especially by dancers, gymnasts, and acrobats (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**les autres** (*in disabled sport*) a classification for those athletes who do not fit into the established categories, e.g. athletes with multiple sclerosis or restricted growth (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lesion** a wound, sore or damage to the body (NOTE: Used to refer to any damage to the body, from the fracture of a bone to a cut on the skin.) (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lesson plan** written instructional program designed to accommodate learner needs, including class size, length of instructional periods, facilities, equipment, characteristics of the learner, skill levels, and interests, as well as environmental factors that will influence learning (*Dict. of sp. and Ex. Sc. 1991, 87p.*)

**let** a point that is replayed at the umpire's discretion (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**let** **1.** a serve that hits the **net cord** before landing in and is there-fore replayed **2.** a point replayed at the umpire's discretion (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**let** a rally whose result doesn't count, usually because the umpire called a halt in play because of some distraction or interruption. See the following entry (t.ten.) [6]

**let** a replayed point, at the referee's discretion, following unintentional obstruction (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**let** a stroke that doesn't count and must be replayed. This most commonly happens when a serve touches the net before entering the proper service court. It's also a let if the serve is delivered before the receiver is ready, if play is interrupted by some unusual occurrence (such as an animal running onto the court), or if a linesman's decision that resulted in stoppage of play is reversed by the umpire (ten.) [6]

**let** in games such as tennis and squash, a service in which the ball is obstructed and the shot has to be played again (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**let** an official stoppage in play after which a rally is replayed (badm.) [6]

**let it run!** a call from the coxswain to stop rowing at the finish, letting the boat glide through the water and coast to a stop (row.) [6]

**let serve** a serve that touches the net before entering the opponent's court. It doesn't count and is replayed (t.ten.) [6]

**level** the location of the body in relation to the water surface (synchr.swim.) [6]

**level change** bending at the knees to raise or lower the hips in order to get into a new position for a hold or takedown move (wrest.) [6]

**levels you devils** in **tic-tac**, odds of evens (equest.sl.) (*Chambers. Sports Factf.,2005, 349p.*)

**lever arm** see *moment arm* (*Dict.of sp.and Ex.Sc.1991, 87p.*)

**libero** (*in sports such as volleyball and ice hockey*) a defensive player who operates freely across the whole playing area (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**libero** a designated, specialized defensive player who can be brought on at any time in a defensive role only; he or she wears a contrasting coloured shirt to the rest of the team (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**libero** same as **sweeper**. The word is Italian and means 'free' (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**libero** (Italian = free (man)) in soccer a free player, i.e. without a direct opponent, a player who has to fulfil mainly defensive tasks. The libero can, however, become actively involved in the offense if the situation allows for it. (*H.Haag &G. Haag, Dictionary, 2003, 283p.*)

**license** **1.** permission given/awarded by a federation for practicing a » professional sport (e.g. boxing, soccer, automobile sport), or for working as a judge or referee at competitions or championships. A licensed player (in automobile sport: licensed driver) receives a monthly salary as an employee of his club (in addition to bonus, rewards, royalties, and transfer fees when clubs are changed). **2.** certification permitting the participation in sports where driving equipment is necessary (e.g. a motor boat, sail boat, in motor sport). (*H.Haag &G. Haag, Dictionary, 2003, 283p.*)

**lie** angle made by the shaft of the stick and the blade (icehok.) [6]

**lie** the position from which the ball has to be played (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**lie** the position of the ball after it comes to rest anywhere between the tee and the putting surface. A lie is described as good if the ball can be struck cleanly. But see also lying (golf) [6]

**life belt, life buoy** a ring which can float, used to throw to someone who has fallen into water (The US English is life preserver) (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**life jacket** **1.** a jacket with blocks of light material which allows it to float, provided for sailors and passengers on boats **2.** a jacket which can be inflated and will make the wearer float in water, provided by airlines for each, passenger (The US English is **life preserver**) (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**life preserver** US same as **life belt, life jacket** (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**life raft** a construction which can float, carried by a ship, and used to carry passengers if the ship sinks (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**life vest** cork, foam or inflatable rubber vest used as a lifesaving device in some water sports (e.g. water skiing, windsurfing, motor boating, sailing); in some disciplines wearing a life vest is mandatory. The collar must be designed so that the head of an unconscious person is held above water. (*H.Haag &G. Haag, Dictionary, 2003, 283p.*)

**lifeboat** a boat used to rescue passengers from sinking ships (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**lifeguard** somebody who is on duty on a beach or at a swimming pool, and who rescues people who get into difficulty in the water (*Dict. of Leis., Trav. and Tour., 2008, 180p.*)

**lifesaving** swimming with the purpose of saving a person from drowning. Lifesaving is required as professional training for life guards, policemen, firemen, and physical education teachers. Qualifications vary according to levels of difficulty and nation; typical elements are long-distance swimming, swimming with clothes on, distance and deep diving, transporting and pulling of drowning individuals, release grips, etc. A major focus of all programs is immediate lifesaving action, especially the reactivation of the heart and lungs. Lifesaving is an ideal combination of sport and recreational activity and humanitarian assistance. Lifesaving is generally organized through the national swimming or lifesaving federations. (*H.Haag &G. Haag, Dictionary, 2003, 283p.*)

**life-saving** the activity of saving people from drowning in a swimming pool or the sea (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lifestyle** the way in which a person or group of people live their daily lives, including habits, diet and activities (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lifestyle change** a change to a person's daily routine caused by starting one or more new activities, e.g. taking more daily exercise (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lift** a move in which one or more swimmers lift a swimmer or swimmers above the surface (synchr.swim.) [6]

**lift** any move in pairs skating in which the male skater lifts his partner off the ice. In the most spectacular lift, he holds her above his hand with one hand (f.skate.) [6]

**lift** to take an opponent entirely off the mat (wrest.) [6]

**lift** upward motion imparted to the ball by the fingers at release (bowl.) [6]

**lift** in figure and roller skating element of the original and free programs for the pairs as well as in the free program of ice dancing, where the woman is lifted by the man with one or two arms so that she no longer has any contact with the ice. In figure skating the arms of the man have to be fully extended during a lift, the number of turns is optional. In ice dancing only one and half turns during lifts are

allowed, and the hands of the man cannot go higher than his shoulders. (*H.Haag &G. Haag, Dictionary, 2003, 284p.*)

**lifting** the (now legal) boosting and supporting of a **jumper** in a **line- out** by other players (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**lifting** **1.** in callisthenics, figure-skating, roller-skating, and ice-dance, term for a partner exercise where the partner is lifted high above the ground (» lift). **2.** in gymnastics a strength action where the body position is changed merely by the use of muscle force in the arms (e.g. pushing into a handstand from the floor, parallel bars, or rings). **3.** short term for » weight-lifting. (*H.Haag &G. Haag, Dictionary, 2003, 284p.*)

**light flyweight** (*in amateur boxing*) a weight category for competitors whose weight does not exceed 48 kg or 106 lb (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**light heavyweight** (*in professional boxing*) a weight category for competitors who weigh between 72.5 and 79.5 kg or 160 and 175 lb (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**light hit** a hit that doesn't strike the headpin solidly (bowl.) [6]

**light middleweight** (*in amateur boxing*) a weight category for competitors who weigh between 67 and 71 kg or 148 and 156 lb (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**light seven** a light hit that results in the 2-4-5 or 3-5-6 split (bowl.) [6]

**light welterweight** (*in amateur boxing*) a weight category for competitors who weigh between 60 and 63.5 kg or 132 and 139 lb (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lightweight** a weight division for lighter rowers. In the Olympics, 72.5 kilograms (about 160 pounds) or less for men and 59 kilograms (about 130 pounds) or less for women (row.) [6]

**lightweight** (*in professional boxing*) a weight category for competitors who weigh between 59 and 61 kg or 130 and 135 lb (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**lily** the 5-7-10 split (bowl.) [6]

**limb** part of the bow from the riser (handle) to the tip (arch.) [6]

**limb** the upper or lower portion of a bow from the handle to the tip (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**limber up** to do gentle physical exercises to loosen and warm the muscles prior to taking part in more strenuous physical activity (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**limit** **1.** The minimum performance required in various sport disciplines for eligibility to compete in Olympic Games, world or national championships. **2.** in sport disciplines with » weight classes the upper boundary of a weight class. (*H.Haag &G. Haag, Dictionary, 2003, 284p.*)

**limp** to walk with an uneven step because of an injury or disability ■ a way of walking or running that involves a degree of motion impairment, usually as a result of injury (*Dict. of Sp. and Ex. Sc. 2006, 125p.*)

**line** a group of forwards who usually play together for a team because their skills complement one another (icehok.) [6]

**line** dated synonym for a game of bowling (bowl.) [6]

**line** the direction in which the ball should be hit. In most cases, it refers to the path that a putt must take, but it can also refer to shots toward the green (golf) [6]

**line** the main direction of an attack. See high line; inside line; low line; outside line (fenc.) [6]

**line** the path chosen by a whitewater slalom paddler to traverse the gates and the entire course (canoe) [6]

**line** the path followed by the sled down the track (luge) [6]

**line** the trajectory of a ball bowled by a bowler; for example an 'off stump line' would mean that the ball was directed at **off stump** (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**line** **1.** a long narrow mark that shows the boundary of any of the divisions of a playing area or race track **2.** (*in American football*) either of the two rows of opposing players facing each other on either side of the line of scrimmage (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**line** the route taken by a driver, especially through a turn; as in, "He took a very high line to avoid being passed" (autosp.) [6]

**line** **1.** in general marking of sport facilities and playing fields. **2.** in fencing the position of the blade, where the blade tip is aimed at the opponent's valid hit area with a straight arm ("blade in line"). **3.** in chess the vertical direction of the fields on the chess board. (*H.Haag &G. Haag, Dictionary, 2003, 285p.*)

**line call** a decision on the status of a shot, articulated by an **umpire** or a **line judge** (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**line change** the entire forward line and/or defensive line will be replaced at once, which puts players on the ice who work well together (icehok.) [6]

**line change** the substitution of one entire line for another, usually done every couple of minutes or even more often to keep rested players on the ice. See also change on the fly (icehok.) [6]

**line drive** a hard-hit ball with a flat trajectory (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**line judge** a member of the officiating team, positioned opposite the **linesman**, with special responsibility for the timing of the game (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**line judge** an official who is responsible for determining whether or not a shot landed in the court. They include the baseline judges, service line judges, and sideline judges (ten.) [6]

**line judge** an official who watches a line to adjudicate whether shots are in or out (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**line judge** (*in sports such as tennis*) an official who assists the umpire by signalling when the ball is out of play, and sometimes when it is in play at times of uncertainty (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**line of scrimmage** an imaginary line across the field, behind which the **linemen** of a team position themselves at the start of a play (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**line of scrimmage** an imaginary line which no player may cross before the snap; each team has its own line of scrimmage, separated by the neutral zone (f/b) [6]

**line of scrimmage** (*in American football*) an imaginary line across the field at which the ball rests and where the players of the opposing teams form up facing each other for a play (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**line player** same as **pivot** (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**line up** to study the putting surface in order to determine how a putt should be hit (golf) [6]

**line up, team composition** in team sports the assignment of individual players to the playing positions. The line-up is generally determined by the coach and is often only disclosed shortly before the start of the game or changed shortly before the game for tactical reasons. In individual sports the line-up refers to the assignment of positions on the starting line, e.g. in the 5,000-m run or in auto racing. (*H.Haag &G. Haag, Dictionary, 2003, 285p.*)

**linebacker** a defensive player whose position is just behind the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**lineman** a player who starts each play within 1 yard of his line of scrimmage (f/b) [6]

**lineman** any player who lines up on the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**lineman** (*in American football*) a player on the forward line (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**line-out** the means of restarting the game after the ball has gone into **touch**. The two sets of forwards stand in file perpendicular to the touchline. A player from the team not responsible for the ball leaving the field throws the ball in, and the **jumpers** attempt to win possession (rugby U.) (*Chambers. Sports Factf.,2005, 492p.*)

**lineout** the method of putting the ball back into play after it has gone out of bounds. The two sets of forwards line up opposite each other; a player from one side then calls a play and throws the ball between the two lines (rugby) [6]

**line-out** (in rugby union) a restart of play in which the ball is thrown from the touchline for two lines of opposing forwards to jump and catch (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**linesman** in addition to the referee (two referees in the NHL), there are two linesmen on the ice who are responsible for calling any rules infraction concerning the lines, eg **offside**, **icing**. They are also responsible for **facing-off** the puck in most circumstances, and for assisting the referee (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**linesman** a former name for **assistant referee** (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**linesman** a member of the officiating team, positioned on one side of the field, responsible for monitoring the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**linesman** one of the two officials primarily responsible for calling icing and offside violations. The linesmen also conduct most faceoffs, separate fighting players, and may inform the referee of fouls, but they cannot themselves call penalties (icehok.) [6]

**linesman** **1.** same as **line judge** **2.** (in American football) an official who watches for infringements, marks the downs and places the ball in position **3.** (in football) an assistant referee positioned along a touchline (*dated*) (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**linesman** assistants of the referee in several sport disciplines, e.g. soccer, tennis, ping-pong, volleyball, who have the task of supervising several lines and offside positions. They can also report rule violations to the referee; however, the referee is not bound by such reports in his decision-making. (*H.Haag &G. Haag, Dictionary, 2003, 285p.*)

**linesmen** the 2 officials who assist the referee in making his decisions; they monitor the sidelines and goal lines to determine when a ball goes out of bounds and they carry a flag to signal their observations (f/b) [6]

**linesmen** the two officials on the ice, one toward each end of the rink, responsible for infractions of the rules concerning off-side plays at the blue lines or center line and for any icing violations; they conduct most of the face-offs, sometimes advise the referee concerning penalties, and separate players who are fighting; they wear black pants and an official league sweater, and are on skates (icehok.) [6]

**linesperson** in sports such as tennis, football, and American football, an official who assists the referee or umpire, e.g. by signalling that a ball is out of play (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**lineswoman** in sports such as tennis, football, and American football, a woman official who assists the referee or umpire, e.g. by signalling that a ball is out of play (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**line-up** a list of players in a team together with the positions they play in (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**liniment** an oily liquid rubbed on the skin to ease the pain or stiffness of a sprain or bruise by acting as a vasodilator or counterirritant. Also called **embrocation** (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**link** a midfielder (hock.) [6]

**linkmen** see Midfielders (f/b) [6]

**links** originally, a seaside course, but now any golf course (golf) [6]

**links** sometimes used to describe any golf course, but properly one on low-lying ground by the sea (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**Lions** a touring side (formerly the British Lions) made up of players from the British Isles (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**lip** the upper rim of the hole (golf) [6]

**lip out** to hit the rim of the hole and not fall in (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**liparia** same as **obesity** (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**listed race** see **conditions race** (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**liter** used to measure displacement; a liter is 1000 cubic centimeters, about 61 cubic inches, a little more than a quart (autosp.) [6]

**little rail** the rail or picket fence leave minus the 1-, 7-, or 10-pin (bowl.) [6]

**live** **1.** of an event, appearing, performing, or performed in front of an audience or in person, rather than recorded or filmed **2.** in sports such as baseball or football, used to describe a ball that remains in play because officials have not halted action (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**live ball** a ball becomes live as soon as it is snapped or free kicked (as in a kickoff); opposite of a dead ball (f/b) [6]

**live ball** as soon as a ball is given to a free-throw shooter or a thrower on a throw-in, it is live, but the game clock does not restart until the ball is alive (b/b) [6]

**live time** a period when the clock is running. Compare dead time (w.polo) [6]

**liverpool** a water jump that has a pole over it or just beyond it (equest.) [6]

**living food diet** same as **raw food diet** (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**Load** score of 180 (darts) [6]

**load** **1.** a weight or mass which is supported **2.** the force that a body part or structure is subjected to when it resists externally applied forces **3.** the amount of something, usually weight, that a body part can deal with at one time (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**load** in general all strains on the body through external influences; in sport, e.g. through mechanical forces such as gravity acting on the body, forces applied by an opponent, the reactive force of the own muscle system which acts immediately on the body, but also the strains on the circulatory system

induced by physical activity and environmental conditions (weather conditions, etc.) while performing sport, which put different demands on the body. (*H.Haag &G. Haag, Dictionary, 2003, 285p.*)

**load the bases** if a pitcher loads the bases, or if the bases are loaded, there are **baserunners** at first, second and third base (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**loaded** descriptive of a shot that has a great deal of spin (t.ten.) [6]

**loading** the process of getting the driver and crew or brakeman into the sled (bobsl.) [6]

**loading dose** a dose of a dietary supplement that is very high and delivers the maximum amount of the substance to the body in a short space of time (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**loafing** delivering the ball without sufficient lift, which usually results in its rolling off to the right (for a right-handed bowler) (bowl.) [6]

**loan** a temporary transfer of a player from one club to another with no transfer fee involved (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**lob** a high defensive return of a **smash** (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**lob** a high soft shot to the back of the court played when one's opponent is at the front (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**lob** a shot that is hit in a high arc, usually over the opponent's head. See defensive lob; offensive lob (ten.) [6]

**lob** a shot that's hit high into the air, often as a way of buying time after the opponent has hit a kill shot (t.ten.) [6]

**lob** if a player lobs the ball, he or she sends it arcing upwards over the opponent, either to drop sharply and win a point (offensive) or to allow him/her to regain position (defensive) (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**lob** if a player lobs the goalkeeper, he or she lofts the ball gently over the goalkeeper (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**lob** to hit or throw a ball in a high curving trajectory ■ a ball that travels over the head of a tennis player (*Dict. of Sp. and Ex. Sc. 2006, 126p.*)

**lob serve** a high serve that lands just short of the back wall (racq.b.) [6]

**lob shot** a shot that goes almost straight up and comes almost straight down, most often used when the golfer has very little green to work with (golf) [6]

**lob wedge** a club with the greatest degree of **loft**, for playing **pitches** and **flop shots** (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**local rules** rules established by a club because of unusual course conditions (golf) [6]

**loch** a **second-row** forward, often the tallest and heaviest players in a team; locks wear the number 4 and 5 shirts (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**lock** one of two forwards, who usually wear Nos. 4 and 5, and generally the two largest players on a team (rugby) [6]

**lock** same as **loose forward** (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**locker** a small lockable cupboard or compartment where personal belongings can be left, e.g. at a swimming pool or in a gym (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**locker room** a room containing lockers, where people change their clothes for sports or swimming (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**locomotion** movement of a body from one locus to another (*Dict. of sp. and Ex. Sc. 1991, 89p.*)

**locomotor skills** the group of skills in which the performed translates the body through space from one place to another (*Dict. of sp. and Ex. Sc. 1991, 89p.*)

**lodge** **1.** a small house in the country used for parties of hunters or ramblers. **2.** a type of motel, especially one where buildings are made of wood, and are, or appear to be, simple and rustic ■ to rent a room in a boarding house (*Dict. of Leis., Trav. and Tour., 2008, 183p.*)

**lodge hotel** **1.** a large main hotel building in a park or sports complex **2.** a hotel with rooms in separate wooden or rustic buildings (*Dict. of Leis., Trav. and Tour., 2008, 183p.*)

**loft** **1.** the elevation of the ball when it has been hit into the air; **2.** the angle at which the club face is set from the vertical. The greater the club's loft, the higher the ball is lifted (golf) [6]

**loft** the degree of angle at which a **clubhead** is set (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**loft** the distance the ball travels between time of release and the time it hits the lane. A bowler often needs to adjust the loft somewhat to increase or decrease rotation (bowl.) [6]

**loft or lob** a high-arcing kick(f/b) [6]

**lofting** the act of throwing the ball onto the lane instead of rolling it (bowl.) [6]

**log roll** a technique for moving an injured person that does not risk aggravating any potential spinal injury, in which the body is rolled sideways, e.g. onto a spinal board (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**logs** heavy pins that are often used for practice, since they generally require more precise hits to achieve good scores (bowl.) [6]

**lollipop** same as **stepover** (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**lollipop** the sign on a stick held in front of the car during a **pit stop**; one side tells the driver to apply the brakes and the other to engage first gear before the car is lowered from the jacks (motor.sp.) (*Chambers. Sports Factf.,2005, 415p.*)

**lollipops** small coloured lollipop-shaped pieces of plastic held up by the **marker** to indicate the number of shots gained in an **end** (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**long** descriptive of a shot that is out because it hits the court beyond the opponent's baseline (ten.) [6]

**long** if a shot is long, it bounces outside the court (ten.sl.) (*Chambers. Sports Factf.,2005, 601p.*)

**long bone** any long limb bone that contains marrow and ends in a part that forms a joint with another bone (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long corner** a free stroke taker on the **back line** 5m from the corner flag after a defender has unintentionally hit the ball over the back line (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**long corner** if a defending player unintentionally kicks the ball over the back line, it is put in play on the back line about 5 meters from the corner flag, and the attacking team is given possession (hock.) [6]

**long distance** the long-distance events are the 3,000m, 5,000m and 10,000m (athl.) (*Chambers. Sports Factf.,2005, 27p.*)

**long game** that part of the game of golf involving shots in which distance is important (golf) [6]

**long hop** a short-pitched, high-bouncing ball that is easy to hit (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**long iron** an iron club (numbers 1 to 4) used to play long-range shots (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**long irons** the irons with less loft, which tend to hit the ball farther (golf) [6]

**long jump** a jumping event in which an athlete sprints down a **runway** before leaping off a board into a sandpit; distance is measured from the **board** to the nearest mark caused by the athlete's body in the sand (athl.) (*Chambers. Sports Factf.,2005, 27p.*)

**long jump** jumping discipline of track and field, where the athlete has to jump the longest distance possible from a take-off board following a run-up. (*H.Haag & G. Haag, Dictionary, 2003, 286p.*)

**long jump** an athletics event in which the contestants jump for distance, usually from a running start into a sand pit (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long leg** a fielding position, on the boundary behind the batsman on the **leg** side (crick.) (*Chambers. Sports Factf.,2005, 173p.*)

**long off** a fielding position, on the boundary behind the bowler on the **off** side (crick.) (*Chambers. Sports Factf.*,2005, 173p.)

**long on** a fielding position, on the boundary behind the bowler on the **leg** side (crick.) (*Chambers. Sports Factf.*,2005, 174p.)

**long pips rubber** a rubber sheet covered with long, cylindrical projections (pips) that allow the player to put a lot of unpredictable spin on the ball (t.ten.) [6]

**long reliever** a **relief pitcher** who is used to pitch several innings if the **starting pitcher** has to be removed from the game prematurely (baseb.) (*Chambers. Sports Factf.*,2005, 86p.)

**long serve** a fault on which the serve hits the back wall before hitting the floor (racq.b.) [6]

**long shot** a player or team that is unlikely to win a race or competition (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long track** a type of competition in which two skaters at a time race on a 400-meter track, against the clock rather than one another (sp.skate.) [6]

**longboard** a long, light surfing board (surf.) (*Chambers. Sports Factf.*,2005, 557p.)

**long-chain fatty acids** fatty acids with more than six carbon bonds (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long-distance running** collective term for all track and field running events with greater distances than 3,000 m (women) or 5,000 m (men); the marathon has the longest distance of 42.195 km and is usually listed separately. (*H.Haag &G. Haag, Dictionary, 2003, 288p.*)

**long-distance ski trail** a marked path for skiers over a long distance (*Dict. of Leis., Trav. and Tour., 2008, 184p.*)

**long-distance skiing** skiing for long distances following marked tracks across country (*Dict. of Leis., Trav. and Tour., 2008, 184p.*)

**longer** in vaulting, the person who leads round the horse while the rider performs gymnastic manoeuvres (equest.) (*Chambers. Sports Factf.*,2005, 225p.)

**Long-Term Athlete Development, Long-Term Player Development** a model that explains sport-specific best practice for a serious athlete at each stage of skills learning. Abbreviation **LTAD, LTPD** (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long-term goal** something that a person wants to achieve in the future, which they are working towards (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**long-term motor memory** recall, recognition, and retrieval of a movement after a delay of hours, days, or years without rehearsal (*Dict. of sp. and Ex. Sc. 1991, 90p.*)

**long-track race** (also sand track races) motorcycle racing on round tracks with a length between 700 and 2,000 m, whose surface consists of fine rolled slag. The front wheels of the motorcycles have rubber suspension, the engines are highly compressed (14:1); the drivers wear a special protector on their left leg, since they touch the ground in the curves. World championships have been held since 1971. (*H.Haag &G. Haag, Dictionary, 2003, 288p.*)

**long-track racing** a form of **speedway** over 1,000m-long tracks with larger bikes and heats of eight (motor.sp.) (*Chambers. Sports Factf.,2005, 402p.*)

**longwinded** capable of doing physical exercise for a relatively long period of time without getting short of breath (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**loom** the long section of the oar between the handle and the **blade** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**loom** the section of the oar between the blade and the handle (row.) [6]

**loop** a jump where the skater takes off and then lands on the same back outside edge (f.skat.) (*Chambers. Sports Factf.,2005, 368p.*)

**loop** a shot hit with a long, upward motion, from as low as the knees to as high as the forehead, grazing the ball and putting heavy topspin on it. It's often used to set up a kill, since the opponent's return is likely to be high (t.ten.) [6]

**loop** a shot played with a closed-face bat that places heavy **topspin** on the ball (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**loop** a time-wasting line that dips in the middle of a curve and rises near the exit, usually caused by the sled's being allowed to climb too high in the early portion of the curve. As a verb, to follow such a line (luge) [6]

**loop** a type of edge jump on which the skater takes off from and lands on the same back outside edge (f.skat.) [6]

**loop kill** a loop hit very hard, with a flat trajectory (t.ten.) [6]

**looper** a very slow, wide hook (bowl.) [6]

**loose** the loose is forward play not involving **scrums** or **line-outs**; compare **tight** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**loose** to release (arch.) [6]

**loose ball** a ball that is alive but not in the possession of either team (b/b) [6]

**loose ball** a ball that is not in possession of either team, such as after a fumble or a kickoff; it can be recovered by either team (f/b) [6]

**loose ball** the ball when it is in play but not in the possession of either team; e.g., when it is rolling along the floor or coming off the backboard after a missed shot (b/b) [6]

**loose forward** a member of the **back row** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**loose forward** the forward who binds at the back of the **scrum**, behind the two **second-row forwards**; wears the number 13 shirt (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**loose forwards** the flankers and the No. 8 forward (rugby) [6]

**loose hit** a hit low in the pocket, more on the 3-pin for a righthander and the 2-pin for a leftie, than on the head pin. Also known as a low hit (bowl.) [6]

**loose impediment** any natural object that is not fixed in place, growing, or adhering to the ball. Among loose impediments are pebbles, leaves, twigs, branches, insects, etc (golf) [6]

**loose puck** the puck when it is not being controlled by either team (icehok.) [6]

**loosehead** the No. 1 prop in a scrum. See also prop; tight head (rugby) [6]

**loose-head prop** the **prop** on the left-hand side of a team's **front row**, whose head is not completely inside the **scrum**; the scrum-half puts the ball into the scrum through his legs (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**loose-head prop** the **prop** on the left-hand side of a team's **front row**, whose head is not completely inside the scrum (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**loose-jointed** **1.** agile and supple in movement **2.** having joints that are very mobile (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**loosen up** to do exercises, or exercise muscles or joints, in order to become more limber, prior to strenuous activity (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**Lord's** Test cricket ground in St John's Wood, London, founded by Thomas Lord in 1814; considered the spiritual home of English cricket, it is also the county ground of Middlesex and headquarters of the ECB and **MCC** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**lordosis** excessive forward curvature of the lumber spine in which the pelvis is tilted forward (i.e., the anterior superior iliac spine is positioned forward and downward from its normal position). Also called *swayback* (*Dict.of sp.and Ex.Sc.1991, 90p.*)

**lose one's head** to have the head snap back because of high g-forces in a curve (luge) [6]

**loser's round** term for a competition round where the athletes or teams who have been eliminated from the chance of victory participate in a (loser's) competition against each other (e.g. in the knock-out system). (*H.Haag &G. Haag, Dictionary, 2003, 289p.*)

**losing cant** losing breath and failing to chant 'kabaddi' (kabadi) (*Chambers. Sports Factf.,2005, 377p.*)

**lost ball** a ball is considered lost if: 1) It cannot be found within five minutes after the search begins; 2) The player declares it lost before the search has lasted five minutes; 3) A ball is found within the five-minute period, but the player cannot identify it as his (golf) [6]

**lot number** the number assigned to a competitor during the draw (weightl.) [6]

**loud pedal** the accelerator (autosp.) [6]

**love** no score (either from the French *l'oeuf* meaning 'egg', from the resemblance of zero to an egg, or from the phrases 'neither for love nor money' and 'a labour of love' where 'love' means 'nothing') (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**love** Zero; no points. For example, a score of 40-love means that the server has scored three points and the receiver hasn't scored any. In a set score, it means that the player hasn't won any games. Probably derived from the old French word for egg, l'ove, because a zero is egg-shaped (ten.) [6]

**love** a score of zero in some sports and games, e.g. tennis and squash (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**love game** a game in which a player fails to score a point (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**love game** a game in which the loser scored no points (ten.) [6]

**love game** a game in tennis and some other sports in which the loser scores no points (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**love set** a set in which the loser won no games (ten.) [6]

**love tap** a very light on one pin from another that just barely knocks it down (bowl.) [6]

**low** descriptive of a loose hit (bowl.) [6]

**low ball and total** a team bet in which, on each hole, the best ball of each team wins a point and the lowest total score by partners wins another point (golf) [6]

**low guard** the arm position in locomotor skills wherein the arms hang down at the sides and do not swing in coordination with leg action (*Dict.of sp.and Ex.Sc.1991, 90p.*)

**low house** in **skeet** events, the lower trap house from where targets are catapulted (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**low invitation** allowing an attack by dropping the sword arm (fenc.) [6]

**low line** any line below the midway point of the fencer's trunk or below the guard (fenc.) [6]

**low pass** passing technique in soccer, where the ball is played as low, fast and precise as possible to a team-mate (also » give-and-go). A low pass can be played as an » inside kick or an outside kick. (*H.Haag &G. Haag, Dictionary, 2003, 289p.*)

**low post** an area in the frontcourt, near the basket and on one side or the other of the free throw lane, where the center or a power forward is often positioned. See also double post; high post (b/b) [6]

**low post** an imaginary area outside either side of the foul lanes close to the basket (b/b) [6]

**low post** the area of the court just outside the **foul lane** and under the basket (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**low side borrow** (golf) if a player misses a putt on the low side, it means that he or she has not allowed enough (*Chambers. Sports Factf.,2005, 292p.*)

**low start** see start. (*H.Haag &G. Haag, Dictionary, 2003, 289p.*)

**Low Ton** a score of from 100 to 149 in an 01 game (darts) [6]

**Lower Class** score of 29 (darts) [6]

**lower percentage shot** a shot that is less likely to go in the basket, such as one thrown by a player who is off balance or outside his shooting range (b/b) [6]

**low-fat** containing very little fat (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**low-impact** used for describing exercise that involves little compression of the joints (*Dict. of Sp. and Ex. Sc. 2006, 127p.*)

**LTAD** abbreviation Long-Term Athlete Development (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**LTPD** abbreviation Long-Term Player Development (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**lucid** rational and mentally clear, especially in circumstances in which someone might be expected to exhibit opposite behaviour, e.g. because of a head injury (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**luge** a sled specially designed and built for racing. It rides on runners called steels, attached to two kufens, which are connected by the bridges. The slider rides in a pod that's suspended from the bridges. (French for "sled.") (luge) [6]

**luge** a racing toboggan on which the riders lie on their backs with their feet pointing forwards (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**luge** a sledge for downhill competition racing, on which two or more people lie on their backs, with their feet going first (*Dict. of Leis., Trav. and Tour., 2008, 185p.*)

**luge, sledding** winter speed competition for women and men on a luge (sled), which are vehicles with runners for moving on snow or ice. The racing sled (luge) is made of elastic wood with two diagonally positioned, slightly bent, steel runners (approx. 15 cm high, 55 cm wide, 124-135 cm long, with a maximum width between the runners of 45 cm; weight of the one-seater 22 kg, of the two-seater 25 kg). The racing sled has an aerodynamic encasement but no brake. Since 1964 it is forbidden to preheat the runners prior to the start to improve the sliding characteristics of the sled. The competitors usually wear a one-piece stream-lined suit, a helmet (required), loin belt, and elbow and knee pads. The

competition site is the natural or artificially iced or cooled sled or luge run (often identical to the bobsled run) with a slope of 8 to 11% and a minimum of five curves (radius between 9 and 15 m). The length of the run is between 1,000 and 1,050 m for men's one-seaters and between 800 and 1,050 m for men's two-seaters, women's one-seaters, and juniors. (*H.Haag &G. Haag, Dictionary, 2003, 289p.*)

**lung capacity** the volume of oxygen that a person can hold in their lungs (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**lunge** a sudden thrusting movement with the front leg extended (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**lunge** an abrupt lean of the body before the catch, which can throw the oarsmen out of timing with the rest of the crew (row.) [6]

**lunge** an attack in which the fencer moves the front leg quickly forward while the back leg remains stationary and straightens out (fenc.) [6]

**lunge** 1. an exercise in which a person steps forward with one leg and moves the bulk of their body downwards, supporting it on the front leg 2. (*in fencing*) a sudden thrust made at an opponent (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**lure** an object, resembling a hare, attached to a mechanical arm and electrically driven around the inside of the track ahead of the greyhounds. It is the object which the greyhounds chase during the race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**Lutz** a jump performed while travelling backwards where the skater takes off from the back outside edge of one skate and lands on the back outside edge of the other. It is named after the Austrian skater Alois Lutz (1898-1918) who invented it (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**Lutz** named for inventor Alois Lutz, this is a jump on which the skater, while moving in a backward curve, uses the toe pick to rotate in the opposite direction, taking off from a back outside edge and landing on the other back outside edge (f.skate.) [6]

**Lutz** in figure and roller skating jump for the free program named after the Austrian figure skater Alois Lutz (\*1899, 1918): begin with a large curve backward-outward, for take-off the tip of the free leg's skate is stuck into the ice, after take-off from backward-outward a full turn in the air against the direction at the beginning of the jump, and landing backward-outward on the leg that stuck into the ice. The curve direction after landing is opposite to that before take-off. The jump with two turns is called the double Lutz, with three turns, the triple Lutz. (*H.Haag &G. Haag, Dictionary, 2003, 290p.*)

**Lycra** a trade name for a lightweight stretchy poly urethane fibre, or a fabric made from this, used for making sportswear (*Dict. of Sp. and Ex. Sc. 2006, 128p.*)

**lying** designation for the number of shots a golfer has taken on a given hole. For example, "lying three" means that the golfer has taken three shots and is about to hit the fourth (golf) [6]

## M

**Maccabiah Games** an international athletics event for Jewish athletes, held every four years in Israel, the year following the Olympic Games (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**machine weight** same as **fixed weight** (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**macrocycle** a training cycle that typically lasts for a year (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**Mad House** Hitting a double-1 to win an 01 game (darts) [6]

**Maddocks' questions** a set of questions, used in a sports concussion assessment tool alongside the AVPU ratings, that assess what the player can remember about the game and their recent history (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**made pony** an experienced polo pony (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**madhouse double** 1.The word expresses the frustration of the player left with this least-favoured double (darts sl.) (*Chambers. Sports Factf.,2005, 214p.*)

**Madison** a track race of a specific duration in time, ranging from six hours to six days, for teams of two or three riders. The winner is the team covering the greatest distance in the specified time. Only one rider from each team is on the track at any given time. A rider goes as fast as possible for one or two laps, then leaves the track and is replaced by another member of the team. A unique feature of the Madison is that the rider who leaves the track hurls the teammate into the race by using a special handle in the rear pocket of the teammate's racing shorts. The event is named for Madison Square Garden, where six-day bicycle races originated (cycl.) [6]

**madison** a cycling event in which competitors ride as teams, each rider relieving the other in turn (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**Madison** a group distance **track race** (often 50km in length) with incidental sprints. It is ridden in teams of two with only one of the two riders in the race at any one time. The race is scored on a combination of distance covered and points for position in **sprints**. So-called because it was first ridden at Madison Square Garden in New York City (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**magnesium** a chemical element found in green vegetables, essential for the correct functioning of muscles (NOTE: The chemical symbol is **Mg**.) (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**maiden** (*in cricket*) an over in which no runs are scored (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**maiden** a greyhound that has not won an official race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**maiden** a horse that has yet to win a race (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**maiden** an over in which no runs are scored by the batsmen and no **wide** or **no-ball** is bowled (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**Maiden (the)** an enormous sand dune to the left of the par-3 6th green at Royal St George's, Sandwich (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**main functional phase** main part of a movement structure which is directly related to the goal of the movement and its marginal conditions (rules, situation, etc.). (*H.Haag &G. Haag, Dictionary, 2003, 291p.*)

**main nue** a form of pelota played with the bare hand (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**main wall** the long wall with no **penthouse** (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**maintenance dose** a dose of a dietary supplement which is moderate and help to maintain a constant level of the substance in the body (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**maintenance training** training that maintains an already-attained level of fitness, rather than increasing it (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**Major** any one of the four most important golf competitions: The Open, the US Open, the US PGA and the Masters (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**major league** either of the two most prestigious North American professional baseball leagues, the **National League** and the **American League**; also called **majors** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**major league** 1. either of the two main professional baseball leagues in the United States 2. a top league of professional football, ice hockey or basketball teams in the United States (*Dict. of Sp. and Ex. Sc. 2006, 129p.*)

**major penalty** a five-minute penalty imposed for serious infractions, such as fighting and spearing, and for lesser infractions that cause injury and/or draw blood. The penalized player must serve all five minutes in the penalty box, even if the opposing team scores (icehok.) [6]

**major penalty** a type of individual penalty called for more serious infractions of the rules; of 5 minutes in duration whether or not the non-penalized team scores (icehok.) [6]

**make the cut** see cut (golf) [6]

**makeable split** a split that isn't terribly difficult to convert, though it may not exactly be easy (bowl.) [6]

**makekoshi** a wrestler's record; it indicates that he or she has more losses than wins; compare kachikoshi (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**mal pare** French for insufficient parry (fenc.) [6]

**mallet** a long stick with a bamboo shaft and a hammer-shaped head with which the players propel the ball (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**mallet** a putter with a wide, heavy head, similar to that of a croquet mallet (golf) [6]

**malnutrition** 1. a lack of food or of good-quality food, leading to ill-health 2. the state of not having enough to eat (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**maloney** a piked circle through a handstand with a flight from the low bar to a hang on the high bar. Named for U. S. gymnast Kristen Maloney, who created it (gymn.) [6]

**man advantage** the situation in which a team has one more player on the ice than the opposition. See also power play (icehok.) [6]

**man coverage** a defensive strategy based on assigning a defender to each **eligible receiver**; see **zone coverage** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**man marking** a defensive strategy in which a player is assigned an opposing player to mark and tackle throughout the game (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**manage** 1. to be in charge or control of something 2. to guide the career and control the business affairs of somebody such as a professional entertainer or athlete (NOTE: **managing - managed**) (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**manager** someone who organises and controls the training of an athlete or a sports team (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**manager** in professional sport an individual who is responsible for the economic and organizational needs of sport clubs or individual departments of clubs (e.g. soccer departments of first league clubs), or advisors for individual professional athletes (e.g. tennis players). (*H.Haag &G. Haag, Dictionary, 2003, 291p.*)

**man-down** descriptive of the 20-second period when the defensive team is one player short because of an exclusion foul (w.polo) [6]

**manege** the art of training riders and horses. The word derives from Italian *maneggiare*, meaning 'to manage' (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**manoeuvre** 1. in sailing movements performed by the helmsmen (if necessary with the help of his crew) with the boat, also setting and taking down the sails. 2. in combat sports actions that bring the opponent into a worse position. (*H.Haag &G. Haag, Dictionary, 2003, 291p.*)

**manikin** an anatomical model of the human body, used in teaching anatomy (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**man-in-motion** a single player on the offense who is permitted to move prior to the snap; he may only run parallel to the line of scrimmage or away from it (f/b) [6]

**manipulate** to rub or move parts of the body with the hands to treat a joint, a slipped disc or a hernia (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**manipulation** a form of treatment that involves moving or rubbing parts of the body with the hands, e.g. to treat a disorder of a joint (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**manipulative skills** group skills involving the hands or feet that impart force to objects or receive force from objects, often to gain control of them; one type of fundamental motor skill, the other categories being locomotor and nonlocomotor skills; include throwing, catching, kicking, trapping, volleying, dribbling, striking, and fielding (*Dict. of sp. and Ex.Sc.1991, 91p.*)

**manipulators** the index finger and thumb of the sword hand (fenc.) [6]

**man-to-man** a type of defence where each defender is assigned to mark a different forward from the other team; the most common type of defence for national-level teams (f/b) [6]

**man-to-man** in sports such as football, hockey, or basketball, having each defender of one team mark a corresponding attacker of the other team (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**man-to-man defense** a defense in which each player is responsible for guarding a specific opponent (b/b) [6]

**man-to-man defense** the defensive style where each defensive player is responsible for guarding one opponent (b/b) [6]

**manual therapy** treatment for an injury involving massage and physical contact (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**man-up** descriptive of the 20-second period when the offensive team has one player more than the defensive team because of an exclusion foul (w.polo) [6]

**maples** pins, because that's the wood they used to be made from (bowl.) [6]

**marathon** a street race, run over a 26mi, 385yd long course (42.19km), ending at the **finish line** of the stadium (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**marathon** one of the disciplines in carriage driving. The marathon is a cross-country time trial divided into five sections, each of which must be achieved at a set gait (either walking or trotting). The final section involves obstacles and tight turns (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**marathon** **1.** a long-distance footrace run over a distance of 42.195 km/26 mi. 385 yds **2.** a test of endurance, especially in a competition (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**marathon run** longest Olympic long-distance run for men (since 1896) and women (since 1984) with a distance of 42.195 km. (*H.Haag &G. Haag, Dictionary, 2003, 291p.*)

**March Madness** see NCAA Tournament (b/b) [6]

**mare** a female horse over the age of four (equest.) (*Chambers. Sports Factf.,2005, 347p.*)

**mark** a player in his own **twenty-two** may shout 'mark' at the time of catching a ball kicked by an opponent If the catch is successful, a **free kick** is awarded to the player (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**Mark** a scoring dart in cricket (darts) [6]

**mark** a spare or strike, so called because of the identifying mark put on the score sheet (bowl.) [6]

**mark** if a player marks an opposing player, he or she stays close to that player in order to prevent him/her being effective (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**mark** if a player marks the ball, he catches it. If the ball has travelled more than 15m and the ball is caught cleanly, the catcher is entitled to an unimpeded **free kick** or **handpass** (Austral.f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**mark** the spot designated by the referee as the location for a scrum (rugby) [6]

**mark** to guard an opponent closely (hock.) [6]

**mark** in games such as football and hockey, to stay close to an attacking player in the opposing team to prevent the player from receiving the ball or scoring (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**mark** in sport disciplines where the performance delivered by an athlete cannot be measured precisely (» cm-g-s system), the term for performance assessment based on judgement and differentiated with a point scale (e.g. in gymnastics, figure- and roller-skating, ice dance, dressage, diving). The rules of the different sport disciplines determine the minimum and maximum number of points as well as possible differentiation into half, tenth, hundredth, and thousands of a point; they also bind the awarding of points by the observance of certain performance criteria. Nevertheless, the possibility of injustice cannot be excluded completely with this method of performance assessment. (*H.Haag &G. Haag, Dictionary, 2003, 292p.*)

**marker** **1.** a dart just outside the required double that helps the aiming of subsequent darts **2.** the person who keeps the score (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**marker** **1.** an object that marks the forward limits of the teeing ground. **2.** a scorer in stroke play, often a fellow competitor. **3.** a ball marker **4.** a rating marker (golf) [6]

**marker** a plastic block that marks the boundary between lanes. There are seven track markers at each curve (sp.skate.) [6]

**marker** the official who assists the players in a singles game, placing the jack in the centre of the rink, answering questions, keeping the score etc (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**marker** the umpire (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**marker** **1.** in games such as football and hockey, a player who stays close to an attacking player in the opposing team to prevent him or her from receiving the ball or scoring **2.** a substance which reveals the use of a banned substance, found in drugs testing (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**marking** guarding a player to prevent him from advancing the ball towards the net, making an easy pass or getting the ball from a teammate (f/b) [6]

**marking** **1.** in racing sports setting the course by means of certain symbols (lines, poles, flags, etc.). **2.** in some events of track and field technically important location for the individual athlete (e.g. the

point where the run-up is started in the long-jump). **3.** in team sports covering an opponent as a defensive measure. (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**marks** a runner's individual starting position for a race (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**marshal** a tournament official whose primary duty is to keep order among the spectators (golf) [6]

**marshal** one of the officials posted around the racetrack whose job is to ensure the safety of drivers and spectators (motor.sp.) (*Chambers. Sports Factf.,2005, 415p.*)

**martial arts** any of various systems of combat and self-defence, e.g. judo or karate, developed especially in Japan and Korea and now usually practised as a sport (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**martingale** a tape or leather loop, attached to the grip to prevent a foil from flying out of the fencer's hand (fenc.) [6]

**martingale** the leather loop attached to the grip that keeps the foil in the fencer's hand (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**mashed potatoes** wet, lumpy snow that makes for difficult skiing (ski.) [6]

**mashie** a lofted iron that's now obsolete. Sometimes applied to the No. 5 iron (golf) [6]

**mashie** an old-fashioned club used for shots of medium length and **loft**, corresponding to a modern 5-iron (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**mashie-iron** an iron with less loft than the mashie, also now obsolete. Sometimes applied to the No. 4 iron (golf) [6]

**mashie-niblick** an obsolete iron with a loft between that of the mashie and the niblick. Sometimes applied to the No. 5 or No. 6 iron (golf) [6]

**mashie-niblick** an old-fashioned club between a **mashie** and a **niblick**, corresponding to a modern 7-iron (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**masking agent** an agent that disguises the signs of banned substance use so that an athlete can pass drugs tests, e.g. albumin solution (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**mass** **1.** a large quantity, e.g. a large number of people **2.** a body of matter with no clear shape **3.** a mixture for making pills **4.** the main solid part of bone (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**mass competitions** term for popular sport events in various sport disciplines for different age groups with varying levels of performance. (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**mass sport** term for leisure sport that has been used since the 1950's, which does, however, set its focus on the individuals involved in sport. Therefore, mass sport relates to those sport activities that are practiced by the broad population, the masses, without the pressure of competition and without differentiation according to age, gender, or performance classes. Mass sport has its justification and

value in itself, it is therefore not a vehicle for » top-level sport. Easily learnable and organizable types of sport are favoured in mass sport, which can also be practiced as » lifetime sport. (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**mass start** 1. when all competitors start at the same time, in a relay. 2. an event for individual competitors with four shooting stages and in which they all start at the same time (biathl.) (*Chambers. Sports Factf.,2005, 114p.*)

**mass start** a competition start in cross-country skiing where all the skiers start together and the first to pass the finish line is the winner (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**mass start** a race in which all of the competitors start together (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**mass start** a type of cross country race in which all of the skiers start at the same time (ski.) [6]

**mass start** descriptive of a race in which all the riders start at the same time. Among the types of races that have mass starts are the scratch race, the points race, and the miss-and-out (cycl.) [6]

**massage** a treatment for muscular conditions which involves rubbing, stroking or pressing the body with the hands (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**massage** an act of rubbing the body to relieve pain or to improve circulation ■ to rub someone's body to relieve pain or to improve circulation (*Dict. of Leis., Trav. and Tour., 2008, 192p.*)

**massage** see sport massage. (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**masse** a stroke made with the cue vertical or nearly so, in order to make the cue ball swerve sharply. The word derives from the French *masser* meaning to hit from above with a hammer (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**massed practice** schedule of practice with little or no rest between repetitions, such that practice is relatively continuous. The ratio of rest time to practice time is small (*Dict.of sp.and Ex.Sc.1991, 92p.*)

**masseur** a man who gives massages professionally (*Dict. of Sp. and Ex. Sc. 2006, 130p.*)

**masseur** a man who massages (*Dict. of Leis., Trav. and Tour., 2008, 192p.*)

**masseuse** a woman who gives massages professionally (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**masseuse** a woman who massages (*Dict. of Leis., Trav. and Tour., 2008, 192p.*)

**massotherapy** the use of massage as a medical treatment (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mast** a long upright pole supported by **rigging**, for carrying the sail of a boat (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**mast** a vertical spar that supports sails, rigging or flags on a ship (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mast** part of a sailboat pointing vertically upwards from the deck; the mast is made of steel or light metal, round wood, or carbon fibre and is used for attaching sails, lights, trimming ropes, and instruments. The mast must resist the pulling forces applied by stays, sails, halyards, and sheets as well as wind force. (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**master** to become highly competent in a skill or acquire a complete understanding of some process (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**master of ceremonies** see speaker (weightl.) [6]

**master sports, old-age sport, sport for seniors** collective term for movement, play, and sport of adults over 40 years of age (sometimes also referred to as sport or seniors or old-age sport). Only recently have sport clubs and sport federations, churches, continuing education institutions, Red Cross organizations, other social and health institutions, and private sponsors put in efforts to offer programs within the framework of master sports. Objectives of master sports are health maintenance, independence, satisfaction, enjoyment, and social connections. Other areas concerned with designing and organizing master sports are sport andragogy (adults) and sport geragogy (over 60 years of age). (*H.Haag &G. Haag, Dictionary, 2003, 293p.*)

**masters tournament** important tournament in golf and tennis. In golf this is the tournament for professional players held annually since 1934 in Augusta, Georgia (USA). In tennis the final round (singles and doubles, since 1970 for men, since 1971 for women) of the twelve (before 1982 eight) best professional players in the yearly ranking of the Grand Prix. (*H.Haag &G. Haag, Dictionary, 2003, 294p.*)

**mastery** the ability to overcome difficult obstacles and achieve a desirable outcome (*Dict.of sp.and Ex.Sc.1991, 92p.*)

**mastery goal** the striving to increase competence and to understand or master a new skill based on effort. See also outcome goal (*Dict.of sp.and Ex.Sc.1991, 92p.*)

**mastitis** an inflammation of the breast, which can occur in female athletes not wearing a supportive sports bra (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mat** 1. the small, rectangular piece of rubber on which a bowler has his or her back foot when delivering a bowl 2. same as carpet (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**mat** the circular mat on which wrestling bouts take place (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**mat** the mat for international wrestling competition has a central wrestling area, 9 meters in diameter, with a center circle 1 meter in diameter. Inside the contest area is a red band, 1 meter wide, known as the passivity zone (wrest.) [6]

**mat** floor cover with foam filling, which is used in gymnastics, track and field, and rhythmical callisthenics to reduce the impact of the body upon landing after jumps, and in wrestling as well as judo to protect the competitor against injuries resulting from falls and throws. For exercises that involve

large drops, a thick soft mat is used for reducing the dangers of injury from impact landing (e.g. in the pole-vault, dismount from the high bar). (*H.Haag &G. Haag, Dictionary, 2003, 294p.*)

**mat escape** in judo and wrestling illegal leaving of the mat, to avoid an attack by the opponent, which is penalized with a warning. (*H.Haag &G. Haag, Dictionary, 2003, 294p.*)

**matae** stop; a command (mart.art.) [6]

**match** see *contest* (*Dict.of sp.and Ex.Sc.1991, 92p.*)

**match** **1.** a series of matches between two teams, involving wrestlers from different weight classes. **2.** a bout (wrest.) [6]

**match** a complete best two-out-of-three contest (racq.b.) [6]

**match** a hockey game (icehok.) [6]

**match** a match is made up of two halves, each 40 minutes long, plus injury time. Teams change ends after a five-minute break (rugby) [6]

**match** a series of games played to determine a winner, typically best-of-three or best-of-five (t.ten.) [6]

**Match** a series of games, usually best-two-out of three (darts) [6]

**match** a skiing position in which the knees and feet are pinned together (fresst.) [6]

**match** a soccer game (f/b) [6]

**match** a tennis contest made up of sets, as a set is made up of games. In major competition, a men's match is made up of five sets and the winner is the player who first wins three sets. Women usually play best-of-three matches (ten.) [6]

**match** **1.** a contest between opponents, especially a sporting contest **2.** somebody or something capable of competing equally with another person or thing (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**match penalty** the equivalent of a major penalty plus a game misconduct penalty. The guilty player is suspended for the remainder of the game, another player goes to the penalty box for five minutes, and the team plays short-handed for that time. Compare game misconduct penalty (icehok.) [6]

**match play** a competition in which each hole is a separate contest and victory goes to the player or team winning the most holes. If both contestants get the same score on a hole, it is said to have been halved. A player or team that has won one more hole than the opponent is said to be "one up." If the lead becomes more than the number of holes remaining, the match is over. For example, if a player is three up with two holes to play, he or she wins, and the final score is expressed as "three and two," or "3-2." (golf) [6]

**match play** a kind of competition in which two bowlers compete against one another, rather than against the field as a whole. Typically, the winner of a match advances to the next round for another match (bowl.) [6]

**match point** a point which, if won by the serving player or team, will win the match (racq.b.) [6]

**match point** a point that will end the match if it is won by the leading player or side. See also set point; game point (ten.) [6]

**match point** an opportunity to win the match by winning the next point (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**match point** the final point needed to win a match, especially in tennis and other racket sports (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**match point (match ball)** in badminton, tennis, ping pong, volleyball, etc. the point deciding the victory of the game. (*H.Haag &G. Haag, Dictionary, 2003, 294p.*)

**match race** a one-design race between two boats (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**match sprint** a race, usually of 1 kilometer, in which two riders compete against one another. The match sprint is conducted like a tournament, with the winners of one round of heats advancing to the next round until only two remain to compete for the championship. However, riders who lose in the first heat are often given a second chance, called the repechage (cycl.) [6]

**match-fit** used for describing a sportsperson who is ready to perform in competition, having recovered from an injury (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**matchplay** scoring according to holes won and lost rather than the overall total of strokes taken; compare **strokeplay** (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**match-up** a pairing of players on opposing teams who will cover each other during the hockey game (icehok.) [6]

**match-ups** any pairing of players on opposing teams who guard each other (b/b) [6]

**matkot** a sport played in Israel on the beach using a small ball and wooden bats (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**matrix** the substance that exists between cells and from which tissue such as cartilage and bone develops (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mat** straw disk behind the target face (arch.) [6]

**matte** the command with which the referee stops the action in a judo **bout** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**maul** a formation in which players, chiefly forwards, bind on to each other following a tackle in which the ball-carrier has not been brought to ground. They attempt to secure the ball for their team while pushing the formation forward; compare **ruck** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**maul** when a runner has come into contact with opponents and cannot advance the ball further, players may bind themselves into a maul. There must be at least three players bound. The maul ends

when the ball is on the ground; when the ball or the player who had been carrying it emerges from the maul; or when a scrum is ordered. A maul is similar to a ruck, except that the ball is not on the ground (rugby) [6]

**maul** (*in rugby*) a loose scrum that members of both teams form around the player holding the ball or trying to run with the ball

**mawashi** the thick silk belt of the wrestler. It is worn to protect the groin and offers a handhold for combatants to make grappling easier. Lower grades of **rikishi** wear black cotton mawashi. Juryo level (the top professional levels of rikishi) wear silks of various colours (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**maximum** a score of 180 with three darts (three treble 20s) (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**maximum (break)** a break of 147 points, comprising 15 reds and 15 blacks followed by all six colours (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**maximum heart rate** the number of heartbeats per minute that an athlete should work at for maximum efficiency, usually expressed as 220 minus the age of athlete. Abbreviation **MHR** (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**maximum strength** see strength. (*H.Haag &G. Haag, Dictionary, 2003, 294p.*)

**MCC** the Marylebone Cricket Club; founded in 1787, it is responsible for lawmaking and promotes cricket worldwide (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**MCG** Melbourne Cricket Ground (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**McHawk** a 720-degree rotational flip, named after US skateboarder Tony Hawk (skateb.) (*Chambers. Sports Factf.,2005, 515p.*)

**McTwist** a 540-degree rotational flip, named after US skateboarder Mike McGill (skateb.) (*Chambers. Sports Factf.,2005, 515p.*)

**ME** a complex disorder with symptoms of profound fatigue and any of a range of other symptoms, including pain, muscle weakness, loss of brain function, hypersensitivity, digestive disturbances and depression. Full form **myalgic encephalopathy** (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**meal replacement product** a bodybuilding supplement containing concentrated proteins, vitamins and minerals, usually powdered and taken mixed with water or milk. Abbreviation **MRP** (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**measure** a situation when the naked eye cannot determine which bowl is closer to the jack; measuring devices are then used, at the completion of the end, to decide (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**measure** the distance between the fencers (fenc.) [6]

**measuring line** same as **pole line** (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**meat** the meat of the bat is the centre of the blade, eg *the shot came out of the meat of the bat* (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**meat alternative, meat replacement** a vegetarian food product that provides protein and takes the place of meat (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanical ileus** an ileus caused by a physical obstruction in the bowel (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanical Injury** an injury inflicted by a piece of equipment used in a sport, e.g. a blister caused by running shoes (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanical sport** any sport in which a machine or vehicle is used, e.g. motor racing (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanical traction** treatment for an injury which uses traction to separate or properly align the skeleton (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanics** branch of science that investigates motion and the action of forces (*Dict. of sp. and Ex.Sc.1991, 93p.*)

**mechanics** the study of the forces acting on moving parts or systems, e.g. the human body (*Dict. of Sp. and Ex. Sc. 2006, 131p.*)

**mechanotherapy** the treatment of injuries through mechanical means such as massage and exercise machines (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medal** a small flat piece of metal, usually shaped like a coin and stamped with an inscription or design, awarded to the winners of a sporting competition ■ to win a medal in a competition (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medal** cast, printed or pressed show coin that is awarded as part of the awards presentation ceremony to the first three placed participants of a discipline at sport championships events and Olympic Games: gold medal for the winner, silver medal for second place, and bronze medal for third place. In mass sport events medals are awarded to all competitors who have completed the competition, irrespective of their placing. (*H.Haag &G. Haag, Dictionary, 2003, 295p.*)

**medal play** same as stroke play (golf) [6]

**medal play** a kind of competition in which only the total pin scores count toward the championship (bowl.) [6]

**medal rankings** tabular overview of the number of medals won by each participating country at international competitions. The first criterion for ranking the nations is the number of gold medals won, followed by the number of silver medals, and the number of bronze medals. However, these ranking tables - mostly produced by the media - do not give an accurate image of the performance level of the

different nations; for this reason this type of ranking is not recognized officially by the International Olympic Committee. (*H.Haag &G. Haag, Dictionary, 2003, 295p.*)

**medalist** the player who has the lowest qualifying score in a tournament (golf) [6]

**medelplay** same as strokeplay (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**mediation-relaxation procedures** mental techniques used immediately prior to or during physical performance to reduce arousal and heighten relaxation (*Dict.of sp.and Ex.Sc.1991, 93p.*)

**medical food** food specially processed or formulated to be given, under medical supervision, to patients who require a special diet (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medicine ball** a large heavy ball that people throw to each other as a strength-building exercise (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medicine ball** large, solid ball filled with animal hair, covered with leather or rubber, varying in size and weight (up to 5 kg). The medicine ball was developed in the USA as "medicine for the body" and is used today predominantly for callisthenics exercises and in fitness training as a hand apparatus for training strength, power, and strength endurance. (*H.Haag &G. Haag, Dictionary, 2003, 295p.*)

**mediolateral plane** plane that divides the body into left and right portions. Also called *coronal plane* (*Dict.of sp.and Ex.Sc.1991, 93p.*)

**meditation** the emptying of the mind of thoughts, or the concentration of the mind on one thing, in order to aid mental or spiritual development, contemplation, or relaxation (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**Mediterranean diet** a diet high in fibre and monounsaturated fat from fish, vegetables, grains and olive oil (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medium-term goal** something that a person wants to achieve over a period of a few months or years, which they are working towards (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medley** an individual or team race in which the four main strokes (backstroke, breaststroke, butterfly and freestyle) are used (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**medley** a swimming race between individual swimmers or relay teams in which sections are swum using different strokes (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medley relay** a relay swimming race between teams of four swimmers, each of whom uses a different stroke (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**medley swimming** individual and team event in competitive swimming, where all four strokes are performed. In the individual manner that a fair competition between different types of yachts can be held (determining a boat's race value from overall length, draught, sail area, etc.). In 1969 the world sailing federation introduced the IOR-formula (International Offshore Rule) which divides yachts of lengths between 6 and 22 m into eight classes. (*H.Haag &G. Haag, Dictionary, 2003, 295p.*)

**meet** an organized competition involving wrestlers from two or more teams (wrest.) [6]

**meeting** a day's racing at a particular course (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**mega vitamin** a dose of a vitamin or vitamins that is much higher than the usual dose (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**megadose** a large dose of something such as a vitamin (*Dict. of Sp. and Ex. Sc. 2006, 132p.*)

**member's bounce** a favourable bounce that takes the ball on to the **fairway** or green; so called because it always seems to be the member rather than a visitor who benefits (golf sl.) (*Chambers. Sports Factf.,2005, 295p.*)

**men** 1. the kendoka's padded helmet, which includes a metal face grille 2. the shout made when aiming a cut at the face (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**men's doubles** doubles competition between male teams (t.ten.) [6]

**Mendoza line** a batting average of .200, considered the lower limit of respectability for a professional hitter (named after a notoriously weak-hitting player) (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**mene** the basic unit of the game, similar to an end in bowls (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**mental attitude** whether a person is optimistic or pessimistic about their chances of success (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**mental health** the condition of someone's mind (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**mental training** mental imagery and impression of a movement sequence with the aim of learning it better through an "internal realization". Mental training is considered to be an excellent learning aid especially for movements with high coordinative elements. It is applied particularly for the improvement of movements that have already been learned in their gross form and as a supplement to practical training when preparing for competition. Shortly before a competition it is utilized to focus on the competitive situation. (*H.Haag &G. Haag, Dictionary, 2003, 297p*)

**mentor** somebody who advises and guides a younger, less experienced person (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**mercy ball** another name for a safety hinder (racq.b.) [6]

**mesocycle** a training cycle that typically lasts for a few weeks (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**mesomorph** body type characterized by a relative prepondance of muscle, bone, and connective tissue that easily facilitates movement and functional ability (*Dict.of sp.and Ex.Sc.1991, 94p*)

**mesomorph** a body type that is muscular and powerful (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**messenger** a pin that rolls across the lane late, after all of the other action has taken place (bowl.) [6]

**metabolism** the chemical processes that are continually taking place in the human body and are essential to life, especially the processes that convert food into energy (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**metacognitive** relating to the activity of monitoring and revising one's own performance (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**metallic piste** a piste covered with electrically conductive material to prevent hits on the floor from registering on the electrical apparatus (fenc.) [6]

**methanedlenone** a steroid supplement, taken orally by bodybuilders, that is thought to increase aerobic glycolysis and also helps maintain bone mass (*Dict. of Sp. and Ex. Sc. 2006, 133p.*)

**methanol** pure methyl alcohol, it is used in **top fuel dragsters** and **funny cars** to produce more power (autosp.) (*Chambers. Sports Factf.,2005, 219p.*)

**methods** in teaching, the way instruction is presented to facilitate learning, based on variables including age, skill level, class size, discipline, and the physical environment (*Dict. of sp. and Ex.Sc.1991, 94p*)

**microcycle** a training cycle that typically lasts for one week (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**microfibre** a wrinkle-resistant washable fabric made of fine synthetic fibres (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**midcourt** the area at the centre of the court (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**mid-court** the area between the service line and the receiving line (racq.b.) [6]

**midcourt** the area of the court in the vicinity of the service line (ten.) [6]

**midcourt** the middle third of the court (badm.) [6]

**midcourt** the portion of the court between the midcourt area markers (b/b) [6]

**midcourt area marker** one of four lines extending 3 feet in from a sideline, 28 feet from and parallel to a baseline (b/b) [6]

**midcourt line** see center line (b/b) [6]

**middle** if a batsman middles the ball, he hits it in the centre of the bat so that it travels a long way (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**middle distance** the middle-distance events are the 800m and 1,500m (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**middle for diddle** an expression that describes a way of deciding who throws first in an informal game of darts; both players throw one dart and the player who throws nearest to the bull starts the game (darts sl.) (*Chambers. Sports Factf.,2005, 214p.*)

**middle guard** the arm position in locomotor skills wherein the hands are held nearly motionless at waist level (*Dict.of sp.and Ex.Sc.1991, 94p*)

**middle reliever** any **relief pitcher** other than the **closer** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**middle-distance running** collective term for all track and field running events between 800 m and 1,500 m (for women), and between 800 m and 3,000 m (for men). Races are usually held in the 800 m and the 1,500 m event. In contrast to short-distance running these races are not run in individual lanes (exception: the first 100 m in the 800-m run). (*H.Haag &G. Haag, Dictionary, 2003, 298p*)

**middleweight** **1.** in professional boxing, a weight category for competitors who weigh between 66.5 and 72.5 kg/147 and 160 lb **2.** in amateur boxing, a weight category for competitors who weigh between 71 and 75 kg/157 and 165 lb **3.** a professional or amateur boxer who competes at middleweight level **4.** in various sports such as wrestling, a contestant of approximately the same weight as a middleweight boxer (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**midfield** the 50-yard line, which divides the length of the field in half (f/b) [6]

**midfield** the area in the middle of the pitch (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**midfield** the region of the field near the midfield line; the area controlled by the midfielders (f/b) [6]

**midfield** **1.** the middle portion of a sports pitch, especially the area midway between the two penalty areas **2.** the group of players who contest control of the central area of the pitch between the two penalty areas (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**midfield** in team games the area on both sides of the center line, where the coordination between defense and offense usually takes place. (*H.Haag &G. Haag, Dictionary, 2003, 298p*)

**midfield anchor** see Defensive midfielder (f/b) [6]

**midfield line or center line** a line that divides the field in half along its width (f/b) [6]

**midfielder** a player who plays both offense and defense, patrolling the middle area of the field. Also known as a halfback (hock.) [6]

**midfielder** one of the three, four or five players who play in the middle of the pitch for a team (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**midfielder** a member of a football team active in the central area of the playing field, often both in attack and defence (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**midfielders** the 2, 3 or 4 players who link together the offensive and defensive functions of a team; they play behind their forwards (f/b) [6]

**midiron** **1.** an iron club (numbers 5 to 7) used to play medium-range shots **2.** formerly, a long-shafted iron equivalent to the modern 2-iron (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**mid-iron** an obsolete iron club that had more loft than a driving iron. Now sometimes applied to the No. 2 iron (golf) [6]

**mid-mashie** an obsolete iron club that had more loft than a mid-iron. Now sometimes applied to the No. 3 iron (golf) [6]

**mid-off** a fielding position, behind the bowler on the **off** side (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**mid-on** a fielding position, behind the bowler on the **leg** side (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**Midsummer Classic** the All-Star game (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**midwicket** a fielding position, on the **leg** side, about midway between **mid-on** and **square leg** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**mile** the predecessor and imperial equivalent of the 1,500m (1 mile = 1,609.344m) (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**mile** an imperial measurement of distance, equal to 1.609km (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**mile run** middle-distance run in track and field over a distance of one English mile (1,609.3 m), which has a long tradition, especially in English-speaking countries. (*H.Haag &G. Haag, Dictionary, 2003, 298p*)

**military press** an exercise in which a barbell is lifted from the chest to over the head (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**military sport** in a broader sense all sport disciplines practiced in military units; in a narrower sense those sport disciplines that have militaristic features, e.g. military patrol run, weapon runs and marches, military skiing (» biathlon), multiple event competitions of the different weapon categories, in particular the military pentathlon (10 shots each in precision and speed shooting from a distance of 200 m; 500-m obstacle run across 20 obstacles; hand grenade distance and target throw; 50-m obstacle swimming; 8 km cross-country run). (*H.Haag &G. Haag, Dictionary, 2003, 299p*)

**mill** **1.** in wrestling lifting and turning the opponent in the air in order to perform a shoulder throw. **2.** in gymnastics a swing with extended arms and legs straddled sideways at the high bar and uneven bars. **3.** in artistic bicycling a figure where one or more athletes hold each other with one hand and the front wheel with the other hand and drive in small loops. (*H.Haag &G. Haag, Dictionary, 2003, 299p*)

**miller** a maneuver on the balance beam, a back dive with a quarter twist to a handstand, followed by a half pirouette. Named for U. S. gymnast Shannon Miller, who created it (gymn.) [6]

**mind run** a visualization technique in which the slider imagines a luge run in real time and practices all the actions necessary to get down the course in the shortest possible time (luge) [6]

**mind-body-spirit** same as **holistic** (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**mindfulness** the act of concentrating or being deliberately attentive (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**mindfulness training** a programme designed to reduce the psychological and physical effects of stress that involves meditation, yoga and other relaxation methods (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**mindset** a set of beliefs or a way of thinking that determine somebody's behaviour and outlook (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**miner's cramp** a cramping of the muscles due to salt loss through excess sweating (*Dict. of Sp. and Ex. Sc. 2006, 134p.*)

**mini golf** game developed from golf, where a hard rubber ball (diameter between 37 and 43 mm) has to be hit with a (not normed) club (usually about 80 cm long) into the hole at the end of stationary, clearly delimited or normed tracks equipped with obstacles of varying difficulty, taking as few strokes from the tee-off as possible. 18 tracks with 18 holes are the standard. (*H.Haag &G. Haag, Dictionary, 2003, 299p*)

**mini sport games** (mini games) variants of sport games created for children or beginners; they are characterized by a simplified set of rules, smaller playing field, shorter playing time, smaller or lighter equipment (ball, racquet), lower basket or net height, etc. The best-known mini sport games are mini basketball, hockey, tennis and volleyball. They simplify the learning of game rules, techniques and tactics. When learning proves successful, further elements of the rules can be introduced until the real game is mastered. (*H.Haag &G. Haag, Dictionary, 2003, 300p*)

**mini trampoline** small trampoline with an angled take-off area (1.15 x 1.15 m, the jumping cloth is 0.60 x 0.60 m), which is used as a "springboard" for facilitating take-offs in jumping movements performed in gymnastics and on the trampoline. (*H.Haag &G. Haag, Dictionary, 2003, 300p*)

**mini-break** a point against the serve in a tie-break (ten.sl.) (*Chambers. Sports Factf.,2005, 601p.*)

**mini-break** loss of a point on service during a tie-breaker (ten.) [6]

**mini-stepper** a small home exercise machine with two foot pads that are pushed up and down against some resistance to work the leg muscles (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**minor league** any of the less prestigious North American professional baseball leagues, often used to groom younger players for the **major leagues**; also **called minors** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**minor penalty** a type of penalty lasting 2 minutes; if the non-penalized team scores a power play goal during this time, the penalty ends immediately (icehok.) [6]

**minor penalty** the standard two-minute penalty assessed for most violations. The player goes to the penalty box for two minutes, but can return to the ice of the opponents score before the time is up (icehok.) [6]

**minute ventilation** a test for respiratory capacity that measures the volume of air expired in one minute (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**minutes played** the units of measure for a player's ice time; used to compute a goaltender's goals against average and similar statistics (icehok.) [6]

**misbehavior** this includes unsportsmanlike conduct such as using abusive language, deliberately breaking the ball, kicking the table, and showing disrespect toward the officials. The first offense generally brings a yellow card, the second a penalty point for the player's opponent, the third two penalty points. Any misbehavior beyond the third offense is likely to result in suspension (t.ten.) [6]

**misconduct** offenses that include intentional violations, time-wasting, rough or dangerous play, or any bad behavior. Green, yellow, or red cards may be issued for misconduct (hock.) [6]

**misconduct** offenses that include intentional violations, time-wasting, rough or dangerous play, or any bad behavior. Green, yellow, or red cards may be issued for misconduct (hock.) [6]

**misconduct penalty** a 10-minute penalty assessed for such infractions as abusive language toward an official or prolonged fighting. The team doesn't have to play short-handed. See also game misconduct penalty (icehok.) [6]

**miscue** when a player miscues while playing a shot, there is a poor contact between the tip of the cue and the cue ball (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**misshit** to hit something badly, e.g. a ball or puck, so mat it does not go in the desired direction or has insufficient force behind it (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**miskick** to fail to kick a ball in the right or intended way (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**MISL** Major Indoor Soccer League - started in the U.S. in 1977 playing games of 6 players per side in modified hockey rinks covered by artificial turf; became the MSL in 1990. (f/b) [6]

**mismatch** when a particular offensive player is far superior to the defender marking him (f/b) [6]

**misplay** to play or move something such as a ball or game piece badly or carelessly ■ a bad or unintended play in sport or a game (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**miss** if the referee judges that a player's failed attempt to escape from a **snooker** was deliberate, he calls a foul and a miss, penalizes the player, and either asks him to play the shot again, with the balls replaced in their original positions if they moved, or invites the player's opponent to play the next shot (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**miss** same as open (bowl.) [6]

**miss move** a manoeuvre in which the attacking **three-quarters** miss out a back in order to move the ball more quickly to a player in a wider position (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**miss water** to have too short a drive, usually caused by not getting the blade into the water quickly enough at the catch (row.) [6]

**miss-and-out** a type of mass start race in which the last rider across the finish line after each lap or circuit is eliminated. When a predetermined number of riders remain, they take part in a sprint to determine the winner (cycl.) [6]

**missing water** problem that occurs when the rower starts the drive before the catch has been completed (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**misthrow** to throw something such as dice or a ball in a wrong or invalid way (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**mitt** a padded leather glove used to catch the ball (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**mixed doubles** a match with male and female players as partners on each side (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**mixed doubles** doubles competition in which each team is made up of one female and one male player (ten.) [6]

**mixed doubles** doubles competition in which each team has a male and a female player (t.ten.) [6]

**mixed doubles** type of game in racquet games such as badminton, squash, tennis, and ping pong, where a woman and a man form one playing team. (*H.Haag &G. Haag, Dictionary, 2003, 301p*)

**mixed foursome** a foursome in which each side has a male and a female player (golf) [6]

**mixer** a ball with a lot of action (bowl.) [6]

**MLS** Major League Soccer - the new U.S. outdoor league scheduled to begin play in the Spring of 1995. (f/b) [6]

**moat** the gutter (bowl.) [6]

**mobile** able to move freely or easily (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**mobile home** a large caravan in which people can live permanently, and which is permanently based in a special park (The US English is also trailer) (*Dict. of Leis., Trav. and Tour., 2008, 196p.*)

**mobilisation** the act of helping something such as a stiff joint to move freely again (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**mobilised** used for describing teeth that have been loosened by an impact (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**mobility** the ability to move about (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**mobility training** exercises that increase the range of movement of the joints (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**model airplane sport** discipline of flying sport, the flying of model airplanes. There are two categories for the models: **1.** airplane models, which are scale models of large airplanes and can fly; here, the quality of the model and a prescribed artistic flight program determine the score. **2.** flight models, flying devices that do not correspond to real airplanes; flight models are divided into gliding and motor flying models which are flown in free flight (free flight models), with rope steering (rope steering models), with CB remote control (remote control flight models) or as indoor flight models. (*H.Haag &G. Haag, Dictionary, 2003, 301p*)

**model sailing** the free or remote-controlled sailing of model yachts (original constructions or models of existing boat classes) which usually sail on a triangle course. (*H.Haag &G. Haag, Dictionary, 2003, 301p*)

**modern pentathlon** an athletics competition in which the contestants compete in five different events and are awarded points for each to find the best all-round athlete. The events are swimming, horse riding, cross-country running, fencing and pistol shooting. (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**modern pentathlon** multiple event competition where five different sport disciplines are performed on three consecutive days. (*H.Haag &G. Haag, Dictionary, 2003, 301p*)

**mogul** a bump of snow on a ski run. Some moguls are natural and others are accumulations of snow built up in an area where skiers frequently turn (ski.) [6]

**mogul** a hump of snow created by many skiers turning in the same spot. In freestyle skiing, though, the moguls are artificial (freest.) [6]

**moguls** one of the three competitive disciplines in freestyle skiing. Each skier descends a course containing high-speed turns and covered with large bumps, or moguls. Two jumps have to be executed during the run. Scoring is based on the speed of the run, technical quality of turns, and the form of the jumps (freest.) [6]

**Mohawk** a two-footed turn performed from one inside edge to the inside edge of the opposite skate (or outside edge to outside edge); compare choctaw (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**moment arm** the perpendicular distance from the axis of rotation to the line of action of a force. Also called *force arm, lever arm, resistance force arm* (*Dict.of sp.and Ex.Sc.1991, 96p*)

**momentum** movement characteristic required in the execution of many sportive movements (especially in gymnastics, callisthenics, and track and field) which leads up to the actual movement. A

momentum is usually gained through a wind-up movement of certain body parts or by means of a run-up or jump. (*H.Haag &G. Haag, Dictionary, 2003, 302p*)

**Money Dart** the winning dart in tournament with cash prizes (darts) [6]

**Monger** same as Point Monger (darts) [6]

**mono skiing** the skill of performing tricks on one ski (w.ski.) (*Chambers. Sports Factf.,2005, 623p.*)

**monocoque** a one-piece construction method, usually using carbon fibre, for frames or wheels. UCI regulations restrict the extent to which such aerodynamic shaping may be used (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**monocoque** a one-piece, light but strong structure that houses the cockpit (motor.sp.) (*Chambers. Sports Factf.,2005, 415p.*)

**monohull** a boat with one hull (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**monolift** a machine which holds a weightlifter's barbell in place until they are ready to lift (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**monoplegia** the paralysis of one part of the body only, i.e. one muscle or one limb (*Dict. of Sp. and Ex. Sc. 2006, 135p.*)

**monoski** **1.** alpine skiing on one wide ski; both feet are fixed to the monoski beside each other with a special safety binding. Mastering the skill of monoskiing requires good skiing ability on regular alpine skis, balance and a special movement technique. **2.** Water skiing on one ski, where the bindings for the feet are placed behind each other (» water skiing). (*H.Haag &G. Haag, Dictionary, 2003, 302p*)

**mood swing** a sudden and extreme change in someone's mood, possibly as a result of their diet (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**moon** figure in free exercises in figure and roller skating: a half moon is skated with legs spread outwards (on the inside or outside edges or wheels). (*H.Haag &G. Haag, Dictionary, 2003, 303p*)

**moon shot** same as **tape-measure shot** (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**morbid obesity** severe obesity, as much as twice the ideal body weight of a person (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**morbidity** how prevalent a disease or condition is in a population (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**morning callisthenics** see morning sport. (*H.Haag &G. Haag, Dictionary, 2003, 303p*)

**morning sport** collective term for all sport activities practiced early in the morning to activate the body after the night's rest and to improve physical performance capacity. Usually morning sport consists of gymnastics or callisthenics where exercises are performed in a room with an open window; forest runs, swimming, and bicycling are also included here. Morning sport must be performed for an

adequate amount of time to compensate for the previous resting (sleeping) position of the body. (*H.Haag &G. Haag, Dictionary, 2003, 303p*)

**morote gari** a throw in which the attacker wraps his arms around the opponent's legs and pushes his shoulder into the opponent's abdomen to take him down backwards (mart.art.) [6]

**morote-tori** a two-handed grip on one wrist (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**morozashi** an inside belt grip where both a wrestler's hands and arms are positioned under his or her opponent's arms (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**motel** a hotel for car drivers, with special parking places near to the rooms. Also called motor hotel, motor inn, motor lodge (*Dict. of Leis., Trav. and Tour., 2008, 199p.*)

**mother-in-law** usually the 7-pin, because it's often the pin that remains standing to spoil what looked like a good strike hit; sometimes synonymous with barmaid (bowl.) [6]

**motion control** same as **stability control** (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motivate** to make somebody feel enthusiastic, interested and committed to a goal, or to give them a reason or incentive to perform (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motivation** **1.** the act of giving somebody a reason or incentive to do something **2.** a feeling of enthusiasm, interest, or commitment that makes somebody want to do something, or something that causes such a feeling **3.** the biological, emotional, cognitive, or social forces that activate and direct behavior (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motoball** team ball game which is played on motorcycles following modified soccer rules. The game originated in France around 1920. The playing field is a soccer field, where the usual goal zone is replaced by a goalie protection zone: a semi-circle drawn around the center of the goal line (radius 5.66 m) which cannot be entered with the motorcycle. (*H.Haag &G. Haag, Dictionary, 2003, 304p*)

**motocross** racing (solo motorbikes, bikes with sidecars or quad bikes) on a cross-country circuit with natural obstacles such as jumps (motor.sp.) (*Chambers. Sports Factf.,2005, 402p.*)

**motocross** a motorcycle race, or the sport of racing motorcycles, over a rough course with steep hills, wet or muddy areas, and turns of varying difficulty. **Abbreviation MX** (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**moto-cross** speed competition with all-terrain motorcycles. The cross-country track has a length of 1,500-2,000 m and is equipped with natural (and artificial) obstacles such as trenches, steep inclines, bumps, and sand as well as mud pits. (*H.Haag &G. Haag, Dictionary, 2003, 304p*)

**motopedagogy** see movement education. (*H.Haag &G. Haag, Dictionary, 2003, 305p*)

**motor** relating to muscle activity, especially voluntary muscle activity, and the consequent body movements (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motor ability** the ability to perform a certain sport discipline competently. Motor abilities are based on the hereditary and trainable motor characteristics and on the learned sport motor technical and tactical skills. (*H.Haag &G. Haag, Dictionary, 2003, 305p*)

**motor action, movement action** movement viewed as an action, i.e. as an expression of the freedom and complexity of human life. (*H.Haag &G. Haag, Dictionary, 2003, 305p*)

**motor behaviour** term for the nature of motor reactions in certain situations. Motor behaviour is one of the fundamental human behaviour dimensions next to thinking, speaking and feeling. This constitutes the anthropological justification for the inclusion of movement in the efforts to educate people (» movement education) and for the general importance of movement, play and sport. In the English-speaking countries motor behaviour is often considered to be a scientific subdiscipline of sport science, which deals with the questions of internal motor control and motor learning. (*H.Haag &G. Haag, Dictionary, 2003, 305p*)

**motor capacity** a person's hereditary potential for general motor performance. Thought to be minimally influenced by environmental factors and experience (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor characteristics** the determining factors for each human motor performance. One differentiates for example between conditional (» endurance, » flexibility, » strength, » speed) and co-ordinative motor characteristics (» balance, motor combination ability » agility, reaction ability). Technical» sport motor skills (e.g. jumpshot), which then lead to certain » motor abilities (e.g. playing basketball), are based upon motor characteristics which can be tested with physical, physiological, and motor test procedures. (*H.Haag &G. Haag, Dictionary, 2003, 306p*)

**motor control** subdisciplinary area of study concerned with the mechanisms, both voluntary and reflexive, that control human movement (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor control** internal control of a movement by means of a motor program, i.e. with a regulatory unit, which regulates the process of learning or executing a movement by continuous comparison of norm and actual value, thereby resulting in a movement outline ("internal view of movement"). Three prerequisites must be given to make the control of a movement possible: previous experience (motor memory which remembers similar movements), situation (the requirement of performing currently sensible movements), and anticipation (expectation of future events). Movement control is based on the motivation of producing an optimal movement sequence. The degree of deliberate motor control depends on the type of movement: reflex movements, automated voluntary movements, or previously unknown movements that must still be learned. (*H.Haag &G. Haag, Dictionary, 2003, 306p*)

**motor cycle sport** see motor sport. (*H.Haag &G. Haag, Dictionary, 2003, 306p*)

**motor development** subdisciplinary area of study concerned with change and stability in motor behavior with advancing age, from conception to death (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor development** life-long process of changes in human motor behaviour influenced by internal (endogenous) and external (exogenous) factors. This development manifests itself - like human development in general - in processes of growth, differentiation, maturing, learning, and socialization.

Motor development is an integral component of the entire human development and thereby is in continuous interaction with the cognitive, speech, and affective development of the human being. (*H.Haag & G. Haag, Dictionary, 2003, 306p*)

**motor educability** a person's capacity (genetic predisposition) to learn new motor skills. Thought to be minimally influenced by past experience and environmental factors (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor fitness** capacity in performance-related components of physical fitness that require some degree of skill, including coordination, agility, speed, and power (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor flying sport** area of flying sport where competitions are held with one- or two-seater engine-driven airplanes made of wood, plastic, or light metal (light, sport, ultralight airplanes); participants fly on race flights, round courses, star flights with navigational tasks, target landing competitions, as well as speed and consistency tests. The main event is artistic flying. (*H.Haag & G. Haag, Dictionary, 2003, 308p*)

**motor inn** same as **motel** (*Dict. of Leis., Trav. and Tour., 2008, 199p.*)

**motor intelligence** term for human intelligence (the ability to understand, act purposefully, think sensibly, and interact successfully with one's environment) related to human motor life, movements performed by the human being. Motor intelligence is an important prerequisite for sensible and successful action in sport. It manifests itself as: practical intelligence in the » anticipation of foreign movements and of environmental conditions depending on the situation; sensorimotor intelligence in the rapid registration of game situations and the adaptation of tactical actions (» agility), coordination and combination ability; motor talent to solve motor tasks in the area of fine, gross and large movements independent of » laterality. An intensive training of performing sport exercises on both sides can improve motor intelligence. (*H.Haag & G. Haag, Dictionary, 2003, 308p*)

**motor learning** 1. relatively permanent improvement in skill, resulting from practice and inferred from performance. 2. interdisciplinary area of study concerned with the acquisition of skills as a result of practice and the manner in which skills are taught (instructional strategies) and executed (*Dict.of sp.and Ex.Sc.1991, 97p*)

**motor learning** form of learning directed towards the improvement or new mastering of motor behaviour (motor skills, coordinate and conditional abilities), i.e. towards developing the acquired motor system for the purpose of sport activity (as play and performance) as well as responsible social behaviour. As an important element of motor development, motor learning is also a part of the general development of human personality. One indicator for the quality of motor learning is the respective degree of the achieved body control. Various theories have been brought forward on the optimal organization of motor learning, among them the theory of the » sensorimotor system, schema theory featuring generalized motor programs, and action-oriented approaches. Important factors appear to be the verbal, visual and kinaesthetic information transfer and taking the motor learning age into consideration, i.e. the time during which movements can be learned best and easiest (» motor development). (*H.Haag & G. Haag, Dictionary, 2003, 309p*)

**motor lodge** same as **motel** (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**motor memory** retention and retrieval of movement from storage in the central nervous system (*Dict. of sp. and Ex. Sc. 1991, 97p*)

**motor memory** term for stored information (long-term or short-term memory) for the execution of movements. A repeated execution of a movement occurs as an interplay between several factors: recognizing comparable situations, sensory perceptions whose semantic relations are evident, and stored » movement images. The motor memory illustrates that movement as an action is a complex process where physical, psychical, and cognitive elements interact. (*H. Haag & G. Haag, Dictionary, 2003, 309p*)

**motor milestones** set of fundamental skills acquired during infancy in a relatively fixed order at a rate that varies among individuals; so named because they are often landmarks (key points) in motor development (*Dict. of sp. and Ex. Sc. 1991, 97p*)

**motor output** the movement made by a person in response to nerve impulses (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motor skill learning** the acquisition of new motor skills, either as a child or as part of sports training (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motor skills** the ability of a person to make movements to achieve a goal, with stages including processing the information in the brain, transmitting neural signals and coordinating the relevant muscles to achieve the desired effect (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motor skills** » sport motor skills. (*H. Haag & G. Haag, Dictionary, 2003, 309p*)

**motor sport** collective term for all sport disciplines which are practiced with motorized vehicles on land or water: » automobile sport, » motor cycle sport, » speedway races, » trial sport, cart sport, » motor boat sport. (*H. Haag & G. Haag, Dictionary, 2003, 309p*)

**motor system, movement apparatus** term for the system producing the totality of all voluntary (i.e. controlled and coordinated by the brain) movements performed by the human body. (*H. Haag & G. Haag, Dictionary, 2003, 310p*)

**motor talent** term for the sum all hereditary and developable abilities for motor performances, which can lead to a high level of sport performance under favourable environmental conditions and with given subjective interest. Therefore, motor talent is – in addition to training – one of the fundamental prerequisites for top-level sport performances. (*H. Haag & G. Haag, Dictionary, 2003, 310p*)

**motorbike** same as **motorcycle** (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motorbike racing** the sport of racing on motorcycles (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motorcycle** a two-wheeled road vehicle powered by an engine (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motoric** relating to voluntary muscle movement (*Dict. of Sp. and Ex. Sc. 2006, 136p.*)

**motorpace** a popular type of race in Europe, in which each rider is behind a small motorcycle or moped, which provides a slipstream (cycl.) [6]

**motor-paced track race** since the end of the 19<sup>th</sup> century discipline of bicycling. (*H.Haag &G. Haag, Dictionary, 2003, 311p*)

**motorsport** a sport in which participants race motor vehicles, usually around a track (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**moulinet** a whirling cut executed with a twist of the wrist or elbow (fenc.) [6]

**mound** a raised area, 18.4m/60ft 6in from **home plate**, from which the pitcher throws the ball to the batter (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**mount** in gymnastics the first part of an exercise, by means of which the gymnast gets on to the apparatus (vault, parallel bars, etc.). Sometimes a » springboard is used as an aid for the mount. (*H.Haag &G. Haag, Dictionary, 2003, 311p*)

**mountain bike** a specially strong bike with thick tyres, designed for riding over rough ground but not necessarily used on mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain bike** a bicycle built for rough terrain with wide thick tyres, straight handlebars, a strong frame, and more gears than a standard bicycle (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mountain board** a board similar to a skateboard but with bigger wheels, used for travelling over rough ground as an extreme sport (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mountain climber** somebody who climbs mountains for pleasure (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain climbing** the activity of climbing mountains for pleasure (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain climbing, mountaineering** sport activity within the framework of » alpinism. One differentiates between mountain touring and climbing (on rock and ice). (*H.Haag &G. Haag, Dictionary, 2003, 311p*)

**mountain guide** a local person who leads groups of people climbing mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain guide** paid advisor, assistant and guide for mountain climbers, hikers, skiers, or people going on mountain tours. Mountain guides also teach mountain climbing courses. Furthermore, they play an essential role in making high alpine areas accessible. (*H.Haag &G. Haag, Dictionary, 2003, 314p*)

**mountain hut** a small wooden or stone shelter on a mountain (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain races** automobile, motorcycle, or bicycle races held on mountainous courses. In automobile and motorcycle racing the participants start individually in certain time intervals. If two heats are driven then the driver with the lowest total time wins. Mountain championships are held regularly in motor sport. The mountain races in bicycle racing usually cover a course of 5 km. Stage races (e.g. the Tour de France) also include mountain stages, where the cyclist who first reaches the point in the course with the highest elevation receives a money prize and a subtraction of time. (*H.Haag &G. Haag, Dictionary, 2003, 315p*)

**mountain rescue** a service which provides experienced climbers to help people in difficulties on mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain rescue service** a group of trained people who are on duty to help climbers and skiers who get into difficulties on mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain resort** a holiday town in the mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain sickness** same as altitude sickness (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountain trail** a path through mountains (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountainboarding** the sport of traveling down hillsides on a board similar to a skateboard but with bigger wheels (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountainboarding** the sport of travelling down hillsides on a board similar to a skateboard but with bigger wheels (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mountaineer** somebody who climbs mountains as a sport (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountaineering** the sport of climbing mountains. Also called **climbing** (*Dict. of Leis., Trav. and Tour., 2008, 200p.*)

**mountaineering** the sport or pastime of climbing mountains (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mouth guard** a soft piece of rubber or plastic worn by some sliders to reduce vibration of the jaw and chattering of the teeth (luge) [6]

**mouthguard** a moulded piece of plastic that fits over the teeth, used for protecting them during heavy contact sports such as boxing (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mouthpiece** a piece of plastic placed in a boxer's mouth in order to protect his teeth and to stop him biting his tongue (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**movement** a single manoeuvre in a dressage performance (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**movement** any single characteristic style of a horse's motion. A number of such movements go into a dressage performance (equest.) [6]

**movement** from a physical viewpoint the change in location of an object (a mass) over time in relation to another object viewed as a resting entity or in relation to a reference system defined by other objects; movement is, therefore, always relative, an absolute movement does not exist. Human movement, or rather the human being's urge to move is part of his nature and represents a central human behaviour. Human movement can be regarded as a change in location (change of the body's position in space), change in position (changing the position of the body segments in relation to each other), and change in velocity (change of the movement state by means of applying force). Sport is inconceivable without movement. Movement research is, therefore, an essential element of sport science; it deals with the development of "theories about movement" or with the question of what a moving human being is. From the viewpoint of sport medicine one differentiates between functional anatomy, which examines, e.g. the movement possibilities in the joints, and exercise physiology, which looks at various forms of muscular work (e.g. isotonic, isometric, auxotonic). Sport psychology, which includes the area of motor behaviour and motor control in some sport scientific paradigms, investigates the causes of movement, which can be a reflex (involuntary movement), cognitive control (voluntary movement), or external forces. Sport biomechanics provides explanations for movement in space and time (translational, rotational) on the basis of the laws of mechanics. Action theory regards movement as a process which is intended to solve a movement task with a certain goal. Movement can be characterized under the following five aspects: **1.** the goal of the movement; this relates to a movement task which is either sequence-oriented (e.g. gymnastics) or result-oriented (e.g. long jump), or both (e.g. ski jumping); **2.** the movement object (the mass to be moved), which can be either the own body (e.g. in running), a partner (e.g. in dancing), an opponent (e.g. in judo), or an object (e.g. a ball); **3.** the characteristics of a movement system; three different types can be distinguished: natural movement (e.g. running), instrumentally supported movement (e.g. playing tennis), and movement made possible by a partner (e.g. in volleyball or judo); **4.** the environmental conditions, which include factors such as snow, water, light; **5.** rules and regulations which limit and standardize sport movement (e.g. arm and leg work in breast-stroke swimming). (*H.Haag & G. Haag, Dictionary, 2003, 315p*)

**movement accompaniment** measure taken to enhance a movement execution through auditive aids such as speech, giving a beat (e.g. tambourine), or music. The combination of music and movement is a crucial motivating factor for the joyful and dynamic learning of movement, e.g. in » aerobics. (*H.Haag & G. Haag, Dictionary, 2003, 317p*)

**movement analysis** method for examining and describing movements. Several theoretical reference frameworks for movement analysis are available (» movement theory). The issues examined by movement analyses relate to » movement characteristics, » movement structures, » movement forms, and the functions of movement. The goal of a movement analysis can be: content analysis of movement (analysis of the movement sequence), optimizing analysis (analysis and identification of the optimal movement and the factors determining it), order analysis (analysis of the order of movement skills), and task analysis (analysis of the movement characteristics relevant for learning). The ability of undertaking a movement analysis is an indispensable prerequisite and the performing of such an analysis a central task of the physical education teacher and coach in the sport-specific teaching and learning process. (*H.Haag & G. Haag, Dictionary, 2003, 317p*)

**movement characteristic** special quality or feature of a movement which results from an analysis of the structure and/or function of a movement (» movement analysis). By means of a movement characteristic a movement is classified by qualitative criteria. A common system of movement characteristics consists of the following characteristics: phase structure, movement rhythm, movement coordination, movement flow, movement precision, movement consistency, movement range, movement speed, and movement effort. When these movement characteristics are displayed in harmony, the movement is said to have » movement harmony. (*H.Haag &G. Haag, Dictionary, 2003, 317p*)

**movement combination** the combination of several movements into an exercise by means of merging different movement phases. Whether or not a movement combination is successful depends on this merging of phases; it is, e.g. necessary to anticipate the following part of the movement combination during the execution of a preceding part (» anticipation). (*H.Haag &G. Haag, Dictionary, 2003, 318p*)

**movement connection** the formation of movements through harmonic combination of individual technical sport motor skills into one movement (» movement form). Such a combination is considered to be a creative movement, especially in those types of sport where movements are not bound by strict norms (such as in the shot-put), but rather permit the free creation of movement sequences (e.g. apparatus gymnastics, figure-skating, roller skating, rhythmical callisthenics). Furthermore, sports that utilize natural external forces (e.g. windsurfing) also have a relatively large room for creative movement connections. The manner in which movements are connected with each other is an important criterion for the judging of performances in artistic sports. (*H.Haag &G. Haag, Dictionary, 2003, 318p*)

**movement correction** the correction of incorrectly executed movements; this is one main task of individuals who plan, carry out, and evaluate teaching and learning processes in sport, i.e. physical education teachers and coaches. Movement correction is realized by means of verbal, visual or tactile information, partly using equipment as learning aids (e.g. a sloped plane). Such information (feedback) can be given under the temporal perspective as simultaneous (during the movement), immediate (about 10 sec after the completion of the movement), or delayed information (after a break). The shorter the time interval between movement execution and correction, the more likely is a movement correction going to prove successful. (*H.Haag &G. Haag, Dictionary, 2003, 318p*)

**movement description** description of a movement sequence in spoken or written form (teaching program) with special consideration of time, space and functional aspects. In the sensorimotor learning process (» sensorimotor system) verbal information - combined with visual information - plays a significant role (» demonstrating). The language used should be simple, precise and adapted to the respective learning group (or rather, to their social world). (*H.Haag &G. Haag, Dictionary, 2003, 319p*)

**movement education** term for "education towards movement" and "education through movement". Movement education permits movement development, i.e. » movement training and its result. The term is used internationally and encompasses physical education and sport education. The recently introduced term of psychomotor education (motopedagogy) includes elements of movement education,

but attempts to clarify at the same time that psychological and motor components in the education towards and through movement should be viewed in their interrelation (movement behaviour). (*H.Haag &G. Haag, Dictionary, 2003, 319p*)

**movement elasticity** dynamic characteristic of a movement representing the absorption of predominantly external forces (e.g. when landing after a jump). (*H.Haag &G. Haag, Dictionary, 2003, 319p*)

**movement experience** knowledge of sport motor skills consolidated through feedback about successful or unsuccessful executions of movements. Auditive, visual, tactile, and kinaesthetic information is collected and mentally processed for the creation of movement experiences. Depending on the movement-theoretical standpoint, the creation and significance of movement experience are assessed differently. (*H.Haag &G. Haag, Dictionary, 2003, 319p*)

**movement flow** characterization of the sequence of a movement, where the space-time sequence of the » movement phases is harmonic and adequate for task and goal. Movement flow is given especially in movements where an » anticipation of movement components occurs, i.e. when during the execution of a certain movement phase the subsequent phase is already prepared mentally (neurophysiologically). (*H.Haag &G. Haag, Dictionary, 2003, 320p*)

**movement form** term for the execution (the Gestalt) of a movement under space-time and dynamic-time aspects. The main temporal structure is characterized by the » movement rhythm. Depending on the theoretical framework of the movement analysis the movement form is characterized by sensorimotor sequences (» sensorimotor system) or by the » movement structure (Gestalt psychology). (*H.Haag &G. Haag, Dictionary, 2003, 320p*)

**movement game** game with the predominant goal to produce a motor performance in a social group, in partner or team games. Movement games are a main content of » physical education and » play education. Concrete forms are: » small games, » sport game, and dance movement games. The combination of movement and play, two fundamental categories of human activity, in a sport-specific realization forms the core of the triad of movement, play and sport. (*H.Haag &G. Haag, Dictionary, 2003, 320p*)

**movement harmony** characteristic of a movement, where » movement phases and parts of a movement are combined harmonically (» movement characteristics), so that the movement is well-developed and therefore aesthetic. (*H.Haag &G. Haag, Dictionary, 2003, 320p*)

**movement image** term for the (reflected or unreflected) knowledge or view of movement sequences (» motor memory). The movement image can be recalled before (» anticipation), during, and after a movement is executed. Visual, auditive, tactile, and » kinaesthetic perception or information contribute to the development of a movement image. If the movement image corresponds to the norm value of a movement, the athlete has a high level of training and performance. A movement image can also be developed by means of mental and observatory training. In the cycle of motor teaching, or rather motor learning (movement image, movement execution, feedback via a comparison of norm and actual

value), the movement image plays an important role, especially for the outline of a new movement. (*H.Haag &G. Haag, Dictionary, 2003, 320p*)

**movement outline** form for the execution of sport motor skills developed in the sensorimotor system. A movement outline is produced by means of processing verbal, visual and tactile information; signs and super-signs are connected with stored skills. Depending on the viewpoint, the movement outline is characterized differently: in anthropology as a movement idea or movement fantasy, in motor behaviour and sensorimotor research as a movement image, in behaviourism as a movement plan. (*H.Haag &G. Haag, Dictionary, 2003, 321p*)

**movement phase** characterization of movement parts with special functions in the whole movement sequence and their connection with each other (phase structure). Many sportive movements (especially movements involving the entire body) are divided into three phases: preparation phase (e.g. wind-up movement in throwing, the run-up in sprinting), main phase (solving of the movement task by applying force to the own body, a piece of equipment, an opponent, or a partner), and final phase (movement conclusion until a state of static or dynamic balance is reached. (*H.Haag &G. Haag, Dictionary, 2003, 321p*)

**movement precision** the degree of correspondence between the results of motor acts and the concrete pre-set goals. The criterion is the difference between nominal and actual value. One differentiates between product-oriented, i.e. target accuracy, and process-oriented movement precision, i.e. the precision of the execution. Another differentiation takes the type of nominal value into consideration, i.e. whether it was self-selected (internally) or determined from outside (externally). For the development of movement precision it is necessary that the learner receives corresponding feedback; the higher the level of technical sport motor skills is, the more precise and differentiated the feedback should be. (*H.Haag &G. Haag, Dictionary, 2003, 322p*)

**movement proximity** term for the existence of similar movement structures in different movements. To ensure a sensible classification of similar movements, movements are categorized into groups, which reveal strong similarities with respect to single movement elements and the movement sequence under general and biomechanical aspects (e.g. rolls and upstarts in gymnastics, step turns in alpine skiing, dribbling in team ball games). Furthermore, action-theoretical approaches emphasize that the criterion of movement proximity is only fulfilled, if motor as well as cognitive-affective similarities exist. Movement proximity plays an important role in sport methodics for the development of series of exercises for learning a sport motor skill. (*H.Haag &G. Haag, Dictionary, 2003, 322p*)

**movement range** term for the range of » flexibility, which can be determined by measuring the angular changes in the joints during a movement. The measurement of movement range is usually performed by means of the test exercise "forward trunk bend" in a standing or sitting position. The closer the angle between trunk and straight legs is to 0°, the larger the movement range. A measurement scale can be used to assess the difference between fingers and feet in cm. (*H.Haag &G. Haag, Dictionary, 2003, 322p*)

**movement research** term for one fundamental research area of sport science, which requires interdisciplinary cooperation to integrate knowledge and results from various theory fields of sport

science on the topic of movement (including sport medicine, sport biomechanics, sport psychology, sport pedagogy, sport sociology, sport history, sport philosophy, and others). The collection and description of results from movement research, connected with aspects of realization in practice, represent the contents of » movement theory. (*H.Haag &G. Haag, Dictionary, 2003, 323p*)

**movement rhythm** a » movement characteristic relating predominantly to the harmonic interrelation between temporal, spatial and force-effort-oriented components of movement. Acceleration and deceleration (time, indicated by the tempo), wide and narrow forms (space), number of impulses (force), as well as the change of tension and relaxation are poles of a continuum that is characteristic for movement rhythm. Since movement rhythm is an important factor in motor learning, the so-called rhythmical teaching method utilizes rhythm sounds for performing movements to enhance the learning process. (*H.Haag &G. Haag, Dictionary, 2003, 323p*)

**movement science** term for the area of science dealing with theory building related to movement. Movement science is interdisciplinary and includes the sport scientific theory fields (sport medicine, sport biomechanics, sport psychology, sport pedagogy, sport sociology, sport history, and sport philosophy, and others), which make a contribution by means of their own research questions and methods. The research results of movement science form the basis for » movement theory. (*H.Haag &G. Haag, Dictionary, 2003, 323p*)

**movement structure** term for the sequence of a sportive movement divided into phases from an external viewpoint ("outside view of movement") (» movement phase). The movement structure is a research topic examined in » movement analysis. For a better understanding of the movement structure it is useful to divide the three movement phases (preparatory, main, and final phase) into part movements or sub-phases which have different functions, so that the fine structure (» refined form) becomes clearly recognizable. (*H.Haag &G. Haag, Dictionary, 2003, 324p*)

**movement task** task posed in physical education or in training to learn a specific sport movement and to perform it independently. One differentiates between free movement tasks (the learner can solve the movement task himself) and bound movement tasks (the learner must solve the movement task within a predetermined framework). The movement task is a component of the inductive teaching method, as the learner is led step-by-step towards mastering a movement. (*H.Haag &G. Haag, Dictionary, 2003, 324p*)

**movement theory** systematic collection of scientific knowledge about movements in sport and about their preparation in regard to their transferability and applicability. Therefore, movement theory is the theory of movement action in sport-related situations on the basis of » movement research. (*H.Haag &G. Haag, Dictionary, 2003, 324p*)

**movement therapy** treatment of diseases by means of active and controlled movement training. Movement therapy is utilized predominantly after a longer (forced) period of physical inactivity and usually in connection with » rehabilitation (» sport for the handicapped); it is mainly oriented towards the physical, but also towards the cognitive and affective domain of human behaviour. The following forms of movement therapy can be differentiated: **1.** sport therapy (treatment method under medical supervision). **2.** active movement exercises (e.g. chirocallisthenics, curative callisthenics, yoga

therapy). **3.** physiotherapy (passive neuromotor training). **4.** sensorimotor exercise therapy (improvement of the integration of perception and movement). **5.** psychomotor therapy (concentrated communicative and rhythmical music movement therapy). **6.** movement psychotherapy (dance therapy, psycho-callisthenics, integrative movement therapy). **7.** psychotherapeutic movement therapy (dynamic, relaxing, meditative, and concentrative techniques of psy-choregulation, especially applied to high-performance athletes). Movement therapy makes a variable treatment of diseases possible, which can be adapted to the individual needs. (*H.Haag &G. Haag, Dictionary, 2003, 325p*)

**movement training** form of improving motor performances which relates to the development of motor characteristics, skills, and abilities. Specific practice according to planned training programs is essential. (*H.Haag &G. Haag, Dictionary, 2003, 325p*)

**moving pick** a move in which an offensive player swims in front of a player defending another offensive player, freeing that teammate to receive a pass or take a shot (w.polo) [6]

**moving pick** a personal foul on which a player is in motion while setting a screen and, as a result, comes into contact with an opponent (b/b) [6]

**moving up** in almost all sports the reaching of the next league. Most often moving up to the next division is a result of winning the championship or being the runner-up in the lower class at the end of the competitive season. In some cases special tournaments, games, or play-off rounds are held to determine who moves up to the next division. When a team moves to the higher league, it moves into the free spot left by the team from the higher league which has to move down into the next league («relegation»). (*H.Haag &G. Haag, Dictionary, 2003, 325p*)

**Mr. (or Mrs.) Average** facetious name for a bowler who doesn't show up, since his or her average is often used to compute team scoring. See also blind (bowl.) [6]

**MSL** Major Soccer League - a U.S. indoor league which formed in 1990 from the MISL and folded in 1992. (f/b) [6]

**Muay Thai** a martial art that is a form of kickboxing, practised in Thailand and across Southeast Asia (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**mudlark** an informal name for a horse that performs well over heavy or soft ground (equest.sl.) (*Chambers. Sports Factf.,2005, 349p.*)

**muff** a failure to field a **punt** or kickoff securely (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**muff** to hit a shot poorly (golf) [6]

**Mugs Away** a declaration that the losers of the latest game go first in the next (darts) [6]

**mule ears** same as bedposts (bowl.) [6]

**mule kick** a maneuver that's similar to a backscratcher, but with the skis to the side of the twisted body (fresst.) [6]

**mulligan** in casual play, a golfer who hits a poor tee shot is sometimes allowed to take a second shot without penalty. The second shot is called a "mulligan." It's usually allowed only on the first tee. See also Shapiro (golf) [6]

**mulligan** in friendly games, a free extra shot sometimes allowed to a player when he or she has played a bad shot (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**multidisciplinary** studying or using several specialised subjects or skills (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multi-event** an athletic contest, e.g. the pentathlon or decathlon, that includes several different events (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multigym** an apparatus on which you can do exercises and weight training (*Dict. of Leis., Trav. and Tour., 2008, 201p.*)

**multigym** an exercise apparatus with a range of weights, used for muscle toning (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multihull** a boat with two or more hulls (such as a catamaran or trimaran), generally able to reach higher speeds than a monohull craft (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**multiple event competition** competitive form based on the classical example of the five-event competition (pentathlon) of the ancient Olympic Games, where every participant must perform exercises from several disciplines. The results from the individual disciplines are scored in points (in strength sport the amount of weight lifted or pressed) and added for a total score. (*H.Haag &G. Haag, Dictionary, 2003, 326p*)

**multiple foul** the situation in which a player is fouled by two opponents at approximately the same time, with the second foul coming before the whistle has blown because of the first foul. Each foul carries a separate penalty. Compare double foul; false double foul; false multiple foul (b/b) [6]

**multiracialism** the principle or practice of ensuring that people of various races are fully integrated into a society (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multisport event** a large sporting competition, e.g. the Olympic Games, in which more than one sport is practised over a period of several days or weeks (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multi-task attention** the skill of concentrating on several tasks at once, as employed in complex performances (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**multi-terrain biking** the sport of riding bikes over different types of terrain (*Dict. of Leis., Trav. and Tour., 2008, 201p.*)

**murderball** same as **quad rugb** (*Dict. of Sp. and Ex. Sc. 2006, 137p.*)

**Murphy** same as baby split (bowl.) [6]

**muscle** 1. an organ in the body that contracts to make part of the body move 2. same as **muscle tissue** (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle building** developing the muscles by training with weights and having a diet rich in protein (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle candy** US a dietary supplement used by athletes to enhance bursts of high performance (*slang*) (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle confusion** the act of using several different exercises for a single muscle so that it cannot adapt to a predictable workout and is therefore forced to work harder (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle endurance** the capacity of muscles to sustain prolonged aerobic activity (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle failure** the inability of muscles to produce enough energy to sustain further activity (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle fatigue** tiredness in the muscles after strenuous exercise (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle function** the smooth expansion or contraction of muscles in the body to create movement (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle group** same as **compartment** (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle insertion** the point of attachment of a muscle to a bone (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle man** a very strong man with highly developed muscles (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle spasm** a sudden uncontrolled contraction of a muscle (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle spindle** any of the sensory receptors that lie along striated muscle fibres (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle tissue** the specialised type of tissue that forms the muscles and can contract and expand (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle tone** same as **tone** (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle training** physical exercises for strengthening the muscles towards various forms of strength, endurance, speed and the respective complex characteristics (strength endurance, power, speed endurance). Muscle training is realized predominantly by means of isometric and circuit training with the use of various training aids such as weight strength training machines, expander, etc. (H.Haag &G. Haag, Dictionary, 2003, 328p)

**muscle wasting** a condition in which the muscles lose weight and become thin (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscle-bound** having muscles that are so bulky that they restrict movement (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscles** organs with various functions, usually referred to in connection with an organ system or a functional unit, e.g. back, leg, skeletal, blood vessel, digestive, and bladder muscles. (H.Haag &G. Haag, Dictionary, 2003, 328p)

**muscular** relating to muscle (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular branch** a branch of a nerve to a muscle carrying efferent impulses to produce contraction (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular defence** a rigidity of muscles associated with inflammation such as peritonitis (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular disorder** a disorder which affects the muscles, e.g. cramp or strain (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular fatigue** same as **muscle fatigue** (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular system** the muscles in the body, usually applied only to striated muscles (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**muscular tissue** same as **muscle tissue** (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**musculature** the way that the muscles are arranged in a body or body part (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**musculo- prefix** relating to or affecting muscle (*Dict. of Sp. and Ex. Sc. 2006, 138p.*)

**musculoskeletal** relating to muscle and bone (*Dict. of Sp. and Ex. Sc. 2006, 139p.*)

**musculoskeletal screening** medical screening of an athlete designed to identify weak areas where injury might occur, so that it can be prevented (*Dict. of Sp. and Ex. Sc. 2006, 139p.*)

**music education** essential area of general education which has been especially important in reform pedagogy; its goal is the development of creativity, communication, and ability of expression. Music education, within the framework of physical education, relates predominantly to free play and rhythm, which can be observed in dance and rhythmical callisthenics. (H.Haag &G. Haag, Dictionary, 2003, 328p)

**musette** a bag that can be slung over the shoulder, in which food is handed to cyclists at **feeding stations** (cycl.) (*Chambers. Sports Fact.,2005, 205p.*)

**muzzle** plastic, leather, or wire device fitted over the greyhound's mouth to protect other greyhounds while racing and as an aid in a **photo finish** (dog.rac.) (*Chambers. Sports Fact.,2005, 304p.*)

**MVP (Most Valuable Player)** an award recognizing the NBA player who contributed most to the regular season or to the Finals (b/b) [6]

**myocardiograph** an instrument that records the contractions of the heart muscle (*Dict. of Sp. and Ex. Sc. 2006, 139p.*)

**myology** the study of muscles and their associated structures and diseases (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

**myoneural** relating to or involving both the muscles and the nerves (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

**myoneural junction** same as **neuromuscular junction** (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

**myotonia** difficulty in relaxing a muscle after exercise (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

**myotonic** referring to tone in a muscle (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

**myotonus** muscle tone (*Dict. of Sp. and Ex. Sc. 2006, 140p.*)

## N

**nage** the defender (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**nage waza** defensive throwing techniques that make use of the attacker's momentum. Mainly judo (mart.art.) [6]

**nail** same as **stick** (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**naked bootleg** a **bootleg** in which no players attempt to block<sup>1</sup> in front of the **quarterback** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**nandrolone** an anabolic steroid that builds muscle (NOTE: Its use is banned by the International Amateur Athletics Federation.) (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**nap** the horse a tipster reckons has the best chance of winning out of all his tips (equest.sl.) (*Chambers. Sports Factf.,2005, 349p.*)

**nap** (*in horse racing*) a tip for a horse that is very likely to win (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**narcotic** any typically addictive drug, especially one derived from opium, e.g. cocaine, that may produce effects ranging from pain relief and sleep to stupor, coma and convulsions (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**narcotic analgesic** a painkiller sometimes misused by athletes to allow them to continue to train despite injury (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**Nassau** a type of informal game consisting of a given bet for the front nine, a given bet for the back nine and a total bet for the overall game (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**National Hunt** the British term for racing over hurdles and fences. National Hunt racing takes place all year round although the main season is between October and April (equest.) (*Chambers. Sports Factf.*,2005, 348p.)

**National League** one of the two most prestigious North American professional baseball leagues (baseb.) (*Chambers. Sports Factf.*,2005, 86p.)

**National Olympic Committee (NOC)** organization in a particular country for the promotion of the Olympic idea and the preparation of Olympic Games. National Olympic Committees are recognized by the International Olympic Committee and represent an independent and self-sufficient organization of sport self-administration. (*H.Haag &G. Haag, Dictionary, 2003, 329p*)

**national sport** a sport that is very popular in a country and is considered to be part of its culture (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**national team** group of competitive athletes designated by the national sport federations, who represent their sport discipline and nation in international competitions, continental and world championships, and Olympic Games. The external symbols of national teams are the national hymn and the national colours worn in connection with the respective national emblems. (*H.Haag &G. Haag, Dictionary, 2003, 329p*)

**nationals** a sports or games competition in which participants from all parts of a nation are involved (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**natural aid** any signal given to a horse by the rider with the legs, hands, or voice (equest.) (*Chambers. Sports Factf.*,2005, 225p.)

**natural break** relieving oneself while continuing to cycle. A technique employed by racing cyclists during long **road races** (cycl.sl.) (*Chambers. Sports Factf.*,2005, 207p.)

**natural foot** a surfer who rides with his/her left foot in front of the right (surf.) (*Chambers. Sports Factf.*,2005, 557p.)

**natural goal** a goal scored from open play with both teams at full strength. Excludes goals made on penalty shots or when a team is a man up (w.polo) [6]

**nature tourisms** travel to unspoiled places to experience and enjoy nature (*Dict. of Leis., Trav. and Tour.*, 2008, 204p.)

**nature trail** a path through a park or the countryside with signs to draw attention to important and interesting features, such as plants, trees, birds or animals (*Dict. of Leis., Trav. and Tour.*, 2008, 204p.)

**naturisms** a belief in the physical and mental advantages of going about naked. Also called **nudism** (*Dict. of Leis., Trav. and Tour.*, 2008, 204p.)

**naturist beach** a beach where people are allowed to not wear clothes. Also called **nudist beach** (*Dict. of Leis., Trav. and Tour.*, 2008, 201p.)

**Nautilus** a trade name for a manufacturer of professional exercise equipment (*Dict. of Sp. and Ex. Sc. 2006, 141p.*)

**navigation** driving a water or air vehicle (also in boating or flying sport) from a starting point on a certain path to a target location, including making the necessary measurements and calculations for determining the current location and the required course. (*H.Haag &G. Haag, Dictionary, 2003, 329p*)

**NBA** the National Basketball Association, a professional basketball association in North America (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**near fall** if a wrestler exposes the opponent's shoulders four inches or less above the mat or has one of the opponent's shoulders on the mat and the other at an angle of less than 45 degrees to the mat, it is a near fall, worth two technical points (wrest.) [6]

**near post** the post nearest to where the ball is net the openwork fabric of string attached to the goalposts and crossbar (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**nearside** the left-hand side of the horse (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**neck shot** the hitting of the ball under the horse's neck (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**neck strap** a strap attaching the helmet to the body or legs to help the slider support the head against high g-forces while going through curves (luge) [6]

**negative** an exercise in which a weight is lowered slowly against gravity (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**negative attitude** a pessimistic mental attitude towards an activity that may decrease the chance of succeeding (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**negative energy balance** a situation in which a person is using more energy on a day-to-day basis than he or she consumes, leading to weight loss (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**negative split** a race strategy in which a swimmer completes the second half of a race faster than the first (swim.) (*Chambers. Sports Factf.,2005, 572p.*)

**negative thinking** a way of thinking that is pessimistic and focusing only on bad things that may happen (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**neko-ashi-dachi** a position or stance where the front foot is raised ready for kicking (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**nelson** the score of 111, believed by English players to be unlucky; said to originate from the widely but erroneously held belief that Lord Nelson had one eye, one arm and one leg (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**neoprene** a type of plastic used for making sports injury braces and supports and for making wetsuits (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**nervous tic** an involuntary twitch of a muscle, especially of the face, that is sometimes a symptom of nervousness or a nervous disease (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**net** **1.** a practice pitch surrounded by nets to stop the ball from travelling far **2.** a practice session in a net (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**net** in tic-tac, odds of 10-1. Net is 'ten' spelt backwards (equest.sl.) (*Chambers. Sports Factf.,2005, 350p.*)

**net** the barrier that divides a tennis court into lengthwise halves. It's a web, usually made of braided synthetic material, suspended from a steel cable that's strung between two 3½-foot metal posts located 3 feet outside the sidelines. The cable is covered by a band of canvas or synthetic material, 2 to 2 ½ inches wide. A 2-inch wide center strap, also made of canvas or synthetic material, holds the net taut at the center. As a verb, "to net" means to hit the ball into the net (ten.) [6]

**net** the net is 6 inches high and stretches the width of the table (t.ten.) [6]

**net** **1.** in some sports such as tennis and volleyball, a strip of meshwork material that divides a court into halves and over which the players must hit a ball or shuttlecock **2.** in some sports such as football and water polo, a goal with a backing made of meshwork material **3.** (*in cricket*) an indoor or outdoor practice pitch surrounded on three sides by nets that contain the ball after it has been hit ■ verb **1.** in games such as football and hockey, to hit the ball into the net so as to score **2.** in games such as tennis and volleyball, to hit the ball into the net so as to lose a serve, and sometimes a point (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**net** **1.** mesh made of string, ropes, etc., which halves the playing field in return games (tennis, volleyball, badminton, etc.). The ball must be played over the net. Touching the **net** with the ball (net ball) or by a player usually counts as a rule violation. **3.** catching device for the ball in goals (e.g. soccer, handball, hockey) or baskets (e.g. basketball, netball). (*H.Haag &G. Haag, Dictionary, 2003, 331p*)

**net cord** a string or tape supporting the net (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**net cord** a tennis shot, especially a serve, that touches the net before landing on the opponent's side. In the case of a serve, the server retakes the shot. (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**net cord** the cable that supports the net (ten.) [6]

**net cord judge** an official who is responsible for calling lets on service. This judge sits in front of the umpire's chair, at one end of the net, and rests one hand on top of the net in order to feel vibrations set up if the ball hits the net cord. Also called net judge. See let (ten.) [6]

**net game** a playing style in which the player takes every opportunity to rush the net. To be contrasted with baseline game (ten.) [6]

**net judge** an official who used to sit with their hand on the **net cord** in order to feel whether a service should be called **let**; this position has now largely been superseded by an electronic aid (ten.) (*Chambers. Sports Factf.,2005, 600p.*)

**net man** in doubles, the partner who is stationed near the net during his or her partner's service (ten.) [6]

**netball** an indoor or outdoor game usually played by girls or women in which goals are scored by throwing a ball through a raised net. Players can hand or throw the ball to each other but not run with it. (*Dict. of Sp. and Ex. Sc. 2006, 142p.*)

**netball** basket game similar to basketball, played by women and girls outdoors and indoors, which is popular especially in English-speaking countries. The playing field measures 30.48 x 15.25 m and is divided into five equal sections. The basket (diameter 38.1 cm) hangs on a post (height 3.05 m) which stands in the center of the short sides of the playing field. Around the post a semi-circle (throwing circle) with a diameter of 9.76 m is drawn. The ball is hollow and has a circumference of 68-71 cm and a weight of 397-454 g. A team consists of seven players. Playing time is 4 x 15 min with breaks of three to ten minutes. (*H.Haag &G. Haag, Dictionary, 2003, 331p*)

**netminder** same as **goal-tender** (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**neuromuscular** referring to both nerves and muscles (*Dict. of Sp. and Ex. Sc. 2006, 143p.*)

**neuromuscular junction** the point where a motor neuron joins muscle fibre. Also called **myoneural junction** (*Dict. of Sp. and Ex. Sc. 2006, 143p.*)

**neurovascular** in or involving the nerves and blood vessels (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**neutral corner** see **corner** (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**neutral position** the position wrestlers take at the beginning of a match, standing and facing each other, but not in contact. Also known as standing position (wrest.) [6]

**neutral spine** a position for the spine in which no joint is flexed and force is distributed equally (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**neutral support** a mechanic who follows the riders in a race and is provided by the race organizers (rather than an individual team) and who can give mechanical assistance to any rider (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**neutral throw** a throw by a referee that gives each team an equal chance to reach the ball. A neutral throw is most often used after a double foul (w.polo) [6]

**neutral zone** a section of a road race where the riders must ride behind a leading vehicle and cannot attack (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**neutral zone** the area between the two **lines of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**neutral zone** (*in sport*) the space between the areas of two competing teams, especially the area between the linemen of American football teams or the middle area of an ice hockey rink between the two blue lines (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**neutralize** following an accident in a **track race**, officials may neutralize the race by telling riders to ride slowly at the top of the track and maintain their current position (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**never up, never in** a comment made by or to a frustrated putter when he or she has hit a putt too softly (golf. sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**neves** in tic-tac, odds of 7-1 (equest.sl.) (*Chambers. Sports Factf.,2005, 350p.*)

**niblick** an old-fashioned club for lofted shots, corresponding to a modern 8- or 9-iron (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**nick** **1.** the angle between two walls or between the wall and the floor **2.**the name given to a shot that hits the angle between two walls and dies (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**nick** if a batsman nicks the ball, he gets a slight touch to it from the edge of his bat (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**nickel defense** a defensive formation involving five **defensive backs** rather than the standard four (so called because a nickel is worth five cents); see **dime defense** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**nickelback** an additional defensive back brought into the game when the offensive team is likely to pass the football (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**night watchman** a relatively unskilled batsman who is sent in to bat towards the end of the day's play in order to prevent a more skilled batsman from having to go in (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**nightcap** the second of the two games in a **double-header** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**nikyo** an **ikkyo** with hand turning (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**nine, ten, jack** the last three batsmen (numbers nine, ten and eleven) (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**nine-metre line** an arcing dotted line parallel to the **six-metre line** and extending 9m from the goal, where offensive players resume play after a defender has made a foul inside it (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**nineteenth hole** the clubhouse (golf.sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**ninjitsu** a Japanese martial art that emphasises stealth in movement and camouflage (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**nitromethane** a fuel made specifically for drag racing. It is the result of a chemical reaction between nitric acid and propane (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**no ball** in cricket, a ball that has been bowled in a way not permitted by the rules of the game (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**no jump** a foul in the long jump or triple jump (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**no lift** an attempt judged invalid by at least two of the three referees. See also good lift (weihtl.) [6]

**no lift** an unsuccessful lift as judged by the majority of the three judges. In competition it is indicated by two or three red lights on a scoreboard (weightl.) (*Chambers. Sports Factf.,2005, 628p.*)

**no-ball** a ball bowled in a way that it is disallowed by the rules (most commonly because the bowler's front foot is over the **popping crease** when he releases the ball), and which counts as one run to the batting side (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**nock** the groove or notch at the rear of an arrow that holds it in place on the bowstring (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**noda-wa** thrusts to the throat (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**no-hitter** a game in which a pitcher does not allow an opponent to score a **hit**; compare **perfect game** (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**no-huddle offense** an offensive strategy based on lining up for each play without a **huddle**, used either to prevent time elapsing unnecessarily or to disrupt the defense (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**nollie** an aerial manoeuvre where the front foot pushes down on the **kick-nose** and then the feet stay close to the board in flight before the back foot guides the board back to the ground (skateb.) (*Chambers. Sports Factf.,2005, 515p.*)

**nollie** (*in skateboarding*) a leap into the air on the board performed by pushing down on the front end of the board (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**no-man's land** the area between the baseline and the service line, so called because a player who is caught there finds it difficult to hit ground strokes and isn't close enough to the net to hit slams (ten.) [6]

**Nomex\*** synthetic fire-resistant material used to make drivers' protective clothing and gloves (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**nomination** the registration of participants (in equestrian sport the registration of horses) for a sport competition corresponding to the invitation, accompanied by the payment of the pre-set registration fee. (*H.Haag &G. Haag, Dictionary, 2003, 332p*)

**non-aerobic exercise** exercise in which there is little or no increase of respiration and heart rate, e.g. stretching (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**non-combativity** failure of a **judoka** to make an attack, penalized by **shido** or **chui** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**non-competitive** used for describing a sport or activity that does not involve any element of competition (*Dict. of Sp. and Ex. Sc. 2006, 144p.*)

**non-energy-dependent** used for describing a sport that involves skill more than movement and so does not require a large amount of energy metabolism, e.g. golf (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-fattening** not likely to cause a gain in weight (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-runner** a horse that was originally entered but which has been pulled out shortly before the race (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**non-sporting** not relating to, used in sports activities (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-team** used for describing an athlete who does not take part in team sports (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-therapeutic** not used in the treatment of diseases or disorders or for maintaining health (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-title** used for describing a match or competition in which a sports title or championship is not at stake (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-trip chine** a chine (on the sponson) that's angled so it won't "trip" on the water during a turn (powerb.) [6]

**non-weight-bearing** used for describing exercise that does not carrying any weight and so encourages the strengthening of bone fibres (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**non-zero-sum competition** a competition in which the losing players still may achieve something, e.g. a position on a league table (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**Nordic** used for describing any skiing activity or event in which the boots are fitted to the skis at the toe only (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**Nordic camber** the high arch built into Nordic skis to allow better gliding in cross country skiing. See also Alpine camber; camber; double camber (ski.) [6]

**Nordic combination** combined nordic event for men (since 1980 also a team event with three members per team) consisting of a combination ski jump on the normal jump (» ski jumping) and a » cross-country ski race over 15 km (in the team event relay of 3 x 10 km). (*H.Haag &G. Haag, Dictionary, 2003, 332p*)

**Nordic combined** a competitive event that combines ski jumping and cross country. Competition usually begins with a cross country race, followed by two rounds of ski jumping. See also Gundersen competition (ski.) [6]

**Nordic skiing** types of skiing that developed primarily in Scandinavian countries. The Nordic events include cross country racing and ski jumping, as well as the Nordic combined (ski.) [6]

**Nordic skiing** » cross-country skiing, » ski jumping, » nordic combination. (*H.Haag &G. Haag, Dictionary, 2003, 333p*)

**Nordic Walking** a form of health walking in which the upper body is worked out, using poles for balance (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**Nordis skiing** competitive cross-country skiing and ski-jumping (*Dict. of Leis., Trav. and Tour., 2008, 207p.*)

**norm** the usual or standard pattern (*Dict. of Leis., Trav. and Tour., 2008, 207p.*)

**normal hill** a ski jump hill 90 meters high. Compare large hill (ski.) [6]

**normal hill** the smaller of the two Olympic ski jump hills; it usually measures 90m or 95m and is sometimes known as K90/K95 (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**normal weight** the body weight regarded as the norm in order to be fully capable and flexible (» ideal weight). (*H.Haag &G. Haag, Dictionary, 2003, 333p*)

**norming** the third stage of team development according to the Tuckman model, in which the members of the team agree on basic principles and each brings his or her behaviour into line with that of the others (*Dict. of Sp. and Ex. Sc. 2006, 145p.*)

**nose** in USA, the narrowest winning margin (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**nose** the front of the surfboard (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**nose** the smallest distance between two greyhounds finishing a race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**nose clip** a device that holds the nostrils closed to keep water out of the swimmer's nasal cavity while underwater (synchr.swim.) [6]

**nose cowl** a streamlined covering over the front of the superstructure (powerb.) [6]

**nose riding** a surfing manoeuvre where the surfer stands on the very front of the surfboard (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**nose tackle** a defensive **lineman** who lines up facing the offensive **center** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**nosebleed** an incident of bleeding from the nose, usually caused by a blow or by sneezing, by blowing the nose hard or by high blood pressure (*informal*) Also called **epistaxis** (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**not up** said of a ball that is hit just as it's bouncing for the second time. Results in loss of point (ten.) [6]

**not up** the call made when the ball is not successfully retrieved, ie bounces twice (squash) (*Chambers. Sports Factf.,2005, 550p.*)

**nourish** to give food or nutrients to a person (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nourishing** providing the substances that people need to allow them to grow and be healthy (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nourishment** food or the valuable substances in food that help people to grow and be healthy (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**novice** a horse which has not won a race under a particular code (hurdling or chasing) before the start of the season (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**number 8** the forward who wears that number binds into the scrum, usually between the two locks, and is responsible for initiating attacks by the forwards or for getting the ball to the scrumhalf (rugby) [6]

**number eight** the back-row forward who binds at the back of the scrum; wears the number 8 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**nurdle** if you nurdle the ball in a certain direction, you hit it there but not hard and usually into a gap between fielders (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**nursery slope** snow-covered mountain slopes where people learn to ski (*Dict. of Leis., Trav. and Tour., 2008, 208p.*)

**nut** a tapered piece of metal that fits into a crack in a rockface to provide protection (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**nutmeg** when a player puts the ball through his opponent's legs and retrieves it on the other side (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**nutrient** a substance in food that is necessary to provide energy or to help the body grow, e.g. a protein, a fat or a vitamin (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutrient-dense** used for describing food that is rich in vitamins and minerals and comparatively low in calories (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutrigenomics** the study of the way in which genetic and environmental influences act together on a human or an animal, and how this information can be used to boost productivity and health (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutrition** 1. the way in which food affects health 2. the study of food (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutrition consultant** a professional who offers advice on a suitable diet to support a particular lifestyle (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional guidelines** public advice about healthy eating given by an authority (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional programme** a dietary plan that is designed to achieve a particular aim, e.g. muscle building, weight loss or recovery from illness (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional supplement** ♦ supplement (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional therapist** a person who works with patients to devise a dietary plan for optimum health or to identify any intolerances (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional therapy** the alleviation of symptoms by dietary changes, sometimes using vitamin and mineral pills (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritional value** the nutrient content of a food (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

**nutritionist** a person who specialises in the study of nutrition and advises on diets (*Dict. of Sp. and Ex. Sc. 2006, 146p.*)

## O

**o goshi** a basic hip throw (mart.art.) [6]

**o guruma** a wheel throw, on which the opponent is slung vertically around the attacker's waist (mart.art.) [6]

**oar** a pole with a flat section, known as the blade, near the end, used for propelling a boat through the water (row.) [6]

**oarlock** a latch that holds the oar and provides a fulcrum for the stroke (row.) [6]

**oars, rudder** device with which a boat can be pulled through the water. The oar is made of round wood with a grip and a blade made of Canadian pine, fir, or ash (recently rowers have also begun to use plastic oars). The long oar is moved by the athlete with both hands, while the small oar - the scull - is moved pairwise by one rower in the scull boat (one on port and one on starboard). Oars and sculls consist of the following parts: grip, inboard part, outboard part, and blade. (*H.Haag & G. Haag, Dictionary, 2003, 333p*)

**oarsman** a rower of either sex (row.) [6]

**obese** so overweight as to be at risk of several serious illnesses, including diabetes and heart disease (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**obesity** the condition of being seriously overweight (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**obesity** pathological condition in which the person's body weight is 20% to 25% above their skeletal and physical requirements for a male, and 30% to 35% for a female. See also *overweight* (*Dict. of sp. and Ex. Sc. 1991, 104p*)

**obesity rates** the proportion of a country's population who are more than 20% overweight (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**obi** the belt worn by a **judoka** (judo) (*Chambers. Sports Factf., 2005, 373p.*)

**obi** the sash that holds the jacket closed. (Judo) [6]

**obi goshi** throwing the opponent by grasping his belt or sash (mart.art.) [6]

**object ball** in billiards, pool or snooker, the ball that a player intends to hit with the cue ball (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**object ball** the ball that the player intends to strike with the cue ball (bilj.) (*Chambers. Sports Factf., 2005, 450p.*)

**object ball** the ball the player intends to strike with the **cue ball** (bilj.) (*Chambers. Sports Factf., 2005, 538p.*) (*Chambers. Sports Factf., 2005, 526p.*)

**observational learning** skills learning that emphasises immersion in the situation so as to learn by seeing others perform (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**observative training** training of movements on the basis of observed movements for the improvement of technical sport motor skills and tactics. Audio-visual media are used in observative training (showing), but also movements executed by physical education teachers, coaches, and other athletes (» presenting). Observative training also increases learning speed. (*H. Haag & G. Haag, Dictionary, 2003, 334p*)

**obstacle** a fence, **gate** or **water jump** that must be cleared in showjumping or a three-day event (equest.) (*Chambers. Sports Factf., 2005, 225p.*)

**obstacle** term for an object, piece of equipment, or natural or artificially constructed terrain, which must be overcome by an athlete; such obstacles make mastering a sportive task more difficult (predominantly in running and racing disciplines) and are designed to make the sport discipline interesting. Examples are sand bunkers in golf, water trench in golf as well as track and field steeplechase, movable obstacles (hurdles) in hurdling, » steeplechase, and » show-jumping, fixed obstacles in equestrian versatility test (military - » gallop races), equipment in obstacle gymnastics. Shape, size and construction of obstacles are regulated in the various sport disciplines. (*H. Haag & G. Haag, Dictionary, 2003, 334p*)

**obstacle gymnastic** form of natural gymnastics where the focus is on crossing the obstacle as efficiently and quickly as possible rather than on the execution of the exercise. Occasionally an obstacle course is set up as a test of general fitness. Obstacle gymnastics invites and entices people of all fitness levels to participate. Exercise intensity can be varied by selecting the apparatus and modifying the sequence in which they are set up. (*H.Haag &G. Haag, Dictionary, 2003, 334p*)

**obstruction** a foul committed by a player who does not have control of the ball using his body to get in the way of his opponent (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**obstruction** an infringement that involves an opposition player blocking or interfering with a pass or shot. A **penalty pass** or **penalty shot** is awarded to the obstructed team (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**obstruction** getting in the way of an opponent who's chasing the ball. Also called blocking (rugby) [6]

**obstruction** penalty given when players turn in front of the opposition or use a stick to bar the opponent's way (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**obstruction** touching the ball with any part of the body or clothing while it is over the table and before it has bounced in the proper court. The offender loses the point (t.ten.) [6]

**obstruction** **1.** in handball a legal tactical offensive measure: an offensive player attempts to limit the freedom of movement of a defensive player in such a manner that another offensive player is able to run clear and is therefore in a position where the ball can be passed to him; a player is allowed to use only his trunk and not his arms, hands, or legs for blocking. **2.** in soccer obstruction without the ball represents a rule violation which is penalized with a free kick awarded to the opponent; it is used as a defensive measure. Obstruction without the ball occurs when a player blocks an opponent's way to the ball with his body; if a player is already in possession of the ball, blocking or covering the ball is permitted. **3.** in field hockey obstructing an opponent in his attempt to get possession of the ball; an obstruction represents a rule violation and is penalized with a free hit. (*H.Haag &G. Haag, Dictionary, 2003, 334p*)

**ocean race** same as **offshore race** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**oche** the line, groove or ridge behind which a player must stand to throw. The origin of the word is uncertain but it may come from the Old French word *ocher*, meaning to nick or cut a groove in (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**octopush** a sport rather like hockey that is played underwater with fins and a mask (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**odds** the chances a horse has of winning a race, as determined by the amount of money placed on it by punters (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**odds** **1.** a ratio of probability given to people placing a bet, usually the likelihood of something happening, or of a competitor, team or animal winning **2.** an advantage **or** handicap given to a person,

animal or team in a sporting contest, to equalise competitors' chances of winning **3.** a perceived advantage or disadvantage, especially one that one person is believed to have over another in a competition (*Dict. of Sp. and Ex. Sc. 2006, 148p.*)

**odds-on** odds of better than even, such that the winnings are less than the amount staked (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**ODI** (short for one-day international); a limited-overs game between national teams (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off** an accident in which the car leaves the track, eg *he had a massive off* (motorsp.sl.) (*Chambers. Sports Factf.,2005, 417p.*)

**off** that half of the field on the opposite side to that on which the batsman stands when waiting to receive the ball, separated from the **leg** side by an imaginary line drawn from wicket to wicket (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off** the side of the cricket field facing the batsman taking strike (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**off keel** descriptive of an unbalanced boat (row.) [6]

**off season** a period after the end of one annual sports season and before the beginning of the next (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**off spin** spin imparted to a ball to cause an **off-break** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off spinner** a bowler who bowls **off-breaks** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off-break** a ball bowled by a slow bowler that breaks from the **off** side towards the **leg** side on pitching (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off-break** in cricket, a ball with a bounce that spins from the off side to the leg side (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**off-cutter** a fast bowler's delivery that moves from **off** to **leg** after pitching (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**off-drive** a **drive** to the **off** side (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**offence** the players in a team whose role is to attack, especially in American-based sports (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**offense** the team that has possession of the ball at the start of a play (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**offensive** used, or designed to be used, when attacking (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**offensive lob** a lob that is an attempt to score, rather than being purely defensive. It's typically hit very deep into the opponent's court when the opponent is at the net. See also defensive lob (ten.) [6]

**offensive shot** a shot intended to end a rally and win a point or side out (racq.) [6]

**offensive volley** a volley, usually hit from above the net, that's meant to score a point. See also defensive volley (ten.) [6]

**official** an administrator who follows the race in a motorboat to ensure that all boats stay in their designated lanes (row.) [6]

**official** honorary, part-time or full-time representative of sport clubs or federations. An official is predominantly responsible for counseling and administration. (*H.Haag & G. Haag, Dictionary, 2003, 335p*)

**officiate** to act as a referee at a sports event (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**offload** a very short pass made by a player being tackled to a team-mate running past (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**offload** a very short pass made to a team-mate running past (rugby L.) (*Chambers. Sports Factf.,2005, 479p.*)

**off-piste** relating to or taking place on fresh trackless snow that is away from the regular skiing runs (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**off-piste skiing** skiing away from the marked tracks. Compare **on-piste skiing** (*Dict. of Leis., Trav. and Tour., 2008, 211p.*)

**offshore race** a race in which competing boats sail at a distance from the shore, usually from one port to another (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**offside** a player is offside if he is in front of the **line of scrimmage** at the time of the **snap** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**offside** a violation committed when a player crosses the gain line during a lineout, maul, ruck, or scrum before it has been completed, or when a player is in front of the ball while it is played by a teammate. A penalty is called if an offside player then plays the ball, obstructs or tackles an opponent, or is within 10 meters of an opponent waiting for the ball. The other side is awarded a penalty kick from the spot of infringement or a scrum at the place where the offending side last played the ball. See also accidentally offside (rugby) [6]

**offside** if a player is offside, he or she is nearer the goal line than one or both of the last two defenders (the goalkeeper counting as a defender) when the ball is played forward to him/her by a member of his/her own team. An offside results in a free kick to the defending team (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**offside** players are generally expected to stay on their own side of the ball; deliberately or negligently being further forward than the rules allow is termed as offside, and is punished by a penalty (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**offside** the offence committed by a player when she leaves the zone to which she is restricted (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**offside** the right-hand side of the horse (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**offside** when a player precedes the puck over the opposition's **blue line**. The player is judged to be offside only if both his or her skates are completely over the line (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**off-side** illegally beyond or in advance of a ball or puck during play (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**offside** one or more players being in an irregular position. Offside rules exist in various ball games and ice-hockey. (*H.Haag &G. Haag, Dictionary, 2003, 335p*)

**offside trap** a strategy that involves defensive players moving towards the half-way line in unison in order to catch attacking players **offside** when a forward pass is being made (f/b) (*Chambers. Sports Factf.,2005, 261p.*)

**off-side trap** (*in football*) a tactic in which defenders coordinate their collective movement upheld in order to catch attacking players offside (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**off-the-ball** an off-the-ball incident is a fight or argument between two or more players away from the play (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**oicho-mage** the gingko leaf-style top-knot worn by wrestlers. It resembles a little fan at the end of the top-knot (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**ollie** an aerial manoeuvre where the back foot pushes down on the **kick-tail** and then the feet stay close to the board in flight before the front foot guides the board back to the ground. It was invented by Alan 'Ollie' Gelfland from Florida in the 1970s (skateb.) (*Chambers. Sports Factf.,2005, 515p.*)

**ollie** (*in skateboarding*) a leap into the air on the board performed by pushing down on the rear end of the board (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**Olympia** today a ruin and small village with an archeological museum and the site of the » International Olympic Academy on the Peleponnes, in Alpheios, Greece. Since the Mykonos era Olympia was a cult site and after 776 B.C. the site of the ancient Olympic Games which were held in honor of the mythical god Zeus (» ancient festivals). The excavations of the ancient cult sites (after 1875) instigated Pierre Baron de Coubertin (\*1863, fl937) to organize the modern Olympic Games in 1896. (*H.Haag &G. Haag, Dictionary, 2003, 336p*)

**Olympiad** in ancient Greece the term for the four-year time period between the Olympic Games. The Olympiads themselves existed until 393 A.TD. Even in ancient times Olympiad became a term used for the Olympic Games themselves. Today Olympiad is also used as a title for non-Olympic sport events (e.g. chess Olympiad) or non-sportive events (e.g. physics Olympiad). (*H.Haag &G. Haag, Dictionary, 2003, 336p*)

**Olympic Academy** International Olympic Academy (IOA) founded and established by the International Olympic Committee in 1961 in » Olympia; its goal is to critically analyze the mental and moral forces of the modern sport movement, high-performance sport, the Olympic Games, and sport in general, and to make a contribution towards promoting the idea of Olympism (» Olympic movement) in yearly meetings taking place in » Olympia. A forerunner of the IOA was the International Olympic Institute founded by Carl Diem (\*1882, †1962). Carl Diem (among others) strongly supported the project of an Olympic Academy in Greece, which ultimately led to the International Olympic Committee's decision to found the institution in 1961. (*H.Haag & G. Haag, Dictionary, 2003, 336p*)

**Olympic awards** in addition to the three » medals and the diplomas for the eight competitors who qualify for the finals the following awards are given by the International Olympic Committee at Olympic Games: **1.** Olympic badge (since 1974): awarded in the stages gold, silver and bronze for people who have made a considerable contribution towards sport and who have made special efforts to promote the Olympic idea. **2.** Olympic Cup (donated by Pierre Baron de Coubertin, \*1863, †1937, in 1906): awarded to institutions, organizations, etc. that have greatly promoted the Olympic idea. **3.** Olympic diploma (since 1905): awarded to people who have worked for the Olympic movement. (*H.Haag & G. Haag, Dictionary, 2003, 337p*)

**Olympic ceremonies** formalities originating from ancient tradition which are applied at official events during Olympic Games; they document the festive, partly also religious cult character of the Olympic Games. (*H.Haag & G. Haag, Dictionary, 2003, 337p*)

**Olympic charter** see Olympic rules. (*H.Haag & G. Haag, Dictionary, 2003, 338p*)

**Olympic commissions** special commissions have been appointed by the International Olympic Committee for the following subjects: Olympic Academy, admission, athletes, culture, finances, medicine (sub-commissions for antidoping, sport medicine and orthopaedics, biomechanics and physiology), Olympic movement, press, programs, Olympic solidarity, television, council of the Olympic badge, mass sport. Ad-hoc commissions are for example: protection of the Olympic Games, head office of the International Olympic Committee, Olympic museum. (*H.Haag & G. Haag, Dictionary, 2003, 338p*)

**Olympic congress** forum for discussion provided by the International Olympic Committees and National Olympic Committees as well as the international sport federations for discussing current problems of world sport. The Olympic congress has no decision power. It has been held at irregular time intervals since 1894 (Paris). (*H.Haag & G. Haag, Dictionary, 2003, 338p*)

**Olympic Games** festive games with sport competitions held every four years. (*H.Haag & G. Haag, Dictionary, 2003, 338p*)

**Olympic Games, Olympics** a large-scale international sports contest intended to promote international goodwill, held every four years since 1896 in different cities around the world (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**Olympic medal** the » medal awarded to the three best athletes at an Olympic competition. The medals have a minimum diameter of 6 cm, a thickness of 3 mm, and are given (hung around the neck

on a band or chain) to the athletes at the awards ceremony following the competition. On the problem associated with the common comparison of nations by means of the number of medals won » medal rankings. (*H.Haag &G. Haag, Dictionary, 2003, 341p*)

**Olympic motto** see *citius, altius, fortius.* (*H.Haag &G. Haag, Dictionary, 2003, 341p*)

**Olympic movement** (Olympism, Olympic idea) term for the entirety of all moral, humanitarian, and educational values that can be regarded as philosophical foundation of the Olympic Games and the Olympic organization. (*H.Haag &G. Haag, Dictionary, 2003, 341p*)

**Olympic Movement** all the international sporting federations who abide by the rules of the Olympic Charter (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**Olympic relay** track and field relay run for four men (no Olympic event) in the sequence: 400 m, 200 m, 200 m, 800 m, or 800 m, 200 m, 200 m, 400 m. (*H.Haag &G. Haag, Dictionary, 2003, 342p*)

**Olympic rules** collective term for the principles and rules summarized in the Olympic charter by the International Olympic Committee. (*H.Haag &G. Haag, Dictionary, 2003, 342p*)

**Olympic scientific congress** international scientific congress linked to Olympic Games for the presentation of research findings from all sport scientific subdisciplines and theory fields which may subsequently be published in congress proceedings. The congress has been held every four years since 1972 (Muhich, Germany) as an official part of the program of the Games (but not necessarily at the same location), The scientific congress is held under the auspices of the International Olympic Committee and the International Council of Sport Science and Physical Education (ICSSPE). There are also Olympic scientific congresses sponsored only by the IOC. (*H.Haag &G. Haag, Dictionary, 2003, 342p*)

**Olympic sport disciplines** term for all sport disciplines which are admitted as part of the program at Olympic Games by the International Olympic Committee. The inclusion of a sport discipline is bound by certain conditions. For the summer Games a sport discipline must be practiced in at least 50 (for men) and 35 (for women) nations and three continents, for the winter Games by at least 25 nations and 3 continents. In the summer Games at least 15 sport disciplines must be represented; no limitations apply to the winter Games. (*H.Haag &G. Haag, Dictionary, 2003, 342p*)

**omega curve** a series of three curves that alternate in direction, in which the second curve is much longer than the first and third. So called because it resembles the Greek letter omega (luge) [6]

**on** same as **leg** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**on deck** if a batter is on deck, he is scheduled to bat after the current batter (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**on guard** same as **en garde** (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**on keel** descriptive of a balanced and level boat (row.) [6]

**on the hill** a player is on the hill if he or she has one more game to win for victory (bilj.sl.) (*Chambers. Sports Factf.,2005, 451p.*)

**on the numbers** if a pass is thrown on the numbers, it is thrown accurately, reaching the receiver at chest height and allowing an easy catch to be made (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**on the rivet** if a cyclist is on the rivet, he is riding at his physical limit to maintain a fast pace. Such a rider sits right on the front of the saddle, where leather saddles used to have a rivet (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**on-deck circle** a circular area in **foul territory** where the next player to bat waits (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**on-drive** a **drive** to the **leg** side (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**one rep max (1 RM)** the maximum weight that a person can lift for a single rep of any given exercise. (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**one rep max** full form of **1 RM** (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**one-design race** race in which all competing boats must conform to detailed class specifications to ensure that they are evenly matched (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**one-handed shot** shooting technique in basketball which is applied especially in free shots and shots on the basket from a medium distance (about 5 to 6 m). With the forward foot on the same side as the throwing arm the ball is thrown towards the basket. (*H.Haag &G. Haag, Dictionary, 2003, 343p*)

**one-timer** receiving a pass and hitting the puck towards the goal in one movement (icehok.sl.) (*Chambers. Sports Factf.,2005, 363p.*)

**one-two** a combination of punches in which a **jab** with the leading hand is followed by a **cross** with the other hand (box.) (*Chambers. Sports Factf.,2005, 141p.*)

**one-two** a series of two passes in which a player passes the ball to a teammate, runs past an opponent, then receives the ball back again (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**onion bag** the net behind the goals (f/b sl.) (*Chambers. Sports Factf.,2005, 264p.*)

**on-piste skiing** skiing along marked tracks. Compare off-piste skiing (*Dict. of Leis., Trav. and Tour., 2008, 212p.*)

**onside** not **offside** (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**on-side** (*in sports such as soccer and hockey*) in a position that is allowed within the rules of the game (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**onside kick** a kickoff that travels only a short distance forward so that the kicking team has an opportunity to recover possession of the football (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**open** a command from the referee telling a wrestler to change his position and adopt more open tactics. If the wrestler doesn't respond, the referee will issue a caution for passive obstruction (wrest.) [6]

**open** a referee's command for a wrestler to alter his position and use more open tactics (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**open assessment** public announcement (usually on a blackboard or via a loudspeaker) of the points awarded by the individual judges in a sport competition (e.g. in figure-skating). (*H.Haag &G. Haag, Dictionary, 2003, 343p*)

**open class, open weight category** in general, a class in sport competitions, which is not restricted with respect to age, weight, equipment, nationality, qualification, or amateur/professional status. Examples are the French Open Tennis Championships (open to qualified competitors from all around the world), the open class in judo (open to competitors irrespective of weight class or » Dan), and the open class in sailboard racing (open to competitors with any type, form and size of windsurfing equipment) (» class, open category). (*H.Haag &G. Haag, Dictionary, 2003, 343p*)

**open grip** a grip in which the racket face is tilted upward, away from the court (ten.) [6]

**open paddle** a paddle tilted upward, away from the table. Striking the ball with an open paddle tends to produce backspin. Compare closed paddle (t.ten.) [6]

**open racket** a racket held with an open grip (ten.) [6]

**open side** 1. the side of the pitch with more space between the **scrum, ruck** or **maul** and the touchline; compare **blind side** 2. the **flanker** binding on that side of the scrum (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**open side** the side of the pitch with more space between the **scrum** or **play-the-ball** and the touchline; compare blind side (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**open skill** a skill that the athlete must adapt to the rapidly-changing circumstances in which it is performed, as in team ball games. Compare **closed skill** (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**open table** a situation in 8-ball pool in which a player can hit either solid or stripe (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**open tournament** in the early days of tennis, clubs held two types of tournaments: Closed, to which only club members were admitted, and open, which non-members could also enter. With the advent of professionalism, "open" came to mean a tournament that could be entered by amateurs and professionals alike. Today, all major tournaments are opens (ten.) [6]

**opener** one of the two batsmen who start the batting side's **innings** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**opening** in fencing the part of the target area which is not sufficiently covered by one's weapon. The differentiation of various types of openings is based on imaginary lines: upper and lower opening

is divided by an imaginary line dividing the target area in half, outer and inner opening are divided by the blade, where the area to the right of the blade including the fencer's back (in viewing direction) represents the outside opening. This creates four openings: upper outer, upper inner, lower outer, and lower inner. If an attack by the opponent is provoked by the voluntary offering of an opening, this is called an invitation. (*H.Haag &G. Haag, Dictionary, 2003, 343p*)

**opponent**     **1.** someone who plays, fights or competes against you in a contest **2.** any muscle that counteracts the motion of another (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**opponent sports**     same as **martial arts** (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**opportunist goal**     a goal scored in ball games (especially in soccer) by taking advantage of a lucky coincidence. The goal is either set-up by team-mates or a result of carelessness or mistakes made by the opponent's defense, particularly the goalie. (*H.Haag &G. Haag, Dictionary, 2003, 344p*)

**oppose**     to be in competition with another player or team (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**opposition**     **1.** the person or team that you or another player or team have to play against **2.** a movement of the hand muscles in which the tip of the thumb is made to touch the tip of another finger so as to hold something (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**opposition**     in fencing the fist position for defending attacks of the opponent; it is differentiated depending on the opponent's blade position into high, low, right or left opposition. (*H.Haag &G. Haag, Dictionary, 2003, 344p*)

**optimal**     most desirable or favourable (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**optimization**     procedure for achieving optimal results with the least possible personal and material effort and with the elimination of possible disturbing factors. Sportive learning, exercising, and training (particularly in top-level sport) are continuous processes of performance optimization. (*H.Haag &G. Haag, Dictionary, 2003, 344p*)

**option play**     a play in which an offensive player runs with the ball and may decide either to continue running or to pass, depending on the defensive formation (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**order**     the list of the batsmen in the order in which they take turns at batting; hence top order (broadly numbers 1 to 4), middle order (broadly numbers 5 to 8) and bottom order (broadly numbers 9 to 11) (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**ordinary foul**     an infringement that usually results in a free throw for the opposing team. Ordinary fouls include taking the ball underwater when tackled; playing the ball while standing or walking on the bottom of the pool; jumping from the bottom of the pool; hitting the ball with the fist; playing the ball with both hands at the same time; and deliberately impeding an opponent who doesn't have the ball (w.polo) [6]

**organizer**     club, federation, institution, or company which organizes a sport competition. Generally competitions in specific sport disciplines are organized by a sport club appointed by the respective

federation. Recently, there has been a tendency to engage marketing companies for the organization of sport competitions, particularly of large events such as European and World Championships, to ensure professional organization and to avoid financial disasters. (*H.Haag & G. Haag, Dictionary, 2003, 344p*)

**orienteering** a sport that combines map-reading and cross-country running. Competitors make their way through unfamiliar terrain using a compass and a topographical map. (*Dict. of Sp. and Ex. Sc. 2006, 150p.*)

**orienteering** the sport of finding your way through rough terrain which you do not know, using maps and compasses (*Dict. of Leis., Trav. and Tour., 2008, 215p.*)

**orienteering** recreational or competitive sport where the participants must find certain control points (posts) marked on a map in the shortest possible time by walking on foot or using cross-country running or skiing. The length of the course "necessary to include enough posts should have a maximum length of 16 km (skiing 25 km) for men and 9 km (skiing 14 km) for women. The posts are usually located in a wooded area or forest which is unknown to the participants before the competition. Competitors carry a map, a compass, and a control card which has to be marked at each post. Individual and team events, day and night runs, multiple day and relay runs as well as combined runs are held. Orienteering can also be performed on bicycles, horses, with motor vehicles, or boats. (*H.Haag & G. Haag, Dictionary, 2003, 344p*)

**orthopaedic** **1.** used for describing treatment that corrects badly formed bones or joints **2.** referring to or used in orthopaedics (*Dict. of Sp. and Ex. Sc. 2006, 151p.*)

**orthopaedics** the branch of medicine concerned with the nature and correction of disorders of the bones, joints, ligaments or muscles (*Dict. of Sp. and Ex. Sc. 2006, 151p.*)

**orthoplast** a moldable plastic used by sliders to make thin, hard pads (luge) [6]

**orthorexia** an obsession with eating only the right things, which may lead to extreme weight loss as so many foods are rejected (*Dict. of Sp. and Ex. Sc. 2006, 151p.*)

**orthotics** the branch of medical engineering concerned with the design and fitting of devices such as braces in the treatment of orthopaedic disorders ■ supports for the arch of the foot, worn inside the shoe during exercise (*Dict. of Sp. and Ex. Sc. 2006, 151p.*)

**osae komi waza** techniques of immobilizing and pinning the opponent (mart.art.) [6]

**osteology** the study of bones and their structure (*Dict. of Sp. and Ex. Sc. 2006, 151p.*)

**osteopathy** **1.** the treatment of disorders by massage and manipulation of joints **2.** any disease of bone (NOTE: The plural is **osteopathies.**) (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**out** **1.** unable to take part any longer in a game or sport **2.** (*in baseball*) retired from attacking play ■ in baseball, a play that retires a batter or base runner (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**out** an instance of a batter being retired by being caught, tagged out, struck out, etc. An inning ends when three outs are recorded (baseb.) (*Chambers. Sports Factf.,2005, 86p.*)

**out** descriptive of a shot that lands outside the playing area, wide and/or long (ten.) [6]

**out** **1.** in combat sports the end of a competition when one competitor is taken out of the competition due to the inability to continue the fight (» counting out). **2.** in baseball and similar games the elimination of a player who has not reached the base in time. **3.** in several ball games the space outside the playing field. (*H.Haag &G. Haag, Dictionary, 2003, 345p*)

**out for the count** when a boxer is out for the count, he has failed to beat the referee's **count** of ten (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**out half** same as fly half (rugby) [6]

**out lap** **1.** the lap done after a driver has made a **pit stop** **2.** in **qualifying**, the lap done after leaving the pits and before doing the measured lap (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**out of bounds** the ball is out of bounds when it crosses a touch-line or a dead-ball line (rugby) [6]

**out of bounds (OB)** if a ball goes into the area of the course designated as out of bounds (usually by white posts), the player must play again, incurring a stroke and distance penalty (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**out of shape** unhealthy or unused to exercise (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**out of the screws** if a player hits a shot out of the screws, it is hit perfectly in the sweet spot (golf.sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**out serve** a fault that includes a serve that fails to touch the front wall, a touched serve, crotch serve, illegal hit, out-of-order serve, safety zone violation, or fake serve (racq.b.) [6]

**out, out-bounds** ball which has been played beyond the border lines of the playing field; also the area outside of the playing field. Depending on the rules of the specific sport a ball is out-of-bounds either if it crosses the line in any form (e.g. soccer, field hockey), or if the ball or the player touching the ball touch the ground of the out-of-bounds area (e.g. basketball). In ball games the form of continuing play after a ball has been out-of-bounds is determined by specific rules (e.g. throw-in in handball). (*H.Haag &G. Haag, Dictionary, 2003, 345p*)

**outboard** descriptive of anything positioned outside the hull; also shorthand for an outboard motor or a boat powered by an outboard motor (powerb.) [6]

**outboard** the distance from the oarlock to the tip of the oar's blade (row.) [6]

**outboard motor** a detachable motor that can be mounted outside the hullt (powerb.) [6]

**outbrake** if a driver outbrakes another driver, he brakes later going into a corner and so is able to overtake (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**outclassed** when a boxer is outclassed, he is considered by the referee to be taking excessive punishment from his opponent arid the bout is stopped (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**outdoor sports** in the broadest sense collective term for all forms of sport activity practiced exclusively outdoors, e.g. skiing, outdoor cycling, climbing, water sports. The increasing popularity of outdoor sports in connection with the mass sport movement leads to the necessity of outdoor sports complying with environmental concerns. (*H.Haag &G. Haag, Dictionary, 2003, 345p*)

**outdoors** in the open air (*Dict. of Leis., Trav. and Tour., 2008, 215p.*)

**outer** the green circle around the **bull's eye**; worth 25 points (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**outfield** the outer part of the field, near the **boundary** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**outfield** the part of the playing area beyond the **baselines**, usually extending to a wall or fence (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**outfield** the outer areas of slightly longer grass on a cricket pitch, away from the shorter grass of the square and the wicket (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**outfield player** any player other than the goalkeeper (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**outfielder** any fielder positioned in the outfield, ie the left fielder, centre fielder or right fielder (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**outjump the hill** in ski-jumping, to jump beyond the k point (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**outlet** a pass from the goalkeeper to a teammate to begin a counterattack after a save (w.polo) [6]

**outlet receiver** a receiver near the **line of scrimmage** who is available to catch a pass if players further downfield are covered (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**outrigger** same as **rigger** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**outrigger** term for the fixations of several » swivel on the rowing boat which are fastened on both sides of the boat; they point outward and diagonally upward. In skull boats the outriggers are arranged on both sides of each rowing seat, in boats with oars they are alternating left and right. A variant is the Italian outrigger arrangement (since 1965) in the eight, where oars are located in positions port 1, 4, 6, and 7 and starboard 2, 3, 5, 8, supposedly for better force application. (*H.Haag &G. Haag, Dictionary, 2003, 345p*)

**outrun** a flat area at the bottom of the hill where skiers can come to a gradual stop (ski.) [6]

**outrun** a portion of the track beyond the finish line where sleds slow to a stop (luge) [6]

**outrun** the flat area at the bottom of the hill in ski-jumping where skiers slow down and stop (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**outshot** same as **checkout** (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**outside** (in football, hockey and other sports) used for describing a position further from the centre of the field than another position of the same name (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**outside center** the back who usually wears No. 13. See center (rugby) [6]

**outside centre** the centre who plays between the inside centre and the winger; wears the number 13 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**outside edge** the outer of two edges of the blade of an ice skate. It is further divided into two sections: forward and back (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**outside half** same as fly-half (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**outside hand** the hand farthest from the oarlock (row.) [6]

**outside kick** technique in soccer for playing the ball safely and precisely over short to medium distances. The ball is played with the outside of the extended foot. The outside kick can also be used for playing a pass with a spin. (*H.Haag &G. Haag, Dictionary, 2003, 346p*)

**outsider** a horse whose long odds before the start of a race suggest that it has little chance of winning (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**outsider** participant in a competition who has only a small chance of succeeding or winning. For competition-psychological reasons the role of the (seeming) outsider is often willingly taken on so that the competition can be fought without pressure of excessive success expectations. (*H.Haag &G. Haag, Dictionary, 2003, 346p*)

**outswinger** a ball bowled so as to swerve from **leg** to **off** (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**oval** in Indy car and Nascar racing, an oval-shaped circuit with gentle bends that can be taken at high speed (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**Oval** Test cricket ground in south London, county ground of Surrey (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**over** a series of six balls after which play changes from one end to the other; previously eight-ball overs were also used (crick.) (*Chambers. Sports Factf.,2005, 174p.*)

**over** (in cricket) a series of six correctly bowled balls, or the play that takes place during this (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**over-achieve** to be excessively or unhealthily dedicated to achieving success (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overachieving athlete** sport competitor who is highly motivated, self-disciplined, and dedicated to virtual performance perfection; may not accept limitations in ability and physical requirements to

succeed, so may have unrealistic expectations about future achievements (*Dict. of sp. and Ex. Sc. 1991, 107p*)

**overarm** 1. beginning a stroke in swimming with the arm raised above the shoulder and rotating forward 2. thrown or done with the arm raised above the shoulder and rotating forward (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overclub** to use a club with too little **loft**, thus hitting the ball too far (golf) (*Chambers. Sports Factf., 2005, 292p.*)

**overdevelop** to develop something, e.g. muscles, to excess (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overhand grip** a grip in which the palms face backwards (weightl.) [6]

**overhanding** climbing hand over hand, form of movement on a piece of equipment (object) where the body hangs freely and is only held by the hands. The hands are alternately moved in the direction of movement and grip the equipment (hand over hand), e.g. as sideways movements in mountain climbing (rock climbing), at a horizontally suspended rope or iron bar, also as an upward climbing on a rope. (*H. Haag & G. Haag, Dictionary, 2003, 346p*)

**overhead** a shot hit much like a serve, when the ball is above the player's head, usually a smash. It's often used by a player at net or in the forecourt against a lob that hasn't been hit deep enough (ten.) [6]

**overhead** a shot played from above the head (ten.) (*Chambers. Sports Factf., 2005, 600p.*)

**overhead kick** same as **bicycle kick** (f/b) (*Chambers. Sports Factf., 2005, 262p.*)

**overhead kick** in soccer moving the ball by kicking it backwards in flight above the head. The player leans far backwards and falls on his back after the ball has left the foot. The overhead kick is regarded as an artistic technique for passing the ball, taking a shot on goal, or defending. (*H. Haag & G. Haag, Dictionary, 2003, 346p*)

**overhead shot** a shot hit from above the head (racq.b.) [6]

**overhit** to hit a ball too hard, or put too much force into a stroke (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overlapping grip** the most common form of grip, in which the little finger of the right hand overlaps the index finger of the left hand (for a right-handed player) (golf) (*Chambers. Sports Factf., 2005, 292p.*)

**overlearning** practicing a motor task past the point where a designated criterion level has been reached (*Dict. of sp. and Ex. Sc. 1991, 107p*)

**overload** to give a part of the body too much weight to bear (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overload principle** the training principle of taking on slightly more than you are comfortably capable of, in order to force your body to improve and adapt (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overload principle** training guideline in which muscular and cardiovascular systems are progressively stressed to bring about improvements in strength and endurance (*Dict. of Sp. and Ex. Sc. 1991, 107p*)

**overload training** training method specific to a sport discipline, where competitive exercises are performed with a higher load in training than is required in the actual competition. Examples are shot-putting with a heavier put, longer running distances with the same velocities, wearing a » weightvest during training etc. Overload training serves the purpose of performance optimizing performance. (*H. Haag & G. Haag, Dictionary, 2003, 346p*)

**overpitch** to bowl a ball in cricket so that it lands too close to the batsman, making a shot easy (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overplay** 1. to exaggerate the importance or strength of something 2. to hit or kick a ball too hard or too far (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overpronate** to roll the foot inwards excessively while running. Compare **supinate** (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overpronation** excessive inward rolling of the foot while running. Compare **supination** (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overreaching** the fact of overburdening the body which too much training, which can lead to unexplained underperformance syndrome (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overrule** a call by the **umpire** to overturn the call of a line judge (ten.) (*Chambers. Sports Factf., 2005, 601p.*)

**overshoot** error in a movement for accuracy wherein the target is passed or exceeded (*Dict. of sp. and Ex. Sc. 1991, 107p*)

**overshoot** if a player overshoots the green, he or she hits the ball beyond it (golf) (*Chambers. Sports Factf., 2005, 292p.*)

**overshoot** to shoot a projectile beyond the target that was being aimed at (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overspin** topspin (ten.) [6]

**oversteer** if a car has oversteer, the front wheels have more traction than the rear, making the rear of the car unstable and likely to slide when taking corners (motorsp.) (*Chambers. Sports Factf., 2005, 415p.*)

**overstrain** to try to force someone, yourself or your body to perform beyond capacity, especially with the result that damage, injury or breakdown occurs (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overstretch** to stretch something such as a muscle too much, so as to cause injury or damage (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overthinking** (in performance theory) the state of being too conscious about the elements of a particular skill, with the result that performance is impaired (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overthrow** a return of the ball to the wicket that is missed by the fielders there, and a run scored as a consequence (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**overthrow** to throw a ball too far so that it goes beyond the player or target it was intended to reach (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overtime** an additional period of up to 15 minutes played at the end of a tied game, ending as soon as one team scores (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**overtime** when a game requires a clear result, it may be extended by **sudden-death** extra time. Under IHF rules, this is ten minutes' actual time. In the NHL, teams play an extra five minutes in the league and unlimited overtime in the Stanley Cup play-offs (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**overtime period** if the score is tied or neither wrestler has three points when time runs out on a bout, a three-minute overtime period begins immediately. The first wrestler to score a point wins (wrest.) [6]

**overtrain** to train or exercise, or make somebody train or exercise, excessively, especially before a competition, with a resulting decrease in effectiveness (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overtraining** constant severe training that does not provide adequate time for recovery; symptoms include an increased frequency of injury, irritability, increased resting heart rate, altered appetite, apathy, and decreased performance. Also called *burnout, staleness* (*Dict. of sp.and Ex.Sc.1991, 107p*)

**overtraining syndrome** same as **unexplained underperformance syndrome** (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overuee injury** an injury caused by repeated stress on a particular part of the body (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overuse** the excessive use of something (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**overnutrition** the act of taking in too much of a particular nutrient, causing a condition such as obesity or hypervitaminosis (*Dict. of Sp. and Ex. Sc. 2006, 152p.*)

**overweight** weighing over 10% more than the weight accepted for one's structural capacities. (*Dict.of sp.and Ex.Sc.1991, 107p*)

**overweight** having a body weight greater than that considered ideal or healthy (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**owerweight** heavier than the allowed weight limit (*Dict. of Leis., Trav. and Tour., 2008, 217p.*)

**own goal** a goal scored inadvertently by a player in the defending team (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**own goal** (in a sport such as football or hockey) a goal scored by mistake for the opposing team, usually as a result of a miskick, mishit or deflection off another player. *Abbreviation o.g.* (*Dict. of Sp. and Ex. Sc. 2006, 153p.*)

**owner** the person who owns a particular racehorse and who decides, on the advice of the trainer, which races it should run (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

## P

**p point** the expected landing point in ski-jumping. It is marked in blue on the landing hill (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**pace** the speed at which the ball is hit. It's commonly used to mean a great deal of speed, but in fact a well-paced shot may be hit rather slowly. A common tactic against a hard-hitting opponent is to vary the pace from one shot to the next (ten.) [6]

**pace** the speed at which someone or something or running moves, especially when walking (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pace car** a saloon car behind which the racing cars drive at its pace during the **formation lap** (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pace car** the car that leads the competitors around the course before the race begins (autosp.) [6]

**pace lap** the lap before the official start, on which cars travel in formation, usually behind a pace car, building up speed so they'll be near top speed when they reach the starting line (autosp.) [6]

**pace line** a group of riders, usually in an echelon, who take turns setting the pace so that the others can draft on the leader (cycl.) [6]

**pace notes** notes used by the co-driver to alert the driver to bends and hazards ahead and instruct him on the recommended speed (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**paceline** a group of riders each **drafting** behind the one in front. Riders take turns to ride at the front to set the pace (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**pacemaker** a horse put into a race in order to set the early pace to benefit a stable mate (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**pacemaker** an athlete who aids a record attempt by ensuring the race starts off at the required speed (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**pacemaker** **1.** (in long-distance running) a clearly marked athlete who runs at a set pace to help other runners set their pace **2.** a battery-operated electrical device inserted into the body to deliver small regular shocks that stimulate the heart to beat in a normal rhythm (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pacemaker** participant in a speed competition controlling the speed to make a fast race possible, e.g. in equestrian and in the motor-paced track bicycling races. In track and field middle- and long-distance running events a pacemaker (who does not run the entire distance) is often used to begin the race with a relatively high velocity in order to achieve a fast winning time (on criticism of this practice »individual sport disciplines). (*H.Haag &G. Haag, Dictionary, 2003, 347p*)

**pacifier** a driver who travels at pretty much the same speed throughout the race, conserving his car in the hope that those travelling faster will be forced to drop out with mechanical problems (autosp.) [6]

**pacifier** same as **pacemaker 1** (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pack** a team's forwards (rugby) (*Chambers. Sports Factf.,2005, 480p.*)

**pack** the eight forwards when they are bound for a scrum. It consists of three front row players, two second row players, and three back row players (rugby) [6]

**pack** the reds when gathered closely between the pink and black spots (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**pack** 1. the main body of competitors in a race or competition 2. the forwards playing for a rugby team, or the forwards from both teams in a match, especially when involved in a scrum or maul (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pack leader** a forward designated to organize and motivate the **pack** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**pad** a cushioned target used in boxing and martial arts (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pad** a protective covering worn by batsmen and wicketkeepers on the front of the lower leg (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**pad** a soft protective cushion inside the guard (fenc.) [6]

**pad save** a save on which the goalie uses a leg pad to stop or deflect the puck (icehok.) [6]

**paddle** the implement used for propelling a canoe. Canadian canoeists use a single bladed paddle. Kayakers use a double-bladed paddle that's held in the middle (canoe) [6]

**paddle** the table tennis paddle must be made primarily of wood. There are no restrictions as to size. A legal rubber sheet must be applied to any side used for striking the ball. One side must be black, the other cherry red. If there is a non-hitting side with no rubber sheet attached, it must have a paint sheet of the appropriate color (t.ten.) [6]

**paddle** to push the sled by using spiked gloves on the surface of the ice. Also used as a noun (luge) [6]

**paddle** to row gently, with minimum force (row.) [6]

**paddle** equipment for propelling small boats (especially kayaks, canoes, and "paddle boats") which is manoeuvred with both hands without contact with the boat, it consists of a flat or scoop-shaped

blade at one end (single-bladed paddle, with a horizontal grip bar, e.g. for the Canadian canoe) or on both ends of the shaft (double-bladed paddle, e.g. for kayaks). The edges of the paddle blade are often covered with copper in order to prevent damage from constant contact with the water and various obstacles (rocks, gates, the sides of the boat, etc.). (*H.Haag &G. Haag, Dictionary, 2003, 347p*)

**paddle sweep** a **sweep** played gently, with a short stroke (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**paddleboard tennis** popular recreational game played with wooden racquets (boards) and a tennis or squash ball, predominantly on the beach. The playing field can be marked any size and is divided into two halves by a rope; the rules of tennis can be adapted if desired. Paddleboard tennis can be used to introduce the game of tennis. Paddle tennis is a variant played with plastic racquets and a soft foam ball, which can be played on a small area. (*H.Haag &G. Haag, Dictionary, 2003, 348p*)

**paddling** rowing at less than full speed (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**paddling** see canoeing. (*H.Haag &G. Haag, Dictionary, 2003, 348p*)

**paddock** the area on a track where the greyhounds are kept before the start of the race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**paddock** the closed-off area behind the **pits** where teams park their transporters and motor homes (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**paddock** an area near the pits on a motor-racing track where cars are worked on before a race (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**paddock** the infield, in road racing (autosp.) [6]

**paddock, parade ring** the area where the horses are displayed for the benefit of spectators before the start of a race (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**Paget's disease** a disease that gradually softens and thickens the bones in the spine, skull and legs, with the result that they become curved (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pain** the feeling of severe discomfort that a person has when hurt (NOTE: Pain can be used in the plural to show that it recurs: *She has pains in her left leg.*) (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pain barrier** the point at which pain reaches its peak and begins to diminish, especially as experienced by an athlete (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**pain threshold** the point at which pain is first perceived by the subject (*Dict.of sp.and Ex.Sc.1991, 108p*)

**pain tolerance** the amount of pain (discomfort) a subject is able to withstand prior to terminating the stimulus (the source of pain) (*Dict.of sp.and Ex.Sc.1991, 108p*)

**paint** the free throw lane. See in the paint (b/b) [6]

**paint** the key (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**paint sheet** not paint at all, but a sheet of colored plastic used to cover the non-hitting side of the paddle (t.ten.) [6]

**paint the black** if a pitcher paints the black, he throws the ball right over the edge of the plate (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**pair** a doubles team (ten.) [6]

**pair** a sweep-oar boat for two rowers. There is competition for pairs with coxswain and pairs without coxswain (row.) [6]

**pair** a two-oared racing boat (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**pair** two **ducks** in the same match; compare **king pair** (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**pair** two golfers who are playing together in stroke competition. As a verb, to assign golfers to play together, as in, "The tournament committee paired Nicklaus and Palmer." (golf) [6]

**pair of spectacles** same as **pair** (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**pairs** the racing system usually used in long track competition, with two competitors skating the track at the same time. Both are electronically timed. The winner of the race is the skater with the fastest time after all the pairs have skated (motorsp.) [6]

**pak salto** a high bar move in which the gymnast releases the bar, does a backward flip, and catches the low bar. Named for North Korean gymnast Gyong Sil Pak, who created it (art.gymn.) [6]

**palmar grasp reflex** reflexive contraction of the finger flexor muscles in response to a tickling of the palm (*Dict.of sp.and Ex.Sc.1991, 108p*)

**palming** holding the ball in the palm of one hand. Palming is a violation when done while dribbling (b/b) [6]

**palooka** a clumsy or stupid boxer. This word dates from the 1920s but is of uncertain origin (box.sl.) (*Chambers. Sports Factf.,2005, 143p.*)

**Pan Arab Games** a multi-sport event, held every four years, that is open to participants from all Arabic-speaking countries (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**par** the number of strokes that should be taken for a hole or a round by good play, two putts being allowed on each green (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**par** to a professional bowler, a 200 game. See also over; under (bowl.) [6]

**par** the number of strokes, designated for each hole, that represents a standard of good performance. The par figures for individual holes are added up to represent par for a course. Par is generally based on the length of a hole from the tee to the green, although adjustments may be made for configuration of

the ground, severity of hazards, and other difficult or unusual conditions. See the following entries (golf) [6]

**par** the standard score assigned to each hole on a golf course, or to the sum total of these holes (*Dict. of Sp. and Ex. Sc. 2006, 155p.*)

**par 3** a par 3 hole is up to 250 yards in length for men, 210 yards for women (golf) [6]

**par 4** a par 4 hole is 250 to 471 yards in length for men, 211 to 400 yards for women (golf) [6]

**par 5** a par 5 hole is more than 470 yards in length for men, more than 401 yards for women (golf) [6]

**par terre** a re-starting position in which a wrestler is on the mat, on hands and knees, and the other wrestler kneels beside him, with both hands on his back. (French for "on the ground.") (wrest.) [6]

**parachute reflex** an infant's extension and abduction of the legs and arms as an involuntary reaction to its body being lowered toward the ground rapidly or tilted forward from an upright to a prone position. Also called *parachute reaction, placing reaction, placing reflex, propping reaction, propping reflex* (*Dict. of sp. and Ex. Sc. 1991, 108p*)

**parachuting** extending the arms to the side and forward in anticipation of losing balance in landing from a jump (*Dict. of sp. and Ex. Sc. 1991, 108p*)

**parachuting** flying sport where the person slowly drifts toward the ground through the air. The most important piece of equipment is the parachute, a device similar to an umbrella, by means of which the jumper is brought down to earth from an aeroplane with relatively slow sinking velocity. (*H. Haag & G. Haag, Dictionary, 2003, 348p*)

**parade** in **speedway**, when the riders are introduced to the public (motorsp.) (*Chambers. Sports Factf., 2005, 402p.*)

**parade** the showing of the dogs to the spectators before the start of the race (dog.rac.) (*Chambers. Sports Factf., 2005, 304p.*)

**parade lap** same as **formation lap** (motorsp.) (*Chambers. Sports Factf., 2005, 415p.*)

**parade lap** a lap taken by cars at slow speed, before the pace lap, to give spectators a good view of them (autosp.) [6]

**paraglider** a large glider formed like a segment of a parachute, under which the pilot hangs in a harness, holding onto a bar which is used for steering ◇ **hang glider** (*Dict. of Leis., Trav. and Tour., 2008, 218p.*)

**paragliding** a sport in which someone jumps from an aircraft or a high place wearing a rectangular parachute that allows control of direction in the descent to the ground (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**paragliding** the sport of flying a paraglider ◊ **hang-gliding** (*Dict. of Leis., Trav. and Tour.*, 2008, 220p.)

**paragliding** flying through the air on a parachute. The paraglider consists of a rectangular convex airfoil profile, the chambers of a which are filled and stabilized with air that is pushed in. The pilot is connected to the paraglider by means of several ropes running to the harness from various spots on the bottom of the foil; he sits or hangs in a full harness. (*H.Haag &G. Haag, Dictionary, 2003, 350p*)

**parallel bars** **1.** a piece of apparatus consisting of two bars, each 195 centimeters high and 350 centimeters long, and positioned 42 to 52 centimeters apart. **2.** a men's event performed on the apparatus. A routine is made up mostly of swing and flight elements, including at least one release move, which includes a release and a re-grasp (art.gymn.) [6]

**parallel bars** **1.** a piece of gymnastic equipment consisting of two horizontal bars parallel to each other and supported on vertical posts **2.** an event in a gymnastics competition that uses the parallel bars (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parallel bars** discipline in gymnastics performed by men on a piece of equipment with two horizontal parallel bars held by two supports. The support posts are connected to a heavy metal structure and represent the corners of a rectangle with side lengths of 2.30 x 0.48 m. The oval bars are 3.50 m long and 41 mm thick and are made of fibreglass rods covered with wood, which increases their elasticity and decreases the risk of breakage. (*H.Haag &G. Haag, Dictionary, 2003, 351p*)

**parallel oxer** an obstacle that has front and back rails of equal height, set wide apart to produce a spread (equest.) [6]

**parallel slalom** slalom race in skiing and snowboarding where two athletes race against each other directly beside one another on parallel courses which are set immediately beside each other and with equal distances between gates. The competition is either held as a round-robin event where all participants compete against each other or as a knock-out event. (*H.Haag &G. Haag, Dictionary, 2003, 352p*)

**parallel turn** a turn in which the skis are kept parallel to each other (ski.) [6]

**parallel turn** turn based on one of the principles of » alpine skiing, where the turn is started by the push-off from both skis, which are held parallel and close to each other (opposite: » step turn). (*H.Haag &G. Haag, Dictionary, 2003, 352p*)

**Paralympian** an athlete who competes in the Paralympics (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**Paralympic Games, Paralympics** an international sports competition for athletes with disabilities, held every four years in the same year as the Olympic Games (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**Paralympics** a name derived from "paralysis" and "Olympics" which represents the Olympic Games for the handicapped. (*H.Haag &G. Haag, Dictionary, 2003, 352p*)

**paralyse** to make a part of the body unable to carry out voluntary movements by weakening or damaging muscles or nerves so that they cannot function, or by using a drug (NOTE: The US spelling is **paralyze**.) (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**paralysis** a condition in which part of the body cannot be moved because the motor nerves have been damaged or the muscles have been weakened (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parapente** a modified parachute used for paraskiing and paragliding, with a framework of inflatable tubes that give it a semirigid structure, allowing it to be steered like a hang-glider (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parapente** a modified parachute used for paraskiing and paragliding, similar to a hang-glider (*Dict. of Leis., Trav. and Tour., 2008, 220p.*)

**parapenting** same as paragliding (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**paraplegia** paralysis and resultant loss of functioning in the lower extremities caused by a spinal lesion or neurological dysfunction (*Dict. of sp. and Ex. Sc. 1991, 109p*)

**paraplegia** total inability to move both legs and usually the lower part of the trunk, often as a result of disease or injury of the spine (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**paraplegic** someone who has paraplegia ■ paralysed in the lower part of the body and legs (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parasailing** a sport in which somebody wearing a parachute rises high into the air from a platform at the back of a moving motorboat or from the water behind the boat and is towed along (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parasailing** a sport in which somebody wearing a parachute rises high into the air at the back of a moving motorboat and is towed along (*Dict. of Leis., Trav. and Tour., 2008, 220p.*)

**parasailing** recreational activity that emerged in 1970, where a person is lifted off the beach or dock while harnessed into a parachute hooked up to a power boat with a rope, then lifted up into the air due to the pull of the boat, and dropped onto the ground or into the water after a flight of several minutes. The height of flight can be controlled by varying the motor boat's speed. (*H. Haag & G. Haag, Dictionary, 2003, 352p*)

**parascending** a sport in which somebody wearing an open parachute is towed along by a speedboat or land vehicle, rises into the air, and descends independently using the parachute (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**parascending** a sport in which somebody wearing an open parachute is towed along by a speedboat or land vehicle, rises into the air, and descends independently using the parachute (*Dict. of Leis., Trav. and Tour., 2008, 220p.*)

**paraskiing** combined alpine event consisting of target parachuting and a giant slalom. Events are scored with points; national competitions and world championships are held. (*H.Haag &G. Haag, Dictionary, 2003, 353p*)

**paraskiing** the sport of skiing off high mountains and descending through the air using a light steerable parachute (parapente) made of inflatable tubes of fabric (*Dict. of Sp. and Ex. Sc. 2006, 156p.*)

**paraskiing** the sport of skiing off high mountains and descending through the air using a parapente (*Dict. of Leis., Trav. and Tour., 2008, 220p.*)

**parc ferme** a cordoned-off area into which cars are driven after **qualifying** and the race itself; teams can then only work on them under the strict supervision of race officials (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**parc ferme** a cordoned-off area into which cars are driven after each day's rallying; teams are unable to carry out any servicing (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**paresis** muscular weakness or partial inability to move caused by disease of the nervous system (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**Parkinsonism** a nervous disorder marked by symptoms of trembling limbs and muscular rigidity (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**parry** the blocking of an opponent's thrust. There are nine standard parries, named after Old French ordinal numbers, that protect various parts of the body from attack: *prime, seconde, tierce, quarte, quinte, sixte, septime, octave* and *neuvième* (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**parry** to block the opponent's blade (fenc.) [6]

**parry** in fencing the blocking of the attacked opening by means of a blade parry which drives the opponent's blade away, or a body parry, i.e. retreating backwards, sideways or downwards. (*H.Haag &G. Haag, Dictionary, 2003, 353p*)

**part** elements of sport motor skills which are classified in some artistic sports according to their degree of difficulty (e.g. gymnastics, rhythmical callisthenics, sport acrobatics). In gymnastics, the following parts apply according to the Code de Pointage: A-part (valued with 0.2 points) as the lowest, B-part (valued with 0.4 points) as the medium, and C-part (valued with 0.6 points) as the highest degree of difficulty. Since 1985 a D-part has been used in gymnastics as well (valued with 0.8 points) which is composed of a C-part and 0.2 points for risk, before 1980 called C + R (for risk). (*H.Haag &G. Haag, Dictionary, 2003, 354p*)

**part of the building/house** said of the 7 or 10 pin when it remains solidly standing after an apparently perfect hit. Used in a phrase such as, "That pin must be part of the building." (bowl.) [6]

**part teaching method** instruction that utilizes components of an activity or task to achieve the whole (*Dict.of sp.and Ex.Sc.1991, 109p*)

**partial body movement** in contrast to whole body movements term for sport actions where only part of the body is utilised, e.g. leg work in breast-stroke swimming, pole plant in skiing, wind-up movement in the javelin throw. Within the framework of teaching and learning processes, it is sometimes useful to divide movements into partial movements (analytic-synthetic method), in order to first learn the partial body movement and subsequently combine the parts and exercise the complete movement. (*H.Haag &G. Haag, Dictionary, 2003, 354p*)

**participate** to take part in an event or activity (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**participation** the act of taking part in an activity (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**partner** one of the two players on a doubles team (ten.) [6]

**partner** one of two or more players on the same side in a match (golf) [6]

**partner drill** a series of warm-up exercises performed with a partner's help (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**partner exercises** common form of fundamental exercising and training where two partners work together (with or without equipment). Partner exercises are attributed with a high degree of motivation; therefore, they can be used effectively for intensive training predominantly in the area of fundamental motor characteristics, and also for training sport motor skills. (*H.Haag &G. Haag, Dictionary, 2003, 354p*)

**partnership** 1. the time for which two batsmen bat together, eg a *long partnership of over two hours* 2. the number of runs scored during that time, eg a *partnership of 153 for the third wicket* (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**part-whole practice** instructional strategy in which learners practice component parts of a task to mastery before the parts are combined and the entire task performed. Also called *whole-part practice* (*Dict.of sp.and Ex.Sc.1991, 109p*)

**part-whole transfer** the carryover benefit to the learning of a skill that comes from breaking down the skill into simpler parts and learning those parts before learning the entire skill. The benefit is assumed to come in speed or efficiency of learning (*Dict.of sp.and Ex.Sc.1991, 109p*)

**party** in team sports one of the competing teams. (*H.Haag &G. Haag, Dictionary, 2003, 354p*)

**pas de touche** a declaration by the director that no touch has been recorded (fenc.) [6]

**pasaka** a form of pelota played in pairs on covered courts (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**pass** a kick or header from one team-mate to another (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**pass** if a player passes their opponent, he or she hits a passing shot beyond the opponent's reach (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**pass** to hit a shot that goes past the opponent, usually when the opponent is at or near the net (ten.) [6]

**pass** when a passer throws the ball to a teammate; used to start plays, move the ball downcourt, keep it away from defenders and get it to a shooter (b/b) [6]

**pass** **1.** a lower area between two mountain peaks **2.** a bus or train season ticket, or a permit to go in or out of a building, etc. (*Dict. of Leis., Trav. and Tour., 2008, 221p.*)

**pass** to throw, kick or hit a ball or other object to another player during a game ■ an act of throwing, kicking or hitting a ball or other object to another player in a sport (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pass** in team ball games the aimed playing of the ball to a team-mate (with hand, foot, head, or racquet). Depending on the direction the ball travels relative to the playing field, the following types of passes are differentiated: forward, diagonal, cross, and back pass. A pass can be made on the ground, low, or high. (*H.Haag & G. Haag, Dictionary, 2003, 354p*)

**pass back** the center pass (hock.) [6]

**pass back** (*in games such as football and hockey*) to pass the ball to a member of your own team who is closer to your own goal than you are (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pass defender** a defensive player who covers an opposing receiver (f/b) [6]

**pass interference** illegal contact with an opponent in order to prevent a catch being made (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**pass line** same as **fault line** (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**pass patterns or pass routes** pre-determined paths receivers follow to help the passer quickly locate them so he can more easily get them the ball (f/b) [6]

**pass protection** blocking by offensive players to keep defenders away from the quarterback on passing plays (f/b) [6]

**pass rush** a surge by defenders to get past blockers and sack the quarterback (f/b) [6]

**pass rush** an attempt to tackle the **quarterback** before he is able to pass the ball (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**pass shot** a low shot out of the opponent's reach but short of the back wall (racq.) [6]

**passage** a slow motion, suspended trot in which the pairs of feet diagonally opposite one another are raised and returned to the ground in alternation (equest.) [6]

**passage** a slow **trot** in which the pairs of feet diagonal to each other are raised and then lowered in alternation (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**passage** see dressage. (*H.Haag &G. Haag, Dictionary, 2003, 354p*)

**passata sotto** a counter attack in which a lunge is initiated by dropping a hand to the floor and lowering the body under the opponent's oncoming blade (fenc.) [6]

**passata sotto** an avoiding action that is executed by ducking under the opponent's blade (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**passbook** a record of a boxer's matches, including injuries, time between bouts, medical examinations, etc (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**passé** **1.** an attack that passes the target without hitting it. **2.** a cross (fenc.) [6]

**passed ball** an accurately thrown pitch that the **catcher** fails to gather in time to prevent a **baserunner** from advancing; compare **wild pitch** (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**passenger** someone in a team who does not do his or her fair share of the work (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**passer** the player who passes the ball to a teammate (b/b) [6]

**passing** when a player kicks the ball to his teammate; used to move the ball closer to the opposing goal, to keep the ball away from an opponent or to give the ball to a player who is in a better position to score (f/b) [6]

**passing** when one player uses his stick to send the puck to a teammate (icehok.) [6]

**passing lane** an opening between defenders through which the ball can be passed to a teammate (b/b) [6]

**passing shot** a shot played beyond the reach of one's opponent (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**passing shot** a shot that passes the opponent (ten.) [6]

**passing shot** in racket games such as tennis, a winning shot that passes beyond the reach of an opponent at the net (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**passive** **1.** in general the qualification of a person who is interested in sport (e.g. spectator, "passive" member in a sport club) but does not practice the sport himself (» active). **2.** in combat sports (e.g. judo, wrestling) a way of fighting (competing) which is oriented purely towards defense rather than offense; passivity is considered to be a violation of the rules. **3.** in team ball games (e.g. soccer, handball) holding the ball under control without an attempt to score a goal (delaying the game); in some sport disciplines (e.g. handball, basketball) this is penalized as it violates the rules (passive play). (*H.Haag &G. Haag, Dictionary, 2003, 355p*)

**passive movement** movement caused by a force outside the body rather than by concentric or eccentric muscle contractions within the body (*Dict.of sp.and Ex.Sc.1991, 109p*)

**passive obstruction** if a wrestler continually obstructs the opponent's holds, holds both the opponent's hands, continually lies flat on the mat, or deliberately runs off the mat, it is passive obstruction. The opponent is given three choices: 1) to place the offender in the bottom position in par terre; 2) to continue the bout from the neutral position; 3) to assume the down position in par terre (wrest.) [6]

**passive play** a foul called when a team keeps the ball for too long without trying to attack or score (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**passive stretch** a muscle stretch that is performed with the aid of equipment or a partner to hold the limb in place. Compare **active stretch** (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**passivity** another name for passive obstruction (wrest.) [6]

**passivity** same as **non-combativity** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**passivity** stalling and avoiding combat; adopting a "negative" approach to a bout by trying to avoid the action (wrest.) [6]

**passivity** the adoption of negative, stalling tactics in which moves are avoided (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**passivity zone** a 39" (1 m) wide band inside the edge of the mat (wrest.) [6]

**passivity zone** the outer band, 1 meter wide, outside the central wrestling area (wrest.) [6]

**passivity zone** the outer circle of the wrestling mat (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**passout** a pass by an attacking player from behind his opponent's net or goal line to a teammate in front of the net (icehok.) [6]

**pass-out** a pass made by an attacking player from behind the opponent's goal line to a teammate in front of the net (icehok.) [6]

**path** a narrow way for walking, cycling or riding (*Dict. of Leis., Trav. and Tour., 2008, 222p.*)

**pathway** a track for walking along (*Dict. of Leis., Trav. and Tour., 2008, 222p.*)

**pathways** 1. lines of movement through space, such as straight, curved, zigzag. 2. floor or air patterns of objects, such as arched or curved (*Dict. of sp. and Ex.Sc.1991, 109p*)

**patinando** a forward step, with an appel from the rear foot at the moment when the front foot lands (fenc.) [6]

**patit bois** same as cochonnet (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**Patrick Division** with the Adams Division made up the Wales Conference until the 1992-93 season; renamed the Atlantic Division of the Eastern Conference starting with the 1993-94 season (icehok.) [6]

**pattern** a formation of team members in which they are all in the same position or in alternating positions (synchr.swim.) [6]

**pattern race** see **conditions race** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**patterning** a proposed method of treating children with developmental delays, in which active and passive movements, through crawling-, creeping-, and walking- like patterns, are performed repeatedly (*Dict.of sp.and Ex.Sc.1991, 110p*)

**patterning** a type of physical therapy in which the patient performs exercises designed to strengthen specific muscles and nerves (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pave** cobbled roads found in northern France and in Belgium (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**PE** abbreviation physical education (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**peak** the highest point, e.g. of achievement or fitness (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**peak** 1. the top of a mountain 2. the highest point (*Dict. of Leis., Trav. and Tour., 2008, 224p.*)

**peak fitness** the maximum fitness level for an athlete, the product of a stringent and injury-free period of training (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pear shaped** used for describing a person with a body shape in which most of the subcutaneous fat deposits are carried around the hips and bottom (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pebble** fine water droplets sprayed onto the ice before play and which freeze instantly, creating an optimum curling surface (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**pebbles** small bumps applied by spraying the sheet with water droplets to reduce friction and increase curl (curl.) [6]

**pecs** same as **pectorals** (*Dict. of Sp. and Ex. Sc. 2006, 157p.*)

**pectoral girdle** the shoulder bones, the scapulae and clavicles, to which the upper arm bones are attached. Also called **shoulder girdle** (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pectorals, pectoral muscles** the muscles of the chest (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pedagogy** the systematic study of teaching (*Dict.of sp.and Ex.Sc.1991, 110p*)

**pedometer** an instrument that measures the distance covered by a walker by recording the number of steps taken (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**peel** a high-speed takeout shot that removes one or more stones from play and usually results in the shooter also going out of play (curl.) [6]

**peel** a **takeout** where both the stone played and the stone hit leave the **house** (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**peel** to send a ball other than the **striker's ball** through its hoop in order (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**peg** a section of the river or take designated for a single angler in match fishing (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**peg** a **stump**, eg *the ball hit the off peg* (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**peg out** if a **rover ball** is pegged out it strikes the peg and thus completes its circuit (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**pelota** return game similar to tennis, played indoors or outdoors, where a ball rebounding from a wall has to be played back onto it. (*H.Haag &G. Haag, Dictionary, 2003, 355p*)

**pelota, pelota basque** a sport, similar to squash, in which ball is hit against a wall with the racket, wooden bat or the hand, or launched against it using a basket-like device strapped to the wrist (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pelotari** a pelota player (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**peloton** the field (cycl.) [6]

**peloton** the main group of riders in a stage race (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**pelvic floor** the lower part of the space beneath the pelvic girdle, formed of muscle (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pelvic girdle** the ring formed by the two hip bones to which the thigh bones are attached. Also called **hip girdle** (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penalise** to punish a team or player for breaking a rule by giving an advantage to the opposing team or player (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penalty** **1.** a disadvantage imposed on a player or team for breaking a rule in a sport or game, e.g. a free shot at the goal awarded to the opposing side. Also called **penalty shot** **2.** (*in football and some other sports*) a goal scored from a penalty kick (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penalty** a free hit awarded for a foul. Penalties are numbered from 1 to 10 according to the severity of the foul committed (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**penalty** a punishment for foul play. If kicked for goal, a successful attempt gains two points (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**penalty** a punishment for foul play. If kicked for goal, a successful attempt gains three points (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**penalty** a punishment levied against a player, coach, or team official for a rules violation. See bench minor penalty; game misconduct penalty; major penalty; match penalty; minor penalty; misconduct penalty (icehok.) [6]

**penalty** punishment of a player for a violation of the rules, resulting in suspension from the game for a period of time; 6 types exist: minor, bench, major misconduct, match and goalkeeper's penalties (icehok.) [6]

**penalty** short for penalty kick; also, a punishment given by the referee for a violation of the rules (f/b) [6]

**penalty** suspension from play for unruly behaviour for a statutory length of time, depending on the severity of the offence, Pen allies are minor (two minutes), misconduct (ten minutest major, game misconduct and match penalty. For the latter three offences, the player is ruled out of the remainder of the game, though in the case of a major penalty he or she can be replaced by a teammate after five minutes. Offenders who receive a game misconduct or match penalty are referred to the appropriate authority for further disciplinary action (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**penalty** 1. sanction measure against a participant in a competition due to violation of the rules, unsportsmanlike behaviour, and other dangerous behaviour. The extent of the penalty depends on the severity of the violation, e.g. loss of ball possession, caution, warning, penalty points, time penalties, or disqualification. Issuing penalties is the responsibility of the referee and judges. Furthermore, a » suspension can be issued by the responsible sport federation. 2. in various sport disciplines term for the kick, throw, hit awarded after a rule violation by the opponent, which can be taken without interference and can only be defended by the goalie. Examples are the penalty kick in soccer (11 m from the goal), penalty throw in handball (7 m from goal), penalty corner in hockey, penalty kick in rugby, and penalty shot in ice-hockey which can be taken as a direct shot from the blue line or by playing the puck around the goalie. A penalty is usually awarded when the defending team prevented a goal from being scored by a severe rule violation. (*H.Haag &G. Haag, Dictionary, 2003, 356p*)

**penalty (kick)** a direct free kick at goal taken from the penalty spot. Only the goalkeeper and penalty taker are allowed inside the penalty box as a penalty kick is taken (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**penalty arc** a circular arc whose center is the penalty spot and extends from the top of the penalty area; designates an area that opposing players are not allowed to enter prior to a penalty kick (f/b) [6]

**penalty area** a rectangular area 44 yards wide by 18 yards deep with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area (f/b) [6]

**penalty area** an area in front of the goal within which a foul against the attacking team, if punishable by a direct free kick, leads to the award of a **penalty** (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**penalty area** a rectangular area in front of a football goal within which the goalkeeper is allowed to handle the ball (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penalty bench, penalty box** the enclosed area situated at the side of the rink opposite the players' benches, where players who have violated the rules serve their **penalties** (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**penalty box** an area containing a bench, just off the ice and behind the sideboards, where players serve penalty time. There are two penalty boxes, one for each team (icehok.) [6]

**penalty box** an area with a bench just off the ice, behind the sideboards outside the playing area where penalized players serve their penalty time (icehok.) [6]

**penalty box** same as **penalty area** (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**penalty box** in ice-hockey an enclosed bench located on the side of the rink, where the players who have violated the rules must sit for the duration of their penalties. (*H.Haag &G. Haag, Dictionary, 2003, 356p*)

**penalty corner** a free stroke taken on the **back line** 9m from the goalpost for an offence committed within the **shooting circle** or **23-metre line**. The ball is pushed back to a player on the edge of the shooting circle to shoot on goal (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**penalty corner** when a defending player deliberately hits the ball over the back line, the attacking team is awarded a penalty corner. The ball is placed on the goal line at least 10 yards from the goal and an offensive player is given a free hit from that point (hock.) [6]

**penalty foul** a foul that results in a penalty throw for the opposing team. Penalty fouls include: A foul committed by a defending player behind the four-meter line that is judged to have prevented a goal from being scored; an act of brutality behind the four-meter line; or pulling the goal over with the object of preventing a score (w.polo) [6]

**penalty kick** an uncontested kick awarded for a major infraction. It can be taken directly on goal and is worth 3 points if successful (rugby) [6]

**penalty kick, penalty** **1.** (*in football*) a free kick from the penalty spot at the opposing team's goal, defended only by its goalkeeper, awarded for some types of foul within the penalty area **2.** (*in rugby*) a kick worth three points that can be aimed at the goal after a serious foul by a member of the opposing side (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penalty kicks** in soccer a procedure used, e.g. in cup games, to determine a winner in games where two teams are tied even after overtime (a "tie-break" for the game of soccer). The referee picks a goal which all shots are taken at. Both teams have to take - in alternating order - five shots on the goal from the penalty-kick mark. The penalty-kick competition is stopped as soon as one team has shot enough goals, so that the other team cannot reach this number of goals. If the score is still tied after five shots per team, the penalty kicks are continued in the same sequence with the players that have not yet taken a penalty kick until one team has scored one goal more than the other team with an equal number of shots taken by each team. (*H.Haag &G. Haag, Dictionary, 2003, 356p*)

**penalty killer** a player expert at backchecking and keeping or gaining control of a loose puck under difficult circumstances who is trained to break up a power play when his team is shorthanded (icehok.) [6]

**penalty killer** one of the players on the ice to prevent a power play goal by the opposition. Penalty killers are usually good at backchecking and puck-handling (icehok.) [6]

- penalty line** same as **seven-metre line** (h/b) (*Chambers. Sports Factf.,2005, 317p.*)
- penalty minutes** a statistic that shows the amount of penalty time accumulated by a player or team (icehok.) [6]
- penalty pass** a **free pass** awarded when a team has been fouled (net/b) (*Chambers. Sports Factf.,2005, 428p.*)
- penalty point** see fault (equest.) [6]
- penalty point** a point awarded by the umpire to a player because of a rules violation by that player's opponent. A penalty point can be awarded for a second misbehavior offense, after the player has been cautioned with a yellow card for the first offense. A third offense incurs two penalty points (t.ten.) [6]
- penalty point** see point penalty (ten.) [6]
- penalty points** points used in a negative scoring system, under which the wrestler with the fewest points wins. They're essentially the same as technical points, but they go to the other wrestler. For example, the wrestler who suffers a near fall is given two penalty points (wrest.) [6]
- penalty points** **1.** in general awarding negative points to a participant in a sport competition due to rule violations, e.g. in motor sports. **2.** in croquet points against a player who required more shots than prescribed for mastering an obstacle or a round (» point deductions). (H.Haag &G. Haag, Dictionary, 2003, 357p)
- penalty shootout** a method of deciding a winner, in amateur hockey, if the score is still tied after one overtime period. Each team designates five shooters and a goalie, and the teams alternate penalty shots, with a different shooter each time. If the score remains tied after each team has taken five shots, five new shooters are designated and the shootout continues until one shooter scores and his counterpart on the other team fails to score (icehok.) [6]
- penalty shootout** if a game is tied after two overtime periods, a penalty shootout determines the result. Each team gets five penalty throws, which are taken in alternation. Each penalty throw is taken by a different team member. If the score remains tied after the round of penalty throws, the teams alternate shots until one team scores and the other misses (w.polo) [6]
- penalty shot** a free shot awarded a player who was illegally interfered with, preventing him from a clear scoring opportunity; the shot is taken with only the goalie guarding against it (icehok.) [6]
- penalty shot** a free shot on the goal-tender, awarded for specific infringements of the rules; also used for deciding the results of games that remain drawn after **overtime** (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)
- penalty shot** a kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away; awarded for the most severe rule violations and those committed by the defense within its own penalty area; also taken in a tiebreaker to decide a match (f/b) [6]
- penalty shot** a shot on goal, with only the goaltender defending, awarded for certain infractions. The player taking the shot is given the puck at the center ice spot and must keep the puck moving

forward once across the blue line. Once the shot is taken, the play is over; a goal can't be scored on a rebound. If a penalty shot is awarded to a player who was interfered with or otherwise fouled on a breakaway, that player takes the shot. In other cases, such as when a defensive player other than the goaltender falls on a puck in the goal crease, the team captain selects a player from among those on the ice to take the penalty shot (icehok.) [6]

**penalty shot** as for a **penalty pass**, but taken when the infringement occurs in the shooting circle (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**penalty shot** see penalty throw (w.polo) [6]

**penalty situation** see bonus situation (b/b) [6]

**penalty spot** the spot in the penalty box, 12yd from goal, from which a penalty kick is taken (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**penalty spot** a spot 6.4m/7yd from goal, from which **penalty strokes** are taken (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**penalty spot** the small circular spot located 12 yards in front of the center of the goal line from which all penalty kicks are taken; positioned at the center of the penalty arc (f/b) [6]

**penalty stroke** a free shot at goal. It is taken from the **penalty spot**, with only the goalkeeper allowed to attempt to stop it (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**penalty stroke** an additional stroke that's added to a player's score because of a rules violation. See also stroke and distance (golf) [6]

**penalty stroke** if a defending player fouls an opponent in the goal circle, a penalty stroke is awarded. The ball is placed 7 yards (6.4 meters) from the goal and only the goalkeeper is allowed to defend (hock.) [6]

**penalty throw** a throw taken from the four-meter line by a member of the attacking team, with the goalkeeper as the only defender (w.polo) [6]

**penalty throw** see handball. (*H.Haag &G. Haag, Dictionary, 2003, 357p*)

**penalty time** in some games the time period during which a player cannot partake in the playing action due to a rule violation. The length of the penalty time depends on the severity of the violation. (*H.Haag &G. Haag, Dictionary, 2003, 357p*)

**penalty timekeeper** an official who sits between the two penalty boxes and is responsible for recording and timing every penalty (icehok.) [6]

**penalty try** a **try** awarded by the referee if an incident of foul play has prevented the opposition from scoring a try (rugby) (*Chambers. Sports Factf.,2005, 480p.*)

**penalty try** a try that is awarded because the opposing side committed a flagrant violation to prevent an obvious try from being scored (rugby) [6]

**penalty zone** in game sports specially marked zone in front of the goal where special regulations apply for certain players (e.g. the goalie in soccer) or when the rules are violated. A foul committed within the penalty zone results in a penalty kick (soccer) or throw (water polo). (*H.Haag &G. Haag, Dictionary, 2003, 357p*)

**pendulum stretch** a stretch in which the body is bent forward with the arms falling loosely in front, holding a weighted ball, and the arms swung in a rotating movement allowing momentum to stretch the muscles (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penetrate** to advance the ball behind opposing defenders (between them and their goal) (f/b) [6]

**penetration step** a step made by the offensive wrestler either between the defensive wrestler's legs (inside penetration step) or outside (outside penetration step) in order to gain a takedown (wrest.) [6]

**penholder** a popular grip in Asia where the bat is held as if holding a pen, with the tip of the bat pointing downward; compare **shake-hands** (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**penholder grip** a grip, especially popular in Asia, in which the racket is held between the thumb and first finger, with the handle pointing up (t.ten.) [6]

**penholder grip** in table tennis a grip of the racquet, where the grip lies between thumb and index finger and points upwards. This grip is preferred by Asian players. (*H.Haag &G. Haag, Dictionary, 2003, 357p*)

**pennant** a flag awarded to the winners of a league championship (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pennant** *US 1.* in some sports, especially baseball, a flag that symbolises a championship *2.* a championship that is symbolised by a pennant (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pentathlete** an athlete who takes part in a pentathlon (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**pentathlon** competition consisting of five events known as early as ancient Greece. (*H.Haag &G. Haag, Dictionary, 2003, 357p*)

**pentathlon** *1.* same as **modern pentathlon** *2.* an athletics competition in which the contestants compete in five different events, usually sprint, hurdles, long jump, discus and javelin. ◇ **triathlon, heptathlon, decathlon** (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**penthouse** a roofed corridor that runs along one long wall and the two shorter ends of the court. They are around 7ft 6in/2.28m deep and slope from 10ft 7in/3.22m to around 7ft/2.1m. (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**people-centered coach** coach who places primary emphasis on fulfilling the personal needs of his or her athletes (*Dict. of sp. and Ex. Sc. 1991, 110p*)

**pep talk** a short speech designed to give advice and generate enthusiasm, e.g. in a sports team (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 158p.*)

**perceived ability** one's subjective assessment of one's own skills, on which is based one's stable, internal explanation (causal attribution) for one's performance outcomes. Viewed as the essential mediating factor (construct) of achievement behaviors (*Dict.of sp.and Ex.Sc.1991, 110p*)

**perceived exertion scale** a sliding scale on which the intensity of exercise is rated, according to the exerciser's subjective judgment (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**perception** the process of using the senses to acquire information about the surrounding environment or situation (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**perceptual-motor skills** **1.** pertains particularly to motor skills in which perception plays a large role, with perceptual discrimination often dictating the appropriate response. **2.** pertains to the motor skills being acquired by children (*Dict.of sp.and Ex.Sc.1991, 111p*)

**perfect end** an end in which the archer shoots all bulls-eyes (arch.) [6]

**perfect game** a game in which a pitcher does not allow an opponent to reach base by any means; compare **no-hitter** (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**perfect game** a game that's won with the minimum number of darts; six darts in 301, eight in cricket, nine in 501 (darts) [6]

**perfect game** a score of 300 points resulting from twelve successive **strikes** (ten.bowl.) (*Chambers. Sports Factf.,2005, 608p.*)

**perfect game** a score of 300, resulting from 12 consecutive strikes (bowl.) [6]

**perfecta** a wager on **jai alai** where the first two players or teams must finish in the order chosen (pelota) (*Chambers. Sports Factf.,2005, 444p.*)

**perfectionism** rigorous rejection of any performance or level of competence that is less than perfect (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**perfectionist** someone who demands or seeks to achieve nothing less than perfection (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance** observable and temporary behavior in the motor domain, influenced by personal and situational factors (*Dict.of sp.and Ex.Sc.1991, 111p*)

**performance** the level at which a player or athlete is carrying out their activity, either in relation to others or in relation to personal goals or standards (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance** integral component of sport as the process and as the (measurable or assessable) result (product) of sport actions. Furthermore, performance is also viewed in a normative context as the optimal mastering of a motor task. In consideration of the manifold factors that influence performance it represents a very complex phenomenon; therefore, it is examined in different ways in the various theory fields of sport science and is portrayed differently in regard to its relationship with sport.

However, these more specific views attempt to not lose sight of the wholeness of the phenomenon. (H.Haag &G. Haag, Dictionary, 2003, 358p)

**performance accomplishment** something that an athlete has previously achieved, e.g. a victory or personal record, which gives him or her feelings of confidence about a forthcoming competition (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance assessment** a biomechanical analysis of an athlete's performance by a professional (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance capacity** the ability of the human being to deliver » performance. Sport performance capacity depends on the quality of physical performance foundations (motor characteristics), the technical sport-motor skill level specific to a sport discipline, as well as sport tactical ability. In conjunction with » readiness to perform, it represents the foundation of every sport performance. Their general and sport-specific development is the goal of all teaching and learning processes in sport, mainly in training and competition. In this connection, performance capacity can also refer to the ability to deliver a specific physical performance even in a state of fatigue. (H.Haag &G. Haag, Dictionary, 2003, 359p)

**performance class** categorization of competitors realized by national and international sport discipline federations according to their past sport performance. In the case of successful competitions the athlete can advance to a higher performance class. Performance classes exist, e.g. in alpine and Nordic skiing, ice- and roller-skating, canoeing, and dancing. In some sport disciplines the performance class of the athletes determines the starting sequence. (H.Haag &G. Haag, Dictionary, 2003, 359p)

**performance decline** a measurable worsening of performance in sport caused by fatigue, stress or overtraining (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance diagnosis** determining a sport » performance (or its individual parts) which is delivered at a certain point in time. A differentiated and precise performance diagnosis is an integral part of learning, exercise, and training processes. At the beginning of a performance, diagnosis planning data are collected by means of performance observation; subsequently data for performance control are collected. At the end of a process, performance diagnosis offers the possibility of precise feedback regarding success or failure in reaching the set goals. Performance diagnosis can occur on an informal level, or be undertaken via formal measurement (e.g. tests) or judgement (e.g. observation), procedures and control competitions. It is an essential prerequisite for an optimal development of sport performance in training and competition. On its basis, a performance assessment can be undertaken, i.e. qualifying its results by means of value judgements (e.g. good, satisfactory, improbable). (H.Haag &G. Haag, Dictionary, 2003, 360p)

**performance diminution** same as **performance decline** (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance enhancer** a dietary supplement used by athletes to enhance bursts of high performance (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance group** exercise or training group put together on the basis of a relatively equal level of sport performance (performance-homogenous group) in sport instruction, which allows an intensifying of motor learning processes; such an intensification is not possible in groups that are heterogeneous with respect to performance (» preference groups). Performance groups can be utilized within school physical education as well as in extracurricular school sport and club sport for promoting talent and for the training of school teams. (*H.Haag &G. Haag, Dictionary, 2003, 360p*)

**performance last** a last that is curved slightly inwards, suitable for runners with high arches. Compare **straight last, standard last** (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance motivation, readiness perform** essential psychological factor which - in addition to physical » performance capacity - is responsible for the deliverance of sport performances. Performance motivation depends on several factors: the individual cognitive (intelligence) and affective (affection, interest, fear, etc.) personality characteristics, and the respective situation when the sport is practiced (pre-start state, spectators, weather, etc.). Motivation towards sport performance in school physical education can lead to involvement not only in competitive sport, but also in voluntary, life-long sport activities. (*H.Haag &G. Haag, Dictionary, 2003, 360p*)

**performance theory** the study of what motivates people to perform actions, both in the short and long term (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**performance training** » high-performance training. (*H.Haag &G. Haag, Dictionary, 2003, 361p*)

**performing** the final stage of team development according to the Tuckman model, in which the team is a tight unit, able to perform its duties without conflict (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**perimeter** the area beyond the foul circle away from the basket, including 3-point line, from which players take long-range shots (b/b) [6]

**perimeter** the area in the forecourt behind the free throw circle, from which outside shots are taken (b/b) [6]

**perimeter** the area of the court beyond the **key** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**perimeter shot** a shot from the perimeter; an outside shot (b/b) [6]

**perimeter weighting** modern irons often have extra metal around the edge of the **clubhead**, making the club more forgiving (golf) (*Chambers. Sports Factf.,2005, 292p.*)

**period** a part of the game (4 quarters and overtimes) (b/b) [6]

**period** a segment of a basketball game. A National Basketball Association game consists of four 12-minute periods, or quarters. A college game is made up of two 20-minute halves (b/b) [6]

**period** any quarter, half or overtime segment (b/b) [6]

**period** one of the three 20-minute playing segments of play in a regulation hockey game, or an overtime playing segment (icehok.) [6]

**period** one of the three periods that makes up a game, each of 20 minutes' actual time, with two 15-minute intervals; teams change ends for each period (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**periodisation** the act of planning a long-term training schedule for professional athletes, working around competitions (*Dict. of Sp. and Ex. Sc. 2006, 159p.*)

**periods** the segments of time into which a game is divided; a regulation game played by adults consists of two 45-minutes halves (f/b) [6]

**periods** three 20-minute playing intervals separated by two intermissions (icehok.) [6]

**peripheral heart action** a style of training, suitable for deconditioned exercisers, in which separate groups of muscles are worked in rum to stimulate the circulation. *Abbreviation PHA* (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**personal best** the best time or score that an individual has achieved in an activity (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**personal best (PB)** if an athlete achieves a personal best, it is his or her career best time or distance (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**personal fitness plan** same as fitness program (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**personal foul** a foul recorded against an individual player for physical contact that results in an unfair advantage; see **foul out** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**personal foul** a foul that involves physical contact between opposing players. Among the most common personal fouls are blocking, charging, elbowing, hacking and holding. A player is disqualified from the game after committing six fouls in the National Basketball Association, five fouls at other levels of play. See also flagrant foul; intentional foul; offensive foul; technical foul; violation (b/b) [6]

**personal foul** a foul that might cause injury; punishable by a 15-yard penalty (f/b) [6]

**personal foul** an exclusion foul or penalty foul. If a player commits three personal fouls, he or she is permanently excluded from the game (w.polo) [6]

**personal foul** contact between players that may result in injury or provide one team with an unfair advantage; players may not push, hold, trip, hack, elbow, restrain or charge into an opponent; these are also counted as team fouls (b/b) [6]

**personal foul** player foul which involves illegal contact with an opposing player, whether the ball is live or dead (b/b) [6]

**personal trainer** a professional who helps others to devise a training regime and stick to it (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**personalised nutrition** an approach to nutrition that meets the needs of the individual, taking into account considerations such as state of health, lifestyle, age and gender (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**perspiration** sweat or the action of sweating (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**perspire** to produce moisture through the sweat glands (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**petit final** a race that is used to determine the placing of paddlers who fail to reach the final (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**petit-final** a race that's used to determine the placing of paddlers who don't reach the finals. For example, if eight paddlers qualify for the final, the winner of the petit-final is awarded ninth place. From the French, "little final." (canoe) [6]

**petrisage** a stage of sports massage in which kneading movements are used with the palms and fingertips (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**petticoat** the part of an archery target outside the scoring area (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**PHA** abbreviation peripheral heart action (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**phagotherapy** the treatment of illness by changes in diet (*Dict. of Sp. and Ex. Sc. 2006, 160p.*)

**phase** **1.** step in a developmental sequence based on a qualitative change in behavior. The term is sometimes used when the sequential change is not known to meet the criteria of "stages" of behavior. **2.** portion of the life cycle that is temporary but characterized by typical behavior. **3.** in cyclic motion, the factor against which two or more cyclic motions can be compared for identical period or frequency and starting time (*Dict.of sp.and Ex.Sc.1991, 112p*)

**phase** a passage of play. First-phase play develops from a **set piece**; second and subsequent phases develop from the **breakdown** of the first phase, often following a **ruck** or **maul** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**phase of competition** a phase of competition consists of one or more games. Examples of phases are listed below: preliminary round; classification games; quarterfinals; semi-finals; finals (b/b) [6]

**phase structure** » movement phase, movement structure. (*H.Haag &G. Haag, Dictionary, 2003, 361p*)

**phat** closing the bullseye in cricket by hitting a double and single after missing with the first dart (darts) [6]

**photo finish** the end of a race in which two or more contestants are so close that the result must be determined from a photograph taken as they cross the finish line (*Dict. of Sp. and Ex. Sc. 2006, 161p.*)

**photo finish** a finish that is so close that a photograph is required to identify the winner and **places** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**photo finish** the finish of a race in which the dogs are so close that a photograph is used to determine the winner and places (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**phrase** a set of related actions by both fencers that continues until a hit is scored or action is stopped by the director (fenc.) [6]

**physical** relating to the body, as opposed to the mind (*Dict. of Sp. and Ex. Sc. 2006, 161p.*)

**physical activity** movement of the human body that results in the expenditure of energy at a level above the resting metabolic rate (*Dict.of sp.and Ex.Sc.1991, 113p*)

**physical activity** exercise and general movement that a person carries out as part of their day (*Dict. of Sp. and Ex. Sc. 2006, 161p.*)

**physical activity level** the amount of physical activity that a person undertakes each day, which is used in calculating their daily calorie requirements. **Abbreviation PAL** (*Dict. of Sp. and Ex. Sc. 2006, 161p.*)

**physical Challenge, physical disability** a medically diagnosed condition that makes it difficult to engage in the activities of daily life (*Dict. of Sp. and Ex. Sc. 2006, 161p.*)

**physical conditioning** same as **conditioning** (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical contact** in some sport disciplines possible (or necessary) body contact of two opponents during a competition. This occurs especially in combat sports (one exception is fencing, where contact occurs directly via the equipment) and in some team games, where the term physical play is frequently used. Examples are the body-check in ice-hockey, charging in soccer (which is permitted), the ball played with the body in roller hockey, touching the opponent while swimming in water polo. (*H.Haag &G. Haag, Dictionary, 2003, 362p*)

**physical culture** originally term for the ideal image of the life reform movement around the turn of the century in Germany, with efforts towards holistic care and improvement of human health and performance capacity and therefore of the entire human being (the term is still contained in free body culture, which represents optional dress bathing, i.e. going to nude beaches). As a component of the socialist working culture, the term was then picked up by the "Arbeiter Turn- und Sportbewegung" (Workers' Gymnastics and Sport Movement) and is today the most comprehensive term for sport and physical exercises; it was part of the national culture in (former) socialist countries. (*H.Haag &G. Haag, Dictionary, 2003, 362p*)

**physical damage** deficit in the appearance of the body which - in contrast to a physical deficiency - can either not be treated at all or compensated to some degree through medical attention. Measures of » therapy and » rehabilitation through sport have only a supporting function for persons with physical damages (» sport for the handicapped.). (*H.Haag &G. Haag, Dictionary, 2003, 362p*)

**physical education** gymnastics, athletics, team sports and other forms of physical exercise taught to children at school. Abbreviation **PE** (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical education** originally (in reform pedagogy) the complete education of the human being starting from the body. The term originates from » reform pedagogy, which intended to make a contribution towards the total education of the human being on the basis of human physicality by means of movement, play, and sport. After 1945 physical education was understood as holistic education following the fundamental principles of naturalness, proximity to life, spontaneity, social binding, value orientation, and popularity. Today, physical education manifests itself predominantly in » movement education, » health education, » play education, and education towards a sensible utilization of leisure-time. It also stands for the pedagogic training of motor characteristics, skills and abilities within the framework of » physical culture, which was predominantly used in the former socialist nations. In many English-speaking countries the term physical education is still used to refer to sport instruction in schools and to the field of physical education teacher training and sport science in general. However, it should be noted that many universities, particularly in North America, have changed the name of their departments dealing with sport instruction and sport scientific issues; examples from the range of more than 80 different names are: human kinetics, kinesiology, human performance studies. Within the framework of sport science, the theory of physical education is referred to as » sport pedagogy, » sport, » sport instruction. (*H.Haag &G. Haag, Dictionary, 2003, 363p*)

**physical education teacher** in general the term for a teacher of sport, as part of the educational system, but also as an independent profession; the course of training and its duration varies depending on the type of employment striven for. (*H.Haag &G. Haag, Dictionary, 2003, 363p*)

**physical examination** an examination of someone's body to see if he or she is healthy (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical exercises** totality of all motor activities that are realized in motor learning, exercising (training) and in sport competition. Most likely based on the knowledge about the central role of the body in the life of the human being as well as on an original play and performance drive of the human being, physical exercises have been known since the earliest developmental phases of the human being, as utilitarian, work, and combat movements such as walking, running, jumping, hopping, carrying, pushing, pulling, hanging, supporting, swinging, rolling, throwing, catching, kicking, balancing, etc. The predominant functions of physical exercises are securing of existence and health (e.g. » dietetics), life interpretation in cults (e.g. in Greek Antiquity; some traces of this jean still be found in modern Olympic ceremonies), and realization of a certain educational ideal (e.g. with the » Philanthropists). Irrespective of the various cultures, physical exercises have been the main content of all historic sport movements (callisthenics, gymnastics, play, and sport movement) and follow goals from the areas of health, recreation, performance, forming of personality, etc. The former socialist nations have been using the term physical exercises widely, while in Western countries (approx. since the 1970s) the term has been increasingly replaced by "sport", which - despite a holistic meaning - bears the inherent danger of limiting the meaning of the term to high-performance sport and competition. Only within the

framework of pedagogy is the term » physical education still used. (*H.Haag &G. Haag, Dictionary, 2003, 363p*)

**physical fitness** physiological state of well-being that provides a degree of protection against hypokinetic disease; a basis for participation in sport; a vigor for the tasks of daily living (*Dict.of sp.and Ex.Sc.1991, 113p*)

**physical handicap** impairment of physical performance capacity due to hereditary deficiencies or damages resulting from disease or accidents. Physically and mentally handicapped individuals can become physically active within the framework of » sport for the handicapped which offers possibilities that are adapted to the respective handicaps (» rehabilitation). (*H.Haag &G. Haag, Dictionary, 2003, 364p*)

**physical inactivity** the absence of motor activities, which are necessary from the viewpoint of health maintenance. Lack of physical activity has been shown to be the cause of diseases which are mainly connected to the cardiac and circulatory systems. In addition to other civilization phenomena such as smoking, inadequate diet and stress, physical inactivity is one of the main risk factors for a cardiac infarct. Compensation of a lack of movement (predominantly due to the demands of employment) by means of sensible sport activities (especially within the framework of mass and recreational sport) is, therefore, an indispensable prerequisite for maintaining or re-building health. (*H.Haag &G. Haag, Dictionary, 2003, 364p*)

**physical jerks** physical exercises of the kind done regularly to keep fit, e.g. press-ups (*dated informal*) (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical medicine** the branch of medicine concerned with the diagnosis of injuries or physical disabilities and their treatment by external means, including heat, massage or exercise, rather than by medication or surgery (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical therapist** a healthcare provider who specialises in physical therapy (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical therapy** the treatment of disorders by heat, by massage, by exercise and other physical means (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical training** same as **physical education** (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physical training** pedagogic efforts towards the development and improvement of fundamental bodily functions. In physical training the motor foundations for the execution of complex sport movements are set. Physical training exercises are aimed specifically at condition and coordinative characteristics. A lack of physical training frequently leads to negative experiences when failing to learn sport motor skills. Results of sport medicine research suggest that the human body should be exposed to sufficient physical training. (*H.Haag &G. Haag, Dictionary, 2003, 364p*)

**physically challenged** used for describing someone with a condition that makes it difficult to perform some or all of the basic tasks of daily life (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiological** relating to physiology (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiological psychology** a branch of psychology that studies the interactions between physical or chemical processes in the body and mental states or behavior (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiologist** a scientist who specialises in the study of the functions of living organisms (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiology** the regular functions of the body, or the subject of study that deals with them (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiotherapist** a trained specialist who gives physiotherapy (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiotherapy** the treatment of a disorder or condition by exercise, massage, heat treatment, infrared lamps or other external means, e.g. to restore strength or function after a disease or injury (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**physiotherapy** movement therapy adapted to the acute or chronic patient, which is applied according to a plan and serves the maintenance and/or renewal of bodily functions (» functional callisthenics, » rehabilitation, » therapy). Medical reasons for prescribing physiotherapy can be: bone fractures, damages to the vertebral column, posture deficiencies, joint function disturbances (from the area of surgery and orthopaedics); circulatory and lung function disturbances, tonus deficiency in the area of the stomach (from internal medicine); neuralgia and paralysis (from neurology); spastic diseases due to brain damage (from paediatrics); menstruation disturbances, pregnancy (from gynaecology). Contents of the exercises are, among others, swinging movements, resistance exercises (» isometric training), balance exercises, training of agility, sometimes with the utilization of special equipment (e.g. hanging devices), and underwater massage. Physiotherapy is practiced on the basis of a medical diagnosis, under a physician's responsibility, and under the supervision and manual guidance of a trained physiotherapist (» curative callisthenics). (*H.Haag &G. Haag, Dictionary, 2003, 365p*)

**piaffe** a majestic trot in place, in which the pairs of feet diagonally opposite one another are alternately raised and returned to the ground, while the horse's head is vertical, the neck raised and arched (equest.) [6]

**piaffe** a type of slow **trot** in which the horse's neck is raised and arched and the head is vertical (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**pick** a shot used to turn the opponent's backspin into topspin, effected by using a hitting motion parallel to the table top with an open paddle (t.ten.) [6]

**pick** same as screen (b/b) [6]

**pick** same as chop (bowl.) [6]

**pick and roll** a play on which a player sets a screen, then pivots and heads toward the basket to receive a pass (b/b) [6]

**pick and roll** a tactic in which an attacking player establishes a **screen** before rolling away from the defender and accepting a pass (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**pick off** if a pitcher or **catcher** picks off a **baserunner** who has strayed off base, he throws the ball to a fielder who tags the runner before he is able to return to the base (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pick up** to take up the ball before holing out. In stroke play, picking up incurs disqualification. In match play, it concedes the hole to the opponent (golf) [6]

**picked off** intercepted (f/b) [6]

**picked off** refers to a defender who has been successfully prevented from reaching the ball handler by an offensive screen (b/b) [6]

**picket fence** the 1-2-4-7 or 1-3-6-10 spares (bowl.) [6]

**pickle-fork** descriptive of the hull of a three-point hydroplane in which the two sponsons extend beyond the center hull section; because of the shape (powerb.) [6]

**pick-up games** impromptu games played among players who just met (b/b) [6]

**pickup shot** another name for a half volley (ten.) [6]

**piddle** same as diddle for the middle (darts) [6]

**pie** one of the scoring areas of the dartboard (darts) [6]

**pie alley** a lane that produces high scores; from "easy as pie." (bowl.) [6]

**pie chucker** a pejorative term for an inexperienced bowler (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**pigskin** the football (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**pike** a body position where the legs are kept straight but the torso is bent at the hips (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**pike** a diving position where the body is bent at the waist with the legs straight and toes pointed (div.) (*Chambers. Sports Factf.,2005, 572p.*)

**pike** a position in which the body is bent at the hips, with knees straight and toes pointed (div.) [6]

**pike** a position in which the body is bent forward at the hips by more than 90 degrees, while the legs are kept straight (art.gymn.) [6]

**pike** an air position in which the body is "jackknifed," bent forward at the waist with the legs straight (freest.) [6]

**pike** a diving or gymnastic position in which the body is bent at the hips with the head tucked under and the hands touching the toes or behind the knees (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**Pilates** a holistic form of exercise and postural therapy that emphasises the development of the deep abdominal muscles to control body movement and protect the back (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**pin** same as flagstick (golf) [6]

**pin** a metal rod upon which the oarlock is mounted (row.) [6]

**pin** another term for a fall (wrest.) [6]

**pin** forcing both of the opponent's shoulders to the mat. The result is a fall, which wins the match (wrest.) [6]

**pin** same as fall (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**pin** the rod of a golf flag, and more commonly, the flag itself (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pin** in bowling term for the skittle, but also for the point scored (» skittles). (*H.Haag &G. Haag, Dictionary, 2003, 365p*)

**pin deck** the area of the lane on which the pins stand (bowl.) [6]

**pin high** if an **approach shot** or **chip** finishes pin high, the ball is adjacent to the flag (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pin hole** the exact centre of the **bullseye** (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**pin placement** the location of the hole on a putting green. During a tournament, pin placement generally changes from one day to the next (golf) [6]

**pin position** same as pin placement (golf) [6]

**pin position** the position of the flag on the green. In competitions, this will be changed from round to round (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pin spotter** the device that replaces the pins in position after each player's turn (ten.bowl.) (*Chambers. Sports Factf.,2005, 608p.*)

**pinch flat** a flat tire caused by hitting an obstacle very hard, so that the inner tube is pinched against the rim (cycl.) [6]

**pinch hitter** a substitute batter who bats in place of another because of injury or for tactical reasons (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pinch hitter** a term borrowed from baseball to describe a player in a limited-overs game who bats higher up the order than normally (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**pinch runner** a substitute **baserunner** who runs in place of a batter who has reached base, usually a fast runner used towards the end of a close game (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pinch shot** a low shot into a corner that hits the side wall and then the front wall (racq.) [6]

**pinching the ball** taking too tight a grip on the ball (bowl.) [6]

**pinindicator** a display board that shows the bowler which pins remain standing after the first ball (bowl.) [6]

**ping** to penalize a player for infringing the rules (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**Ping-Pong** a trade name for table tennis (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**ping-pong** a trademarked name for table tennis, originally registered by Parker Brothers in 1901. (t.ten.) [6]

**pington** a sport like badminton that is played with wooden paddles instead of stringed rackets (*Dict. of Sp. and Ex. Sc. 2006, 162p.*)

**pin-high** same as hole high (golf) [6]

**pinsetter** the official who is responsible for pin placement (golf) [6]

**pioneer ball** the ball sent to the 'next hoop plus one' to be ready for when that next hoop is attempted (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**pipe** a goal post(icehok.) [6]

**pips** small cylinders that protrude from a rubber sheet (t.ten.) [6]

**pips** the small raised bits of rubber that cover the surface area of the bat (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**pips out** descriptive of a rubber sheet attached to the paddle so that the side with pips will contact the ball, as on a hardbat. The opposite of inverted rubber (t.ten.) [6]

**pirouette** a full turn on the spot during which the inside hind foot is used as pivot (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**pirouette** a full turn on the spot, with the inside hind foot is the pivot (equest.) [6]

**pirouette** a turn about the vertical axis. A gymnast can change direction by swivelling or stepping the foot in a 180-degree move; alternatively, a pirouette can be performed in a **handstand** position (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**pirouette** in figure and roller skating term for turns around the body's longitudinal axis; on the ice the turns are performed on the skates on the same spot. Pirouettes can be executed with one or two legs turning backward or forward in an upright position (standing pirouette), a spiral position (scale

pirouette), or in a seated position (seated pirouette). The prelude to a pirouette can either be a curve or a jump. Combinations of different types of pirouettes are called a pirouette combination or (in case of a change of supporting leg) a changing pirouette. Pirouettes performed in pairs by both partners holding each other are called pair pirouettes. (*H.Haag &G. Haag, Dictionary, 2003, 365p*)

**pirouette** to change direction with a twist in the handstand position. Also used as a noun (art.gymn.) [6]

**piste** the fencing strip (French) (fenc.) [6]

**piste** a groomed course or groomed trail (ski.) [6]

**piste** a prepared downhill trail (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**piste** the duelling area. In competition it is a strip that measures 2 x 14m/2.18x 15.31ft (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**piste** a downhill track or area of densely packed snow that provides good skiing conditions (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**piste** a track for skiing (*Dict. of Leis., Trav. and Tour., 2008, 229p.*)

**piston knees** very rapid absorption/extension (freest.) [6]

**pit** **1.** the area of the **pits** assigned to an individual team **2.** if a driver pits, he comes into the pits, eg *Button pitted on lap 46* (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pit** an area beside the track where cars stop for fuel and servicing (autosp.) [6]

**pit** the area at the end of the lane (bowl.) [6]

**pit** the sanded landing area in the long jump and triple jump (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**pit babe** an attractive young woman employed by a team to adorn its pit area and promote the team (motorsp.sl.) (*Chambers. Sports Factf.,2005, 417p.*)

**pit board** a board held out from the **pit wall** and which tells a driver his position, the time gap to the car ahead or behind, and the number of laps remaining (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pit lane** the lane that leads to the **pits** from the circuit and by which a driver can rejoin the circuit (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pit lane** a road that takes cars from the course into the pits and back out again. Also "pit road." (autosp.) [6]

**pit stop** when a driver comes into the **pits** in order to refuel, change tyres or have repairs made to his car (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pit stop** a stop in the pits to allow a racing car to be refuelled and serviced during a race (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**pit stop** the act of leaving the course to enter the pit for refueling, tire changes, servicing, or repairs (autosp.) [6]

**pit straight** same as **start/finish straight** (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pit wall** the wall that separates the pit area from the **start/finish straight**; on larger circuits it houses the technical members of teams and their electronic equipment (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pitch** **1.** a shot where the ball flies in a high arc and does not roll much on landing **2.** when a ball pitches, it hits the ground, eg *the ball pitched next to the hole and rolled a few feet past* (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pitch** **1.** to throw the ball to the batter **2.** a ball thrown to the batter (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pitch** a British term for soccer field (f/b) [6]

**pitch** a section of rock or ice between two **belay** points (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**pitch** a short shot, lofted high toward the putting green, usually with backspin (golf) [6]

**pitch** the angle at which an oar is set in the water (row.) [6]

**pitch** the angle at which the blade enters the water (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**pitch** the field hockey playing area. The pitch is 100 yards long by 60 yards wide, divided by a center line and two 25-yard lines, one in each half of the field (hock.) [6]

**pitch** the rectangular surface, bounded by the goal lines and touchlines, on which the match is played (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**pitch** the rugby field is a maximum of 100 meters long, from try-line to try-line, and 70 meters wide. At each end of the field is an in-goal area, no more than 22 meters long. The field is marked by a half-way line, two 10-meter lines and two 22-meter lines, and by two dotted hash marks, each 5 meters from the sideline and extending from goal-line to goal-line. There is a set of goal posts on each try-line (rugby) [6]

**pitch** **1.** a playing area for a team ball game **2.** (*in cricket*) the area between the two sets of stumps **3.** (*in baseball*) the act of throwing the ball to the batter **4.** a particular way or manner of throwing something, especially a ball ■ to throw or hurl a ball, particularly as part of a game or sport (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**pitch and run** a **pitch** shot played so that the ball runs on after landing (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pitch and run** a type of pitch shot hit with less arc and no backspin, so the ball will roll toward the pin after it lands on the green (golf) [6]

**pitch mark** a small depression left by the ball when it lands on the green; golf etiquette dictates that they should always be repaired (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pitcher** the player who initiates play by throwing the ball to the batter (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**pitcher** (*in baseball*) the player on the mound who throws the ball to the batter (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**pitching niblick** obsolete name for the No. 8 iron (golf) [6]

**pitching wedge** a club with a lot of **loft** for playing **pitch** shots (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pitching wedge** an iron with a heavy flange, designed primarily for hitting pitch shots (golf) [6]

**pitch-out** a lateral tossed from a quarterback to a running back (f/b) [6]

**pitch-out** a tactic, used when the fielding team anticipates that a **baserunner** will attempt to **steal** a base, whereby the pitcher deliberately throws the ball wide of the **plate** in order to give the **catcher** a better chance of throwing out the runner (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**piton** an iron peg that can be hammered into the rock and to which a rope may be attached (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**pits** in **speedway** and track racing, the area where teams can make repairs to bikes (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**pits** the area close to the circuit in which teams service their cars; the word originates from the below ground-level pits dug next to the track in Sicily in 1908 to allow mechanics to replace the detachable tyre rims that were used at that time (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pits** the area off the side of a motor-racing track where vehicles can get fuel, fresh tyres and repairs (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**pivot** **1.** a synonym for post. **2.** the center. Also pivot man (b/b) [6]

**pivot** a center; also the foot that must remain touching the floor until a ball handler who has stopped dribbling is ready to pass or shoot (b/b) [6]

**pivot** a player who tries to intercept the ball when defending but, when attacking, stays around the **six-metre line** from where he or she tries to score (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**pivot** same as **centre** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**pivot** the rotation of the hips, trunk, and shoulders during the swing (golf) [6]

**pivot ball** a ball that is placed in the centre of play to allow the **striker's ball** to change direction or pivot (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**pivot foot** the foot that must remain on the floor while the player has the ball. If a player gets control of the ball with both feet on the floor, either foot can become the pivot foot. If the player catches the ball while in the air, the first foot that hits the floor is the pivot foot. Once the pivot foot has been established, the player can take any number of steps with the other foot, provided the pivot foot remains in the same spot. Moving the pivot foot, except to leave the floor for a pass or a shot, is travelling (b/b) [6]

**pivot man** a team's center (b/b) [6]

**pivoting** grounding one foot while stepping with the free foot any number of times. Pivoting can last no longer than three seconds before the ball has to be released (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**pixie gear** same as granny gear (cycl.) [6]

**place** the positions of second, third, and sometimes fourth in a race (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**place** a position of second or third in a race. An each-way bet on a greyhound that finishes second or third in a race results in a return on the punter's stake but at odds usually a quarter of those at which the bet was placed (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**place** **1.** where something is or where something happens **2.** a position in a competition (*Dict. of Leis., Trav. and Tour., 2008, 229p.*)

**place kick** a kick made with the ball resting on the ground, in an indentation in the ground, on a small pile of sand, or on a kicking tee. A place kick is used for kickoffs, penalty kicks, and conversion kicks (rugby) [6]

**place kick** a kick taken with the ball placed on the ground, ie the kick-off, a penalty kick or a conversion (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**place kick** a kick taken with the ball placed on the ground, ie a **penalty** kick or **conversion** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**place kick** a kick towards the goalpost for a field goal or extra point; held between the ground and another player's finger (f/b) [6]

**place libre** a single-walled, open, outdoor court of variable dimensions (pelota) (*Chambers. Sports Factf.,2005, 445p.*)

**placement** a shot hit to an area where the opponent cannot reach it (ten.) [6]

**placement**     **1.** a player's skill in accurately playing the ball, puck or similar object **2.** *US (in American football)* a place kick for a field goal or point after a touchdown, or the positioning of the ball for such a kick (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**placing**     achieving one of the top positions in a sport competition. (*H.Haag &G. Haag, Dictionary, 2003, 366p*)

**planche**     a skill performed on the still rings in which the body is held in a straight position parallel to the floor above the rings (art.gymn.) [6]

**plane**     shorthand for hydroplane, as a verb (powerb.) [6]

**plane**     a flat surface, especially that of the body seen from a specific angle (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**planing**     descriptive of a hull that is designed to rise farther out of the water as boat speed increases. Such a hull is typically shaped like a V, as seen in cross-section from the front or rear.

**plank**     a 10mm-thick wooden board fitted to the underside of Formula One cars to check that they are not too low to the ground; if the plank wears by more than 1mm, the car is disqualified (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**plank hold**     an exercise in which a person assumes a press-up position, resting the upper body on the forearms, and holds the position for as long as possible with the body perfectly straight (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**plant**     a shot where the cue ball strikes the **object ball** which then strikes another ball into a pocket (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**plantar flexion**     the bending of the toes downwards (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**plastic darts**     the soft-tip darts used to play electronic darts (darts) [6]

**plasticine**     the soft rubber section of the **board** in the long jump or triple jump, upon which an athlete's **spikes** imprint on takeoff, determining whether the jump is a **foul** or not (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**plastron**     **1.** a half jacket worn under the fencing jacket to give the sword arm extra protection. **2.** a padded over-jacket worn by a fencing coach (fenc.) [6]

**plastron**     a protective undergarment worn under the fencing jacket (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**plate**     a five-sided white slab over which the pitcher must throw the bad (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**plate**     **1.** a flat sheet of bone **2.** a flat piece of metal attached to a fractured bone to hold the broken parts together **3.** same as home plate (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**plateau** a phase in athletic development where a person's fitness level becomes stable and it is difficult to make further improvement (NOTE: The plural form is **plateaux**.) ■ to reach a point in athletic development where it is difficult to make further improvements (*Dict. of Sp. and Ex. Sc. 2006, 163p.*)

**plates** the flat weights attached to the end of a dumbbell (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**platform** a stationary diving stand, at least 20 feet long and 6 ½ feet wide and usually 10 meters above the water (div.) [6]

**platform** said of the skis when they are kept very close together with little or no lead change (freest.) [6]

**platform** same as approach (bowl.) [6]

**platform** the competition area, 4 meters square and 50 to 150 millimeters high, where the competitors attempt their lifts. The platform may be made of any solid material such as wood or plastic, and may be covered with a non-slippery material (weightl.) [6]

**play** **1.** physical activity that is free (i.e. unstructured) voluntarily begun, voluntarily continued, and voluntarily terminated. **2.** inconsequential behavior that internal to itself. It may result in the production of something material (e.g. a sand castle) or symbolic (e.g. poetry). However, such products are not the primary reason for the activity. One plays to experience the act of creativity or transformation. In sport theoretically, play is a function of experiencing the joy of the human body in motion, although in reality, sport involvement is meant to satisfy a host of other social, psychological, and physical needs (*Dict. of sp. and Ex. Sc. 1991, 114p*)

**play** a single period of activity, starting with the **snap**, in which players follow prearranged actions (Am.f/b) (*Chambers. Sports Factf., 2005, 16p.*)

**play** a spurt of action that begins with a snap and ends with a dead ball (f/b) [6]

**play** to trap, dribble, kick or head the ball (f/b) [6]

**play** **1.** to take part in an enjoyable activity, especially a game, simply for the sake of amusement **2.** to take part in a game or a sporting activity **3.** to compete against someone in a game or sporting event **4.** to assign a player to a particular position on die field, or be assigned such a position **5.** to hit or kick an object such as a ball, puck or shuttlecock in a particular direction **6.** to make a shot or stroke in a sporting event ■ **1.** the action during a game or series of games **2.** *US* an action or move in a game (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**play** activity practiced without a conscious purpose, for the enjoyment of the activity itself. Play represents a fundamental human being can act creatively on the basis of a game idea; this idea provides an action plan for players. It is generally assumed that play is an essential basic human behaviour in every period of life; it contributes towards the development of creative behaviour, greater flexibility, increased independence, and higher self-lesteem. The prerequisites for play include security and the removal of external pressures. The variety of aspects, under which play can be viewed and practiced,

presuppose an equally rich diversity of categories of games: children's games, adult games, dance games, religious games, functional games, individual games, partner games, group games, team games, games of chance, rule games, role games, fictional games, dress-up games, etc.; they can also be combined with each other. Games regarded as sport games belong to the group of competitive games and are therefore usually partner, group or team games and also always rule games (» rules). According to the degree of binding of the rules, sport games can also be differentiated into » small games (large variability of rule design and interpretation) and » large games (rigid sets of rules). Games played by groups or teams are always role games, since a game only makes sense if certain functions and tasks are taken on by its players. It can therefore only be played in some ordered social interaction. (*H.Haag &G. Haag, Dictionary, 2003, 366p*)

**play action** an attempt to disguise a passing play by simulating a running play (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**play break** organization of daily school time, where breaks are provided for children and youths to play between lessons. Play breaks are especially beneficial to elementary school students, at least on those days where no physical education classes are held (see break sport). (*H.Haag &G. Haag, Dictionary, 2003, 368p*)

**play clock** a clock displayed above each end zone that limits the time teams may take between plays to 40 seconds (30 in college); the ball must be snapped before the clock runs down to 0 (f/b) [6]

**play education** pedagogical efforts to teach playing in consideration of all of its psychological, cultural, social, and sportive components (see play) and to realize other educational goals through games (in a playful manner). (*H.Haag &G. Haag, Dictionary, 2003, 368p*)

**play line** the line positioned around the court at 18ft/5.48m high and above which the ball must not be hit (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**play movement** efforts made since the middle of the 19th century to encourage play within the framework of physical exercises. In 1872 an "afternoon of games" was introduced for the first time at a high school in Braunschweig, Germany. In 1882 the "play order" was issued by the Prussian Ministry of Instruction, which was intended to include outdoor play as a counterweight to the existing rigid indoor gymnastics. (*H.Haag &G. Haag, Dictionary, 2003, 370p*)

**play off** to play further holes or another round in order to determine the winner of a tie match (golf) [6]

**play on** a term used by referees to indicate that no foul or stoppage is to be called; used by referees when applying the Advantage Rule (f/b) [6]

**play through** to pass a group of golfers who are playing ahead. Golf etiquette dictates that a slow group should allow a faster-playing group to play through (golf) [6]

**play without the ball** (position play) in some team games (e.g. basketball, soccer, handball) term for the tactical behaviour of players who are not in possession of the ball; through position changes on

the playing field the attempt is made to open up opportunities for attack and passes, binding defensive players, and protecting space in such a manner that the opponent can only stage an attack with great difficulty. (*H.Haag &G. Haag, Dictionary, 2003, 370p*)

**play-action pass** a passing play after the quarterback has faked a hand-off (f/b) [6]

**play-by-play** *US* **1.** consisting of a description of each event as it happens, especially in a sports contest **2.** same as **commentary** (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**player** someone taking part in a sport or game (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**player** in the broadest sense anybody participating in any kind of game, in a narrower sense an individual actively practicing a sport game. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**player bench** in ball games a bench at the long sides of the playing field, where the reserve players (substitute players), coach, and assistant coaches of a team are seated. When the sides are changed (e.g. at half-time) the teams usually change benches as well. Scorekeepers and other game officials are often positioned between the two benches. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**player control foul** in college and high school basketball, a foul committed by the player holding, dribbling, or shooting the ball. The penalty is always a throw-in for the opposing team, never a free throw (b/b) [6]

**player disqualification** a flagrant foul penalised by expulsion from the game (b/b) [6]

**playing position** a place of a player ensuing from the team's arrangement for a specific playing design. The playing positions are: guard (1-Point Guard or 2-Shooting Guard); forward (3-Small Forward or 4-Power Forward); centre (5-Centre) (b/b) [6]

**playfield** the area of the pitch marked by the boundary lines within which the game is played (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**playground** in a narrow sense an outdoor place designed especially for children's playing, in a broader sense all space used predominantly by children. In addition to the traditional playgrounds with slides, climbing facilities, swings, see-saws, and sand pits, recently new designs have been implemented (often upon the parents' initiative); examples are ball game fields, play streets (roller-, inline-skate tracks, and asphalt areas), playgrounds for small children (if possible, close to the home), mobile play busses, play yards (courtyards), as well as adventure playgrounds, building playgrounds with changeable materials such as equipment, boards, beams, stones; these new developments offer the children real opportunities for creative play. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**playground, play area** an area, especially round a building, where children can play (*Dict. of Leis., Trav. and Tour., 2008, 231p.*)

**playing coach** member of a team who supervises training (coaches) at the same time. Playing coaches are frequently successful athletes who have ended their career in a higher playing class of competitive sport (e.g. professional or premier league) and play actively as well as act as a coach on a

lower level of performance (class) after becoming re-amateurized. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**playing field** an area of level ground used for organised sporting activities (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**playing field** competition site for sport games indoors or outdoors, in school and mass sport gymnasiums and outdoor fields are usually utilized for several different games. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**playing for time** in sports without the rule of actual playing time it is possible to play for time, especially towards the end of the game, to decrease the opponent's chances of an attack, e.g. in soccer when the ball is passed back and forth between team players in order to "waste" time. Playing for time is mostly practiced by the leading team; it is considered to be unfair behaviour and is penalized - if it is too obvious - by the referee who can also add the lost time on after the end of regular playing time. (*H.Haag &G. Haag, Dictionary, 2003, 371p*)

**playing surface** the table's upper surface (t.ten.) [6]

**playing time** the time played in a game prescribed in the rules of the respective team ball games, which can be absolute (pure) playing time (» effective playing time), or running playing time where the clock is only stopped for certain exceptions (e.g. injuries); the time taken for such game interruptions can be added onto the playing time at the discretion of the referee. Extra playing time is added when time has to be made up for injuries occurring previously, or more often, when the game is tied at the end of the regular playing time and a decision must be reached (these extensions of playing time are also prescribed in the rules). Delaying the game is often practiced by the leading team towards the end of the game; such a delaying violates the rules and extra time can be played, or a penalty awarded, at the discretion of the referee. (*H.Haag &G. Haag, Dictionary, 2003, 372p*)

**playmaker** 1. the player who usually works to set up plays for his teammates; almost always the point guard. 2. a player who consistently comes up with big plays when needed (b/b) [6]

**playmaker** in team games, a player who initiates moves that create scoring opportunities (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**playmaker** the point guard who generally sets up plays for his teammates (b/b) [6]

**play-off** system of final championship rounds of various sport games (e.g. basketball, ice-hockey), where the loser (after home and away matches) is eliminated from the tournament. Only the top-ranked teams participate in the playoff round; each team plays between 3 and 7 matches against all the other teams to determine the winner of the championships (usually in a knock-out system). (*H.Haag &G. Haag, Dictionary, 2003, 372p*)

**playoff** a tournament that takes place after a season's schedule has been completed; used to determine a champion (f/b) [6]

**play-offs** (in England) a series of knockout games involving the four teams finishing from third to sixth in a division, used to decide the third team to be promoted to a higher division (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**playoffs** the post-season tournament that determines the NHL champion (f/b) [6]

**play-the-ball** the means of restarting play after a tackle, in which the tackled player rolls the ball back behind him with his foot (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**plimsoll** a light canvas shoe with a rubber sole (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**plug** if a ball plugs, it becomes embedded in wet ground or sand (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**plugged lie** a lie in which the ball is buried in sand (golf) [6]

**plumb** unquestionably **leg before wicket** (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**plumber** the technique that sees the player toss the ball high in the air so that it lands near the cochonnet and stops dead (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**plus handicap** a player whose average is below par has a plus handicap, meaning that he must add strokes to the gross, rather than subtracting them, to determine the net score (golf) [6]

**plyometrics** a free body movement exercise system that uses no weights or machines and emphasises calisthenics and repeated movements such as jumping high off the ground (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**PMR** *abbreviation* progressive muscular relaxation (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**poach** in doubles, to hit a ball, usually with a volley, that would ordinarily have been played by the partner (ten.) [6]

**poach** to play a shot that properly should be handled by a partner in badminton, tennis, squash or handball (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**pocket** any of the six holes with pouches or nets into which the balls are potted (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**pocket** the area behind the offensive line, where the quarterback is protected by his blockers (f/b) [6]

**pocket** the space between the head pin and the 3-pin for right-handed bowlers, the 2-pin for left-handed bowlers. This is the target for the first ball in a frame (bowl.) [6]

**pocket** the strung part of the head of the stick which holds the ball (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**pocket** the area behind the offensive **line of scrimmage** usually offering protection to the **quarterback** when attempting to pass (Am. f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**pod** an aerodynamically shaped shell that hangs from the bridges. It serves as the athlete's seat (luge) [6]

**podium finish** if a driver has a podium finish, he finishes in first, second or third place, and hence stands on the winner's podium (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**podium finish** if a rider has a podium finish, he finishes in first, second or third place, and hence stands on the winner's podium (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**point** **1.** basketball's basic scoring unit. A free throw is worth 1 point, a field goal 2 or 3 points, depending on whether it's shot from behind the three-point line. **2.** the area in the frontcourt behind the free throw circle, where the point guard usually operates (b/b) [6]

**point** **1.** a goal or an assist credited to a player. **2.** a unit used to determine league standings, in which a team is given 2 points for a win and 1 point for a tie or overtime loss. **3.** an area near the boards and just inside the opposition's blue line, where a defenseman is normally stationed when his team has control of the puck in the attacking zone (icehok.) [6]

**point** **1.** a valid touch. **2.** the tip of the sword. **3.** an attack made with the point (fenc.) [6]

**point** a fielding position, on the **off** side on a line with the **popping crease** (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**point** a score of one point awarded to a team when the ball is kicked over the opponents' crossbar (Gaelic f/b) (*Chambers. Sports Factf.,2005, 271p.*)

**point** a single scoring unit. A player loses a point if: He fails to make a good service or a good return of the opponent's shot; the ball bounces twice consecutively in his court; his free hand touches the playing surface. Points are also lost because of a double hit, obstruction, or a volley. See also penalty point (t.ten.) [6]

**point** defensive player whose role is to mark the opposing team's **first home** (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**point** the basic scoring unit in tennis. The points are numbered "fifteen," "thirty," "forty," and "game." One player serves throughout a game and the first player to win four points wins the game, with the provision that the margin of victory must be at least two points. See advantage; deuce; game; match; set; scoring system (ten.) [6]

**point** the offensive position farthest from the goal and approximately straight out from the goal (w.polo) [6]

**point** **1.** a sharp end **2.** the dot used to show the division between whole numbers and parts of numbers (NOTE: 3.256; say three point two five six'; **his temperature** was **38.7**: say thirty-eight point seven'.) **3.** a mark or score **4.** (*in cricket*) a fielding position on the off side, level with the batsman's wicket and at a distance from it that varies between three or four yards (*silly point*) and about thirty

yards (*deep point*), or the player in that position **5.** (*in basketball*) **the** position in front court taken by the guard who directs the offensive (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**point** a place or position (*Dict. of Leis., Trav. and Tour., 2008, 231p.*)

**point** scoring unit in sport competitions (» point scoring). (*H.Haag &G. Haag, Dictionary, 2003, 372p*)

**point after** same as **extra point** (Am.f/b) (*Chambers. Sports Factf.,2005, 16p.*)

**point deduction** mode of performance assessment within the framework of » point scoring, where points (or parts thereof) are subtracted (deducted) from a prescribed maximum number of points according to certain criteria defined in the respective set of rules. These deductions are made for a fault in the execution of an exercise (e.g. in gymnastics), not reaching a pre-set performance norm (e.g. in diving), rejection (e.g. in show-jumping), fall (e.g. in ski-jumping), or exceeding the prescribed time limit for an exercise (e.g. in rhythmical callisthenics). (*H.Haag &G. Haag, Dictionary, 2003, 372p*)

**point guard** a **guard** whose primary responsibility is to direct the side's attacking play; compare **shooting guard** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**point guard** the player who usually brings the ball upcourt for his team and runs the offense. Compare shooting guard (b/b) [6]

**point in line** a position in which the fencer's arm is extended, with the point of the blade threatening a target (fenc.) [6]

**point monger** someone who scores excessive points in cricket (darts) [6]

**point penalty** a penalty which costs the player a point in the current game. The umpire may assess a point penalty for various kinds of unsportsmanlike conduct, such as verbal or physical abuse of an official, using obscenity, or delaying a game through incessant argument of a call (ten.) [6]

**point scoring** assessment of result or performance in sport competitions by assigning numbers. Point scoring is used particularly in those sport disciplines where performance cannot be measured objectively by means of the » cm-g-s system; rather, it must be assessed by judges on the basis of various criteria prescribed in the sport discipline (»mark). This is usually done according to the principle of » point deduction. In some sports (e.g. American football, basketball, rugby, wrestling, boxing, skittles) hits, goals, successfully applied techniques, etc. are scored with points depending on the quality of execution. In track and field multiple events (e.g. heptathlon, decathlon) and team competitions, also in other multiple event competitions (e.g. modern pentathlon, Nordic combination, sport fishing), measured performances are transformed into points according to official standardized point tables and then added for the total result. In many team games the game result is recorded in points (e.g. 2 points for a victory, 1 point for a tie), the ranking is then determined depending on the points. In the return games (e.g. badminton, tennis, ping pong, volleyball) it is not merely the own performance that counts, but also faults made by the opponent. In some sport disciplines (e.g. show-jumping) points are awarded for the faults made (penalty points), so that the lowest number of points decides who wins the competition. (*H.Haag &G. Haag, Dictionary, 2003, 372p*)

**point spread** a device established by bookmakers to equalize 2 teams for betting purposes; e.g., if a team is considered to be 4 points better than another, the spread is 4 points; to win a bet on the favourite, that team would need to win by more than the spread (in this case, by more than 4 points); the margin of victory can be more important than whether a team wins or loses (b/b) [6]

**point-after-touchdown (PAT)** a place kick taken from the opponent's 2-yard line (3-yard line in college); awarded to a team that has scored a touchdown, it is worth 1 point if it goes through the goalpost (f/b) [6]

**pointer** the first ball played after the cochonnet (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**pointless** in which no points are scored (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**points** a team statistic indicating its degree of success, calculated as follows: 2 points for a win (3 in the 1994 World Cup), 1 point for a tie, 0 points for a loss; also, an individual statistic for a player, calculated by totalling 2 points for each goal and 1 point for each assist (f/b) [6]

**points** the left and right positions taken by the defensemen of the attacking team, just inside the blue line of the attacking zone; also the term used to describe the defensemen playing at this location; also an individual statistic for players equal to their goals plus assists; also a team statistic used to determine team standings (2 points for each win and 1 point for each tie or overtime loss during the regular season) (icehok.) [6]

**points** the sum of the value of scored baskets (free throw, 2 points, 3 points) (b/b) [6]

**points from turnover** points scored following a turnover without the clock being stopped (b/b) [6]

**points competition** a subsidiary competition in stage races, such as the Tour de France, won by the rider who has accumulated most points from their finishing positions in stages and from **primes** (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**points in the paint** points scored inside the painted (restricted) area (b/b) [6]

**points race** this is similar to a scratch race, but points are awarded to the top riders in a series of sprints conducted at various points throughout the race, and the winner is the rider who accumulates the most points (cycl.) [6]

**points race** a **track race** ridden by a large group of 20-30 riders over 30km (25km for women). Riders gain points during the race for their position at the end of each lap and in incidental **sprints** throughout the race (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**point-shaving** an illegal practice where players intentionally win a game, but by fewer points than the point spread; led to 2 major college scandals (involved 32 of the biggest stars in the 1950s, then 22 colleges in 1961) (b/b) [6]

**poise** a graceful controlled way of standing, moving or performing an action (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**poison ivy** the 3-6-10 split (bowl.) [6]

**poke check** a quick jab or thrust to the puck or opponent's stick to knock the puck away from him (icehok.) [6]

**poke check** a stick check on which the player jabs his stick blade at the puck or an opponent's stick to dislodge the puck (icehok.) [6]

**pole** a round, lightweight shaft with a basket and spike on the lower end, a handle and strap at the upper end. In Nordic skiing, the poles are used primarily for propulsion. In Alpine skiing, they're used mainly to help maintain balance and to assist in making turns (ski.) [6]

**pole** the best position in the grid, usually awarded to the driver who has the fastest qualifying time. In oval-track racing, it's the spot on the left of the front row. On a road course where the first turn is to the right, it's on the right side of the front row (autosp.) [6]

**pole (position)** the front position on the **grid** (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**pole line** a yellow line around the inside of a velodrome track that measures the track's length (cycl.) [6]

**pole line** the innermost line painted around the track in a **velodrome**. This is the line around which the length of the track is measured (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**pole vault** a jumping event in which an athlete attempts to clear a crossbar with the aid of a pole, planting the end in a **box** and bending it to lever themselves up and over the bar (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**pole vault** discipline of track and field, where the athlete attempts to cross a bar with the help of a pole. (*H.Haag &G. Haag, Dictionary, 2003, 373p*)

**pole vault** **1.** an athletics event in which the competitors use a long flexible pole to swing themselves up and over a very high crossbar **2.** a jump in the pole vault (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**police sport** sport practiced by members of the police force within the framework of their training. The predominant sport disciplines are running, jumping, throwing, swimming, equestrian, shooting, fencing, and judo. (*H.Haag &G. Haag, Dictionary, 2003, 375p*)

**policeman** an enforcer (icehok.) [6]

**polka-dot jersey** the jersey worn by the **King of the Mountains** in the Tour de France (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**polo** **1.** a game played by teams on horseback, with players using long-handled mallets to drive a wooden ball into a goal **2.** a game similar to polo, e.g. one in which the participants are mounted on bicycles rather than horses (*Dict. of Sp. and Ex. Sc. 2006, 164p.*)

**polo** horsebackriding, ball and goal game. The idea of the game is that two teams of four players each, who carry the numbers 1 to 4 (1 and 2 for offense, 3 and 4 for defense), attempt to hit a ball into the opponent's goal by means of a stick while sitting on a horse. (*H.Haag &G. Haag, Dictionary, 2003, 375p*)

**polydipsia** an unusually intense thirst (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**pommel** the fastener that holds the grip to the blade (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**pommel** the fastener that holds the grip to the blade and also acts as a counter balance to the blade (fenc.) [6]

**pommel horse** **1.** a piece of apparatus 115 centimeters high, 35 centimeters wide, and 160 centimeters long, surmounted by two pommels, between 40 and 45 centimeters apart. **2.** a men's event performed on the apparatus. A routine consists of a series of circular movements and required scissors elements performed with one or both hands on the pommels. No other part of the body may touch the apparatus (art.gymn.) [6]

**pommel horse** **1.** a padded oblong piece of gymnastics apparatus that is raised off the floor and has two curved handles on the top **2.** the men's gymnastics event that involves balancing and manoeuvring on a pommel horse (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**pommel-horse** discipline in gymnastics for men. Equipment is the pommel-horse with two pommels (bow-like handles) made of wood or plastic (height of the pommels 12 cm, length 31 cm, handle thickness 34 mm), which are affixed to the center of the horse at a distance of 40-45 cm from each other. (*H.Haag &G. Haag, Dictionary, 2003, 377p*)

**ponderal index** the cube root of a person's body weight divided by height, a measure of how fat a person is (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**ponderocrescive** used for describing foods that stimulate weight gain (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**ponderoperditive** used for describing foods that stimulate weight loss (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**pony goal** a goal resulting from the ball contacting a pony (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**pooch kick** a short high kick made with the intention of forcing the receiving team to restart behind its own 20-yard line (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**poodle** to throw a gutter ball; probably a facetious corruption of puddle (bowl.) [6]

**pool** a grouping of fencers or teams in a competition (fenc.) [6]

**pool** **1.** an artificial area of water in which swimming events take place **2.** a game played with a cue, a white ball and 15 balls on a felt-covered table with six pockets (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**pool** 1. same as **swimming pool** 2. a game similar to snooker (Dict. of Leis., Trav. and Tour., 2008, 232p.)

**pool pattern** the swimmer's path through the water (synchr.swim.) [6]

**pool table** a table on which pool is played (Dict. of Leis., Trav. and Tour., 2008, 232p.)

**pool-billiards** special form of billiards. The playing table is a rectangle of 1.12 x 2.24 m surrounded by cushions. At the four corners and in the center of the long sides a total of six holes with catch pockets are located. The playing table has the following markings: a center point, a head line, which runs parallel to one short side (head side), marks one quarter of the table (head zone) and has the head point in its center, a long-line which is drawn perpendicular on the opposite short side and reaches one quarter of the playing field into the table with the foot point as its end-point and also marks the tip of the ball triangle with equal sides. The game is played with a total of 16 balls (diameter 57.2 mm), one white game ball and 15 numbered coloured balls. The tip of the cue is spring-cushioned. There are three variants of the game. (*H.Haag &G. Haag, Dictionary, 2003, 377p*)

**poolroom** US a public room where you can play pool (*Dict. of Leis., Trav. and Tour., 2008, 232p.*)

**poor man's triple (PMT)** the feat of hitting three singles of the same number (darts) [6]

**pop** a quick, sharp extension of the body that furnishes momentum for a flip (freest.) [6]

**pop** any exotic fuel blend (autosp.) [6]

**pop kick** a short, high kick, usually over the head of a nearby defender (rugby) [6]

**pop up** to hit the ball in the air a short distance from **home plate** (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**popcorn** three darts so closely grouped together that one or more flights are knocked off (darts) [6]

**popping crease** a horizontal line marked at each end of the pitch, beyond which the batsman is in his **ground** and behind which the bowler must have his front foot when releasing the ball (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**port** a boat's left side when facing forward (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**port** an opening between two stones that's wide enough to allow another stone to pass through (curl.) [6]

**port** the left side of a boat (row.) [6]

**port** the left-hand side of a ship when facing the bow, also used of the left-hand side of an aircraft (*Dict. of Leis., Trav. and Tour., 2008, 233p.*)

**port** the left side of a water vessel viewed in driving direction, marked with the colour red (» starboard). (*H.Haag &G. Haag, Dictionary, 2003, 378p*)

**port rig** an arrangement in which the stroke rows on the port side (row.) [6]

**portal** same as port (curl.) [6]

**pose** **1.** in dancing additional figures which are performed in higher performance classes;- **2.** in sport acrobatics a static exercise;- **3.** in bodybuilding the presentation of muscles. (H.Haag &G. Haag, Dictionary, 2003, 378p)

**position** **1.** the place of a player according to the team line-up. **2.** the rank that an athlete or team has achieved in the overall results. **3.** the location of an athlete during a competition in relation to his opponents. **4.** the posture of the cyclist on his bicycle. **5.** the fist position in fencing. **6.** » body position. (H.Haag &G. Haag, Dictionary, 2003, 378p)

**position** **1.** the place where a player is standing or playing **2.** the way in which a person's body is arranged (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**position attack** in team ball games (e.g. handball, basketball) the attack from a basic position with a systematic exchange of positions, by players with or without the ball, in order to mislead the opponent. (H.Haag &G. Haag, Dictionary, 2003, 379p)

**position change** in team games common tactics to mislead or distract the opponent, where several players legally change position during a competition (usually at the beginning of a new playing period). (H.Haag &G. Haag, Dictionary, 2003, 379p)

**position player** any player other than a pitcher (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**positive energy balance** a situation in which a person is consuming more energy on a day-to-day basis than he or she uses, leading to weight gain (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**positive interaction** in education, the positive response by a teacher to a student after the learner makes an appropriate behavioral response or skilled performance (*Dict.of sp.and Ex.Sc.1991, 115p*)

**positive thinking** a way of thinking that is confident, optimistic and focusing only on good things that may happen (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**possession** **1.** the state of being in control of the ball **2.** the amount of possession a team has is the amount of time they spend with the ball under their control (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**possession** control of the ball (f/b) [6]

**possession** to be holding or in control of the ball (b/b) [6]

**possession** to be holding or in control of the football (f/b) [6]

**possession** (*in various sports*) control of the ball or puck by a player or team (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**possession arrow** a sideline indicator at high school and college games that has a lighted arrow showing which team is next entitled to the ball under the alternate-possession rule (b/b) [6]

**possession arrow** in college, used to determine which team's turn it is to inbound the ball to begin a period or in a jump ball situation (b/b) [6]

**post** a greyhound's box or position number for the start. The number on a greyhound's back always corresponds to the number of his or her starting box (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**post** a position just outside the free throw lane, either near the basket or near the foul line. See high post; low post (b/b) [6]

**post** one of the two pillars which support the crossbar and net of the goal (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**post** short for goal post (icehok.) [6]

**post** **1.** to score something, e.g. points, in a game or sport **2.** in horseriding, to bob up and down in the saddle in time with a horse's trot (*Dict. of Sp. and Ex. Sc. 2006, 165p.*)

**post** goalpost or the area near it (f/b) [6]

**post pattern** a route taken by a **receiver** involving running straight up the field and then turning infield towards the goalposts (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**post position** the position of a player standing in the low post or high post (b/b) [6]

**post up** to establish a position in the low post, usually in order to take advantage of a smaller defender (b/b) [6]

**post up** to establish possession outside the **key** with one's back to the basket (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**post weight** the greyhound's weight determined by officials before the dog enters the track (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**posterior** used for describing a body part that is situated in the rear of the body (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**posting** a moved used from the offensive or defensive position. Defensively, a wrestler locks his arm to hold off his opponent. Offensively a wrestler pushes up on his opponents arm under the elbow to clear the arm to shoot in (wrest.) [6]

**postural** relating to posture (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**postural deficiency** deviation of the spine usually occurring in school-age or adolescent children, in sagittal (lordosis, kyphosis) or frontal (skoliosis) direction, often a result of habitually poor body posture due to a lack of postural sensation (e.g. improper seating causing damage to school children) and/or a hereditary or acquired weakness of the support and muscle tissue (e.g. due to lack of light, fresh air, and movement of school children). Postural deficiencies can -in contrast to » postural defects

- generally be completely corrected if diagnosed and treated in time (e.g. by means of callisthenics exercises). (*H.Haag &G. Haag, Dictionary, 2003, 379p*)

**postural education** pedagogic efforts to improve body posture or eliminate » postural deficiency by means of movement, sport and play. Postural education is especially practiced within the framework of functional and compensatory callisthenics as well as in sport support groups within the school system. (*H.Haag &G. Haag, Dictionary, 2003, 379p*)

**postural sway** changes in the exact weight distribution of a person, caused by muscle contractions involved in maintaining proper posture (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**posture** the position in which a body is arranged, or the way a person usually holds his or her body when standing (*Dict. of Sp. and Ex. Sc. 2006, 166p.*) (*H.Haag &G. Haag, Dictionary, 2003, 379p*)

**posture** 1. the isometric contraction of the postural muscles for stabilizing a body position as well as preparation and support of movement. 2. assessment criterion (given in points) of motor performances in the artistic sport disciplines (e.g. gymnastics, figure skating, ski jumping, dancing, diving). (*H.Haag &G. Haag, Dictionary, 2003, 379p*)

**pot** when a ball is potted it goes into one of the pockets (bilj.) (*Chambers. Sports Factf.,2005, 538p.*)

**pot bunker** a small, deep sand trap that has steep sides (golf) [6]

**pot game** a type of gambling competition in which two or more bowlers put money in the pot and the high scorer wins it all (bowl.) [6]

**poule** French for "pool." (fenc.) [6]

**powder** fresh, dry, light snow that hasn't been groomed (ski.) [6]

**powder puff, puff ball** same as nothing ball (bowl.) [6]

**power** 1. physical force or strength 2. the ability, strength, and capacity to do something (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power** (speed strength) next to strength endurance and speed endurance one of the complex characteristics in the area of motor characteristics, which is composed of the components » speed and » strength. The effect of power is that movement with a high velocity can be executed against high resistance. Power is required for explosive, usually acyclical movements with application of high forces, which only last for a short time period (e.g. sprint start, put, throw, hit, jump). Power is required in many sport disciplines, so that a diversified power training has a broad training effect. Power is the essential element of jumping strength, whose specific form (e.g. long and high jump, one- or two-legged take-off, jump with or without run-up) determines the program of a power training (» strength training). (*H.Haag &G. Haag, Dictionary, 2003, 380p*)

**power break** a **break** shot hit with a lot of force (bilj.) (*Chambers. Sports Factf.,2005, 450p.*)

**power forward** a strong, bulky forward who can score from near the basket and get rebounds. Compare small forward (b/b) [6]

**power forward** the taller of a team's two forwards, usually specializing in catching **rebounds**; compare **small forward** (b/b) (*Chambers. Sports Factf.,2005, 109p.*)

**power lift** a weightlifting exercise which works several muscle groups at the same time, such as the pullover ■ to perform a power lift (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power play** an attack by a team at full strength against a team playing one man (or two men) shorthanded because of a penalty (or penalties) which resulted in a player on the opposing team receiving penalty-box time (icehok.) [6]

**power play** the situation in which a team has more players on the ice than the opposition because one or more opposing players are in the penalty box (icehok.) [6]

**power play** when one team is **short-handed** through penalties, the opposing team is said to be on the power play (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**power play** **1.** (*in cricket*) on of several periods of time during one-day international matches where restrictions are placed on the positioning of fielders **2.** a tactic of concentrating players in one area, especially an attack in American football that involves extra blockers preceding the person carrying the ball **3.** a situation or period of time in ice hockey during which one team has a numerical advantage because the other team has one or more players in the penalty box (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power play goal** a goal scored by a team on the power play. Compare short-handed goal (icehok.) [6]

**power snatch** a snatch performed with very little movement of the knees or feet (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power ten** a series of 10 powerful strokes, usually either to gain on a crew that's leading or to open a larger gap over a crew that's trailing (row.) [6]

**power training** intense training that emphasises proper form (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power walking** a form of exercise involving energetic walking in which the arms are swung backwards and forwards, sometimes using weights, in order to increase the heart rate (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**powerbag** a piece of equipment used like a medicine ball in resistance training (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**powerboat** a small motorboat with a powerful outboard or inboard motor (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**powerboating** the sport of driving or racing powerboats (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**powerhouse** a ball thrown very fast and with a lot of action, resulting in an unmistakable strike (bowl.) [6]

**powerlifting** a weightlifting sport that consists of the three events of the squat, the bench press and the deadlift (*Dict. of Sp. and Ex. Sc. 2006, 166p.*)

**power-lifting** three-event competition with weights for men and women (divided into weight categories). The competition evolved from bodybuilding and consists of a knee bend with a barbell on the shoulder (loaded knee bend), bench press while in a horizontal resting position on a bench, and lifting a barbell behind the body up to knee-height. (*H.Haag &G. Haag, Dictionary, 2003, 380p*)

**powerplay** in sport games, particularly in ice-hockey, the superior play of one team. All field players continuously attack the opponent's goal (usually in connection with an advantage regarding the number of players due to time penalties). (*H.Haag &G. Haag, Dictionary, 2003, 380p*)

**powersliding** in **speedway**, the method used to take a corner: sliding the back wheel out while maintaining acceleration (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**practice** 1. the process of repeating something such as an exercise many times in order to improve performance 2. the fact of doing something, as opposed to thinking or talking about it (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**practicing sport psychology** applying cognitive and behavioral techniques to help sport participants become more effective in performing their respective roles (*Dict.of sp.and Ex.Sc.1991, 116p*)

**pradal seray** same as **Khmer boxing** (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**praxis** planning and execution of purposeful movement; action (*Dict.of sp.and Ex.Sc.1991, 116p*)

**prayer** a desperate pass thrown in spite of the fact that no receiver is obviously in a position to catch it (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**precision grip** hand grasp in which the object is held near the ends of the fingers so that it may be shifted or manipulated (*Dict.of sp.and Ex.Sc.1991, 116p*)

**pre-competition** used for describing a regime or a set of activities that are done immediately before competing, e.g. carb loading (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**preference group** an instructional group in sport instruction or a voluntary group oriented towards the interest in one or more sport disciplines. In contrast to a » performance group a preference group must not be homogeneous with respect to the level of performance. The advantage of preference groups is the common interest of students and thereby the assumable self-decided commitment; a disadvantage can be that with specialization a manifold fundamental training is not sufficiently achieved. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**preferred lie** under local rules, a manner in which a player is allowed to improve his lie without incurring a penalty (golf) [6]

**preferred lies** if preferred lies are allowed on a course (eg *during the winter*), players are able to move their ball on the **fairway** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pre-game** used for describing activities that are done immediately before competing in a team game, e.g. reviewing tactics and receiving a pep talk (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prejudice** an unfounded hatred, fear or mistrust of a person or group, especially one of a particular religion, ethnicity, nationality, sexual preference or social status (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**preliminaries** a series of dives used to determine which divers reach the semi-finals of a meet (div.) [6]

**preliminary** 1. a sporting contest held before the main event, especially in boxing or wrestling 2. an eliminatory contest staged to select the finalists in a sporting competition (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**preliminary movement** preparatory phase occurring before the start of a movement; generally, it consists of a counter-movement or a preliminary bouncing movement as a preparation for the main movement phase. The preliminary movement requires rhythmical intuition for the entire movement process. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**premature start** see false start. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**premiership** a championship in some sports, or the competition held to decide this (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**preparation** movement of the blade or foot into the best position for an attack (fenc.) [6]

**preparation period** see training periodization. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**preparatory arousal** the act of mentally preparing oneself for a performance using visualisation or a pep talk (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**preparatory crouch** the position taken prior to takeoff in a jump wherein the hips, knees, ankles, and trunk are flexed so that they can be more fully extended in the takeoff (*Dict.of sp.and Ex.Sc.1991, 117p*)

**pre-school sport** collective term for all support measures related to children of pre-school age (3-6 years) through movement, play, and sport (without any pressure to perform). The intention is a fundamental movement education and not the development and training of specific movements. The most important tasks of pre-school sport are to enhance: the basic urge to move, the joy of movement, perception characteristics in the context of a reciprocal furtherance of cognitive and sensorimotor development, the development of motor characteristics, skills and abilities as part of the interaction with oneself and with the material, spatial and personal environment, and motivation towards common play and movement actions. Pre-school sport is organized in kindergartens and sport clubs. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**prescription drug** a drug that can only be obtained by someone who has a legally valid prescription (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prescriptive zone** the optimum temperature for an athlete to perform in, typically between 5 and 25 degrees centigrade (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**presentation** a ceremony held 15 minutes before the start of competition, at which the speaker introduces the technical officials and the athletes, who are lined up on the stage in the order of their start numbers (weightl.) [6]

**presentation** offering the blade for engagement by the opponent (fenc.) [6]

**presenting, demonstrating** the visual demonstration of a movement skill by means of drawings, picture sequences, films, videos, interactive media, etc. Presenting is a methodical measure with the advantages viewing the movement in slow motion and as often as desired. Presenting and » demonstrating are essential elements of methodical procedures in sport instruction. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**president** the controller of a bout (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**press** a defense that puts extreme pressure on the player with the ball, often using double teams, in an attempt to force bad passes and other turnovers. See full-court press; half-court press (b/b) [6]

**press** a defense that's extended beyond its normal range, designed to pressure offensive players into poor passes or shots (w.polo) [6]

**press** a lift in which the bar is brought to the shoulders and held there for two seconds while the lifter waits for approval from the chief referee. After approval, the bar is lifted overhead using only the arms. The press was one of three competitive lifts until 1976 (weightl.) [6]

**press** an extra bet on the remaining holes. For example, on the 16th tee, a golfer may offer a "five-dollar press" or "five-dollar extra," meaning he wants to bet five dollars on the last three holes (golf) [6]

**press** to invite attack by pushing the opponent's blade from one side to the other (fenc.) [6]

**press** (*in weightlifting*) a lift in which the weight is raised to shoulder height and then to above the head without moving the legs (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**press** part of the Olympic triple competition in » weight-lifting, until 1972, in addition to the "snatch" and the "clean and jerk"; in the press the barbell is re-gripped at about chest-height and then pressed up solely by means of arm extension without support from legs or trunk. (*H.Haag &G. Haag, Dictionary, 2003, 381p*)

**pressing** **1.** fundamental form of human movement where legs and/or arms are moved against a resistance from a bent or extended position. Pressing movements in basic physical training (callisthenics) serve the purpose of developing arm and leg strength. **2.** » defense. **3.** in team ball games (e.g. basketball, soccer, handball) a pronounced offensive way of playing which puts the opponent under pressure. (*H.Haag &G. Haag, Dictionary, 2003, 382p*)

**press-out** an illegal move on which the lifter bends the arms while holding the bar overhead, then presses out to try to make them straight; results in no lift (weightl.) [6]

**press-out** an illegal move where the arms are not straight and the lifter attempts to straighten them once the lift has been completed (weightl.) (*Chambers. Sports Factf.,2005, 608p.*)

**press-up** a physical exercise in which, from a position of lying flat on the front with the hands under the shoulders, the body is pushed off the floor until the arms are straight (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**pressure point** a place where an artery crosses over a bone, allowing the blood to be cut off by pressing with the finger (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prestart state, readiness to perform** term for the psychophysical adaptation to a competition. The prestart state is characterized by psychological factors (e.g. readiness to compete, starting fever, or start apathy) and physical reactions (increased circulatory, respiratory and metabolic activity). The following are important for a well-balanced prestart state: balanced physical and psychological (stress-free) state, good training state, mental stability, performance motivation, and preparation for the degree of load applied in the competition. The prestart state can be improved by means of autogenous, mental and psychoregulative training. (*H.Haag &G. Haag, Dictionary, 2003, 382p*)

**pre-stretch** to stretch a muscle before exercising it (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prevalence** the average proportion of a sample population, e.g. a sports team, that is injured at any given time (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prevent defense** a defensive strategy based on allowing the offense to advance the ball in small increments, but denying the opportunity to advance and score quickly (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**preventive** used for describing an action taken to stop something happening, especially to stop a disease or infection from spreading (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**previous spot** where the ball was snapped to begin the last play (f/b) [6]

**primary curve** in scoliosis, the unusual curve of the spine that throws it out of alignment (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**primary experience** term for experiences made for the first time by a human being, but also (particularly in sport) for the fundamental and elementary experiencing of a communication exchange between environment and body through movement, e.g. buoyancy in water, flight sensation in diving, speed in skiing, physical fatigue in endurance sports. Mediating such primary experiences is a central goal of school physical education. (*H.Haag &G. Haag, Dictionary, 2003, 383p*)

**primary receiver** the offensive player who is intended to catch the ball if the play proceeds as planned (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**prime** the first guard or parry, in a high line on the side away from the sword arm, with the wrist pronated (fenc.) [6]

**prime** a place during a **road race** or a **stage** of a **stage race** at which points are given in the **points competition** or a separate prize is awarded (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**principle of defense** opposing the forte to the opponent's foible (fenc.) [6]

**priority** see right of way (fenc.) [6]

**prix des nations** another name for the team show jumping event (equest.) [6]

**prize** (usually) money or material goods awarded to the winner of a sport competition. In professional sport (e.g. tennis, golf) prize monies are paid out according to the placing of the competitors. The competition where a prize can be won is also sometimes called a "prize" (e.g. prize of nations in show-jumping, » Grand Prix in automobile sport). (*H.Haag &G. Haag, Dictionary, 2003, 383p*)

**prize fight** a boxing match in which the winner receives a cash prize (*Dict. of Sp. and Ex. Sc. 2006, 167p.*)

**prize ring** the sport or business of professional boxing (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**Pro Bowl** an end-of-season game played in Hawaii between teams selected from the best players in the American Football Conference and the National Football Conference (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**pro shop** an equipment shop at a course, operated by the head professional (golf) [6]

**pro-am** a competition in which professionals and amateurs are paired as partners (golf) [6]

**pro-am** involving or composed of professional and amateur sports players ■ a competition in which professional players compete against amateurs, or in which professionals and amateurs compete together (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**production** a production engine or car is one that is made in quantity, usually on an assembly line (autosp.) [6]

**professional** a player who receives monetary competition for playing in tournaments or for giving lessons. Commonly shortened to "pro." (golf) [6]

**professional** engaged in an occupation as a paid job rather than as a hobby ■ an expert player of a sport who is paid to teach other players in a club (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**professional foul** a cynical foul made with no attempt to play the ball, designed to foil a goal-scoring opportunity. It has been a **red-card** offence since 1990 (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**professional foul** a deliberate foul in football, usually committed in order to prevent the opposing team gaining a potentially crucial advantage in field position or goal-scoring opportunity (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**professional foul** a foul committed intentionally, usually by a defender on an attacker just outside the defender's penalty area; used to prevent a scoring opportunity without incurring a penalty shot (f/b) [6]

**professional sport** organized active practicing of a sport discipline with the predominant purposes of securing an athlete's existence or to gain a material profit. The history of sport (professional athletes have been known since ancient Greece) reveals an increasing tendency towards » professionalization, which has been, however, subsumed under terms such as semi-professionalism, state amateurism, and promotion (support by private institutions, apparent amateurism). Therefore, a clear definition of the term professional is as difficult as determining the definition of » amateurism. (*H.Haag & G. Haag, Dictionary, 2003, 383p*)

**professional sport team** groups of athletes who want to make a profit and have acquired the skills and knowledge necessary to sell their labor in an open market as an occupation and livelihood. Refers to both the players as well as the management or owners who organize this activity as a business. The activity of these laborers involves the combination of play and work (*Dict.of sp.and Ex.Sc.1991, 119p*)

**professional's side** the high side, so called because if a putt is missed on this side, the player has not underestimated the break (a common error by amateurs) (golf sl.) (*Chambers. Sports Factf.,2005, 297p.*)

**proficient** having a high degree of skill in something (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**Profile of Mood States** a questionnaire designed to assess the emotional state of an athlete and diagnose burnout or other factors that may hold back performance. **Abbreviation POMS** (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**prognosis** a medical opinion as to the likely course and outcome of a disease or injury (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**prognostic** relating to or acting as a prognosis of a disease (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**progress** development, usually of a gradual kind, towards achieving a goal or reaching a higher standard ■ to move to the next round of a competition (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**progression** a gradual change or advancement from one state to another (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**progressive actions** a series of actions in which the sword point moves continually towards the target (fenc.) [6]

**progressive muscular relaxation** a method of deep relaxation in which each muscle is tensed and relaxed in turn. **Abbreviation PMR** (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**progressive overload, progressive resistance training** to exercise within your comfort zone and progressively build up to a stronger intensity (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**progressive relaxation** strategy to induce a relaxed state through a process of systematically tensing and voluntarily relaxing the major voluntarily relaxing the major voluntary muscle groups of the body (*Dict. of sp. and Ex. Sc. 1991, 120p*)

**progressive resistance exercise** originally described by DeLorme in the late 1940s; technique for resistance training to make muscles stronger; training program was three sets of 10 repetitions, where the first set was performed at 50% of the maximum weight that could be lifted 10 times (10 repetitions maximum [RM]), the second set was at 75% of 10 RM, and the third set was at 100% of 10RM; variations of this progression are used today where the number of sets and repetitions vary according to the objectives of a particular training program (*Dict. of sp. and Ex. Sc. 1991, 120p*)

**progressive-part method** teaching approach in which the parts of a complex skill are taught separately but in the same order in which they occur in the skill. As each part is learned, it is combined with the preceding part or sequenced until the skill is eventually practiced in its entirety (*Dict. of sp. and Ex. Sc. 1991, 120p*)

**Prohibited List** a list of the substances banned under the World Anti-Doping Code, published yearly (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**promote** to help something to take place, e.g. by advertising it (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**promoter** **1.** a substance that increases the activity of a catalyst **2.** somebody who tries to make an athlete more widely known or more successful, e.g. to secure sponsorship deals (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**promoter** organiser of professional sport competitions (predominantly in boxing, motor sports, bicycling, etc.). (*H. Haag & G. Haag, Dictionary, 2003, 384p*)

**promotion** advance by a sports team or player into a higher division of a league (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**promotion** the elevation of a club from a lower division to a higher division at the end of a season in which the club has finished in a high position in the league (f/b) (*Chambers. Sports Factf., 2005, 262p.*)

**pronate** **1.** to face downwards **2.** to turn the hand so that the palm faces downwards (*Dict. of Sp. and Ex. Sc. 2006, 168p.*)

**pronation** a position in which the knuckles of the sword hand are pointing upward (fenc.) [6]

**pronation** the tendency of the feet to roll slightly inwards while running, cushioning the foot from impact (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**pronator** a muscle that makes the hand turn face downwards (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**prone** 1. lying face downwards. Opposite supine 2. used for describing the position of the arm with the palm facing downwards (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**prop** (*in rugby*) a forward at either end of the front row of a scrum (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**prop** one of the two strongly built players who push (or more usually lean) directly against their opponents; together with the hooker the props form the front row; props wear the number 8 and 10 shirts (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**prop** one of the two strongly built players who push directly against their opponents; together with the **hooker** the props form the **front row**; props wear the number 1 and 3 shirts (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**prop** one of two forwards, who usually wear No. 1 (the loose head prop) and No. 3 (The tighthead prop.) They support the hooker during scrums (rugby) [6]

**prop** short for propeller (powerb.) [6]

**propeller** the bladed device, powered by the engine, that rotates in the water to develop thrust (powerb.) [6]

**propeller shaft** a rotating shaft that transmits power from the engine to the propeller (powerb.) [6]

**prophylactic** a drug or agent that prevents the development of disease (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**prophylactic brace** a supportive brace that is designed to reduce the risk of injuries occurring, rather than to aid recovery (*Dict. of Sp. and Ex. Sc. 2006, 169p.*)

**pro-stock** a type of drag racer that outwardly appears like a normal production car but with chassis and engine modifications (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**protection area** out-of-bounds area of the mat, beyond the passivity zone (wrest.) [6]

**protection area** the border of the mat, extending at least 1.5 meters beyond the passivity zone, to help prevent injury if a wrestler is thrown outside the ring (wrest.) [6]

**protection area** the border of the wrestling mat beyond the passivity zone (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**protest** appeal against a result at a sport competition, a violation of the competition rules, or a rule interpretation by a referee or judge, brought forward by an athlete or club to the responsible authority of sport jurisdiction. The protest must comply with certain formal restrictions and must be made by a certain deadline with the payment of a protest fee. Usually the decision of the first instance can be appealed. » Factual decisions made by the referee or judge cannot be appealed. (*H.Haag &G. Haag, Dictionary, 2003, 385p*)

**protocol** the international weightlifting term for the scoresheet, on which the complete competition is recorded, including each successful and unsuccessful lift and totals for all competitors (weightl.) [6]

**prototype** 1. in general an athlete who is regarded as a model or typical person for the respective sport discipline; 2. in sport equipment development of the test model constructed before series production; 3. in automobile sport a racing car of a certain category or class which is only made once. (*H.Haag &G. Haag, Dictionary, 2003, 385p*)

**prototype** a sports car that is not in production; either an experimental model or a car made in very limited quantities, solely for racing (autosp.) [6]

**protractor** a muscle with the function of extending a body part (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**provisional** if a player thinks that he might not be able to find a ball or that it might be out of bounds, he or she can opt to take a provisional shot, the ball used then being played if the first ball is indeed lost or **out of bounds** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**provisional ball** a ball played if the previously hit ball may be lost or out of bounds. If the first ball is found, or is discovered to be in bounds, that ball is played. Otherwise, the player continues playing the provisional ball (golf) [6]

**provocation test** a test carried out to diagnose the exact nature of an injury, in which various movements are performed to see which of them cause pain (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**prusik** a type of rope sling attached to a climbing rope, which grips firmly when carrying weight but when unweighted can be moved up the rope. Named after Karl Prusik (1895-1961), an Austrian climber (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**psyche up** to prepare yourself mentally for a competition using positive self-talk and visualization (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**psychology** the study of the mind and mental processes (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**psychomotor** relating to bodily movement triggered by mental activity, especially voluntary muscle action (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**psychomotor system** term for the system producing all voluntarily controlled movements (such as walking, talking, expressive movements, coordination performances), also a central issue dealt with by sport psychology. Sport psychologists assume that human movement and psyche (experiencing, feeling, thinking, perceiving) represent a functional unit, in which these components interact positively and negatively. (*H.Haag &G. Haag, Dictionary, 2003, 386p*)

**psychoregulative training** specific training of psychophysical control techniques (e.g. sensitizing, desensitizing, hypnosis, autogenous training, Yoga, and biofeedback methods) for the teaching of performance-enhancing factors and the elimination of performance-hindering (psychological) factors. (*H.Haag &G. Haag, Dictionary, 2003, 386p*)

**PT** in the US, gymnastics, athletics, team sports, and other forms of physical exercise taught to children at school. Full form **physical training** (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**puberty** the physical and psychological changes that take place when childhood ends and adolescence and sexual maturity begin and the sex glands become active (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**public health** the study of illness, health and disease in the community,  $\diamond$  **community medicine** (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**puck** an air position in which the legs are pulled up 45 degrees. A compression of "partial tuck." (freest.) [6]

**puck** see ice-hockey. (*H.Haag &G. Haag, Dictionary, 2003, 386p*)

**puck** a black disc made of vulcanized rubber, 1 inch thick and 3 inches in diameter, weighing between 5 ½ and 6 ounces (icehok.) [6]

**puck** a hard disc which slides easily on ice, usually made of vulcanized rubber, measuring 7.62cm in diameter and 2.54cm in thickness (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**puck** a black, vulcanized rubber disc, 1-inch thick and 3-inches in diameter, weighing between 5 ½ and 6 ounces used to play hockey; they are frozen to prevent excessive bouncing and changed throughout the game; can travel up to 120 miles per hour on a slap shot (icehok.) [6]

**puck** a small disc of hard rubber that the players hit in ice hockey (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**puck-handler** the player currently in possession of the puck (icehok.) [6]

**puddle** a gutter ball (bowl.) [6]

**puddle** the water movement caused by the action of the oars. The size and shape of the puddle are indications of the amount of power put into the stroke (row.) [6]

**puddle** the whirlpool effect of the water after the oar comes out of the water at the end of a **stroke** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**puddler** a player who hits a lot of chip shots and drop shots (ten.) [6]

**pugilism** the art or practice of boxing. The word is from Latin *pugil*, a boxer (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**pugilism** the practice, sport, or profession of boxing (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**puissance** a showjumping competition in which the horse must jump a series of large obstacles. The word is French and means 'power' (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**puissance** in show-jumping a special jumping test (» equestrian sport) which assesses especially the jumping abilities of the horse. The course has 4-6 obstacles the height (1.5-1.8 m) of which are increased in each round (jump-off). In maximally four jump-offs the rider with the lowest number of faults wins. (*H.Haag & G. Haag, Dictionary, 2003, 386p*)

**pull** the portion of the start when the athlete pulls the sled forward, in preparation for the final push (luge) [6]

**pull** 1. to make a muscle move in a wrong direction 2. to hit a ball farther left for a right-handed player or farther right for a left-handed player than intended (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**pull** if a batsman pulls the ball, he hits it with a horizontal bat from waist height round onto the **leg** side (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**pull** if a boxer pulls a punch, he holds back the full force of the blow (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**pull** if a player pulls a shot, he or she hits the ball too much to the left for a right-handed player, or to the right for a left-handed player; compare **push** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**pull** the command given by a shooter in **trapshooting** to release the clay pigeon (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**pull** the portion of the lift in which the bar is raised from the platform to the squat or split (weightl.) [6]

**pull** to hit the ball relatively straight, but to the left of the target, for a right-handed player (golf) [6]

**pull** to take a turn at the front of a pace line, thus pulling the other riders along (cycl.) [6]

**pull away** to start to win something such as a competition or race by widening the margin over an opponent (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**pull the goalie** to remove the goaltender from the ice and replace him with a forward to gain more attacking power. The goalie is pulled when there's a delayed penalty on the opposition or when a team needs to score in the closing minutes of a game (icehok.) [6]

**pull the rug** a hit on which a number of pins wobble for a time before falling down simultaneously, as if a rug had been pulled out from under them (bowl.) [6]

**pull up** if a horse pulls up, it stops running during a race (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**pull -up** UK a physical exercise in which the hands are placed on an overhead horizontal bar, and the body is lifted by pulling upwards with the arms. Also called **chin, chin-up** (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**pulldown** an exercise in which a weight is suspended in a pulley system on a fixed machine and the exerciser makes it rise towards the ceiling by pulling cables downwards (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**pulling the goalie** taking the goalkeeper off the ice and replacing him with a forward; leaves the goal unguarded so is only used as a last minute attempt to score (icehok.) [6]

**pullover** an exercise in which the exerciser lies face-up on a bench and lifts a weight from behind the head to over the chest, keeping the arms straight (*Dict. of Sp. and Ex. Sc. 2006, 170p.*)

**pulse** the regular expansion and contraction of an artery, caused by the heart pumping blood through the body (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**Pumas** the nickname of the Argentine rugby team (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**pump up** to increase the mass of a muscle by bodybuilding techniques (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**pumped** with large muscles achieved through bodybuilding (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**pumpkin** a softly thrown ball with little or no spin (bowl.) [6]

**punch** a low, controlled shot hit into the wind. As a verb, to hit such a shot (golf) [6]

**punch** a shot played so that the ball has a lower than normal trajectory, an effect created by placing the ball further back in one's **stance** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**punch** to strike someone or something with the fist, e.g. in boxing or martial arts (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**punch and release** to plant the ski poles with a forward punching movement of the hands, then release the plant quickly (freest.) [6]

**punch drunk** suffering from a form of cerebral concussion from past blows in boxing, resulting in movement that resembles drunkenness (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**punch out** to finish with consecutive strikes, from any frame on (bowl.) [6]

**punch out** to strike out a batter (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**punch volley** a volley hit with a very short, punching stroke (ten.) [6]

**Punch-and- Judy hitter** a batter who only hits the ball softly (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**punchbag** *UK* a large heavy bag, usually suspended from a rope, used by boxers to improve their punching skills (NOTE: The *US* term is **punching bag**.) (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**punchball** a large heavy ball on a stand, used for training or exercise, especially by boxers (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**punt** a kick in which the ball is dropped from the hands and struck before it hits the ground (rugbyL.) (*Chambers. Sports Factf.,2005, 480p.*)

**punt** a kick on which the ball is dropped and kicked before it reaches the ground. A goal cannot be scored with a punt (rugby) [6]

**punt** if a player punts the ball, he releases it from his hand and kicks it before it bounces off the ground (Gaelic f/b) (*Chambers. Sports Factf.,2005, 271p.*)

**punt** to kick the football upfield (by dropping it from the hands and kicking it in mid-air), usually on fourth **down**, so that the opponents will have a greater distance to move the ball when they gain possession (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**punt** when a player 10 yards behind the center catches a snap, drops it and kicks it before it hits the ground; an opponent tries to catch and advance it the other way (f/b) [6]

**punt** a kick in which a player drops a ball and kicks it before it hits the ground (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**punter** a player who specializes in **punting** the football (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**purgative** a drug or other substance that causes evacuation of the bowels, sometimes abused in order to lose weight (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**purge** to induce evacuation of the bowels (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**pursuit** an event in which competitors start at times bases upon where they finished in a previously held sprint race (biathl.) (*Chambers. Sports Factf.,2005, 115p.*)

**pursuit race** **1.** the individual pursuit is a **track race** ridden by two riders head-to-head over a distance of 4km (3km for women). Starting at opposite sides of the track the aim is to catch the other rider or, failing this, to record the fastest time for the total distance **2.** the team pursuit follows the same principle but is ridden by teams of four (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**pursuit race** see bicycle sport. (*H.Haag &G. Haag, Dictionary, 2003, 386p*)

**pursuit start** a type of start in which the skiers go in the order in which they finished the first portion of the pursuit. See combined pursuit (ski.) [6]

**push** the portion of the start when the uses the handles to push the luge forward to the start line (luge) [6]

**push** a defensive or containing shot played with **backspin** (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**push** a gentle shot with backspin, struck with an open paddle against the bottom of the ball and usually hit short and low (t.ten.) [6]

**push** if a player pushes a shot, he or she hits the ball too much to the right for a right-handed player, or to the left for a left-handed player; compare **pull** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**push** if a player pushes the ball, he or she propels it in a continuous movement with the stick across the pitch surface without the ball leaving the ground. The right-hand grip is lower down the handle of the stick than in a **hit** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**push** it is a push when a player moves the ball with a short, pushing movement of the stick, with both the ball and the head of the stick in contact with the ground (hock.) [6]

**push** to hit the ball relatively straight, but to the right of the target, for a right-handed player (golf) [6]

**push back** the center pass (hock.) [6]

**push bars** bars on each side of a four-man sled that are gripped by driver and crew during the push start (bobsl.) [6]

**push climb** a portion of a trail where riders have to dismount and push or carry their bikes because of a very steep grade and/or poor traction (cycl.) [6]

**push in** see side in (hock.) [6]

**push out** a shot allowed after the break in 9-ball pool where a player can hit the **cue ball** anywhere on the table (it does not need to hit a ball) and the opponent can either take the next shot from where it finishes or ask the first player to play again (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**push pass** when a player pushes the ball with the inside of his foot to a teammate (f/b) [6]

**push press** an exercise in which a barbell is raised from the chest to over the head, using a small jump to create momentum (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**push shot** a soft shot on which the shuttlecock is gently pushed, with little or no wrist action. More commonly used in doubles than in singles (badm.) [6]

**push stroke** an illegal stroke in which the cue is still in contact, or comes into contact again, with the **cue ball** when the cue ball touches the **object ball** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**push Time** the amount of time required to push a sled over the first 50 meters of a run (bobsl.) [6]

**push track** a track where teams can practice pushing the sled (bobsl.) [6]

**pushaway** the beginning of the approach, when the bowler takes the first step and pushes the ball away from the body (bowl.) [6]

**pushing** 1. in general the movement with the result of a push or put. 2. in callisthenics a basic movement form where arms and legs are pushed towards the right and left side. 3. moving a piece of sport equipment (also an opponent) without it losing contact with the ground: e.g. in hockey (also ice-hockey and roller-, inline hockey) moving the ball (or puck) under continuous contact with the stick. 4. in boxing and wrestling charging the opponent without an intentional offensive action. 5. in luge and bobsledding getting the sled into movement at the start. (*H.Haag &G. Haag, Dictionary, 2003, 387p*)

**push-off** 1. in general moving rapidly away from a resistance with the goal of concentrating force; this movement is an element of technique in several sports; e.g. in figure or roller skating as a first step or initiation of the jump, in figure skating the push-off of the jump leg from the ice (the technique of creating a resistance for pushing oneself off). 2. in shot putting the moment where the shot leaves the hand of the shot-putter. (*H.Haag &G. Haag, Dictionary, 2003, 387p*)

**push-off leg** in speed skating and cross-country skiing term for the leg from where the push-off in the direction of movement occurs. In speed skating the free leg takes on the function of support leg at the moment of push-off (similar in freestyle cross-country skiing), in classic cross-country skiing (diagonal step) the back leg pushes the body forward and the push-off effect is transferred to the gliding leg. (*H.Haag &G. Haag, Dictionary, 2003, 387p*)

**pushover try** a try scored after a **maul** or **scrum** close to the **try line** has been pushed over the line and the ball is able to be touched down (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**pushover try** a try that's scored by the pack in a scrumdown by pushing the opposition back across the goal line while dragging the ball along (rugby) [6]

**push-up** US same as **press-up** (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

**push-up** exercise for training predominantly arm strength: the straight body is supported by the arms, which bend and extend. Push-ups are performed facing downwards or (not as frequently) upwards. A movement sequence similar to that of a push-up can also be performed against a wall or on a raised platform for the supporting arms. (*H.Haag &G. Haag, Dictionary, 2003, 387p*)

**put away** same as kill (ten.) [6]

**put-in** 1. the introduction of the ball to a **scrum** 2. the right to do so (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**put-in** 1. the introduction of the ball to a scrum 2. the right to do so (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**putt** a shot made toward the hole, when the ball is already on the putting surface (golf) [6]

**putt** to hit the ball with a **putter** so that it rolls along the ground and towards, ideally into, the hole

**putt out** to complete a hole by putting the ball into the hole (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**putter** a club especially designed for putting. It usually has a short shaft and a straight face. (golf) [6]

**putter** a usually short-handled club with an upright striking-face, used in putting. Modern varieties include the **belly putter** and the **broomhandle putter** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**putter** a golf club for putting (*Dict. of Leis., Trav. and Tour., 2008, 243p.*)

**putting green** the surface around the hole, which is specially prepared for putting (golf) [6]

**putting green** **1.** an area on a golf course where the ground is even and the grass is very short, allowing short shots to be made close to the hole **2.** a small golf course where only short shots are needed (*Dict. of Leis., Trav. and Tour., 2008, 243p.*)

**putting surface** same as putting green (golf) [6]

**pyjama cricket** a pejorative term for one-day cricket, from the brightly coloured clothes that are often worn (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**pylon** a short orange marker at each of the end zone's 4 corners (f/b) [6]

**pyramid training** method of » strength training with specific load dosage: the load is successively increased during one exercise series up to the maximum performance capacity and is then reduced again step by step. The exercise frequency is reduced with increased load and vice versa. (*H.Haag &G. Haag, Dictionary, 2003, 388p*)

**pyramiding** (*in weightlifting*) the practice of increasing the weight for each set while decreasing the number of reps performed (*Dict. of Sp. and Ex. Sc. 2006, 171p.*)

## Q

**Q angle** the angle of the quadriceps in relation to the patella, which represents the relationship and alignment between the pelvis, leg and foot (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quad** (or quadruple scull); a four-manned boat in which each crew member has a pair of **sculls** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**quad rugby** a form of rugby played in wheelchairs, designed for people suffering from quadriplegia (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quadrathlon** four tests for measuring improvements in an athlete's explosive power, consisting of a standing long jump, a triple jump, a 30-metre sprint and an overheard shot put (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quadriplegia** a physical disability in which the movement of all four limbs is impaired to some extent (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quadriplegic** a person suffering from quadriplegia (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quadruple** a sculling boat for four rowers. Often shortened to "quad." (row.) [6]

**quadruple double** a triple double with double-digits scored in 4 categories (b/b) [6]

**quadruple double** to record double digit figures in four different categories. See also triple double (b/b) [6]

**quail high** descriptive of a long shot hit on a low, flat trajectory, like the flight of a quail (golf) [6]

**qualification** right to participate in a sport competition either on the basis of a certain placing in a previous competition (e.g. preliminary heats in track and field, preliminary rounds, or qualification games in team sports) or by meeting a » norm (e.g. in the technical disciplines of track and field). (*H.Haag &G. Haag, Dictionary, 2003, 388p*)

**qualifier** **1.** a person or team that is successful in the preliminary part of a competition and earns the right to take part in the next stage **2.** a preliminary round of a competition (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**qualify** **1.** .. to qualify for to be in the right position for, to be entitled to **2.** .. to qualify as to follow a specialized course and pass examinations so that you can do a certain job (*Dict. of Leis., Trav. and Tour., 2008, 244p.*)

**qualifying** the period, usually on the day preceding the race, when drivers try to record fast lap times, the results determining their position on the **grid** (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**qualifying** preliminary sessions in which cars race against time to determine their positions in the grid (autosp.) [6]

**qualifying Draw** the division of teams into groups for World Cup qualifying matches, held 2 years before The Draw (f/b) [6]

**qualifying matches** games played in the 2 years preceding the World Cup to determine which teams participate in the tournament (f/b) [6]

**qualifying school** also known as Q school, a six-round competition held in November for players seeking one of 35 places available via this route on the European Tour (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**qualitative analysis** evaluation of a movement in nonnumerical terms relative to some criterion (*Dict.of sp.and Ex.Sc.1991, 123p*)

**quality** a feature of someone's personality such as perfectionism, dedication or single-mindedness (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quantitative analysis** evaluation of a movement in numerical terms describing the mechanical variables influencing the outcome of the movement (*Dict. of sp. and Ex. Sc. 1991, 123p*)

**quarrel** a crossbow arrow (arch.) [6]

**quarte** the fourth guard or parry; blocking the opponent's blade by moving it high and to the inside so it points beyond the chest or stomach (fenc.) [6]

**quarter** one of four 15-minute periods into which a game is divided (Am.f/b) (*Chambers. Sports Factf., 2005, 17p.*)

**quarter** one of four 20-minute periods into which a match is divided (Austral.f/b) (*Chambers. Sports Factf., 2005, 62p.*)

**quarter court** one half of the back part of the court. The **half-court line** splits the back part of the court into two quarter courts (squash) (*Chambers. Sports Factf., 2005, 551p.*)

**quarterback** the leader of a team's offense, he takes the snap from the center and either hands the ball to a running back to run with, passes it to a receiver or runs with it himself; he also communicates each play to his teammates (f/b) [6]

**quarterback** the player between the **linemen** and the **running backs**, who directs the attacking play of the team (Am.f/b) (*Chambers. Sports Factf., 2005, 17p.*)

**quarter-pipe** half of a **half-pipe**, a curved ramp (skateb.) (*Chambers. Sports Factf., 2005, 515p.*)

**Queensberry Rules** a set of rules adhered to in modern boxing, drawn up by the 8<sup>th</sup> Marquess of Queensberry, a British nobleman, in 1867 (box.) (*Chambers. Sports Factf., 2005, 142p.*)

**Queensbury rules** a code of practice for boxing matches that sets out such rules as the size of the ring, the length of the rounds and the principle of counting to 10 to determine a knockout (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**questioning** in education, a teaching method that requests information from a learner for the purpose of evaluating or increasing the learner's perception, awareness, or concept of a specific task (*Dict. of sp. and Ex. Sc. 1991, 123p*)

**Quetlet index** same as **body mass index** (*Dict. of Sp. and Ex. Sc. 2006, 172p.*)

**quick eight** an apparently good pocket hit that knocks down only eight pins, usually leaving the 4-7 or 6-10 (bowl.) [6]

**quickdraw** a short loop with a **carabiner** at each end, used to connect the climbing rope to a bolt, **piton** or **cam** (alp.) (*Chambers. Sports Factf., 2005, 426p.*)

**quiniela** a wager that requires the gambler to pick the two players or teams that finish first and second in any order (pelota) (*Chambers. Sports Factf., 2005, 445p.*)

**quinte** the fifth guard or parry. In foil or epee, a low line on the side away from the sword arm, with a pronated wrist. In sabre, a high guard that protects the head (fenc.) [6]

**quiver** a case for holding arrows (arch.) [6]

**quiver** a long narrow case for holding arrows, worn by an archer (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**quota** a fixed amount of something which is allowed (*Dict. of Leis., Trav. and Tour., 2008, 246p.*)

## R

**R & A** abbreviation for the Royal and Ancient Golf Club of St. Andrews, Scotland, which established the international rules of golf in collaboration with the U. S. Golf Association (golf) [6]

**R&A** the Royal and Ancient Golf Club of St Andrews (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**rabbit** a touring professional who has to compete in qualifying rounds in order to play in tournaments (golf) [6]

**rabbit** **1.** an inferior batsman **2.** a batsman who is often dismissed by a certain bowler, eg *he's Warne's rabbit* (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**rabbit** a poor amateur player (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**rabbit** a long-distance runner who sets a fast pace for a stronger teammate in the early part of a race (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**rabbit punch** an illegal blow to the back of the neck (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**race** a contest to decide who is the fastest ■ **1.** to compete with someone in a contest of speed **2.** when your heart races, it beats much faster than usual, e.g. because of nervousness or excitement (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**race pace** a stroke rating that a crew can hold for an entire race (row.) [6]

**racecard** a programme for a day of racing at a meeting (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**racewalk** to compete in the sport of race walking (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racewalking** the sport of racing at a fast walking pace, with rules that require walkers to keep at least one foot on the ground at all times (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racing** the sport of taking part in races, e.g. as a runner, on a horse, or in a sports car (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racewalk** to compete in the sport of race walking (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racewalking** the sport of racing at a fast walking pace, with rules that require walkers to keep at least one foot on the ground at all times (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racing** the sport of taking part in races, e.g. as a runner, on a horse, or in a sports car (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racing boats** boats especially constructed for speed competitions (e.g. kayak and Canadian canoe, racing yacht in sailing). The racing boat for rowing has a very thin and smooth hull, small draft, keel fins, and a relatively low weight compared to the practice boat (» gig). (*H.Haag &G. Haag, Dictionary, 2003, 388p*)

**racing line** the optimum line on which to drive between one corner and the next (motorsp.) (*Chambers. Sports Factf.,2005, 415p.*)

**racing shoes** see spikes. (*H.Haag &G. Haag, Dictionary, 2003, 388p*)

**racing sport** totality of all sport competitions where the velocity of the athlete, horse or vehicle determines the winner (e.g. bobsled and luge, speed-skating, canoeing, track and field running disciplines, motor sports, horse racing, bicycling, rowing, skiing, swimming, and sailing). (*H.Haag &G. Haag, Dictionary, 2003, 388p*)

**racing start** the opening strokes of a race, which are typically rowed at a high cadence to get the shell moving rapidly through the water (row.) [6]

**racing team** in motor sport and bicycling a professional team driving for a certain sponsor company and carrying the company's name (on team jerseys or equipment). (*H.Haag &G. Haag, Dictionary, 2003, 389p*)

**racism** the belief that people of different races have different qualities and abilities, and that some races are inherently superior or inferior (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racist** prejudiced against all people who belong to other races (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**rack** the arrangement of the balls (in a diamond or triangle shape) at the beginning of the game (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**racket** the instrument that's used to hit the ball. It has a long, straight handle and an oval frame strung with natural gut or a synthetic material. Up until the late 1960s, rackets were made of wood, but then steel and aluminum frames were introduced, followed by frames of graphite, fiberglass, titanium, and carbon. Maximum dimensions are 29 ½ inches in overall length, 12 ½ inches in overall width. The hitting surface can be no more than 15 ½ inches long and 11 ½ inches wide. Also spelled racquet (ten.) [6]

**racket** the paddle (t.ten.) [6]

**racket** the racket, or bat, has a nearly round face, about 7 inches across, and a long, thin handle. Overall length is about 27 inches and its weight is about 8 ounces (badm.) [6]

**racket abuse** (in tennis) the act of throwing a racket to the ground in anger, which can be penalized (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racket sport** any of various sports that use a racket and ball or shuttlecock, e.g. tennis, badminton or squash (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racket, racquet** a lightweight bat with a network of strings, used in tennis, badminton, squash and similar games. The frame is usually made of wood, aluminium or graphite and the strings of gut or nylon. (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racquet** sport and playing equipment used to move another piece of equipment (ball, puck, birdie); examples of sport disciplines involving a racquet are badminton, golf, all forms of hockey, ping-pong, tennis, squash. (*H.Haag &G. Haag, Dictionary, 2003, 389p*)

**racquet games** (return games) ball games where a ball must be returned with a racquet. Usually, the ball must be played to the opponent across a net, rope, bench or after rebounding from a wall. The aim in all racquet games is to place the ball in such a manner that it cannot be returned by the opponent without committing a fault. The racquet games include, among others: badminton, Indiacca, pelota, racquetball, squash, tennis, and ping-pong. (*H.Haag &G. Haag, Dictionary, 2003, 389p*)

**racquetball** a game played on a four-walled indoor court by two, three or four players using short-handled rackets and a ball larger than the ball used in squash or racquets (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**racquetball** return racquet game, similar to » squash and » American handball, played indoors by singles, doubles, and in teams of three. The sport facility is a room with the dimensions 12.2 x 6.1 x 6.1 m. All side walls, floor, and ceiling are part of the playing field. In the center of the floor a service zone (width 1.52 m) is marked, from where a hard rubber ball (diameter 5.5 cm) is brought into play using a racquet which is 46-50 cm long and is held with a grip and has a wrist safety loop. The ball is played against the walls in such a manner that the opponent has difficulty reaching it. The game is played for points, which can only be scored by the server. One set goes to 21 points, the decisive set to 15 points; a match is always played to best out of three sets. (*H.Haag &G. Haag, Dictionary, 2003, 389p*)

**racquets** a fast game similar to squash played by two or four people on a four-walled indoor court using long-handled racquets and a small hard ball (*Dict. of Sp. and Ex. Sc. 2006, 173p.*)

**Rae's Creek** the stream that runs in front of the 12<sup>th</sup> green and behind the 11<sup>th</sup> green at the Augusta National course (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**raft** a flat boat made of pieces of wood or logs tied together (*Dict. of Leis., Trav. and Tour., 2008, 247p.*)

**rafting** the activity of floating down a river on a raft ◊ **white-water canoeing** (*Dict. of Leis., Trav. and Tour., 2008, 247p.*)

**rag the puck** to retain control of the puck, without attempting to score, for a considerable period of time, usually through clever stickhandling; a tactic used to kill time while a team is short-handed or when it holds a lead with not much time left in the game (icehok.) [6]

**ragging** retaining the puck by clever stickhandling; often used by a shorthanded team to kill time (icehok.) [6]

**raider** a horse brought over from abroad to run in a particular race, eg *there are two Irish raiders in this race* (equest.sl.) (*Chambers. Sports Factf.,2005, 350p.*)

**raider** player who moves into the opponents' half (kabadi) (*Chambers. Sports Factf.,2005, 377p.*)

**rail** a shot hit close to or parallel to the side walls (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**rail** a top fuel dragster (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**rail** a wooden bar in an obstacle (equest.) (*Chambers. Sports Factf.,2005, 225p.*)

**rail** a wooden bar or pole, as part of an obstacle (equest.) [6]

**rail** same as **cushion** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**rail** same as picket fence (bowl.) [6]

**rail** the circular strip around which the mechanical lure moves (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**rail** the wire on a steel-tip board or the plastic separators on an electronic board (darts) [6]

**railroad** a wide split on which both pins are on the same line; e.g., the 7-10, 8-10, 7-9, or 4-6 (bowl.) [6]

**rails** the sides of the surfboard that run from **nose** to tail (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**rainbow jersey** a multi-colored striped jersey that is worn by the defending world champion (cycl.) [6]

**rained off** cancelled, because of rain (*Dict. of Leis., Trav. and Tour., 2008, 248p.*)

**raise** a type of **draw** that knocks another stone into the **house** or into a better position within the house (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**raise** to make a shot that moves a stone into better scoring position. Also, the shot itself (curl.) [6]

**raised ball** lifting the ball more than 18 inches above the ground with a hit is an offense, known as a raised ball, if it is dangerous or likely to lead to dangerous play (hock.) [6]

**rally** an exchange of shots, starting with the service (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**rally** an exchange of shots, starting with the service (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**rally** an extended exchange of shots between players or sides (ten.) [6]

**rally** situation in return games where the ball is played back and forth between the players. A long rally during competition is especially attractive for the spectators. A rally is interrupted when the ball cannot be returned, goes into the net, or when the referee stops the game. (*H.Haag &G. Haag, Dictionary, 2003, 389p*)

**rally** the alternating exchange of shots after the serve that ends either with a point or sideout (racq.) [6]

**rally** the period during which the ball is in play; an exchange of shots that begins with a serve and ends with a point or a let (t.ten.) [6]

**rally** the series of exchanged shots that decide a point (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**rally** the series of exchanged strokes that decide a point (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**rally** an exchange of shots leading to a point or service change (badm.) [6]

**rally** in tennis and other racket sports, an exchange of several shots between two opponents or sides before a point is scored (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rallycross** motor racing on a circuit partly on roads and partly across country (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rallye** discipline of automobile sport. A rallye consists predominantly of special test courses with connecting tracks. The special test courses are usually marked-off tracks with difficult terrain; the fastest time taken for driving the course determines the winner, or a maximum norm time cannot be exceeded in order to pass the test which counts as a qualification for other parts of the rallye. On the connecting tracks the regular traffic regulations apply and the driving time is therefore prescribed. Rallye driving is only practiced with series automobiles. The classification is made according to the groups and classes prescribed by the international head organization (» automobile sport). Each vehicle is equipped with two people. The co-pilot is responsible for the log book, where the course is marked, and for recording the times taken for special test sections. Famous rallyes are the Rallye Paris - Dakar (11,000 km) which has been held since 1971, and the Rallye Monte Carlo (3,000 3,400 km) which has been held since 1911 (since 1927 with a women's class). (*H.Haag &G. Haag, Dictionary, 2003, 390p*)

**ram wing** the center hull section of a three-point hydroplane, which is shaped like an airfoil to generate lift (powerb.) [6]

**ramble** a walk for pleasure in the country ■ to go for a walk for pleasure in the country (*Dict. of Leis., Trav. and Tour., 2008, 248p.*)

**rambler** somebody who goes for walks for pleasure in the country (*Dict. of Leis., Trav. and Tour., 2008, 248p.*)

**ramp** a sloping part of the ground, going from one level to another (*Dict. of Leis., Trav. and Tour., 2008, 248p.*)

**random practice** practice of several different skills in rotation, not mastering one before moving on to the next but coming back to it later (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**random skill** a skill that is called upon at a moment's notice, as when a person reacts to an unexpected stimulus (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**randy** a single flip with two and a half twists (freest.) [6]

**range finders** markers in the lane that help the bowler determine the target line. There are two sets of such markers: ten dots located seven feet past the foul line and seven arrows arranged in a triangle beginning 16 feet beyond the foul line (bowl.) [6]

**range of motion** the direction in which, and distance for which, a joint can be moved comfortably. **Abbreviation ROM** (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rank scoring** **1.** in track and field team competitions mode of scoring where the placing (rank) rather than the performance itself is crucial for the combined team score. The rank is valued with a certain number of points, e.g. with 4 participants: 5 points for the first, 3 points for the second, 2 points for the third, and 1 point for the fourth. The points scored by the individual team members are added for the total team result. **2.** in sport disciplines with performances that cannot be measured (artistic sports) the awarding of ranks to the individual participants in the competition using open scoring. (*H.Haag &G. Haag, Dictionary, 2003, 390p*)

**ranking** the ordering of athletes according to their performances, which is either undertaken by clubs, national or international federations (e.g. boxing, golf) or is determined from results of ranking tournaments (e.g. in tennis, ping-pong). (*H.Haag &G. Haag, Dictionary, 2003, 390p*)

**rap** same as burner (bowl.) [6]

**rap** to hit a putt firmly (golf) [6]

**rapid-adaptation training** training that switches regularly between strength training, flexibility exercises and cardiovascular work in order to confuse the body (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rapids** an area of a river, stream, or course where the current is very rapid and flows around and over various obstacles (canoe) [6]

**rappel** same as **abseil** (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**rappel** same as abseil (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rapture of the deep** a phenomenon during underwater diving (depths of more than 30-40 m) similar to intoxication, causing diminished concentration and thought, careless behaviour and a good mood, which can lead to dangerous false estimations of the situation and possibly deadly actions. (*H.Haag &G. Haag, Dictionary, 2003, 390p*)

**rash vest** a thin, synthetic, elasticated, short- or long-sleeved shirt worn by surfers under a wet suit to prevent skin irritation or by swimmers on its own to provide sun protection (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rassemblement** bringing the feet together at right angles with the heels touching and the body upright (fenc.) [6]

**rate of perceived exertion** the intensity of an exercise according to the exerciser's subjective judgement, from very light to very heavy. **Abbreviation RPE** (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rating** the number of strokes per minute a crew is rowing (row.) [6]

**rating** the number of strokes rowed per minute. It is often used to advise a crew of its work rate. Generally, 32-40 strokes a minute are achieved in full race mode. Over 40 strokes means a crew is rowing flat out (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**rating** procedure for assessing the performance delivered by an athlete in the artistic sport disciplines, where a precise measurement of performance according to the » cm-g-s system is not possible (e.g. in gymnastics, figure- and roller-skating, dancing, sport acrobatics). Rating is realized by means of the judges awarding points for performances in consideration of the assessment criteria prescribed by the rules of the respective sport disciplines. (*H.Haag &G. Haag, Dictionary, 2003, 391p*)

**rating** the act of classifying or valuing (*Dict. of Leis., Trav. and Tour., 2008, 249p.*)

**rating marker** a permanent marker indicating the point at the front of the teeing ground from which distance to the green is measured (golf) [6]

**rationale-motive behaviour therapy** a form of cognitive-behavioural therapy in which someone is encouraged to examine and change irrational thought patterns and beliefs in order to reduce dysfunctional behavior (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**raw food diet** a diet in which only raw, unprocessed foods may be consumed (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**RBI** see run batted in (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**RDA** **abbreviation** Recommended Daily Allowance (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**RDI** **abbreviation** Recommended Daily Intake (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**reach** a boxer's reach is the distance between the fingertips of one arm to those of his other arm, when standing with arms outstretched to either side (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**reaction drill** a repetitive exercise in which a person responds to stimuli, e.g. catching a ball thrown by a partner (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**reaction time** the interval of time between the application of a stimulus and the first indication of a response (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**reaction time** the split-second taken by an athlete to propel themselves out of the blocks (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**reaction time** the time it takes a driver to react to the green starting light on the Christmas tree; it is measured in thousandths of a second (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**reaction time** the time period between the reception of a stimulus by the sensory organs and the answer by a corresponding body reaction. (*H.Haag &G. Haag, Dictionary, 2003, 391p*)

**read the green** to examine the slope and texture of the green in order to determine what path the ball should take on a putt (golf) [6]

**reading the defense** recognition by the quarterback of the defensive formation; he may then call an audible to adjust the offense (f/b) [6]

**reading the lane** experimentation, usually during practice, to determine the characteristics of a lane. Some lanes are faster than others, some will allow a bigger hook while others will hold the ball back, etc. (bowl.) [6]

**ready position** the position adopted by the receiver in anticipation of the serve (ten.) [6]

**real tennis** a form of tennis played on an indoor court with a sloping roof against which the ball can be hit (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**reality tourism** travel to areas of the world considered politically unstable or less developed, in order to experience the way of life there at first hand (*Dict. of Leis., Trav. and Tour., 2008, 249p.*)

**rebote** **1.** a form of pelota with five players per side and in which a cesta is used **2.** the back wall of a court (pelota) (*Chambers. Sports Factf.,2005, 445p.*)

**rebound** **1.** a carom of the ball off the backboard after a missed shot. **2.** gaining possession of the ball after it has come off the backboard. As a verb, to get a rebound. See defensive rebound; offensive rebound (b/b) [6]

**rebound** a loose puck that has bounced off the goaltender, the crossbar, or a goal post after a shot (icehok.) [6]

**rebound** a puck that bounces off the goalie's body or equipment (icehok.) [6]

**rebound** an instance of catching the ball in the air after a missed shot has bounced off the **backboard** or the rim of the basket (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**rebound** when a player grabs a ball that is coming off the rim or backboard after a shot attempt; see offensive rebound and defensive rebound (b/b) [6]

**rebound** 1. a ball that bounces back, particularly off a backboard or rim of the basket in basketball or off the goalkeeper or goalpost in hockey, football or a similar sport 2. an upward movement or a recovery, especially after a setback (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rebound** the bouncing of the ball back from the basket ring or the back board following a shot. One differentiates between the offensive rebound (an offensive player takes on a position at the opponent's basket to catch the ball when it rebounds) and the defensive rebound (a defender secures the area around the basket). (*H.Haag &G. Haag, Dictionary, 2003, 392p*)

**rebounder** a mini trampoline used for exercise (*Dict. of Sp. and Ex. Sc. 2006, 174p.*)

**rebounder** player in team games (especially in basketball) who is very skilled at catching and controlling rebounds and can possibly score points or goals following the rebound. (*H.Haag &G. Haag, Dictionary, 2003, 392p*)

**recall** memory of something previously learned (*Dict.of sp.and Ex.Sc.1991, 125p*)

**recece** inspection of the course by the driver and co-driver in advance of the rally in order to draw up the **pace notes** (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**receipt skills** gross skills in which force is received from some object, as in catching, trapping, and fielding (*Dict.of sp.and Ex.Sc.1991, 126p*)

**receiver** a player on the offense who catches passes from the **quarterback** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**receiver** a player who gets a pass from a teammate (f/b) [6]

**receiver** an offensive player who catches or attempts to catch a forward pass (f/b) [6]

**receiver** the player who is returning serve (t.ten.) [6]

**receiver** the player who is to return serve (racq.) [6]

**receiver** the player who receives a pass from the ball handler (b/b) [6]

**receiver** the player who receives service throughout a game (ten.) [6]

**receiving line** the five-foot line (racq.) [6]

**reception** an instance of catching a pass from the **quarterback** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**reclining dragon** same as **gargu kamae** (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**Recommended Daily Allowance, Recommended Daily Intake** the amounts of vitamins, minerals and other nutrients that the government recommends people take in their food or otherwise every day to avoid ill health. *Abbreviation RDA, RD1 (Dict. of Sp. and Ex. Sc. 2006, 175p.)*

**record** best performance in sports that permit an objective assessment of performance (» cm-g-s system). A prerequisite is the continuous repeatability of the record attempt under identical conditions. Only if these conditions are met and if a protocol of the record has been provided, is a record recognized by national and international sport federations. Depending on the geographic context one differentiates between club, county, regional, state, national and international (e.g. European, world, Olympic) records. (*H.Haag &G. Haag, Dictionary, 2003, 392p*)

**record** something that represents the greatest attainment so far, especially in sports (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**record board** a display that shows current records in the category being contested (weightl.) [6]

**record performance** in many sports the performances recorded on record lists (in addition to the official records), which represents the best performance of an athlete (a team) in a certain sport discipline in relation to an individual athlete (individual record performance), a certain time frame (e.g. best performance of the year), or the site (e.g. indoor record performance). Record performances are especially registered in those sports where no official records are kept (e.g. marathon run). The "eternal" record list is the recording of the best performances in a sport discipline irrespective of time frames. (*H.Haag &G. Haag, Dictionary, 2003, 393p*)

**recorder** an official who keeps track of race results and compiles the race standings (motorsp.) [6]

**recover** to move back to the en garde position after a lunge (fenc.) [6]

**recover** to return to a position with the legs side by side after a split (weightl.) [6]

**recovery** the portion of the stroke, between the release and the catch, during which the oar is brought into position for the next stroke (row.) [6]

**recovery** the rest phase in the **stroke** cycle where the rower is swinging forward to take the next **catch** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**recovery** to gain or regain possession of a fumble (f/b) [6]

**recovery** **1.** in swimming or rowing, the bringing forward of the arm to make another stroke **2.** the process of returning to health after being ill or injured (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recovery** restoring of physical, mental and physical performance capacity after stress. (*H.Haag &G. Haag, Dictionary, 2003, 393p*)

**recovery diet** a nourishing diet that rebuilds body tissues and restores energy levels after the rigours of competition (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recovery shot** a shot from an undesirable position, such as a hazard or the rough, onto the fairway or green (golf) [6]

**recovery sport** form of physical activity which restores physical and psychological performance capacity. (*H.Haag &G. Haag, Dictionary, 2003, 393p*)

**recovery time** the time it takes for a the heart rate to return to rest after exertion, used as a measure of physical fitness (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recreation** an activity that a person takes part in for pleasure or relaxation rather than as work (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recreation** enjoyable activities that people do for fun (*Dict. of Leis., Trav. and Tour., 2008, 251p.*)

**recreation therapy** service that utilizes leisure activities to enhance the social and emotional well-being of the disabled (*Dict.of sp.and Ex.Sc.1991, 126p*)

**recreational** done or used for pleasure or relaxation rather than work (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recreational fitness** exercise undertaken to maintain general fitness and well-being, rather than to train for professional competition (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**rectilinear** moving in a straight line (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recumbent bike** same as exercise bike (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**recurve** a bow whose tips curve away from the archer (arch.) [6]

**recurve bow** a bow where the limbs curve away from the archer (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**recycle** to maintain possession of the ball following a **breakdown** (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**red card** a card that calls for dismissal of an illegal advisor, when shown by the umpire. If shown along with a yellow card, it indicates that a penalty point has been awarded (t.ten.) [6]

**red card** a card shown by the referee to send a player off the pitch permanently (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**red card** a playing card-sized card that a referee holds up to signal a player's removal from the game; the player's team must play the rest of the game shorthanded; presented for violent behavior or multiple rule infractions (two yellow cards = one red card) (f/b) [6]

**red card** if a player is guilty of an intentional foul, such as deliberate body contact or verbal abuse of officials, the referee issues a red card, which results in ejection from the game and suspension of the player for the team's next game (hock.) [6]

**red card** the red-coloured card shown by a referee to a player who is being sent off. A red card is given following two **yellow cards** or one very serious foul (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**red card** (in some team sports) a red card displayed by the referee when dismissing a player from the field for a serious infringement of the rules, ◇ **green card, yellow card** (NOTE: in some sports, a player who has been shown a red card may also be banned from later games.) (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**red flag** if an athlete receives a red flag, the jump or throw is a **foul**, eg *that's a huge jump, but she's got the red flag* (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**red light** a light behind the goal cage, next to the green light, that is turned on by the goal judge to indicate that a goal has been scored (icehok.) [6]

**red line** a line, 12 inches wide, that extends across the ice midway between the goal lines. Also known as the center line (icehok.) [6]

**red line** the line that divides the length of the ice surface in half (icehok.) [6]

**red line** the line, 30cm wide, which divides the playing area in two (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**red shirt** a designation given to a college player who did not play in any games during a particular year due to injury or coach's choice; such a player is permitted to practice with the team during that season and is granted an additional year of eligibility; most often used to describe college freshmen who are held out of games their first year to mature, becoming "red shirt freshmen" in their second or sophomore year of college (f/b) [6]

**red zone** the area between the goal line and the 20-yard line (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**red zone** the imaginary area between the defense's 20-yard line and its goal line from which the offense is most likely to score points (f/b) [6]

**redoublement** renewing an attack after being parried by moving the point to a different line toward the target (fenc.) [6]

**ref** (*informal*) a sports referee ■ to referee a sport or game (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**referee** member of the »jury at sport competitions, who has the power to make decisions regarding the course of a competition, particularly in sport games, either alone or with a partner. In several team games the referee is supported by » linesmen. In the combat sports the »judge takes on a similar function. Since objectivity is demanded from the referee, he is often called an impartial person who must ensure the competition rules are followed and must also enforce discipline. The referee's decisions are » factual decisions and are therefore incontestable. (*H.Haag &G. Haag, Dictionary, 2003, 394p*)

**referee** an official at Test matches who deals with disciplinary matters (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**referee** in major matches, there are two referees, one on each side of the pool. One is called the attacking or offensive referee, when the goal to his or her right is being attacked. The other, the defensive referee, remains at least as far back as the attacking player who is farthest from the goal. Referees together are responsible for calling fouls and declaring penalties (w.polo) [6]

**referee** one of the three officials in charge of a bout. The referee adjudicates from the mat while the judge and chairman are positioned beyond the mat (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**referee** one of two or three officials in charge of a game; they are responsible for calling all violations and fouls, levying penalties, and signaling valid field goals. See also center official; lead official; trail official; umpire (b/b) [6]

**referee** the chief official in a hockey game, who calls most of the serious infractions and assesses penalties (icehok.) [6]

**referee** the chief official, who oversees the entire race or meet, conducts the draw, and decides when the ice should be resurfaced (motorsp.) [6]

**referee** the chief official; he makes all final decisions, acts as timekeeper, calls all fouls and starts and stops play (f/b) [6]

**referee** the court official (b/b) [6]

**referee** the director (fenc.) [6]

**referee** the lead official at a meet, who is in charge of seeing that all rules and regulations are observed. The referee does not function as a judge (div.) [6]

**referee** the official in charge of a game who upholds the laws with the help of two **assistant referees** on the touchlines and a **fourth official** off the pitch (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**referee** the official who has over-all charge of competition and serves as chairperson of the judges' panel (f.skate.) [6]

**referee** the official who is in overall charge of a tournament or match. He or she is responsible for deciding all questions of fact and of golf law, and may act on any breach of rule, whether directly observed or reported by an observer (golf) [6]

**referee** the official who is in overall charge of a tournament. The referee doesn't officiate at matches, but may be called upon by the umpire to interpret a rule (ten.) [6]

**referee** the person in overall charge of the officiating team (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**referee** the sole judge and timekeeper for a match (rugby) [6]

**referee** there are three referees who rule on whether or not a lift is good, with the majority decision ruling. The chief referee signals the end of each lift by giving the lifter the down signal (weightl.) [6]

**referee** an official who oversees the play in a sport or game, judges whether the rules are being followed, and penalises fouls or infringements ■ to act as a referee in a sport or game (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**referee decision lights** lights on the attempt board signal each referee's decision on whether or not a lift was valid. A white light indicates a good lift, a red light indicates no lift (weightl.) [6]

**referee throw** a throw into the air by the referee between two players who jump for the ball, usually taken when a foul is called for both teams (h/b) (*Chambers. Sports Factf., 2005, 317p.*)

**referee's crease** a semi-circle with a 10-foot radius, marked in red, in front of the penalty timekeeper. When the referee is reporting penalties, no player is allowed to enter this area (icehok.) [6]

**referee's crease** a semi-circular area, with a 10 foot radius, marked in red on the ice in front of the timekeepers' bench into which players may not follow a referee (icehok.) [6]

**referee's position** see par terre (wrest.) [6]

**referee's position** the starting position on the mat in which the bottom wrestler has his hands and knees on the mat and the top wrestler is kneeling behind him with one hand on his arm and one arm around his opponent's waist (wrest.) [6]

**referees** the chief officials in a hockey game, distinguished from the other officials by a red armband; they start the game, call most of the penalties and make the final decision in any dispute; they are responsible for making sure the ice, the nets and the clock are in good condition; they wear black pants and an official league sweater; they are also on skates (icehok.) [6]

**refined form** next to the basic form and the » fine form a third level of movement execution, where the structure of the movement is performed optimally with respect to movement range and precision. In connection with refined movements one also speaks of automated movements (» automation). (*H. Haag & G. Haag, Dictionary, 2003, 394p*)

**reflection** careful thought, especially the process of reconsidering previous actions, events or decisions (*Dict. of Sp. and Ex. Sc. 2006, 175p.*)

**reflex** a rapid automatic reaction to a stimulus (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reflex action** an automatic reaction to a stimulus, e.g. a knee jerk (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reflex trainer** a ball that has an unusual centre of gravity and bounces in an unpredictable way, used for training players to have quick reactions (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reflexology** a form of massage in which pressure is applied to parts of the feet and hands in order to promote relaxation and healing elsewhere in the body (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**refusal** failure to jump a fence because the horse stops or tries to run around it. Scored as a disobedience (equest.) [6]

**refusal** the failure of a horse to jump an obstacle because the horse runs around it or stops short of it. A refusal incurs penalty points (equest.) (*Chambers. Sports Factf.*,2005, 225p.)

**regatta** race for canoes, rowboats, sailboats, and motor boats, which is held on a specially marked regatta course (» canoeing, » motor boat sport, » rowing, » sailing). (*H.Haag &G. Haag, Dictionary, 2003, 396p*)

**regatta** a boat race, or a meeting at which a number of boat races take place (row.) [6]

**regatta** a sports event consisting of a series of boat or yacht races (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**regatta** an organized programme of races (row.) (*Chambers. Sports Factf.*,2005, 470p.)

**regatta** an organized programme of races (sail.) (*Chambers. Sports Factf.*,2005, 504p.)

**regatta** a sporting event where rowing boats or sailing boats race (*Dict. of Leis., Trav. and Tour.*, 2008, 252p.)

**regenerative medicine** the branch of medicine that deals with repairing or replacing tissues and organs by using advanced materials and methodologies such as cloning (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**regime** a general pattern or system (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**re-grasp** the act of grabbing the bar again after releasing from it (art.gymn.) [6]

**regular** (*in skateboarding and similar sports*) used for describing a stance on the board in which the rider's left foot is nearer the front end (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**regular season** the schedule of games set before the season; consists of all games played before a playoff or tournament is held (f/b) [6]

**regulation game** four 12-minute quarters in the NBA or two 20-minute halves in college; a game that ends without overtime periods (b/b) [6]

**regulation game** two completed periods of a game, prior to any overtime or tiebreaker (f/b) [6]

**regulatory body** an independent organisation, usually established by a government, that makes rules and sets standards for an industry and oversees the activities of companies within it (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**rehabilitate** to make someone fit to work or to lead their usual life (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**rehabilitation** the process of making someone fit to work or to lead an ordinary life again (*Dict. of Sp. and Ex. Sc. 2006, 176p.*) (*H.Haag &G. Haag, Dictionary, 2003, 393p*)

**rehabilitation** the treatment and physical activity provided to restore functional ability after a disability (*Dict. of sp. and Ex. Sc. 1991, 127p*)

**rehabilitation** collective term for all measures aimed at eliminating or reducing physical, mental or psychological handicaps or social isolation and their consequences thus integrating the involved individuals into society once again on a long-term basis. Depending on the objective one differentiates between medical (e.g. medical treatment and care, usually in curative treatment, e.g. in a spa), occupational (e.g. work probation, retraining), and social rehabilitation (e.g. group therapy, behavioural therapy, transfer institutions). Sport can make a major contribution particularly within the framework of medical and social rehabilitation. (*H. Haag & G. Haag, Dictionary, 2003, 396p*)

**rehabilitation exercises** gentle exercises designed to maintain flexibility and overall fitness while recovering from an injury (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**rei** bow; a command (mart.art.) [6]

**reigi** the etiquette required for kendo (kendo) (*Chambers. Sports Factf., 2005, 383p.*)

**reigning** currently holding the champion's title in a particular sport or for a particular sporting event (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reiki** (*in alternative medicine*) a treatment in which healing energy is channeled from the practitioner to the patient to enhance energy and reduce stress, pain and fatigue (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reinforcement** **1.** the act of strengthening something **2.** a strengthened structure (*Dict. of Sp. and Ex. Sc. 2006, 176p.*)

**reining** a type of western riding in which the rider and horse perform an assigned pattern from memory, demonstrating various figures, stops, and turns at varying speeds (equest.) [6]

**reject** to block a shot (b/b sl.) (*Chambers. Sports Factf., 2005, 111p.*)

**relaxation** procedure that uses psychological or physiological means to alleviate anxiety and muscular tension (*Dict. of sp. and Ex. Sc. 1991, 128p*)

**relaxation** in a narrow physiological sense, the process of loosening the contracted muscles of the body as a prerequisite for a subsequent application of force. Exercises for relaxing and stretching muscles, tendons and ligaments play an important role for physiological relaxation. In a broader sense, relaxation stands for a psychological process relating to the entire body as well as for its result, i.e. a state of subdued readiness to react while awake which involves a reduction of respiratory rate and heart rate as well as muscular relaxation. Exercises for neuromuscular relaxation, yoga, and autogenous training can contribute towards relaxation in this broader sense. The lifestyle of today's human beings with the demands of work, everyday life, and recreation requires a considerable degree of relaxation. New concepts from Far Eastern physical culture and meditation can enhance the development of such relaxation components as ease, looseness, balance, and the ability to concentrate on oneself. (*H. Haag & G. Haag, Dictionary, 2003, 396p*)

**relaxation exercises** special exercises for relaxing muscles, ligaments and tendons after strong contractions and loads. They enhance blood flow, reduce cramps, and increase the recovery effect. Relaxation exercises are an essential component of sport instruction and training in every sport discipline. Muscle training can be effectively organized by combining relaxation, stretching and strength exercises. (*H.Haag &G. Haag, Dictionary, 2003, 397p*)

**relay** a section or lap of a relay race, ran or swum by an individual athlete (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**relay** a cross country race among teams made up of four skiers, each of whom races one of the four legs. Legs are generally 5, 7.5, or 10 kilometers long. The first two are skied classical style and the last two are freestyle (ski.) [6]

**relay** a team event in which each of the four athletes that make up the team run the same distance, each runner passing a **baton** to the next team member (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**relay** a throw to the infield made by a cut-off man after intercepting a throw (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**relay** short track competition has relay races, usually involving four teams with four skaters each. Each team member must take at least one turn on the track, but the distance to be covered by a skater isn't fixed. When an exchange takes place, the skater on the track needs only to touch the incoming skater. In practice, however, the incoming skater usually gets into a crouch on the ice and is given a push start by the skater who's being replaced. Only one exchange can take place during the last three laps, and a single skater has to complete the final two laps (motorsp.) [6]

**relay competitions** collective term for speed competitions where a course is covered by several members of a team over different parts of the course. (*H.Haag &G. Haag, Dictionary, 2003, 397p*)

**relay race** a race between teams of competitors in which each member of a team runs or swims only part of the total distance to be covered. In a running race, the current runner must pass a baton to the person running the next section. (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**relay running** discipline of track and field where several (usually four) athletes of one team have to run one portion each of a certain distance. (*H.Haag &G. Haag, Dictionary, 2003, 397p*)

**release** a mechanism that detaches the ski binding from the boot, when a certain amount of force is applied, to help prevent injury after a fall (ski.) [6]

**release** the act of leaving the bar and performing a move before the re-grasp (art.gymn.) [6]

**release** the moment that the ball leaves a shooter's hands (b/b) [6]

**release** the point at which the ball is put onto the lane; also, the hand action that takes place at that point (bowl.) [6]

**release** the portion of the stroke when the oar is removed from the water (row.) [6]

**release** in the throwing disciplines of track and field the moment when the equipment leaves the thrower's hand, also a term for the process of throwing the javelin, discus etc. Important aspects are the release line, which is not to be crossed by the thrower, and the angle of release, which is an important factor influencing the optimal flight of the object. (*H.Haag &G. Haag, Dictionary, 2003, 398p*)

**release** the act of letting go of the string to launch the arrow (arch.) [6]

**release aid** a mechanical device that allows smoother release of the arrow (arch.) [6]

**release drill** the process of learning to relax fully before playing a sport, in order to improve performance (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**release grips** **1.** in general tricks to free oneself from a grasp or clench. **2.** in judo certain grip techniques for getting out of strangleholds or other holds. **3.** in lifesaving defensive grips used for protecting one-self against the (dangerous) grasp of a drowning victim. (*H.Haag &G. Haag, Dictionary, 2003, 398p*)

**relegate** to transfer a sports team from a higher to a lower division in a competition, usually because it is one of the least successful teams in the higher division (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**relegation** demotion for a club from a higher division to a lower one following a season in which they have finished at the bottom or near the bottom of their division (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**relegation** the act of moving a sports team into a lower group, or the fact or state of being moved into a lower group (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**relegation** in team sports the classification into a lower playing class due to bad results in competitions of the past competitive season. The relegated team participates in the championship round of the lower class during the following season. A team that has moved up to the next higher division (» moving up) replaces the relegated team. Relegation can also be imposed on a team by the responsible federation due to severe violation of fair behaviour in the respective sport. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**relegation zone** the positions at the bottom of the league which will result in relegation at the end of the season, eg *United are just three points above the relegation zone* (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**relief** the option of moving one's ball because a player is obstructed from making a normal stroke at it, eg if it is next to a staked tree (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**relief pitcher, reliever** a pitcher who enters the game as a substitute (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**reload** if a player reloads, he or she takes a second tee shot because the first may be lost or out of bounds (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**remedial callisthenics** callisthenics aimed at compensating for weaknesses of the body and one-sided loads. Compensatory callisthenics are used in remedial physical education to eliminate organ and coordination performance detriments and postural deficiencies. Furthermore, they also play a role in programs of gymnastics in sport clubs and in mass sport. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**remedial exercise** within the framework of » remedial sport and compensatory callisthenics collective term for exercises which are specifically aimed at eliminating deficiencies in anatomy, organs, muscles, and coordination, which are a result of one-sided loads at work and in everyday life. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**remedial massage** massage intended to cure or relieve the symptoms of somebody who is ill or injured (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**remedial sport** a special form of sport where the attempt is made through compensatory callisthenics and compensatory exercises to balance the one-sided demands on the body, which are mainly caused by working conditions, in regard to medical therapy and psycho-hygiene. Efforts toward establishing movement breaks at the work-place as part of » company sport (e.g. in Japan) represent forms of compensatory sport. Remedial sport is closely connected to leisure sport and » recreational sport. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**remis** tie result of a sport competition, when no party can produce a check-mate with the figures that are left on the board. A remis is also given when a figure advantage would allow for a check-mate, but not the concrete playing position (positional remis) can be reached. A remis can also be agreed upon when the same position has been reached three times in a row. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**remise** an effective second thrust after the first one has missed (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**remise** renewing an attack after being parried by moving the point along the same line toward a different point on the target (fenc.) [6]

**renwaku waza** various techniques used in combination (mart.art.) [6]

**repair** to make something that is damaged good again (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**repechage** a competitive round in which paddlers who lost in the first heat are given a chance to advance further; from the French for 'fishing again' (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**repechage** a round in track racing competitions in which riders who lost their heat can race again to try to re-enter the competition (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**repechage** a round of competition for boats that lost in a preliminary heat. Top finishers in a repechage continue to further rounds (row.) [6]

**repechage** a second chance given to losers of earlier heats in most match sprint competitions. The winner of a repechage continues on in the competition (cycl.) [6]

**repechage** a supplementary heat or competition that gives crews that have been eliminated in the first heat or earlier competitions a second chance to go on to the final or semi-final. Originates from a French word meaning 'fishing out again' (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**repechage** especially in running and racing competitions an additional heat (race) held for the losers of the qualifying races with a last chance to qualify for the remainder of the competition. A repechage round is an additional playing round for participants of a competition who have not qualified previously. (*H.Haag &G. Haag, Dictionary, 2003, 399p*)

**repetitions** same as **reps** (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**repetitive strain injury** full form of **RSI** (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**reprise** in fencing a post-hit, i.e. a repetition of an attack against an opponent who has parried, but not moved backwards. (*H.Haag & G.Haag, Dictionary, 2003, 400p*)

**reps** movements that are repeated exactly, usually a particular number of times. Also called **repetitions** (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**required dives** a list of dives that must be performed by all competitors, usually before any optional dives (div.) [6]

**required elements** eight to ten fixed figures that must be performed by in the technical routine (synchr.swim.) [6]

**rerack or reset** a call by a bowler asking that the pins be lifted from the alley and put back properly, because they're off spot (bowl.) [6]

**rerun** to run a race again, or cause a race to be run again, after the result on the first occasion has been disallowed because of an infringement (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**reserve clause** formerly, a clause in the contract of a professional sportsperson stating that the club, not the sportsperson, has the exclusive right to renew the contract (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**residual volume** the amount of air left in the lungs after the maximum possible exhalation (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**resin** a sticky substance applied to the hands to maintain a good grip of the ball and put extra spin on shots (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**resistance** acts by a horse that indicate a refusal to continue a round, such as rearing, making a half turn, or stepping back (equest.) [6]

**resistance** movements by a horse that indicate a refusal to jump an obstacle or continue a round (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**resistance** **1.** the ability of a person not to get a disease **2.** the ability of a bacterium or virus to remain unaffected by a drug **3.** opposition to a force (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**resistance exercises** term for exercises performed against a physical resistance; it is utilized to form (strengthen) certain muscle groups and to improve body posture in general (also » isometric training). (*H.Haag & G.Haag, Dictionary, 2003, 400p*)

**resistance training** training that increases muscle strength by working against resistance such as a weighted dumbbell or barbell (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**resistance tube** a flexible bar that provides resistance when performing various exercises (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**resistive boots** foam devices worn on the feet to provide extra buoyancy when performing water aerobics (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**resistive cuffs** foam devices worn around the wrist to provide extra buoyancy when performing water aerobics (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**respect** 1. a feeling or attitude of admiration and deference towards someone 2. consideration or thoughtfulness (*Dict. of Sp. and Ex. Sc. 2006, 177p.*)

**respiration** the act of taking air into the lungs and blowing it out again through the mouth or nose. Also called **breathing** (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**respiratory callisthenics** see breathing exercises. (*H.Haag & G.Haag, Dictionary, 2003, 401p*)

**respiratory dead space** the portion of the respiratory system that does not completely empty on expiration and so cannot receive new air (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**respiratory system** a series of organs and passages that take air into the lungs and exchange oxygen for carbon dioxide (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**respiratory tract** the parts of the body that are responsible for breathing, including the lungs, trachea, mouth and nose (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**respire** to breathe air in and out (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**respirometer** an instrument for measuring and studying the process in which oxygen is taken into the body, delivered to tissues and cells, and used by them (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**response time** the time that it takes for someone to respond to a stimulus (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**rest** a long wooden pole with a metal **bridge** at one end on which a player's cue is rested when he cannot bridge with his hand. See **half-butt** and **spider** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**rest** a period of time spent relaxing or sleeping ■ to restore your energy by means of relaxation or sleep (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**rest** a series of strokes concluding with the dead ball (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**rest pause training** training in which a short pause is taken between each rep, allowing the exerciser to perform more than the normal set number without stopping to rest (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**rest, ice, compression, elevation** a strategy for treating a muscle or joint injury, by not putting any further pressure on it, applying an ice pack, wrapping an elastic bandage to control tissue swelling, and elevating the injured part to drain excess fluid. **Abbreviation RICE** (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**restart** a drop kick from the halfway line to recommence play after the scoring of points by the other team (rugby U.) (*Chambers. Sports Factf.,2005, 493p.*)

**restart** the kickoff (rugby) [6]

**resting** the practice of taking a short break in between exercises to give the body time to recover (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**resting energy expenditure** the number of calories needed to maintain the body's normal function while at rest (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**resting heart rate** the heart rate of a person at rest. **Abbreviation RHR** (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**restraining circle** a faceoff circle (icehok.) [6]

**restraining circle** there are three restraining circles on the basketball court: the two free throw circles and the center circle. When a player is attempting a free throw, no other player is allowed to enter the restraining circle until the ball hits the backboard, net, or rim. When a jump ball is being held, only the two players jumping are allowed in the restraining circle until the ball has been touched (b/b) [6]

**result** the outcome of a game or match (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**resultant force** the force describing the result of the addition of two or more vectors (*Dict. of sp. and Ex. Sc. 1991, 129p*)

**resume** same as **curriculum vitae** (*Dict. of Leis., Trav. and Tour., 2008, 258p.*)

**resuscitate** to revive someone from unconsciousness or apparent death after an injury (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**resuscitation** the revival of someone who is unconscious or near death, especially by cardiac massage and artificial respiration (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**retake** to take a shot in a game again because of an infringement of the rules during the first attempt (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**retire hurt** if a batsman retires hurt, he leaves the pitch after being injured; he can return at a later point in the innings if desired (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**retraining** the process of becoming fit again after detraining due to a period of inactivity, e.g. after recovering from injury (*Dict. of Sp. and Ex. Sc. 2006, 178p.*)

**retreat** to step back (fenc.) [6]

**retrieve** (*in a game such as tennis or badminton*) to return a difficult shot (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**retrieve** to reach and return a shot that's difficult to get to (ten.) [6]

**retriever** a player who tries to wear down the opponent by concentrating on defense, continually chasing down and returning difficult shots (ten.) [6]

**retroactive inhibition** the tendency of recently gained knowledge or skills to degenerate when new learning in a similar area is acquired (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**return** 1. to come back or to go back to an earlier position or place, or cause something to do so 2. in sports such as tennis, to hit a ball, especially a service, back to an opponent ■ an instance of hitting or playing the ball back to an opponent in a sport such as tennis (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**return** an attempt by a player who has just caught an interception, punt, or kickoff to advance the ball the other way (f/b) [6]

**return** if a player returns the ball, he or she reaches the opponent's shot and plays it back (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**return** the track that brings balls back from the pit (bowl.) [6]

**return** to hit an opponent's shot back over the net and in play. After service, every successful shot is a return (ten.) [6]

**return** in the racquet games playing back the ball served by the opponent. (*H.Haag & G.Haag, Dictionary, 2003, 402p*)

**return match** in a playing round the second game against the same team, usually played in the second half of the season. (*H.Haag & G.Haag, Dictionary, 2003, 403p*)

**rev** to gun an engine. As a noun, "revs" is short for "revolutions per minute." (autosp.) [6]

**reversal** a move in which a wrestler escapes from his opponent's hold and executes a move which gives him a controlling position (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**reversal** action in which the bottom wrestler reverses his position and comes to the top position in control (wrest.) [6]

**reversal** if the wrestler in the bottom position completely reverses the situation and comes to the top position in control, it is a reversal, worth one point (wrest.) [6]

**reverse** a severe backup (bowl.) [6]

**reverse** any dive where the diver starts facing forwards and rotates back towards the board (div.) (*Chambers. Sports Factf.,2005, 573p.*)

**reverse combined spin** an ascending spin of 360 degrees or more followed immediately by an equal descending spin. Compare combined spin (synchr.swim.) [6]

**reverse crunch** a crunch in which the legs are lifted rather than the shoulders (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**reverse dive** any dive on which the diver makes an approach facing the water, then turns while in the air to enter the water facing the board (div.) [6]

**reverse dives** group of dives performed with or without run-up. The body is turned backward during flight, against the direction of take-off, which is always from a forward position into a backward direction. Reverse dives are difficult to perform and must be executed precisely to avoid danger of touching the take-off platform or springboard during the backward turn. (*H.Haag & G.Haag, Dictionary, 2003, 403p*)

**reverse dunk** a dunk that's made backward, over the shooter's head (b/b) [6]

**reverse layup** a layup that's made after the shooter crosses under the basket to lay the ball in from the other side, usually because the shot might have been blocked on the original side of attack (b/b) [6]

**reverse lunge** a lunge in which a leg is extended behind the body, rather than in front (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**reverse overlap** a type of grip, often used in putting, in which the right index finger overlaps the left little finger, for a right-handed player (golf) [6]

**reverse pinch shot** a low shot into the corner opposite the side of the stroke; e.g a forehand shot, by a right-handed player, into the left corner (racq.b.) [6]

**reverse spin** see backspin (ten.) [6]

**reverse stick** to turn the stick so that the blade points to the right, allowing a hit or push in that direction (hock.) [6]

**reverse sticks** a legal move where the player turns the stick so that the flat blade faces to the right and hence can make a shot in the opposite direction (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**reverse sweep** a **sweep** shot played on the **off** side by reversing the grip on the bat (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**reverse swing** a phenomenon that causes a ball that has become roughened on one side to swing in the opposite direction to a new ball (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**reverse twist** a serve that has spin causing it to bounce high and to receiver's right, off a right-handed player's racket. Opposite of American twist (ten.) [6]

**reward training** the use of positive reinforcers to develop or maintain a behavior or accomplish a task (*Dict. of sp. and Ex. Sc. 1991, 130p*)

**rewarding break** within the framework of » interval training term for a rest period between the individual load phases, which does not lead to complete » recovery. (*H. Haag & G. Haag, Dictionary, 2003, 403p*)

**RHR** abbreviation resting heart rate (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**rhythm** a formed pattern, usually of sounds or movements, with elements that are organized in duration and intensity; a serial recurrence that is balanced and harmonic, and repeated in regular groupings (*Dict. of sp. and Ex. Sc. 1991, 130p*)

**rhythm** a regular movement or beat (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**rhythm** in general the symmetry, a movement divided into symmetrical parts, the periodic change, the regular repetition of natural processes (e.g. of tension and relaxation). Rhythm encompasses order, structure, and sensible presentation of the temporal sequence of sound events and their transformation into movement. Rhythm is a fundamental » movement characteristic which plays an important role particularly in the artistic sport disciplines and in the connection between music and movement. In rhythmical callisthenics and dancing, group rhythm is essential, i.e. several individuals move according to a specific rhythmical order, expressed in similar or equivalent movements in regard to space and time. (*H. Haag & G. Haag, Dictionary, 2003, 403p*)

**rhythm training** exercises that teach a sportsperson to be agile (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**rhythmic** regular, with a repeated rhythm (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**rhythmic gymnastics** a sport in which athletes combine gymnastic dance movements with the use of apparatus such as ribbons and hoops (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**rhythmical callisthenics** competitive form of callisthenics for women. Competitions are held on a 12 x 12 m mat as individual, all-around, or team events (» group callisthenics). The all-around event which is common at international competitions consists of four exercises from five disciplines with the » hand apparatus hoop, clubs, rope, ball, and band. Six women perform the exercise in group callisthenics, usually two hand apparatus are selected by the officials (e.g. three competitors with the rope and three with the hoop). (*H. Haag & G. Haag, Dictionary, 2003, 404p*)

**rhythmical teaching method** teaching method in sport instruction and training where the attempt is made to train the rhythmical sequence of movements by means of accompanying music (e.g. piano, tambourine, drum) or speech. This enhances a better and quicker learning. The development of portable music equipment with headphones permits training rhythmical movements with corresponding music (e.g. turns in skiing). Many sport movements are based on their own rhythm; the rhythmical teaching

method takes advantage of this phenomenon for improved learning. (*H.Haag & G.Haag, Dictionary, 2003, 404p*)

**rhythmicity** 1.characteristic occurrence in regular time intervals. 2.the fundamental characteristic of locomotion pertaining to limb alternation recurring automatically in regular time intervals (*Dict.of sp.and Ex.Sc.1991, 130p*)

**ribbon** a long thin flat piece of material (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**RICE** abbreviation rest, ice, compression, elevation (*Dict. of Sp. and Ex. Sc. 2006, 179p.*)

**riding the rails** taking the outside line around a turn (autosp.) [6]

**riding time** in high school and college wrestling, the amount of time a wrestler is in control of the opponent. One minute of riding time is worth a point (wrest.) [6]

**rifle** to hit a shot with distance and accuracy (golf) [6]

**rifle shooting** see shooting. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**rig** the entire fixation of the mast on a sailboat: shrouds (steel wires in crosswise direction to the boat), stays (steel wires in lengthways direction to the boat), spreaders, etc. which support the mast sideways and lengthways. The fixation of the mast by the rig should be as simple and uncomplicated as possible. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**rig** a description of all the adjustable elements involved in fine-tuning a boat prior to racing it (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**rig** the way in which riggers are arranged in a shell, which dictates how the oars and rowers are arranged. As a verb, to prepare a boat for racing. Also "rigging." (row.) [6]

**rigger** a device that connects the oarlock to the shell (row.) [6]

**rigger** the adjustable device that connects the **rowlocks** to the **shell** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**rigging** the wires and ropes that support a boat's **masts** and can be used to extend its sails (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**right back** a position on the right side of defence (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**right back** see **full back** (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**right field** the part of the outfield to the right of second base when viewed from home plate (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**right fielder** the fielder positioned in right field (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**right half** a position on the right side of midfield (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**right -hander** 1. a right-handed sportsperson 2. a blow delivered with the right hand (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**right of way** in foil and sabre competition, a convention that determines the priority of touches. Essentially, when two fencers strike one another simultaneously, priority is given to the fencer who first signaled attack with a forward movement of the arm, directing the point of the blade toward a valid target area in a threatening manner (fenc.) [6]

**right of way** in short track skating, the lead skater has the right of way and the passing skater is responsible for avoiding body contact. In long track skating, the skater who starts in the outside lane has the right of way at the crossover if they arrive at the same time, but otherwise the skater in the lead has the right of way (motorsp.) [6]

**right of way** in water sports rules that regulate which vessel can keep its course and which vessel must avoid others: 1. port has the right of way over starboard, 2. a leeward sailing vessel has the right of way over a windward sailing vessel, 3. over takers must keep clear, 4. sailboats have the right of way over recreational motor boats. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**right there** exclamation when a player just misses the number being aimed for; often used sarcastically about a shot that's way off the mark (darts) [6]

**right wing** an attacking position on the extreme right (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**right wing** the forward who lines up and operates primarily on the right side of the ice, usually a right-handed shooter (icehok.) [6]

**right wing** (*in some team games*) the space or position on the right-hand side of a playing area when facing an opponent, or a player who plays in this area (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**right-footed** 1. having a natural tendency to lead with or use the right foot, especially in playing sports such as football 2. performed using the right foot (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**right-footer** a right-footed sportsperson (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**right-handed** 1. having a natural tendency to use the right hand, especially in playing sports such as tennis 2. performed using the right hand (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rigor** stiffness and lack of response to stimuli in body organs or tissues (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rikishi** sumo wrestlers. Literally, it means 'strong man' (sumo) (*Chambers. Sports Factf.,2005, 551p.*)

**rim** an 18-inch metal ring that's attached to a backboard and holds a net (b/b) [6]

**rim** to roll around the edge of the cup (golf) [6]

**rim out** if the ball rims out, it hits the rim of the basket and bounces away (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**rim out** to roll around the edge of the cup without dropping in (golf) [6]

**rimesse** in fencing a repeated attack when, after a first parried attack, the riposte occurs with a delay or not at all. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**ring** 1. playing equipment in » ring tennis. 2. (rings) sport equipment in the gymnastics discipline » rings. 3. place where combat takes place in » boxing. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**ring** 1. a raised square roped platform on which a boxing or wrestling match takes place 2. a circle of tissue, or tissue or muscle shaped like a circle (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**ring** the rectangular space, bounded by ropes on all four sides, on which a boxing match takes place (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**ringing ten-burner** an apparently good hit on the pocket that fails to knock the 10-pin down (bowl.) [6]

**ringo** a sport, similar to volleyball, played using a small rubber ring, popular in Poland (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rings** the concentric circles inside the house (curl.) [6]

**rings** a pair of metal rings that are suspended from a ceiling and used to perform gymnastic routines (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rings** discipline of gymnastics for men. The equipment consists of two rings (thickness 28 mm, diameter 18 cm) made of layered wood or plastic, which are fastened onto adjustable ropes 5.50 m above the floor. The supporting framework is braced like the high bar. The rings hang at a distance of 2.55-2.95 m above the floor. (*H.Haag & G.Haag, Dictionary, 2003, 405p*)

**rings tennis** game played by women and men as singles, doubles, and mixed; the idea of the game is similar to that of tennis. A tennis ring, a foam rubber ring covered with hard rubber (thickness 3 cm, inner diameter 11.8 cm, weight 225 g) is thrown across a net with the hand in such a manner that the opponent cannot catch it. (*H.Haag & G.Haag, Dictionary, 2003, 406p*)

**ringside physician** the doctor who checks the physical condition of each boxer before the start of a bout, and who determines whether a dazed boxer is fit enough to continue (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**rink** 1. one of the playing areas into which a **green** is divided 2. a team of four bowlers (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**rink** 1. the playing area of prepared ice 2. a curling team, eg *the Scottish rink* (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**rink** a smooth, enclosed and often artificially prepared ice surface used for ice-skating, ice hockey or curling (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rink** a team of four curlers, or the sheet of ice on which a match is played (curl.) [6]

**rink** the iced area inside the boards on which the game of hockey is played; it is 200 feet long by 85 feet wide with rounded corners (icehok.) [6]

**rink** the playing area for hockey, an ice surface in the shape of a rectangle with round corners, 200 feet long and usually 85 feet wide in North America but 100 feet wide in international play (icehok.) [6]

**rink** a large enclosed area with a smooth flat surface for ice skating, playing ice hockey or roller skating (*Dict. of Leis., Trav. and Tour., 2008, 260p.*)

**rip** the ideal entry that creates little splash; it is named after the ripping sound as the diver enters the water (div.) (*Chambers. Sports Factf.,2005, 573p.*)

**riposte** a counter attack after the opponent's attack has been parried (fenc.) [6]

**riposte** an offensive move that follows a **parry** (fenc.) (*Chambers. Sports Factf.,2005, 230p.*)

**riposte** in fencing a counter-attack, a cut or thrust immediately following a parried attack. Faked ripostes can also be observed in fencing bouts. A riposte following a parried riposte is called a contra-riposte. (*H.Haag & G.Haag, Dictionary, 2003, 407p*)

**ripped** with strong muscle definition and low body fat achieved through exercise (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**riser** the bow's handle (arch.) [6]

**risk** **1.** the danger that injury, damage or loss will occur **2.** something likely to cause injury, damage or loss (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**risk assessment** a process used for determining the risk from a substance, technology or activity (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**Rittberger** jump in figure and roller skating named after the German figure skater Werner Rittberger (1891-1957); begin with a curve backward-outward, after take-off from backward-outward a full turn in the air in the direction at the beginning of the jump, and landing backward-outward on the take-off leg. The curve direction after landing is the same as that before take-off. The jump with two turns is called double Rittberger, with three turns triple Rittberger. (*H.Haag & G.Haag, Dictionary, 2003, 407p*)

**rival** in sport the opponent in a competition. (*H.Haag & G.Haag, Dictionary, 2003, 407p*)

**river left** similar to "stage left"; the left side of a river from the paddler's point of view (canoe) [6]

**river right** opposite of river left (canoe) [6]

**road bike** a bike designed for **road races**, usually with dropped handle-bars and several gears (18 is now normal) (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**road book** a book of instructions, timings, directions and maps for the whole rally issued to each crew by the rally organizers (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**Road Hole** the par-four 17<sup>th</sup> hole on the Old Course, St Andrews, so called because of the road that runs behind the green. Famed as one of the hardest holes in golf (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**road race** a cycle race ridden on the road. Distance varies from event to event but professional races will generally be more than 150km in length (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**road racing** racing on closed-off public roads (motrsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**road rash** skin abrasion caused by a fall (cycl.) [6]

**road rash** skin abrasion caused by sliding across the road after a crash (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**roads and tracks** a phase of the cross-country section of the three-day event, involving riding at a steady pace on the flat (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**roads and tracks** two phases of the cross-country portion of the three-day event, consisting of riding at a measured pace on the flat (equest.) [6]

**Robin Hood** the act of splitting the shaft of an arrow already in the target with another arrow (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**Robin Hood** the feat of sticking one dart into the back of another that's already in the board (darts) [6]

**Robin Hood** the feat of driving the tip of an arrow into the end of another arrow that's already in the target. Named, of course, for Robin Hood's legendary accomplishment (arch.) [6]

**rock** a short dart; speed dart (darts) [6]

**rock** the ball, especially in the phrase shoot the rock (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**rock** the curling stone (curl.) [6]

**rock climbing** the activity of scaling rock faces, usually using ropes and other specialised equipment and often in a team (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rock-climbing** the sport of climbing up rock faces on cliffs or mountainsides (*Dict. of Leis., Trav. and Tour., 2008, 260p.*)

**rocker** a measure of the amount of a curve in the portion of a skate blade that touches the ice. Speed skating blades have little rocker, which makes them faster but less maneuverable. Hockey skates have a great deal of rocker, allowing greater maneuverability (motorsp.) [6]

**rocker** a one-footed turn with no change of edge (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**rockered blades** used by professional ice hockey skaters; the gentle curve in a very sharp blade of an ice skate produced by rounding the toe and heel of the blade to make it easier for hockey players to turn quickly (icehok.) [6]

**rocket split** a move combining a thrust to the vertical position and a rapid leg split, followed by a return to maximum height in the vertical position (synchr.swim.) [6]

**roid rage** an outburst of violent or aggressive behaviour supposedly caused by taking too many anabolic steroids to improve athletic performance (*slang*) (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**roll** starting with the back to the basket, to make a quick turning motion around a defender, followed by a break to the basket. See also pick and roll (b/b) [6]

**roll** to steer the slide with shoulder pressure. Also used as a noun (luge) [6]

**roll** **1.** exercise in gymnastics at the parallel bars, balance beam or on the floor: an entire turn forwards or backwards around the transverse axis with bent knees or (in floor gymnastics) sideways around the longitudinal axis; at the parallel bars the upper arms rest on the bars. **2.** in artistic flying a flying figure with a number of full turns around the aeroplane's longitudinal axis. (*H.Haag & G.Haag, Dictionary, 2003, 406p*)

**roll back** a tight turn performed between two fences (equest.) [6]

**roll bar** a frame of tubular steel that protects the driver if the car rolls over (autosp.) [6]

**roll cage** a structure of tubular steel, padded with foam rubber, used primarily in stock cars for driver protection (autosp.) [6]

**roll on / roll off** where trucks and cars can drive straight on or off. *Abbreviation RORO* (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**roll out** a kill shot that hits the front wall so close to the floor that it rolls back into the court rather than bouncing (racq.) [6]

**roll out** when a quarterback runs parallel to the line, looking for a receiver (f/b) [6]

**roller hockey** hockey played on a roller-skating rink or other hard surface by players wearing roller skates (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**roller hockey** team game played on roller skates, similar to field or ice-hockey. Each team attempts to score as many goals as possible and to prevent goals being scored by the opponent. (*H.Haag & G.Haag, Dictionary, 2003, 407p*)

**roller skate** a boot with wheels on it for roller skating (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**roller skates** sport equipment for transportation on wheels patented in 1790 in Paris. Each skate has four wheels made of metal, wood, hard rubber, or plastic which run on ball bearings. Street roller skates used to be strapped onto the sole of the shoe, today roller skates are permanently attached to special

ankle-high boots and are equipped with (rubber) brake pads (see inline skates replacing roller skates more and more). (*H.Haag & G.Haag, Dictionary, 2003, 408p*)

**roller skating** sportive and artistic form of roller skating (as individual, pair, and roller dance event). (*H.Haag & G.Haag, Dictionary, 2003, 408p*)

**roller skis** skis approx. 75 cm long with wheels attached designed for skiing on roads or grass. When used on asphalt roads ski poles with hard metal tips are used. Roller skis are predominantly used for cross-country ski training in the summer months. (*H.Haag & G.Haag, Dictionary, 2003, 409p*)

**roller speed skating** speed competition on roller skates held on special tracks, sometimes also on roads. (*H.Haag & G.Haag, Dictionary, 2003, 409p*)

**roller sport** collective term for all sports practiced on roller skates. Competitive disciplines are » roller hockey, » roller skating, and roller speed skating. Roller sport takes place mostly indoors but sometimes also on outdoor rinks. The international organization is the Federation Internationale de Roller Skating (FIRS; founded in 1924, head office in Barcelona, Spain) (compare also inline sport). (*H.Haag & G.Haag, Dictionary, 2003, 410p*)

**Rollerblades** a trade name for a type of roller skate on which the wheels are arranged in one straight line (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rollerblades** a trademark for a type of in-line skate (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**rollerblading** the sport of going on rollerblades (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**rollerblading** the sport of travelling or racing on Rollerblades (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rolling** **1.** in boxing the circular dodging from the opponent's punches. **2.** in rhythmical callisthenics moving the (hand apparatus) ball and hoop above the floor; the athlete can also over straddle or jump across the apparatus. **3.** in ring gymnastics swinging out and swinging into the bent hang. **4.** in gyro-wheel gymnastics moving straight on both wheels. **5.** in sailing the tossing movement of the boat in heavy seas. (*H.Haag & G.Haag, Dictionary, 2003, 410p*)

**ROM** abbreviation range of motion (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**roof** the top part of a curve, where ice overhangs the run (bobsl.) [6]

**rookie** a first-year player in the NHL (f/b) [6]

**rookie** a player in his first NBA season (b/b) [6]

**rooming house** a house with furnished rooms to let (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**rope** **1.** » hand apparatus in callisthenics and rhythmical callisthenics (» skipping rope). **2.** equipment used for securing purposes in » mountain climbing. **3.** ring border in boxing. **4.** thick strong twined cord used especially in school physical education as a piece of equipment for strengthening arm and upper body muscles. Hanging straight down from the ceiling in a gymnasium it is used for climbing.

The rope itself can also be used for » tug-of-war competitions. **5.** in sailing ropes are essential for various purposes, especially for trimming the sail and securing the boat to a dock, buoy or another boat. (*H.Haag & G.Haag, Dictionary, 2003, 410p*)

**rope-a-dope** the strategy of feigning to be trapped on the ropes in order to encourage one's opponent, the 'dope', into tiring himself out with punches. This phrase was coined by Muhammad Ali in the 1970s, who employed the tactic with George Foreman to great effect in the 'Rumble in the Jungle' title fight in 1974 (box.sl.) (*Chambers. Sports Factf.,2005, 143p.*)

**roquet** a stroke by which the striker's ball is played against another ball (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**roster** a list of the players on a team (icehok.) [6]

**roster** the list of players on a team (b/b) [6]

**roster** a list of personnel, especially employees, athletes, or members of the armed forces, often detailing their duties and the times when they are to be carried out (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rotate** to move in a circle, or make something move in a circle (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rotation** a game (darts) [6]

**rotation** a system of playing doubles, used only by experts, in which the partners keep circling counterclockwise. Its chief advantage is that it virtually eliminates the backhand (badm.) [6]

**rotation** each of the periods during which groups or teams of gymnasts work on a specific piece of apparatus, eg *the next rotation for Myers is the vault* (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**rotation** movement of a ball-and-socket joint so that the limb turns inwards or outwards (*Dict. of Sp. and Ex. Sc. 2006, 180p.*)

**rotation** the clockwise movement of players when the service changes (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**rotation** the spin given to the ball that creates both the break and action (bowl.) [6]

**rotation** **1.** general term for all types of sport movements which are performed around the longitudinal, sagittal or frontal axis of the athlete's body. Rotations (turns) can be found in almost all sport disciplines in various variations, e.g. in callisthenics, gymnastics, water skiing, freestyle skiing, springboard and tower diving, as well as track and field. **2.** »turn. **3.** in alpine skiing a » rotation turn. **4.** in volleyball » position change. (*H.Haag & G.Haag, Dictionary, 2003, 411p*)

**rotation shot** shooting technique in soccer where the body is turned at the moment when the foot kicks the ball. (*H.Haag & G.Haag, Dictionary, 2003, 411p*)

**rouf** in **tic-tac**, odds of 4-1. Rouf is 'four' backwards (equest.) (*Chambers. Sports Factf.,2005, 350p.*)

**rough** areas of long grass adjacent to the teeing ground, fairway, greens, or hazards (golf) [6]

**rough** rough ground, especially uncut grass, around a **fairway** or **green** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**roughing** a minor penalty which occurs when a fight between players is more of a pushing and shoving match; a less severe penalty than fighting (icehok.) [6]

**roughing** an act of excessive roughness against an opponent, often rather minor violence that stops short of fighting; incurs a minor penalty (icehok.) [6]

**rouler** the technique of rolling the ball along the ground (bowl.) (*Chambers. Sports Factf.,2005, 122p.*)

**rouleur** a rider who specializes in riding long flat or rolling **stages** or races, often good at **time trials** and long **breakaways** (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**round** a complete circuit of a golf course, usually 9 or 18 holes (golf) [6]

**round** a period of action over a certain number of minutes, separated by rests, which makes up a boxing match (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**round** a series of matches in an elimination tournament, the winners of which advance to the next round (ten.) [6]

**round** a single turn, in which a player shoots three darts (darts) [6]

**round** a specified number of arrows shot over certain different distances (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**round** a stage of a tournament at which teams compete; the World Cup tournament has 5 main rounds (f/b) [6]

**round** a certain number of arrows, shot from established distances, in competition. A round is made up of ends, as a baseball game is made up of innings (arch.) [6]

**round** in competitions term for a temporal unit (e.g. in boxing) or length unit (e.g. middle- and long-distance running in track and field, bicycling, and motor sport. Furthermore, it denotes the course played in a game in sport disciplines with several stations (e.g. golf) and (especially in team games) a complete playing or competition series, which consist of games held in two halves of a season; each team has to compete against another team twice, once in a home match, and once in an away match. In qualifications or tournaments of individual and team sports (e.g. in track and field, tennis, cup rounds in soccer) the winner is determined after proceeding from the preliminary, intermediate, and final rounds. (*H.Haag & G.Haag, Dictionary, 2003, 412p*)

**round of 9 (RO9)** a round in which a player hits three triples (darts) [6]

**round robin** a tournament in which each player meets every other player and final standings are determined by the won-lost records. Such a tournament is sometimes a preliminary round to determine seedings and order of play (ten.) [6]

**round robin** a type of tournament in which each player has one match against each other player, with victory going to the player who wins the most matches (golf) [6]

**round robin** In connection with sport the term relates to a form of tournament or playing system where every participant competes against each of the other participants in a separate match. The results are noted on a score table to decide who has won or qualified for the finals. (*H.Haag & G.Haag, Dictionary, 2003, 412p*)

**round the clock** a game in which the object is to hit each number on the board, in numerical sequence (darts) [6]

**round trip** a journey from one place to another and back again. *Abbreviation RT* (*Dict. of Leis., Trav. and Tour., 2008, 261p.*)

**round-arm** (*in cricket*) bowled with the bowler's arm coming over the shoulder at an angle that is away from the vertical, which can be outlawed if regarded as excessive (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rounders** team base game similar to baseball. The idea of the game is to hit a ball with a bat as far as possible into a field, so that it is made difficult for the opponent team to catch the ball and cause the batter running towards a base to be "out". (*H.Haag & G.Haag, Dictionary, 2003, 413p*)

**rounders** a ball game in which batters score a point, or rounder, if they run round all four marked fielding positions or bases after a single hit of the ball (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**roundhouse** a wild swinging punch or style of punching (box.sl.) (*Chambers. Sports Factf.,2005, 143p.*)

**roundoff** a move similar to the cartwheel, with a half twist and the legs moving together (art.gymn.) [6]

**round-off** a movement that starts as a **cartwheel** but in which the gymnast lands on both feet simultaneously rather than one, facing the direction from which they have come (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**round-robin** a tournament in which each player or team plays against every other player or team in turn (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**round-the-cans** same as **harbour race** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**route 66** a score of 66 points on a throw (darts) [6]

**routine** a combination of moves and stunts displaying a full range of skills on the apparatus (art.gymn.) [6]

**routine** a series of movements in a dressage display (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**routine** the series of movements a horse and rider follow in dressage (equest.) [6]

**routine** 1. a regular pattern of activity 2. a rehearsed set of movements or actions that make up a performance, such as a gymnast's sequence of exercises (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rover** a field archer (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**rover** a small, mobile player who feeds off a ruck (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**rover ball** a ball that has run all twelve hoops and can be pegged out (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**rover hoop** the last hoop in the sequence; it has a red crown (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**row** especially in team games term for certain player formations (e.g. attack row, defense row) (» second row). (*H.Haag & G.Haag, Dictionary, 2003, 414p*)

**row over** if a crew or a rower rows over, they win a heat by rowing the course unopposed (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**rowing** the propelling of a small boat through the water using oars, especially the sport of racing in specially designed lightweight boats (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rowing** water sport where boats are moved by rowing with oars or sculls. (*H.Haag & G.Haag, Dictionary, 2003, 414p*)

**rowing boat** a small boat, which can be made to go forward using oars (*Dict. of Leis., Trav. and Tour., 2008, 263p.*)

**rowing machine** a fitness machine that imitates the action of rowing a boat (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rowlock** another name for the oarlock (row.) [6]

**rowlocks** U-shaped swivels that hold the oars in place. They are mounted at the end of the **rigger** and rotate around a metal pin. A **gate** closes across the top to keep the oar secure. The US term is **oarlocks** (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**rpm** revolutions per minute (autosp.) [6]

**RSI** a condition in which a group of muscles, tendons and nerves becomes weak and painful from prolonged overuse. Full form **repetitive strain injury** (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rub** a massaging of part of the body ■ to move something, especially the hands, backwards and forwards over a surface (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rub down** to massage someone or part of the body vigorously (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rub of the green** an accident in which an outside agency stops or deflects the ball, for which there is no relief under the rules. Also, golf's equivalent of "That's the way the ball bounces." (golf) [6]

**rubber** the last game in a three-game match (darts) [6]

**rubber sheet** a covering that's glued to the hitting side of a table tennis paddle, often over a thin layer of sponge. Many rubber sheets have pips on one side and are smooth on the other. See anti-spin rubber; combination paddle; hardbat; inverted rubber; long pips rubber; pips out; sandwich rubber; sticky rubber (t.ten.) [6]

**ruck** (*in rugby*) a loose scrum formed around the ball when it is on the ground ■ (*in rugby*) to form a loose scrum around the ball on the ground (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**ruck** a formation in which players bind with team-mates and attempt to push opponents backwards, with the ball on the ground below. It is the most usual result of a successful tackle; compare **maul** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**ruck** the three players, a rover and two ruckmen, who follow the ball closely and who do not have fixed positions (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**ruck** when a runner has come into contact with opponents and the ball has gone to the ground, players may bind themselves into a ruck. There must be at least three players bound. The ruck ends when the ball leaves the ruck and can be handled by a player who is not part of the ruck, or when a scrum is ordered. A ruck is similar to a maul, except that the ball is on the ground (rugby) [6]

**ruckman** one of the three ruck players who follow the ball closely (Austral.f/b) (*Chambers. Sports Factf.,2005, 62p.*)

**rucksack** a bag carried on the back of a walker (*Dict. of Leis., Trav. and Tour., 2008, 263p.*)

**rudder** a small fin that allows the coxswain to steer the boat (row.) [6]

**rudder** to use the paddle to steer the canoe by turning its blade (canoe) [6]

**rudder** steering device in boats or ships, a (usually streamlined) plate (rudder blade) attached lengthwise behind or underneath the sternpost, which is exposed to water flow against the direction of movement; it is attached in such a manner that it can be moved sideways by means of a tiller or steering wheel. This causes the ship's bow to turn to the side to which the rudder was turned. Depending on the rudder's position and attachment one differentiates between a hitched, stuck (in yachts), free hanging (balance rudder), and keel-connected rudder. (*H.Haag & G.Haag, Dictionary, 2003, 416p*)

**rudder cable** a rope or cable operated by the coxswain to turn the rudder (row.) [6]

**rudi** a vault that consists of a **handspring** off the springboard, and then a forward **salto** with one-and-a half twists off the horse (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**rudy** a single flip with a one and a half twist (freest.) [6]

**rugby** a team sport in which players run with an oval ball, pass it laterally from hand to hand, and kick it (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rugby** team ball game which combines elements of soccer, American football, and handball. The idea of the game is to score as many points as possible by laying down the ball in the end zone or by kicking the ball between two high goal posts. (*H.Haag & G.Haag, Dictionary, 2003, 417p*)

**rugby league** a form of rugby that has teams of 13 players (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rugby union** a form of rugby that has teams of 15 players (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**rugby** an offshoot from soccer started in the early 1800s; rugby players are allowed to pick up the ball with their hands and run with it, and also make full contact with each other whether going after the ball or not (f/b) [6]

**rugger** a rugby player (rugby) [6]

**rule** regulations norming the course of a sport competition or game (game rules) and the social behaviour of the athlete during the competition, as well as definition of the sanctions applied in case of a violation of these regulations (rule violation). The rules of the different sport disciplines are written down and binding. Referees or judges supervise the compliance with the rules in a competition. These rules are constitutive for a sport discipline; their content relates to elements of the sport such as facilities and equipment (e.g. construction, measurement, and form of sport and play equipment), people (e.g. number of players, mode of substituting players), space (e.g. measurements of the playing field, function of various zones within the playing field), time (e.g. playing time, overtime, time-outs, minimum and maximum duration of an exercise or game), and actions that can be related - again - to equipment (e.g. possibilities for touching the ball in soccer and handball), people (behaviour towards other participants in the competition, e.g. play without physical contact, possibilities for defending against the opponent), space (possibility of certain actions in certain zones of the playing field), time (action possibilities within certain time periods during the game, e.g. the three-second rule in basketball), and the motor sequence itself (e.g. travelling rule in basketball and handball). The constitutive rules can be changed in order to meet new conditions (e.g. improvements in sport equipment construction). The definition and change of rules can only be undertaken by national and international federations of the sport disciplines. In addition to these rules constituting a sport discipline, strategic rules exist as well; they also relate to equipment, people, space, time, and actions, but their violation does not lead to the consequence of sanctions. Strategic rules are not normed in an official set of rules; rather, they relate to what would be sensible to do or to avoid under consideration of the constitutive rules and the idea or goal of a sport discipline (e.g. all tactical measures). Therefore, strategic rules enhance all sport and play creativity. (*H.Haag & G.Haag, Dictionary, 2003, 419p*)

**rules** regulations or laws, strict orders of the way to behave (*Dict. of Leis., Trav. and Tour., 2008, 264p.*)

**rulebook** 1. a book or pamphlet containing the official rules of a game or sport 2. the strictly correct or orthodox way of doing something (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**run** to move rapidly on foot so that both feet are momentarily off the ground in each step ■ 1. a rapid pace faster than a walk or jog 2. a race in which the competitors run 3. a point scored in cricket, usually when one or both batsmen run between the wickets 4. a score in baseball made by travelling round all the bases to home plate (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**run** occurs when one team scores several field goals in quick succession while its opponents score few or none (b/b) [6]

**run** 1. in general » running. 2. in track and field a speed event (short-, middle-, and long-distance run, marathon run, hurdles, and steeplechase) as well as the » run-up. 3. in sport competitions (e.g. in skiing) one qualification heat. 4. in base games such as baseball and cricket the legal and successful covering of the distance between two bases following a valid hit. 5. in golf the distance that the ball travels after landing on the ground. (*H.Haag & G.Haag, Dictionary, 2003, 420p*)

**run** a score awarded to a player who completes a circuit of the bases and returns to home plate without being put out (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**run** same as descent (bobsl.) [6]

**run** the basic unit of scoring; when a batsman runs from one **popping crease** to the other (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**run** the distance a boat travels during one stroke (row.) [6]

**run** the distance the ball rolls after a shot lands (golf) [6]

**run** a regular route of a plane, bus, train (*Dict. of Leis., Trav. and Tour., 2008, 264p.*)

**run a hoop** to hit the ball through the hoop (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**run around the backhand** to make excessive movement in order to play a ball on the forehand rather than on the backhand (ten.) [6]

**run batted in (RBI)** a batter is credited with a run batted in for each run that is scored as a result of the batter's action, eg by scoring a hit, making a sacrifice, or receiving a walk (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**run down** same as retrieve (ten.) [6]

**run out** (*in cricket*) to dismiss a player who is trying to complete a run by breaking the wicket with the ball before he or she has reached the crease (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**run out** when a fielder throws the ball and dislodges the **bails** before the batsman has reached his **ground**, the batsman thus being out (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**runback** the area behind the **baseline** at either end of the court (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**runback** the area between the baseline and the backstop (ten.) [6]

**run-back, run-out** in fencing an up to 2 m long area behind the piste, in various sports the area which allows the competitor to slow down his movement. Examples are the roped-off finish area in alpine ski racing or at the end of a ski jump, in horse racing the end of the track, in track and field the area between the last hurdle and the finish (which is used for the last sprint to the finish) or the area behind the finish line. (*H.Haag & G.Haag, Dictionary, 2003, 421p*)

**rundown** a situation in which a baserunner is trapped between two bases and must attempt to reach one before being tagged out (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**run-in** ranking of competitors after crossing the finish line (running, riding, driving) (» electronic timing). (*H.Haag & G.Haag, Dictionary, 2003, 421p*)

**runner** **1.** an athlete or horse in a race **2.** the blade of an ice skate (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**runner** **1.** in general the participant in a running competition. **2.** in some team games (e.g. hockey, soccer) the player in midfield who functions as a link between defense and offense in the different tactical game systems. **3.** in baseball a player who runs to home base after a successful hit, thereby scoring a point for his team. (*H.Haag & G.Haag, Dictionary, 2003, 421p*)

**runner** a player who runs on behalf of an injured batsman (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**runner** a shot taken by a player while running (b/b) [6]

**runner** the planing surface on the bottom of a sponson (powerb.) [6]

**runner carrier** a device on the bottom of the sled that holds a runner (bobsl.) [6]

**runner gauge** an implement used by officials to measure the thickness of a sled's runners. If a runner is too thin, the sled is disqualified (bobsl.) [6]

**runner guard** a covering of rubber hose or molded fiberglass that protects the steel from scratches when the sled is not on the course (luge) [6]

**runner temperature** the temperature of the steels, which must not exceed a maximum, based on track conditions and race rules (luge) [6]

**runner's knee** same as **chondromalacia patellae** (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**runners** essentially four ice skates, forged of steel, on which a bobsled rides (bobsl.) [6]

**runner-up** a contestant or competitor who comes near the winner in an event or race and often receives a small prize (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**running** the locomotor pattern in which weight is transferred from one leg to the other. There is a period of flight between toe-off of which the rear leg and touch down of the forward leg (*Dict. of sp. and Ex. Sc. 1991, 132p*)

**running** 1. rapid movement on foot, with long strides and both feet momentarily off the ground 2. the sport or exercise of running (*Dict. of Sp. and Ex. Sc. 2006, 181p.*)

**running** in contrast to » walking the mode of human locomotion where the two feet never touch the ground at the same time. In callisthenics running is one of the five fundamental forms of movement. Running is a quick, bouncy, and swinging stepping movement, where the arms are swung alongside the body in a rhythmical motion and the feet are placed on the toes and roll off the heel. As a competitive sport running stands in the foreground of track and field (short-, middle-, long-distance, marathon, relay running). Running is the most important means for general organ training (increasing physical loading capacity of the motor system, heart, circulatory and respiratory system) and thereby one of the most effective exercises in training and recreational sport (»jogging) for the development of endurance, speed, strength, and agility. (*H. Haag & G. Haag, Dictionary, 2003, 421p*)

**running back** an offensive player whose role is to advance the ball beyond the **line of scrimmage** by running with it (Am.f/b) (*Chambers. Sports Factf., 2005, 17p.*)

**running belay** a device attached to the rockface through which a rope runs freely (alp.) (*Chambers. Sports Factf., 2005, 426p.*)

**running clear** tactical measure in team games: a player gets away from his opponent and thereby is free to receive a pass from a team-mate. Running clear is regarded as a key element in many team games as the game is determined by those who are able to run clear and ultimately score points. (*H. Haag & G. Haag, Dictionary, 2003, 420p*)

**running game** 1. within the framework of small games, a game featuring a running competition (e.g. relays, seeking places, catching games). 2. in handball a continuous position change of the attacking team with or without playing the ball in order to irritate the defensive players of the opponent team and create a favourable position for a throw on goal. (*H. Haag & G. Haag, Dictionary, 2003, 422p*)

**running jumper** a jump shot taken by a player while running (b/b) [6]

**running shot** a shot executed while running (h/b) (*Chambers. Sports Factf., 2005, 317p.*)

**running side** see **side** (bilj.) (*Chambers. Sports Factf., 2005, 539p.*)

**running target** a target that moves across a track to simulate a moving animal or other target (shoot.) (*Chambers. Sports Factf., 2005, 513p.*)

**running training** running exercise to realize training, used for improving condition, running style, and increasing running velocity. Such training includes: start exercises, sprints (20-50 m), runs with increasing intensity (50-100 m), speed runs (200 and 400 m), duration runs (forest runs, cross-runs) and » fartlek. The development of speed, speed endurance, and endurance through running training does not

only serve the purpose of preparation for competition, but also improves general fitness within the framework of sport-for-all. (*H.Haag & G.Haag, Dictionary, 2003, 422p*)

**run-off area** an area of gravel or other material near a corner, which will slow cars down if they run off the track (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**run-out** an attempt by the horse to escape the rider's control in order to avoid jumping an obstacle (equest.) [6]

**run-up** see approach. (*H.Haag & G.Haag, Dictionary, 2003, 422p*)

**run-up** an approach shot that is hit close to or along the ground so that the ball will roll toward the hole (golf) [6]

**run-up** the short burst of speed put on by a horse in order to clear a jump (equest.) [6]

**runway** same as approach (bowl.) [6]

**runway** the corridor of track along which an athlete approaches a jump or throw (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**rush** a rapid movement of the puck, by one or more players, into the attacking zone and toward the opposition's goal cage. As a verb, to make a rush (icehok.) [6]

**rush** a running play; also, a pass rush (f/b) [6]

**rush** an individual or combined attack by a team in possession of the puck (icehok.) [6]

**rush hour** the time when most traffic is on the roads, when everyone is trying to travel to work or from work back home (*Dict. of Leis., Trav. and Tour., 2008, 264p.*)

**rush the slide** to move from the recovery to the catch too quickly, often the result of a lunge (row.) [6]

**rushing** attempting to advance the football by running with it (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**ruts** a deep area between moguls (freest.) [6]

**ryokata-tori** a two-handed grip, one on each shoulder (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**ryote-tori** a two-handed grip, one on each wrist (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**ryu** a style or method of practising a Japanese martial art (*Dict. of Sp. and Ex. Sc. 2006, 182p.*)

## S

**sabre** a sword that weighs 500g, is up to 105cm/41.3in in length, and has a flexible flattened triangular blade and a blunt point (fenc.) (*Chambers. Sports Factf.,2005, 231p.*)

**sabre** the modern fencing sabre has a straight blade and a curved, triangular guard to protect the hand. Touches, known as cuts, can be scored with either the tip or the edge of the blade (fenc.) [6]

**sack** a tackle of the quarterback behind his line of scrimmage (f/b) [6]

**sack** to tackle the opposing **quarterback** behind the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**sacrifice** a play where a batter deliberately makes an out in order to enable a **baserunner** to score or advance to another base (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**saddle** **1.** the rider's seat on a bicycle or on the back of a horse **2.** a cut of meat such as lamb, hare or venison, made up of both loins and part of the backbone (*Dict. of Leis., Trav. and Tour., 2008, 265p.*)

**safe** if a player is safe, he has reached base before being thrown out by the fielding side (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**safety** **1.** either of two defensive backs, the **strong safety** and **free safety**, positioned behind the other defenders **2.** a play in which the offense carries the ball over its own goal line and does not take it back into the field of play, scoring two points for the defense (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**safety** a period of play in which both players attempt to prevent their opponent from scoring points by keeping the cue ball in positions from which pots are unlikely to be attempted, eg *a long spell of safety brought to an end by a fluked red* (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**safety** when a ball carrier is tackled in his own end zone after bringing the ball there under his own power; the defense earns 2 points and receives a free kick from the offense's own 20-yard line (f/b) [6]

**safety** **1.** the state of being free from danger or risk □ **to take safety precautions, safety measures** to act to make sure something is safe. **2.** □ for safety so that something is safe (*Dict. of Leis., Trav. and Tour., 2008, 265p.*)

**safety bindings** the accident prevention devices that hold the foot to the ski and that release automatically when the skier falls to help prevent injury (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**safety car** a saloon car that comes out onto the track and behind which the racing cars must drive at its pace after an accident has occurred that requires **marshals** to be on the track (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**safety cup** a cup used on the back rail of a spread fence that releases to drop the rail if struck by the horse (equest.) [6]

**safety hinder** a hinder on which a player fails to make a shot in order to avoid hitting the opponent with racquet or ball (racq.b.) [6]

**safety key** a device that is attached to the emergency stop switch on a treadmill and to the runner's belt, which activates the switch if the runner slips or falls (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**safety netting** plastic mesh that is used to stop skiers who have lost control and prevent serious accident (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**safety shot** a defensive shot the intention of which is not to give one's opponent an opportunity of potting a ball (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**safety squeeze** a tactical manoeuvre where a **baserunner** at third base begins to run towards **home plate** as soon as the batter makes contact with the ball; compare **suicide squeeze** (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**safety zone** the 5-foot area bounded by the back of the short line and the dashed receiving line (racq.b.) [6]

**safety zone violation** a violation on which the receiver crosses the dashed receiving line before the ball bounces in front of the receiving line or crosses the receiving line on the fly. In doubles, it is a violation if the server's partner enters the safety zone before the serve has crossed the short line (racq.b.) [6]

**sag wagon** a vehicle that follows the cyclists in a road race to give mechanical assistance or to help riders in physical difficulty (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**sail** a trip in a boat (*Dict. of Leis., Trav. and Tour., 2008, 265p.*)

**sailboard** a large surfboard with a keel, a mast and a sail mounted on it that is operated by one person standing up (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**sailboarding** same as **windsurfing** (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**sailing** **1.** the departure of a ship **2.** the activity of riding in or controlling a sailing boat, especially for pleasure (*Dict. of Leis., Trav. and Tour., 2008, 265p.*)

**sailing** **1.** the sport or leisure activity of travelling in a boat propelled by sails **2.** the art or a method of controlling a boat or ship, especially one with sails (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**sailing** water sport where specially designed sailboats are navigated on rivers, lakes, and oceans. (*H.Haag & G.Haag, Dictionary, 2003, 422p*)

**sailing boat, sailboat** a boat which uses mainly sails to travel (*Dict. of Leis., Trav. and Tour., 2008, 265p.*)

**salary cap** an annual dollar limit that a single team may pay all its players (b/b) [6]

**salchow** a jump where the skater takes off from the back inside edge of one skate, spins in the air and lands on the back outside edge of the other skate. It is named after the Swedish skater Ulrich Salchow (1877-1949) who first performed it (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**Salchow** invented by Ulrich Salchow, an edge jump on which skater takes off from the back inside edge of one foot and lands on the back outside edge of the other (f.skate.) [6]

**Salchow** jump in figure and roller skating named after the Swedish figure skater Ulrich Salchow (\*1877, f1949): begin with a figure three forward-outward to backward-inward, after take-off from backward-inward a full turn in the air in the direction at the beginning of the jump, and landing backward-outward on the other leg, i.e. the free leg. The curve direction after landing is the same as that before take-off. The jump with two turns is called double Salchow, with three turns triple Salchow. (*H.Haag & G.Haag, Dictionary, 2003, 425p*)

**salle** a fencing hall or club (fenc.) [6]

**salto** an **aerial** flip or somersault in which the feet come up over the head and the body rotates around the Waist. It does not use the hands (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**salto** an aerial flip or somersault in which the feet come up over the head and the body rotates around the waist (gymn.) [6]

**salute** raising the weapon to acknowledge the opponent and the director at the beginning and end of the bout (fenc.) [6]

**samalog** a scoring system in which a skater's times for races at various distances are converted into points to determine an overall champion. Essentially, all times are converted to the equivalents for 500 meters. The number of points awarded for the 500-meter event is the same as the time in seconds; the number of points for the 1000-meter event is the time in seconds divided by two, and so on. Also sammelagt (sp.skate.) [6]

**sambo** combat sport, without the use of weapons, practiced for self defense, a mixture of judo and various forms of wrestling. *rules* (selection): matches are held on a mat with a diameter of 9 m (thickness 10 cm) which is surrounded by a 1.2 m wide border. The sambo athletes are divided into groups according to weight class; shorts, a special jacket with lapels allowing for possible grips of the opponent, and a red or blue cloth belt are worn. A match lasts six minutes. There are throws, holding and lever grips (including leg lever grips), but strangleholds are not permitted. The goal of the match is to throw the opponent on his back. The match is scored according to a differentiated point system by a jury (mat chairman, referee, judge). *history*: sambo was developed in the mid 1930s in the Soviet Union from a mixture of different forms of wrestling; the first rules were written down in 1936, but the name "sambo" was not introduced until 1946. In 1966 sambo was accepted, in addition to free-style and Graeco-Roman wrestling, as a non-Olympic wrestling discipline by the international wrestling federation (» wrestling). World championships have been held since 1973. (*H.Haag & G.Haag, Dictionary, 2003, 426p*)

**sambo** a modern martial art originating in the former Soviet Union, with forms similar to wrestling and aikido and a form based on self-defence (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**sample** a small quantity of something used for testing (*Dict. of Sp. and Ex. Sc. 2006, 183p.*)

**sample collection form** a form that is filled in at a doping control station (*Dict. of Sp. and Ex. Sc. 2006, 184p.*)

**sand board** a board similar to a surfboard or snowboard used for riding down sand dunes or performing stunts on a course covered in sand (*Dict. of Sp. and Ex. Sc. 2006, 184p.*)

**sand iron** a heavy, lofted club formerly used for playing out of bunkers. Also sometimes applied to the sand wedge (golf) [6]

**sand save** getting the ball in the hole from a **bunker** with a **wedge** shot and a single putt (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**sand trap** a hazard containing sand; a bunker (golf) [6]

**sand trap** same as **bunker**; an especially American term (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**sand wedge** a club with a high degree of **loft** that is specially designed to hit the ball out of **bunkers** (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**sand wedge** an iron with a heavy flange, designed primarily for use in getting out of sand traps (golf) [6]

**sandbag** to hold back on a car's performance, during trial runs and qualifying, to mislead other drivers as to its potential (autosp.) [6]

**sandbagger** a bowler who deliberately keeps his average low during the first part of the season, to take advantage of an artificially high handicap later on (bowl.) [6]

**sanding** a very important step in preparing a sled for a run, which can take as much as three hours. On a four-man bobsled, each member of the crew is responsible for sanding one of the runners (bobsl.) [6]

**sandpit** a place with sand where children can play (*Dict. of Leis., Trav. and Tour., 2008, 268p.*)

**sandshoe crusher** an Australian term for a ball that pitches on the batsman's boots (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**sandwich game** same as Dutch 200 (bowl.) [6]

**sandwich rubber** a rubber sheet attached to the paddle with an underlying layer of sponge (t.ten.) [6]

**sankyo** an **ikkyo** with hand twisting (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**saturation diving** a method of diving in which the diver's bloodstream is saturated with an inert gas so that the time required for decompression is unaffected by the duration of the dive (*Dict. of Sp. and Ex. Sc. 2006, 184p.*)

**sauna** 1. a bath involving a spell in a hot steamy room followed by a plunge into cold water or a light brushing with birch or cedar boughs 2. a room designed or prepared for having a sauna (*Dict. of Sp. and Ex. Sc. 2006, 184p.*)

**sauna** 1. a bath taken by sitting in a room filled with very hot steam 2. a room where you can have a very hot steam bath (*Dict. of Leis., Trav. and Tour., 2008, 269p.*)

**sauna** combined hot-air and steam bath in a room that is lined inside with wood, where periods of dry heat (85-98° C) and hot steam (by means of pouring water onto the red hot oven stones) alternate. (*H.Haag & G.Haag, Dictionary, 2003, 426p*)

**save** a goalkeeper's successful attempt at stopping the ball from entering the goal (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**save** an instance of a **relief pitcher** successfully preserving a narrow lead to the end of a game (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**save** in sport the defense of an attack made by the opponent, particularly in team ball games the defending of a shot on goal by the goalie. (*H.Haag & G.Haag, Dictionary, 2003, 427p*)

**save** the act of a goalie in blocking or stopping a shot (icehok.) [6]

**save** the act of a goalkeeper in blocking or stopping a shot that would have gone into the *goal* without his intervention (f/b) [6]

**save** the act, by a goaltender, in deflecting or stopping a shot on goal. As a verb, to make a save (icehok.) [6]

**scabbards** guards of wood or metal that are used to protect the runners while the sled is being transported (bobsl.) [6]

**scale** in several artistic sport disciplines term for a movement skill, where the body (or major parts of the body) are balanced horizontally by means of hanging, standing or supporting oneself. Examples are the scale in ice and roller skating (body and free leg form a horizontal line; if a turn around the longitudinal axis is performed, it is called a scale pirouette; in the pairs it can be performed in the dance position, head to head, or head to foot (dragonfly)), in sport acrobatics (horizontal balancing by means of hanging or supporting oneself), and in gymnastics (a balance element, where the body is held horizontally, e.g. as knee, support, standing or hanging scale). (*H.Haag & G.Haag, Dictionary, 2003, 427p*)

**Scandinavian callisthenics** term for the callisthenics systems founded in the 19th century predominantly by Scandinavian gymnastics pedagogists (e.g. Denmark: F. Nachtegall, \*1777- 1847, J. Lindhard; \*1870-1947; Sweden: P.H. Ling, \*1776- 1839), which were aimed at training the entire body

and perfecting posture. It had strong influences on German gymnastics and the development of rhythmical callisthenics (» callisthenics). (*H.Haag & G.Haag, Dictionary, 2003, 427p*)

**scare** the area of a wood club where the head and shaft are spliced together (golf) [6]

**scenic route** the path taken by a long, slow curve ball (bowl.) [6]

**SCG** Sydney Cricket Ground (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**schedule** **1.** a timetable, a plan of times drawn up in advance **2.** a list of times of departure and arrivals of trains, planes or coaches **3.** a list, especially of additional documents attached to a contract

■ **1.** to list officially **2.** to plan the time when something will happen (*Dict. of Leis., Trav. and Tour., 2008, 269p.*)

**schleifer** a strike, usually from a loose hit, on which the pins slowly fall, one after the other. From the German for "grinder" (bowl.) [6]

**schooling** training in preparation for competition (equest.) [6]

**schooling area** an area in which horses can be warmed up before a jumping competition (equest.) [6]

**schuss** a German word meaning a section of a downhill course with no bends (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**schuss** to ski straight downhill as fast as possible. (German for "shoot") (ski.) [6]

**scissoring** moving the skis back and forth, parallel to each other, to initiate a turn (freest.) [6]

**scissors** a move in which the ball is offloaded by a player running diagonally across the pitch to a team-mate running behind him at a different angle (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**scissors** a move in which the ball is **passed** by a player running diagonally across the pitch to a team-mate running behind him at a different angle (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**scissors** **1.** (*in gymnastics*) a movement of the legs that resembles the opening and closing of scissors **2.** (*in the high jump*) a simple technique of clearing the bar sideways on with a leading leg and then the other in a fast separating and closing movement, now rarely used **3.** (*in rugby*) a tactic in which a player passes the ball to another player running diagonally to his or her line of advance, thus changing the direction of an attack (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scissors** in gymnastics an exercise on the pommel horse where the diagonally straddled legs are swung sideways in the support position; at the highest point the hand near the legs is lifted and the leg position is changed so that the leg that swung in front of the horse is now behind the horse and vice versa. The scissors can be performed as an upstart and as a swing with a half turn. In callisthenics scissors refer to a movement where the straight legs are repeatedly crossed and uncrossed while lying on the back or stomach. (*H.Haag & G.Haag, Dictionary, 2003, 428p*)

**scissors jump** technical sport motor skill of various sport disciplines which follows the pattern of a pair of scissors: in artistic cycling changing from riding into the reverse handle bar sitting position, in gymnastics a high jump forwards or backwards on the floor or balance beam, where the swing and the take-off leg are crossed in the air, in track and field a scissoring movement, e.g. an older jumping technique in the high jump. (*H.Haag & G.Haag, Dictionary, 2003, 428p*)

**scissors kick** **1.** (*in swimming*) a kicking motion that resembles the opening and closing of scissors, used especially when doing the sidestroke **2.** (*in soccer*) a mid-air kick of the ball with the legs moving in a way that resembles the movement of scissor blades (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scissors kick** technique in soccer, the movement sequence is similar to that of a pair of scissors: the player jumps up from the ground, swings the free leg upwards and attempts to kick the ball with the take-off leg. This technique serves the purpose of irritating the opponent, but also of adapting to the flight or bouncing height of the soccer ball. (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**scissors step turn** a fundamental technique in alpine skiing; in the turn the upward ski (scissors step turn mountain side) or downward ski (scissors step turn valley side, inside ski turn) is scissored, i.e. moved away from the other ski with a stepping motion. Scissors step turning requires good balance and coordination. (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**sclaff** a badly hit shot that does not travel very far (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**scoop** it is a scoop when a player raises a stationary or slowly moving ball off the ground with a shovel-like movement of the stick, which is placed slightly under the ball (hock.) [6]

**scoop** technique in hockey disciplines where the ball or puck is played by means of a rapid pushing or scooping motion (without a wind-up movement) and by making immediate contact with the stick. A scooped ball is usually played high across the opponents. (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**scoop** to propel the ball through the air using a lifting motion of the stick (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**scoop shot** a shot taken with an underhand, scooping motion while moving toward the basket (b/b) [6]

**scoop stretcher** a stretcher for transporting an injured person with a suspected spinal injury, assembled under the patient so that he or she need not be moved (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**score** **1.** in some team games (e.g. soccer, basketball) a goal or basket scored. **2.** in boxing a valid and successful punch. **3.** in fencing the legal hitting of the opponent's target zone with the blade. **4.** in artistic sports term for the points awarded (» mark). (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**score** **1.** the total number of points gained by a player or team at the end of or during a match or game **2.** a record of the number of points gained by a player or team in a match or game **3.** an action that leads to the gaining of a point or points in a match or game ■ to gain a point or goal (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**score** to put the ball into the net for a goal; also, the tally of goals for each team playing in a game (f/b) [6]

**score draw** a result in a match, especially a football match, in which both sides have scored the same number of goals (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**score sheet** a record of who has scored a point or goal in a game or match, especially in football or rugby (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scoreboard** a board at a sporting venue on which the score of a game, match, or other competition in progress is displayed (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scoreboard operator** official who operates the scoreboard (b/b) [6]

**scorekeeper** official responsible for filling score sheet before and during the game (keeping a record of the names and numbers of players who start the game and all substitutions who enter the game, keeping chronological running summary of points scored, recording personal and technical fouls called on each player, recording technical fouls called on each coach, recording the time-outs charged); indicating the number of fouls committed by each player; indicating the team fouls using team marks (b/b) [6]

**scoreline** same as **score** (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scorer** an official who keeps a running total of field goals, free throws, points, personal fouls, and technical fouls for each player and team. A player entering the game as a substitute must report to the scorer, who sounds a buzzer at the next dead ball to inform the referee. When a player has fouled out of the game, the scorer has to notify the nearest referee (b/b) [6]

**scorers** players who score goals (f/b) [6]

**scoresheet** see **protocol** (weightl.) [6]

**scoring hit** a clean blow with force, using the knuckle area of a closed glove, on the opponent's body above the belt or on the side or front of his head. If the three **judges** agree within a one-second period that the blow was landed successfully, the boxer scores one point (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**scoring opportunity** a situation where a team stands a good chance of scoring a goal (f/b) [6]

**scoring opportunity** when a player gets open for a shot that is likely to score (b/b) [6]

**scoring system** the scoring system for modern tennis is based on that of its medieval ancestor, court tennis. In court tennis, a game comprised four rounds of 15 points each. That system was imposed on lawn tennis, as it used to be known, with the points numbered 15, 30, 45, and 60 (or game). Somewhere along the line, 45 were abbreviated to 40. The point is the basic building block; a game is made up of points, a set is made up of games, and a match is made up of sets (ten.) [6]

**Scotch foursome** a match in which partners take turns hitting the same ball. They alternate driving, no matter who holed out on the previous hole (golf) [6]

**scout** same as **talent scout** ■ to look for talented players for a sports team (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scramble** a battle among several players for possession of the puck (icehok.) [6]

**scramble** if a **quarterback** scrambles, he tries to evade tacklers while running with the football (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**scramble** several players from both sides close together battling for possession of the puck (icehok.) [6]

**scramble leg** the first leg of a cross country relay race, so called because there's a mass start and the skiers have to scramble for position (ski.) [6]

**scramble leg** the first leg of a relay race in cross-country skiing; it describes a bunched **mass start** (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**scrambler** a motorcycle designed for racing across rough terrain (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scrambling** evasive movements by a quarterback to avoid being sacked (f/b) [6]

**scrambling** the sport of racing on motorbikes on rough terrain (*Dict. of Leis., Trav. and Tour., 2008, 270p.*)

**scraper** a tool used to smooth the track surface (luge) [6]

**scratch** if a horse is scratched, it is removed from a race after it has been entered (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**scratch** a scratch golfer, or one who 'plays off scratch' is one who has a **handicap** of zero (golf) (*Chambers. Sports Factf.,2005, 293p.*)

**scratch** actual score, without a handicap added (bowl.) [6]

**scratch** descriptive of a zero handicap (golf) [6]

**scratch** a person or team withdrawn from a race or competition (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scratch golfer** a player has a zero handicap; thus, one who averages par (golf) [6]

**scratch race** a straightforward distance **track race** ridden by up to 24 riders over 15km (10km for women) (cycl.) (*Chambers. Sports Factf.,2005, 205p.*)

**scratch race** any race in which all riders cover the same distance from a mass start and the winner is the first rider across the finish line. Virtually all road races are scratch races (cycl.) [6]

**screen** a manoeuvre involving positioning an attacking player between a defender and the ball carrier (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**screen** a type of hinder on which the receiver's view of the shot is obstructed by the hitter. It is a fault on a serve; during a rally, it is replayed without penalty (racq.b.) [6]

**screen** to shield the opponent's view of the ball during the serve (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**screen** to take a position in the anticipated path of the defensive player guarding a teammate in order to free the teammate to take an open shot or go to the basket. Also used as a noun (b/b) [6]

**screen** to take a position between the goaltender and a teammate who controls the puck (icehok.) [6]

**screen or screener** the offensive player who stands between a teammate and a defender to give his teammate the chance to take an open shot (b/b) [6]

**screen pass** a passing play in which offensive **linemen** move across to form a barrier in front of a receiver with the aim of blocking opponents after the pass is caught (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**screen shot** a shot on goal that the goalie cannot see because it was taken from behind one or more players from either team standing in front of the net (icehok.) [6]

**screen shot** a shot taken when the goaltender's line of sight is blocked by players of either team in front of the net (icehok.) [6]

**screening** see shielding (f/b) [6]

**screw** if a player screws the **cue ball** back, he imparts backspin on it such that it recoils after striking the **object ball** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**screw shot** a shot in which **backspin** is imparted on the **cue ball** such that it spins backwards towards the player (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**screwball** a pitch that breaks in the opposite direction to a conventional **curveball** or **slider** (baseb.) (*Chambers. Sports Factf.,2005, 87p.*)

**scrimmage** the play between the two teams, beginning with the **snap** and ending when the ball is dead (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**scruff** to scrape or cut the turf with the club head before hitting the ball (golf) [6]

**scrum** a formalised contest for possession of the ball during a rugby match between the two sets of forwards who each assemble in a tight-knit formation with bodies bent and arms clasped around each other and push forwards together against their opponents (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scrum** a formation used to restart play after a knock-on or forward pass, or at any time when ordered by the referee. Forwards on each side bind and the two groups come together, with the front rows interlocking to leave a tunnel between them. The scrumhalf of the non-offending team feeds the ball into the tunnel from 1 meter away, midway between the front rows. The hookers attempt to get the ball out to a back. The scrum ends when the ball is out of the tunnel and in possession of a player on either team (rugby) [6]

**scrum** the formation, in three rows, of the two teams' forwards, who then push (or more usually lean) against each other, while the **scrum-half** puts the ball in between the legs of his **loose-head prop**. Following rule changes, scrums are now virtually uncontested and never won by the team not putting the ball in (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**scrum** the formation, in three rows, of the two teams' forwards, who then push against each other, while the **scrum-half** puts the ball into the gap between the two **front rows**. The ball is usually hooked back by the side putting the ball in (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**scrum cap** protective headgear worn by forwards (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**scrum half** (*in rugby*) the halfback who places the ball in the scrum, or the position of this player (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scrumdown** the process of bringing a scrum together (rugby) [6]

**scrumhalf** the back, usually No. 9, who feeds the ball into the scrum and tries to retrieve the ball from mauls, rucks, and scrums. Also called the halfback (rugby) [6]

**scrum-half** the player, often slightly built and agile, who follows the forwards, putting the ball into the **scrum** and moving it away from the **pack** to the **backs**; wears the number 9 shirt (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**scrum-half** the player, often slightly built and agile, who initiates plays, puts the ball into the **scrum** and moves it away from the **pack** to the **backs**; wears the number 7 shirt (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**scrummage** the entire process of setting and completing a scrum (rugby) [6]

**scrutineering** the inspection of bikes by the officials before the race to ensure that technical regulations have not been broken (motorsp.) (*Chambers. Sports Factf.,2005, 402p.*)

**scrutineering** the inspection of cars by rally officials to ensure that technical regulations have not been broken (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**scrutineering** the inspection of cars by the officials to ensure that technical regulations have not been broken (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**scuba** an underwater breathing apparatus (*Dict. of Leis., Trav. and Tour., 2008, 270p.*)

**scuba diver** a diver who takes part in scuba diving (*Dict. of Sp. and Ex. Sc. 2006, 185p.*)

**scuba diving** see underwater diving. (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**scuba diving noun** the sport of diving, using an apparatus for breathing underwater consisting of a portable canister of compressed air and a mouthpiece (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**scuba-diver** somebody who goes scuba-diving (*Dict. of Leis., Trav. and Tour., 2008, 270p.*)

**scuba-diving** the sport of swimming underwater, using breathing apparatus (*Dict. of Leis., Trav. and Tour., 2008, 270p.*)

**Scud** same as Fall Out (darts) [6]

**scuderia** a name used to refer to the Ferrari team; this Italian word literally means 'stable' (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**scull** **1.** a light boat that is propelled by an oarsman or oarswoman with an oar in each hand **2.** a short oar used by scullers (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**scull** a movement of the hands against the water in synchronized swimming, designed to provide balance and support (synchr.swim.) (*Chambers. Sports Factf.,2005, 573p.*)

**scull** continuous movement of the hands in the water to balance and support the body (synchr.swim.) [6]

**scull** one of a pair of oars that are used by a single rower, one in each hand. As a verb, to use sculls to propel a boat (row.) [6]

**sculler** someone who sculls (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**sculpt** to change the shape or contours of something by natural processes such as erosion. Also called **sculpture** (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**sculpted** with an athletic physique that is aesthetically pleasing (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**s-curve** two connected curves that alternate directions (luge) [6]

**seam** a ball seams if it deviates after pitching on the raised stitching that joins together the two pieces of leather which encase the ball (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**seamer** a medium-pace or fast bowler who bowls balls that **seam** (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**seasick** feeling sick because of the movement of a ship (*Dict. of Leis., Trav. and Tour.*, 2008, 271p.)

**seasickness** sickness caused by the movement of a ship (*Dict. of Leis., Trav. and Tour.*, 2008, 271p.)

**seaside** an area near the sea where people go to have a holiday (*Dict. of Leis., Trav. and Tour.*, 2008, 271p.)

**season** the performance of a player or team during a sporting season in relation to others (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**season** in the team sports term for the (calendar) time during which the games of a playing round are held (e.g. soccer, hockey); in sports where practicing is bound by certain seasons (weather-related) the term season relates to the actual competition period: summer season (e.g. in rowing), winter season (e.g. in ice sport and skiing). The advanced technical development of sport facilities now permits the practicing of certain sports, which used to be restricted by seasons, throughout the entire year (e.g. indoor track and field or indoor skiing). The dependence of some sport disciplines on seasons influences their training periodization. (*H.Haag & G.Haag, Dictionary, 2003, 429p*)

**season** **1.** one of the four parts into which a year is divided, namely spring, summer, autumn or winter **2.** a period of time when something usually takes place □ **end of season sale** an event where goods are sold cheaply because the season in which they would be used is over, e.g. a sale of summer clothes in autumn **3.** □ **in season** which is fresh and plentiful and easy to buy (*Dict. of Leis., Trav. and Tour.*, 2008, 271p.)

**season's best (SB)** if an athlete achieves a season's best, it is his or her best time or distance of the current year (athl.) (*Chambers. Sports Factf.*,2005, 54p.)

**seasonal** only lasting for a season (*Dict. of Leis., Trav. and Tour.*, 2008, 271p.)

**seasonal training** training that is intense when preparing for competition and lessens or stops in the periods in between, leading to detraining and retraining patterns (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**seat** a platform of plastic or wood that sits on the slides and moves back and forth with the rower's motion. Seats are numbered from bow to stern and rowers are often identified by their seat numbers. In an eight, the bowman is No. 1 and the stroke is No. 8 (row.) [6]

**seated exercise** any exercise that is performed sitting down, e.g. a leg extension (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**second** an assistant who helps a boxer before a bout and during the rests between **rounds** (box.) (*Chambers. Sports Factf.*,2005, 142p.)

**second** the member of the rink who plays second (curl.) (*Chambers. Sports Factf.*,2005, 196p.)

**second** the player who delivers stones second for his or her team in an end (curl.) [6]

**second 5/8th** another name for a center (rugby) [6]

**second base** the second of the bases to which a player must run, situated on the far side of the pitcher's **mound** from **home plate** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**second baseman** the fielder positioned near second base, on the side nearer first base (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**second chance points** points scored from repeated shot (after offensive rebound) (b/b) [6]

**second flight** the flight of the ball after it bounces (ten.) [6]

**second home** attacking player (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**second row** the two locks, when in a scrum (rugby) [6]

**second row** the two tall, powerfully built forwards, **locks**, -who push behind the **front row** in a scrum (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**second row** term for a tactical attack formation in team ball games, where some of the attack players act from a position set back from the goal (particularly in handball, soccer, and volleyball). (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**second service** the second of a player's two permitted **serve**s, often struck with less pace and more accuracy to avoid a **double fault** (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**second wind** a renewal of energy following a period of effort and exertion (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**secondary** the area of the field behind the **linebackers**, defended by the **defensive backs** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**seconde** the second guard or parry. A low line on the side of the sword arm, with a pronated wrist (fenc.) [6]

**second-row forward** either of the two tall, powerfully built forwards who form the second row in the **scrum**; second-row forwards wear the number 11 and 12 shirts (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**secretary** in several sport disciplines the judge, required by the rules or the organiser of the event, with the task of keeping official minutes regarding goals, points, scores, etc. and recording the final result. (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**secretagogue** an agent that stimulates the pituitary gland to release more growth hormone, used by athletes (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**seed** before a tournament, certain players are ranked, based on their ability and recent performances. The process is called seeding, the rankings are called seeds, and the top-ranked player is called the top seed. Matches are then arranged so that the top-seeded players will not meet until the later rounds of the tournament (ten.) [6]

**seed** a competitor who is graded according to the perceived likelihood of his or her winning a specific tournament ■ to rank a player according to the perceived likelihood of his or her winning a specific tournament (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**seeding** assigning a certain place in a tournament plan to an athlete or team who is known to have a high level of performance; the team or athlete do not enter the draw - like other athletes or teams - to determine a playing group or contest pairs. This practice of seeding, which is predominantly used in racquet games, combat sports, and team sports, is utilized to prevent the best competitors from competing against each other in one of the early rounds, thereby eliminating one of the favourites to win the event. (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**Seemiller grip** a grip in which a combination paddle is constantly rotated so that the ball can be struck with either side of the hitting surface (t.ten.) [6]

**segment training** training for each muscle group in turn, with the aim of identifying weaknesses (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**seiken** the forefist (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**selected team** team composed of the best athletes from different clubs which takes part in contests against comparable teams. A selected team can be formed on different levels: city, county, state, national (» national team), continent, and world teams are selected in various sports. (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**selection** the process by which an athlete is chosen for a team of competition (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self bow** a bow made of a single piece of wood (arch.) [6]

**self-by date** a date stamped on the label of a food product, which is the last date on which the product should be sold to guarantee good quality. Compare **best-before date, use-by date** (*Dict. of Leis., Trav. and Tour., 2008, 273p.*)

**self-defence** fighting techniques used for defending oneself against physical attack, especially unarmed combat techniques such as those used in many of the martial arts (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self-defense** every defense of an attack to oneself; self-defense without using weapons is the principle of budo sports. (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**self-discipline** the ability to do what is necessary or sensible without needing to be urged by someone else (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self-efficacy** confidence and efficient stress-management techniques that positively affect an athlete's performance (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self-fulfilling** used for describing an event, e.g. a failure in competition, that is brought about or proved true because of having been expected or predicted (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self-image** the opinion that a person has about how worthwhile, attractive or intelligent he or she is (*Dict. of Sp. and Ex. Sc. 2006, 186p.*)

**self-modelling** the memories of your own accomplishments, used during self-talk as a method of achieving a positive mindset (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**self-movement** human (sport) movement which is produced (predominantly) as a result of one's force production (e.g. running), in contrast to external movement which is (predominantly) caused by external forces (e.g. motor sports). Even in sport disciplines involving external movements, self-movements are always required, at least for control purposes. Self-movement represents the realization of the movement urge that is inherent to the human being. The type of self-movement or external movement offers a possibility for classifying sport disciplines: 1. only one's body is moved (e.g. running, jumping), 2. a piece of equipment is moved (e.g. shot-put, handball), 3. a piece of equipment is moved via other equipment (e.g. tennis, golf), 4. the body is moved on equipment (e.g. at the high-bar in gymnastics), and 5. the movement is caused by external force application (e.g. sailing, skiing, bobsled). (*H.Haag & G.Haag, Dictionary, 2003, 430p*)

**self-paced** used for describing an exercise regime or a race that is controlled by the athlete and not by external stimuli (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**self-regulation** an athlete's ability to follow a training regime and adapt it according to current needs, e.g. to resist training while injured, without supervision (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**self-respect** belief in your own worth and dignity (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**self-talk** the things that an individual says mentally to himself or herself, often to instill a positive attitude before a competition (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**self-test** a diagnostic test that you give yourself to determine your health, e.g. a blood-pressure test (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**semi-curved last** same as **standard last** (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**semi-displacement** a type of powerboat design in which the stern is lower than the rest of the hull and is designed to be in the water, while the front portion of the hull is designed to hydroplane (powerb.) [6]

**semi-final** either of two matches or games, the winners of which will play each other in the final round of a competition (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**semi-finalist** a player or team that is playing in a semi-final (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**semi-planing** same as semi-displacement (powerb.) [6]

**semi-professional** 1. participating in a sport for pay but not as a full-time professional 2. played in or contested by semi-professional sportspeople 3. displaying some aspects of a professional (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**send off** to dismiss a player from a game or competition for breaking the rules, e.g. in football, rugby or hockey (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**sending off** dismissal from the pitch of a player by the referee following two **yellow cards** or one serious offence that merits a **straight red** card (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**sendoff** the expulsion of a player from a match. The side has to play one person short and the player sent off is typically banned for at least one further match. A sendoff may result from a flagrant or malicious foul, or from repeated fouls (rugby) [6]

**senior** older, higher in rank ■ the father of the family (*Dict. of Leis., Trav. and Tour., 2008, 274p.*)

**sensei** a karate master (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**sensei** a teacher; literally "one who has been born before," therefore an elder (mart.art.) [6]

**sensei** an instructor in karate, aikido and various other Japanese martial arts (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**sensei-ni** face toward the instructor; a command (mart.art.) [6]

**sensitive** having an unexpected reaction to an allergen or to a drug, caused by the presence of antibodies which were created when the person was exposed to the drug or allergen in the past (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**sensitive period** span of time during which a developing organism is particularly susceptible to the influence of an event, stimulus, or mitigating factor. Sometimes used as a more accurate term for *critical learning period or critical period* (*Dict.of sp.and Ex.Sc.1991, 136p*)

**sensitivity** **1.** the fact of being able to detect and respond to an outside stimulus **2.** the rate of positive responses in a test from persons with a specific disease. A high rate of sensitivity means a low rate of people being incorrectly classed as negative. Compare **specificity** (*Dict. of Sp. and Ex. Sc. 2006, 187p.*)

**seoi-nage** a shoulder throw (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**septime** the seventh guard or parry. A low line on the side away from the sword arm, with a semi-supinated wrist (fenc.) [6]

**Sergeant** the feat of scoring three successive numbers in a round to win a free turn in a game of Round the Clock (darts) [6]

**serial skill** a series of discrete skills performed in sequence, e.g. the run, jump and landing required for the triple jump (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**series** in general a sequence of objects, events, etc. In sport the term series is also used in this context, e.g. several successive games won in a playing round, a sequence of successful hits (fencing) or punches (boxing), a completed sequence of balls (billiards), good or bad service series in racquet games, etc. (*H.Haag & G.Haag, Dictionary, 2003, 434p*)

**series** in some sports such as cricket and baseball, a set of matches between the same teams (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**series** the group of 4 downs a team has to advance 10 yards (f/b) [6]

**serve** (*in racket sports*) to begin a point by launching the ball or shuttlecock towards an opponent ■ (*in racket sports*) an act of serving the ball or shuttlecock (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**serve** first play of the ball at the start of the game or to restart the game after a point is made; the serve represents the beginning of a new section of the game (table tennis, indiacca, fist ball, etc.). In each of the respective sport disciplines a wide range of technical variants has been developed which are meant to make it more difficult for the opponent to return the serve. (*H.Haag & G.Haag, Dictionary, 2003, 434p*)

**serve** short for service (t.ten.) [6]

**serve** the act of putting the ball in play to initiate a rally (racq.b.) [6]

**serve** the opening shot of a point that puts the ball into play (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**serve** the shot that begin each point. Standing behind the baseline, the player must toss the ball into the air and hit it into the diagonally opposite service court. The server is given two chances to make a valid serve. A failure is called a fault and a double fault results in loss of the point. On the first point, the server must be to the right of the center line, and then alternates sides with each point. In singles, the players alternate service throughout a match. In doubles, service alternates between the sides, and all four players serve in turn (ten.) [6]

**serve and volley** a style of play characterized by a charge to the net after serving in order to gain position to **volley** the opponent's **return** (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**serve and volley** a style of play in which the server takes the net after each successful serve in order to volley the opponent's return (ten.) [6]

**server** the player who puts the ball in play with a serve. Only the server can score a point (racq.b.) [6]

**server** the player who strikes the ball first in a rally (t.ten.) [6]

**server** the player whose turn it is to serve (ten.) [6]

**service** see serve (ten.) [6]

**service** the shot that starts a rally. The server must toss the ball up at least 16 centimeters (6 inches) and strike it as it's falling, so that it touches first in the server's court and then in the receiver's court, without touching the net. When struck, the ball must be above the level of the playing surface and behind the server's end line. See also let (t.ten.) [6]

**service box** a square area in each **quarter court** bounded by part of the **short line**, part of the side wall and by two other lines, and from within which the server serves (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**service box** an 18-inch box at each end of the service area. In doubles play, the server's partner must remain in this area until the serve has crossed the short line (racq.b.) [6]

**service court** one of the two rectangles on each side of the net bounded by the service sideline, the service line, the center service line between them, and the net itself. Each service court is 21 feet deep and 13 ½ feet wide (ten.) [6]

**service court** the box on the other side of the net into which a server must place the ball when serving (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**service court** one of the two boxes into which the rear part of the court is divided and from which a player must serve diagonally across the net into the opponent's service court (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**service game** when it is a player's service game, it is his or her turn to serve (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**service line** a line about 21ft/6.4m from the **grille** wall (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**service line** the boundary of the **service court**, 6.4m/21ft from the net (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**service line** the line that marks the back boundary of the service courts on each side of the net (ten.) [6]

**service line** the line, 15 feet from the front wall, marking the front of the service zone (racq.b.) [6]

**service line judge** an official who is responsible for determining whether a serve hits the court beyond the service line. The service line judges are stationed on the same side of the court as the umpire and on a line with the service lines (ten.) [6]

**service park** the area where a crew has 20 minutes to make any running repairs to a car (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**service sideline** that part of the singles sideline, between the net and the service line, that marks the outside boundary of the service court (ten.) [6]

**service winner** a serve that the receiver hits without making a legal return (ten.) [6]

**service zone** a 5-by-20-foot area between the service line and the short line. The serve must be made from within this zone during the serve (racq.b.) [6]

**serving** a wrapping of thread that prevents wear on the bowstring (arch.) [6]

**set** playing period in racquet and return games which finishes after a certain prescribed number of points - depending on the respective sport - has been reached by one team. (*H.Haag & G.Haag, Dictionary, 2003, 434p*)

**set** **1.** a number of repetitions of an exercise **2.** a part of a tennis match that is won when one player or couple wins a minimum of six games (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**set** a full complement of golf clubs (golf) [6]

**set** a series of games, the winner being the first to win at least six games and at least two games more than the opponent (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**set** a set is a group of games that is won by the player or side that first wins at least six games with a two-game margin, unless a tie-breaker is employed. In major tournaments, there are usually five sets in a men's match and three in a women's match. See scoring system; tie-breaker (ten.) [6]

**set** if you set a game, you decide to extend it by a specified number of points (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**set** if you set a game, you decide to extend it by a specified number of points (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**set** same as **plant** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**set** the boat's balance, a delicate property that's affected by the posture and timing of the rowers as well as by qualities of the boat itself (row.) [6]

**set offense** see half-court offense (b/b) [6]

**set piece** a rehearsed play from a corner kick or a free kick near the penalty area (f/b) (*Chambers. Sports Factf.,2005, 262p.*)

**set piece** a **scrum** or **line-out** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**set piece** a planned manoeuvre used by a team in a game, e.g. the way a football team takes a corner or free kick (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**set play** a planned strategy that a team uses when a game is restarted with a free kick, penalty kick, corner kick, goal kick, throw-in or kickoff (f/b) [6]

**set point** **1.** the body weight at which a person's metabolism is naturally constant and balanced **2.** a situation in a tennis match in which a player has only to win the next point to win the set, or the point he or she has to win (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**set point** a point that, if won by the leader, will result in winning the set. See also game point; match point (ten.) [6]

**set point** an opportunity to win the set by winning the next point (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**set shot** a shot taken while stationary, without jumping; now virtually obsolete except at the free throw line (b/b) [6]

**setter** a player who volleys the ball upwards for a team-mate to spike (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**setting** in volleyball overarm pass with both hands. This basic technique for precise passing of the ball is used for preparing an attack. A player (setter, playmaker) sets (passes) the ball to a position near the net or in the attack zone, which is favourable for attacks by his team-mates. Different types of sets are played, e.g. high, low, short, rising, frontal, and lateral sets or overhead sets from a standing position, while jumping, or while falling. Modern volleyball is characterized by the setter's coordination and execution of attack combinations which often include several attackers in the same rally. (*H.Haag & G.Haag, Dictionary, 2003, 434p*)

**settle** the portion of the start in which the athlete lies back on the sled (luge) [6]

**setup** movements, level changes, or fakes that cause the opponent to move into a position that leaves him open to an attack (wrest.) [6]

**set-up man** a **relief pitcher** who usually enters the game in the seventh or eighth inning, attempting to preserve a lead for the **closer** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**seven-meter line** an imaginary line extending across the pool, seven meters from each goal line (w.polo) [6]

**seven-metre line** a 1m-long line, 7m from the goal, from where a **seven-metre throw** is taken (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**seven-metre throw** a penalty throw taken as a direct shot on goal by a player who must not touch or cross the **seven-metre line** before the ball leaves the hand (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**sevens** a version of rugby with only seven players on a side, typically three forwards and four backs. A half is usually only seven minutes long (rugby) [6]

**sevens** a version of the game played by teams of seven players, with the emphasis on speed and ball-handling (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**Sevens** the 17s in cricket (darts) [6]

**shades** canvas covers that protect a track from the sun and debris between races (bobs). [6]

**shades** retractable covers that shield the track from sunlight and sometimes from snow between runs (luge) [6]

**shadow** to cover an opponent, one on one, everywhere on the ice. As a noun, a player assigned to shadow a specific opponent (icehok.) [6]

- shadow ball** a practice ball rolled on an empty lane, without pins (bowl.) [6]
- shadow boxing** a form of training for boxing in which there is no opponent, with the boxer's own shadow on the wall used for reference (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)
- shadow boxing** sparring practice with an imaginary opponent (box.) (*Chambers. Sports Factf.,2005, 142p.*)
- shaft** the narrow part of the paddle, above the blade, encompassing the grip (canoe) [6]
- shaft** the part of the club, including the grip, that is joined to the head (golf) [6]
- Shaft** the part of the dart behind the barrel that holds the flight (darts) [6]
- shaft** the stick joined to the **clubhead**; modern shafts are made from steel or graphite and can have different stiffnesses; older shafts were made from hickory (golf) (*Chambers. Sports Factf.,2005, 294p.*)
- shaft log** a fitting in the hull bottom that contains the propeller shaft (powerb.) [6]
- shaft, stem** the plastic or metal part of the dart that screws into the barrel and holds the flight (darts) (*Chambers. Sports Factf.,2005, 214p.*)
- shag** to retrieve balls hit from the practice tee (golf) [6]
- shag bag** a bag in which practice balls are carried (golf) [6]
- shake'n'bake** showy play, involving fast changes of direction and dextrous handling of the ball (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)
- shakedown** the day before the rally starts, when teams can test their cars on roads similar to those used in the rally (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)
- shakehand grip** a grip in which the paddle is held as if the player were shaking hands with it (t.ten.) [6]
- shakehands** a grip that resembles 'shaking hands' with the bat; compare **penholder** (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)
- shakehands grip** especially in table tennis a grip of the racquet, where the hand grips the racquet, whose playing surface is vertical, from behind and upward in a manner similar to shaking hands. In table tennis European players prefer the shake-hands grip. This grip is also used in tennis for the fore-hand shot. (*H.Haag & G.Haag, Dictionary, 2003, 435p*)
- shamateur** an athlete who is officially an amateur but who is secretly paid (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)
- shampoo** a liquid used to keep the visor from fogging over (luge) [6]
- Shanghai** the feat of hitting a single, double and triple of the same number (darts) [6]

**shanghai** the feat of scoring a single, double and treble of the same number with a set of three darts (darts sl.) (*Chambers. Sports Factf.,2005, 214p.*)

**shank** the portion of the hosel nearest the club's face. As a verb, to hit a shot with the shank, which causes it to go sharply off line, usually to the right for a right-handed golfer (golf) [6]

**shank** when a player hits the ball by mistake close to the heel of the club so that it makes contact with the **hosel**, causing the ball to fly to the right (for a right-handed player) (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**shape** the condition of someone's health or fitness (*Dict. of Sp. and Ex. Sc. 2006, 188p.*)

**shaping** behavior management technique in which reinforcement of small progressive steps or approximations of the targeted behavior lead to its accomplishment (successful completion). Also called *forward chaining* (*Dict. of sp. and Ex. Sc. 1991, 137p*)

**Shapiro** similar to a mulligan, but after hitting the second ball, the player can choose which one to play for the rest of the hole (golf) [6]

**shave** to shear off a thin, top layer of ice with the steels, usually caused by a slight, momentary loss of control (luge) [6]

**sheet** the field of play, a sheet of ice 146 feet long and 14 feet, 2 inches wide (curl.) [6]

**sheet** the strip of ice upon which the game is played (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**shell** a racing boat (row.) [6]

**shell** a racing boat, formerly made from wood but nowadays constructed from carbon fibre. Shells vary in length from 8.2m/27ft for a single scull to 19.9m/62ft for an eight (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**shell** see **pod** (luge) [6]

**Shelly Shot** the feat of hitting a triple-19 with the first dart in cricket (darts) [6]

**Sheriff** the darter who has the lead in a game (darts) [6]

**shiai** a contest (mart.art.) [6]

**shiai** a kendo contest or match (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**shiatsu** a form of healing massage in which the hands are used for applying pressure at acupuncture points on the body in order to stimulate and redistribute energy. Originating in Japan, it is used for treating various conditions, including back pain, migraine, insomnia, depression and digestive problems. (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shido** a minor violation that gives the opponent a koka. If a similar violation is committed later in the match, the shido is increased to a chui (judo) [6]

**shido** a penalty awarded against a **judoka** for a minor violation. The opponent is awarded a **koka**; compare **chui** and **keikoku** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**shielding** a technique used by a ball carrier to protect the ball from a defender closely marking him; the ball carrier keeps his body between the ball and the defender (f/b) [6]

**shift** the movement of two or more players into different starting positions before the snap (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**shihan** a master instructor (mart.art.) [6]

**shiko** a move that involves stamping down with each leg; it is used as a warm-up before bouts and in practice (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**shime waza** strangling and choking techniques (mart.art.) [6]

**shinai** a bamboo sword made from four lengths of bamboo tied together with a waxed cord. The shinai is around 1.2m long and weighs 450g (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**shinai** a bamboo sword used in kendo (mart.art.) [6]

**shinguards** pads that strap onto a player's lower leg to protect the shins should he or she be kicked there (f/b) [6]

**shinny** (*in the US and Canada*) an informal game similar to hockey, played with a small hard ball and curved wooden sticks (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shintaido** a form of exercise based on the movements used in Japanese martial arts, performed by a group (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shinty** a game loosely resembling hockey traditionally played in the Highlands of Scotland, in which players are allowed to hit the ball in the air (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**Shit House** a score of 111 points with three darts (darts) [6]

**shock** a state of physiological collapse, marked by a weak pulse, coldness, sweating and irregular breathing, and resulting from a situation such as blood loss, heart failure, allergic reaction or emotional trauma (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shodan** a first degree black belt (mart.art.) [6]

**shoe supports** same as **orthotics** (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shoes** tires (autosp.) [6]

**shomen-uchi** a vertical strike to the middle of the head with one hand (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**shoot** 1. (*of pain*) to seem to move suddenly through the body with a piercing feeling 2. in a sport such as football or basketball, to kick, hit or throw a ball in an attempt to score a goal or point (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shoot set** a fast volleyed pass that has a low trajectory over the net (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**shooter** a delivery that keeps abnormally low after pitching (crick.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**shooter** a player who takes a shot at the basket (b/b) [6]

**shooter** the curler who is currently delivering the stone, or the stone itself (curl.) [6]

**shooter's roll** the ability to get even an inaccurate shot to bounce lightly off the rim and into the basket (b/b) [6]

**shooting** attack by the offensive wrestler of the defensive wrestler s legs in order to gain a takedown (wrest.) [6]

**shooting** when a player kicks the ball at the opponent's net in an attempt to score a goal (f/b) [6]

**shooting** the act of shooting or killing with a gun (*Dict. of Leis., Trav. and Tour., 2008, 277p.*)

**shooting** collective term for all sport competitions with rifle, pistol, shotgun, crossbow, muzzle-loader, and bow (» archery). (*H.Haag & G.Haag, Dictionary, 2003, 435p*)

**shooting angle** the angle determined by the position of the shooting player in relation to the goal at the moment he shoots the puck (icehok.) [6]

**shooting circle** see **goal circle** (hock.) [6]

**shooting circle** the D-shaped area in front of goal from within which the ball must be hit in order to score (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**shooting circle** the semicircular area drawn around the goalpost that indicates the scoring zone (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**shooting circle** part of the playing field in » hockey and » handball. (*H.Haag & G.Haag, Dictionary, 2003, 436p*)

**shooting guard** a guard who is depended on to shoot more and handle the ball less than the point guard; often a good three-point shooter (b/b) [6]

**shooting guard** a **guard** who specializes in taking long-range shots; compare **point guard** (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**shooting range** the distance from which a player is likely to make his shots (b/b) [6]

**shoot-off** a form of tie-breaker in a shooting competition (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**shootout** see **penalty shootout** (w.polo) [6]

**short** a fielding position that is described as short is closer than normal to the batsman, eg *short midwicket* (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**short corner** same as **penalty corner** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**short game** play on and around the **green** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**short game** that part of the game of golf involving shots in which is accuracy is more important than distance (golf) [6]

**short head** distance between a head and a nose; one of a number of terms used to indicate the distance between two dogs finishing a race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**short heed** the narrowest winning margin in British racing, shorter than a **head** but a longer than a **nose** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**short iron** an iron club used to play shots from close to the green; an 8- or 9-iron and all **wedges** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**short leg** the fielding position of **short square leg** (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**short line** a line extending the full width of the court and lying 5.44m/18ft from the front wall (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**short line** the back line of the service zone, 20 feet from the front wall, which divides the court into equal halves. A serve must rebound past this line to be legal (racq.b.) [6]

**short pin** a rolling pin that doesn't quite knock down a pin that's standing (bowl.) [6]

**short serve** a serve that bounces before passing the short line. It is a fault (racq.b.) [6]

**short side** the side of the goal cage where the goaltender is playing; so called because there's a smaller area to shoot at on that side (icehok.) [6]

**short stuff** the fairway, eg *that's not a good drive but at least it's on the short stuff* (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**short track** a type of competition conducted on a 111-meter track on an international size hockey rink. Skaters race in packs, not pairs (sp.skate.) [6]

**shortarm** a shortarm punch is delivered with a bent, rather than an extended, arm (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**short-distance running, sprinting** collective term for track and field running disciplines over 100, 200 and 400 m. (*H.Haag & G.Haag, Dictionary, 2003, 436p*)

**shortening up** rowing too fast at too high a **rating** and not pulling the oar fully through the water (row.) (*Chambers. Sports Factf.,2005, 470p.*)

**shorthanded** a team with one or more players off the ice in the penalty box when the opponent has its full complement of 6 players; also a power play for the other team (icehok.) [6]

**short-handed** descriptive of a team that has fewer players on the ice than the opposition because of a penalty or penalties. See also power play (icehok.) [6]

**short-handed** when a team has one or more players on the **penalty bench** (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**short-handed goal** a goal scored by a player whose team is short-handed. See also **power play goal** (icehok.) [6]

**shorthanded** a team playing with less than its full complement of 11 players (f/b) [6]

**shortmat bowls** a variety of the game played on a mat measuring 40-45 x 6ft with full-size bowls, with a block placed in the centre of the mat which prevents bowlers from driving, all bowls having to curl around the block (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**shortstop** the fielder positioned between second and third base (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**short-term goal** something that a person wants to achieve in the near future, which they are working towards (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**short-term motor memory** retention of the sensory information (feedback) generated by movement over a short time period. Also called *motor short-term memory* (*Dict.of sp.and Ex.Sc.1991, 137p*)

**shot** **1.** the point gained for having a bowl closer to the **jack** than your opponent's nearest bowl, eg *she picked up two shots in the third end* **2.** the position closest to the **jack**, eg *Corke has shot* (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**shot** a ball kicked or headed by a player at the opponent's net in an attempt to score a goal (f/b) [6]

**shot** an attempt on goal struck with, the foot (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**shot** the act of hitting the ball with the racket (ten.) [6]

**shot** **1.** an attempt to score points by throwing, hitting, kicking or shooting something **2.** in golf, tennis etc, an act of hitting the ball **3.** same as **shot put 2** (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shot bowl** the bowl that is closest to the jack (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**shot clock** a clock that indicates the amount of time a team has in which to take a shot. The time limit is 24 seconds in the National Basketball Association and in international play, 35 seconds in men's college basketball, and 30 seconds for collegiate women. A shot must go through the basket or touch the rim before time has expired (b/b) [6]

**shot clock** a clock that limits the time a team with the ball has to shoot it; 24 seconds in the NBA; in college, 35 seconds for men, 30 seconds for women (b/b) [6]

**shot clock** a clock that records the amount of time a team retains possession before attempting a shot (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**shot clock** a clock which displays the time remaining for a team to take a shot. Also known as possession clock (w.polo) [6]

**shot consistency** (*in racket sports*) the skill of making each shot played consistent with the others (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shot on goal** a shot that goes in the net or would have gone in the net if it hadn't been blocked or deflected by the goalie or another defensive player (icehok.) [6]

**shot on goal (SOG)** a scoring attempt that would enter the goal if not stopped by a goalie: results in either a goal or a save (icehok.) [6]

**shot put** 1. an athletics event in which contestants compete to throw a heavy metal ball as far as possible 2. a heavy metal ball used in the shot put (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shot put** a throwing event in which an athlete throws a heavy metal ball (weighing 7.26kg/16lb for men and 4kg/8.8lb for women) as far as possible, holding it in one hand against the neck and driving it upwards and outwards (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**shot put** discipline of track and field where a metal ball (the shot put) is put as far as possible. (*H.Haag & G.Haag, Dictionary, 2003, 438p*)

**shot selection** the process by which someone decides which type of shot to play next, e.g. in tennis by taking into account their own position on the court and that of their opponent (NOTE: Shot selection is also an important part of other ball games such as cricket and golf.) (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shot to nothing** an attempt to pot a ball played in such way that, if the shot is missed, one's opponent will not be left with an easy opportunity (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**shot-clock violation** the offence of maintaining possession for more than the prescribed time (24 seconds in the NBA) without attempting a shot (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**shotgun** an offensive alignment with the **quarterback** lined up some distance behind the **center**, used mainly when passing the football (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**shotmaker** a player who has a full repertoire of skilful strokes (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**shoulder** the shoulder of the bat is the slightly curved upper edge of the blade, near to where it joins the handle (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**shoulder charge** minimal shoulder-to-shoulder contact by a defender against a ball carrier; the only contact allowed by the rules unless a defender touches the ball first (f/b) [6]

**shoulder deke** a quick move of the shoulder in one direction and the player in another to fake out the opponent (icehok.) [6]

**shoulder press** an exercise in which the arms are pushed upwards from the shoulders against some resistance, e.g. a dumbbell lift, while seated upright (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shoulder separation** an injury in which the ligaments connecting the collarbone to the shoulder are torn, common in contact sports (*Dict. of Sp. and Ex. Sc. 2006, 189p.*)

**shoulder shrug** an exercise in which weights are held with the arms loosely hanging at the front of the body and the shoulders are slowly raised and lowered (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**shoulder stand** **1.** in gymnastics a balance exercise on parallel bars or balance beam where the body is balanced with the shoulders on the bars or beam with the body and feet pointing straight upwards. **2.** in artistic cycling in the double event an exercise where one person stands on the shoulders of his partner who is controlling the bicycle from a seated position. (*H.Haag & G.Haag, Dictionary, 2003, 439p*)

**shoulder support** a supportive wrap used for protecting the shoulder from injury during exercise (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**shovel pass** a short pass made by flicking the ball out of the hand without extending the arm backwards (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**show gymnastics** a demonstration gymnastics event which is usually held as the final event of important international competitions. The top ranked competitors of championships perform exercises, and candidates for professional contracts are selected. (*H.Haag & G.Haag, Dictionary, 2003, 439p*)

**show jumping** an event in which the horse must clear a number of obstacles on a set course within a specified time (equest.) [6]

**show the bowler the maker's name** to play a forward defensive stroke with exaggerated correctness (circk.sl.) (*Chambers. Sports Factf.,2005, 177p.*)

**showing** the way a player or team performs (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**show-jumping** discipline of equestrian sport where a course equipped with (mostly) artificial obstacles has to be covered within a certain time limit. Both women and men participate in the same competitions. (*H.Haag & G.Haag, Dictionary, 2003, 439p*)

**shuffleboard** recreational game that evolved from grass skittles and was originally played by passengers on ocean liners. The playing field is a rectangle of 10 x 2-3 m. From a starting line disks (diameter 15 cm, thickness 3 cm) are pushed using a wooden stick, the end of which features a half-moon-shaped opening, as close as possible to a target field which is marked with the numbers -10 to +10. It is permitted to push the opponent's disks away with one's own disks. Two teams of up to six players each compete against each other. After all players have shuffled their disks, the points achieved by each team are added for a total score. The team with the higher number of points is awarded one point for this round. A game is played until one team has scored 5 or 10 points. (*H.Haag & G.Haag, Dictionary, 2003, 441p*)

**shunt** a collision; British (autosp.) [6]

**shut out** to hold the opposition scoreless for an entire game or any specified period of time; e.g., "The Bruins shut out the Rangers for the last 18 minutes of the second period" (icehok.) [6]

**Shut Out** to win a 301 game before the opponent has doubled in (darts) [6]

**shut the gate** to block a competitor who's attempting to pass (autosp.) [6]

**shuto uke** blocks in which the edge of the hand is used (mart.art.) [6]

**shut-off** a point at which a driver has to begin slowing down in order to negotiate a turn (autosp.) [6]

**shutout** a game in which the opposing team is held scoreless (icehok.) [6]

**shutout** a game in which the opposition fails to score a run (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**shutout** preventing the opposition from scoring any goals in a game; for example, a score of 2-0 or 4-0; goalies are often credited with shutouts because they did not allow any goals to get past them (f/b) [6]

**shutout** when a team concedes no goals in a game; officially credited to the goal-tender (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**shuttlecock** the cone-shaped object hit; in professional play it is made of 16 goose feathers (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**shuttlecock** the shuttlecock, also known as the shuttle or bird, is a hemisphere of cork, 1 to 1 1/8 inches in diameter, surmounted by a short cylindrical crown in which are embedded 14 to 16 "feathers", 2 1/4 to 2 3/4 inches long, with a toop spread of from 2 1/8 to 2 1/2 inches. The weight is between 73 and 85 grains (about 1 1/6 ounce) (badm.) [6]

**sick** (*in snowboarding*) used for describing a move that is performed so skilfully as to cause envy (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**side** side spin imparted by the cue causing the cue ball to swerve and altering its angle of rebound; check side causes the cue ball to rebound off a cushion at less of an angle than a normally struck shot, while **running side** causes the cue ball to rebound off a cushion at more of an angle (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**side** side spin imparted on the cue ball causing it to swerve and alter its angle of rebound; **check side** causes the cue bail to rebound off a cushion at less of an angle than a normally struck shot, while **running side** causes the cue ball to rebound off a cushion at more of an angle (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**side** two or more golfers playing as partners (golf) [6]

**side charge** a shoulder charge on an opponent. Side charges must be done with one foot on the ground and only when the opponent is in possession of the ball or about to play the ball (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**side in** a pass that puts the ball back into play after it has gone out of bounds. Also known as a push in (hock.) [6]

**side judge** a member of the officiating team with similar duties to the **back judge** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**side line** a white line along each side of the playing surface (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**side line** one of the two white lines marking the side edges of the table (t.ten.) [6]

**side out** loss of service by a player or doubles team (racq.b.) [6]

**side swimming** form of swimming where the body is in a side position in the water: the leg kick is performed like in » breaststroke, the arm pull of one arm is as in freestyle, the other arm is extended and lies in the water in the direction of swimming. (*H.Haag & G.Haag, Dictionary, 2003, 441p*)

**side tackle** an attempt by a defender to redirect the ball slightly with his foot away from a ball carrier running in the same direction (f/b) [6]

**sidearming or sidewheeling** pulling the arm away from the body during delivery (bowl.) [6]

**sideboards** same as **kickbacks** (bowl.) [6]

**sideboards** the boards along the sides of the rink (icehok.) [6]

**sideboards** the section of the boards along the side of the rink, between the goal lines (icehok.) [6]

**sideboards** the short boards along the sidelines of the field which help keep the ball in play (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**side-by-side** a doubles formation in which each partner is responsible for one side of the court (badm.) [6]

**sidecut** the measured difference, usually in millimeters, between the waist of the ski and the tip and tail (ski.) [6]

**sidehill lie** a lie in which the ball is on a hillside and is therefore either above or below the golfer's feet (golf) [6]

**sideline** the line that marks the side boundary of the court. The sidelines are 27 feet apart for singles and 36 feet apart for doubles (ten.) [6]

**sideline** one of the two boundary lines that run from baseline to baseline (b/b) [6]

**sideline** the boundary line that runs the length of the field along each side; a ball carrier or ball that touches or crosses the sideline is out of bounds (f/b) [6]

**sideline judge** an official who is responsible for determining whether a shot lands outside the sideline or in the court. There are four sideline judges, two at each end of the court (ten.) [6]

**sideline kick** an unimpeded kick taken from the side of the pitch after the ball has gone out of play. The kick may be taken from the hands or from the ground. It is the equivalent of a throw-in in soccer (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**sideline or touchline** a line that runs along the length of the field on each side (f/b) [6]

**sidelines** 2 boundary lines that run the length of the court (b/b) [6]

**sidepods** the parts of the car body on each side of the **monocoque**, containing the radiator and impact-absorbing structures (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**sideslip** (*in skiing*) to slide at an angle down a slope (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sidespin** a rotary motion put on a ball that causes it to spin horizontally (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sidespin** spin around the ball's vertical axis, applied by drawing the racket strings horizontally across the ball at the moment of contact (ten.) [6]

**sidespin** spin around the ball's vertical axis, imparted by drawing the paddle sideways across the ball at impact (t.ten.) [6]

**sidespin** spin imparted by striking the ball with a sideways movement of the bat (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**sidestep** a sudden change of direction used to beat an opponent (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p, 494p.*)

**sidestroke** a swimming stroke performed on the side by thrusting the arms alternately forwards and downwards while doing a scissors kick (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sight** a device on an archer's bow, on a pistol, on a rifle and on similar weapons that allows the user to take aim at the target (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sight** a device on the bow that allows the archer to take aim on the target (arch.) [6]

**sight screen** a large, usually white screen placed on the **boundary** behind the bowler, providing a backdrop against which the batsman can more easily see the approaching ball (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**sighter** a practice shot fired at the beginning of a match to check sight adjustments; they are not counted toward the final score (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**Siitonen step** see skating step. (*H.Haag & G.Haag, Dictionary, 2003, 441p*)

**silks** the shirt and cap worn by a jockey, made in the racing colours of the horse's owner (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**silly** (*in cricket*) used for describing a fielder or fielding position very close to the batsman, closer than a similar position described as 'short' (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**silly** a fielding position that is described as silly is very close to the batsman, eg *silly mid-on* (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**silver goal** a goal scored in **extra time** that, unlike a **golden goal**, does not decide the game immediately. If a team scores in the first period of extra time the match continues for the remainder of that period. If the opposition does not score then the match ends after the first period of extra time. If the goal is scored in the second period of extra time the match continues until the end of that period (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**silver medal** an award for taking second place in a race or other competition, usually in the form of a silver disc on a ribbon (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**silver slugger** an annual award made to the outstanding hitter in the league at each position (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**simple** descriptive of an action made in a single move or count (fenc.) [6]

**simple grip** a grip for holding the bar that has four fingers on one side of the bar balanced by the thumb on the other side (weightl.) (*Chambers. Sports Factf.,2005, 628p.*)

**simple grip** a grip in which all four fingers of the hand are on one side of the bar and the thumb is on the other side (weightl.) [6]

**simulation** technique to maximize skill execution by repeatedly practicing the criterion skills under situations that closely resemble actual performance conditions (*Dict.of sp.and Ex.Sc.1991, 138p*)

**simulator training** training under artificially constructed (simulated) competitive conditions in order to be able to monitor precisely the competition load of an athlete; it is used predominantly in

flying, motor sports, bicycling, swimming, and water sports. (*H.Haag & G.Haag, Dictionary, 2003, 441p*)

**sin bin** an area with a bench beside an ice hockey rink or a rugby pitch where penalised players must stay during the period that they have to serve as a time penalty for an offence (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sin-bin** same as **penalty bench** (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**sin-bin** to send a player temporarily from the field of play following repeated or particularly serious foul play (rugby L., U. ) (*Chambers. Sports Factf.,2005, 480p., 494p.*)

**single** a **hit** that allows the batter to reach first base; compare **double, triple, home run** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**single** a match involving two players, one against the other (golf) [6]

**single** a sculling boat for one rower (row.) [6]

**single Axel** an Axel on which the skater performs 1 ½ revolutions (f.skate.) [6]

**Single Bull** the outer ring of the bullseye, worth 25 points (darts) [6]

**single elimination** a type of tournament where a single loss eliminates a team from the tournament (f/b) [6]

**Single In (SI)** an 01 game in which a player doesn't have to double in (darts) [6]

**single leg tackle** a move in which a wrestler takes down his opponent using an arm tackle to one of his opponent's legs (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**Single Out (SO)** an 01 game in which a player doesn't have to double out (darts) [6]

**single scull** a one-manned boat in which the rower has a pair of **sculls** (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**single time** descriptive of a parry or riposte performed as a single action (fenc.) [6]

**single track** a section of trail that's wide enough for only one rider (cycl.) [6]

**single-elimination** a tournament where a team is eliminated after one loss (f/b) [6]

**single-leg tackle** a move in which a wrestler takes the opponent down by lifting one of the opponent's legs (wrest.) [6]

**single-leg takedown** a move in which a wrestler takes down his opponent by lifting the opponent's leg with his arm (wrest.) [6]

**singles** a game of tennis, badminton or table tennis between two players. Compare **doubles** (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

- singles** a match between two players (ten.) [6]
- singles** competition between two individuals (t.ten.) [6]
- singles** form of playing racquet games (badminton, squash, tennis, table tennis) where one player plays on each side (singles game; women's and men's singles) (» doubles). (*H.Haag & G.Haag, Dictionary, 2003, 441p*)
- singles court** the court used for a singles match, which is 27 feet wide (ten.) [6]
- singles sideline** one of the two lines that mark the side boundaries of the singles court (ten.) [6]
- singlet** a close-fitting nylon or spandex one-piece uniform that a wrestler wears for competitions (wrest.) [6]
- singlet** the one-piece uniform worn by wrestlers. One wrestler wears red, the other blue (wrest.) [6]
- sink** same as **pot** (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)
- sink** to push an opposing player under the water (w.polo) [6]
- sink a putt** to successfully get a putt in the hole (golf) (*Chambers. Sports Factf.,2005, 294p.*)
- sinker** a **fastball** with a downward movement; also called **sinking fastball** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)
- sire** the father of a **foal** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)
- sire** the father of a greyhound (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)
- sit in** to get close behind the rider immediately in front in order to draft (cycl.) [6]
- sit on the splice** to bat defensively, with no attempt to score runs (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)
- sit spin** a spin on which the skater "crouches" close to the ice, with the skating leg bent and the other leg extended to the side (f.skate.) [6]
- sit spin** a spin performed in a sitting position close to the ice, with one leg bent and the other fully extended (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)
- sitting in** riding very closely behind the back wheel of the rider in front to **draft** (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)
- sit-up** an exercise in which you lie flat on your back with your legs bent and then raise the upper part of your body to a sitting position without using your hands (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)
- sitzmark** an indentation in the snow caused by a skier's fall (ski.) [6]

**Six Dart Out** a perfect 301 double-in, double-out game, accomplished by winning with the minimum of six darts (darts) [6]

**six for six** the feat of making good lifts in all six attempts, three in the snatch and three in the clean and jerk (weightl.) [6]

**Sixes** the 16s in cricket (darts) [6]

**six-metre line** the arcing line outlining the **goal area**, 6m from the goal (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**six-pack** a well-developed block of abdominal muscles (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**sixpack** six consecutive strikes (bowl.) [6]

**sixte** the sixth guard or parry. A high line on the side of the sword arm, with a semi-supinated wrist (fenc.) [6]

**sixteen-yard hit** when the offense commits a foul in the goal circle, the opponent is given a free hit at the top of the circle, 16 yards from the end line (hock.) [6]

**sixth man** a team's best substitute (b/b) [6]

**sixth man** the best substitute on a team; usually the first player to come off the bench to replace a starter (b/b) [6]

**sixth man** the best substitute player on a basketball team (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**sixth tackle** the last tackle in the allowable set, resulting in a **handover** (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**sixty (60m)** a sprint in indoor competitions (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**sixty (60m) hurdles** a hurdles race in indoor competitions (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**six-yard area** the rectangular area in front of the **goal**, within which a goal **kick** may be taken (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**six-zero (6-0) defence** a defensive formation in which all players line up along the **six-metre line** to block the attackers; other formations are the **4-2 defence**, **3-2-1 defence**, or the very common 5-1 defence when the pivot tries to intercept a pass while his or her teammates stay along the line (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**skate** a large flat sea fish with white flesh ■ to slide on ice wearing skates (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skate park** an area specially designed and constructed for people practicing and performing on skateboards and in-line skates (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skateboard** a short narrow board to which a set of small wheels is fitted on the underside, used to move rapidly or to perform jumps and stunts (*Dict. of Sp. and Ex. Sc. 2006, 190p.*)

**skateboard** a short narrow board with a set of small wheels fitted underneath, used to move rapidly or to perform jumps and stunts ■ to ride on a skateboard (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skateboard** sport equipment originating from the USA for recreational and competitive sport which consists of a board 75-120 cm long and 15-20 cm wide made of wood, plastic, or metal and which has four wheels with ball-bearings attached to tracks mounted on its bottom. (*H.Haag & G.Haag, Dictionary, 2003, 442p*)

**skateboarding** the sport or pastime of riding a skateboard (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skateboarding** the sport or pastime of riding a skateboard (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skater** somebody who goes skating (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skater** any player who is not a goaltender (icehok.) [6]

**skating** the pastime or sport of sliding on ice skates or rolling on roller skates (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skating** a cross country technique that is similar to ice skating. The skier pushes the inside edge of the ski backward and outward at about a 45-degree angle. Skating is permitted in freestyle cross country, but not in classical (ski.) [6]

**skating** the activity of sliding on the ice, wearing skates (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skating rink** same as **ice rink** (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skating step** skiing technique developed from ice skating: between two double-pole pushes the left and right ski are alternately angled during the step, the body weight is transferred to the angled ski, and the ski with no weight on it is brought next to it. The skating step has developed into a competitive technique subsumed under the collective term "skating or free-style" technique. It evolved from the half-skating 3step (fin step or Siitonen step, named after its inventor). (*H.Haag & G.Haag, Dictionary, 2003, 442p*)

**skeet** a form of clay-pigeon shooting in which targets are thrown from two traps, the targets being either singles or in pairs (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skeet** a form of clay-target shooting where targets are thrown from two traps about 40m apart and the shooter moves in an arc to different stations, firing from various angles (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**skeg** a small fin attached to the stern section of the hull. It helps to stabilize the **shell** during rowing (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**skeg** a small, flat piece of wood or plastic attached perpendicularly to the bottom of the shell to help hold it on a straight course; also known as the fin (row.) [6]

**skeg** same as **fin** (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**skeleton** winter speed competition practiced with the skeleton, a low and heavy (30 kg) racing sled (length 100 cm, track width 38 cm, maximum weight with driver 120 kg) designed for very high velocities (greater than 100 km/h) on an artificial ice run (bobsled run). The driver lies on his stomach on the skeleton which he steers by shifting his body weight. He wears a racing suit with knee and elbow pads a helmet, gloves, and sprinting shoes for starting. (*H.Haag & G.Haag, Dictionary, 2003, 443p*)

**skeleton** **1.** the set of bones that make up the framework of the body **2.** a small sled used for high-speed racing, on which the driver lies head first (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**ski** sport equipment for the winter sport of recreational and competitive skiing. The ski is a device for gliding on snow made of various materials and built with various construction methods; it is equipped with a safety » binding for attachment to the » ski boot. (*H.Haag & G.Haag, Dictionary, 2003, 444p*)

**ski** either of a pair of long thin boards made of wood, metal, or other material that curve up at the front and are used to slide across snow ■ to glide over the surface of snow or water wearing skis, as a means of travel or as a leisure pursuit or sport (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**ski** one of two long flat objects which are attached to your boots for sliding over snow (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**ski area** part of a mountain range or part of a club's land where you can ski (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**ski blades** very short skis, often wider than normal skis and turned up at the edges - a cross between a ski and a snowboard (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**ski bob** winter sport practiced on the ski bob, a steel tube frame similar to that of a bicycle, which is mounted rigidly to a short ski, and a telescope-suspended steering mechanism with handlebars and a steering ski. The ski bob is 2.30 -2.35 m long and weighs maximally 20 kg. The driver sits on it like on a bicycle. On each of his boots a short ski (55 cm long) is attached. (*H.Haag & G.Haag, Dictionary, 2003, 446p*)

**ski boot** special boot for skiing which forms, a functional unit together with the ski and the binding. (*H.Haag & G.Haag, Dictionary, 2003, 446p*)

**ski equipment, ski gear** all the things needed to go skiing, e.g. skis, boots, goggles and poles (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski flying** ski sport practiced since 1936; it emerged from » ski jumping and follows the same rules. Competitions are held on special flying jumps (critical point beyond 120 m). (*H.Haag & G.Haag, Dictionary, 2003, 447p*)

**ski goggles** goggles worn when skiing (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski holiday** a holiday when you ski (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski jöring** winter sport practiced in two versions: **1.** a skier is pulled by a galloping horse on a predetermined course; the first such race was held on a frozen lake between St. Moritz and Chamfer in Switzerland, since then it has been a tradition there. **2.** A skier is pulled by a motorcycle (usually an all-terrain motorcycle) or a car (usually a rally car); this event is held in several different locations. (*H.Haag & G.Haag, Dictionary, 2003, 447p*)

**ski jump** in ski jumping the term for the entire jumping installation consisting of run-up track with different take-off gates for changing the length of the run-up (the take-off gates are often replaced by a wooden bar attached rectangular to the take-off track in sitting height, which can be adjusted up- or downward depending on the snow/weather conditions), take-off platform (area for take-off at the end of the run-up track, incline 5-10°), landing hill, and run-out. (*H.Haag & G.Haag, Dictionary, 2003, 447p*)

**ski jump** a slope with a sudden drop at the bottom from which skiers jump in a competition to see who can jump the furthest (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski jumping** a type of Nordic competition in which skiers come down a long approach, then in run, and then take off into the air to a landing area. Points are given for distance and style (ski.) [6]

**ski lift** a device to take skiers to the top of a slope (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski machine** an exercise machine that recreates the motion of skiing (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**ski marathon** term for cross-country skiing competitions over distances between 25 and 110 km, where top-level and recreational athletes participate. (*H.Haag & G.Haag, Dictionary, 2003, 449p*)

**ski mountaineering** a combination of skiing and mountaineering using lighter, broader skis (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**ski pants** trousers with an elastic strap under the foot, worn when skiing (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski pass** a card which allows a skier to use the ski runs or ski lifts for a particular number of times (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski poles** a pair of long sticks used to push the skier along (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski poles** sport equipment of alpine and Nordic skiing which serves the purpose of maintaining balance, pushing oneself, and triggering a turn as well as supporting changes in direction. Ski poles

consist of a (sometimes slightly pre-bent) metal, graphite or plastic stick with a tip at the lower end to make it possible for the skier to stick the pole into the snow. (*H.Haag & G.Haag, Dictionary, 2003, 449p*)

**ski resort** a town in the mountains where people stay when on a skiing holiday (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski run, ski slope** a specially prepared and marked slope for skiing down a mountain (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski sailing** variant of skiing where a skier is pulled uphill by a parachute equipped with catching and steering lines (area about 55 m<sup>2</sup>). (*H.Haag & G.Haag, Dictionary, 2003, 450p*)

**ski tow** a device to take skiers to the top of a slope by dragging them along with their skis on the ground (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski trail** a marked path for skiers (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**ski yachting** combined competition consisting of a giant slalom and a sailing regatta; events are usually held toward the end of the winter in various areas where the prerequisites for both sports are given (e.g. Mediterranean coast, St. Moritz, upper Italian lakes, Black Forest). (*H.Haag & G.Haag, Dictionary, 2003, 450p*)

**skiboats, ski boots** special boots worn when skiing, which attach to the skis (*Dict. of Leis., Trav. and Tour., 2008, 282p.*)

**skid fin** a blade attached vertically to the hull that extends below the waterline to keep the boat from skidding during a turn (powerb.) [6]

**skid lid** a cycle helmet (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**skier** a ball hit high into the air (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**skier** somebody who moves over snow on skis (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skiff** one-man boat in » rowing. (*H.Haag & G.Haag, Dictionary, 2003, 450p*)

**skiing** the activity, sport, or pastime of travelling on skis (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skiing** the sport of moving over snow on skis (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skiing instructor** somebody who teaches people how to ski (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skiing, skiing sport** collective term for all recreational and competitive sports practiced on skis. This includes the disciplines of alpine skiing (» downhill skiing, » slalom, » giant slalom, super giant slalom, » parallel slalom), Nordic skiing (» cross-country skiing, » ski jumping, and » Nordic combination), as well as » biathlon, » monoski, » paraskiing, » ski bob, » ski flying, » ski joring, » ski

marathon, » ski sailing, » freestyle skiing, ski touring, » telemark, and others. (*H.Haag & G.Haag, Dictionary, 2003, 450p*)

**skijumping** a sport in which a person skis down a slope that has an upturned curve at the end, allowing them to perform a jump into the air (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skill** an ability to do perform an action well, acquired by training (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skill** the ability to do something well (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skill** 1. learned movement task. 2. qualitative indicator of performance denoting proficient execution. 3. use of the optimal value in the control and coordination of movement such that the movements is proficient and efficient (*Dict.of sp.and Ex.Sc.1991, 139p*)

**skill acquisition** the process of learning a skill, either by being taught or by observation (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skill retention** the fact of remembering learned skills (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skill transfer** the act of learning a new skill using aspects of other skills that have already been mastered (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skilled** having a particular skill. Compare **unskilled** (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skillless** 1. used for describing a person who has not mastered any skills 2. of a sport or activity, not requiring any skills (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skin-dive** to swim underwater using breathing apparatus, as a sport (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skin-diver** somebody who goes skin-diving (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skin-diving** the sport of swimming underwater using breathing apparatus (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skinfold** double layer of skin and subcutaneous fat; when this thickness is measured by special calipers at standard sites and population-specific formulae are utilized, an indirect estimation of percent body fat may be obtained; selected sites include triceps, subscapula, iliac, abdomen, chest, biceps, calf, and thigh (*Dict.of sp.and Ex.Sc.1991, 139p*)

**skinfold** a test for subcutaneous fat deposits that measures how much skin and tissue can be 'pinched' at various sites on the body (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skinfold calipers** instrument for measuring skinfold thickness in millimeters; a spring keeps a constant tension on the caliper jaws regardless of the width so that an accurate and consistent measure may be taken (*Dict.of sp.and Ex.Sc.1991, 139p*)

**skinny** thin, especially in an unappealing or unhealthy way (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skins** a betting game in which the player who wins a hole wins a pot. If there is no winner, the pot is carried over and added to the pot for the next hole (golf) [6]

**skins** a type of **matchpley** game in which each hole is worth a given amount of points or money (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**skins** fabric coverings (previously made of sealskin) attached to the undersides of skis and used to allow skiers to walk uphill (the direction of the fibres preventing the skis from sliding back downhill) (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**skip** same as **step** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**skip** the captain of a team, who dictates tactics and bowls last (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**skip** the captain of the team, the fourth player to deliver stones at each **end**. The skip delivers the final and often crucial stone (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**skip** the team captain, who plans strategy, holds the broom as a target for shots by the other three players, and usually throws the last two stones of each end (curl.) [6]

**skip ball** a low shot that hits the floor just before hitting the front wall (racq.b.) [6]

**skipper** a team captain (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skipping** locomotor pattern in which each leg executes a walking step and a hop before weight is transferred to the other leg. The step is temporally longer than the hop, resulting in an uneven rhythm (*Dict.of sp.and Ex.Sc.1991, 139p*)

**skipping rope** a piece of rope, often with handles at either end, for skipping over (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**skirt** the part of the target outside the scoring area (arch.) [6]

**skittle out** if a team is skittled out, they are dismissed for a low score (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**skittles** ball game played as competitive and recreational sport activity; a ball is thrown with a well-aimed swing movement in such a manner that it rolls down a narrow alley and knocks down as many of the skittles positioned at the end of the alley as possible. (*H.Haag & G.Haag, Dictionary, 2003, 452p*)

**skittles-billiards** mixed form of skittles and billiards which is predominantly played in Scandinavia. Five skittles (height 10.5 cm, diameter 13 mm at the base) are set on marked points in the center of a table (90 x 180 cm). The aim of the game is to knock down the skittles with indirect hits of the balls. A game is set at 50 or 100 hits. Each knocked-down skittle counts as one point, if only the center skittle falls then two points are awarded. The winner is the player who has won the most points, i.e. who knocked down the most skittles (which are reset on their substitute marks following each hit). European

championships in skittles-billiards have been played since 1970. (*H.Haag & G.Haag, Dictionary, 2003, 455p*)

**skiwear** clothes worn when skiing (*Dict. of Leis., Trav. and Tour., 2008, 283p.*)

**skull** same as **thin** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**skull** to hit the ball above its center, usually on a chip or pitch shot, causing it to travel too far (golf) [6]

**Skunk** same as **Shut Out** (darts) [6]

**sky** to hit well underneath the ball, causing it to go higher and therefore shorter than intended (golf) [6]

**sky hook** a hook shot released from above the level of the rim (b/b) [6]

**sky hook** a variation of the **jump hook** in which the ball is released from a point high above the shooter's head (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**skydive** to jump from an aeroplane and descend in free fall, sometimes performing acrobatic manoeuvres, before pulling the ripcord of a parachute (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**skyer** in some ball games (e.g. soccer, baseball) colloquial term for a ball that is played almost vertically into the sky. (*H.Haag & G.Haag, Dictionary, 2003, 455p*)

**skying** a poor rowing technique in which the blade is too high above the surface of the water at the catch (row.) [6]

**skying** a problem caused by the hands being too low during the **recovery** phase (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**skysurfing** the sport of jumping from an aircraft and performing a series of moves before descending by parachute (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**skywriting** a poor swing, on which the club head makes a loop or circle at the top of the backswing. This usually results in a shank (golf) [6]

**slalom** a downhill ski race in which competitors follow a winding course and zigzag through flags on poles or other obstacles (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**slalom** a race that combines downhill speed with technical ability. The course is marked with gates that are not in a straight line, so the skier has to make a whole series of quick turns while racing down the slope. Each skier makes two runs, on different courses, and the fastest total time determines the winner (ski.) [6]

**slalom** a type of gymkhana in which drivers maneuver through a course marked by pylons (autosp.) [6]

**slalom** a type of **whitewater** race in which paddlers have to pass through gates (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**slalom** term for S-shaped movement in various sports. (*H.Haag & G.Haag, Dictionary, 2003, 456p*)

**slam** to lifting the opponent from the mat and bring him back down with unnecessary force; illegal in amateur wrestling (wrest.) [6]

**slam dunk** a dunk on which the ball is thrown down very hard through the basket (b/b) [6]

**slam dunk** a forceful and dramatic instance of **dunking** the ball to score (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**slam dunk** see **dunk** (b/b) [6]

**slam dunk smash** a style of **smash** made famous by US player Pete Sampras, where a player jumps above the ball to smash it downwards with as much power as possible (from its likeness to the basketball move) (ten.sl.) (*Chambers. Sports Factf.,2005, 601p.*)

**slant pattern** a route taken by a **receiver** involving running diagonally from the outside of the field towards the middle of the field (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**slap shot** a fast powerful shot by a player taking his stick back above his or her head (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**slap shot** a shot in which the player raises his stick in a backswing, with his strong hand held low on the shaft and his other hand on the end as a pivot. Then as the stick comes down toward the puck, the player leans into the stick to put all his power behind the shot and add velocity to the puck; achieves an extremely high speed (up to 120 miles per hour) but is less accurate than a wrist shot (icehok.) [6]

**slap shot** a shot on which a player raises the stick in a full backswing and then drives through the puck with a strong follow through (icehok.) [6]

**slapback** a landing in which the skier hits the snow on his or her back as well as on both skis (freest.) [6]

**slashing** a minor penalty which occurs when a player swings his stick hard at an opponent, whether or not contact is made; if injury is caused it becomes a major penalty and a game misconduct (icehok.) [6]

**slashing** an illegal attempt by a player to stop, slow or intimidate an opponent by swinging the stick at him or her or at the **puck**; the offender is assessed a **penalty** at the referee's discretion (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**slashing** swinging the stick at an opponent when it is below the shoulders, an infraction even if the swing misses its target. Usually incurs a minor penalty, but a major penalty if the opponent is injured (icehok.) [6]

**slashing** the illegal striking or swinging of a stick at an opposing player in hockey or lacrosse (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**slat** an aerodynamic device mounted on or just forward of the ram wing to create a slot effect (powerb.) [6]

**sled** same as **sledge** (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**sledge** a small vehicle with runners for sliding over snow ■ to slide on the snow on a sledge as a sport (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**sledge dog sport** speed competition where a boat-shaped sleigh (pulka) made of wood or plastic (weight 10-20 kg) is pulled by a team of dogs. (*H.Haag & G.Haag, Dictionary, 2003, 456p*)

**sledging** (*in cricket*) the attempt by a fielder or bowler to undermine a batsman's confidence by verbal abuse (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**sledging** offensive, sometimes humorous, remarks made to a batsman in order to disturb his concentration (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**sledging** the sport of going on sledges □ to go sledging to play at sliding on the snow on a sledge (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**sleeper** same as **barmaid** (bowl.) [6]

**sleeper** an attacking player who slips into the center or neutral zone behind the attacking defensemen; same as a floater or a hanger (icehok.) [6]

**sleeping bag** a quilted bag for sleeping in a tent, etc. (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**sleeve** one of the two end portions of the bar, where the weights are attached (weightl.) [6]

**slice** a shot hit with both backspin and sidespin; as a verb, to hit such a shot (ten.) [6]

**slice** a shot played with a slicing motion to give the ball a lot of back-spin (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**slice** a shot that curves strongly from left to right, for a right-handed golfer, because of clockwise rotation. As a verb, to hit such a shot (golf) [6]

**slice** a stroke in which a ball is hit off-centre on the side nearest the player, so that it follows a curving path away from the player ■ to hit a ball off-centre so that it follows a curving path, whether intentionally or as a result of a bad swing or stroke (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**slice** if a player slices the ball, he or she mishits it so that it inadvertently moves in the air from left to right (for a right-handed player), or from right to left (for a left-handed player); compare **hook** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**Slice** the wedge representing a particular number; e.g., the 20 wedge (darts) [6]

**slicks** tyres with no tread, used in dry-weather conditions; since 1998 these have had to have grooves (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**slicks** wide, flat tires used on the rear wheels of dragsters (autossp.) [6]

**slide** a set of runners holding wheels for each seat in a boat (row.) [6]

**slide** **1.** a slippery surface on ice **2.** a slippery metal or plastic slope for children to slide down **3.** a small piece of film which can be projected onto a screen ■ to move smoothly over a slippery surface (NOTE: **sliding-slid**) (*Dict. of Leis., Trav. and Tour., 2008, 284p.*)

**slide seat** a seat that slides backwards and forwards along a track with the swing of the rower's body (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**slide; slide step** the final step of the delivery, on which the bowler's foot slides (bowl.) [6]

**slider** a low shot that takes erratic bounces (golf) [6]

**slider** a luge or bobsled athlete (luge) [6]

**slider** a piece of plastic, Teflon, or steel that is worn on the left foot, for a right-hander, to allow a long, smooth follow-through (curl.) [6]

**slider** a pitch that breaks in a horizontal plane (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**slider** an athlete who takes part in bobsled, luge, or skeleton sledding, which are collectively known as "sliding sports" (bobsl.) [6]

**sliding** locomotor pattern in which one foot steps sideways, then the other foot closes with a leap-step; a type of sideways galloping (*Dict.of sp.and Ex.Sc.1991, 139p*)

**sliding seat** in a rowing boat the seat moveable on a sliding track by means of small wheels; it makes strong and extensive rowing possible in conjunction with corresponding leg work. (*H.Haag & G.Haag, Dictionary, 2003, 457p*)

**sliding stop** a stop in which the horse balances on the back feet while continuing to move the front feet (equest.) [6]

**sliding tackle** an attempt by a defender to take the ball away from a ball carrier by sliding on the ground feet-first into the ball (f/b) [6]

**sliding tackling** defensive technique in soccer where a player slides - usually from the side - in front of the legs of the opponent, in order to separate him from the ball. This hard technique is connected with a high risk of injury and is only permitted when it clearly serves the sole purpose of taking possession of the ball. (*H.Haag & G.Haag, Dictionary, 2003, 457p*)

**slim** attractively thin (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**slimline** designed to help with a weight-reducing diet (*Dict. of Sp. and Ex. Sc. 2006, 191p.*)

**slimming** the use of a special diet or special food that is low in calories and is supposed to help a person lose weight (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**slimming pill** a pill that supposedly helps to reduce weight, whether by increasing the metabolism, suppressing hunger or blocking the absorption of fats (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**slimming product** a food product that is low-calorie and designed especially for people on a weight-reducing diet (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**sling** a poor takeoff caused by over-rotation (freest.) [6]

**sling** see **carry** (badm.) [6]

**sling** a wide bandage suspended from someone's neck to support an injured arm or hand (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**sling ball** ball game between two teams with 5 to 8 players each; it originated from Northern Germany and is regarded as one of the gymnastics games. (*H.Haag & G.Haag, Dictionary, 2003, 457p*)

**slingshot** a type of drag racer in which the driver sits behind the rear wheels (autosp.) [6]

**slingshotting** passing a car by first drafting to conserve power, then suddenly moving out of the slipstream and using the reserve power (autosp.) [6]

**sliotar** the ball used in the sport of hurling (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**sliotar** the leather-covered ball (hurl.) (*Chambers. Sports Factf.,2005, 354p.*)

**slip** any of several fielders (eg first slip, second slip, etc) positioned in a row next to the wicketkeeper on the **off** side (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**slip** to dislocate or displace a bone, especially in the spine ■ (*in cricket*) the position of a fielder behind and near the wicketkeeper, especially on the off side, or the fielder who takes up this position (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**Slip Shot** score of 28 (darts) [6]

**slip-lasted** used for describing a training shoe constructed without a rigid last to give greater flexibility (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**slipstream** the area of lowered wind resistance behind a rider (cycl.) [6]

**slipstream** **1.** the area of decreased wind resistance behind a moving car **2.** if a driver slipstreams another driver, he takes advantage of the reduced wind resistance in order to close up and attempt to pass (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**slip-stream, wind draft** the position behind another competitor, which offers protection from the wind. Driving in the slip-stream is practiced predominantly in motor sports and in bicycling due to

tactical reasons, and in order to save strength and enable the athlete to overtake at the right moment. To some extent the slip-stream can also be used in middle- and long-distance running, in track and field and in crosscountry skiing. (*H.Haag & G.Haag, Dictionary, 2003, 458p*)

**slipstreaming** same as **drafting** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**slog** a shot played with the intention of hitting the ball hard but without great control and not using the correct technique (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**slog overs** in limited-overs games, the overs at the end of an innings when the batting team attempt to score a lot of runs quickly (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**slog sweep** a **sweep** shot in which the ball is hit hard and in the air, in front of **square** (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**Slop** a dart that scores despite missing its intended target (darts) [6]

**slot** an area immediately in front of the goal and extending about 10 yards out, considered the best area from which to score a goal. The center usually tries to position himself in the slot when his team has control of the puck in the attacking zone (icehok.) [6]

**slot** the gap between a slat and the ram wing's leading edge (powerb.) [6]

**slot alley** a lane with a worn track that guides the ball into the pocket, making strikes easy (bowl.) [6]

**slot effect** a lessening of turbulence over an airfoil caused by airflow through a small opening (powerb.) [6]

**slot receiver** a **receiver** who lines up further infield than a **wide receiver** (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**slow** used for describing a surface that tends to reduce the speed or ability to travel of a ball, runner or other competitor (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**slow whistle** when an official waits to blow his whistle because of a delayed offside or delayed penalty call (icehok.) [6]

**slugger** a batter who specializes in hitting home runs (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**small forward** a forward who is typically smaller and quicker than the power forward, therefore more likely to play facing the basket and to take jump shots (b/b) [6]

**small forward** the smaller of a team's two forwards; compare **power forward** (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**small games** movement games that are unlimited with respect to contents; in contrast to » large games, small games are characterized by simple and easily changeable rules, a small playing field, simple movements, variable number of participants, are fun-oriented, which accommodates especially

the world of imagination of children and youths. Frequently, small games are utilized as a preliminary stage for learning the large team games. As throwing, agility, running, singing, hiding, and ball games they have a significant value in physical education in and outside of school. (*H.Haag & G.Haag, Dictionary, 2003, 458p*)

**Small Pie** the small area representing a single number, between the bull and the triple ring (darts) [6]

**small-sided game** a match played with fewer than 11 players per side (f/b) [6]

**smash** a hard, flat attacking stroke (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**smash** a kill (t.ten.) [6]

**smash** a powerful overhead stroke hit downwards (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**smash** a powerful strike of the bail downwards from above the head (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**smash** an overhand shot on which the shuttle travels sharply downward (badm.) [6]

**smash** an overhead shot that is hit very hard and down into the opponent's side of the net (ten.) [6]

**smash** (smash ball, smash hit) hitting technique in various ball games, especially in return games (e.g. badminton, fist-ball, tennis, volleyball). A forceful overhead hit of the ball or birdie, which is difficult for the opponent to return. A smash is usually taken while jumping, the ball is played at the culmination of the flight. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**smother** to hit down on the ball, causing it to travel a short distance along the ground (golf) [6]

**smother the puck** to cover the puck with the hands or body. The goaltender is allowed to smother the puck in the goal crease when he's being challenged or checked by an opponent, but otherwise it's an illegal act that draws a minor penalty (icehok.) [6]

**SMT** *abbreviation* stress management training (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**Smythe Division** with the Norris Division made up the Campbell Conference until the 1992-93 season; renamed the Pacific Division of the Western Conference starting with the 1993-94 season (icehok.) [6]

**snake** a long putt that traverses several breaks in the green (golf) [6]

**snake** in rhythmical callisthenics the snake-like movement of the ribbon. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**snake eyes** same as **bedposts** (bowl.) [6]

**snakebite** same as **pinch flat** (cycl.) [6]

**snap** a sharp turn back into the face of the wave, made at its top (surf.) (*Chambers. Sports Factf.,2005, 557p.*)

**snap** the action of starting a **play**, involving the **center** propelling the ball through his to the **quarterback** or **punter** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**snap** when the center while facing forward quickly hands the ball between his legs to a player standing behind him (usually the quarterback) to start each play (f/b) [6]

**snap hook** a very acute hook (golf) [6]

**snap pass** a quick pass made with a snap of the wrists, similar to a wrist shot (icehok.) [6]

**snap shot** see **wrist shot** (icehok.) [6]

**snap volley** a volley given extra velocity by wrist action at impact (ten.) [6]

**snap-down** a takedown, usually used as a counter, in which the opponent's head is directed down toward the mat (wrest.) [6]

**snatch** a lift in weightlifting in which the bar is lifted from the floor to above the head in a single movement. Also called **clean and snatch** (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snatch** a lift in which the bar is brought from the platform to an overhead position in one continuous motion, while splitting or squatting, and then straightening to an upright position. The lifter must hold the bar overhead, with arms straight, until the referee gives the down signal (weightl.) [6]

**snatch** a type of lift in which the barbell is raised from the floor to an overhead position with straightened arms in one continuous movement (weightl.) (*Chambers. Sports Factf.,2005, 628p.*)

**snatch** one of the two exercises in the Olympic two-event competition in » weight-lifting. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**sneak** an attempt to advance the ball a short distance by diving forward immediately after receiving the **snap** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**snick** a slight deflection off the edge of the bat (crick.) (*Chambers. Sports Factf.,2005, 175p.*)

**snipe** a sharply hit hook that drops quickly (golf) [6]

**snooker** **1.** a situation where the path from cue ball to object ball is blocked, forcing an indirect shot to be played **2.** if a player requires snookers there are insufficient points left on the table for him to win the frame without laying successful snookers (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**snooker** a game played on a table in which a white ball struck with a cue is used to hit fifteen red balls and six balls of different colours into holes called pockets at the edges of the table (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snooker** a game like billiards played with twenty-two balls of various colours, the object being to hit a white ball so that it sends a ball of another colour into one of the 'pockets' at the edge of the table (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snooker table** a table on which snooker is played (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snorkel** a curved tube that projects above the water and enables someone to breathe while swimming face down near the surface (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snorkel** a tube which goes from the mouth or mask of an underwater swimmer to the surface to allow him to breathe in air (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snorkeling, snorkeling** □ **to go snorkeling** to go swimming with a snorkel (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snorkelling** the activity or pastime of swimming with a snorkel (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snow blindness** a temporary painful blindness caused by bright sunlight shining on snow (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snow cannon** a machine which makes snow when there is not enough snow on ski runs (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snow mobile** (motor sled) a sled driven by a combustion engine with an air propeller and track chains, which is steered by means of front runners. Snowmobiles are used on snow for transportation and recreation purposes, competitions are also held. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**snow plow** a strike ball (bowl.) [6]

**snowboard** a board with bindings for the feet that somebody stands on to slide down snow slopes (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snowboard** a type of board similar to a surfboard, on which you slide down snow slopes (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snowboarder** somebody who slides down snow slopes on a snowboard (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snowboarding** the sport or pastime of riding a snowboard, also an extreme sport with acrobatic tricks and moves (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**snowcross** racing snowmobiles over a **motocross** circuit (motosp.) (*Chambers. Sports Factf.,2005, 402p.*)

**snow-making machine** equipment for artificial production of snow for preparing ski runs and ski jumps. Water is pressed out of fine nozzles by means of over-pressure production into cold air and falls to the ground as snow. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**snowmobile** a vehicle with caterpillar tracks specially designed for driving on snow (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snowplow** a method of stopping in which the front tips of the skis are brought together, almost touching, while the tails are spread outward (ski.) [6]

**snowshoeing** the sport of walking on snow-covered terrain wearing snowshoes (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**snowshoes** frames shaped like tennis rackets with a light web, which are tied under the feet for walking on snow (*Dict. of Leis., Trav. and Tour., 2008, 286p.*)

**soccer** a name given to **association football** in Britain in the 19th century in order to distinguish it from other forms of football. It derives from the word *association* (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**soccer** ball game played by two opposing teams. The idea of the game is to shoot the soccer ball as often as possible into the opponent's goal as well as to prevent the opponent from shooting goals themselves. Winner is the team that has scored at least one more goal than the other team. (*H.Haag & G.Haag, Dictionary, 2003, 459p*)

**soccer** US same as **football** (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**soccer tennis** game similar to soccer, where a ball is played with foot, thigh, head or chest across a net or box (height approx. 1 -1.5 m), which separates the playing field of 10 x 20 m into two halves. Number of players, frequency of ball contacts per team, and number of floor contacts with the ball can be varied. If a ball cannot be returned into the opponent's field, the opponent is awarded one point. A game is played to 15 points. (*H.Haag & G.Haag, Dictionary, 2003, 464p*)

**social approval** respect from other people for your achievements, a motivating factor for many sports people (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**social learning theory** a theory that people learn ways of coping with stress and managing aggression by observing others who are calm and controlled (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**social loafing** a tendency to work less hard when sharing the responsibility with others, as can occur with members of sports teams (*Dict. of Sp. and Ex. Sc. 2006, 192p.*)

**socialization into sport** 1.process through which individuals assume roles such as athlete, coach, or spectator; influence of significant others and social agencies on a person's decision to become involved in sport. 2.general attitudes, values, skills, and dispositions, such as sportsmanship and character, that may or may not be acquired while playing in specific sport environments such as youth sports (*Dict.of sp.and Ex.Sc.1991, 140p*)

**socket** the opening, in the neck of an iron, where the shaft is fitted (golf) [6]

**socket** the part of the clubhead that houses the shaft of a club (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**sode-tori** a one-handed grip on one sleeve (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**soft** see **going** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**Soft Tip** descriptive of the electronic version of darts, which uses plastic rather than steel-tip darts (darts) [6]

**softball** **1.** baseball played with a larger softer ball on a smaller field, between two teams of ten people **2.** the ball used for playing softball (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**softball** variant of indoor » baseball which was introduced in Chicago in 1887; the rules are very similar to those of baseball. (*H.Haag & G.Haag, Dictionary, 2003, 464p*)

**sogo gachi** a compound win that results when the combatant has a waza-ari and the opponent is penalized with a keikoku (judo) [6]

**soigneur** a member of staff in a professional cycling team responsible for riders' food, drink and kit and for massaging riders following races or **stages** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**solarplexus** strong nerve network (connection of many nerve fibres) of the sympathetic nerves, which controls the function of the stomach organs. It is located behind the stomach on both sides of the spine. A punch in the stomach (e.g. in boxing) can lead to sudden increase in the blood flow in the stomach, which in turn causes a lack of blood flow to the brain, and possibly unconsciousness. (*H.Haag & G.Haag, Dictionary, 2003, 464p*)

**sole** the bottom of the club head. As a verb, to place the sole of the club on the ground during address (golf) [6]

**sole** the undersurface of a **clubhead** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**sole plate** a metal plate that protects the bottom of a wood club (golf) [6]

**solid** a coloured ball with a number in a small white circle on it (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**solid ball** a ball that is – in contrast to the hollow ball – solid, i.e. filled (usually with animal hair), e.g. medicine ball, baseball, slingball. Sport disciplines where a solid ball is used are, e.g. baseball, cricket, pelota, polo, bicycle polo, sling-ball, Softball. (*H.Haag & G.Haag, Dictionary, 2003, 464p*)

**solo** **1.** in individual sports a course of competition where a competitor completes a certain distance alone, usually because he is superior to the other participants in the competition. **2.** in ball games the breakthrough of a player through the opponent's defense. **3.** in alpinism the conquering of a climbing route without a partner. **4.** in group sport disciplines, individual presentation (e.g. synchronized swimming). (*H.Haag & G.Haag, Dictionary, 2003, 465p*)

**solo** a rush by a player without assistance from a teammate (icehok.) [6]

**solo** an event in which individual swimmers compete against one another (synchr.swim.) [6]

**solo** if a player solos the ball, he releases the ball from hand to foot and then kicks it back into his hands. This is a way of a player retaining possession and gaining ground (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**somatology** the study of both the physiology and anatomy of the body (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**somersault** jump where the body is turned at least once around the body's horizontal axis (e.g. in floor, parallel bars, high bar, rings, uneven bar, or balance beam gymnastics, in trampoline, springboard and tower diving, aerials in freestyle skiing). A somersault can be performed in a tucked, piked, stooped, or straight position, forward, backward or sideways, and from a standing position or after an approach. Depending on the number of turns one differentiates between a single, double, triple and quadruple somersault. In diving half somersaults are also possible. The artistic somersault (usually performed as a triple jump at great heights) is also known as salto mortale ("death jump"). A somersault can also be executed in combination with a twist around the body's longitudinal axis (twist somersault, » twist). In swimming the turn can be performed in the form of a somersault (salto turn). (*H.Haag & G.Haag, Dictionary, 2003, 465p*)

**somersault** a 360-degree rotation of the body around the hips, forward or backward, while in the air. Generally called a flip (freest.) [6]

**somersault** a movement on which the diver's body is rotated around the imaginary horizontal axis through the hips (div.) [6]

**somersault** same as **salto** (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**somi-and-a-half** a one and a half somersault (art.gymn.) [6]

**sono-mama** the referee's command to freeze, with the **judoka** stopping all action and holding their positions (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**sore matte** the command with which the referee brings a judo **bout** to an end (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**souple** a hold in which a wrestler holds his opponent from behind and throws him in a wide arc of movement (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**sour apple** a weak hit that leaves leaves the 5-7, 5-10 or 5-7-10 split; also, the 5-7-10 split itself (bowl.) [6]

**southpaw** a boxer who **leads** with his right hand (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**spa callisthenics** physical exercises performed in connection with relaxation at a spa or health resort. They are aimed towards prevention, therapy, and rehabilitation. Apart from the restoring of health through a movement training program, the motivation for continued and life-long involvement in sport activity is a major goal of spa callisthenics. (*H.Haag & G.Haag, Dictionary, 2003, 465p*)

**spacing** same as **run** (row.) [6]

**spade-mashie** obsolete name for a No. 6 iron (golf) [6]

**span** the distance from the pin or pivot point of the **gate** to the centre line of the boat (in **sculls**, to the pin of the other gate) (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**spar** a general term for a **boom, gaff, mast** or **yard** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**spar** a structural member that attaches the sponsons or canoe to the main hull, or a brace between the sponsons (powerb.) [6]

**spar** when two boxers spar, they practise by trading light blows (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**SPARC** *abbreviation* Sport Performance Assessment and Rehabilitation Centre **spare** *adjective* with a muscular physique and no excess fat (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**spare** knocking all the pins with two balls. The score for that frame is 10 plus the number of pins knocked down with the first ball of the next frame (bowl.) [6]

**spare** knocking down all ten pins in two attempts (box.) (*Chambers. Sports Factf.,2005, 608p.*)

**spare leave** generally, the pins standing after first ball is rolled; often used to mean a leave on which it's relatively easy to get a spare, as opposed to a split leave (bowl.) [6]

**spasm** a sudden, usually painful, involuntary contraction of a muscle, as in cramp (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**speaker** the official who moderates the competition, announcing the name of the athlete about to attempt a lift and announcing the validity or non-validity of the lift after it has been attempted. The speaker also introduces the athletes and other officials during the presentation (weightl.) [6]

**spearing** a major penalty which occurs when a player illegally jabs, or even just attempts to jab, the point of his stick blade into another player's body; one of the most serious infractions a player can commit; results in an automatic game misconduct (icehok.) [6]

**spearing** jabbing, or attempting to jab, a player's body with the point of the stick blade. Incurs a minor penalty if there's no contact, a major penalty plus a game misconduct penalty if there is contact, and a match penalty if the opponent is injured by the spearing (icehok.) [6]

**spearing** stabbing an opponent with the point of the stick blade; the offender is assessed a **penalty** at the referee's discretion (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**Special Olympics** an international athletic competition for athletes with mental disabilities (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**Special Olympics** organization developed by the Joseph P.Kennedy, Jr., Foundation that provides sports competition and training for the mentally retarded (*Dict.of sp.and Ex.Sc.1991, 142p*)

**special physical education** generic term used to refer to physical education programs for the handicapped; includes adapted and developmental physical education (*Dict. of sp. and Ex. Sc. 1991, 142p*)

**special stage** one of the timed competitive sections of the rally, over closed public or private roads (autosp.) (*Chambers. Sports Factf., 2005, 458p.*)

**special teams** the group of players who participate in kicking plays (f/b) [6]

**special terms** the groups of players who play in situations involving kicking the ball, as opposed to the regular offense and defense (Am.f/b) (*Chambers. Sports Factf., 2005, 18p.*)

**specific exercise** an exercise that is targeted at a particular muscle or group of muscles, rather than for general fitness (*Dict. of Sp. and Ex. Sc. 2006, 193p.*)

**specificity** the rate of negative responses in a test from persons free from a disease, with a high specificity indicating a low rate of false positives. Compare **sensitivity** (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**spectator** persons who attend a sport event, but do not participate actively in the competition. (*H. Haag & G. Haag, Dictionary, 2003, 465p*)

**spectator sport** a sport that attracts spectators in large numbers (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**spectators** in sport, an audience or group of individuals observing a competitive sport contest (*Dict. of sp. and Ex. Sc. 1991, 142p*)

**speed** the rate at which something moves or is done ■ to drive a car faster than the legal speed (*Dict. of Leis., Trav. and Tour., 2008, 290p.*)

**speed** the scalar quantity of the velocity vector. Speed is measured in meters per second ( $\text{ms}^{-1}$ ). See also *velocity* (*Dict. of sp. and Ex. Sc. 1991, 142p*)

**speed and endurance** the second day of the three-day event, consisting of the **steeplechase**, the cross-country obstacle course, and **roads and tracks** (equest.) (*Chambers. Sports Factf., 2005, 226p.*)

**speed and endurance** the second day's portion of the three-day event, consisting of roads and tracks, steeplechase, and the cross country obstacle course. Also known as the cross-country section (equest.) [6]

**speed bag** a relatively small suspended padded bag used when practicing (box.) (*Chambers. Sports Factf., 2005, 142p.*)

**speed brake** an aerodynamic device that decreases speed by interfering with airflow (powerb.) [6]

**speed check** a quick reduction in speed, usually in preparation for an aerial; similar to a hockey stop in ice skating (freest.) [6]

**speed development** improving physical and mental reaction times (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed drill** same as **speed training** (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed endurance** next to power and strength endurance the third complex characteristic in the area of motor characteristics, which is composed of the components » speed and » endurance and has the effect that speed can be maintained during a competition or when fatigued (i.e. when energy is reduced and neuromuscular transfer mechanisms deteriorate). In cyclical movements, speed endurance is required for maintaining motor speed, in a cyclical movements for maintaining a high contraction velocity. Speed endurance requires (e.g. in middle-distance running) energy supply predominantly through anaerobic decomposition of glucose in contrast to the predominantly aerobic energy production in long-distance running. Like endurance, speed endurance is also one of the main goals of a basic fitness training (» speed training). (*H.Haag & G.Haag, Dictionary, 2003, 467p*)

**speed reverse board** a rubber mat fixed to the wall in a sports hall to protect it (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed skate** an ice skate designed for racing, with a blade that is much longer than on a standard skate (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed skating** the sport of racing competitively on speed skates, in which two or more skaters race against each other on a wide oval track divided into two lanes (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed skating** winter sport with race on ice-tracks of different lengths. (*H.Haag & G.Haag, Dictionary, 2003, 467p*)

**speed suit** a skin-tight rubber suit worn by a slider to improve aerodynamics and minimize wind resistance (bobs.). [6]

**speed suit** the skin-tight, aerodynamic outfit worn by a slider (luge) [6]

**speed training** training that uses exercises designed to improve reaction times (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speed training** specific exercises for training speed, indirectly through training of the other fundamental motor characteristics (predominantly strength, endurance, and flexibility) as well as directly by speed exercises. Speed training is divided into reaction speed and motor speed training. (*H.Haag & G.Haag, Dictionary, 2003, 469p*)

**speed trap** an area at the end of a drag strip where electric eyes are used to measure a vehicle's speed at the end of its run (autosp.) [6]

**speed trap** the final 66ft/20m to the finish line where the speed is recorded (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**speed, velocity** one of the motor characteristics. In the coordinative area reaction speed is the ability to react as quickly as possible to signals (sensory input); in the area of condition motor speed is the

ability to execute cyclical or acyclical movements with high » velocity. Speed is denoted as the quotient of distance  $s$  and time  $t$ :  $v=s/t$ , but also as movement frequency, i.e. movement units per time unit. (*H.Haag & G.Haag, Dictionary, 2003, 465p*)

**speedball** 1. a training aid for boxing that is like a light punchbag fixed at both ends, not hanging freely 2. a fast-paced game that combines elements of football and handball (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**speedboat** a racing motor boat (*Dict. of Leis., Trav. and Tour., 2008, 290p.*)

**speedway** racing motorbikes without brakes or gears round an oval dirt circuit in a stadium; events are usually held in the evening under floodlights with a series of heats (four riders in each) lasting four laps (motosp.) (*Chambers. Sports Factf.,2005, 402p.*)

**speedway race** motor cycle races held on a 400-m round course covered with ash or ice (ice speedway). Speedway motor cycles are special constructions with a high density motor, without a transmission or brakes. The driving force is directly transferred to the rear wheel. (*H.Haag & G.Haag, Dictionary, 2003, 470p*)

**spell** a number of overs bowled consecutively by a bowler, eg *he bowled two five-over spells* (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**spent arrow** an arrow that has travelled too far to be effective (arch.) [6]

**spider** a rest with legs arched wide and offering several cueing positions (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**spider** the wire grid that is fixed to the face of a dartboard; the spider usually also includes the numbers so that it can be rotated and hence prolong the life of the board (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**Spider or Spider Web** the wire assembly on the dartboard that marks off target areas (darts) [6]

**spike** 1. a pointed metal stud, part of a set attached to the sole of an athlete's shoe to give better grip 2. a hard smash of a volleyball, hit close to the net and straight down into the opponent's court ■ 1. to injure another player or competitor with the spikes of an athletic shoe 2. to leap high close to the net and hit a volleyball straight down into an opponent's court (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**spike** if a player spikes the ball, he throws the ball forcefully into the ground, either to celebrate, a **touchdown** or to stop the official game clock (Am.f/b) (*Chambers. Sports Factf.,2005, 17p.*)

**spike** to smash a volleyball overarm so that it flies forcefully downwards into the opposing team's court and cannot be retrieved (v/b) (*Chambers. Sports Factf.,2005, 617p.*)

**spike** when a player throws the ball at the ground to celebrate a touchdown (f/b) [6]

**spike mark** a mark made on the green by a golf shoe's cleats (golf) [6]

**spikes** a pair of athletic shoes with soles equipped with pointed studs to give better grip (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**spikes** metal protrusions worn on the fingertips or the backs of the knuckles of the slider's glove to aid in paddling at the start (luge) [6]

**spikes** running shoes with spiked soles (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**spikes** shoes with (usually exchangeable) spikes on their sole, which are used in track and field in order to provide better transfer of forces. For the running disciplines the shoes have a maximum of six, in the javelin throw seven or eight spikes. The length of the spikes depends on the nature of the terrain. (*H.Haag & G.Haag, Dictionary, 2003, 470p*)

**spiller** a strike on a light hit that causes the pins to fall slowly (bowl.) [6]

**spin** in various ball games the ball is given a spin by the player's foot, hand, or racquet, so that the flight path is strongly curved; the path and velocity of the ball and its behaviour after landing therefore becomes more unpredictable for the opponent (e.g. a » slice or » topspin in tennis). (*H.Haag & G.Haag, Dictionary, 2003, 470p*)

**spin** to pedal at a very high cadence (cycl.) [6]

**spin** rotation about the body's vertical axis while in the vertical position (synchr.swim.) [6]

**spin** to lose control so that the car revolves around its vertical axis. Also "spin out." (autosp.) [6]

**spinach** same as cabbage (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**spinal board** a rigid plastic board used for transporting casualties with suspected spinal injuries (*Dict. of Sp. and Ex. Sc. 2006, 194p.*)

**spine** a measurement of bow stiffness (arch.) [6]

**spinnaker** a large, light (usually colourful) sail which is used as a foresail on sailboats when reaching or sailing downwind. The spinnaker is often held on the windward side by means of a spinnaker boom. (*H.Haag & G.Haag, Dictionary, 2003, 471p*)

**spinner** a shot thrown with too much spin, or curl (curl.) [6]

**spinner** a slow bowler who twists the ball with his wrist or fingers, in order to make it deviate after striking the ground (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**spinning** a fitness class in which the participants work on exercise bikes, led by an instructor (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**spiral** **1.** in rhythmical callisthenics a continuous circular movement with the ribbon. **2.** in gyro-wheel gymnastics (spiral rolling) rolling on one wheel, which has the effect of the angle between floor and equipment becoming increasingly smaller. **3.** in synchronized swimming a figure where the body is

positioned vertically in the water and four whole turns around the body's longitudinal axis are performed. (*H.Haag & G.Haag, Dictionary, 2003, 471p*)

**spiral** a ball passed or kicked with a spin which propels it further with more accuracy; the ball points the same direction throughout its flight (f/b) [6]

**spiral** any move on which the skater glides along the ice on one skate, with the non-skating leg in the air to the rear (f.skate.) [6]

**spiral** the characteristic pattern of movement of well thrown pass (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**spiral ride** a breakdown from the top position in which the wrestler tries to flatten his opponent to the mat by prying the opponent's base position apart (wrest.) [6]

**spiral sequence** a series of spirals on which the skater traces a pattern over the ice (f.skate.) [6]

**spirometer** a device used for measuring oxygen consumption (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**spirometry** the act of measuring the capacity of the lungs (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**Splash** to throw two darts at the board simultaneously as an alternative to diddling for the middle; the player with the higher score goes first (darts) [6]

**splashing** deliberately splashing water in an opponent's face is an exclusion foul (w.polo) [6]

**splat** a shot hit hard, from near the side wall directly to the side wall (racq.b.) [6]

**splice** the part of the handle of the bat that fits into the blade (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**splint** a support for an injured body part that holds it rigid while the tissues heal (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**split** a **leave** situation where the remaining pins are widely spaced, making them difficult to hit with a single ball (box.) (*Chambers. Sports Factf.,2005, 608p.*)

**split** a position in which one leg is extended forward, the other backward, with the feet and thighs at the surface. The lower back is arched and the hips, shoulders and head are in a vertical line in the water (synchr.swim.) [6]

**split** a skier's intermediate time during a run (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**split** a swimmer's intermediate time in a race (swim.) (*Chambers. Sports Factf.,2005, 573p.*)

**split** to bend one leg forward, the other straight back, while lowering the body toward the floor (weightl.) [6]

**split decision** (in boxing and similar sports) a win awarded by a majority of judges, rather than by a unanimous decision (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**split decision** a decision by the **judges** that is not unanimous but is arrived at by a majority (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**split end** an offensive player lined up slightly apart from the end of the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**Split the 11** to throw a dart between the two digits of the 11 on the number ring (darts) [6]

**split the defense** to skate between two defenders into or within the attacking zone (icehok.) [6]

**split time** the time it takes to cover a given section of the track, usually from the start to some intermediate point (luge) [6]

**split, split leave** a leave on which some of the remaining pins are rather widely separated, making a spare relatively difficult. The 7-10 is the most difficult to convert (bowl.) [6]

**splits** a gymnastic action in which the legs are fully extended in opposite directions until the body is sitting on or very close to the floor (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**splits** **1.** body position where the legs are spread apart sideways or crossways so far that they form one line. The splits are an exercise element in ballet, figure skating, roller skating, callisthenics, sport acrobatics, and gymnastics (on the floor and balance beam). **2.** in weight-lifting (snatch, and clean and jerk) setting one leg forward by about a foot-length, while the other leg is simultaneously set backwards; by means of this split the body is moved underneath the bar-bell during the clean from floor to chest. (*H.Haag & G.Haag, Dictionary, 2003, 472p*)

**splitter** a **fastball** thrown with fingers apart, imparting late downward movement; also called **split-finger pitch** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**spoiler** an aerodynamic device that reduces lift. On a hydroplane, it may be an air dam beneath the bow or a speed brake mounted above the hull (powerb.) [6]

**spoiler** an air deflector that diminishes the tendency of a car to lift off the track at high speed, thus improving the adhesion of the tires to the road (autosp.) [6]

**sponge** a thin layer of sponge rubber attached between the rubber sheet and the blade to increase speed and spin (t.ten.) [6]

**sponson** a pontoon-like hull, or portion of a hull, that provides lift. A three-point hydroplane has two sponsons, one each side of the main hull (powerb.) [6]

**spoon** an old-fashioned wooden-headed club with the face slightly hollowed, commonly used to refer to a 3-wood (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**spoon** obsolete term for a No. 3 wood (golf) [6]

**sport** organized play that is accompanied by physical exertion, guided by a formal structure, organized within the context of formal and explicit rules of behavior and procedures, and observed by spectators (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport** originally English term for amusement and play; short form of "disport" which means enjoyment (in old French desport, from Latin deportare = to enjoy oneself); collective term for all physical activities performed by people in the form of movement, play or competition. The sport of an era mirrors a specific human engagement and interaction with physical forces, which is mediated by the society and may range from self-presentation (active sport) to spectator participation (passive sport). Sport always contains an externally observable » performance or (artistic) movement which can be attributed to personal ability being specifically improved (through training). Due to its simple testability, partly by means of objectified measurement (registering of the best performance as a record), sport functions as a means for personal confirmation and for social competition (sport competition). A general understanding of sport, according to which a sport performance is delivered in an inextricable bond with the spontaneity of the individual practicing sport on the self-made reality level of » play, is in contrast with an absolute understanding of sport, according to which sport performance is regarded as a product and objectively quantifiable record mark detached from the individual. The interpretation of sport as a human activity that has its purpose in itself (amateur sport, mass sport, recreational sport, holiday sport, etc.) is supplemented by a health and social- pedagogical justification for sport activity (compensatory sport, break callisthenics, etc.). The possibilities for systematically categorizing sport are as manifold and complex as the entire phenomenon of sport itself. Apart from the differentiation of sport into the different concrete » sport discipline, active sport (including most sport disciplines) can be categorized under the following knowledge-guiding interests: **1.** justification of sport activity: enjoyment of movement and play (recreational, mass, holiday sport, small games), striving for personal achievement and recognizing one's limits (performance and top-level sport), counterweight to everyday and occupational life (leisure-time sport, remedial sport), striving for comparing performances (competitive sport), maintaining or renewing physical and mental well-being (health sport, compensatory sport, rehabilitation, physiotherapy, etc.), striving towards self-experience through social contacts (large games, club life), securing of existence (professional sport), striving for prestige (top-level sport). **2.** the actors of sport: division into age categories (children's, youth, adult, senior sport), according to gender (sport for boys and girls sport, sport for men and women), occupational criteria (pupil, student, company, professional sport), or other grouping characteristics (e.g. sport for the handicapped). **3.** time of engaging in sport activities: morning sport (morning callisthenics), break sport, sport after work, weekend sport, holiday sport, leisure-time sport, professional sport. **4.** organizational forms for sport activities: school, club, university, company, police sport, sport in communal or church groups, and non-institutionalized forms. However, sport does not only stand for the active practicing of sport, but also for a wealth of other possibilities of dealing with the phenomenon of sport (passive sport), e.g. participation (as a spectator) in sport events, the entire employment and honorary work in sport clubs and federations as well as the areas of sport science and sport journalism. (*H.Haag & G.Haag, Dictionary, 2003, 472p*)

**sport accidents** sudden, unchangeable events during the practice of sport, which are accompanied by the application of external force and can have a wide range of effects on the human body (sport injuries). (*H.Haag & G.Haag, Dictionary, 2003, 474p*)

**sport acrobatics** sport discipline which emerged towards the end of the 19<sup>th</sup> century from a variety of different directions. Five disciplines exist in sport acrobatics: women's pairs, men's pairs, mixed pairs, women groups (three), men groups (four). (*H.Haag & G.Haag, Dictionary, 2003, 474p*)

**sport administration** the institutional and organizational (» sport organization) order and formation of sport. Sport administration is realized in the partnership system between sport self-administration and public sport administration. Both areas are regionally structured, but also cover the international level. Sport self-administration includes: » sport clubs, » sport federation for sport disciplines, state sport federations and national sport federations, » National Olympic Committees, and the » International Olympic Committee; the public sport administration includes: sport bureau, sport resorts in the state ministries, federal ministry, etc. (*H.Haag & G.Haag, Dictionary, 2003, 476p*)

**sport anthropology** discipline of sport science, the science and theory of the human acting in sport. (*H.Haag & G.Haag, Dictionary, 2003, 476p*)

**sport aptitude** suitability for practicing a specific sport discipline. It ranges from strongly limited aptitude (e.g. in case of a handicap) to talent for top-level sport performances. In addition to determining a general suitability for sport (sport medical examination), an aptitude » test is utilized for assessing sport-specific fitness and certain technical talents. (*H.Haag & G.Haag, Dictionary, 2003, 476p*)

**sport biology** discipline of sport science close to sport medicine, which deals with the biological (anatomical, morphological, ecological, and ethological) conditions and effects of human sport activity. Its research topics are: tissues, motor system and posture system, muscles, cardiac and vessel systems, blood, respiration, digestion, excretion, metabolism, food, glands, nervous system, sensory organs, skin, hygiene, sport damages and injuries, First Aid, etc., also in consideration of specific groups of people practicing sport (e.g. children, youths, girls and women, seniors). (*H.Haag & G.Haag, Dictionary, 2003, 476p*)

**sport biomechanics** discipline of sport science which - as specific and applied biomechanics - deals with » movement as a fundamental behavioural dimension of the human being (» kinetics, » kinesiology, » movement research). It examines particularly the effective internal and external forces in the different sport disciplines and the interplay between motor system, mechanical forces, and physical movement. Sport movement forms and motor sequences are investigated by means of sophisticated techniques of data collection, the results of which are utilized for the development of optimal solutions for movement techniques. Biokine-matic studies strive for the quantitative-metric recording of movement parameters (distance, time, angle, velocity, acceleration). Biodynamic studies permit the registration of the internal and external forces causing an athlete's movement (» dynamometrics, » kinematics, kine-matography), particularly in relation to the loads applied to an athlete. The following areas of biomechanics are important for an interdisciplinary » movement theory, particularly when applying results in practice: analysis of the processes involved in the recording, control or regulation,

and realization of movement through the interaction of sensory organs and brain (central nervous system and motor system), description of sport movement sequences and the involved forces, analysis and optimization of sport techniques, analysis of biomechanical performance-relevant quantities, collecting biomechanical norm values, laws and principles, and contributing towards interdisciplinary movement research. (*H.Haag & G.Haag, Dictionary, 2003, 477p*)

**sport boarding school** the combined housing and schooling of children interested in and suited for top-level sport; it serves the pedagogical goal of combining education, sport training, and daily life in such a manner, that all areas are promoted equally. There are full-time and part-time (where the school is separate) sport boarding schools. A sport high school differs from a sport boarding school in that it is a high school with the focus on promoting competitive sport in a certain sport discipline (e.g. ski high school). (*H.Haag & G.Haag, Dictionary, 2003, 477p*)

**sport capability** sport medical examination. (*H.Haag & G.Haag, Dictionary, 2003, 478p*)

**sport climbing** a sport in which competitors ascend walls, often artificial ones, on difficult routes that have bolts in place (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sport clothing** the garments worn during sport activities, which are adapted to the respective demands of the sport discipline and therefore vary from sport to sport. Some sport disciplines have strict regulations regarding the clothing permitted, in some cases due to traditional reasons (e.g. billiards, golf, equestrian), in other cases due to the specific protective function of the clothing (e.g. ice-hockey, American football, fencing). In some sports the clothing has a significant impact on performance, e.g. tight aerodynamic racing-suits worn in downhill skiing, speed-skating, luge, and bobsledding. (*H.Haag & G.Haag, Dictionary, 2003, 478p*)

**sport club** within sport self-administration a voluntary union of people for the purpose of practicing sport. Usually a sport club has the legal status of a registered association. (*H.Haag & G.Haag, Dictionary, 2003, 478p*)

**sport consumption theory** contends that it is the similarity between the characteristics of sporting events and individuals' everyday lives that explains why middle and upper classes, males, and businesspersons are more likely than other groups to exhibit an ongoing interest in sport (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport course** in a narrow sense the organizational form for teaching and learning in school sport; in a broader sense events held in sport clubs, adult evening classes, callisthenics and sport schools, in a commercialized business such as fitness centers, ski, tennis, and windsurf schools, etc., which generally pursue the goal of teaching or improving the competency in a specific sport discipline. In a sport course a specific exercising and training can be undertaken due to the fact that participants are usually selected on the basis of their performance level; this applies particularly to sport courses for competitive teams in training weeks or the preparation phase for a competitive season. (*H.Haag & G.Haag, Dictionary, 2003, 478p*)

**sport court** in contrast to » sport law an institution of sport self-administration for decisions regarding legal conflicts within a sport federation, violations of rules and competition regulations, and imposing federation penalties (» penalty). A sport court is always bound to a certain sport federation and is therefore only responsible for that specific sport discipline. The sport jurisdiction has several levels for appeal in some cases. Sport courts for deciding conflicts of honour are termed honour courts. (*H.Haag & G.Haag, Dictionary, 2003, 479p*)

**sport curriculum** ministerial guidelines where goals and tasks as well as information regarding the didactic-methodical organization of sport as an instructional subject are provided. Sport curricula are developed either specific to the type of school or specific to a certain grade. The (theoretical) foundation is found in the knowledge gained in » sport pedagogy and » sport didactics. A sport curriculum is usually a detailed teaching program for sport, which is developed with the help of psychologically-oriented methods in order to reach learning goals with certain instructional methods; tests can be used to determine whether these goals have been achieved. A complete curriculum includes the required materials (teaching and learning aids). (*H.Haag & G.Haag, Dictionary, 2003, 479p*)

**sport damages** in contrast to suddenly occurring sport injuries damages to one's health occurring slowly and unrecognized, usually on the basis of lingering tissue changes, and caused by continuously repeated overloads and inadequate loads in the marginal area of the robustness of sensitive tissues. (*H.Haag & G.Haag, Dictionary, 2003, 479p*)

**sport didactics** a theoretical subdiscipline of sport pedagogy, which deals with all theories of sport instruction in its two dimensions of content and social relations; in a broader sense term for the theory of the methods for teaching physical education or sport (instructional methodics; » sport methodics). (*H.Haag & G.Haag, Dictionary, 2003, 479p*)

**sport discipline** term for an individual concrete form of practicing » sport which is institutionalized through specific rules and competitive conditions and organized in clubs and sport federations. A sport discipline can be differentiated further into subdisciplines or events (e.g. the high-jump is an event of the sport discipline of track and field). Each sport discipline delimits itself from other sport disciplines by means of its own set of rules, its movement structures, the equipment utilized, and the environmental conditions (e.g. sport facilities). A categorization of sport disciplines can be made, e.g. according to the following criteria: **1.** social components: a. » individual sport disciplines, b. partner or dual sport disciplines, c. team sport disciplines (» team games); **2.** environmental conditions: a. sport activity indoors, inside gymnasiums (indoor sports, e.g. gymnastics), b. sport activity outdoors (outdoor sports, e.g. soccer, rugby), c. sport activity in or on the water (water sports, e.g. canoeing, rowing, sailing, swimming, and diving), d. sport activity on snow or ice (winter sports, e.g. skiing and bobsledding outdoors, figure-skating indoors), e. sport activity in the air (aeronautical sports, e.g. artistic flying or gliding, ballooning, parachuting). Many sport disciplines can be practiced outdoors as well as indoors (e.g. track and field, soccer, hockey); **3.** methods of assessing performance or results: a. measurement sport disciplines (e.g. track and field, weight-lifting), where performance is measured objectively by means of the » cm-g-s system, b. assessment sport disciplines (e.g. gymnastics, figure-skating, diving), where performance is assessed by judges and scored with points (combinations of measurement and assessment are also possible, e.g. in ski-jumping), c. counting sport disciplines (e.g.

ice-hockey, handball, baseball, basketball), where the number of points, runs, goals, etc. scored is counted; **4.** movement structure and specific movement experience: a. moving one's own body (e.g. 5,000-m run), b. moving a piece of equipment (e.g. throwing the handball, shot-put), c. moving a piece of equipment by means of another piece of equipment (e.g. playing the ball with the racquet in tennis and squash), d. moving at an apparatus (e.g. exercises in gymnastics), e. moving due to external forces (e.g. windsurfing with the aid of wind force), f. moving while supported by equipment (e.g. automobile sport, bicycling, ice-skating, skiing); **5.** presence at Olympic Games: a. Olympic sport disciplines, b. non-Olympic sport disciplines. Furthermore, most sport disciplines have developed - depending on the duration of their existence and thereby on the degree of "establishment" - a specific theory which deals with the historical development, the social structure and function, health and medical aspects, movement theory, teaching and learning of the sport discipline, and training methods. (*H.Haag & G.Haag, Dictionary, 2003, 480p*)

**sport ecology** area of human ecology, which investigates the interrelationships between the human being engaged in sport and his environment; these interrelationships exist in a variety of forms: sport guides the human being into nature - since a large part of sport activities take place outdoors -, but also poses a danger to nature, e.g. through expanding building measures, development of the required infrastructure, etc.; sport itself is affected by environmental conditions. (*H.Haag & G.Haag, Dictionary, 2003, 481p*)

**sport economics** area of economics and business that examines the relations between sport and economics. (*H.Haag & G.Haag, Dictionary, 2003, 482p*)

**sport education** collective term for all functional (occurring without specific intention) and intentional (planned) processes of education towards a life-long engagement in sport activities as well as towards the realization of general educational goals (e.g. social integration, cooperation, fairness, health consciousness) through and in sport. Sport education is one main task and goal of » school sport (physical education) and governmental support of sport, and is also prevalent outside of schools as a life-long process in sport clubs, advanced teaching institutions, fitness centers, etc. (*H.Haag & G.Haag, Dictionary, 2003, 482p*)

**sport equipment** term for a category of equipment used in the various sport disciplines, which can be subsumed under the term » equipment together with » sport clothing and » sport shoes. For competitive sport the equipment must comply in form and measurement with the competition regulations of the respective sport discipline. Possibilities for classifying sport equipment are: small and large equipment, equipment that is moved (e.g. ball, javelin, sabre), equipment at which the athlete moves (e.g. high bar), equipment that moves the athlete (e.g. sail boat, skis), equipment for indoors and outdoors. The technical development of sport equipment has an essential impact on performance in the respective discipline (e.g. the glass fibre pole in the pole-vault or the carving ski in alpine skiing) and therefore also in the development of techniques specific to the sport discipline; it also has a major influence on the development of new sport disciplines (e.g. frisbee, windsurfer). (*H.Haag & G.Haag, Dictionary, 2003, 482p*)

**sport federation** within sport self-administration the union of different parts (e.g. of sport clubs) into an organization which regulates its structure and work through statutes and standing orders. A

sport federation has the tasks of making sport possible and promoting it, as well as representing its own interests towards other social forces and on an international level. (*H.Haag & G.Haag, Dictionary, 2003, 483p*)

**sport film** a film focusing on topics related to sport. (*H.Haag & G.Haag, Dictionary, 2003, 483p*)

**sport fishing** competitive form of fishing derived from angling. Participants do not catch fish in the water, but rather perform distance and target casts on land. The casting site for fly events is a platform (1.5 x 1.2 m, height 0.5 m), for all other events a starting board is used. For target casts target rings are positioned at certain distances from the platform, distance casts must remain within a certain casting zone. (*H.Haag & G.Haag, Dictionary, 2003, 483p*)

**sport for everybody** term for forms of sport activity geared towards an open target group, i.e. physical activities that can be practiced by everyone (» recreational sport, » mass sport, second path of sport » sport-for-all). (*H.Haag & G.Haag, Dictionary, 2003, 484p*)

**sport for seniors** see master sports. (*H.Haag & G.Haag, Dictionary, 2003, 484p*)

**sport for the deaf** sport practiced by deaf people in clubs (the first such club was founded in 1888 in Berlin) and federations. The practiced sport disciplines include track and field, swimming, soccer, handball, basketball, volleyball, water polo, bicycling, shooting, tennis, table tennis. The criterion for participation in sport for the deaf is a hearing loss of at least 55 decibel. Sport for the deaf has the objectives of physical activity and social integration of deaf people. (*H.Haag & G.Haag, Dictionary, 2003, 484p*)

**sport for the handicapped, sport for the disabled** special form of sport activity practiced by the handicapped, both as » movement therapy and as recreational or competitive sport. (*H.Haag & G.Haag, Dictionary, 2003, 485p*)

**sport game** social human motor behaviour which combines components of sport (rules, order, competition, etc.) and play (chance, surprise, free action, etc.). Preliminary forms of a sport game guided by rules and oriented towards performance and competition are informal games, » small games, and » mini sport games. The degree of complexity, rule-dependence, and organization in competitions increases continually up to the sport games. Corresponding to their social structure sport games can be divided into two groups: **1.** partner games (» dual sport disciplines), also called racquet games (e.g. badminton, squash, tennis, ping pong), which can be held as singles or doubles games. Since the ball must be returned with the first ball contact, quick rallies occur that pose high demands on the athletes' speed and reaction abilities. **2.** team games: two different forms of team games can be differentiated: games with playing field zones that are open to all players (e.g. basketball, soccer) and games where the opponent's half of the playing field is the target area, but cannot be entered by the other team (e.g. fistball, Indiacca, volleyball). A sport game is characterized by its rules. (*H.Haag & G.Haag, Dictionary, 2003, 485p*)

**sport grade, sport mark** method used by the school board for reporting pupil performance in sport (learning success control). Three factors are normally considered when awarding grades: **1.** performance as the result of action in sport. This performance relates predominantly to the sport motor

system, but cognitive learning achievements have an influence on grading as well; **2.** the willingness to perform manifested efforts to transfer performance capacity into sport motor performance and overcoming obstacles arising in this process. Affective learning achievements are also considered here; **3.** the constitutional prerequisites of the pupil (the hereditary or acquired physical appearance of the individual, as they exist at a certain point in time, which determines motor learning in the context of anthropogenous prerequisites). (*H.Haag & G.Haag, Dictionary, 2003, 486p*)

**sport group** collection of individuals who possess a sense of unity collective identity, shared purpose or objectives, structured patterns of interaction, structured modes of communication, personal and/or task interdependence, and interpersonal attraction (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport group** uniting of at least two individuals with the goal of practicing sport together. Sport groups can be characterized according to **1.** their size: large group (e.g. participants in a fun run), small group (e.g. members of a team); **2.** the level of sport performance (e.g. » performance group, talent group, training group); **3.** the interest or type of sport preferred (e.g. » preference groups); **4.** the location where sport is practiced (e.g. club group, company sport group); **5.** the degree of formality of the gathering: informal (e.g. running groups), and formal (e.g. competitive team) groups. The investigation of specific functions and regularities of the sport group is a topic of sport sociology. (*H.Haag & G.Haag, Dictionary, 2003, 486p*)

**sport heart** athlete's heart. (*H.Haag & G.Haag, Dictionary, 2003, 487p*)

**sport history** discipline of sport science which researches and describes issues related to the development of sport, i.e. physical exercises and physical education in the broadest sense. Sport historical research mainly serves the purpose of illuminating the interrelations of the past and relating them to the respective present sport situation; it interprets and explains them, and thereby permits prognoses regarding the future development of sport. (*H.Haag & G.Haag, Dictionary, 2003, 487p*)

**sport hygiene** subdiscipline of sport medicine, the theory of health which includes health care and medical welfare as well as the measures taken to maintain and improve health; sport hygiene is concerned with the interrelations between the individual practicing sport and his living and non-living environment. (*H.Haag & G.Haag, Dictionary, 2003, 487p*)

**sport information** discipline of sport science, the theory and practice of sport-specific information and documentation (sport documentation), the active and passive presentation and mediating of stored data that has been recorded directly or indirectly through a documentation process. (*H.Haag & G.Haag, Dictionary, 2003, 487p*)

**sport injury** injury occurring during sport activity as a result of externally applied forces or due to sudden intense loads on body segments (» incipient tear, » apophysis tear, » disk, » distortion, » fracture, » joint, » luxation, » meniscus, » tear, » strain). Each sport discipline bears -in addition to » sport accidents - typical injury dangers to especially strained body segments, e.g. in jumping and sprinting the ankle joint and Achilles tendon, in soccer and skiing the knee joints and leg muscles, in gymnastics and weight-lifting the vertebral column and shoulder-arm muscles. The following is practical as a first aid measure in almost all cases: cooling, bandaging (or compression bandage),

elevation of limbs, no physical load (sport physician). Many sport injuries can be prevented, or the effects of which lessened, by wearing appropriate clothing and protective equipment (e.g. in ice-hockey), by taking measures for helping and securing the athlete, by following the rules of the respective sport discipline, and by having an adequate state of fitness. (*H.Haag & G.Haag, Dictionary, 2003, 488p*)

**sport instruction** (physical education) part of » school sport which is distinguished from extracurricular school sport. Sport instruction at schools can be offered in mandatory or elective courses. The goal, contents, and realization of sport instruction depend on the type of school and the age of the students. Sport instruction is guided by » learning goals; its contents are: the motor system (movement instinct, perception characteristics, motor characteristics, sport motor skills, tactics), theoretical aspects (theory of motor foundations, sport disciplines, general sport theory), and affective aspects (individual, partner, and group-oriented behaviour, e.g. fairness). Its realization is governed by the methods developed in » sport methodics and by certain media. The scientific foundation of sport instruction is provided by » sport pedagogy and » sport didactics (» sport curriculum). (*H.Haag & G.Haag, Dictionary, 2003, 488p*)

**sport journalism** term for the totality of mass media participating in the public information and attitude forming process of sport. (*H.Haag & G.Haag, Dictionary, 2003, 489p*)

**sport language** special language encompassing the entire area of sport (sport practice, sport science, sport organization, sport as a social phenomenon, etc.), including sport jargon (special vocabulary, but without any laws regarding sentences and forms). Sport language is in a process of continuous development (sport disciplines, and thereby their terms, vanish and new ones evolve). The standardizing and ordering of language specific to a sport discipline and sport-scientific language (scientific terminology) is found in a » sport thesaurus. (*H.Haag & G.Haag, Dictionary, 2003, 490p*)

**sport law** in contrast to sport jurisdiction (sport federation law, sport club law) of self-administration in sport (» sport court) the sum of all governmental law norms (laws) which are specifically applicable to sport. This includes, in particular, all lawful regulations in those sport disciplines where its practice enters public territorial areas, e.g. the air traffic laws (flying sport), maritime laws (water sports), school laws (school sport) as well as the sport liability laws, which regulate the lawful responsibility between the sport club and its members, employers and employees in company sport, sport event organizers and participating athletes, as well as sport event organizers and spectators of the event. (*H.Haag & G.Haag, Dictionary, 2003, 490p*)

**sport lesson** smallest planning unit for sport instruction at schools or in training with the following typical structure: **1.** introduction: physiological activation, motivation, preparation, guiding, explaining the goal (theme) of the lesson, training of perception and motor characteristics. **2.** main section: realization of the thematic focus in action forms such as exercising, playing, presenting, performing, competing; this section can be oriented towards motor, cognitive and affective objectives. **3.** conclusion: calming of the pupil's physiological and psychological behaviour as well as making any final comments. (*H.Haag & G.Haag, Dictionary, 2003, 490p*)

**sport literature** term for all forms of written information on the topic of sport. (*H.Haag & G.Haag, Dictionary, 2003, 490p*)

**sport magazine** see sport journalism. (*H.Haag & G.Haag, Dictionary, 2003, 491p*)

**sport mark** see sport grade. (*H.Haag & G.Haag, Dictionary, 2003, 491p*)

**sport massage** mechanical work on the skin and the tissue underneath it (muscle, connective tissue) by applying various hand grips such as kneading, hitting, pointing, clapping, rubbing, etc. In addition to increasing the blood flow and the local discharge of bodily substances, a toning of the tissue system and organs is achieved by means of reflex massage. Depending on the time of application one differentiates between the following in sport massage: training, preparatory and competition massage (15-20 min before the competition), massage between heats (for warm-up, relaxation, and in the case of fatigue during interruptions of the competition) and recovery massage (after competitions). (*H.Haag & G.Haag, Dictionary, 2003, 491p*)

**sport mastery** 1.type of achievement behavior in which the goal of the athlete is to focus on performing at optimal efficiency regardless of the outcome. The key issue for the athlete is to demonstrate competence rather than demonstrate higher capacity than others. 2. attainment of a specific performance goal or achievement of a predetermined level of competence. Usually based on comparing one's own performance with personal standards. 3.the goal of a competitor to achieve mastery of a given situation by improving or perfecting a skill. The participant may be attracted to a sport because the challenge of performing well appears enjoyable (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport medicine examination** medical examination by a sport physician which usually serves the purpose of determining an athlete's suitability for a certain sport activity. An individual is fit to participate in sport activities when no disease is prevalent that would make sport dangerous to his health (e.g. cardiac diseases, cardiac arrhythmia, infections, hypertonia, thyroid gland overproduction, as well as organ damages of the lungs, kidneys, or liver). In some sport disciplines (e.g. underwater diving and parachuting) specific and intensive examinations must be conducted to be able to assess performance capacity (e.g. by means of ergometry or spiroergometry). (*H.Haag & G.Haag, Dictionary, 2003, 491p*)

**sport methodics** within sport pedagogy an area of instructional theory of sport (sport didactics), the theory of (scientific) methods (teaching methods) applied in sport. A teaching method represents a planned procedure for reaching a certain goal. General sport methodics is regarded as the theory of instructional methods that can be utilized for all instruction in sport; specific sport methodics is the theory of instructional methods which only apply to a specific exercise area of sport, i.e. a sport discipline or one of its events (e.g. specific methodics of track and field or of the high jump). Teaching methods are based on pedagogical principles, e.g. the principles of movement, enjoyment, optimal loading, determination, comprehensiveness, order, and suitability for the situation. (*H.Haag & G.Haag, Dictionary, 2003, 491p*)

**sport motor skills** the last attainable or learnable stage in motor development. It is preceded by the development of body type prerequisites, perceptual characteristics, body experience, and motor characteristics. A sport motor skill is the technical structural element constituting a concrete sport

discipline, in conjunction with other factors it makes » motor abilities (e.g. the ability to play volleyball) possible. Sport motor skills can be assessed by means of a » sport motor test. The mastering of such skills can be an important motive for learning a certain sport discipline. (*H.Haag & G.Haag, Dictionary, 2003, 492p*)

**sport motor test** specific form of a » test, applied to athletes for gaining knowledge regarding their motor characteristics in the areas of condition and coordination as well as sport motor skills. (*H.Haag & G.Haag, Dictionary, 2003, 493p*)

**sport movement** in addition to the callisthenics movement (» callisthenics), the » gymnastics movement, and the » play movement, one of the strong movements in the history of physical exercises. It originated, almost parallel with the play movement, towards the last quarter of the 19th century, when new sport disciplines emerged from Great Britain and the USA (e.g. soccer, basketball, tennis, golf). The manner of performing physical exercises changed significantly in favour of a systematic development of performance (training), striving for performance (record) and comparing performances (competition). Industrialization and - connected to it - the strong human need for compensation are regarded as the reasons for the rapid development of the sport movement. Until the "equalization" during the time of National Socialism the sport movement stood in pronounced contrast to the gymnastics movement, which had emerged especially from Germany. The sport movement's organizational basis is formed by » sport clubs which were founded in increasing number toward the end of the 19<sup>th</sup> century, as well as by the » sport federation responsible for the respective sport discipline. (*H.Haag & G.Haag, Dictionary, 2003, 493p*)

**sport newspaper** see sport journalism. (*H.Haag & G.Haag, Dictionary, 2003, 494p*)

**sport organization** the process of organizing sport (planning, realizing, providing financial means, etc.) as well as the association of people in a social institution for reaching certain goals, specific order, and regulating tasks (functions) and activities (work processes) in the area of sport in such a manner that all elements of the organization and the organizational units created there from are incorporated into the social structure. Typical forms of sport organizations are found in sport self-administration (» sport administration), and - as part thereof - particularly as sport clubs and » sport federation, but also as the forms of sport offered in adult evening classes, schools, and universities as well as companies and commercial sport enterprises. (*H.Haag & G.Haag, Dictionary, 2003, 494p*)

**sport outside of schools** in the broadest sense collective term for sport in clubs, sport in non-school institutions, and sport that is not institutionalized. In a narrower sense it refers to children and youth sport outside of school. From a pedagogic standpoint it is sensible to have cooperation between sport outside of schools and physical education in the schools. Sport outside of schools should not be confused with extracurricular sport which represents a supplementation to the mandatory physical education school lessons (» school sport), predominantly in the form of talent groups and school teams. (*H.Haag & G.Haag, Dictionary, 2003, 494p*)

**sport pedagogy** the understanding and study of factors associated with sport skill instruction and acquisition (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport pedagogy** (the theory of physical education) subdiscipline of sport science, which as specific and applied pedagogy and as a sub-discipline of sport science deals particularly with the functional and intentional opportunities and limitations of education to and through sport. In regard to research methodology sport pedagogy utilizes descriptive, correlative, and experimental approaches. Sport pedagogy deals with the normative-ethical justification of sport pedagogical action (sport pedagogy as a norm science), control of experience and technology (sport pedagogy as a reality science), as well as social criticism and emancipation (sport pedagogy as conflict theory, » sport science). Topics investigated by sport pedagogy can be described more closely with the aid of the learning-theoretical didactic model, which is constitutive for sport-specific curriculum theory (» sport curriculum) and for instructional theory of sport: anthropogenous prerequisites (teacher and learner), sociocultural conditions (individual, group, institution, time), objectives, contents, methods, media. In relation to these factors sport pedagogy has developed: **1.** a curriculum theory of sport (theory of developing a curriculum): input evaluation, construction, practical application, output evaluation, revision; **2.** an instructional theory of sport (theory of instructional practice): analysis of the prerequisites, planning, realization, and evaluation of teaching and learning processes in sport (physical education). (*H.Haag & G.Haag, Dictionary, 2003, 494p*)

**Sport Performance Assessment and Rehabilitation Centre** a service that provides sports science consultancy for professional athletes, based at Roehampton University, London. Abbreviation SPARC (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sport philosophy** subdiscipline of sport science, which as specific philosophy and as a subdiscipline of sport science deals particularly with the investigation of the philosophical prerequisites and interpretations of sport in its various forms. This includes predominantly a philosophical viewing of the » body-soul-problem, human movement, sport » performance, » play, and the relation between sport and ethics as well as sport and aesthetics. (*H.Haag & G.Haag, Dictionary, 2003, 495p*)

**sport physiology** see exercise physiology. (*H.Haag & G.Haag, Dictionary, 2003, 496p*)

**sport politics** collective term for all publicly relevant sport-related actions by individuals and by institutions. Sport action occurs in the tension field between sport as a social phenomenon (with relatively independent regularities) on the one side and the state as the institution organizing public life on the other side. (*H.Haag & G.Haag, Dictionary, 2003, 496p*)

**sport practice** **1.** the concrete execution of sport movements (motor practice). Motor practice has an energetic and a technical component. It precedes sport education and sport science, is interrelated with » sport theory (theory-guided practice and practice-guided theory). Results from sport medicine research suggest as a minimum daily physical activity: either a daily training of 10 min duration or a 20-30 min training three times per week, where a heart rate of 180 beats per min minus the person's age should be reached. **2.** the professional activity in sport, e.g. the teaching practice of the physical education teacher. **3.** the active dealing with the reality of sport rather than the theory of sport. **4.** sport reality as a topic of sport-scientific research. (*H.Haag & G.Haag, Dictionary, 2003, 497p*)

**sport psychologist** professionally trained person with a graduate degree in psychology or sport psychology, who offers clinical, educational, or research services in an attempt to understand and

communicate the psychological or psychophysiological factors that underlie physical performance and coaching effectiveness in sport (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport psychology** scientific study of behavior that attempts to apply psychological facts and principles of learning, performance, and associated human behavior in sport or sport-related context. Concerned with observation of events, description of phenomena, explanation of factors that influence events in a systematic manner, prediction of events or outcomes based on systematic and reliable explanations, and control of events or contingencies that result in expected outcomes (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport psychology** subdiscipline of sport science, which as applied and specific psychology and as a subdiscipline of sport science deals with the different dimensions of human behaviour within the framework of acting in sport. (*H.Haag & G.Haag, Dictionary, 2003, 497p*)

**sport role-identity** extent of one's involvement in finding situations for functioning in highly important sport-related roles from which they plan their daily agendas and make decisions, and in which they are emotionally involved (*Dict.of sp.and Ex.Sc.1991, 143p*)

**sport school** teaching and exercise institution of individual (or several) sport federations or governmental authorities for mass or top-level sport, which predominantly serve the training and advanced education of exercise supervisors and the training and preparation for competitions of athletes in different sport disciplines. (*H.Haag & G.Haag, Dictionary, 2003, 498p*)

**sport science** system of scientific research, theory and practice of sport, into which results from other disciplines are integrated. Purpose and function of sport science is to investigate problems or deficits that have been uncovered, transfer knowledge from solutions found within the framework of scientific justification, i.e. to transfer these solutions to practice, to explain, control and, if necessary, change them. The subject area of sport science can be categorized as follows: 1. according to organizational areas, e.g. physical education, school sport, youth sport, mass sport, recreational sport, sport-for-all, competitive sport, high-performance sport, top-level sport; 2. according to thematic research questions, e.g. analysis of human movement, motor development, motor learning, motivation in sport, socialization in sport, performance, health in sport, structure and function of sport in society, etc.; 3. according to scientific-systematic criteria e.g. into seven theory fields of sport science: medical and mechanical foundations (sport medicine, sport biomechanics), social and behavioural scientific foundations (sport psychology, sport pedagogy, sport sociology), historic-philosophical foundations (sport history, sport philosophy). New sub-disciplines are emerging, e.g. sport economy, sport facilities and equipment, sport law, sport politics, computer science and sport, sport information. (*H.Haag & G.Haag, Dictionary, 2003, 498p*)

**sport shoes** footwear worn when practicing sport, which should correspond to the specific requirements of the respective sport disciplines and to the individual orthopaedic needs of the athlete. The competition regulations issued by the sport federation also contain restrictions regarding the permitted footwear. (*H.Haag & G.Haag, Dictionary, 2003, 499p*)

**sport sociology** study of conditions, behaviors, and the structure of social systems that lead to the development of certain structures and process within various sport settings (*Dict.of sp.and Ex.Sc.1991, 144p*)

**sport sociology** subdiscipline of sport science, which as applied and specific sociology and as a subdiscipline of sport science examines the action field of sport in regard to its internal structure and position within society by applying known or developing new sociological theories. The following areas can be regarded as the main research topics of sport sociology: sport and society, sport and work, sport and performance, class- and gender-specific aspects of sport, sport and culture, sport and school, socialization and sport, groups in sport, perception of sport, organizations and institutions in sport, sport and non-sport institutions, sport and leisure-time, social problems and sport, sport and politics, sport and media (spectators), sociological aspects of sport disciplines, sport and women, sport and professionalization. (*H.Haag & G.Haag, Dictionary, 2003, 499p*)

**sport studies** university training in the theory and practice of sport at a sport science institute with the goal of receiving an academic degree in the area of sport and sport science. The objectives of a university education in sport are: **1.** the competency for teaching sport and physical education, **2.** diploma degree in physical education, **3.** Bachelor's degree, Master's degree, Doctorate (Ph.D.), and habilitation for a scientific career. (*H.Haag & G.Haag, Dictionary, 2003, 499p*)

**sport theory** system of scientific statements about a (hypothetically) regular order and individual results of a certain knowledge area related to sport as a whole entity. Sport theory serves the function of explication and prognosis, testing its own claim for truth and validity, evaluation of its application area and scope, criticism of other theories, projection of new research directions, and establishment of new theories. In general, one differentiates between object theory which examines a certain area of objects (e.g. training) and network theory which examines theory construction and criticises it, if applicable. Sport theory is an element of sport science (and thereby part of the sport-specific courses of study). It is realized in scientific systematics (e.g. as sport medicine, sport biomechanics, sport psychology, sport pedagogy, sport sociology, sport history, sport philosophy) as well as in a topic-oriented fashion (e.g. as movement, training, health, instructional, organization, competition and injury theory). Sport theory as an instrument for motor learning and for the critical analysis of sport as a societal subsystem can be differentiated into sport discipline-specific sport theory (gaining action-relevant knowledge about the specific movements of a sport discipline) and general sport theory (explanation of sport-specific issues from a superordinate view, critical examination of sport as a societal phenomenon). (*H.Haag & G.Haag, Dictionary, 2003, 500p*)

**sport thesaurus** alphabetically and systematically ordered collection of all linguistic and other terms in the area of sport (e.g. sport terminology, sport jargon) according to their semantic relations. Within the framework of sport documentation systems, the sport thesaurus is an essential aid for the finding and content description of documents as well as for the gaining of information about any desired element in the area of sport (» sport information). (*H.Haag & G.Haag, Dictionary, 2003, 500p*)

**sport venture-orientation** tendency to focus on the risk or adventure associated with performing sport skills and to determine success by quality performance in a risky situation (*Dict.of sp.and Ex.Sc.1991, 144p*)

**sport weapons** sport equipment that **1.** serves attack and defense purposes in some combat sports (e.g. sabre, epee, foil in » fencing, Shinai in » kendo), **2.** serve the purpose of hitting a target from various distances in shooting (e.g. bow and arrow in » archery, rifle, pistol, and others in » shooting, rifle in » biathlon, bolt and crossbow in » crossbow shooting). For security reasons and to maintain equal competition chances measurements, construction, and accessories with additional devices (e.g. optical aiming aids) of sport weapons must comply with strict regulations. (*H.Haag & G.Haag, Dictionary, 2003, 500p*)

**sport, play and recreation facilities** the totality of all installations for practicing sport and for sport-oriented recreational activities: sport fields, stadia, » playgrounds, sport gymnasiums (gymnastics halls), swimming pools (outdoor and indoor), high-performance centers, as well as all facilities specific to a sport discipline such as tennis courts, golf courses, ski runs, jumping facilities, artificial ice canals, bicycling ovals, bowling lanes, race courses for motor sports, horse race tracks; these facilities also include the necessary technical and sport equipment as well as all additional rooms (washrooms, showers, offices, and rooms for the athletes, judges, and coaches) and attached buildings (equipment rooms, workshops, horse stalls, etc.). (*H.Haag & G.Haag, Dictionary, 2003, 496p*)

**sport-for-all** term for all initiatives aimed at the promotion of mass sport (e.g. trim activities). (*H.Haag & G.Haag, Dictionary, 2003, 484p*)

**sportive** regularly taking part in sport (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports acrobatics** acrobatics performed as a competitive sport (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports bottle** a drinking bottle with a specially-designed cap that does not spill, for use while exercising (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports bra** a bra designed to offer additional comfort, support and protection during physical activity such as jogging or sports (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports car** Generally, any car that handles better, brakes better, and is more maneuverable than an ordinary passenger car (autosp.) [6]

**sports centre** a group of connected buildings in which there are facilities for various sports (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**sports concussion assessment tool** full form of **SCAT** (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports counseling** a professional who gives emotional guidance to an athlete and helps them to cope with issues such as injury or retirement (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports drink** a soft drink that is intended to quench thirst faster than water and replenish the sugar and minerals lost from the body during physical exercise (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports facilities** the equipment and buildings for paying sports, e.g. tennis courts and swimming pools (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**sports gel** a concentrated carbohydrate gel that is easy to metabolise during exercise (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports ground** a place where sports are performed (*Dict. of Sp. and Ex. Sc. 2006, 195p.*)

**sports hall** a large building where indoor sports such as basketball are played (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**sports hernia** same as **athletic pubalgia** (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports injury** any injury incurred as a result of taking part in sports, e.g. a sprain, shin splints or tendinitis (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports massage** massage for professional sportspeople, aimed at relaxing overused muscles and preventing or healing injury (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports medicine** the study of the treatment of sports injuries (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports nutrition** specialised nutrition for a professional sportsperson, designed to provide enough energy to sustain a very active lifestyle as well as providing nutrients that support tissue growth and repair (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports nutritionist** a professional who looks after the specialised dietary needs of athletes (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports psychology** the scientific study of the mental state of sportspeople, looking at issues such as motivation, concentration, stress and self-confidence (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports shoes** same as trainers (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports supplement** a dietary supplement used by athletes to enhance performance (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports towel** a highly-absorbent small towel that dries quickly (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sports watch** a durable watch designed to be worn during sports, often with extra features such as a stopwatch (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sportsman** **1.** a man who participates in sport **2.** someone who behaves fairly, observing rules, respecting others and accepting defeat graciously (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sportsman** a type of stock car with a light body and engine modified in certain limited ways (autosp.) [6]

**sportsmanlike** used for describing conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others and graciousness in losing (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sportsmanship** commitment to the primacy of justice and cooperation for males and females in a sport competitive environment (*Dict. of sp. and Ex. Sc. 1991, 144p*)

**sportsmanship** 1. conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others and graciousness in losing 2. participation in sport (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sportsperson** 1. someone who participates in sport 2. someone who behaves fairly, observing rules, respecting others, and accepting defeat graciously (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sportswear** clothes worn to play sports (NOTE: There is no plural form) (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**sporty** 1. designed or appropriate for **sport or** leisure activities 2. enthusiastic about sport or outdoor activities and regularly taking part in them (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**spot** 1. any of the six marked points on the table on which the colours are placed at the start of a frame and after they are potted while y there are still reds on the table 2. if a referee spots a colour, he places it back on its spot after it has been potted (bilj.) (*Chambers. Sports Factf., 2005, 539p.*)

**spot** 1. same as **solid** 2. same as **diamond** (bilj.) (*Chambers. Sports Factf., 2005, 451p.*)

**spot** 1. to watch someone performing an exercise 2. to identify someone, especially a performer, as having a promising talent worthy of being developed to a high, often professional standard (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**spot** a location on the field, determined by an official, to mark forward progress or the place of a foul (f/b) [6]

**spot bowling** using a particular target on the lane, rather than the pins themselves, as an aiming point. Many bowlers use the range finders, for example (bowl.) [6]

**spot putting** a method of putting in which the player uses a spot on the green as an aiming point (golf) [6]

**spot reduction** the notion that the amount of fat in a particular area of the body can be reduced by working the muscles in that area, disputed by some experts (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**spotter** a partner who watches a person performing an exercise to check that they are performing it safely and with proper technique (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**spotter** an appointed person who identifies each archer's score (arch.) (*Chambers. Sports Factf., 2005, 27p.*)

**sprain** a condition in which the ligaments in a joint are stretched or torn because of a sudden movement (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sprawl** a counter to a leg attack, in which the legs are thrown straight back, away from the opponent (wrest.) [6]

**sprawl** a move used to counter a leg shot. The wrestler throws the legs back and arches the hips into the opponent to break the hold (wrest.) [6]

**spray** to hit the ball way off line (golf) [6]

**spray skirt, spray deck** waterproof (usually Neoprene®) cockpit cover worn around the waist by a kayaker and which attaches tightly to the **coaming** in order to prevent water entering the kayak (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**spread** a soft food consisting of meat, fish or cheese, which you can spread on something such as bread ■ to cover with a layer of something (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**spread** an obstacle that combines width and height, requiring the horse to jump horizontally as well as vertically (equest.) [6]

**spread eagle** a manoeuvre performed on both skates (on either inside edges or outside edges) where the skates point in opposite directions (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**spread eagle** a trick in which the skier stretches the arms and legs out, away from the body (freest.) [6]

**spread eagle** an aerial manoeuvre where the skier extends his or her arms and legs to the side while keeping the skis parallel and perpendicular to the body. The upper body remains straight and upright (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**spring** **1.** a small stream of water coming out of the ground **2.** a season of the year following winter when plants begin to grow and put out leaves (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**spring roll** a hot snack or starter of mixed savoury ingredients formed into a slightly flattened cylindrical shape, wrapped in thin dough and fried until crisp and golden (*Dict. of Leis., Trav. and Tour., 2008, 291p.*)

**spring water** water which comes from a natural spring (*Dict. of Leis., Trav. and Tour., 2008, 292p.*)

**springboard** **1.** a flexible board secured to a base at one end and projecting over the water at the other, used for diving **2.** a flexible board on which gymnasts bounce in order to gain height for vaulting (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**springboard** a flexible diving board that adds to the diver's own spring on takeoff. The regulation springboard must extend at least 5 feet beyond the edge of the pool and is 1 meter or 3 meters above the water (div.) [6]

**springboard** **1.** auxiliary aid in gymnastics for the mount onto an apparatus. The springboard used today was designed by Richard Reuther; it is made entirely out of wood, which lends the boards its spring tension and its prestressing. It is 1.20 m long, 60 cm wide and 15 cm high at its front side; the

take-off area and the bottom of the springboard are skid-free. **2.** installation for take-off in » diving. (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**Springboks** the nickname of the South African rugby team (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**sprint** **1.** a short race run or cycled at a very high speed **2.** a burst of fast running **or** cycling during the last part of a longer race **3.** a sudden burst of activity or speed ■ to run, swim or cycle as rapidly as possible (*Dict. of Sp. and Ex. Sc. 2006, 196p.*)

**sprint** **1.** sprint (or match sprint) races are **track races** ridden over 1km by individuals against one or two opponents. Riders jockey for position over the first 800m with a final explosive sprint over the last 200m (the only section of the race that is timed) **2.** the final race for the line or for a **prime** in a **road race** or **stage** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**sprint** **1.** the last 500 meters of a 2,000-meter race. **2.** a race substantially shorter than 2,000 meters (row.) [6]

**sprint** a long-track race of 1,00 meters or less (sp.skate.) [6]

**sprint** a race determined by speed alone. All flatwater races are called sprints, regardless of distance (canoe) [6]

**sprint** a short race of five or six furlongs on the flat (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**sprint** in various sport disciplines term for a discipline where a short distance is to be covered with the highest possible velocity, e.g. the short-distance runs in track and field, in » speed skating all distances up to 1,000 m, the » sprint race in bicycling, in rowing and canoeing the regatta course of 500 m. Essential prerequisites for sprinting are the motor characteristic » speed as reactive and acceleration speed (sprinting speed). (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**sprint** see **swim-off** (w.polo) [6]

**sprint** sprint races are the 100m, 200m and 400m (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**sprint** the shortest cross-country race, usually 1.5 kilometers, in which any style of skiing is allowed (ski.) [6]

**sprint distances** see short distance running. (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**sprint hurdles** the 100m hurdles (for women) or 110m hurdles (for men) (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**sprint race** in bicycle sport a race over a short distance (1,600 m) that requires high speeds during the first part of the race. In horse racing a sprint race is called a short distance race and usually covers a distance of 1,400 m. (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**sprinter** an athlete or cyclist who takes part in a short race run or cycled at a very high speed (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**sprinter** a cyclist who specializes in sprinting (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**sprinters' lane** the inner area of a track in a **velodrome**, between the **pole line** and the **sprinters' line** within which certain rules apply for cyclists sprinting for the finish of a race (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**sprinters' line** a red line on the track in a **velodrome** marking the outside of the **sprinters' lane** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**sprockets** the gear wheels attached to the rear wheel of a bicycle, via the **freewheel** on a road bike or directly on a **fixed-wheel** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**spur** a pointed device on the rider's boot heel, used to urge a horse forward (equest.) [6]

**squad** **1.** a small group of people engaged in the same activity **2.** a number of players from which a team is selected **3.** US an athletics or sports team (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**squad** in gymnastics term for a team that is homogenous with respect to gender, age, performance level, etc. The squad has had a long tradition especially in gymnastics and is still an organizing principle in some gymnastics clubs today. Within school physical education gymnastics was characterized by a rigid categorization into squads. Modern open instructional concepts have dropped the idea of the squad and realized a physical education with higher movement intensity and increased enjoyment. (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**square** **1.** the rectangular area in the centre of the ground, on which the wickets are prepared **2.** at right angles to the wicket, eg *this batsman is strong square of the wicket* (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**square** descriptive of a tied match, as in, "The golfers were square after 15 holes" (golf) [6]

**square** to level the scores in a ball game (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**square** to turn the oar's blade so it's perpendicular to the surface of the water. The blade is squared at the end of recovery, in preparation for the catch (row.) [6]

**square cut** a shot **square** on the **off** side, played with the bat close to the horizontal (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**square leg** a fielding position, on the **leg** side in a line with the **popping crease** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**square pass** a pass made by a player to a teammate running alongside him (f/b) [6]

**square stance** a stance in which the feet are lined up parallel to the ball's expected line of flight (f/b) [6]

**square up** to take a position looking at the basket, with the line between the shoulders forming a right angle with a line drawn to the center of the basket, preparatory to taking a shot (b/b) [6]

**squared stance** a defensive stance in which the wrestler's toes and knees are aligned and shoulders-width apart (wrest.) [6]

**squaring up** when a player's shoulders are facing the basket as he releases the ball for a shot; considered good shooting position (b/b) [6]

**squash** a game for two or four participants played in an enclosed court with long-handled rackets and a small ball that may be hit off any of the walls (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**squash** a fast game played with rackets in a room with high walls (*Dict. of Leis., Trav. and Tour., 2008, 292p.*)

**squash** racquet game for two players where a hollow rubber ball (weight 24 g, diameter 4 cm) is played against a wall using a racquet. (*H.Haag & G.Haag, Dictionary, 2003, 501p*)

**squash court** a room with high walls for playing squash (*Dict. of Leis., Trav. and Tour., 2008, 290p.*)

**squat** an exercise in weightlifting in which the lifter raises a barbell while rising from a crouching position (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**squat** to bend the legs at the knees while lowering the body toward the floor (weightl.) [6]

**squat thrust** an exercise performed on the hands and knees in which the feet are brought forwards and backwards in a jumping motion (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**S-R connection** (*in psychology*) the relationship between a stimulus and a response (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stabilise** (*in immediate care*) to make sure that a casualty has a healthy breathing pattern and pulse and that he or she is in a comfortable position while awaiting medical attention (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stability** 1.[ss] refers to the turnover rate for group membership as well as the length of time members have been together in the group. Positively related to group cohesiveness. 2.[sp] dimension of attribution theory in which an outcome will either change (e.g., effort) or remain stable (e.g., ability). 3.[mc] balance or a state of equilibrium. 4.[mc] pertains to skills executed in a static, balanced position, as opposed to locomotion (*Dict. of sp. and Ex. Sc. 1991, 144p*)

**stability control** at feature of running shoes designed to reduce overpronation (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stability last** same as **straight last** (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stabilizer** a device attached to the bow to increase stability during a shot (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**stabilizer** a weight mounted on a bow to minimize undesirable torque of the bow string upon release (arch.) [6]

**stabilizer, stabilizer** a piece put on the hull of a ship to prevent it from rolling (*Dict. of Leis., Trav. and Tour., 2008, 292p.*)

**stabilometer** apparatus to test full-body balance. Consists of a horizontal platform that pivots at the middle and upon which a subject stands attempting to keep the platform balanced. Performance quality is measured by time in balance, out of balance, and/or error in which the platform deviates from a prescribed range per trial (*Dict.of sp.and Ex.Sc.1991, 144p*)

**stable** all the racehorses of a single trainer, eg *the Dickinson stable had three winners at the meeting* (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**Stableford** a competition in which points are awarded for scores achieved on each hole, the player's **handicap** and the **stroke index** being used to help calculate the points; named after Frank Stableford (1870-1959), an English doctor who devised it (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**stableford** a scoring system based on points rather than strokes. Eight points are awarded for a double eagle, 5 for an eagle, and 2 for a birdie. A point is subtracted for a bogey and 3 points are subtracted for a double bogey or worse. The player who accumulates the most points wins the round (golf) [6]

**stack** an offensive alignment in which two players set up in a low post position one side of the lane and a third player is in the low post on the other side. Most commonly used for throw-ins from behind the baseline (b/b) [6]

**stacked** the body position in which the knees are directly over the ski bindings, the back is straight, and the skier's weight is centered over the skis (freest.) [6]

**stadiometer** calibrated device to measure stature. Consists of a base, a rule at a perfect right angle to the base, and an adjustable piece attached to the rule at a perfect right angle. This piece contacts the vertex of the skull and simultaneously indicates the stature measurement on the rule (*Dict.of sp.and Ex.Sc.1991, 144p*)

**stadion** **1.** old Greek unit of measuring distance, with different lengths, depending on the time and the location, ranging between 179 m and 213 m (in Olympia, e.g. a stadion was 192.25 m). **2.**competition site mainly used for running at the ancient festival games; it was built in the form of a long rectangle (length: 1 stadion), later in a semi-circular finish. **3.** original term for » stadium. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**stadium** a place where people watch sports or other activities, usually a large enclosed flat area surrounded by tiers of seats for spectators (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stadium** a place where people watch sports, usually having a flat central playing area surrounded by rising rows of seats (*Dict. of Leis., Trav. and Tour., 2008, 292p.*)

**stadium** term for a large competition site: usually a grass field, often suitable for soccer games, surrounded by a 400-m running track and equipped with all sport facilities required for the various disciplines of track and field. The entire sport site is surrounded by raised spectator seats and stands (providing space for crowds of up to 100,000). The additional rooms (workshops, rooms for athletes, judges, etc.) as well as sanitary and technical facilities are also considered to be part of the stadium. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**stag leap** a leaping jump performed with the leading leg tucked under the skater and the trailing leg kicked out straight behind (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**stage** individual **road races, critériums, time trials** or **team time trials** that make up a stage race (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**stage race** a race that takes place over periods from two days to three weeks. It involves a series of road races (and sometimes time trials and critériums) ridden on successive days (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**stagger** in Indy car racing, when the right-hand tyre has a larger diameter than the left-hand one, in order to aid in taking turns in races on **ovals** (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**staggered stance** an offensive stance in which one foot is in front of the other (wrest.) [6]

**staggered start** a competition start in cross-country skiing where the skiers leave the start at timed intervals. The winner is the skier with the best time (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**staggered start** a type of cross country race in which the skiers start at set intervals and the result is based on elapsed time, not on the order in which the skiers cross the finish line (ski.) [6]

**staggered start** when athletes are spaced at intervals along the track to compensate for the curve of the **bend** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**stake** the money wagered in a bet (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**stakes race** a race in which the horses are usually of the same age, sex and class (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**Stalder** on the high bar and asymmetric bars, a 360-degree swing around the bar in a **straddle pike** position; named after the Swiss gymnast Josef Stalder who first performed it (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**stalling** failing to shoot or advance the ball within 35 seconds. An ordinary foul (w.polo) [6]

**stalling** intentionally delaying the match. If a wrestler receives two warnings from the referee for stalling, he is penalized one point (wrest.) [6]

**stallion** a male horse used for breeding (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**stamina** enduring physical or mental energy and strength that allows somebody to do something for a long time (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stamina** term for the ability to maintain a high average performance in an endurance sport despite the onset of fatigue. Stamina is required for successful competing in the longdistance running events of track and field, rowing, swimming, and cross-country skiing. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**stamina training** training that is designed to build stamina for competition (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stance** the standing position of a player at **address** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**stance** the position in which a player holds the body in attempting to hit a ball, e.g. in cricket or golf (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**stance** the position of the feet during the address (golf) [6]

**stand** same as **partnership** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**stand still** a tactical manoeuvre in a track sprint race whereby a rider stops moving forwards totally to avoid taking the leading position prior to the final sprint. The rules restrict a stand still to a maximum of three minutes (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**standard** see **going** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**standard last** a last with an average curve, suitable for all runners. Compare **straight last, performance last** (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**standing combat** in some combat sports term for a fight held in a standing position. In karate the entire fight is held while standing, while in judo and aikido the athletes only stand at the beginning of a fight to prepare for the throwing techniques. In wrestling a standing fight is also differentiated from floor combat. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**standing jump** a jump performed from a static standing position, with no momentum gained from a run-up (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**standing position** see **neutral position** (wrest.) [6]

**standing shot** a shot executed from a standing position (h/b) (*Chambers. Sports Factf.,2005, 317p.*)

**standoff** same as **fly-half** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**standoff (half)** a **back** who stands next to the **scrum-half** and links play with the centres; wears the number 6 shirt (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**stand-off half** same as **fly-half** (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**star** 1. extraordinary athlete who stands out based on excellent performances within a team or in a competition, often the object of a star cult in advertising, mass media, and fan clubs; 2. the star boat, since 1911 Olympic sailing class, a keelboat for two sailors: 6.92 m long, 1.73 m wide, 1.02 m draught, and 27.93 m<sup>2</sup> sail area; the class logo is a five-pointed star. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**star jump** an exercise in which a person jumps in the air with legs apart and arms extended out from the shoulder in a comparable direction (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**starboard** a boat's right side when facing forward (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**starboard** term for the right side of a water vessel viewed in the direction of movement (opposite: » port). The signaling colour of the starboard side is green. (*H.Haag & G.Haag, Dictionary, 2003, 504p*)

**starboard** the right side of a boat (row.) [6]

**starboard** the right-hand side of a ship when facing the bow, also used of the right-hand side of an aircraft (*Dict. of Leis., Trav. and Tour., 2008, 294p.*)

**start** the beginning of a sport (speed) competition (by means of take-off, run-up, push-off, etc.), which is usually initiated by means of a visual (flag, hand sign) or acoustic sign (shot, whistle, call, etc.), often after a verbal request by the starter to take on the starting position (e.g. "on your mark", "get set", "go"; the start command). If a participant of the competition starts before the start command, he causes a » false start. (*H.Haag & G.Haag, Dictionary, 2003, 504p*)

**start** the beginning of something □ **to make an early start** to set off early on a trip ■ 1. to begin 2. to set a machine going 3. □ **to start to** to begin (*Dict. of Leis., Trav. and Tour., 2008, 294p.*)

**start area** in certain sports the area where the competitors wait immediately prior to the start of a race (e.g. runners or horses). (*H.Haag & G.Haag, Dictionary, 2003, 505p*)

**start hut** the building from which skiers start in downhill and all types of slalom (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**start jump** see swimming start. (*H.Haag & G.Haag, Dictionary, 2003, 505p*)

**start number** a number given to indicate a competitor's place in the starting order. Within each group, starting numbers are based on lot numbers; that is, the competitor with the lowest lot number is given No. 1, and so on (weightl.) [6]

**start order** the sequence in which the sliders take their runs. Start order varies from one heat to the next, depending on the rules of the specific race (luge) [6]

**start shoes** shoes, similar to a track sprinter's spikes, worn by the crew to give traction on the ice while pushing (bobsl.) [6]

**start time** the time it takes to get from the start to the first intermediate point (luge) [6]

**start/finish straight** the straight section of track where the **grid** is and where races begin and end (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**starter** someone who gives the signal for a race to start (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**starter** a player who is on the field to play at the start of a game; a team usually makes its best players starters (f/b) [6]

**starter** an official who is responsible for seeing that golfers tee off at the proper time and in the correct sequence (golf) [6]

**starter** the official who fires the starting pistol (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**starter** the official who's responsible for ensuring a fair start. He or she gives the command, "Go to the start," followed by "Ready." After the skaters have been motionless in the ready position for a second or more, the starter fires a gun as the signal to start the race (sp.skate.) [6]

**starting block** auxiliary aid used especially in track and field short-distance running in the low start, which makes a quick, low start possible and prevents the running track from being damaged by the runners' spikes. Starting blocks are ledges made of a rigid material, onto which push-off blocks are mounted that can be adjusted on either side. They are stabilized on the ground by means of pins (nails) set in the ledges, which are pushed into the track. (*H.Haag & G.Haag, Dictionary, 2003, 505p*)

**starting block** a machine that holds the rear wheel of a bicycle at the start of a track race. It releases the wheel when the start of the race is signaled (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**starting blocks** either of a pair of objects that runners brace their feet against at the start of a sprint race. The blocks are made up of a base mat can be firmly fixed to the track and angled supports for the runners' feet (*Dict. of Sp. and Ex. Sc. 2006, 197p.*)

**starting boxes** the mechanical gates behind which the greyhounds are kept and which open simultaneously at the start of a race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**starting dock** a dock at the start line where the boats are aligned before the race (row.) [6]

**starting drill** a drill performed at the start of a training session, as a warm-up or to check skill levels before training (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**starting gate** in **motocross**, a board across the starting area that drops down to start the race (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**starting gate** the place from which skiers start their run in downhill and all types of slalom (ski.) (*Chambers. Sports Factf.,2005, 526p.*)

**starting grid** a pattern of lines marked on a motor racing track, with numbered starting positions. The cars that record the fastest times in practice or qualifying occupy the front positions (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**starting gun** a gun fired as the signal for a race to start (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**starting line** a line marked across a racetrack to show runners where to start (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**starting line-up** an official list of the players who will begin a game or the competitors who will begin a race (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**starting lineup** the 5 starters who begin a game; usually a team's best players (b/b) [6]

**starting line-ups** starting line-ups represent the five players of each team which will start the game (b/b) [6]

**starting order** the sequence in which skaters will compete, as determined by the draw (f.skate.) [6]

**starting pitcher** a player who pitches at the beginning of a game, usually expected to continue in the game for at least five innings; compare **relief pitcher** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**starting point** the place where something starts (*Dict. of Leis., Trav. and Tour., 2008, 295p.*)

**starting stalls** a mechanical device in which the horses are kept briefly before the start of the race, the gates of which open for each horse simultaneously to ensure that the horses start racing at the same time (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**starting whistle** whistle of the referee in team games at the start of a game or after interruptions of the game. In some games the playing time is "pure", i.e. the clock is stopped in case of game interruptions (» effective playing time). In these sport competitions the clock is started with the starting whistle. In sport games, where playing time continues to run during interruptions and is only stopped for obvious intentional delay, the starting whistle has the important function of eliminating unfair game delays. (*H.Haag & G.Haag, Dictionary, 2003, 503p*)

**static active stretch** same as **active stretch** (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static conditioning** conditioning of muscles through a series of controlled movements, as in a gym (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static contraction** the practice of contracting a muscle against resistance and then holding the contraction for a set length of time (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static equilibrium** state of a body undergoing zero acceleration; the ability to maintain equilibrium in a stationary position. Also called *static balance* (*Dict.of sp.and Ex.Sc.1991, 145p*)

**static passive stretch** same as **passive stretch** (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static strength** force exerted by a muscle while it is neither extending nor contracting (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static stretching** stretching in which a position that stretches a muscle is assumed and then held (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**static work** in sport medicine, in contrast to » dynamic work, term for muscle work that serves the purpose of only increasing muscle tension (» isometric training). Sport exercises that maintain balance in rest (static balance), e.g. holding exercises in gymnastics and sport acrobatics are based on static work. (*H.Haag & G.Haag, Dictionary, 2003, 506p*)

**statics** branch of mechanics associated with systems undergoing zero acceleration (*Dict.of sp.and Ex.Sc.1991, 145p*)

**statics** subdiscipline of mechanics; the theory of » balance of the forces applied to a resting object and the balance conditions that need to be fulfilled. Therefore, statics represent a special case of dynamics (special case of resting bodies) (» static work). (*H.Haag & G.Haag, Dictionary, 2003, 506p*)

**stationary bike** same as **exercise bike** (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**stationary pick** a move in which an offensive player stops in front of a player who is defending another offensive player, freeing that teammate to receive a pass or take a shot (w.polo) [6]

**statistics** statistics evaluate the performance of the teams and players (b/b) [6]

**stature** anthropometric measure of standing height, from the floor to the vertex of the skull, taken in an erect posture with-out shoes (*Dict.of sp.and Ex.Sc.1991, 145p*)

**stayer** a horse that does not tire as quickly as others over longer distances (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**steady** constant and unchanging (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**Steady** a score of 60 (darts) [6]

**steal** a defensive action, which causes a turnover by an opponent (b/b) [6]

**steal** if a **baserunner** steals a base, he runs to it safely without the help of a **hit** or an **error** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**steal** if a player steals the ball, he takes possession of it away from an opponent (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**steal** to take the ball away from an opponent (b/b) [6]

**steal** when a player takes the ball away from an opposing player (f/b) [6]

**steal a strike** to get a strike on a less-than-perfect hit (bowl.) [6]

**steel temperature** see runner temperature (luge) [6]

**steel work** the process of polishing the steels (luge) [6]

**steels** the steel runners that are attached to the kufens (luge) [6]

**steeplechase** running discipline of track and field for men, where a certain number of obstacles have to be overcome on a 3000 m course. (*H.Haag & G.Haag, Dictionary, 2003, 507p*)

**steeplechase** a phase of the speed and endurance portion of the three-day event, in which the horses run over a turf track with several low fences (equest.) [6]

**steeplechase** a phase of the **speed and endurance** section of the three-day event, involving the hurdling of low fences over a turf track (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**steeplechase** racing over fences that are a minimum of four and a half feet high. Steeplechases are run over distances of between two to four and a half miles. In steeplechases the **fences** are larger and more rigid than **hurdles** (equest.) (*Chambers. Sports Factf.,2005, 348p.*)

**steeplechase** **1.** a horse race run over a course that has constructed obstacles, e.g. hedges, ditches and water jumps, that the horses must jump over **2.** an athletics event in which runners must jump over very high hurdles and a water jump (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**Steilhang** a steep, technically very difficult slope on the **Hahnenkamm** course with a long right-hand turn at the bottom (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**stem** the curved timber at the **bow** of a boat (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**stem christie** a turn on which the skier first stems a ski by pushing the tail outward and then brings the skis parallel into a Christie (ski.) [6]

**stem turn** in alpine skiing one category of turns (stem turn with upward or downward ski in an stemmed position). (*H.Haag & G.Haag, Dictionary, 2003, 508p*)

**step** fundamental motor skill, technical element of several sport disciplines: **1.** in fencing the leg movement forward and backward to close or open the » fencing distance. **2.** in track and field a part of the » triple jump. **3.** in dancing the fundamental form of each dance (e.g. walking, changing, cross, flight, bouncing, forward, backward, and side step). **4.** in callisthenics (in many forms) part of the exercises which shape the body; it is differentiated between steps with load on the ball and on the heel of the foot. (*H.Haag & G.Haag, Dictionary, 2003, 508p*)

**step** the second phase of the **triple jump** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**step** **1.**[mc] qualitative change in the movement or behavior comprising a developmental sequence, often used if the change does not meet the criteria for a “stage”. **2.**[bm] period of time from a designated event on one foot during the support period of locomotion to the same event on the other foot (*Dict.of sp.and Ex.Sc.1991, 145p*)

**step aerobics** a form of aerobic exercise in which the participants step up and down to music, using a low platform (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**step block** a solid block used for step aerobics (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**step cycle** step of a locomotor pattern from a designated point to return to that point after movement through a complete pattern. See also *Philippson step cycle (Dict. of sp. and Ex. Sc. 1991, 145p)*

**step length** horizontal distance covered along the line of progression during one step (*Dict. of sp. and Ex. Sc. 1991, 145p*)

**step machine** a type of exercise machine with two large pedals that are depressed alternately to imitate the action of stepping (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**step sequence** a series of steps done in rapid succession in time to the music (f.skate.) [6]

**step turn** turn based on one of the principles of alpine skiing where a pronounced weight shift from one leg to the other occurs during the initiation phase of the turn. (*H. Haag & G. Haag, Dictionary, 2003, 508p*)

**stepover** a move where a player tries to throw his or her opponent off balance by stepping over the ball with one leg, without actually kicking the ball (f/b) (*Chambers. Sports Factf., 2005, 263p.*)

**step-over turns** turns performed on one or two skis where the skier lifts a ski over the tow-rope while performing a 180-degree turn (w.ski) (*Chambers. Sports Factf., 2005, 623p.*)

**steps** see travelling (b/b) [6]

**stern** the aft part of a ship (opposite: » bow). (*H. Haag & G. Haag, Dictionary, 2003, 508p*)

**stern** the after or hind part of a boat (sail.) (*Chambers. Sports Factf., 2005, 504p.*)

**stern** the back end of the boat (row.) (*Chambers. Sports Factf., 2005, 471p.*)

**stern** the back part of a boat (row.) [6]

**stern** the rear end of a canoe (or any boat) (canoe) [6]

**steward** a high-ranking official who makes decisions about the running of a race, including the awarding of penalties (motorsp.) (*Chambers. Sports Factf., 2005, 416p.*)

**stewards** the officials on the racecourse that uphold the rules of the sport (equest.) (*Chambers. Sports Factf., 2005, 349p.*)

**stewards' enquiry** an investigation by the stewards into the conduct of a race (equest.) (*Chambers. Sports Factf., 2005, 349p.*)

**stick** the implement with which the ball is struck in some sports, e.g. hockey and lacrosse (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)

**stick** if a gymnast sticks a landing, he or she lands perfectly, without any foot movement (gymn.) (*Chambers. Sports Factf., 2005, 312p.*)

**stick** same as **mallet** (polo) (*Chambers. Sports Factf., 2005, 447p.*)

- stick** same as **peg** (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)
- stick** the field hockey stick is made of wood or fiberglass and has a curved head that is flat on one side and rounded on the other. Only the flat side of the stick can be used to strike the ball (hock.) [6]
- stick** the flagstick (golf) [6]
- stick** the hockey stick may be no more than 63 inches long from the heel to the end of the shaft. A skater's stick may be no more than 12 ½ inches long from the heel to the end of the blade. The blade of a skater's stick must be between 2 and 3 inches wide at every point, with a curvature of no more than ½ inch, measured from a straight line drawn between the heel and the end of the blade. The goaltender's stick must be no more than 15½ inches long from the heel to the end of the blade, and the blade must be no more than 3 ½ inches wide except at the heel, where it must be no more than 4 ¼ inches wide (icehok.) [6]
- stick** to land a dismount or final move without taking additional steps (art.gymn.) [6]
- stick check** checking an opponent with the stick. See hook check; poke check; sweep check (icehok.) [6]
- stick deke** when a player's stick is moved as though for a shot, but instead the player moves the puck past the defending player; done to fake out the opponent (icehok.) [6]
- stick fault** in hockey and ice-hockey a faulty or dangerous handling of the stick, e.g. high sticking, stick check (» check), hitting with the stick, poking or pushing with the end of the stick or with the scoop. Stick faults are penalized corresponding to their severity. (*H.Haag & G.Haag, Dictionary, 2003, 508p*)
- stick interference** using the stick to hit an opponent's stick, whether intentionally or unintentionally (hock.) [6]
- stick save** a save made with the goaltender's stick (icehok.) [6]
- stick side** the side on which the goaltender holds the stick; the opposite of glove side (icehok.) [6]
- stick tackle** (*in hockey*) an illegal challenge in which a player hits another player's stick instead of the ball (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)
- stick-handle** (*in Ice hockey and lacrosse*) to control and manoeuvre a ball or puck using a stick (*Dict. of Sp. and Ex. Sc. 2006, 198p.*)
- stick-handling** carrying the puck on the stick while moving along the ice (icehok.) [6]
- stickhandling** moving the puck along the ice with the stick blade (icehok.) [6]
- sticking point** the most difficult part of a movement (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)
- sticky dog** a pitch affected by rain (no longer a feature of Test matches where pitches are always covered) (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**sticky rubber** a type of rubber that allows the player to put a lot of spin on the ball (t.ten.) [6]

**sticky wicket** (*in cricket*) a pitch that has been made wet by rain and is in the process of being dried by sun, providing a surface on which the ball bounces awkwardly when it pitches (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stiff** not able to be bent or moved easily (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stiff** same as **stone dead** (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**stiff arm (or straight arm)** a push by a ball carrier to ward off a tackler (f/b) [6]

**stiffness** quality of a spring-like element that expresses ease of movement. In mass-spring models of human limb movement, varying stiffness of the spring model corresponds to varying duration of limb movement (*Dict.of sp.and Ex.Sc.1991, 146p*)

**stiffness** the fact of being stiff (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**still rings** **1.** a piece of apparatus consisting of a tower, 575 centimeters high, from which two rings are suspended by a cable and straps. The cable and straps are 300 centimeters long and 50 centimeters apart. **2.** a men's event performed on the apparatus. A routine includes a series of swings and holds, finishing with an acrobatic dismount. The rings must remain absolutely still and in the gymnast's control at the conclusion of each skill (art.gymn.) [6]

**stimpmeter** a device that measures the speed of a green by rolling a golf ball down a ramp at a standard initial velocity and measuring how far it travels; named after its US inventor Edward Stimpson (died 1985) (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**Stimpmeter** an instrument for measuring the speed of greens. It's a 30-inch aluminum trough raised to a 20-degree angle. A ball is placed in the top of the trough and released to roll down onto the green. The distance it rolls after leaving the trough is then converted to a Stimp reading (golf) [6]

**stimulant** something such as a drug that produces a temporary increase in the activity of a body organ or part (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stimulant drink** a drink that contains stimulants, typically caffeine (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stimulate** to make a person or organ react, respond or function (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stimulation** the action of stimulating something (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stimulus** something that has an effect on a person or a part of the body and makes them react (NOTE: The plural is **stimuli.**) (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stipulated round** a round played on all 18 holes of a course in their numbered sequence (golf) [6]

**stirrup** a loop or ring hung from the saddle that supports the rider's foot (equest.) [6]

**stitch** 1. same as suture 2. cramp in the side of the abdomen caused e.g. by exercising (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stock** an unmodified car, almost exactly as produced by the manufacturer (autosp.) [6]

**stock block** an unmodified engine (autosp.) [6]

**stock car** a standard passenger car that has been modified for professional racing (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stock seat** a division of western riding, in which the rider maneuvers the horse through livestock that are to be controlled, moved, or roped (equest.) [6]

**stomach crunch** an exercise in which you lie flat on your back with your legs bent and then raise the upper part of your body a few centimetres off the ground without using your hands (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stone** the round granite playing piece, 11 inches in diameter and 39 to 41 ½ pounds in weight, fitted with a handle (curl.) [6]

**stone** the shaped and polished mass of granite or iron that is slid along the ice in the game of curling (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stone dead** if a ball is stone dead, it is so close to the hole as to make a putt a mere formality (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**stonewall** to bat extremely defensively (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**stony** descriptive of a shot hit very close to the flagstick (golf) [6]

**stoop** in gymnastics term for a stooped execution of a movement where the legs are straight together and the upper body quickly bends and extends again. The stoop is similar to the » squat (bent legs). It is predominantly, performed in jumps and swings at various apparatus. In a stooped position the moment of inertia is smaller and the torque greater than that in the straight position; therefore, a well-timed extension of the body is essential for successful movement execution. The best known movement forms are the stooped somersault and stooped handspring (also known as Yamashita jump). To increase difficulty the stoop can be combined with twists and somersaults around the longitudinal and horizontal body axis. (*H.Haag & G.Haag, Dictionary, 2003, 509p*)

**stop** □ **to come to a stop** not to go any further (*Dict. of Leis., Trav. and Tour., 2008, 297p.*)

**stop** a save; as a verb, to make a save (icehok.) [6]

**stop cut** a stop hit with the edge in sabre (fenc.) [6]

**stop hit** a counter attack that results in a hit (fenc.) [6]

**stop hit** a thrust made at the precise moment the opponent draws breath for his or her thrust (fenc.) (*Chambers. Sports Factf.,2005, 231p.*)

**stop thrust** in fencing a quick action of the fencer with which the defender intends to anticipate a thrust or cut by the attacker. (*H.Haag & G.Haag, Dictionary, 2003, 509p*)

**stop volley** a volley, hit with little motion of the racket, that drops just over the net (ten.) [6]

**stop-go penalty** if a driver exceeds the speed limit in the pit lane, he has to return to the **pit lane** and remain stationary for a period of time (ten seconds in Formula One; one second in Nascar) before rejoining the race (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**stoppage** a time during which the play in a game, especially football or rugby, is briefly halted, because of an injury to a player or other situation (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stoppage time** especially in football or rugby, extra time played at the end of a game to make up for time lost in dealing with injured players or through other interruptions (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stoppage time** the time added on to the regulation 90 minutes of a game to make up for time lost to injuries and time wasting (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**stopper** a defender renowned for his tackling ability (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**stopper** the defender that marks the best scorer on the attacking team, often the opposition's striker; exists only in a man-to-man defense (f/b) [6]

**stopping** technique in soccer to bring the ball coming from a teammate or from the opponent under control as quickly as possible, so that a new playing action can be initiated. Depending on its path (low, half-high, high) and velocity (slow, fast) the ball is stopped with the foot (sole, inside, instep, outside), thigh, chest, or head. The key is to stop the ball softly so that it stays close to the body. (*H.Haag & G.Haag, Dictionary, 2003, 509p*)

**stopping a competition** a referee or judge has the right to stop a competition on the basis of changed weather conditions, disorderly behaviour of competitors, rioting by the spectators, or the considerable superiority of one competitor over another (e.g. in boxing). If necessary, the competition is rescheduled or when the stopping of a competition is clearly caused by one team or its fans, then a victory is awarded to the other team. (*H.Haag & G.Haag, Dictionary, 2003, 510p*)

**stopping the ball** in general, blocking the ball with parts of the body or equipment to slow its movement down: **1.** in field and indoor hockey stopping or catching a ball, that was played high, with the hand. However, the ball has to be released immediately so it can drop to the ground and continue to be in play. Mastering this technique is important for ball control. **2.** in ice-hockey the same action is allowed with the puck. **3.** in soccer a technique to have quick control over a ball coming from a teammate or an opponent; the player can then initiate another playing action such as dribbling, a shot on goal, or another pass. Stopping the ball is allowed with any part of the body except for the arms from the shoulder down. Depending on the path (low, medium, high) and velocity (soft, hard) of the ball it is stopped with the foot (sole, instep or side), thigh, chest, or head. It is important to receive the ball

softly. If the ball is taken in the planned direction of play immediately after stopping it, the action is called ball reception and drive. (*H.Haag & G.Haag, Dictionary, 2003, 510p*)

**stopwatch** a special watch that can be started and stopped instantly and is used to measure the amount of time somebody or something takes, e.g. a runner in a race (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**storming** the second stage of team development according to the Tuckman model, in which individual preferences are raised and the conflicts resolved (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**straddle** a position in which the legs are spread far apart to the side (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**straddle** a position in which the legs are spread far apart to the side (art.gymn.) [6]

**straddle** **1.** in gymnastics a jump over an apparatus or down from an apparatus, where both legs are simultaneously extended in opposing directions sideways from the longitudinal body axis. There are numerous sport motor skills in gymnastics which are performed in a straddle position (straddled), e.g. straddled upswing, dismounts, circles, jumps, stands, supports, and hangs. **2.** a jumping technique in the » high jump. (*H.Haag & G.Haag, Dictionary, 2003, 510p*)

**straddle split** a split in the straddle position (art.gymn.) [6]

**straddle swing** a swing movement in which the legs are extended to each side (art.gymn.) [6]

**straight** a position in which body is perfectly straight from head to toe, the feet are together, and the toes are pointed. Formerly known as "layout" (div.) [6]

**straight** a straight section of a running track (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**straight** a straight section of track (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**straight** the long, straight section of a speed skating oval (sp.skate.) [6]

**straight** **1.** in general portion without curves of a running course (e.g. in track and field, speed skating, and speed roller (inline) skating) or of a race course (e.g. in motor sport or horse racing). **2.** in boxing an attack punch that is made on the shortest (straight) path to the opponent; its force is increased by swinging the shoulders into the hit. (*H.Haag & G.Haag, Dictionary, 2003, 510p*)

**straight handle** same as dead handle (curl.) [6]

**straight last** a last which is slightly less inwardly curved than average, suitable for runners with flat feet. Compare **standard last, performance last** (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**straight leg** illegal play in soccer where a player attacks with a straight leg; it is categorized as dangerous play and penalized with a direct free-kick. (*H.Haag & G.Haag, Dictionary, 2003, 511p*)

**Straight Off** an 01 game in which it's not necessary to double out (darts) [6]

**Straight On** an 01 game in which it's not necessary to double in (darts) [6]

**straight red** a **red card** given to a player for a very serious offence, which results in his or her immediate **sending off** (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**straight sets** sets of exercises with only a short rest interval between them (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**straight sets** descriptive of a match in which one player wins all the sets (ten.) [6]

**straightaway** US term for a **straight** (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**strain** to damage a part of the body through using it too hard or too much ■ **1.** a condition in which a muscle has been stretched or torn by a strong or sudden movement **2.** nervous tension and stress (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**stranglehold** same as **choke hold** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**strategy** a carefully devised plan of action to achieve a goal, or the art of developing or carrying out such a plan (*Dict. of Sp. and Ex. Sc. 2006, 199p.*)

**street** an event held in a skatepark with a series of obstacles in which skateboarders are marked for creativity and technical skill (skateb.) (*Chambers. Sports Factf.,2005, 513p.*)

**street bicycle racing** in contrast to track bicycle racing, competitions in bicycling held on public roads or motor sport courses. On equipment (street racing bicycle), competitions, history, and organization » bicycle sport. (*H.Haag & G.Haag, Dictionary, 2003, 511p*)

**street running** track and field running competition held on streets over distances between 10 and 100 km. Street runs have become popular mass sport events as city-runs or street marathon races. (*H.Haag & G.Haag, Dictionary, 2003, 511p*)

**strength** ability of a muscle or muscle group to exert force against a resistance; usually measured as one maximal effort (*Dict.of sp.and Ex.Sc.1991, 146p*)

**strength** the fact of being strong (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**strength** in sport term (besides » endurance, » speed, » flexibility) for one of the motor characteristics that are connected to condition. It is a prerequisite for moving different masses with varying velocities, for moving the own body (e.g. in the high-jump), an opponent (e.g. in judo), or an object (e.g. in the discus throw). Strength is required to move a mass against a resistance. The force applied - and thereby the strength required - in sport movements depends on external resistance, duration of the competition, movement velocity, working angle, movement rhythm, and the number, functioning and state of the involved muscles. (*H.Haag & G.Haag, Dictionary, 2003, 511p*)

**strength apparatus** equipment for training general fitness, which is equipped with several stations so that different demands can be put on the body when performing exercises in the circuit. Progressive loading is possible at the individual stations by varying the weights. The equipment is designed so that

no danger of injury (e.g. by weights falling down) exists, when the exercise cannot be mastered. One disadvantage of using strength training equipment is that training can become mechanical and repetitive. (*H.Haag & G.Haag, Dictionary, 2003, 512p*)

**strength endurance** next to power and speed endurance, the third complex characteristic in the area of motor condition. Strength endurance is composed of » strength and » endurance and has the effect that the application of force can be maintained for the duration of the competition and that the fatigue (depletion of energy and reduction in neuromuscular transmission mechanisms) can be kept to a minimum. Strength endurance is required in many sport disciplines as dynamic (e.g. in long-distance running), static (e.g. holding the barbell above the head in weight-lifting) or power endurance (e.g. in short-distance running). (*H.Haag & G.Haag, Dictionary, 2003, 512p*)

**strength fitness** capacity to perform repeated maximal contractions of a muscle group or groups (*Dict.of sp.and Ex.Sc.1991, 146p*)

**strength limit** muscular strength that cannot be improved despite additional strength training. (*H.Haag & G.Haag, Dictionary, 2003, 513p*)

**strength training** training that aims to build muscle strength, usually resistance training (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**strength training** within the framework of condition training the development of the three strength characteristics maximum strength, power, and strength endurance, and power, using differing methods. (*H.Haag & G.Haag, Dictionary, 2003, 513p*)

**strenuous** used for describing exercise that involves using a lot of force (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stress** **1.** physical pressure on an object or part of the body **2.** a factor or combination of factors in a person's life that make him or her feel tired and anxious **3.** a condition in which an outside influence such as overwork or a mental or emotional state such as anxiety changes the working of the body and can affect the hormone balance (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stress** nervous tension or worry (*Dict. of Leis., Trav. and Tour., 2008, 298p.*)

**stress** **1.** any situation that has the potential for eliciting increased anxiety and arousal. **2.** unpleasant emotional reaction associated with arousal of the autonomic nervous system as a result of situational demands perceived as threatening. Involves the perception of an imbalance between environmental demand and person's capability to respond accordingly. Usually occurs under conditions in which failure to meet the demand is perceived as having important consequences, which in turn elicits heightened state anxiety. **3.** any behavior response of an organism to environmental stimulation. May be associated with feelings that are negative (distress) or positive (eustress) (*Dict.of sp.and Ex.Sc.1991, 146p*)

**stress** term for a general human reaction pattern to significantly increased physical and/or psychological demands. Stress, in the physiological sense, relates to the normal self-regulation process,

i.e. the balancing principle no longer functions. Three levels of reaction are the result of stress: alarm reaction, resistance, and exhaustion. In sport stress is created particularly in connection with competition, especially in a » pre-start state, where the athlete assumes that he cannot reach the set goal. This stress situation deteriorates with irregular training and competition conditions, fear of the opponent, proneness to injury, assuming or being given the role as a favourite to win the competition, conflict with the coach and/or officials or teammates, difficulties in private and professional life, etc. However, physical sport activity in general also can make a positive contribution towards reducing stress. (*H.Haag & G.Haag, Dictionary, 2003, 514p*)

**stress incentives** in sport, the excitement, tension, pressure, and action that sport can provide a participant (*Dict.of sp.and Ex.Sc.1991, 147p*)

**stress inoculation training** coping skills/stress management program for dealing with noxious input and for building an immunity to stress. Entails guiding the subject through progressively more stressful experiences. Includes muscle relaxation and self-instructional training, which entails teaching clients to give themselves adaptive instructions in dealing with stressors (*Dict.of sp.and Ex.Sc.1991, 147p*)

**stress management training** program for reducing stress and anxiety, involving the acquisition and rehearsal of cognitive and relaxations skills. Cognitive skills include cognitive restructuring and/or self-instructional training to develop better mental control of attention and behavior. Relaxation skills involve somatic (progressive relaxation) and cognitive (meditation) relaxation (*Dict.of sp.and Ex.Sc.1991, 147p*)

**stress management training** professional counseling that explores the reasons for which an athlete suffers from stress and suggests coping mechanisms to reduce this. *Abbreviation SMT* (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stress test** an athletic test that determines a person's training zone by pushing them to the point of exhaustion (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stressed** worried and tense, suffering from stress (*Dict. of Leis., Trav. and Tour., 2008, 298p.*)

**stressor** stimulus that a person finds noxious or unpleasant (*Dict.of sp.and Ex.Sc.1991, 147p*)

**stretch** a pitching stance that is more upright than the **wind-up**, used in order to prevent a **baserunner** from **stealing** a base (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**stretch** to pull something out, or make something longer ■ **1.** the straightening and extending of a part of the body, e.g. as an exercise **2.** the straight part of a race course, especially the final section approaching the finishing line (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stretch reflex** a reflex reaction of a muscle that contracts after being stretched (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stretchband** a piece of equipment like a soft extensor, used for stretching out muscles (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stretcher** a device consisting of a sheet of material such as canvas stretched over a frame, used to carry someone in a lying position who is sick, injured or dead (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stretcher** a set of two inclined foot rests that hold each rower's shoes (row.) [6]

**stretcher** an adjustable support for the rowers' feet, to which are attached flexible shoes (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**striding** a single, coordinated movement of all four of the horse's legs, after which the legs return to their starting position (equest.) [6]

**strike** a ball thrown by the pitcher into the **strike zone**, or any ball at which the batter swings and misses (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**strike** if a batsman has the strike, he will receive the next ball (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**strike** knocking down all ten pins in one attempt (box.) (*Chambers. Sports Factf.,2005, 608p.*)

**strike** the feat of knocking down all ten pins with the first ball. The score for the frame is 10 plus the total number of pins knocked down by the next two balls (bowl.) [6]

**strike out** to dismiss or be dismissed by means of three **strikes** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**strike out** usually, getting all three strikes in the tenth frame; also sometimes the same as punch out (bowl.) [6]

**strike shield** a large pad used for target practice by boxers and martial artists (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**strike split** a split that results from what was apparently a strike hit. Usually the 8-10 split for a right-handed bowler and the 7-9 for a lefty (bowl.) [6]

**strike zone** the area above **home plate** extending from the batter's knees to the middle of the torso, providing a target for the pitcher to throw at (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**striker** an attacking player in a football team whose main role is to score goals (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**striker** a team's most powerful and best-scoring forward who plays towards the center of the field; also, the name of the mascot for the 1994 World Cup (f/b) [6]

**striker** an attacking player who is expected to score goals (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**striker's ball** the ball played at the start of a turn (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**striking circle** same as **shooting circle** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**striking circle** see **goal circle** (hock.) [6]

**string** one game of bowling, made up of 10 frames (bowl.) [6]

**stringer** a member of a team who is ranked according to excellence or skill (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**strings** the hitting surface of the racket, made up of interlaced strings of gut or synthetic material (ten.) [6]

**strip** same as **football strip** (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**strip** the fencing area, which is 14 meters long by two meters wide (fenc.) [6]

**stripe** a ball with a broad coloured stripe and a number on it (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**striped muscle** same as **striated muscle** (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stroke** in rowing the athlete sitting at the stern of the boat, who determines the rhythm and tempo of the strokes (» stroke rate). (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**stroke** **1.** (*in racket games or golf*) the hitting of a ball or the way in which this is done **2.** a style of swimming, using the arms and legs in a specific way **3.** a single complete movement of the arms and legs when swimming **4.** (*in rowing*) a single movement of the oars through the water **5.** a rower in a racing boat who sets the pace for the crew **6.** a sudden blockage or breaking of a blood vessel in the brain that can result in loss of consciousness, partial loss of movement or loss of speech ■ **1.** to hit or kick a ball smoothly **2.** to be the rower who sets the pace for the crew **3.** to row at a particular speed or rate of the oars (*Dict. of Sp. and Ex. Sc. 2006, 200p.*)

**stroke** **1.** the rower whose stroke sets the rhythm for the rest of the rowers. The stroke sits in the **stern** of the boat facing the **cox** **2.** the complete single movement of the oars in and out of the water (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**stroke** **1.** the total rowing motion, including catch, drive, finish, release and recovery. **2.** the rower nearest the stern, who sets the cadence for the rest of the crew (row.) [6]

**stroke** a point (or the right to serve, depending on the scoring system being used) awarded to a deliberately obstructed player (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**stroke** a swing at the ball; a shot (ten.) [6]

**stroke** the distance the piston travels within the cylinder (autosp.) [6]

**stroke** to shoot the ball smoothly, eg *Jackson's not stroking it well tonight* (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**stroke** a swing at the ball with the intent of hitting it. Also, a golfer's swing in general, as in, "Karrie Webb has a smooth but powerful stroke" (golf) [6]

**stroke and distance** a penalty in which the golfer is penalized a stroke and has to play the shot again, thus is also penalized the distance the first ball was hit (golf) [6]

**stroke counter** an official who counts return strokes when the expedite system is in effect (t.ten.) [6]

**stroke index (SI)** a measure of the relative difficulty of the holes on a course, the holes being numbered 1 to 18, with 1 the hardest (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**stroke it** to drive below maximum speed, usually to conserve the car when it has a safe lead near the end of a race (autosp.) [6]

**stroke play** competition based on the number of strokes taken for a stipulated round, or a predetermined number of stipulated rounds, with the low score winning (golf) [6]

**stroke rate** number of strokes per minute executed while rowing a boat; in regattas it is between 32 and 44 (for men) and between 27 and 42 (for women). The stroke rate is usually determined by the » stroke (athlete in the stern of the boat) and depends on the boat type and racing class. (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**strokeplay** scoring by counting the total number of strokes played rather than the number of holes won; compare **matchplay** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**strokeside** the right-hand side of the boat from the rowers' point of view; compare **bowside** (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**stroking** a method of gaining speed, seemingly without effort, by pushing off the inside edges in alternation (f.skate.) [6]

**stroll** a slow and short leisurely walk ■ to walk slowly along (*Dict. of Leis., Trav. and Tour., 2008, 299p.*)

**strong** with a lot of force or strength □ strong coffee, strong tea coffee or tea made with more coffee or tea than usual □ strong pound the pound when it is has a high value against other currencies (*Dict. of Leis., Trav. and Tour., 2008, 299p.*)

**strong side** the side of a standard offensive formation on which the **tight end** lines up; compare **weak side** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**strong side** the side of the court on which the ball is located. Opposite of weak side (b/b) [6]

**strong side** the side of the pool on which the ball is located (w.polo) [6]

**structural exercise** an exercise that works more than one large muscle or muscles groups (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**strut** any brace or support, but most commonly the support for the propeller shaft's rear bearing (powerb.) [6]

**stud** 1. a male horse used for breeding. 2. a breeding farm (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**studs** small protuberances on the sole of a sports shoe, designed to give better grip (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**study** the act of examining something carefully to learn more about it □ course of study a course at school, college or university ■ to learn about a subject at school, college or university (*Dict. of Leis., Trav. and Tour., 2008, 299p.*)

**study tour** a tour of a country or an area which includes visits, lectures and classes (*Dict. of Leis., Trav. and Tour., 2008, 299p.*)

**stuff** see **dunk** (b/b) [6]

**stuff** the ability to throw the ball with speed and movement, eg *he has excellent stuff, but his control lets him down* (baseb.sl.) (*Chambers. Sports Factf.,2005, 89p.*)

**stuffing box** see shaft log (powerb.) [6]

**stump** (*in cricket*) each of the three upright posts that form pan of the wicket (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**stump** one of the three sticks forming (with the **bails**) a **wicket** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**stumped** when the wicketkeeper dislodges the **bails** with the ball before the batsman on **strike** has regained his **ground**, the batsman thus being out (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**stumps** 1. same as **wicket** (sense 1) 2. the end of the day's play (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**stun** if a player stuns the ball or plays a stun shot he imparts a small amount of **backspin** onto the **cue ball** such that its forward momentum is checked (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**style** (movement style) individual form of movement sequences, which is not identical with the technically optimal form of a sport movement. Movement style can only be changed to a certain degree. Especially in the artistic sports there is considerable room available for personal presentation of movements, particularly when music is included in the movement choreography (» movement connection). (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**stymie** if a player is stymied, he or she does not have a direct route to the flag; previously referred to the situation on the green where an opponent's ball blocked the way to the hole, before the rules were changed (in 1951) to allow the obstructing ball to be lifted and its position marked (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**stymie** originally, the situation in match play in which an opponent's ball lies in the line of a player's putt. Formerly, the shot had to be played, but now the blocking ball may be lifted, so the term usually refers to a tree or other object that lies between the ball and the flagstick (golf) [6]

**subaqua** relating to or providing facilities for underwater sports such as scuba diving (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**subaqua** referring to underwater sports (*Dict. of Leis., Trav. and Tour., 2008, 299p.*)

**submaximal** not at maximum intensity or effort (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**submaximal testing** testing performed on a person exercising at below the maximum intensity (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**submaximal workload** a workout performed at below maximum intensity (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**submission** unresisting obedience to the rider (equest.) [6]

**subskill** a specialised skill within a broader, more general skill (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**substantive injury** a sports injury that needs medical attention, resulting in lost game time for the player (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**substitute** a player brought onto the field during a team game to replace a player who has left the field through injury (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**substitute** in some sports a competitor who can be substituted for another competitor because of injury or performance decline or because of tactical reasons (» substitution). (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**substitute** a player who comes into the game to replace a player on the court (b/b) [6]

**substitute** a player who replaces a team-mate during a match. In most matches three substitutes are allowed (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**substituting** exchanging a player or participant at a competition during the contest due to injury, disqualification of a teammate on the basis of the specific rules of the sport discipline (e.g. after five fouls committed by a player in basketball), or tactical considerations (substitution tactics). The substitutes have to be listed by name in the nominal set-up. The substitution has to occur from a certain place and in a certain manner defined in the sport-specific rules. (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**substitution** exchange of players during a competition according to the competition regulations of the respective sport discipline. One differentiates between a "flying substitution", i.e. an exchange without interruption of the game (e.g. in ice-hockey), and a substitution during a game interruption (e.g. in soccer) (» substituting). (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**substitution** the replacement of someone or something with another, especially one team member with another on the field (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**substitution** occurs when a player comes off the bench to replace a player coming out of the game; can be made at any time and play does not need to stop (icehok.) [6]

**substitution** replacement of one player on the field with another player not on the field; *FIFA* rules allow only 3 substitutions per game (f/b) [6]

**substitution of player** a change (replacement) of players on the playing court (b/b) [6]

**succeeding spot** where the next play would start if no penalty was called (f/b) [6]

**success** term for the result of an action that corresponds to self-determined expectations (the level of demands). The success of sport activity can be determined by certain measurements and/or assessment procedures. Action in sport is success-oriented, either relative to oneself or completely aimed towards victory, records, championships, etc. In connection with the theory of performance motivation, one differentiates between people who are guided predominantly through hope for success, and people who are more influenced by the fear of failure. Therefore, success in sport is dependent upon the type and degree of performance motivation and on the respective level of demand. (*H.Haag & G.Haag, Dictionary, 2003, 515p*)

**success** 1. the fact of doing something well, or doing what you set out to achieve 2. something that goes well (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**successful** working well or achieving a desired goal (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**successive parries** two or more parries made in succession to defend against compound attacks (fenc.) [6]

**success-orientated** used for describing a competing athlete who is keen to win in order to have the joy of succeeding, rather than to avoid the disappointment of failing (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**sudden cardiac death** unexpected heart failure in an otherwise healthy athlete, caused by a heavy blow to the chest (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**sudden death** the continuation of play in a tied sports contest until one team or player scores, that team or player being declared the winner (*Dict. of Sp. and Ex. Sc. 2006, 201p.*)

**sudden death** a playoff in which the first golfer to win a hole also wins the match or tournament (golf) [6]

**sudden death** a tie-breaker of predetermined length. The most commonly used are the 9-point tie-breaker, in which the first player to score 5 points is the winner, and the 13-point tie-breaker, which is won by the first player to score 7 points (ten.) [6]

**sudden death** a type of overtime where the first goal scored by a team ends the game and gives that team the victory; most overtime in soccer is not sudden death (f/b) [6]

**sudden-death** the goal scored in **overtime** to decide a result (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**sudden-death overtime** an overtime period that ends, along with the game, as soon as goal is scored (icehok.) [6]

**sudden-death overtime** an overtime period that ends as soon as one team scores a goal, determining the winner and terminating the game (icehok.) [6]

**sugar snow** soft snow with a sugar-like consistency (freest.) [6]

**suicide squeeze** a tactical manoeuvre where a **baserunner** at third base begins to run towards **home plate** as soon as the pitcher begins to throw the ball; compare **safety squeeze** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**sulky** light-weight, two-wheel trailer with rubber tires and a special seat for trotting races. (*H.Haag & G.Haag, Dictionary, 2003, 516p*)

**summer camp** a camp organized for children or teenagers during the summer holidays (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**Summer Olympics** the Olympic event that takes place during the summer of an Olympic year. Compare **Winter Olympics** (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**summit** (of a mountain) top (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sumo** traditional Japanese wrestling. Combat site is a raised (about 65 cm) ring (diameter 4.5 m) made of clay-filled bags. The wrestlers (sumori) attempt to throw each other to the floor of the ring, or push or throw each other outside the ring. There are 48 different grips available to achieve this. The most important prerequisites for sumo-wrestling are a very high body weight (between 90 and 140 kg), strength, and high reaction speed. The sumori wear a loin-cloth; they are divided into categories (from which they can move up or down); only the grand master of sumo is excepted from this categorization. The competition is supervised by a judge who wears traditional Japanese clothing. Sumo is one of the oldest Japanese sport disciplines (presumably originated in the 1st century B.C., historical evidence from the 7<sup>th</sup> century A.D.). In the 14th-16th centuries it was practiced as a business; the sumori lived together in tents and performed for the enjoyment of the court and the public. Today, sumo is a ritualized and professionalized competition. The highlights are the championship tournaments which take place six times a year for 15 days. Sumori must undergo intense training from early youth and must increase their body weight by following a special diet. (*H.Haag & G.Haag, Dictionary, 2003, 516p*)

**sumo wrestling** traditional Japanese wrestling in which each contestant tries to force the other outside a circle or force him to touch the ground other than with the soles of his feet (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**sumotori** same as **rikishi** (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**sunbathe** to lie in the sun to get your body brown (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sunbather** somebody who is sunbathing (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sunbathing** lying in the sun to get your body brown (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sundeck** the top deck of a passenger ship where people can sit in the sun (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sunglasses** dark glasses to protect your eyes from the sun (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sunhat** a hat worn to protect you from the sun (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**Sunset Strip** a score of 77 points in a throw (darts) [6]

**sunshade** same as **parasol** (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**sunstroke** an illness caused by being in the sunlight too much (*Dict. of Leis., Trav. and Tour., 2008, 302p.*)

**Super Bowl** the championship game of the NFL, played between the champions of the AFC and NFC at a neutral site each January; it is the culmination of the NFL playoffs (f/b) [6]

**super giant slalom** the newest of the Alpine skiing disciplines, this event combines downhill speed with the precise turns of giant slalom. Each skier makes one run down the course and the winner is determined by electronic timing. Commonly known as "super G" (ski.) [6]

**super heavyweight** (*in amateur boxing*) the heaviest weight category, for competitors whose weight is over 91 kg (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**super special stage** a short stage with two parallel tracks, allowing pairs of rally cars to race against each other without actually being on the same road (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**superbike** either a 750cc four-cylinder or 1000cc twin-cylinder machine (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**supercharger** a high-powered fan that forces air into the engine, increasing power. See also turbocharger (autosp.) [6]

**supercross** racing **motocross** bikes in a stadium on a temporary dirt or sand track with obstacles such as jumps (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**superfood** a nutritionally rich food that is eaten for health (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**super-g** super giant slalom, discipline of alpine skiing introduced in 1982 where the competitors ski down a course marked by control gates in one run in the fastest possible time. Super giant slalom is

a combination of the downhill and giant slalom events. The course is at least 30 m wide and has a difference in elevation between 500 and 650 m for men and between 350 and 500 m for women. The gates are identical to those of the » giant slalom, with a clear width of 6-8 m, and a minimum distance between two gates is 25 m. The races for men include two jumps (one straight, one with a change in direction). Racers must wear a protective helmet. The super-g has been an Olympic event for men and women since 1988. (*H.Haag & G.Haag, Dictionary, 2003, 517p*)

**superior** used for describing a body part that is situated in the upper half of the body (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**superleague** an international rugby league competition that was introduced alongside or superseded various national rugby league competitions (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supermoto** racing (solo motorbikes or quad bikes) on a circuit that is partly tarmac and partly natural with obstacles such as jumps (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**superspeedway** in Nascar and Indy car racing, a track over one mile long (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**supervise** to watch work carefully to see if it is well done (*Dict. of Leis., Trav. and Tour., 2008, 302p.*)

**supervisor** a person whose job is making sure that other people are working well (*Dict. of Leis., Trav. and Tour., 2008, 301p.*)

**supinate** to fail to roll the foot inwards slightly while running (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supination** ineffective rolling inward of the foot while running, with the result that the foot is inadequately cushioned (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supination** a position in which the knuckles of the sword hand are down and the fingernails up (fenc.) [6]

**supine** **1.** lying on the back. Opposite prone **2.** used for describing the position of the arm with the palm facing upwards (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supine** lying on the back. Compare prone (*Dict.of sp.and Ex.Sc.1991, 148p*)

**supplement** **1.** a substance with a specific nutritional value taken to make up for a real or supposed deficiency in diet **2.** a substance added to improve the nutritional content of a diet or foodstuff (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supplement stacking** the practice of taking multiple bodybuilding supplements at the same time (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**supplementation** the act of enriching a diet or a foodstuff with nutritional supplements (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**support** 1. position in gymnastics where the hand or lower arms are braced against the apparatus and thereby hold the body on the apparatus. Examples with movement skills which contain the support as an element are: swinging half turn, support upstart, support scale, front support. 2. predominantly static motor skill, where both arms are extended and hold the body while the hands provide the contact surface for the support. The athlete can also remain in the support position with bent arms which requires considerably more strength. The support is mainly performed in gymnastics (parallel bars, high bar, pommel horse, and vault). (*H.Haag & G.Haag, Dictionary, 2003, 517p*)

**support bandage** an elastic wrap used for protecting parts of the body from injury during sports or support it during recovery (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**support leg** the leg in a locomotor skill that is in contact with the ground, therefore holding the weight of the body, while the other leg is recovering to take the next step; the leg from touchdown to takeoff (*Dict.of sp.and Ex.Sc.1991, 148p*)

**support leg** the leg carrying the main load of the body in sport exercises, in contrast to the » free leg (or swinging leg). A harmonic shaping of the body is aimed at overcoming individual » laterality, so that either leg can be used as the support or the free leg. (*H.Haag & G.Haag, Dictionary, 2003, 518p*)

**support phase** the portion of locomotor travel between periods of flight when at least one leg contacts the ground, holding the body weight (*Dict.of sp.and Ex.Sc.1991, 148p*)

**surf** a line of breaking waves along a shore, or the foam from breaking waves ■ to ride on large waves coming onto a beach on a surf board (*Dict. of Leis., Trav. and Tour., 2008, 302p.*)

**surface** the type of ground that a sport is played on (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**surface arch** a position in which the lower back is arched, with the hips, shoulders and head on a vertical line the legs together and at the surface (synchr.swim.) [6]

**surfboard** a board which you stand or lie on to ride on breaking waves (*Dict. of Leis., Trav. and Tour., 2008, 302p.*)

**surfboard** a long narrow board, with a rounded or pointed front end, on which a surfer stands while riding waves (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**surfboat** a light boat for riding on surf (*Dict. of Leis., Trav. and Tour., 2008, 303p.*)

**surfer, surf-rider** somebody who surf (*Dict. of Leis., Trav. and Tour., 2008, 303p.*)

**surfing** to ride waves on a surfboard for sport or recreation (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**surfing** water sport where the athletes ride waves created by ocean swell on a board (surfboard) made of wood or synthetic materials (e.g. epoxy with foam core) which is slightly rounded on its bottom (length 2.5-2.8 m, weight 5-12.5 kg). First a surfer paddles his board, while lying on the board, through the breaking waves or a channel on the side of the break; he then rides the wave in the direc-

tion towards the land while standing up on his board. Surfing has Polynesian origins and has become popular around the world, particularly in Australia, Hawaii, the USA, and France. (*H.Haag & G.Haag, Dictionary, 2003, 518p*)

**surfing, surf-riding** the sport of riding on breaking waves on a board (*Dict. of Leis., Trav. and Tour., 2008, 303p.*)

**suspension** penalty imposed by a sport federation or sport club (disciplinary measure) against an individual athlete, a team, or a club in the form of exclusion from competition for a certain time period. A suspension can be imposed as a consequence of unsportsmanlike behaviour, doping, or change of clubs, or changing the country of residence without complying with the requirements of the responsible sport federation. In the case of doping a suspension can be permanently imposed. (*H.Haag & G.Haag, Dictionary, 2003, 518p*)

**suspension** a system that absorbs shock on mountain bikes and some road bikes (cycl.) [6]

**suspension** the temporary barring of a player from competitive football (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**suspensory** **1.** a ligament or muscle from which a structure or part is suspended **2.** something that holds part of the body in position while it heals, e.g. a bandage or a sling (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**sutemi waza** "Sacrifice techniques," in which the defender apparently yields to the attacker's pressure and then uses the attacker's momentum to execute a throw (mart.art.) [6]

**suture** **1.** a fixed joint where two bones are fused together, especially the bones in the skull **2.** a procedure for attaching the sides of an incision or wound with thread, so that healing can take place. Also called stitch **3.** a thread used for attaching the sides of a wound so that they can heal (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**svelte** graceful and slender (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**swale** a shallow depression or dip in the terrain (golf) [6]

**sweat** **1.** a salty liquid produced by the sweat glands to cool the body as the liquid evaporates from the skin. Also called **perspiration** **2.** a run that a horse has before a race, as exercise (*Dict. of Sp. and Ex. Sc. 2006, 202p.*)

**sweat suit** a semi-permeable or impermeable suit worn during exercise to acclimatise the wearer to hot temperatures (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**sweatband** a strip of terry towelling worn around the head or wrists to stop sweat running into the eyes or onto the hands while playing sport (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**Swedish fail** in floor exercises, a move in which a gymnast does a free-fall drop straight onto the ground, with the hands shooting out to the floor at the last moment (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**swedish fall** a drop straight to the ground in which the hands shoot out an instant before landing (art.gymn.) [6]

**Swedish massage** a system of massage employing both active and passive exercising of the muscles and joints (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**sweep** a stroke on which the blade moves through the water in a wide curve, thus helping to steer as well as propelling the vessel (canoe) [6]

**sweep** (*in cricket*) to hit a ball from a half-kneeling position by bringing the bat, held almost horizontally, across the body with a long smooth stroke (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**sweep** a method of bringing an opponent down by knocking one of his legs out of its stance and then throwing him off balance (mart.art.) [6]

**sweep** a stroke in which the batsman goes down on one knee to play the ball to the **leg** side with a horizontal bat (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**sweep** the oar used in a sweep-oared boat; as an adjective, descriptive of the boat itself (row.) [6]

**sweep check** a check made by a player with one hand on the stick, and one knee so low it is practically on the ice, with the shaft and blade of the stick flat on the ice to take the puck away from an opponent (icehok.) [6]

**sweep check** a stick check on which the defender puts the shaft and blade flat on the ice and sweeps it along the surface to knock the puck away from an opponent (icehok.) [6]

**sweeper** a fielder positioned on the **boundary** in front of **square** to stop balls hit through the infield (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**sweeper** a player who plays behind the defenders in a free role without marking duties (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**sweeper** a team member who uses a broom, in advance of the stone, to sweep debris out of the way and make the ice faster (curl.) [6]

**sweeper** same as **broom ball** (bowl.) [6]

**sweeper** the defender that plays closest to his own goal behind the rest of the defenders; a team's last line of defense in front of the goalkeeper (f/b) [6]

**sweeper** in soccer a player who has no direct opponent player and therefore intervenes as a "last resort" where attacking players from the opponent create dangerous situations; a sweeper is rarely used in the tactical set-up of today's soccer game. (*H.Haag & G.Haag, Dictionary, 2003, 518p*)

**sweep-oar rowing** rowing with a single oar, gripped by both hands (row.) [6]

**sweet science** another name for boxing (box.sl.) (*Chambers. Sports Factf.,2005, 143p.*)

- sweet spot** the dead center of the club face (golf) [6]
- sweet spot** the most effective place to hit the ball on a racket, bat, club or other piece of sports equipment (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- sweet spot** the optimum hitting area, around the middle of the racket face (ten.) [6]
- sweet spot** the optimum hitting spot on the face of the racket (ten.) (*Chambers. Sports Factf.,2005, 601p.*)
- sweet spot** the spot on the **club face** where, for best effect and control, the ball should ideally make contact (golf) (*Chambers. Sports Factf.,2005, 294p.*)
- swell** to become larger, or cause something to become larger (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- swell relay** track and field relay run where the running distances change or increase from participant to participant (e.g. the former "German relay": 100 m, 200 m, 300 m, 400 m, 500 m). (*H.Haag & G.Haag, Dictionary, 2003, 518p*)
- swelling** a condition in which fluid accumulates in tissue, making the tissue become large (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- swim** to move or propel yourself unsupported through water ■ a period of time spent swimming, usually for pleasure or exercise (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- swim** to move through water using your arms and legs to make you go forward ■ a period spent swimming (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)
- swimmer** a person who swims for pleasure or sport (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- swimmer** somebody who swims (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)
- swimmer's ear** same as **otitis externa** (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)
- swimming** the activity of moving in water by using your arms and legs (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)
- swimming** collective term for all sport disciplines that require the fundamental ability of swimming, i.e. the ability of a person to remain at a certain spot or move in or under water by means of arm and leg movements and without contact with the floor, ground or objects (in some disciplines the usage of diving equipment, swimming flippers, etc. is permitted). Swimming includes the competitive swimming strokes » breaststroke, » freestyle swimming, » backstroke, and » butterfly as well as other types of swimming (swimming styles, swimming techniques) such as back simultaneous stroke swimming, side stroke, etc., but also other disciplines such as » synchronized swimming, » water polo, » diving, » underwater diving, and » lifesaving. (*H.Haag & G.Haag, Dictionary, 2003, 518p*)
- swimming baths** a large building with a public swimming pool (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swimming costume** a piece of clothing worn when swimming. Also called **bathing costume** (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swimming pool** a water-filled structure in which people can swim, usually set into the ground outdoors or the floor indoors, or a building that houses such a structure (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**swimming pool** an enclosed tank of water for swimming in (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swimming start** start technique in competitive swimming. In breaststroke, butterfly, and freestyle swimmers start from a starting block with a flat pike-dive or header; in backcrawl swimmers start in the water from the pool wall with the hands gripping the handles above the water surface and the feet push off from the wall below the water (» swimming). For the starting dive various take-off positions and forms of entering the water are practiced. (*H.Haag & G.Haag, Dictionary, 2003, 520p*)

**swimming trunks** shorts worn by a man when swimming (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swim-off** the method of starting a period. Players take up positions on their own goal lines. A referee then blows the whistle, tosses the ball into the center of the pool, and the players race for it. Also called a sprint (w.polo) [6]

**swimsuit** a one-piece swimming costume for women and girls (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swimsuit** a piece of clothing worn for swimming, especially a one-piece garment worn by women (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**swing** a ball swings when it swerves in the air (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**swing** the full action involved in stroking the ball, which includes the takeaway, backswing, downswing, and follow through (golf) [6]

**swing** the way in which the club is moved back from the ball and then brought down and through to strike it (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**swing leg** 1.the leg in a locomotor skill that is recovering, usually from an extension to propel the body, to position where body weight can again be supported, that is, the leg from takeoff to touchdown.  
2.in hopping, the nonsupport, nonhopping leg (*Dict.of sp.and Ex.Sc.1991, 149p*)

**swing man** a player who can be used at two positions, usually guard and forward (b/b) [6]

**swing man** a player who can play both the guard and forward positions (b/b) [6]

**swing phase** the portion of a step when a leg is recovering from an extension to propel the body to a position where it can again support body weight; the time from takeoff to touchdown of a limb (*Dict.of sp.and Ex.Sc.1991, 149p*)

**swingball** a game for two players who use their hands to hit in opposite directions a ball that is on a length of rope attached to the top of a pole (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**swinging** **1.** in callisthenics and rhythmical callisthenics one of the five basic movement forms: swinging the arms or the entire body forwards, backwards, sideways, upwards with and without a hand apparatus. **2.** in gymnastics a swinging movement of the body at a fixed apparatus. (*H.Haag & G.Haag, Dictionary, 2003, 520p*)

**swipe card** a type of magnetic key card which you run down a slot to unlock the door (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**swish** to make a shot that goes in without touching the rim or backboard (b/b) [6]

**Swiss ball** same as **exercise ball** (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**swiss cheese ball** a ball with many holes in it, used to determine the proper fit for a bowler so a custom ball can be drilled (bowl.) [6]

**switch** (*in skateboarding and similar sports*) used for describing a stance in which the foot that the rider usually puts nearer the front is nearer the back (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**switch** to temporarily swap defensive assignments with a teammate (b/b) [6]

**switch hitter** a player who is able to bat either right-handed or left-handed (baseb.) (*Chambers. Sports Factf., 2005, 88p.*)

**switchback** a hairpin turn; British (autosp.) [6]

**switching** cutting up another rider by suddenly moving across in front of them when **attacking** or **sprinting** (cycl.sl.) (*Chambers. Sports Factf., 2005, 207p.*)

**swivel** plastic or metal fork on the side wall of a rowing boat for holding and guiding sculls or oars. The swivel is connected with a swivel pin to the » outrigger. (*H.Haag & G.Haag, Dictionary, 2003, 521p*)

**swollen** **1.** increased in size **2.** containing more water than usual (*Dict. of Sp. and Ex. Sc. 2006, 203p.*)

**SWOT analysis** a method of developing a marketing strategy based on an assessment of the Strengths and Weaknesses of the company and the Opportunities and Threats in the market (*Dict. of Leis., Trav. and Tour., 2008, 304p.*)

**synchronization** the state in which the interval and phase of coupled oscillators are exactly matched (*Dict. of sp. and Ex. Sc. 1991, 149p*)

**synchronized swimming** a sport in which swimmers perform coordinated movements in time to music in the manner of a dance (*Dict. of Sp. and Ex. Sc. 2006, 204p.*)

**synchronized swimming** artistic swimming sport practiced by women. Competitions are held as solo, pairs, and in groups of 4 to 8 swimmers. Main criteria are harmony of movement and music rhythm. Competitors have to present a compulsory program (prescribed figures judged separately for each swimmer) and a free program (free figures). One variant of synchronized swimming consists of a program presented by 8 to 12 swimmers where eight formations have to be "laid" in the water and eight exercises from synchronized swimming have to be shown in a freely chosen sequence and with music of one's own choice. Shows sometimes also feature a flipper ballet where swimmers wear costumes and fins while performing the program. (*H.Haag & G.Haag, Dictionary, 2003, 521p*)

## T

**T** a **technical foul** (b/b sl.) (*Chambers. Sports Factf.,2005, 111p.*)

**T** short for technical foul or time out (b/b) [6]

**T** the midcourt area, where the service lines meet the center service line (ten.) [6]

**T** the T-shaped configuration formed by the juncture of the **half-court line** and the **short line**. Players aim to control possession of this area (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**t'ai chi ch'uan** usually known simply as "tai chi," this Chinese martial art emphasizes slow, smooth movements and is commonly practiced to improve self-control and teach calmness. However, it does also have martial applications (mart.art.) [6]

**table** the table must be 9 feet long and 5 feet wide, with the surface 30 inches above the floor (t.ten.) [6]

**table setter** a batter, usually batting first or second, whose job is to get on base so that the team's more powerful hitters can drive him in (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**table tennis** a game that resembles tennis and is played with small bats and a light hollow ball on a table divided by a low net (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**table tennis** racquet game played mainly indoors with small racquets and a celluloid ball by two (singles) or four (doubles) players. Competitions are played indoors by men, women and mixed doubles. The idea of the game is for each player to play the ball with the racquet onto the opponent's side of the table in such a manner that the opponent cannot return the ball successfully. (*H.Haag & G.Haag, Dictionary, 2003, 522p*)

**table top** **1.** a large jump constructed with a flattish surface before it and a big drop after it **2.** a freestyle event held using this jump (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**tachi-mochi** the sword-bearer in the dohyo-iri (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**tachometer** an instrument that measures rpm (autosp.) [6]

**tack** 1. the course of a boat with respect to the side of the sail against which the wind is blowing 2. a zigzag course, to take advantage of wind blowing from the side when sailing to **windward** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**tack** riding equipment. Short for "tackle" (equest.) [6]

**tack turn** in sailing a manoeuvre where the boat is turned with the bow through the wind in such a manner that the wind then comes from the other side and the sail changes sides accordingly. (*H.Haag & G.Haag, Dictionary, 2003, 524p*)

**tackle** a move attempting to take away the ball from the possession of another player using the stick (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**tackle** 1. an offensive player positioned outside a **guard** on the **line of scrimmage** 2. a defensive player positioned on the inside of the **line of scrimmage** 3. the act of forcing the ball carrier to the ground (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**tackle** 1. in football, hockey and some other games, a physical challenge against an opposing player who has the ball, puck, or other object of possession 2. the equipment used for a specialised activity such as angling or rock climbing 3. (*in American football*) a lineman positioned between a guard and an end, or the position of such a player ■ (*in football, hockey and some other games*) to make a physical challenge against an opposing player who has possession of the ball, puck or other object of play (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tackle** 1. stopping a player by using one's arms to bring him down. Unlike in rugby union, a tackled player may hold on to the ball 2. a successful attempt to do so, following which there is a **play-the-ball** (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**tackle** a legal attempt to stop an opponent. Illegal attempts result in a free kick (Austral.f/b) (*Chambers. Sports Factf.,2005, 63p.*)

**tackle** a player position on both the offensive and defensive lines; there is usually a left and right offensive tackle, and a left and right defensive tackle; See also tackling (f/b) [6]

**tackle** an attempt to take the ball away from the opponent, using the stick (hock.) [6]

**tackle** an attempt to win the ball from an opponent using the leg or foot (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**tackle** stopping a player by using one's arms to bring him down. A tackled player must release the ball. See also **breakdown** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tackle** the act of grabbing a player who has the ball and bringing him to the ground (rugby) [6]

**tackle** archery equipment (arch.) [6]

**tackle from behind** see **tackle** (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**tackling** contacting a ball carrier to cause him to touch the ground with any part of his body except his hands, thereby ending the play (f/b) [6]

**tackling** the act of taking the ball away from a player by kicking or stopping it with one's feet; only a minimal amount of shoulder-to-shoulder contact, called a charge, is permitted to knock the ball carrier off balance (f/b) [6]

**tactics** the art of finding and implementing means to achieve immediate or short-term aims (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tactics** in general planned procedure based on considerations in regard to suitability and success; in sport, the optimal and effective use of sport motor skills on the basis of a corresponding level of motor characteristics for the realization of the main idea (idea of the game) of a sport discipline (frequently also within the framework of a larger-scale strategy). (*H.Haag & G.Haag, Dictionary, 2003, 524p*)

**tae bo** a fitness regime based on exercising to music, involving movements that derive from martial arts such as taekwondo (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tae kwon do** a Korean martial art, featuring punches and kicks, which became an Olympic sport in 2000. Often spelled as one word. Literally, "the way of hand and foot" (mart.art.) [6]

**taekwon-do** Korean combat sport for men and women similar to » karate where arms and legs are used for attack and defense, taekwon-do consists of Tae = kicking while jumping (characterizing the leg techniques), Kwon = fist (an indication of the hand techniques), and Do = path (characterizing the physical and mental maturing process). In addition to training body and mind taekwon-do is also aimed at preparing participants for coping with, understanding and improving life. There are 10 student ranks (Kup) and 9 master ranks (» Dan). (*H.Haag & G.Haag, Dictionary, 2003, 524p*)

**taekwondo** a Korean martial art that resembles karate but also employs a wide range of acrobatic kicking moves (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tag** the act of putting out a **baserunner** by touching him with the ball or the hand holding the ball (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**tag team** a team of two or more wrestlers, only one of whom may wrestle at a time. Wrestlers can change places only after touching hands (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tai chi** a Chinese form of physical exercise characterised by a series of very slow and deliberate balletic body movements (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tail** **1.** the very rearmost section of a ski. **2.** the entire rear section, from the back of the binding to the very end (ski.) [6]

**tail** the weaker batsmen at the end of a team's batting **order** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**tail fin** an aerodynamic surface mounted vertically on the superstructure, near the transom, to improve directional stability; sometimes called the air rudder (powerb.) [6]

**tail shot** the hitting of the ball behind and under the pony's rump (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**tail wind** wind flowing in the movement direction of an athlete or a piece of equipment; this wind has an influence on the velocity of the movement (e.g. in the track and field running and throwing disciplines, in motor sport, bicycling, rowing, sailing, ski-jumping, and ski flying). The force of the tail wind (measured with gauges) cannot exceed a certain value for regular competition results and records (e.g. 2 m/sec in short-distance running). Tail wind can also have a negative influence on the result (e.g. javelin and discus throw). (*H.Haag & G.Haag, Dictionary, 2003, 526p*)

**tailback** a long line of cars held up by roadwork's, an accident, etc. (*Dict. of Leis., Trav. and Tour., 2008, 306p.*)

**tailback** a **running back** who lines up behind a **fullback** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**tai-otoshi** same as **body drop** (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**TAIS** *abbreviation* Test of Attentions and Interpersonal Style (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**take** a good catch of a kick (rugby) [6]

**take a flyer** see **flyer** (cycl.) [6]

**take a knee** if a **quarterback** takes a knee, he makes no effort to pass or run with the ball after receiving the **snap**, usually to prevent the possibility of losing possession when defending a lead late in the game (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**take the body** to body check an opponent (icehok.) [6]

**take the net** to move into the forecourt and toward the net in order to be able to hit volleys into the opponent's side of the court (ten.) [6]

**takeaway** the beginning of the backswing, when the club is taken away from the ground (golf) [6]

**takedown** a move in which a wrestler throws his opponent to the ground from a standing position (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**takedown** act of taking an opponent from a standing position to the mat to gain control. This move is awarded two points (wrest.) [6]

**takedown** when a wrestler takes the opponent to the mat from the neutral position, it is a takedown, worth one point (wrest.) [6]

**takeoff** pushing oneself off the ground (from a standing position or following an approach) with the goal of reaching a certain jump height or length. This movement is an element of basic techniques in many sports. In ball games it is attempted to apply a certain technique after takeoff (e.g. a header in soccer, a jump shot in handball, a lay-up in basketball). In track and field the takeoff is important for

lifting oneself / coming off the ground after the run up/approach in all jumping disciplines. In horseback riding or show jumping the approach of the horse to an obstacle culminates in the takeoff of the horse. Precise preparation and execution of the takeoff are very important for avoiding injury to the horse and rider. In ski jumping the jumper takes off from the takeoff platform. In springboard diving the flight phase of the body begins with the takeoff. Similar situations occur frequently in other artistic sports such as gymnastics, rhythmical callisthenics, figure skating, ice dance, or dancing. In skydiving the (downward) takeoff is of considerable importance for the free fall before opening the parachute. Since jumping is a basic activity and elementary experience of the human being, the takeoff has to be regarded as one of the fundamental elements of (sport) movement. (*H.Haag & G.Haag, Dictionary, 2003, 526p*)

**takeoff** in ski-jumping, the point at the end of the inrun, the moment where the jumper takes flight (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**takeoff** the launch of a jump (freest.) [6]

**takeoff** the moment at which the diver lifts from the board or platform to begin execution of the dive (div.) [6]

**takeoff** the moment in a locomotor skill when the support limb(s) leave the ground to project the body into flight (*Dict.of sp.and Ex.Sc.1991, 150p*)

**takeoff** the moment when a ski jumper takes flight at the end of the inrun (ski.) [6]

**takeoff leg** term for the leg from which the athlete prefers to take off in jumping. The takeoff leg usually has higher jumping strength as compared to the other (free) leg. The free leg serves as a swinging leg for gaining momentum and for stabilizing balance. (*H.Haag & G.Haag, Dictionary, 2003, 527p*)

**takeoff leg** last leg to leave the ground in a locomotor skill, projecting the body into flight (*Dict.of sp.and Ex.Sc.1991, 150p*)

**take-off point** the best point at which a horse should jump in order to clear an obstacle (equest.) [6]

**takeout** a shot that hits another stone and completely removes it from play (also double takeout when two stones are removed) (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**takeout** a shot that knocks the opposing team's stone or stones, out of play (curl.) [6]

**take-over zone** the 20m/66ft-long area of the track within which the baton must be passed in a **relay** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**taking aim** in shooting (including archery and crossbow shooting) orienting the weapon towards the target, where the athlete establishes a straight line from the eye to the target (via the aiming device). (*H.Haag & G.Haag, Dictionary, 2003, 527p*)

**talent** term for an aptitude, a special gift of above-average ability in a certain area, here in the area of sport motor actions, and for the person possessing these abilities. Talent depends on the hereditary

constitution (» body types) of the athlete and a favourable motor, cognitive and affective disposition as well as - with respect to his development - favourable social and environmental conditions. In regard to sport, three forms of talent can be differentiated: general motor talent (high motor learning ability, good motor ability, broad repertoire of movements), sport talent (extraordinary ability and readiness to deliver sport performances), and sport-specific talent (existence of specific physical and psychological prerequisites necessary for delivering excellent performances in a certain sport discipline). (*H.Haag & G.Haag, Dictionary, 2003, 527p*)

**talent scout** somebody whose job is to search for people who have exceptional abilities and recruit them for professional work. Also called **scout** (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**talk test** a test of aerobic capacity in which the athlete must try to maintain a conversation while exercising (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tambour** a feature that buttresses into the court at the **hazard** end and narrows the court to around 30ft 2in/9.19m (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**tandem** a bicycle with two saddles and two sets of handlebars and pedals, one behind the other, so that it can be ridden by two people at the same time ■ describes sports activities undertaken by two people together, usually positioned one behind the other, especially when one person is a novice (*Dict. of Sp. and Ex. Sc. 2006, 205p.*)

**tandem** in bicycling a racing bicycle for track races ridden by two cyclists who sit on the bike behind each other; only the cyclist sitting in front can steer the bicycle. (*H.Haag & G.Haag, Dictionary, 2003, 528p*)

**tandem** a doubles formation in which each partner is responsible for one half of the court, as divided by the center line. Compare up and back (ten.) [6]

**tandem** same as **barmaid** (bowl.) [6]

**tandem rig** a rowing arrangement in which each set of two adjacent riggers is on the same side of the boat (row.) [6]

**tandem sprint** the tandem sprint is like a match sprint, but it's ridden on two-man tandem bicycles over a 1,500-meter course (cycl.) [6]

**tang** the part of the blade where the hilt is mounted (fenc.) [6]

**tap** same as **burner** (bowl.) [6]

**tap in** a very short putt; as a verb, to make such a putt (golf) [6]

**tap penalty** a penalty where the ball is merely tapped with the foot prior to being run with or passed, rather than being kicked towards goal or touch (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tap tackle** a tackle made by diving and touching the ankle of the player running with the ball, such that he trips over (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tape** the band of white canvas or synthetic material, 2 to 2 ½ inches wide, that covers the top of the net (ten.) [6]

**tape-measure shot** a home run that travels a very long distance beyond the field of play (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**tapering** a reduction in training intensity shortly before a major competition to give the mind and body time to relax and prepare (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tap-in** a very short, light putt required to put the ball into the hole (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tap-in** an act of striking the ball in the air with the hand so that it goes into the basket (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**taping** the practice of wrapping supportive tape around areas of the body during sport to protect them from injury or aid recovery from a previous injury (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tapoff** see **tipoff** (b/b) [6]

**tapotement** a type of massage in which the therapist taps the person with his or her hands (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tap-penalty** a penalty kick on which the player taps the ball with the foot, then picks it up and passes it to a teammate (rugby) [6]

**tapping board** apparatus with two target plates at the ends of an 18-in board, which must be alternately tapped by a subject with a hand-held stylus (*Dict.of sp.and Ex.Sc.1991, 150p*)

**tare** the padded apron that covers the hips and stomach (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

**target** object or location aimed for in throwing and shooting. (*H.Haag & G.Haag, Dictionary, 2003, 528p*)

**target** something to aim for □ **to set targets** to fix amounts or sales which employees have to reach □ **to meet a target** to produce the sales which are expected (*Dict. of Leis., Trav. and Tour., 2008, 307p.*)

**target heart rate** the heart rate at which a person should aim to exercise in order to maximise the effects of the exercise (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**target movement** in motor learning processes the final form of a movement that is to be learned. (*H.Haag & G.Haag, Dictionary, 2003, 528p*)

**target training zone, target zone** same as **training zone** (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tariff** the degree of difficulty of a vault (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**task** a single piece of work that someone has to do (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**task-oriented coach** coach who tends to focus most heavily on winning competitions and whose actions are directed to meet this objective, as opposed to a coach who emphasizes meeting the personal needs of players (*Dict.of sp.and Ex.Sc.1991, 151p*)

**task-reward system** contingency system in which reinforcement is delivered immediately after performing a task (*Dict.of sp.and Ex.Sc.1991, 151p*)

**task-specific** used for describing a skill that is applicable only to particular task and rarely replicated elsewhere, e.g. the skill of swinging a golf club or throwing a javelin (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tatami** the mat that marks the competition area in judo, usually made of pressed foam and 16 square meters in area (mart.art.) [6]

**tater** a home run (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**tattoo** a number on the inside of a registered greyhound's ear used to identify the dog (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**taxis** the manipulating of a displaced body part to return it to its normal position, carried out, e.g., in a case of hernia (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**T-bar** a type of ski-lift where two skiers hold onto a T-shaped bar, one on each side, to be pulled up a slope (*Dict. of Leis., Trav. and Tour., 2008, 309p.*)

**T-bone** to hit another car broadside (autosp.) [6]

**T-car** a team's spare car; so called because it used to be known as the training car and had a T on it rather than a number (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**TE** abbreviation Trolox equivalent (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**te waza** techniques of using the hand to counter or deliver blows (mart.art.) [6]

**team** a group of people who work together (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**team** group of competitors of a local club or of other regional forms of sport organizations (up to world selection teams). Each team has a » team captain who represents the team. (*H.Haag & G.Haag, Dictionary, 2003, 528p*)

**team** a team is made up of seven players, including a goalkeeper, and a maximum of six substitutes (w.polo) [6]

**team** social unit with a task that requires a set of performers to accomplish. No individual member can successfully complete the task alone (*Dict.of sp.and Ex.Sc.1991, 151p*)

**team** there are ten swimmers on a team, only eight of whom swim in a routine. Different sets of eight athletes may swim in the technical routine and the free routine (synchr.swim.) [6]

**team captain** in team sports the representative of the team, who is elected by the team members or appointed by the head coach. He attends to the team's interests with respect to the club, coach, and referee, and participates in the draw for choosing the side of the playing field and for gaining the right to start the game. He can usually be distinguished from other team members by a special external mark (e.g. armband). (*H.Haag & G.Haag, Dictionary, 2003, 528p*)

**team captain** the player responsible for getting bowlers to the lane on time, setting the lineup, and handling any other necessary chores (bowl.) [6]

**team cohesion** a team's "sticking together" and remaining united in pursuing its goals (*Dict.of sp.and Ex.Sc.1991, 151p*)

**team competition** competitive event in dual and individual sports where teams composed of individual athletes compete against each other. Team competitions are scored - depending on the respective sport discipline - according to the placing of the individual athletes, the number of victories, points, etc. (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**team dynamic** the interpersonal relationships within a team (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**team foul** a personal foul is charged to the team as well as the player (except for an offensive foul in the National Basketball Association). When a team commits a certain number of fouls in a specified period, the opposing team is awarded free throws for each personal foul. See bonus free throw (b/b) [6]

**team foul** any **personal foul**, counting towards a team's permitted number of a fouls in a period of play. After the permitted number has been reached, further fouls are penalized by **free throws** (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**team fouls** each personal foul committed by a player is also counted against his team; when a team goes over the limit, its opponent is awarded free-throw opportunities (b/b) [6]

**team fouls penalty rule** when the players of a team, in a period of a game (10 minutes), have committed four (4) player fouls (personal and/or technical), all subsequent player personal fouls shall be penalised by two (2) free throws (b/b) [6]

**team games** competitions that follow rules and involve teams of more than three players each. These include: goal games (e.g. ice-hockey, soccer, handball, hockey, bicycle ball, water polo), base games (e.g. baseball, cricket, rugby), basket games (e.g. basketball, netball, korfbal, Korbbal), and return games (e.g. fistball, volleyball). In addition to these team sports (» large games, » sport game) small games held between two teams are also considered to be team games (e.g. castle ball, dodge ball). Team games take up a large part of sport instruction within and outside of school, since they motivate individuals to practice sport (also as lifetime sport), create enjoyment; they are marked by a high movement intensity and train social acting (partly also through coeducation). (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**team jumping** a competition among teams of four jumpers on a large hill. Each skier takes two jumps and the team score is the total number of points from all eight jumps (ski.) [6]

**team orders** when teams have more than one driver in a race, team orders may apply, whereby it is agreed that drivers should allow another member of their team to win if they are leading themselves and their team-mate is in second place (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**team pursuit** this is similar to the individual pursuit race, except that there are two teams of four riders each. The teams ride in pace lines and the leader changes every half-lap or every lap. Standard distance is 4,000 meters. The team's time is taken when the third rider crosses the finish line, so the fourth rider doesn't have to finish (cycl.) [6]

**team race** a race in which two or more teams of multiple, evenly matched boats compete against each other (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**team spirit** an enthusiastic attitude towards working productively with a team or work group (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**team sport** any sport that is played between two or more teams, e.g. football, tennis or hockey (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**team sprint** a **track race** ridden in teams of three over three laps. Competing teams start on opposite sides of the track. Each rider on the team takes a turn at the front for one lap, then hands over to the next. The final rider finishes alone in a **sprint** for the line (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**team standings** placement of the teams according to the result of their game(s) (b/b) [6]

**team tennis** a type of competition between teams of players, involving singles and doubles matches, in which the victory is the team that takes the most games (ten.) [6]

**team time trial** a **time trial** ridden by a team of riders (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**team-building** the process of bringing individuals together into a cohesive and effective team (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**teammate** a player on the same team as someone else (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**teamwork** cooperative effort by the members of a team (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tear** to make a hole or a split in a tissue by pulling or stretching it too much (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**technical** descriptive of a portion of trail that tests a rider's handling skills (cycl.) [6]

**technical area** the area, marked by white lines, at the side of the pitch to which managers, trainers and substitutes are restricted during play (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**technical commission** subcommittee of national and international sport federations which is responsible for planning, realizing and evaluating competitions, training and teaching work, maintaining the rules, etc. (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**Technical Committee Official body responsible for:** supervision and approval of playing installations and technical equipment; establishing the competition schedule, - appointment of referees and approval of Table Officials (Timekeeper, Scorer, Assistant Scorer and 24 second Operator) (b/b) [6]

**technical controller** one of two officials at each competition who are responsible for examining the athletes and their outfits, keeping track of the starting order and the progression of weights, and other similar tasks (weightl.) [6]

**technical fall** if a wrestler accumulates a lead of 10 points or more, it is called a technical fall and that wrestler wins the match. Also known as technical superiority (wrest.) [6]

**technical fault, technical foul** in weight-lifting incorrect movement sequence, e.g. touching the thighs when changing the grip; in basketball special form of a rule violation, unsportsmanlike behaviour or the disregard of warnings issued by the referee, committed by player or coach (penalized with two free-throws for the opponent). (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**technical foul** in basketball, a foul against a player or coach for unsporting behaviour or language rather than for physical contact with an opponent (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**technical foul** a deliberate or a repeated infringement of the proper conduct of the game or of the spirit of sportsmanship and fair play. Technical fouls by a player are all player fouls which do not involve contact with an opponent (b/b) [6]

**technical foul** a type of foul usually called because of a procedural violation or misconduct not involving physical contact between players, although very violent contact is sometimes punished with a technical foul as well as a personal foul. Technical fouls are most commonly called for unsportsmanlike conduct, such as showing disrespect for an official through excessive argument or using profanity. In the National Basketball Association, the non-offending team is awarded a free throw and the team that was in possession of the ball at the time of the foul is given a throw-in. A player, coach, or team official is ejected after committing two technical fouls. In college basketball, the non-offending team is given two free throws and the ball for a throw-in (b/b) [6]

**technical foul** a foul awarded for a non-contact offence, especially for dissent or unsporting conduct (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**technical fouls or Ts** procedural violations and misconduct that officials believe are detrimental to the game; penalized by a single free-throw opportunity to the non-offending team (2 free-throws and possession in college) (b/b) [6]

**technical k.o.** see boxing. (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**technical knockout** (in boxing) a decision that ends a match because one of the participants is too badly injured to continue fighting (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**technical merit** one of the categories by which synchronized swimming is judged. It's based primarily on the ability of the athletes to execute certain movements with precision (synchr.swim.) [6]

**technical officials** the competition officials, including the referees, jury, technical controllers, doping control officers, and others (weightl.) [6]

**technical points** points awarded during a match that help determine the outcome. The following system is used: Five points for a grand amplitude throw to an immediate position of danger; three points for taking the opponent from a standing position to an immediate position of danger; two points for a near fall; one point for a takedown, an escape, a reversal, or for applying a correct hold without causing the opponent to touch the mat with head or shoulder. Not to be confused with classification points. See also penalty points (wrest.) [6]

**technical points** points scored during the match for actions and holds (wrest.) [6]

**technical points** points scored during the match from successful moves other than falls (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**technical routine** a routine in which required elements must be performed in a specific sequence. It lasts two minutes and 50 seconds (synchr.swim.) [6]

**technical superiority** a ten-point lead of one wrestler over his opponent, resulting in a win (wrest.) (*Chambers. Sports Factf.,2005, 634p.*)

**technical superiority** a win by technical superiority is the same as a technical fall (wrest.) [6]

**technique** a way of performing an action (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**technique** the term for the sum of » sport motor skills of a sport discipline, the optimal form of a movement execution. In addition to motor characteristics and tactics, technique is one of the central elements of the motor learning process, exercising and training. It is a part of sport motor performance. The multitude of technique elements can be divided into groups which represent the continuum between two poles: result-oriented technique elements (in sport disciplines with performances that can be measured directly) and process-oriented (in artistic sport disciplines); condition-oriented (e.g. the 10,000-m run) and coordination-oriented (e.g. 1½ somersault in diving); cyclical (e.g. running) and acyclical (e.g. shot-put); open (e.g. skiing) and closed (e.g. weight-lifting). In order to achieve an optimal sport performance in learning, exercising and training of technique elements on a relative (mass sport) and on an absolute level (top-level sport), a preceding and an accompanying analysis of training is necessary, which allows change and correction. These analyses can be undertaken qualitatively through movement observation under certain criteria (predominantly for technique in artistic sports, but also in sport instruction; » movement analysis) and quantitatively, i.e. with the inclusion of natural science, particularly biomechanical (space-time and dynamic-time) parameters, where mechanical, optical, and electronical measurement techniques are used (» sport biomechanics).

The improvement of sport technique is realized by means of specific technique training. (*H.Haag & G.Haag, Dictionary, 2003, 529p*)

**technique analysis** same as **biomechanical analysis** (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)

**tee** **1.** in curling center of the target circle. **2.** in American football a small fixture stuck in the ground upon which the ball is placed in the kick-off. **3.** in golf the area where the ball is hit from as well as a small, cone-shaped peg (3-4 cm long) which is set into the ground; the golf ball rests on the top of the tee, which features a funnel-like dip, from where it can be easily hit. (*H.Haag & G.Haag, Dictionary, 2003, 530p*)

**tee** **1.** a small plastic or wooden support for the ball, with a concave top, used when it is first played at each hole **2.** the strip of ground where this is done (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tee** a disposable device of wood, metal, or plastic, on which the ball is placed for driving. Also, the area from which the ball is hit on the first shot of a hole (golf) [6]

**tee** a plastic device used to hold the ball stationary for **place kicks** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tee** the marker in the center of the house, 6 inches in diameter. Also known as the button (curl.) [6]

**tee** the small centre spot in the centre of the house (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**tee box** a box containing sand for filling **divots** made on the **tee** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tee line** a line drawn across the middle of the house, through the tee, from one side of the rink to the other (curl.) [6]

**tee marker** a coloured marker on the ground indicating the forward limit of the **tee** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tee off** to start play with a shot from the **tee** (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tee off** to hit a shot from the tee (golf) [6]

**tee shot** the first stroke at a hole (golf) (*Chambers. Sports Factf.,2005, 294p.*)

**tee shot** a shot played from a tee (golf) [6]

**tee up** to place the ball on the tee, preparatory to beginning play (golf) [6]

**teeing ground** the area from which the golfer must tee off on a hole. The ball must be teed up within the markers and no more than two club lengths behind them (golf) [6]

**tee-line** a line that passes through the tee across the width of the sheet (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

- tee-off** in golf, the first stroke off the » tee. (*H.Haag & G.Haag, Dictionary, 2003, 530p*)
- tekiyo** methods of self defense, including a variety of grabs, chokes, and throws (mart.art.) [6]
- telemark** technique in alpine skiing (telemark turn) and in ski jumping (telemark landing); the downward ski is the leading ski and the turn is performed with a pronounced step position and by applying pressure to the inside ski. In ski jumping the telemark landing is used for optimal absorption of the landing. Telemark skiing was one of the original means of transportation on snow, predominantly practiced in Norway. It has regained its popularity since the 1980s and is now a sport independent from alpine skiing practiced in back country (ski touring), on regular runs, and in competitions. (*H.Haag & G.Haag, Dictionary, 2003, 530p*)
- telemark position** the position in which a ski jumper lands, with one ski in front of the other (ski.) [6]
- Telemark position** the position which a ski-jumper must adopt when landing, with one ski in front of the other (ski.) (*Chambers. Sports Factf.,2005, 527p.*)
- telemark skiing** same as **freeheel skiing** (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)
- Telemark turn** a fast turn that uses the paddle to pivot (canoe) (*Chambers. Sports Factf.,2005, 152p.*)
- telemetry** a method of measuring a person's heart rate continuously using wires attached to the chest (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)
- telemetry** the system by which information on the car's performance is relayed back to the technical crew in the pit area (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)
- telltale** same as **tin** (squash) (*Chambers. Sports Factf.,2005, 551p.*)
- tempo** **1.** in general term for the high velocity of a movement, e.g. in running (tempo runner: a runner who can keep up a high speed throughout a race) or in team games (tempo play: the attempt of fatiguing and irritating the opponent by increasing the tempo). **2.** in fencing the time interval for executing a simple action (e.g. lunge) or its repetition, as well as the skilled selection of time to start an action in order to surprise the opponent. **3.** in equestrian the variation of speed within the different gaits (slow, medium, fast). (*H.Haag & G.Haag, Dictionary, 2003, 531p*)
- tempo changing method** **1.** in endurance training form of the duration method. **2.** tactical variant in duration competitions (e.g. middle-and long-distance running in track and field), where the opponent's rhythm is disturbed by several changes of running speed. (*H.Haag & G.Haag, Dictionary, 2003, 531p*)
- tempo manipulation** control of the speed at which reps of an exercise are performed (*Dict. of Sp. and Ex. Sc. 2006, 206p.*)
- ten meter line** one of the solid lines running across the field, 10 meters from the try-line (rugby) [6]

**ten thousand meter (10,000m)** a **long-distance** race over 25 laps of the track (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**tender** hurting or unusually sensitive when touched or pressed (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tendon** a sinew or strand of strong connective tissue that attaches a muscle to bone (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**ten-man rugby** a style of play relying on the dominance of the forwards and kicking by either the scrum-half or the fly-half (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**tennis** a game for two players or two pairs of players who use rackets to hit a ball backwards and forwards over a net (*Dict. of Leis., Trav. and Tour., 2008, 311p.*)

**tennis** a game played on a rectangular court by two players or two pairs of players, who use rackets to hit a ball back and forth over a net stretched across a marked-out court (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tennis** racquet game played both outdoors and indoors by two (singles) or four (doubles) players. Tennis is played using racquets and a ball (men, women and mixed). The idea of the game is to hit the ball with the racquet into the opponent's field in such a manner that the opponent cannot return the ball into one's own field. (*H.Haag & G.Haag, Dictionary, 2003, 531p*)

**tennis ball** a ball used when playing tennis (*Dict. of Leis., Trav. and Tour., 2008, 311p.*)

**tennis ball** a white or yellow fuzzy cloth-covered hollow rubber ball about 7.5 cm/3 in diameter, used in tennis. In lawn tennis the ball is pressurized (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tennis ball** the ball used in tennis is a hollow rubber sphere, 2 ½ to 2 5/8 inches in diameter and weighing between 2 and 2 1/16 ounces, filled with pressurized air and covered with a nap of wool and nylon (ten.) [6]

**tennis court** a specially marked ground for playing tennis (*Dict. of Leis., Trav. and Tour., 2008, 311p.*)

**tennis elbow** same as **lateral epicondylitis** (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tennis elbow** tendinitis of the elbow, often caused by the strains placed on the joint by playing tennis, though it may have other causes (ten.) [6]

**tennis racket** a type of bat with a long handle and a head made of mesh, used when playing tennis (*Dict. of Leis., Trav. and Tour., 2008, 311p.*)

**tennis shoes** special shoes worn when playing tennis (*Dict. of Leis., Trav. and Tour., 2008, 311p.*)

**ten-pin bowling** an indoor game in which players try to knock down ten skittles at the far end of a special bowling alley by rolling a heavy ball at them (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**TENS** pain treatment that works by interrupting normal pain signals sent by the nerve to the brain, which may also promote healing and muscle strength. Full form of **transcutaneous electrical nerve stimulation** (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tens** a version of rugby with only ten players on a side. A half is usually ten minutes long (rugby) [6]

**tense** to become tense, or make something such as a muscle or part of the body become tense (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**ten-second line** another name for the center line when the ten-second rule is in effect (b/b) [6]

**ten-second rule** the rule that a team, having gained control of the ball in its own backcourt, must bring it across the center line within ten seconds. Failing to do so is a violation. See also over and back (b/b) [6]

**tension** the act of stretching or the state of being stretched (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tensor** a muscle that makes a joint stretch out. Compare **extensor, flexor** (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tent** a canvas shelter held up by poles and attached to the ground with pegs and ropes (*Dict. of Leis., Trav. and Tour., 2008, 312p.*)

**ten-tenths** driving at the car's absolute limit (autosp.) [6]

**terminal speed** the speed that is recorded as the racer crosses the finishing line (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**terminate** to bring something to an end (*Dict. of Leis., Trav. and Tour., 2008, 312p.*)

**terrain board** same as **mountain board** (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**territory** the half of the field a team protects against its opponents (f/b) [6]

**territory** the half of the field which a team defends (f/b) [6]

**test** in general an examination or investigation to determine whether certain criteria are present; in a narrower sense a routine scientific procedure for the quantitative recording of specific individual characteristics (e.g. personality, intelligence, qualification). Apart from the test procedure, the test materials and the process of testing are also termed test. Tests in sport serve as instruments for collecting data in the following areas: **1.** motor behaviour (anthropometric prerequisites, perception characteristics, conditional and coordinative motor characteristics, sport motor skills, tactical sport abilities); **2.** cognitive behaviour (knowledge specific to a sport discipline which is necessary for delivering sport performances and understanding a sport discipline as a whole, and general sport knowledge about the fundamental motor system and sport as a societal phenomenon); **3.** affective behaviour (emotions and affects which relate to the prerequisites, realization and results of sport actions). (*H.Haag & G.Haag, Dictionary, 2003, 534p*)

**test** a match between two national teams (rugby) [6]

**Test** an international game between two of the major rugby league- playing nations (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**Test** an international match (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**Test match** a five-day match between international teams that have been, awarded Test-match status by the ICC (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**test match** any of a series of cricket or rugby matches between two international teams (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**Test of Attentional and Interpersonal Style** a test that measures how athletes perform in different situations according to their personality types. Abbreviation **TAIS** (*Dict. of Sp. and Ex. Sc. 2006, 207p.*)

**tester** a time trial specialist (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

**tetherball** same as **swingball** (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**Texas Leaguer** a bloop that drops between an infielder and an outfielder (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**Texas scramble** an informal game in which all of the players hit each shot from the same place, the best ball determining the location of the next shot (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**Texas wedge** a putter, when it is used from off the green; so called because the ground is hard and dry in Texas and such shots are thus common there (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**Texas wedge** the putter when it's used outside the putting green, as to hit the ball from a chipping distance or out of a trap (golf) [6]

**Thai pad** a heavy-duty pad used for training in kickboxing (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**therapeutic sport** sport practiced for prevention and treatment of diseases arising from lack of movement (e.g. obesity, arteriosclerosis, cardiac infarct). To achieve this, therapeutic sport utilizes endurance training, e.g. running, bicycling, swimming, sport games, all of which improve respiration, circulation, cardiac function, and aerobic capacity. Even when movement is limited (e.g. when wearing a cast after a bone break) exercise is beneficial, e.g. isometric training. (*H.Haag & G.Haag, Dictionary, 2003, 536p*)

**therapy** all treatment measures applied for the curing of a disease. (*H.Haag & G.Haag, Dictionary, 2003, 536p*)

**thermoregulation** the control of body temperature by processes such as sweating and shivering (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**thermotherapy** treatment using heat, e.g. from hot water or infrared lamps, to treat conditions such as arthritis and bad circulation. Also called **heat therapy** (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**thigh pad** a plastic or fabric protective covering for the thigh worn inside the trousers by batsmen (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**thigh support** an elastic wrap used for supporting the thigh and prevent injury or aid rehabilitation (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**thigh trap** when a player uses his thigh to slow down and control a ball in the air (f/b) [6]

**thin** if a player thins a shot, he or she hits the ball with the leading edge of the **club face**, causing it to fly further than intended with a low trajectory (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**thin** descriptive of a shot in which the ball is hit above center and the head of the club is following too high a line (golf) [6]

**thin hit** same as **loose hit** (bowl.) [6]

**third** the member of the rink who plays third; usually also the vice-skip (curl.) (*Chambers. Sports Factf.,2005, 196p.*)

**third** the player who throws stones third for a team, who is usually the vice-skip (curl.) [6]

**third base** the third of the bases to which a player must run, situated on the left-hand side of the infield when viewed from **home plate** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**third baseman** the fielder positioned near third base (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**third half** the drinking following a game (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**third home** attacking player (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**third man** a fielding position, near the **boundary** on the **off** side behind the **slips** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**third man** an official who sits on the sidelines and who makes final decisions when the two mounted **umpires** are in disagreement (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**third man** defensive player whose role is to mark the opposing team's **third home** (lacr.) (*Chambers. Sports Factf.,2005, 389p.*)

**third man in** a player who gets involved in a fight between two other players; draws a game misconduct penalty (icehok.) [6]

**third umpire** an official who does not appear on the field of play but adjudicates on **run out** decisions and disputed catches with the use of TV replays (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**third-and-long** when the offense faces a third down and is more than a short running play away from a first down; usually third-and-5 or greater (f/b) [6]

**third-ball attack** a strategy in which the server attempts to win the point on the third ball over the net, almost invariably with a kill shot on the receiver's return of service. Compare five-ball attack (t.ten.) [6]

**third-ball attack** a strategy that attempts to win the point on the third shot of the rally, with the server attempting to **loop** or **smash** the return of serve (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**third-man-in rule** the third man in a fight gets a game misconduct penalty and is out of the game for its duration; created to discourage players from jumping into a fight, even if they are only trying to break it up (icehok.) [6]

**third-party obstruction** positioning oneself between the ball and an opponent, thereby allowing a teammate unobstructed access to the ball (hock.) [6]

**thirst** a feeling of wanting to drink (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**thirsty** wanting to drink (*Dict. of Sp. and Ex. Sc. 2006, 208p.*)

**thirty** the second point scored by a player or side in a game. See point; scoring system (ten.) [6]

**thoroughbred** a horse breed developed in Britain in the 18<sup>th</sup> century for the purposes of racing. All the sport's thoroughbreds are descended from the three Arabian **stallions** - Darley Arabian, Byerly Turk, and Godolphin Barb - which were mated with English **mares** (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**thrash** to defeat a person or team decisively (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**thread** to steer the ball through a narrow opening, as between two closely-placed trees (golf) [6]

**thread the needle traffic** to pass the ball into a small gap between two defenders if a quarterback passes into traffic, there are a lot of players in the area where the ball is thrown (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**three** the third bowler in a **rink**, who assists the **skip** and normally measures disputed shots (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**three (3) points** a goal scored from 3-point field goal area (b/b) [6]

**three (3) second rule** while his team is in control of the ball, a player shall not remain for more than three (3) consecutive seconds in the restricted area. Infraction of this article is a violation (b/b) [6]

**three (3)-on-1 break** a type of break with 3 attacking players against only 1 defensive player (f/b) [6]

**three (3)-on-2 break** a type of break with 3 attacking players against 2 defensive players (f/b) [6]

**three (3)-on-3** a game played with only 3 players on the court for each team (b/b) [6]

**three ball** a type of competition in which three golfers compete against each other (golf) [6]

**three hundred (300) game** a perfect game (bowl.) [6]

**three hundred (300) game jinx** similar to the baseball's "no-hit jinx"; when a player opens with several consecutive strikes, it's considered bad luck to mention the possibility of a 300 game (bowl.) [6]

**three hundred meter (300) m** a little-run event, combining the speed of the **200m** and the strength of the **400m** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**Three in a Bed** three darts in the same scoring area; e.g., three triple 15s (darts) [6]

**three quarter bucket** three of the four pins of the bucket split (bowl.) [6]

**three thousand meter (3,000m)** a **long-distance** event run over seven and a half laps of the track, competed in by women until replaced by the **5,000m** in 1995 - it is also run indoors in place of the longer events (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**three thousand meter (3,000m) steeplechase** a **long-distance** event run over seven and a half laps of the track, consisting of a total of 28 3ft/0.91m-high hurdles and seven **water jumps**, 12ft/3.66m long (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**three-day event** a major series of tests in dressage, cross-country, and jumping, conducted over a three-day period (equest.) [6]

**three-foot line** a line, three feet from the side wall in the service box, that limits the direction of a straight drive serve. The server may drive serve between the body and the nearest side wall only if the player starts and remains outside of the 3-foot drive service zone, and the racquet does not break the plane of the zone while making contact with the ball (racq.b.) [6]

**three-on-one** a rush on which there are three attackers to only one defenseman (icehok.) [6]

**three-on-one** a type of break with three attackers coming in on one defenseman; this is a desperate situation (icehok.) [6]

**three-on-two** a rush on which there are three attackers against two defenseman (icehok.) [6]

**three-on-two** a type of break with three attacking players skating against two defensive players (icehok.) [6]

**three-point field goal** a field goal made from outside the three-point line and therefore worth three points. The shooter must have both feet entirely behind the line before shooting or jumping to attempt the shot (b/b) [6]

**three-point hydroplane** a hydroplane that has two sponsons, one at each side of the hull. The sponsons lift the hull so that, at high speeds, only they and the propeller are in contact with the water, hence three points (powerb.) [6]

**three-point line** a semi-circle drawn around the center of the basket, with a radius of 23 feet, 9 inches in the National Basketball Association; 20 feet, 6 inches in international play; and 19 feet, 9 inches in college basketball (b/b) [6]

**three-point line** an arc painted on the court 6.25m/20ft 6in from the basket under FIBA rules (6.7m/22ft in the NBA). A **field goal** made from beyond this line scores three points rather than two (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**three-point play** a two-point field goal followed by a successful free throw (b/b) [6]

**three-point position** the basic riding position, so called because there are three points of contact with the saddle, both legs and the seat (equest.) [6]

**three-point shot** a field goal worth 3 points because the shooter had both feet on the floor behind the 3-point line when he release the ball; also counts if one foot is behind the line while the other is in the air (b/b) [6]

**three-position rifle** a shooting competition where shooters fire rifles from the prone, standing and kneeling positions (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**three-quarter** one of the four **backs**, two **centres** and two **wingers**, who aim to run with the ball and prevent their opposites from doing so (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p., 494p.*)

**three-second rule** the rule that an offensive player can spend no more than three consecutive seconds within the free throw lane. Having any part of either foot on or inside the line is considered being in the lane (b/b) [6]

**three-second violation** a violation of the three-second rule (b/b) [6]

**threesome** three golfers playing a round together; also, a type of match in which two golfers take turns hitting the same ball, in competition against a single player (golf) [6]

**three-wall serve** a fault on which the serve touches three walls before it hits the floor (racq.b.) [6]

**threshold** **1.** the point at which something starts, e.g. where something can be perceived by the body or where a drug starts to have an effect **2.** the point at which a sensation is strong enough to be sensed by the sensory nerves (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**throat** the area of the paddle where the shaft meets the blade (canoe) [6]

**throat** the thin area of a racket handle, where it meets the head (ten.) [6]

**through pass** a pass sent to a teammate to get him the ball behind his defender; used to penetrate a line of defenders (f/b) [6]

**throw** to lose a fight, race or contest deliberately, e.g. by not trying or by committing a foul (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**throw** a move that casts one's opponent to the ground (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**throw** a pairs skating move in which the male lifts his partner and throws her away from him. She continues the move with a mid-air spin, landing on one foot (f.skate.) [6]

**throw** any method of lifting the opponent from his feet and getting him to the ground (martial art.) [6]

**throw** any move in which a wrestler lifts the opponent from the mat, then brings him back down (wrest.) [6]

**throw** see **carry** (badm.) [6]

**throw in the towel** if a boxer's trainer or second throws in the towel, he indicates to the referee that the fight should be stopped to save the boxer from unnecessary punishment. Originally, this was done by the throwing of a towel into the ring (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**throw out** to retire an opponent by throwing the ball to a fielder at the base to which the opponent is running (baseball.) (*Chambers. Sports Factf.,2005, 88p.*)

**throw-down** a throw of a ball from a short distance to a batsman for practice (cricket.) (*Chambers. Sports Factf.,2005, 176p.*)

**throw-in** **1.** an act of returning a football to play from the sideline by propelling it from behind the head with both hands **2.** an act of returning a basketball to play by passing it onto the court (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**throw-in** a method of putting the ball into play after it has gone out of bounds; after a score, a violation, or a personal foul for which no free throws are awarded; or at the beginning of a period, in some cases. The player making the throw-in has five seconds to pass the ball inbounds (basketball) [6]

**throw-in** a type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline; taken by a player opposite the team that last touched the ball before it went out of bounds across a sideline (football) [6]

**throw-in** form of restarting a game in some ball games when the ball has been played across the sidelines. The right for a throw-in is always awarded to the team that did not touch the ball last. The manner in which the ball is thrown back into the playing field is regulated in the individual ball games. (*H.Haag & G.Haag, Dictionary, 2003, 537p*)

**throw-in** the method by which a team with possession inbounds the ball (basketball) [6]

**throw-in** the start or resumption of a match in which an **umpire** rolls the ball down the centre of a line-up of players (polo) (*Chambers. Sports Factf.,2005, 447p.*)

**throw-in** the throwing of the ball from behind the touchline to restart play when the ball is put out by an opposing player (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**throwing** **1.** term for a movement form where an object (e.g. ball, discus) is accelerated with one or both hands, is released, and then flies through the air as far as possible or is aimed at a target (e.g. in team games, in the throwing disciplines of track and field). **2.** in judo and wrestling (throw) a technique by means of which the opponent is flung onto his back or side with momentum and force. (*H.Haag & G.Haag, Dictionary, 2003, 537p*)

**throwing rocks** said of a bowler who scores well by rolling a very fast ball (bowl.) [6]

**thrown point** see **flick** (fenc.) [6]

**throw-off** a throw from the centre line of the court at the beginning of a game or after a goal; defenders must stand 3m away from the thrower (h/b) (*Chambers. Sports Factf.,2005, 312p.*)

**thrust** a move in which the swimmer begins in the back pike position, with the legs perpendicular to the surface, then moves the legs and hips rapidly upward, unrolling the body to assume the vertical position (synchr.swim.) [6]

**thrust** a sudden attack with the blade, but without the footwork associated with a lunge (fenc.) (*Chambers. Sports Factf.,2005, 231p.*)

**thrust** an attack made with a straight movement of the blade, landing with the point (fenc.) [6]

**thrust** in fencing the quick forward movement of the weapon to hit the opponent with the weapon's tip. The following thrusts are differentiated: direct (in the opening during an invitation), indirect (in the opening given by a parade), inner (on the left side of the chest), outer (on the right side of the chest), upper (above the opponent's weapon), and lower (below the opponent's weapon) thrust. (*H.Haag & G.Haag, Dictionary, 2003, 537p*)

**thumbless grip** a grip in which all four fingers and the thumb of the hand are on one side of the bar (weightl.) [6]

**thwart** a supporting module that extends the width of the canoe (canoe) [6]

**tic** a sudden involuntary spasmodic muscular contraction, especially of facial, neck or shoulder muscles, which may become more pronounced when someone is stressed (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**tice** a ball played as a decoy to tempt one's opponent in the hope that he or she will miss it (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**tick** to hit an object rock lightly or glancingly, so that it moves only a short distance (curl.) [6]

**tickle** same as **feather** (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**tickler** the 6-pin, when it very gently knocks over the 10-pin, resulting in a strike (bowl.) [6]

**tic-tac** a sign language used on the racecourse to transmit changes in the betting market to bookmakers as quickly as possible. Most of the terms relate to how the odds are signed or are corrupted backward spellings (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**tie** a single game in a competition (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**tie** the end of a competition where both teams (or players) have the same score. In competitions of team sport games where a winner must be determined (e.g. cup events in soccer), the following methods can be used to determine a winner after the regular playing time has resulted in a tie: overtime periods, penalty kicks (soccer), penalty (ice-hockey), tie-break (tennis), »jump-off in show-jumping, or drawing. (*H.Haag & G.Haag, Dictionary, 2003, 538p*)

**tie ball** see **held ball** (b/b) [6]

**tie game** when two teams have scored the same number of goals in a match; if the game ends tied, it is a draw (f/b) [6]

**tie-break** a tiebreaker (ten.) [6]

**tie-break** the thirteenth game of a set, only played when a set reaches six games all, where a player must win seven points and at least two more than his or her opponent to win the set (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**tie-break** (also Van Allen Simplified Scoring System or VASS-system) special scoring method in tennis introduced in 1970, by means of which a competition is brought to an end more quickly in case of a tie at six games all (6:6). When a tie-break is played, a set can be won with one game difference (7:6) instead of the regular number of two games. Each fault is scored with a point awarded to the opponent until a player reaches at least seven points; to win the game, and therefore the set, a player must win with a minimum of two point's difference (i.e. 7:5 or 8:6, but not 7:6). The first player has one service from the left side, after that the service alternates between the players and each player has two services. Sides are changed after six points have been played. The tie-break is played in almost all tennis tournaments in every set; it is not used in the final set at the Davis-Cup and Wimbledon tournaments. (*H.Haag & G.Haag, Dictionary, 2003, 538p*)

**tiebreaker** a method of determining the winner of a set that's tied. The most commonly used is the 13-point tiebreaker, which is won by the player who first wins 7 points, provided that the margin of victory is at least 2 points. This is sometimes called a "lingering death" tiebreaker, on contrast to the sudden death tiebreaker (ten.) [6]

**tiebreaker** a way to choose the winner of a match when teams are tied after overtime; in FIFA tournament play, a series of penalty kicks are taken by players from both teams, and the team that scores on more of them is declared the winner (f/b) [6]

**tiebreaker** the third game of a match, played to 11 points, when a different player or team wins each of the first two games (racq.b.) [6]

**tierce** the third parry or guard. A high line on the side of the sword arm, with a pronated wrist (fenc.) [6]

**tie-up** a type of lock or hold in which a wrestler in the neutral position attempts to control the opponent's upper body while looking for an opening for a takedown (wrest.) [6]

**tie-up** any move in which a wrestler grabs the opponent's upper body to gain control (wrest.) [6]

**tifosi** Italian for 'fans', it is applied to Ferrari followers, renowned for their passionate attachment to their team (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**tiger country** same as **jungle** (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**tiger line** the most direct, and hence risky, line for a drive or approach shot (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**tight** a shot is tight if it is played such that the second bounce lands as close to a side wall as possible and is therefore unreturnable (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**tight** forward play in **set pieces**, especially scrums; compare **loose** (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tight end** an **eligible receiver** lined up next to a **tackle** at the end of the **line of scrimmage** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**tight five** the front and second rows, considered as a unit (rugby) [6]

**tight five** the **front row** and **second row**, generally the biggest players (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tighthead** the No. 3 prop in a scrum. See also loosehead; prop (rugby) [6]

**tight-head prop** the **prop** on the right-hand side of a team's **front row**, whose head is completely inside the scrum (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**tiller** lever for one-handed control of a boat rudder. (*H.Haag & G.Haag, Dictionary, 2003, 538p*)

**tilt** to turn the opponent so that his back goes from an angle of 45 degrees or more to less than 45 degrees (wrest.) [6]

**Timber!** a cry of warning that an arrow has been, or is about to be, released. (Similar to "Fore!" in golf.) (arch.) [6]

**timbers** the stumps, eg *Knott was sharp behind the timbers* (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**time control** location where cars must stop in order to have their time recorded by rally officials (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**time fault** a penalty for exceeding the time limit allowed in a round of jumps (equest.) (*Chambers. Sports Factf.*,2005, 226p.)

**time fault** a penalty for exceeding the time limit; ¼ fault is allotted for each second. In a jump-off, the penalty is one fault per second (equest.) [6]

**time keeper** an official who operates the timing clock; usually one of the three referees (weightl.) [6]

**time limit** **1.** the time rule, according to which the game - after a game interruption - must be restarted within a certain time period (e.g. jumps and throws in track and field). **2.** prescribed duration of an exercise (e.g. in gymnastics, rhythmical callisthenics, figure-skating); in equestrian exceeding the time limit is penalized by point deduction or penalty points. **3.** maximum time for a sport competition (e.g. in bicycling or sailing). **4.** maximum time allowed for an attack by one team (e.g. three-, five-, ten- and thirty-second rule in basketball). (*H.Haag & G.Haag, Dictionary, 2003, 538p*)

**time line** another name for the center line (b/b) [6]

**time measurement** **1.** in some sport disciplines a technique for assessing performance, manifested in a measured time period taken to complete a course or track. Since 1964, the older method of hand-timing (manual operation of a stop-watch) has been replaced in most sport disciplines with » electronic time measurement. **2.** in some team and racquet games the supervision of playing time or of the duration of specific plays or time periods by a specifically trained time-keeper (e.g. in basketball, boxing, ice-hockey, handball, ping pong). (*H.Haag & G.Haag, Dictionary, 2003, 538p*)

**time on** time added on for injuries and when the ball goes out of play (Austral.f/b) (*Chambers. Sports Factf.*,2005, 63p.)

**time out** a 30-second stoppage of play during which a team and coach can discuss strategy. Each team is allowed one time out per game (icehok.) [6]

**time out** a period when the official game clock is stopped and the teams can discuss strategy. Each team is allowed to take three time outs per half (Am.f/b) (*Chambers. Sports Factf.*,2005, 18p.)

**time out** an occasion when a team calls for play to be suspended, eg *to discuss strategy* (b/b) (*Chambers. Sports Factf.*,2005, 110p.)

**time penalty** in some team sport disciplines the partial exclusion of a player from game action (» penalty time). In some sport disciplines (e.g. automobile sport, equestrian, bicycling) a time penalty is used as a sanction measure where a certain time period is added on to the time measured for the actual performance in the competition. (*H.Haag & G.Haag, Dictionary, 2003, 539p*)

**time played** cumulated time the player is on the court (b/b) [6]

**time trial** a race in which competitors compete individually for the fastest time (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**time trial** a race ridden individually or in small teams, with riders (or teams) riding on their own to achieve the fastest time over a set distance (standard distances are 10km, 25km and 50km but races can be of any length) or to achieve the furthest distance in a set time (for example 1hr, 12hrs or 24hrs) (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**time trial** a race in which riders or teams go around the track or course individually and the fastest time wins (cycl.) [6]

**time wasting** tactic of prolonging the time taken for throw-ins, corner kicks, goal kicks, etc by a team in a winning position which, if noticed by the referee, results in **stoppage time** added at the end of the match (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**timekeeper** a recorder of the time elapsed during a sporting event (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**timekeeper** operator of the game clock (b/b) [6]

**timekeeper** the job of the referee, who keeps track of the official time to notify teams and fans when each period is completed (f/b) [6]

**timeout** a timeout of one (1) minute shall be charged to a team under the following provisions: one (1) charged timeout may be granted to each team during each period (exception: fourth period when two (2) timeouts may be granted to each team) (b/b) [6]

**timeout** an official break in the action of a sport; the rules of soccer do not allow for any timeouts; timeouts for television advertising breaks are permitted by NCAA collegiate rules (f/b) [6]

**time-out** time periods interrupting the game which each team is entitled to upon request according to the rules of the game. A time-out is mostly taken for receiving tactical advice from the coach (but also as a specific interruption of an opponent's winning streak) and is taken at different times. Time-outs are only possible in games with actual playing time (e.g. basketball) or in games which do not have a set duration of playing time (e.g. volleyball). (*H.Haag & G.Haag, Dictionary, 2003, 539p*)

**timeout** when play is temporarily suspended by an official or at the request of a team to respond to an injured player or discuss strategy; there are full timeouts (100 or 60 seconds in NBA, 120 seconds in WNBA, 75 or 60 seconds in college) and 20-second timeouts (30 seconds in college) (b/b) [6]

**timer** there are several timers, who use stop watches as backup to the electronic timing system (sp.skat.) [6]

**time-trial bike** a road bike designed specifically for a **time trial**, usually with closer ratio gears, aero bars and more aerodynamic wheels and frame (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**time-wasting** the employment of negative tactics to prevent an opponent from scoring towards the end of a match, for which a player may be penalised in some situations (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**time-wasting** any action or non-action that keeps play from continuing or resuming within a reasonable period of time (hock.) [6]

**timing** term for the precise and optimal temporal coordination of a sport movement action, also of movement sequences and set plays. Exact timing requires good hand-eye and foot-eye coordination. (*H.Haag & G.Haag, Dictionary, 2003, 539p*)

**timing clock** an electronic clock displayed on the attempt board that counts down the time that the current competitor has to make the lift. Allotted time ranges from one to two minutes; it's usually one and a half minutes in international competition (weightl.) [6]

**timing clock** an electronic timing device that's automatically activated when the skier begins a run (ski.) [6]

**tin** the strip that runs along the base of the front wall. Balls are judged out if they hit it. The referee can determine this because of the noise made by the ball hitting it. For that reason it is also sometimes known as a telltale (squash) (*Chambers. Sports Factf.,2005, 551p.*)

**Tin Hat** no score (darts) [6]

**tinea pedis** same as **athlete's foot** (*Dict. of Sp. and Ex. Sc. 2006, 209p.*)

**tip** **1.** the very frontmost section of a ski, where it is tipped upward. **2.** the entire front of the ski, from binding to top (ski.) [6]

**tip** the pointed end of an arrow (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**tip** the small circular surface made of leather at the narrow end of the cue. The tip is the part of the cue that comes into contact with the cue ball (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**tip cross** a maneuver similar to the iron cross, except that the skier remains upright while crossing the tips of the skis (freest.) [6]

**tip in** to score a basket by tapping a rebound over and through the rim. Also used a noun (b/b) [6]

**tip kick** kicking technique in soccer where the ball is hit exactly with the tip of the foot and (when executed correctly) kicked very far. (*H.Haag & G.Haag, Dictionary, 2003, 539p*)

**tip-off** the initial jump ball that starts the game (b/b) [6]

**tip-off** the jump ball used to start a game (b/b) [6]

**tip-off** the opening **jump ball** in a game (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**tipster** person who offers racing tips to punters (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**tirer** the technique of throwing the ball onto the winning ball and knocking it away (boules) (*Chambers. Sports Factf.,2005, 122p.*)

**title** the status of champion in a sport or competition (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**title fight** a battle for the status of champion in a sport or competition (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**TKO** an abbreviation of technical knockout, a decision of a knockout given by the referee when one boxer is too badly beaten to continue the fight without risk of serious injury (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**TOBEC** a way of measuring the amount of fat in the body using the difference in electrical conductivity between fat and lean tissue. Full form **total body electrical conductivity** (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**toboggan** a long flat wooden sledge curved upwards at the front ■ to slide on a toboggan (*Dict. of Leis., Trav. and Tour., 2008, 316p.*)

**toboggan** a long narrow sledge without runners, made of strips of wood running lengthways and curled up at the front, used for coasting downhill on snow (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**tobogganing** the sport of sliding on a toboggan (*Dict. of Leis., Trav. and Tour., 2008, 316p.*)

**toe** the part of the **clubhead** furthest from the player (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**toe** the part of the club head farthest from the junction with the shaft. As a verb, to hit the ball with that part of the head (golf) [6]

**toe** to operate a rudder that's controlled by the foot (row.) [6]

**toe clips** clips or straps that securely fasten the rider's feet to the bicycle's pedals (cycl.) [6]

**toe job** a shot hit too near the toe of the club (golf) [6]

**toe jump** a jump where the skater pushes off with the toe of his or her free foot (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**Toe Line** the hockey (darts) [6]

**toe loop** a jump where the skater takes off and lands on the same back outside edge (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**toe loop** a jump, assisted by the toe pick, on which the skater takes off from a back outside edge and lands on the same edge (f.skate.) [6]

**toe pick** teeth at the front of each skate blade, often used to assist in jumps and spins (f.skate.) [6]

**toe pick** the serrated teeth at the front of the blade. The toe pick is used in certain jumps and spins (f.skate.) (*Chambers. Sports Factf.,2005, 368p.*)

**toe rakes** same as **toe picks** (f.skate.) [6]

**toe wally** a toe loop on which the takeoff is from the back inside edge instead of the outside edge (f.skate.) [6]

**toe-clips** see **clips** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**toe-off** the instant in time during the support period of locomotion when the toe of the foot leaves the ground; the beginning of the swing period for that limb (*Dict.of sp.and Ex.Sc.1991, 153p*)

**toe-tap** same as **solo** (Gaelic f/b) (*Chambers. Sports Factf.,2005, 270p.*)

**tolerance** the loss of or reduction in the usual response to a drug or other agent as a result of use or exposure over a prolonged period (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**ton** same as **century** (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**Ton** score of 100 points in a round; often combined with other numbers, e.g. Ton-80 (darts) [6]

**Ton 80** three triple twenties (worth 180 points) (darts) [6]

**tone up** to make muscles, or the body in general, firmer and stronger (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**tonfa** originally the handle of a grinding wheel that used as a weapon by Okinawan peasants. The tonfa is most often used as a whirling instrument, swung by its handle, but the handle itself can also be used for attack (mart.art.) [6]

**too many players on the ice** an infraction that draws a bench minor penalty. It most often occurs when a team is trying to change on the fly and one of the forwards is late coming off the ice (icehok.) [6]

**tools of ignorance** the protective equipment worn by the catcher (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**top** if a player tops a shot, he or she hits the ball on the upper part, so that it only travels a short distance along the ground short for **sand trap** (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**top** the first part of an **inning**, during which the visiting team bats, eg *the top of the ninth* (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**top** to hit the ball above center, which causes it to roll or hop instead of flying(golf) [6]

**top fuel dragster** a classification of elongated, usually rear-engined car that runs on racing alcohol (nitromethane and methanol) rather than petrol. They produce around 8.000 horsepower (drag.rac.) (*Chambers. Sports Factf.,2005, 219p.*)

**top of the key** the area behind the free throw line but inside or near the free throw circle (b/b) [6]

**top out** if a climber tops out, he or she successfully reaches the top of the route (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**top position** in par terre, the wrestler who is kneeling with hands on the opponent's back is in the top position (wrest.) [6]

**top seed** the player judged to be the best in a given tournament, usually on the basis of computer rankings. See seed (ten.) [6]

**top-level sport** (high-performance sport) competitive sport in a narrower sense, which requires - in contrast to » mass sport - a high degree of technical and personal efforts and is therefore only practiced by those athletes who achieve top national and international levels of performance. (*H.Haag & G.Haag, Dictionary, 2003, 539p*)

**topo** (short for topographic map), a map of a climbing route with obstacles marked (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**topping the ball** keeping the thumb in the ball too long at release, resulting in little action because the fingers go over the top of the ball instead of behind it or to one side (bowl.) [6]

**toprope** a rope fixed at the top of a route (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**Tops** a double 20 (darts) [6]

**topspin** forward spin given to a ball by hitting it on its upper half, making it arc more sharply in the air or bounce higher on impact (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**topspin** forward rotation of the ball in flight (golf) [6]

**topspin** forward spin applied by drawing the face of the paddle up across the ball at impact (t.ten.) [6]

**topspin** forward spin imparted by striking the ball with an upward movement of the bat (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**topspin** forward spin, around the ball's horizontal axis, that's applied by drawing the racket strings up and over the ball at the moment of impact. A shot hit with topspin is more likely to stay in play, because it drops sharply after reaching its highest point, and it takes a high bounce (ten.) [6]

**topspin** if a player plays a shot with topspin he strikes the cue ball above centre such that it moves forward with greater momentum after it strikes the object ball (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**tori** generic term for the person performing a technique (mart.art.) [6]

**torque** the force that an object such as a lever exerts on something to cause it to rotate (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**torsion** **1.** the twisting of something, or a twisted state **2.** the stress placed on an object that has been twisted (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**torso** the main part of the body, not including the arms, legs and head (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**toss the oars** a successful crew might toss the oars by raising them vertically, resting them on the handles. It is a form of winning salute (row.sl.) (*Chambers. Sports Factf.,2005, 471p.*)

**total** the aggregate of the best good lifts in the snatch and the clean and jerk, which determines the competitor's ranking in the competition. If two competitors have the same total, the one with the lighter body weight is given the higher ranking (weightl.) [6]

**total body movement** term for a sportive action, where the entire body (in contrast to the » partial body movement) is used to realize a movement. Examples exist in gymnastics, judo, rowing, swimming, cross-country skiing, etc. Because of the utilization of a large number of muscles and other organs, total body movements have a high significance for the development of general fitness, especially under the aspect of a well-rounded and harmonic development of sport performance capacity. (*H.Haag & G.Haag, Dictionary, 2003, 540p*)

**total body workout** a workout that does not concentrate on one particular area of the body (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**total energy expenditure** the number of calories needed to maintain the body's normal function during all normal activities over the course of a day (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**total football** a style of football in which players' positions are interchangeable as part of a general method of attack. This playing style was developed by the Dutch national team of the 1970s (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**tote** a ticketed betting system where the odds are calculated once all bets have been taken. The payout is decided by taking the total amount of money bet (minus an administration charge) and dividing it by the number of winning tickets bought (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**touch** in some team sports, the area beyond the touchlines in which the ball is out of play (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**touch** a hit that counts in the scoring (fenc.) [6]

**touch** precise control of a shot, often resulting in a placement, as in "She hit that shot with perfect touch" (ten.) [6]

**touch** same as **burner** (bowl.) [6]

**touch** the ability to place shots accurately (golf) [6]

**touch** the area off the side of the field (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**touch** the ball is said to be in touch when it contacts or crosses a touch line, or when the player carrying the ball steps out of bounds (rugby) [6]

**touch football** an informal noncompetitive version of American football in which touching replaces tackling (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**touch in-goal** the touchline in the **in-goal** area (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**touch in-goal** the touchline in the **in-goal** area (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**touch judge** (*in rugby*) either of the two assistant referees whose main task is to decide when and where the ball has gone into touch (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**touch judge** an official located on the side of the pitch to mark the spot where balls go out of touch and to judge kicks at goal. The touch judge may also call the referee's attention to violent infractions (rugby) [6]

**touch judge** one of two officials, each with a flag, who assist the referee in the administration of the game. They are normally positioned on each touchline (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**touch shot** a delicate shot with extreme accuracy (golf) [6]

**touchback** a play in which the ball is made dead by a player on or behind his own goal line after it has been sent across the line by the opposing team (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**touchback** when a player who gains possession of a ball in his own end zone kneels to the ground and automatically starts the next play at his own 20-yard line; also awarded if his opponent kicks the ball across the end line (f/b) [6]

**touchdown** **1.** in American football, a scoring of six points achieved by being in possession of the ball behind an opponent's goal line **2.** in rugby, a touching of the ball on the ground that scores a try (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**touchdown** instant in time during the support period of locomotion when any portion of the foot first makes contact with the ground; the beginning of the support period (*Dict.of sp.and Ex.Sc.1991, 153p*)

**touchdown** the possession of the ball by a player behind the opponents' goal line, worth six points (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**touchdown (TD)** when a team crosses the opponent's goal line with the ball, catches a pass in the opponent's end zone, or recovers a loose ball in the opponent's end zone; earns a team 6 points (f/b) [6]

**touche** the announcement that a hit has been scored (fenc.) [6]

**touché** the expression that acknowledges a hit (or touch) in fencing (fenc.) (*Chambers. Sports Factf.,2005, 231p.*)

**toucher** a bowl that touches the **jack** during its original course on the green; all such bowls are marked with chalk, sometimes sprayed on, and are live even if knocked into the **ditch** (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**touching ball** a situation where the cue ball is touching another ball and must be played away from that ball without moving it (bilj.) (*Chambers. Sports Factf.,2005, 539p.*)

**touch-line** a line that runs the length of the pitch and marks the side boundary (rugby) [6]

**touchline** especially in rugby or football, either of the lines that mark the side boundaries of a playing area (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**touchline** see **sideline** (f/b) [6]

**touchline** the line along the side of the field marking its edge, from which **line-outs** are taken (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**touchline** the line around the pitch inside which play takes place (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**tour** a series of games or tournaments played by the same sports team in different locations (*Dict. of Sp. and Ex. Sc. 2006, 210p.*)

**tour de force** something done with supreme skill or brilliance (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**tour guide** a person whose job is to accompany a group of tourists on a tour and give them information about the places they are visiting (*Dict. of Leis., Trav. and Tour., 2008, 317p.*)

**tourism** the business of providing travel, accommodation, food, entertainment, etc., for tourists (*Dict. of Leis., Trav. and Tour., 2008, 317p.*)

**tourism** in sport a term for sport-oriented hiking, camping, holidays, etc., predominantly for relaxation purposes. One can differentiate: **1.** according to the season, between summer and winter tourism; **2.** according to the means of transport, between bicycle, car, motorbike, boat tourism; **3.** according to the terrain, between altitude (mountain climbing, mountain hiking) and ocean tourism (sailing, surfing, swimming). Sport tourism represents a large branch of the economy today. (*H.Haag & G.Haag, Dictionary, 2003, 540p*)

**tourism industry** all the various businesses that provide services for tourists, considered together (*Dict. of Leis., Trav. and Tour., 2008, 317p.*)

**tourist** a person who goes on holiday to visit places away from their home (*Dict. of Leis., Trav. and Tour., 2008, 317p.*)

**tourist centre** a town which caters for tourists who visit the surrounding area (*Dict. of Leis., Trav. and Tour., 2008, 318p.*)

**tournament** a competition involving a number of golfers, which may be match play or stroke play. Most professional tournaments are at stroke play over four rounds, or 72 holes. In a match-play tournament, players are paired for matches, with a winner advancing to the next round, until only two golfers remain to play a final match for the championship (golf) [6]

**tournament** a series of bouts to determine championships in various weight classes. A wrestler is eliminated after two losses. Elimination rounds continue until only three wrestlers remain in each pool. Finalists are seeded by classification points. If any of the finalists have not wrestled each other, they meet in a bout. Technical points or penalty points from previous matches are then carried over and added to the points accumulated in the final round (wrest.) [6]

**tournament** stemming from the Middle-Ages for a combat game for knights, today term for a larger sport event where several teams or athletes compete for victory, e.g. in fencing, tennis, ping pong, dancing, equestrian, and in the team games (soccer, handball, etc.). (*H.Haag & G.Haag, Dictionary, 2003, 541p*)

**tow** a driver is said to "get a tow" when he drafts another car (autospl.) [6]

**tow** to pull something behind a vehicle (*Dict. of Leis., Trav. and Tour., 2008, 318p.*)

**trace** the line formed by the skater's blade on the ice (f.skate.) [6]

**track** 1. a path 2. a line of rails (*Dict. of Leis., Trav. and Tour., 2008, 318p.*)

**track** a surface on which athletes run, usually a prepared surface with long straight sides and rounded ends, divided into lanes ■ to follow the progress of something such as an athlete's physical development (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**track** course marked at a specific distance for competitions in running, swimming and other speed events. The track's width is prescribed in the various sport disciplines. The assignment of the individual lanes to the competitors is determined by draw. A lane referee (lane judge) ensures that the participants stay in their respective lanes. (*H.Haag & G.Haag, Dictionary, 2003, 541p*)

**track** a U-shaped piece of metal that keeps the wheels of a seat on a straight path. A slide is made up of two tracks (row.) [6]

**track** a worn area on a lane that tends to guide the ball toward the pocket (bowl.) [6]

**track** the pitch, eg *the track at Kingston is always a quick one* (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**track and field** collective term for disciplines which have developed from natural forms of human movement (running, walking, jumping, throwing). Competitions are held in these disciplines for men and women as individual and team events mainly outdoors (» stadium) but also indoors in a gymnasium. Track and field poses a multitude of individual demands in its various disciplines and is therefore one of the main sports in physical education inside and outside the school system. It also represents the basis for performance development in many other sport disciplines. Track and field

movements and events have been a part of physical exercises ever since man exercised; they were a main component at ancient Olympic Games. (*H.Haag & G.Haag, Dictionary, 2003, 541p*)

**track bicycle races** bicycle races held on tracks (opposite: street bicycle races). The tracks are constructed of wood (indoors, winter track) or asphalt or cement (outdoors, summer track). They have an oval shape, are 200 to 500 m long and feature banked curves. The following events are held in track bicycle races: flying races, pursuit races, timed races, handicap races, point races, elimination races, tandem races, motorcycle-paced races, omnium, and six-day races (bicycling sport). (*H.Haag & G.Haag, Dictionary, 2003, 542p*)

**track bike** a bike with a fixed rear wheel and no brakes, designed specifically for riding **track races** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**track bike** a very simple bike used for track racing. It has a single-speed gear without freewheeling and there are no brakes (cycl.) [6]

**track cycling** competition cycling indoors around a steeply banked oval track with a surface of wooden strips (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**track event** a sports competition that takes place on a running track (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**track events** the running and hurdling competitions, as distinct from **field events** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**track race** a race that takes place in a **velodrome** (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**track record** a record set at a specific sports arena, as opposed to a national or international record (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**track stand** the act of balancing the bicycle in place, with the feet on the pedals. In the match sprint, riders usually begin with a track stand, because each of them wants the other to set the pace in order to take advantage of the slipstream (cycl.) [6]

**track-and-field** same as **athletics** (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**traction control** the computerized system by which the output of the engine can be controlled in order to achieve the optimum grip and hence avoid wheel spin; now banned (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**traffic congestion** a situation where the streets are difficult to move through because there is a lot of traffic (*Dict. of Leis., Trav. and Tour., 2008, 319p.*)

**trail** a path or track (*Dict. of Leis., Trav. and Tour., 2008, 319p.*)

**trail** the jack a bowler trails the **jack** when a bowl in motion hits it flush and moves it away in the same direction as the path of the bowl (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**trail official** the referee or official who follows the ball upcourt after a change of possession, then works near the midcourt area marker. When the ball changes hands once more and begins to move back toward the other end of the court, the trail official usually becomes the lead official (b/b) [6]

**trailer** 1. a small vehicle like a box on wheels which is towed behind a car, and which can be used for carrying luggage, camping equipment, etc. 2. US a caravan (*Dict. of Leis., Trav. and Tour., 2008, 319p.*)

**trailer** a player who follows along behind a teammate who has the puck, ready to receive a drop pass or backward pass (icehok.) [6]

**trailer** a player who follows his teammate on the attack seemingly out of the action but actually in a position to receive a backward or drop pass (icehok.) [6]

**trailer** an offensive player who runs behind teammates on a fast break (b/b) [6]

**trailer park** same as **caravan park** (*Dict. of Leis., Trav. and Tour., 2008, 320p.*)

**trailing** mobility technique for the visually impaired, featuring lightly tracing the back of the fingers over a smooth surface (*Dict. of sp. and Ex. Sc. 1991, 153p*)

**trailing** running behind another player (f/b) [6]

**trailing leg** in locomotor skills such as galloping and sliding, the leg that closes the step initiated by the opposite, leading leg (*Dict. of sp. and Ex. Sc. 1991, 154p*)

**train** to prepare for a sporting competition, or prepare someone for a sporting competition, usually with a planned programme of appropriate physical exercises (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**trainee** somebody who is learning how to do something (*Dict. of Leis., Trav. and Tour., 2008, 320p.*)

**traineeship** a post as a trainee (*Dict. of Leis., Trav. and Tour., 2008, 320p.*)

**trainer** same as **personal trainer** (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**trainer** a person responsible for training and preparing greyhounds for racing (dog.rac.) (*Chambers. Sports Factf., 2005, 304p.*)

**trainer** the person employed to school racehorses and prepare them for races (equest.) (*Chambers. Sports Factf., 2005, 349p.*)

**trainers** shoes designed to be worn during athletic activities or exercising, but worn with casual clothing for any activity (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training** the process of improving physical fitness by exercise and diet (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training** the process of being taught a skill (*Dict. of Leis., Trav. and Tour., 2008, 320p.*)

**training** planned realization of a program with diverse exercises for the development of a specific physical ability, for improving condition, and for improving performance capacity, in the general motor area as well as in the movements specific to a discipline. Training does not only have significance in competitive and top-level sport, but also in prevention and rehabilitation, in sport instruction (at schools, adult evening classes, clubs, fitness centers, etc.) and in the area of mass and amateur sport. (*H.Haag & G.Haag, Dictionary, 2003, 542p*)

**training** any program of exercise designed to improve the skills and increase the energy capacities of an individual for a particular activity; adaptations that occur are specific to the systems overloaded (*Dict.of sp.and Ex.Sc.1991, 154p*)

**training arena** the place in which an athlete trains, which may differ in important ways from the contest arena (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training camp** intensive training of a competitive team in top-level sport, which is held for a certain limited time period for all members of the team and predominantly serves the purpose of preparation for the most important competitions (such as championships, Olympic Games). If possible, all prerequisites necessary for the success of training should be met in a training camp (e.g. sport medicine and psychological counseling, adequate diet, optimal training facilities, favourable climate). In order to optimize performance, training camps are often held in high altitudes (» altitude training). (*H.Haag & G.Haag, Dictionary, 2003, 544p*)

**training control** collective term for all measures which serve the purpose of testing training results in relation to the training goals defined in the training plan (comparison of actual and target value). The foundation of training control is training observation, i.e. data collection through self-, external or participating observation of training, competition observation, tests, and training competitions. The collected data are carefully recorded by the athlete and/or coach in a training book, which leads the athlete to an independent and more conscious and thereby also well-aimed, planned and continuous training. The regulation of training is based on the results of training control (» training regulation). (*H.Haag & G.Haag, Dictionary, 2003, 544p*)

**training cycle** for a professional athlete, a phase of training which is repeated at regular intervals, such as weekly (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training cycle** within the framework of a training plan a predetermined time period within training periodization. One differentiates: micro cycle (duration: up to one week; content: coordination of training organization), meso cycle (duration: 3-6 weeks; content: development of performance foundations), and macro cycle (duration: from half a year to several years; content: preparation, competition, and transition period). (*H.Haag & G.Haag, Dictionary, 2003, 544p*)

**training effect** an increase in muscle strength or size caused by training (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training frequency** see training load. (*H.Haag & G.Haag, Dictionary, 2003, 544p*)

**training goal** see training. (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training intensity** see training load. (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training load** physical, psychological and mental demands required for the improvement of sport performance in training. One differentiates between: **1.** external loads, which are composed of training intensity, i.e. the magnitude and frequency of stimuli per time unit (e.g. running speed) or the number of attempts and exercises (e.g. in gymnastics), and training volume (training frequency), i.e. the duration of load stimuli (duration of a » training unit or number of training units per time unit, e.g. per day, week, month, year; examples are the number of km covered in running training, total weight lifted in weight-lifting, number of vault jumps in gymnastics). **2.** internal loads, i.e. the effect of loading on the organism of the training athlete (» training method). (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training manual** a book that gives practical advice on exercise and training (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training method** specifically planned procedure with the intention of reaching training goals, sensible selection and ordering of training contents and forms with the adequate utilization of training aids (» training). Important factors are a good interaction between coach and athlete, the mediating of corrections, as well as an adequate dosing of » training load. The training method determines: the type of load dosage (e.g. pyramid, interval, duration, overload, circuit training), the type of muscular load (isometric, isotonic, auxotonic, isokinetic training), the type of strain (active, observative, mental, autogenous training), and the type of procedure (complex, analytic, analytic-synthetic, holistic training). The different elements can be applied in a variety of combinations. The training method also has effects on determining the training units, training plan, and periodization. (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training observation** see training control. (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training organization** the specific order or regulation of all functions, activities, and procedures within the framework of a training program, which contains the concepts and foundations for reaching a certain training goal, from the planning stage via realization to the evaluation of training. (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training periodization** the temporal structuring of training for an individual athlete or a team depending on the dates of competitions. One differentiates between the preparation period (in some cases divided into training cycles), competition period (build-up competitions, relaxation, main competitions), and transition period (active rest period for nervous and physical recovery after a competition period). (*H.Haag & G.Haag, Dictionary, 2003, 545p*)

**training plan** general plan of structure, realization, control, and evaluation of training developed on the basis of a prerequisite analysis (e.g. structures of a sport discipline, performance level of the athlete, training conditions, competitive systems). The training plan is divided into long-term (training section), medium-term (training period), and short-term (training unit) training goals. A training plan can be fixed for a day, week, month, year, or several years; its step-by-step realization is recorded in training books. Tests and competitions provide information regarding the appropriateness of the plan. (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training principle** see training. (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training program** see training organization. (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training programme** a coordinated programme of exercise designed to make an athlete fit for competition (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training regulation** viewing of all elements including training plan, realization, and control (performance diagnosis, goal and norm definition, evaluation by means of synchronized, rapid, and late information) as well as the measures and components of training that regulate it (training contents, adaptation regularities, training principles and methods, situative events). (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training research** systematic and interdisciplinary (taking into consideration sport medicine, sport biomechanics, kinesiology, sport psychology, sport pedagogy, to some extent also sport sociology, sport history, and sport philosophy) investigation and discussion of training prerequisites, conditions and effects. Together with training theory it forms the basis for training science (science of coaching). (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training response** an increase in aerobic capacity, strength, flexibility or body shape caused by exercise (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training routine** the usual exercises that an athlete performs each time he or she trains (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training science** discipline of sport science which as an applied science deals with training, competition, and performance, and analyses conditions and influencing quantities for optimizing training and competition. It combines results and statements from interdisciplinary training research and training theory into a scientific system. (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training session** a period of time during which an athlete trains, either alone, with a trainer or with their team (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training shoes** same as **trainers** (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training straps** any of various types of strap designed for isolating or supporting an area of the body, especially in weightlifting or bodybuilding (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training theory** systematic order of all results from scientific training research, e.g. on training goals, methods, contents, planning; the goal of training theory is to offer a theoretically sound action guideline to the person who is responsible for the training (physical education teacher, coach, exercise supervisor). One differentiates between general training theory and specific training theory (which relates to a single sport discipline). Both forms of training theory are directed solely towards high-performance sport, but are also important for training in the area of mass sport and rehabilitation. Training theory is also a subject of theoretical sport instruction in high schools. Together with training research, training theory forms the basis for training science. (*H.Haag & G.Haag, Dictionary, 2003, 546p*)

**training to failure** the practice of performing an exercise until it is physically impossible to do another rep (*Dict. of Sp. and Ex. Sc. 2006, 211p.*)

**training unit** smallest organizational unit within the framework of training structure, foundation for training cycles and temporally differentiated training plans. The external training load is determined by the duration and number of training units per time unit (training volume). Structurally, a training unit usually corresponds to a sport lesson or exercise hour, in regard to its internal order (introductory, main, and final part) and external order (individual, partner or group work). (*H.Haag & G.Haag, Dictionary, 2003, 547p*)

**training volume** see training load. (*H.Haag & G.Haag, Dictionary, 2003, 547p*)

**training zone** the heart rate range within which a person should aim to exercise for maximum effect (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**trait** relatively stable personality predisposition (*Dict. of sp. and Ex. Sc. 1991, 154p*)

**tramlines** lines marking the sides of the court and those lines inside the court running parallel to them (ten.) (*Chambers. Sports Factf., 2005, 601p.*)

**trampette** a small trampoline used as a home exercise tool (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**trampoline** a strong sheet, usually of canvas, that is stretched tightly on a horizontal frame to which it is connected by springs (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**trampoline** sport discipline of gymnastics consisting of jumping exercises with turns around longitudinal, transversal, and sagittal plane performed on an elastic jumping sheet. (*H.Haag & G.Haag, Dictionary, 2003, 547p*)

**trampolining** the activity of performing acrobatics on a trampoline (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**transfer** **1.** to pass from one place to another, or cause someone or something to pass from one place to another **2.** especially in professional football, to sign for a different sports club, or sign someone for a different sports club ■ the act moving of someone or something from one place to another (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**transfer** if a player is transferred from one team to another, he or she moves there, usually for a fee (f/b) (*Chambers. Sports Factf., 2005, 263p.*)

**transfer** **1.** the change of (especially professional) athletes from one club or team to another, usually in connection with the payment of a » transfer fee. In some sport disciplines (e.g. soccer) transfer lists exist, which contain the players who are willing to be transferred and the transfers that have been completed. **2.** the influence of a learning process and its results on another learning process and its result, in the motor, cognitive and affective domain. In the motor area one differentiates between a. the transfer of skills, e.g. movements that have movement proximity, motor similarities, and comparable motor process and b. the bilateral transfer, i.e. the possibility of improving the motor system of one side

of the body by training the other one. E.g. in cases where one side must be rested due to injury, training the other side can reduce the negative effects of this inactivity; such positive effects are based on neurophysiological processes. (*H.Haag & G.Haag, Dictionary, 2003, 548p*)

**transfer fee** a fee that is paid for a professional footballer or rugby player who is transferred from one club to another before his or her contract has expired (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**transfer fee** in professional sport, a sum of money which is paid by the club that the athlete is leaving to the club the athlete is transferred to. Often an additional minor agreement is made about a transfer game between the former and the new club; the profit of this game goes to the former club. In soccer, e.g. transfer fees of as much as millions of dollars are common. Frequently, the transferred player receives an unofficial down payment. Transfer fees have become an integral part of international professional sport. The increasing number of transfer fees is an example of excesses in professional sport. (*H.Haag & G.Haag, Dictionary, 2003, 549p*)

**transfer list** a list of professional footballers or rugby players who are available to be transferred (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**transfer of learning** 1. influence of earlier practice of a skill on the learning of a new skill. 2.the carryover effect of learning in one context to another context (*Dict.of sp.and Ex.Sc.1991, 154p*)

**transfer test** situation in which one uses a previously practiced skill in a new situation or context (*Dict.of sp.and Ex.Sc.1991, 154p*)

**transferable skill** a skill that is not limited to a specific area of knowledge or task and is useful in many situations (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**transition** a change of pace or movement (equest.) [6]

**transition** an area of a track where it goes from a straight into a curve (bobs.) [6]

**transition** the period of play immediately following a change of possession (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**transition** the shift from defense to offense when a team has gained possession of the ball in its own backcourt (b/b) [6]

**transition** the shift from offense to defence (b/b) [6]

**transom** a vertical structure that marks the end of the main hull or sponson (powerb.) [6]

**transverse lines** the lines dividing the court into thirds (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**transverse plane** a plane at right angles to the sagittal plane, running horizontally across the body (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**trap** a defense designed to slow down the opposition's offense by trapping the puck in the neutral zone, then regaining control of it (icehok.) [6]

**trap** a mechanical device that releases clay targets at a set speed and trajectory (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**trap** a sudden double team on the ball handler. Also used as a verb (b/b) [6]

**trap** if a player traps the ball, he or she controls the ball and brings it to rest with the feet (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**trap** to guard the ball handler with two defenders in order to deprive the player of the opportunity to pass (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**trap** when a player uses his body to slow down and control a moving ball, most often using his chest, thighs or feet (f/b) [6]

**trap shooting** see shooting. (*H.Haag & G.Haag, Dictionary, 2003, 549p*)

**trapeze** a horizontal bar attached to the ends of two ropes hanging parallel to each other, used for gymnastics or for acrobatics, especially in a circus (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**trapeze** **1.** in sport acrobatics a swinging high bar (wooden bar held by two swinging ropes) for performing stunts in the air. **2.** in sailing on dinghies (and sometimes small yachts) a wire attached to the mast and a harness which allows a sailor (in two-men boats the crew) to lean outside the boat with his feet positioned on the side of the boat in order to prevent the boat from heeling (and capsizing) and to increase boat speed. **3.** in windsurfing device to hold the rig with one's body (rear or waist harness). (*H.Haag & G.Haag, Dictionary, 2003, 549p*)

**trapping** the act of stepping on the ball or covering it with the body; a violation (hock.) [6]

**traps** another name for starting boxes (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**trapshooting** the sport of shooting at clay targets thrown into the air by a **trap** (shoot.) (*Chambers. Sports Factf.,2005, 513p.*)

**trauma** in medicine and psychology term for an injury, wound or mental damage (psychological trauma) as well as the event that caused it, e.g.: fractured skull caused by a fall on the head, or the psychological stress of a fencer who does not want to continue practicing his sport after having seriously injured an opponent in a competition. (*H.Haag & G.Haag, Dictionary, 2003, 549p*)

**trauma** **1.** a wound or injury **2.** a very frightening or distressing experience that gives a person a severe emotional shock (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**traumatise** to cause physical injury to someone or something (*Dict. of Sp. and Ex. Sc. 2006, 212p.*)

**traumatology** the branch of medicine that deals with serious injuries and wounds and their long-term consequences (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**travel runners** temporary runners that are put on a sled so it can be transported from storage to the track (bobsl.) [6]

**travel sickness** sickness caused by the movement of a car, aircraft, bus or train. Also called **motion sickness** (*Dict. of Leis., Trav. and Tour., 2008, 322p.*)

**traveler** somebody who travels (NOTE: the *US* spelling is **traveler**) (*Dict. of Leis., Trav. and Tour., 2008, 322p.*)

**traveling** a violation on which the ball handler takes too many steps without dribbling, drags or moves the pivot foot, or takes too many steps after having ended a dribble series. Also known as steps or walking (b/b) [6]

**travelling** a floor violation when the ball handler takes too many steps without dribbling; also called walking (b/b) [6]

**travelling** the offence of carrying the ball for too many steps without dribbling (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**travelling** the offence of running with the ball (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**travelling rule** rule in various sport games which prescribes how many steps the ball carrier is permitted to take without bouncing the ball, e.g. the two-step rule in basketball or the three-step rule in handball. A violation of the travelling rule is penalized in basketball with a throw-in, in handball with a free-throw. (*H.Haag & G.Haag, Dictionary, 2003, 550p*)

**traverse** see dressage. (*H.Haag & G.Haag, Dictionary, 2003, 550p*)

**traverse** to climb in a horizontal (rather than a vertical) direction (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**traverse** to ski across a slope (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**tread** a series of patterns moulded into the surface of a tyre to provide grip (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**tread** **1.** the surface pattern of a tire. **2.** the width of a car as measured between the centerlines of the tires (autosp.) [6]

**treadmill** a machine with an endless belt on which someone can walk, jog or run,-used for exercise and stress testing (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**treadmill test** a test of oxygen consumption in which a treadmill is used (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**treble** the score of three times the normal amount when hitting the narrow inner ring of a dartboard (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**treble** the winning of three trophies in one season (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**trek** a long and difficult journey ■ to make a long and difficult journey (*Dict. of Leis., Trav. and Tour., 2008, 322p.*)

**trekker** somebody who goes on long and difficult journeys, usually on foot (*Dict. of Leis., Trav. and Tour.*, 2008, 323p.)

**trekking** the activity of going on long and difficulty journeys, usually on foot (*Dict. of Leis., Trav. and Tour.*, 2008, 323p.)

**trench** a long concrete structure in front of a **firing line** from where **traps** throw clay targets in trap shooting (shoot.) (*Chambers. Sports Factf.*,2005, 513p.)

**trenches** the offensive and defensive lines, regarded as the site of strenuous and unappreciated effort (Am.f/b sl.) (*Chambers. Sports Factf.*,2005, 19p.)

**trey** a three-point field goal (b/b sl.) (*Chambers. Sports Factf.*,2005, 111p.)

**trial** a sports competition or preliminary test to select candidates for a later competition (*Dict. of Sp. and Ex. Sc. 2006*, 213p.)

**trial** in various sport disciplines term for the execution of a competitive exercise. The number of possible trials is predetermined in the respective sets of rules. Depending on the sport discipline, the best valid trial is counted (e.g. in track and field) or a total result is calculated from all trials (e.g. in ski-jumping). (*H.Haag & G.Haag, Dictionary, 2003, 550p*)

**trial sport** agility test on motorcycles (special bikes with extreme suspensions, an engine size of 350 cm<sup>3</sup>, approx. 20 horsepower, weight 90 kg) on difficult terrain, where some natural obstacles must be overcome. The goal is to drive the required courses (50 scored sections with a maximum 50 m length each, 3 to 6 rounds) receiving the least number of penalty points. The athletes balance the motorcycle while standing on the footrests. Penalty points are awarded for supporting oneself with the feet on the ground, sitting down on the seat, losing control of the motorcycle, sliding away and poor steering, or stalling the engine. Trial sport originates from Great Britain and became known on the European continent after 1950. European champion-ships have been held since 1968, world championships since 1975. It is organized in the federations of » motor cycle sport. (*H.Haag & G.Haag, Dictionary, 2003, 550p*)

**trialist, triallist** a sports player or competitor who is given a chance to prove worthy of being included in a team for a major competition (*Dict. of Sp. and Ex. Sc. 2006*, 213p.)

**trials** an event held over a cross-country circuit with a series of sections in which riders have to negotiate obstacles, penalties being incurred if the rider touches the ground; riders can also fail sections, for example if they exceed the allowed time (motorsp.) (*Chambers. Sports Factf.*,2005, 403p.)

**triangle** the defensive alignment generally used when a team is two players short because of penalties. The three remaining players form a triangle, with one of them near the top of the slot to cover the points, while the other two are near the goal cage (icehok.) [6]

**triangle course** course usually covered in sailing regatta. It is marked by three course buoys and consists of upwind legs (beating), reaching legs, and downwind legs (» courses to the wind). The

upwind legs are sailed immediately following the start and on the last leg before the finish. (*H.Haag & G.Haag, Dictionary, 2003, 550p*)

**triathlete** an athlete who competes in biathlons (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**triathlon** an athletics competition in which the contestants compete in three different events and are awarded points for each to find the best all-round athlete. The events are usually swimming, cycling and running. (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**triathlon** **1.** endurance competition with varying distances in the following three events: swimming (long triathlon: 2.5 km; short triathlon: 300-1,000 m), bicycling (100 km or 25-30 km), and running (30 km or 8-15 km); the events are held in succession (on the same day). Winner is the triathlete with the lowest overall time. The first triathlon was the ultra-triathlon (ironman) in Hawaii held in 1977 (3.8 km swimming, 180 km bicycling, and marathon run). Continental and world championships are held (Olympic sport). **2.** in skiing (usually within the framework of military sport competitions, a three-event competition consisting of cross-country skiing (15 km), shooting from a distance of 150 m with a 5.6 mm calibre carbine, and giant slalom. (*H.Haag & G.Haag, Dictionary, 2003, 551p*)

**tribunal** a panel that makes a ruling following drug testing (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**trick cycling** discipline of » bicycle sport where various gymnastics stunts are performed on a bicycle. Competitions are held as events for single, two, four, and six riders. For reasons of necessary consistency of the surroundings, trick cycling is practiced indoors on a rectangular driving surface (9-11 x 12-14 m); two concentric circles are drawn around its center with diameters of 4 and 8 m. Equipment is the special trick bicycle, a light-weight bicycle with vertical handle-bars, a seat that is moved backwards, specific measurements for wheels and frame, and (for single and double events) foot rests at the axles. The gear ratio from pedal crank-bearing to rear axle is 1:1. (*H.Haag & G.Haag, Dictionary, 2003, 551p*)

**trick release** a device that disconnects a trick skier from the boat in the event that the skier falls with his or her foot caught in the tow handle (w.ski.) (*Chambers. Sports Factf.,2005, 623p.*)

**trick-riding** see vaulting. (*H.Haag & G.Haag, Dictionary, 2003, 551p*)

**trigger point** a small area of muscle that has been subjected to repeated stresses and is painful and hypersensitive (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**trimaran** a boat with three **hulls** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**trimming** adjusting a boat's water position. In the rowing boat this is accomplished by adjusting the moveable boat parts to an optimal position. In sailing, trimming represents the optimal adjusting of the sails to attain the highest possible velocity (by advantageous adjustment of various means to change the sail's shape, optimal weight distribution, and practice with the boat's crew) (*H.Haag & G.Haag, Dictionary, 2003, 552p*)

**trimming down** same as **cutting up** (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**trinquet** a small covered court (pelota) (*Chambers. Sports Factf.,2005, 445p.*)

**trio** an event in which three swimmers work together as a team (synchr.swim.) [6]

**trip** a journey ■ to catch your foot in something so that you stagger and fall down (*Dict. of Leis., Trav. and Tour., 2008, 323p.*)

**trip** **1.** the distance of a race **2.** if a horse 'gets the trip', it is able to complete the distance comfortably (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**triple** a **hit** that allows the batter to reach third base (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**triple** the feat of winning the singles, doubles, and mixed doubles championships at a tournament (ten.) [6]

**triple** three consecutive strikes (bowl.) [6]

**triple Axel** an Axel on which the skater performs 3 ½ revolutions (f.skate.) [6]

**triple bar** a jump that has three sets of rails at different heights (equest.) [6]

**triple bogey** a score of 3 over the designated par for a hole (golf) [6]

**triple crown** **1.** victory in all three of a set of major events in some sports **2.** (*in rugby*) victory in the home championships contested between England, Ireland, Scotland and Wales by one team over the other three in the same season **3.** the accomplishment of leading a baseball league in batting average, runs batted in, and home runs in a single season (*Dict. of Sp. and Ex. Sc. 2006, 213p.*)

**triple crown** in Great Britain, the Two Thousand Guineas, the Derby, and the St Leger (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**triple crown** the feat of leading the league in **home runs, batting average** and **runs batted in** in the same season (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**triple crown** the defeat of the three other British teams by one team in the Six Nations Championship (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**triple double** the feat of recording double figures in three categories (usually points, **rebounds** and **assists**, but sometimes including **steals** or blocked shots) in a game (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**triple double** the feat of scoring in double digits in three different categories, most often points, assists, and rebounds (b/b) [6]

**triple double** when a player scores double-digits in 3 categories during one game (points, assists and rebounds are most common, but it can also be blocks or steals); a sign of great versatility (b/b) [6]

**triple jump** an athletics event in which contestants perform a short run and three consecutive jumps, landing first on one foot, then the opposite foot, and finally both feet, in continuous motion (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**triple jump** a jumping event in which an athlete sprints down a **runway** before performing a **hop**, **step** and **jump** into a sandpit; distance is measured from the **board**, the starting point of the hop, to the nearest mark caused by the athlete's body in the sand (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**triple jump** discipline of track and field where three long jumps are performed immediately following each other. The three jump phases are called hop, step and jump. (*H.Haag & G.Haag, Dictionary, 2003, 552p*)

**triple jumps** in figure and roller skating term for jumps with triple (three and a half in the triple Axel) turns around the longitudinal body axis. Triple jumps are demonstrated in most free programs today. Common triple jumps are the flip, toe-loop, Lutz, Salchow, Rittberger, Axel. (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**triple play** a defensive play that results in three players being put out (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**Triple Ring** the inner ring of the dart board, which is worth triple the designated number (darts) [6]

**triple stroke breathing** breathing technique in freestyle swimming where the swimmer inhales after each third arm pull. The athlete does not breathe in the rhythm of the arm pulls, but rather with a delay. Meanwhile, the head remains in the water in a position that is favourable with respect to fluid dynamics (» double stroke breathing). (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**triple twister** a sequence of three twisters (freest.) [6]

**tripped 4** said of the 4-pin when it's knocked down by the 2-pin on a bounce off the kickback (bowl.) [6]

**tripping** a minor penalty which occurs when a player places his stick or a part of his body under or around the feet or legs of an opponent causing him to lose his balance; will also be called if a player kicks an opponent's skates out from under him, or uses a knee or leg to cause his opponent to fall (icehok.) [6]

**tripping** placing a stick or any part of the body in such a way as to cause an opponent to trip or fall, an infraction which incurs a minor penalty (icehok.) [6]

**Trombones** a score of 76 points in a round (darts) [6]

**trompement** French for deception (fenc.) [6]

**trophy** a cup, shield, plaque, medal or other award given in acknowledgment of a victory or achievement in a sporting contest (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**trot** a slowish **gait** in which the horse's legs move in diagonal pairs a high obstacle (equest.) (*Chambers. Sports Factf.,2005, 219p.*)

**trot** an easy gait in which the horse's legs move alternately in diagonal pairs; i.e., the right front and left rear legs, followed by the left front and right rear legs (equest.) [6]

**trotting** in equestrian a » gait (trot). (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**trouble shot** a shot taken from a difficult position or a bad lie (golf) [6]

**trough** a deep path, full of ruts, between moguls (freest.) [6]

**truck** same as **lorry** (*Dict. of Leis., Trav. and Tour., 2008, 324p.*)

**truck** axle and wheel set (skateb.) (*Chambers. Sports Factf.,2005, 513p.*)

**truck and trailer** an illegal move in which the ball-carrier (the 'trailer') moves forwards in loose play behind a team-mate (the 'truck') who shields him (rugby U.) (*Chambers. Sports Factf.,2005, 494p.*)

**truck driver** somebody who drives a truck (*Dict. of Leis., Trav. and Tour., 2008, 324p.*)

**trunk** same as **torso** (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**try** (*in rugby*) a score achieved by touching the ball on the ground behind the line of the opposing team's posts (NOTE: Five points are scored for a try in rugby union, and four points in rugby league.) (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**try** a score, worth 5 points, that's awarded when the ball is touched down by a player on the attacking side after it has been carried or kicked across the try-line. The scoring team is also awarded a conversion kick (rugby) [6]

**try** touching the ball down in the **in-goal** area; worth four points (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p., 494p.*)

**try line** the line on which the goalposts stand and over which the ball must be touched down to score a try (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p., 494p.*)

**try-line** a goal line, which extends across the pitch. The try-lines are a maximum of 100 meters apart (rugby) [6]

**Tsukahara** a vault in which the gymnast does a half-twist before pushing off the horse backwards. It was invented by the Japanese gymnast Mitsuo Tsukahara (1947-) (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**tsuki** a straight punch (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**tsuki** a thrust to the throat (kendo) (*Chambers. Sports Factf.,2005, 383p.*)

- tsuki waza** punching techniques (mart.art.) [6]
- tsuppari** slapping attacks; a series of hard slaps designed to drive the opponent out of the ring (sumo) (*Chambers. Sports Factf.,2005, 554p.*)
- tsuyu-harai** the name given to the herald in the entrance ceremony, literally 'the dew sweeper' (sumo) (*Chambers. Sports Factf.,2005, 554p.*)
- tub** a position in which the legs are bent and together, the feet and knees are at the surface and parallel to it, the thighs are perpendicular, and the face is at the surface, with the head in line with trunk (synchr.swim.) [6]
- tube** same as **barrel** (surf.) (*Chambers. Sports Factf.,2005, 557p.*)
- tube bandage** an elastic bandage in the shape of a tube that fits tightly over a limb to support it (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)
- tuck** a compact body position, adopted in sports such as diving, with the knees drawn up to the chest, the hands round the shins, and the chin held on the chest (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)
- tuck** a position in diving where the body is bent at the knees and the hips, with the knees held together close to the chest (div.) (*Chambers. Sports Factf.,2005, 573p.*)
- tuck** a position in which the body is bent at the waist and knees, the thighs are drawn up to the chest, and the heels are close to the buttocks (div.) [6]
- tuck** a position in which the body is folded at the waist, with the knees and hips bent and tucked up into the chest (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)
- tuck** a position in which the body is folded at the waist, with the knees and hips bent and drawn into the chest (art.gymn.) [6]
- tuck** a position in which the knees are brought nearly to the head, with the heels close to the buttocks and the back rounded (synchr.swim.) [6]
- tuck** an aerodynamic position assumed in downhill skiing. The skier basically squats above the skis, with the arms brought in tight against the body (ski.) [6]
- tuck** an air position in which the knees are brought up and into the chest, while the hands are placed on the knees or legs, with the skis held together and parallel (freest.) [6]
- tuck jump** jump where both legs are bent at the knees and pulled up to the chest. Tuck jumps are performed in several sport disciplines, e.g. in track and field (as the simplest form of high-jumping; however, only low heights can be crossed using it), in callisthenics and gymnastics (floor gymnastics, balance beam), rhythmical callisthenics, and diving. (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**tuck position** the crouching stance adopted by downhill skiers to increase their aerodynamic shape, arms in front with hands together and poles tucked under the arms (ski.) (*Chambers. Sports Factf.*,2005, 527p.)

**Tuckman model** a four-stage model of team development, with the four stages labelled 'forming', 'storming', 'norming' and 'performing'. ♦ **forming, storming, norming, performing** (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**tug of war** an athletic contest in which two teams pull at opposite ends of a rope, the winner being the one who drags the other across a fixed line (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**tug-of-war** a strength sport competition where two teams of eight participants each (in the youth class six) attempt to pull the opposing teams end of the rope (the rope has a minimum length of 33.5 m, and a circumference of 10.0-12.5 cm) at least 4 meters across a center line. Internationally there are eight weight classes. A competition consists of three trials, the team winning two of the trials wins the competition. It is not permitted to sit on one's own feet, intentionally touch the ground with the hands, or swing the rope. The team members have to take the same position at the rope in each trial. Tug-of-war was an Olympic event from 1900 until 1920. World Championships have been held since 1964. The international head organization is the Tug of War International Federation (TWIF, founded in 1964, head office in Salisbury, Great Britain). (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**tumble** to perform athletic or gymnastic leaps, rolls or somersaults ■ an athletic or gymnastic leap, roll or somersault (*Dict. of Sp. and Ex. Sc. 2006, 214p.*)

**tumble turn** an underwater roll at the end of a length that allows the swimmer to push off from the end of the pool with the feet (swim.) (*Chambers. Sports Factf.*,2005, 573p.)

**tumbler** same as **spiller** (bowl.) [6]

**tumbling** form of physical exercises in several sport disciplines, e.g. floor gymnastics on an elastic mat with handsprings and somersaults (developed particularly in the USA); also a discipline of sport acrobatics (also in trampoline sport). (*H.Haag & G.Haag, Dictionary, 2003, 554p*)

**tunnel** the channel formed by the bottom of the main hull and the inner walls of a sponson (powerb.) [6]

**tunnel** the gap between the opposing front rows in a scrum or between the two lines of forwards in a lineout (rugby) [6]

**turbocharger** a supercharger driven by a turbine that, in turn, is driven by the car's exhaust gases (autosp.) [6]

**turf** **1.** the grass surface used in horse racing, as distinct from **all-weather** surfaces. **2.** the turf is the sport of horse racing (equest.) (*Chambers. Sports Factf.*,2005, 349p.)

**turf toe** pain in the big toe caused by repetitive pressure on it, e.g. during running or jumping (*Dict. of Sp. and Ex. Sc. 2006, 215p.*)

**turk** leg or arm hold used against an opponent that involves twisting around and lifting the opponent's leg (wrest.) [6]

**turkey** three straight strikes (bowl.) [6]

**turkey** three successive **strikes** (box.) (*Chambers. Sports Factf.,2005, 608p.*)

**Turkish bath** a bath in which the bather sweats freely in hot air or steam, followed by a shower and often a massage (*Dict. of Sp. and Ex. Sc. 2006, 215p.*)

**turn** term for a sport-specific technique of changing direction in a movement sequence: in ice-skating and roller-skating a compulsory figure consisting of three circles without changing the edges; in swimming a turn of 180° around the horizontal body axis (depending on the swimming technique one differentiates between high, low, and deep turn); in gymnastics crossing an apparatus with a straight body while facing the apparatus at all times; in track and field (in some long-distance events and in walking) the start of the return leg; in equestrian show-jumping changing direction at the turn mark of a course (turning the horse on the forehand or backhand): in canoeing, rowing, and sailing rounding a mark without touching it. (*H.Haag & G.Haag, Dictionary, 2003, 555p*)

**turn** the halfway point on an 18-hole course, at which the players turn to begin the return nine holes, eg *she was two up at the turn* (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**turn** the motion of the hand and wrist that imparts rotation to the ball at release (bowl.) [6]

**turn** to begin playing the last 9 holes after having finished the first 9 (golf) [6]

**turn one's arm over** to bowl, especially said of someone who is not a recognized bowler, eg *even Taylor turned his arm over in the course of the long Indian innings* (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**turnaround jump shot** a **jump shot** executed by jumping with one's back to the basket and twisting in mid-air (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**turnaround jumper** a jump shot on which a player who is facing away from the basket pivots, jumps, and shoots (b/b) [6]

**turnout** **1.** the number of people who attend or take part in an event **2.** the outward rotating movement from the hip sockets of a classical ballet dancer's legs (*Dict. of Sp. and Ex. Sc. 2006, 215p.*)

**turnover** a loss of possession through a bad pass, a violation, or a steal by the opposition (b/b) [6]

**turnover** an instance of the offensive team losing possession before fourth **down** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**turnover** if the offensive team loses possession of the ball without attempting either a field goal or a free throw (b/b) [6]

**turnover** loss of possession of the ball by a team, following an error or a breach of a rule (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**turnover** the involuntary loss of possession of the ball during a play, either by a fumble or by throwing an interception (f/b) [6]

**turnover** the loss of possession of the ball (f/b) [6]

**turnover** the loss of possession of the ball (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p., 495p. )*

**turnover** when the offense loses possession through its own fault by passing the ball out of out of bounds or committing a floor violation (b/b) [6]

**tweak** to fine tune an engine or make any minor modification that will result in a slight power increase (autosp.) [6]

**twelfth man** a player selected beyond the necessary eleven to play if required as a substitute fielder (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**twelve-minute run/walk test** endurance performance test development by Cooper in which the maximum distance covered in 12 min is determinate; the greater the distance covered, the more aerobically fit an individual (*Dict.of sp.and Ex.Sc.1991, 155p*)

**twenty kilometer (20km) walk** a walking event over a street course, ending at the **finish line** of the stadium (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**twenty three meter (23-metre) line** a line marked horizontally across the field, 22.9m/25yd from each **back line** (hock.) (*Chambers. Sports Factf.,2005, 323p.*)

**twenty-four (24) second operator** operator of the twenty-four (24) second clock (b/b) [6]

**twenty-four (24) second rule** when a player gains control of a live ball on the court, a shot for goal must be attempted by his team within 24 seconds. Infraction of this article is a violation (b/b) [6]

**twenty-four second clock** the shot clock in the National Basketball Association (b/b) [6]

**twenty-metre line** a line marked across the pitch 20m from the **try line** at each end (rugby L.) (*Chambers. Sports Factf.,2005, 480p.*)

**twenty-two** 1. the area up to 22m from a team's own **goal line**, in which **marks** may be made and from which kicks direct to touch without bouncing may gain ground 2. the line marking the boundary of this area 3. same as **drop-out** (rugby U.) (*Chambers. Sports Factf.,2005, 495p.*)

**twenty-two meter dropout** a kick from the 22-meter line, used to restart play after a missed penalty kick or drop goal has passed the dead-ball line or been touched down by a defending player. The ball is kicked back to the original attacking side (rugby) [6]

**twenty-two meter line** one of the solid lines running across the field, 22 meters from the try-line (rugby) [6]

**Twickers** Twickenham, where England plays its home games (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**twin killing** a double play (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**twinkie** a game which ends with a score of 15-1 (racq.b.) [6]

**twintip** a ski of the type worn in the sport of freeskiing, broader and softer than a downhill ski and with turned-up points front and back, designed so that the wearer can move forwards and backwards on a slope and execute the complex moves performed in freeskiing (*Dict. of Sp. and Ex. Sc. 2006, 215p.*)

**twin-tips skis, twin-tipped skis** skis which are shorter and wider than conventional skis and are bent up at both ends (*Dict. of Leis., Trav. and Tour., 2008, 325p.*)

**twirl** a rapid 180-degree twist (synchr.swim.) [6]

**twirler** a spin bowler (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**twist** **1.** in some artistic sport disciplines a complete » turn around the body's longitudinal axis, in gymnastics and diving an element of many movement skills, e.g. somersault with a twist, twist circle, leg undercut with a twist. **2.** in tennis a particular type of » spin. (*H.Haag & G.Haag, Dictionary, 2003, 555p*)

**twist** a 360-degree rotation of the body around the skier's vertical axis (freest.) [6]

**twist** a combination of topspin and sidespin on a serve. See, for example, American twist and reverse twist (ten.) [6]

**twist** a rotation of the body around the spine as the longitudinal axis (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**twist** a rotation of the body at sustained height (synchr.swim.) [6]

**twist** in pairs skating, a spectacular move in which the male lifts and his throws his partner, then catches her on landing after she has performed a double or triple twist in the air (f.skate.) [6]

**twist** to hurt a joint by turning or bending it too much or the wrong way ■ **1.** a painful wrench or pull in a wrist, ankle or another body part **2.** a complete turn of the body around a vertical axis, e.g. in gymnastics or diving (*Dict. of Sp. and Ex. Sc. 2006, 215p.*)

**twist dives** group of dives in springboard and tower diving which are characterized by twists, i.e. turns around the body's longitudinal axis in addition to turns around the body's horizontal axis. Twist dives can therefore also be performed as » reverse dives or » inward dives. (*H.Haag & G.Haag, Dictionary, 2003, 555p*)

**twist spin** a move combining a half-twist with a continuous spin, in rapid succession (synchr.swim.) [6]

**twister** a maneuver in which the skier turns the body in one direction and the skis in the other (freest.) [6]

**twister spread** a twister followed by a spread eagle (freest.) [6]

**twisting dive** any dive that incorporates a twist (div.) [6]

**two** the **guard** of middle and leg, in full 'two leg' (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**two** the second bowler in a **rink**, who is normally expected to keep the scorecard up to date (bowls) (*Chambers. Sports Factf.,2005, 128p.*)

**two (2) points** a goal scored from 2-point field goal area (b/b) [6]

**two (2)-on-1 break** a type of break with 2 attacking players against 1 defensive player (f/b) [6]

**Two and Six** a score of 26 points in a round; also known as bed and breakfast (darts) [6]

**Two Fat Ladies** a score of 88 points in a round (darts) [6]

**two hundred (200m)** a **sprint** from **blocks** around the **bend** then along the **home straight** (athl.) (*Chambers. Sports Factf.,2005, 54p.*)

**two-ball putter** a modern type of putter with a large head featuring two white golf ball-sized discs; these help the players to align the putt a game between two players (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**two-color rule** the rule that one of the paddle's striking surfaces must be black, the other red (t.ten.) [6]

**two-footed tackle** see **tackle** (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**two-handed** a stroke played with both hands holding the racket (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**two-handed backhand** a backhand shot on which the player has both hands on the racket handle (ten.) [6]

**two-line pass** a pass that crosses two or more lines without being touched, a violation that results in a faceoff at the faceoff spot nearest the point where the pass originated (icehok.) [6]

**two-line pass** a type of offside violation occurring when a player passes the puck from his *defending zone* to a teammate across the red center line, play is stopped for a face-off; also known as an offside pass (icehok.) [6]

**two-man advantage** the situation in which a team has two more players on the ice than the opposition. See also man advantage; power play (icehok.) [6]

**two-meter line** an imaginary line extending across the pool, two meters from each goal line (w.polo) [6]

**two-meter man** see **center forward** (w.polo) [6]

**two-meter violation** an ordinary foul called when a player is inside the opponent's two-meter line and is not behind the line of the ball (w.polo) [6]

**two-minute suspension** if a player receives a second warning by the referee or is guilty of faulty or unsportsmanlike conduct, he or she is given a suspension, hence reducing the court team to five players for two minutes (h/b) (*Chambers. Sports Factf.,2005, 312p.*)

**two-minute warning** a mandatory **time out** occurring with two minutes remaining in the second and fourth quarters of a game (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**two-on-one** hold in which a wrestler controls one arm of his opponent's by having two hands on it (wrest.) [6]

**two-on-one** a rush on which there are two attackers to only one defenseman (icehok.) [6]

**two-on-one** a type of break with two attacking players skating against one defensive player (icehok.) [6]

**two-on-two** a rush on which there are two attackers confronting two defensive players (icehok.) [6]

**two-on-two** a type of break with two attacking players skating against two defensive players (icehok.) [6]

**two-point conversion** when a team that just scored a touchdown starts a play at the opponent's 2-yard line (3-yard line in college) and crosses the goal line to earn 2 points; when successful, it looks just like a touchdown; introduced to the NHL in 1994 (f/b) [6]

**two-point position** the position of the rider for a jump, with the seat out of the saddle and the body positioned forward (equest.) [6]

**two-shot foul** a foul for which the penalty is two free throws (b/b) [6]

**twosome** a game between two players (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**twosome** a single; also, two golfers playing a round together (golf) [6]

**two-star hotel** a hotel which provides quite basic accommodation at cheaper prices. Also called tourist-class hotel (*Dict. of Leis., Trav. and Tour., 2008, 325p.*)

**two-step rhythm** in basketball technique for continuing play after receiving a ball while moving or after a dribbling. Once the ball has been touched, only two steps are permitted until the player comes to

rest or the ball has been passed on. When a player comes to a rest after landing with the ball, the knees are bent and the weight is on the backward leg, from which a pivot step can be taken. (*H.Haag & G.Haag, Dictionary, 2003, 555p*)

**two-way midfielder** the versatile midfielder most responsible for organizing play in the midfield area; often a team's energetic leader (f/b) [6]

**tyre** a thick rubber cover round a wheel (NOTE: the *US* spelling is **tire**) (*Dict. of Leis., Trav. and Tour., 2008, 325p.*)

**tyre blanket** covers used to warm tyres up before a race as they function better at a higher temperature (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**tyre wall** crash barrier consisting of two to six rows of car tyres bolted together (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**tzuki** a punch (karate) (*Chambers. Sports Factf.,2005, 381p.*)

## U

**uchi mata** an inner thigh throw (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**uchi waza** striking techniques (mart.art.) [6]

**ude garami** an elbow hold that immobilizes the opponent's arm. Literally, "arm wrap" (mart.art.) [6]

**udekime-nage uke** an arm-lock throw the assailant (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**uglies** a term used by backs to denote forwards (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**uke** the person to whom a technique is applied; often taken to mean the opponent (mart.art.) [6]

**uke waza** techniques of blocking blows (mart.art.) [6]

**ukemi waza** techniques of rolling and falling safely (mart.art.) [6]

**Ultimate Frisbee** a team sport played with a Frisbee that combines some of the rules of football, netball and rugby (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**umbrella** a formation often used by a team on the power play to spread the defense; so named because it resembles the shape of an open umbrella (icehok.) [6]

**umbrella ball** a high hit that nevertheless results in a strike; so called because the pins fan out as they fall into something like an umbrella pattern, rather than being scattered around (bowl.) [6]

**Umbrellas** a score of 77 points in a round (darts) [6]

**umpire** an official who supervises play and enforces the rules of the game in some sports, e.g. cricket and baseball (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**umpire** see arbiter (*Dict. of sp. and Ex. Sc. 1991, 156p*)

**umpire** a member of the officiating team, positioned behind the defensive line, with special responsibility for equipment and keeping score (Am.f/b) (*Chambers. Sports Factf., 2005, 18p.*)

**umpire** one of the officials who referee the match. There are field, goal, and boundary umpires (Austral.f/b) (*Chambers. Sports Factf., 2005, 63p.*)

**umpire** one of the two officials in most international and high school basketball competition (b/b) [6]

**umpire** one of the two onfield officials who ensure that the rules are upheld and give decisions; in some matches there is also a **third umpire** (crick.) (*Chambers. Sports Factf., 2005, 176p.*)

**umpire** one of two mounted referees, one on each side of the field (polo) (*Chambers. Sports Factf., 2005, 447p.*)

**umpire** the head or main judge of a sport competition (e.g. in fencing, gymnastics, baseball). (*H. Haag & G. Haag, Dictionary, 2003, 555p*)

**umpire** the official in charge of the match, who sits in a raised chair at the side of the court (ten.) (*Chambers. Sports Factf., 2005, 601p.*)

**umpire** the official who is in overall charge of a match. The umpire sits in a raised chair at one end of the net, calls the score after each point, and has final responsibility for all questions of judgment and fact. He or she may reverse the decision of a judge or linesman if it is clearly in error and may impose point penalties or even default a player for unsportsmanlike conduct (ten.) [6]

**umpire** the official who is responsible for ensuring that the laws are adhered to (bowls) (*Chambers. Sports Factf., 2005, 128p.*)

**umpire** the second court official (b/b) [6]

**unavoidable hinder** a hinder caused by an unintentional act of a player or by a feature of the court. The point is replayed without penalty (racq.b.) [6]

**unchallenging** demanding little or no physical or psychological effort of a stimulating kind (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**Uncle Charlie** a curveball (baseb.sl.) (*Chambers. Sports Factf., 2005, 90p.*)

**unconscious** unable to see, hear or otherwise sense what is going on, usually temporarily and often as a result of an accident or injury (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**undamaged** not harmed physically or psychologically (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**under** in professional bowling, a score under 200. See also par; over (bowl.) [6]

**underachieving athlete** competitor who fails to reach his or her “potential” because of ineffective or limited motivational tendencies (*Dict. of sp. and Ex. Sc. 1991, 156p*)

**underarm clear** an underarm shot that is hit both high and deep (badm.) (*Chambers. Sports Factf., 2005, 67p.*)

**underclub** to use a club that does not give the distance required for the shot (golf) [6]

**underclub** to use a club with too much **loft**, thus not hitting the ball far enough (golf) (*Chambers. Sports Factf., 2005, 295p.*)

**underhand passing** in volleyball passing the ball with two arms. Two basic forms are differentiated: reception and defensive underhand pass. (*H. Haag & G. Haag, Dictionary, 2003, 555p*)

**under-led pass** a pass behind or to one side of a teammate, making it difficult for him to control the puck (icehok.) [6]

**undershoot** an error in a movement for accuracy wherein movement is stopped short of, under, the target (*Dict. of sp. and Ex. Sc. 1991, 156p*)

**underspin** same as **backspin** (golf) [6]

**underspin** see **backspin** (t.ten.) [6]

**underspin** see **backspin** (ten.) [6]

**understeer** if a car has understeer, the rear wheels have more traction than the front and so the car is less willing to turn (motorsp.) (*Chambers. Sports Factf., 2005, 416p.*)

**undertrained** used for describing an athlete who has not trained hard enough to be fit for competition (*Dict. of Sp. and Ex. Sc. 2006, 216p.*)

**underwater diving** diving below the water surface in pools, lakes, rivers, or open waters as a recreational or competitive activity. The two main types of underwater diving are diving without equipment (i.e. without artificial supply of air or pure oxygen) and scuba-diving with equipment. (*H. Haag & G. Haag, Dictionary, 2003, 556p*)

**underwater hockey** same as **octopus** (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**underwater rugby** team game of underwater diving with the goal of laying a ball into the opponent’s goal. (*H. Haag & G. Haag, Dictionary, 2003, 558p*)

**underwater sport** see underwater diving. (*H. Haag & G. Haag, Dictionary, 2003, 559p*)

**underweight** used for describing someone whose body weight is less than is medically advisable (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unearned run** a run conceded as a result of an **error** by the fielding side (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**uneasoned** lacking the skills or knowledge that experience provides (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**uneven bars** discipline of women's gymnastics. Equipment are the uneven bars, where the bars are positioned at different heights (originally the » parallel bars from men's gymnastics were used.) (*H.Haag & G.Haag, Dictionary, 2003, 559p*)

**uneven bars** **1.** a piece of apparatus consisting of two bars, 148 centimeters and 228 centimeters high and a maximum of 150 centimeters apart. **2.** a women's event performed on the apparatus, featuring swings, releases and re-grasps, and moves from one bar to the other (art.gymn.) [6]

**unforced error** loss of a point caused by a poorly hit shot that goes into the net or out of the court. Compare forced error (ten.) [6]

**union** the most common form of rugby, with 15 players on a side. See also league; sevens; tens (rugby) [6]

**universal machine** an exercise machine that allows the athlete to exercise many different parts of their body (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**Universiade** university world championships taking place every two years, divided into summer and winter Universiade. The summer Universiade (held for the first time in 1959 in Torino, Italy) includes the following sport disciplines: track and field, swimming, fencing, basketball, volleyball, water polo, tennis, hockey, and gymnastics; the winter Universiade (held for the first time in 1927 in Cortina d'Ampezzo, Italy) includes the following sport disciplines: alpine and Nordic skiing, ice-hockey, and figure skating. The forerunner for the summer event was the International Student World Games (since 1910), and for the winter event the International Sport Weeks. The Universiade is organized by the Federation Internationale du Sport Universitaire (FISU) in cooperation with the respective host city. (*H.Haag & G.Haag, Dictionary, 2003, 559p*)

**unplayable** a ball is unplayable if it is in a position where the player cannot hit it; it can then be dropped no nearer the hole with one penalty stroke (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**unplayable lie** a lie from which it's impossible to play the ball, such as when it's wedged between two rocks. The player is allowed to drop the ball, incurring a one-stroke penalty (golf) [6]

**unseeded** not assigned a position in a draw arranged so that the best players or teams can, in theory, avoid meeting until the later rounds (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsegregated** not segregated according to race or sex (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsigned** not having signed a contract to join a sports team as a player (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsound** not in a healthy physical or psychological state (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsporting** acting contrary to the rules and spirit of a sport (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsportsmanlike** being or acting contrary to fair play or the rules and spirit of a sport or of sport in general (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**unsportsmanlike conduct** rude behavior (f/b) [6]

**unsportsman-like foul** personal foul on a player with or without the ball which, in the opinion of the Official, was deliberately committed by the player against an opposing player (b/b) [6]

**up** the number of strokes or holes that a player is ahead of his opponent (golf) [6]

**up and back** a doubles formation in which one partner plays in the forecourt, the other in the backcourt. Compare tandem (ten.) [6]

**up and under** a high, short kick that gives the kicking side a good chance to run under and recover it. Also known as a Garryowen, for the Irish club that invented it (rugby) [6]

**up ice** in the direction of the team's attacking zone. See also caught up ice (icehok.) [6]

**up the jumper** a style of play involving the advance of the ball through the forwards, with little passing and much **mauling** and **driving** (rugby U. sl.) (*Chambers. Sports Factf.,2005, 495p.*)

**up-and-back** a doubles formation in which one partner is basically responsible for shots near the net, while the other is responsible for shots nearer the baseline (badm.) [6]

**up-and-down** getting the ball the hole from close to the green with a **pitch** or **chip** shot and a single putt (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**up-and-under** a very high kick, after which the kicker and his team-mates rush to catch it or tackle the catcher (rugby L., U.) (*Chambers. Sports Factf.,2005, 480p., 495p.*)

**upcourt** same as downcourt, oddly enough (b/b) [6]

**uphill lie** a lie on which a right-handed golfer's left foot is higher than the right foot (golf) [6]

**uppercut** an upward punch that comes from underneath an opponent's **guard** (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**upright** a goalpost (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**upright rowing** an exercise that replicates the in-and-out movement of a rowing machine but is performed standing up using dumbbells or a barbell (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**upright spin** a spin where the skater stands and rotates on one foot (f.skate.) (*Chambers. Sports Factf.,2005, 369p.*)

**upright swing** a swing in the club head is carried directly backward and upward from the ball, with little deviation from the center (golf) [6]

**uprights** twin tail fins (powerb.) [6]

**uprise** in gymnastics pulling up the body from the hang to the support position or into the handstand by means of bending and extending the arms. (*H.Haag & G.Haag, Dictionary, 2003, 560p*)

**upset** an unexpected result in a sports contest ■ to defeat an opponent unexpectedly (*Dict. of Sp. and Ex. Sc. 2006, 217p.*) (*H.Haag & G.Haag, Dictionary, 2003, 556p*)

**upset** when a higher-seeded (better) team loses to a lower-seeded (inferior) one (b/b) [6]

**upshot** the last shot in an archery contest (arch.) (*Chambers. Sports Factf.,2005, 27p.*)

**Upstairs** the upper area of the board (darts) [6]

**upstart** exercise in gymnastics where the hips are angled and the legs are pushed diagonally upwards from this position, which results in an upward movement, from where the hands push up into the support position and the hips are extended again with the lowering of the legs. The upstart is an element of many movement skills, e.g. upstart hang, upstart roll, upstart push. (*H.Haag & G.Haag, Dictionary, 2003, 560p*)

**upstream gate** a gate on a slalom course that is to be traversed in the direction against the flow of the water. To be distinguished from a downstream gate (canoe) [6]

**upstream gate** on a **slalom** course, a **gate** (marked by red and white stripes) that has to be negotiated against the direction of the stream (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**upward circle** in gymnastics a change in position from the hang to the support position achieved through a full twist of the body around the transversal plane of the body (» hip circle) at the high bar, parallel bars, rings, and uneven bars. The upward circle is one option for the mount at the beginning of an exercise in gymnastics. (*H.Haag & G.Haag, Dictionary, 2003, 560p*)

**upwind** in sailing a zigzag course which is sailed in a sequence of course changes via tacks in order to reach a destination which lies directly in wind direction. The course covered in between two tacks is called tack. (*H.Haag & G.Haag, Dictionary, 2003, 560p*)

**uraken** the inverted fist (karate) (*Chambers. Sports Factf.,2005, 381p.*)

**urine sample** a small volume of urine provided by an athlete for drugs testing or to allow a diagnosis of a medical condition, e.g. diabetes (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**urine substitution** the act of passing off a 'clean' urine sample from another person as your own, in order to pass a drugs test (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**urine test** a test performed on the urine sample of an athlete that detects the markers or metabolites of banned substances (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

**USSF** United States Soccer Federation - organization formed in 1913 to govern soccer in America; America's link to FIFA, providing soccer rules and guidelines to players, referees and spectators nationwide (f/b) [6]

**USYSA** United States Youth Soccer Association - the official Youth Division of the organizes and administers youth league competitions, establishes rules and guidelines, and holds clinics and workshops to support players, coaches and referees. USSF and the largest youth soccer organization in the U.S. (f/b) [6]

**utility player** a player who can play in several positions in a team (*Dict. of Sp. and Ex. Sc. 2006, 217p.*)

## V

**V** the V is the area between **mid-on** and **mid-off**, used in descriptions of where a batsman hits the ball (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**V position** the ski position that most jumpers use while in the air, with the skis touching or nearly touching at the tails and spread apart at the tips, thus forming a V (ski.) [6]

**V- position** the position of the skis adopted by most skiers in ski-jumping while in the air. The skis are touching or nearly touching at the tail and spread apart at the tips, forming a 'V'. Previously, ski-jumpers kept their skis parallel in flight (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**V1** technique used for climbing, where the ski pole is used on one side only (biathl.) (*Chambers. Sports Factf.,2005, 115p.*)

**V2** technique used for sprinting, where both ski poles are used, the skier pushing back on a pole at the same time as he or she pushes back with his/her leg on that side (biathl.) (*Chambers. Sports Factf.,2005, 115p.*)

**vacuum mattress** a firm inflated mattress used for transporting casualties with suspected spinal injuries (*Dict. of Sp. and Ex. Sc. 2006, 218p.*)

**Valley of Sin** a hollow in front of the 18<sup>th</sup> green on the Old Course at St Andrews where an underhit **approach shot** will end up (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**Vardon grip** same as **overlapping grip**; so called because it was invented by Harry Vardon (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**Vardon grip** the overlapping grip, so called because it was popularized by the great English golfer, Harry Vardon, early in the 20th century (golf) [6]

**variable resistance exercise** training device that alters the amount of resistance within the range of motion of a single repetition (*Dict.of sp.and Ex.Sc.1991, 157p*)

- Varieties** same as **Heinz** (darts) [6]
- vascular** relating to blood vessels (*Dict. of Sp. and Ex. Sc. 2006, 218p.*)
- vascularity** prominence of veins, desirable in bodybuilding (*Dict. of Sp. and Ex. Sc. 2006, 218p.*)
- vault** an event performed over the vaulting horse by both men and women. The gymnast races down a runway, vaults from a springboard onto the horse, landing with the hands, and then vaults off to a standing position. Each competitor performs two vaults and the scores are averaged (art.gymn.) [6]
- vault** jumping discipline of gymnastics for men and women; men jump over the vault (side- or long horse, also pommel-horse without the pommels) positioned lengthways with respect to the direction of the nm-up; for women the vault is positioned sideways. (*H.Haag & G.Haag, Dictionary, 2003, 560p*)
- vaulting** in equestrian sport performing gymnastics exercises on a galloping horse which runs in a circle of at least 13 m led with a lunge by the trick-riding teacher. A vault-belt with two hand grips is attached on the horse's back, which makes it easier for athletes to jump on to the horse and perform the exercises. Children and youths (8-16 years) present free and compulsory programs in groups of eight (maximum duration 15 min). In single trick-riding participants have to be at least 17 and no older than 21 years of age. (*H.Haag & G.Haag, Dictionary, 2003, 561p*)
- vaulting horse** a piece of gymnastic equipment with four legs and a solid leather-covered oblong body, used for exercises and especially for vaulting over (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- vaulting horse** a piece of apparatus, 35 centimeters wide by 160 centimeters long, used for the vault. The men's vaulting horse is 135 centimeters high, the women's 120 centimeters high (art.gymn.) [6]
- vegan** involving a diet of only vegetables and fruit, with no dairy products (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- veganism** the state of eating a vegan diet (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- vegetarian** involving a diet without meat (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- vegetarianism** the state of eating a vegetarian diet (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- velocity** the rate of change of position in a given direction, composed of both speed and direction (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)
- velocity** **1.** the vector describing the change in position divided by the change in time. **2.** the time rate of change of position. **3.** the derivative of position as a function of time. Velocity is measured in meters/second ( $m \cdot s^{-1}$ ). See also *speed* (*Dict.of sp.and Ex.Sc.1991, 157p*)
- velocity** physical unit of measurement (denoted by the symbol  $v$ ) during a uniform motion, i.e. a motion where equal distances are covered in equal time intervals. Velocity is the constant ratio of the covered distance ( $s$ ) and the time ( $t$ ) taken for travelling along that distance  $v=s/t$ . For non-uniform movements, which include most sport movements (especially those performed during speed competi-

tions such as track and field running events, skiing, automobile and horse races), this ratio represents the average velocity. Velocity is registered in the Si-unit m/sec (metres per second) or other legal units (cm/sec, m/min, km/h, etc.); in nautical sport events » knots are used (nautical miles per hour). Methods for measuring velocity in sport are (in movement analyses) cinematography and (in speed competitions) measuring time by means of a stop watch or » electronic timing devices (light beams, etc.). (*H.Haag & G.Haag, Dictionary, 2003, 562p*)

**velodrome** a banked track, either indoor or outdoor, on which **track races** are held (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**velodrome** a track built specifically for bicycle racing, made up of two long straights and two short, curved end sections that are sharply banked. Most velodromes are 1/3 of a kilometer around, though some are as short as 200 meters and others as long as 500 meters (cycl.) [6]

**venue capacity** number of all spectator seats in a venue, including accreditation restricted seats (b/b) [6]

**venue public capacity** number of spectator seats excluding accreditation restricted seats (b/b) [6]

**violation** an infraction of the rules of the game: travelling; illegal dribble or double dribble; carrying the ball; 3 second violation; 5 second violation; 8 second violation; 24 second shot clock violation; ball returned to back court· out of bounds; intentional foot ball; basket interference (b/b) [6]

**venue** location where a sporting competition is held (f/b) [6]

**verbal information** the oral or textual description of a motor action within the framework of sport instruction to enhance the motor teaching and learning process. (*H.Haag & G.Haag, Dictionary, 2003, 563p*)

**verbal persuasion** same as **pep talk** (*Dict. of Sp. and Ex. Sc. 2006, 219p.*)

**verbal-motor stage** the first of Adam's two-stage model of motor learning, characterized by conscious verbal control, large and frequent errors, a weak perceptual trace, and extreme reliance on external knowledge of results. Practice lessens errors, strengthens the perceptual trace, and makes knowledge of results superfluous, bringing the learner to the second (motor) stage. See also *motor stage* (*Dict.of sp.and Ex.Sc.1991, 158p*)

**vert** an event held in a **half-pipe** in which skateboarders perform **aerials** (skateb.) (*Chambers. Sports Factf.,2005, 515p.*)

**vertical** a high obstacle (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**vertical** a section of a cross-country course where there is an uphill climb (ski.) [6]

**vertical gate** on a slalom course, when the two poles that make up the **gate** are placed vertically rather than horizontally (ski.) (*Chambers. Sports Factf.,2005, 527p.*)

**vertical position** a position in which the body is extended perpendicular to the surface with the head down and the legs together. Head, hips and ankles should be in line (synchr.swim.) [6]

**verticals** same as **uprights** (powerb.) [6]

**vestibular apparatus** balance organ, part of the labyrinths It is located in both inner ears (deep inside the side skull wall) and relays information about body position in three-dimensional space and about turning, acceleration as well as deceleration processes. It makes the maintenance of balance possible due to a connection with the cerebellum and other parts of the brain (e.g. also while performing a headstand, floor gymnastics, aerial manoeuvres). (*H.Haag & G.Haag, Dictionary, 2003, 563p*)

**vice skip** the assistant captain, who assists the skip in planning strategy and tactics (curl.) [6]

**victory** the successful completion of a sport competition by one party, and the corresponding loss of the other party. A victory can be determined by the number of points scored (victory by points; e.g. in combat sports), goals scored (e.g. in soccer, ice-hockey), sets won (e.g. volleyball), or precise measurement of results (e.g. track and field). The term knock-out victory was originally only used in boxing when the opponent was knocked down and unable to continue the fight; today the term is also used within the framework of a competitive series (» knock-out system). The winner of a competition is often honoured in an awards presentation ceremony with diplomas, medals, ribbons, or prizes. (*H.Haag & G.Haag, Dictionary, 2003, 563p*)

**victory** success in a competition against an opponent (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**victory lane** in Nascar, the place on the racetrack's infield where the race winner parks for the prize giving (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**video controller** an official who watches on closed circuit television. If the video controller believes that a skier missed a gate, it must be reported to the gate controller (ski.) [6]

**video referee** an official in the stands who has access to TV replays and whose opinion the referee may ask when he is unsure if a try has been legally scored (rugby L., U.) (*Chambers. Sports Factf.,2005, 481p., 495p.*)

**view block** in volleyball the attempt of the serving team to block the opponent's view of the serving player; it is not permitted and counted as a fault. (*H.Haag & G.Haag, Dictionary, 2003, 563p*)

**Vince Lombardi Trophy** the trophy awarded to the winners of the Super Bowl (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**violation** an infraction of the rules that doesn't result in a free throw; however, the ball is turned over to the opposing team for a throw-in. Also known as a floor violation (b/b) [6]

**violation** see **floor violation** (b/b) [6]

**violence** in sport, the act of committing an act that results in physical damage to a person or property as a function of (a) the act's legitimacy (Was it necessary to meet a contest-related goal?), (b)

degree of injury (Was a person injured due to the act?), and (c) intent of the participant (Was it the actor's desire to inflict harm to another person or property?) (*Dict. of sp. and Ex. Sc. 1991, 158p*)

**virtuosity** the amount of rhythm and harmony displayed during a movement (gymn.) [6]

**vision-impaired** (*in disabled sport events such as the Paralympics*) a category for athletes with visual problems (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**visor** a rounded sheath of clear or tinted plastic attached to the front of the helmet to protect the face (luge) [6]

**visual acuity** the sharpness of someone's vision, especially as it relates to skills such as hand-eye coordination (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**visual acuity** 1. sharpness of vision. 2. ability of the visual system to resolve detail (*Dict. of sp. and Ex. Sc. 1991, 159p*)

**visual information** visual presentation of a motor action within the framework of sport instruction for the enhancement of the motor teaching and learning process. (*H. Haag & G. Haag, Dictionary, 2003, 564p*)

**visual memory** ability to recall characteristics of visual stimuli (*Dict. of sp. and Ex. Sc. 1991, 159p*)

**visualisation** the act of vividly imagining a desired solution to a problem in order to build happiness and self-confidence (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**vitafoods** food products that are designed for health-conscious consumers (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**vital signs** the signs that indicate life, e.g. pulse, body temperature, breathing and blood pressure (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**vitamin** any of various substances that are not synthesised in the body but are found in most foods, essential for good health (*Dict. of Sp. and Ex. Sc. 2006, 220p.*)

**vitamin-rich** containing high levels of vitamins (*Dict. of Sp. and Ex. Sc. 2006, 221p.*)

**voiture balai** see **broom wagon** (cycl.) (*Chambers. Sports Factf., 2005, 206p.*)

**volley** term for the reception and playing on of a ball directly from the air, e.g. in tennis or soccer. (*H. Haag & G. Haag, Dictionary, 2003, 564p*)

**volley** (*in tennis, football and other ball sports*) a hit of a ball before it touches the ground ■ to hit or kick a ball before it touches the ground (*Dict. of Sp. and Ex. Sc. 2006, 221p.*)

**volley** a shot on which the ball is hit before it bounces. As a verb, to hit such a shot (ten.) [6]

**volley** a shot or pass in which the ball is struck before it hits the ground (f/b) (*Chambers. Sports Factf., 2005, 263p.*)

- volley** a shot played before the ball bounces (squash) (*Chambers. Sports Factf.,2005, 551p.*)
- volley** a stroke played before the ball bounces (ten.) (*Chambers. Sports Factf.,2005, 601p.*)
- volley** any ball kicked by a player when it is off the ground (f/b) [6]
- volley** to hit the ball before it has bounced. Illegal in table tennis; the offender loses the point (t.ten.) [6]
- volley** to play the ball with the fingertips of both hands in an overhead (v/b) (*Chambers. Sports Factf.,2005, 617p.*)
- volleyball** **1.** a sport in which two teams hit a large ball over a high net using their hands, played on a rectangular court **2.** a large, usually white inflated ball used for playing volleyball (*Dict. of Sp. and Ex. Sc. 2006, 221p.*)
- volleyball** team ball game played as a recreational and competitive sport outdoors or inside a gymnasium. Two team of six players each stand opposite each other on a court that is divided in the middle by a net. The ball is played by hitting it with the arms or hands. The idea of the game is to bring the ball across the net and onto the floor of the opponent's half of the playing field without violating the rules and to prevent the ball from landing on the own side of the court. (*H.Haag & G.Haag, Dictionary, 2003, 564p*)
- volte** **1.** in fencing the sideways dodging from the opponent by means of stepping away from the line of combat. **2.** in dressage a figure described by the hoofs, a circle with a diameter of six paces. (*H.Haag & G.Haag, Dictionary, 2003, 568p*)
- vorlage** a skiing position in which a skier leans forward from the ankle but keeps his or her heels on the skis (*Dict. of Sp. and Ex. Sc. 2006, 221p.*)
- voyage** a long journey by ship (*Dict. of Leis., Trav. and Tour., 2008, 334p.*)
- voyager** somebody who goes on a long journey by ship (*Dict. of Leis., Trav. and Tour., 2008, 334p.*)
- v-taper** a term that describes the body shape of a person with well-developed shoulders and a comparatively small waist (*Dict. of Sp. and Ex. Sc. 2006, 221p.*)

## W

- WACA** (pronounced *wacker*) Test cricket ground in Perth of the Western Australian Cricket Association (crick.) (*Chambers. Sports Factf.,2005, 176p.*)
- WADA** *abbreviation* World Anti-Doping Agency (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)
- waggle** preliminary movement of the club head behind and over the ball, preparatory to the swing itself (golf) [6]

**waist** the narrowest section of a ski between the tail and the tip (ski.) [6]

**waist-to-hip ratio** a way of describing the distribution of adipose tissue in the body (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**waiting blocks** area where non-playing members of team wait as reserves or where players go when out (kabadi) (*Chambers. Sports Factf.,2005, 377p.*)

**waiting time** in education, a period during formal instruction when no teaching or activity is occurring (*Dict.of sp.and Ex.Sc.1991, 160p*)

**wake** the V-shaped water behind the boat that is created by its forward motion (w.ski.) (*Chambers. Sports Factf.,2005, 623p.*)

**wakeboarding** a water sport in which someone riding a single board is pulled behind a motor boat and performs jumps while crisscrossing the wake of the boat (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**wakeboarding** a water sport in which somebody ridding a single board is pulled behind a motor boat and performs jumps while crisscrossing the wake of the boat (*Dict. of Leis., Trav. and Tour., 2008, 335p.*)

**Wales Conference** as one of the two conferences in the NHL consisting of the Patrick and Adams Divisions until the 1992-93 season; renamed the Eastern Conference in 1993 (icehok.) [6]

**walk** **1.** a usually pleasant journey on foot **2.** an organized visit on foot ■ **1.** to go on foot (*Dict. of Leis., Trav. and Tour., 2008, 335p.*)

**walk** a horse's slowest **gait**, in which the legs move individually in a diagonal pattern (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**walk** if a player walks, he leaves the pitch without waiting for the umpire to adjudicate on art appeal (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**walk** the automatic award of first base to the batter after the pitcher has thrown four **balls**; also called **base on balls** (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**walk the course** to measure a jumping course by pacing off strides between obstacles before a competition (equest.) [6]

**walker** somebody who goes walking for pleasure and exercise (*Dict. of Leis., Trav. and Tour., 2008, 336p.*)

**walking** locomotor pattern of alternate limb-stepping. In humans, at least one foot is in contact with the support surface at all times, and the trunk is upright (*Dict.of sp.and Ex.Sc.1991, 160p*)

**walking** the activity of going on foot as a relaxation (*Dict. of Leis., Trav. and Tour., 2008, 336p.*)

**walking** see **travelling** (b/b) [6]

**walking** 1. fundamental human means of transportation, a motor action performed every day by human beings, simply rolling on one's foot from heel to toe (also double rolling, i.e. landing on the ball of the foot, rolling to the heel and back to the toes); precise walking also plays an important role in callisthenics and ballet. 2. discipline of track and field; speed competitions held on roads or tracks. The rules prescribe that in sportive walking contact with the ground must be kept at all times, i.e. the leg swinging forward must touch the ground with the heel before the push-off leg can leave the ground. The leg must be straight from the time it is set on the ground until it is lifted again; the torso must be upright at all times. (*H.Haag & G.Haag, Dictionary, 2003, 568p*)

**walking boots, walking shoes** heavy boots or shoes, suitable for walking long distances (*Dict. of Leis., Trav. and Tour., 2008, 336p.*)

**walking stick** a stick used to support you when walking (*Dict. of Leis., Trav. and Tour., 2008, 336p.*)

**walking tour** a tour on which you walk from one place to another, spend the night, and then continue on foot the following day (*Dict. of Leis., Trav. and Tour., 2008, 336p.*)

**walkout front** a move in which the swimmer starts in the split position, lifts the front leg in a 180-degree arc over the surface to meet the other leg, and then continues into the back layout position (synchr.swim.) [6]

**walkover** an easy victory or one that is obtained without a contest, e.g. because the opposing side did not turn up (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**walkover** a victory that results from the opponent's default (ten.) [6]

**walkover** effortless victory in various sport disciplines, in sport games with a large difference in points scored. (*H.Haag & G.Haag, Dictionary, 2003, 570p*)

**wall** 1. in soccer and handball a chain of players standing directly next to each other, which is built to partly block the goal during free kicks (free throws). 2. in equestrian an obstacle used in show-jumping consisting of wooden boxes stacked upon each other. (*H.Haag & G.Haag, Dictionary, 2003, 570p*)

**wall** a high jump that looks like a brick or stone wall (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**wall** a jump that simulates a solid stone or brick wall (equest.) [6]

**wall** a line of 2 to 6 defending players pressed together shoulder-to-shoulder to protect their goal against a close free kick; creates a more difficult shot by reducing the amount of open goal area the kicker has to shot at (f/b) [6]

**wall** a very steep smooth rockface (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**wall bars** equipment taken from Swedish gymnastics: a maximally 2,6 m high grid wall made of wood, equipped with bars that have an ellipsoidal cross-section and are set at a distance of about 10 cm from each other into side beams. Wall bars can be fixed on the wall or moveable by means of a device similar to a door hinge, so that it can be integrated into a combination with other equipment in obstacle gymnastics. Wall bars are used especially for training strength and flexibility, in the hanging position they serve the purpose of de-loading the spine. They can be used for individual or partner exercises. (*H.Haag & G.Haag, Dictionary, 2003, 570p*)

**wall pass** a pass by a ball carrier who sends the ball to a teammate, then runs behind his own defender and quickly receives a pass back; used to get a player past his defender without having to dribble by him; same as the "give-and-go" in basketball (f/b) [6]

**Wallabies** the nickname of the Australian rugby team(rugby U.) (*Chambers. Sports Factf.,2005, 495p.*)

**wallbars** a series of horizontal bars attached to a wall and used for exercise (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**walley** a jump that starts from a back inside edge and lands on the back outside edge of the same blade (f.skate.) (*Chambers. Sports Factf.,2005, 369p.*)

**wallpaper serve** a serve that travels close to a side wall (racq.b) [6]

**wallpaper shot** a shot that travels close to a side wall (racq.b.) [6]

**waltz** a jump executed by taking off from a front outside edge, performing a half-revolution and landing on the back outside edge of the other skate (f.skate.) (*Chambers. Sports Factf.,2005, 369p.*)

**waltz** a simple jump, for beginners, in which takeoff is from the forward outside edge and the landing is on the back outside edge of the other foot, after a half revolution in the air (f.skate.) [6]

**warm** used for describing muscles that are prepared and loosened by stretching and ready to undertake heavier exercise (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**warm down** same as **cool down** (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**warm up** to prepare the body for exercise by stretching muscles and loosening joints (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**warm-down** same as **cool-down** (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**warm-up** a measure for the preparation of the circulatory system and the metabolism for the demands of training or competition. An increase in temperature in the muscle system through (active) light running, calisthenic stretching and relaxation exercises, and/or (passive) massages, showers, etc. increase contraction velocity and blood flow of the muscle system and make a contribution toward an increase of performance velocity of the nerves. The result is a general improvement of organic, coordinative, and mental readiness for performance and a marked reduction of injury dangers. Similar exercises should also be performed at the end of physical activity to bring physical reaction back to a

normal level (physiological deactivation by warming down). (*H.Haag & G.Haag, Dictionary, 2003, 570p*)

**warm-up** an exercise or a period spent exercising before a contest or event (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**warm-up** low-intensity activity that generally consists of light stretching and other exercises designed to increase body temperature; done to elevate the physiological state in preparation for intense activity; may help reduce the incidence of musculoskeletal injury (*Dict.of sp.and Ex.Sc.1991, 160p*)

**warm-up area** an area adjoining the competition stage where athletes warm up before attempting their lifts (weightl.) [6]

**warm-up lap** same as **formation lap** (motorsp.) (*Chambers. Sports Factf.,2005, 416p.*)

**warning** when a boxer infringes the rules he is given a warning by the referee. Three warnings leads to **disqualification** from the bout (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**warning track** a grass-free area in front of the **outfield** fence (baseb.) (*Chambers. Sports Factf.,2005, 88p.*)

**wash** 1. the rough water left behind by a boat that can affect the progress of competing boats 2. the water disturbed by an oar (row.) (*Chambers. Sports Factf.,2005, 471p.*)

**wash out** a goal that is ruled invalid by the referee or the waving off of an infraction by the linesmen (icehok.) [6]

**wash out** to bring the blade out of the water before the drive has been completed, thus losing power (row.) [6]

**washboard** describes a stomach that is flat with well-defined muscles (*Dict. of Sp. and Ex. Sc. 2006, 222p.*)

**washboard** in **motocross**, a succession of hillocks (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**washout** the 1-2-4-10 or 1-2-10 split for right-handed bowlers, the 1-3-6-7 or 1-3-7 for left-handers (bowl.) [6]

**water hazard** a hazard that contains water (golf) [6]

**water hole** a hole that has a large, conspicuous water hazard between the teeing ground and the putting green (golf) [6]

**water jump** an obstacle consisting of a low fence or hedge followed by a stretch of water (equest.) (*Chambers. Sports Factf.,2005, 226p.*)

**water jump** an obstacle that requires a horse to jump over a wide expanse of water, usually preceded by a low hedge or fence (equest.) [6]

**water jump** one of the hurdles of the 3,000m steeplechase, where athletes land in a shallow pool of water (athl.) (*Chambers. Sports Factf.*, 2005, 54p.)

**water park** a leisure area or theme park with water-based facilities such as slides with flowing water (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**water polo** a game played in a swimming pool by two teams of seven players, in which the object is to score by sending a large ball into the opposing team's goal (*Dict. of Sp. and Ex. Sc.* 2006, 222p.)

**water polo** team goal game where the idea of the game is to throw the ball as often as possible in the opponent's goal and to prevent the opponent from scoring goals. The game is played in water and swimming is therefore the form of movement used by the players. (*H.Haag & G.Haag, Dictionary*, 2003, 570p)

**water skiing** water sport where the involved individual stands on one or two water skis and performs various skills while being pulled by a motor boat. (*H.Haag & G.Haag, Dictionary*, 2003, 573p)

**water skis** wider shorter skis for gliding over water (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**water slide** a slide with water flowing down it at a swimming pool or an amusement park (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**water sports** sports carried out on or in water (*Dict. of Sp. and Ex. Sc.* 2006, 222p.)

**water sports** activities which take place on or in water, e.g. swimming, water polo and scuba diving (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**water sports** collective term for all sport disciplines practiced only in or on water (pools, lakes, rivers, oceans, etc.). They have gained in popularity especially as recreational sports. Water sports include canoeing, motor boating, rowing, swimming, springboard and tower diving, lifesaving, sailing, underwater diving, water polo, water skiing, surfing, and windsurfing. (*H.Haag & G.Haag, Dictionary*, 2003, 574p)

**watering place** **1.** a place where people go to drink or bathe in the local water for health reasons **2.** a place by the sea to which people go for swimming and other leisure activities (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**waterskier** somebody who goes waterskiing (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**waterskiing** the sport of gliding along the surface of a lake or river on large skis, pulled by a fast boat (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

**waterskiing** the sport of skiing on water, on one or two skis, while being pulled by a motorboat and holding a rope (*Dict. of Sp. and Ex. Sc.* 2006, 222p.)

**waterwings** inflatable rings attached to the arms of a child learning to swim (*Dict. of Leis., Trav. and Tour.*, 2008, 338p.)

- watery grave** the fate of a shot hit into water (golf sl.) (*Chambers. Sports Factf.*,2005, 296p.)
- wave** **1.** change of the water surface which is periodic in regard to time and space and must be taken into consideration in water sports (e.g. sailing, water-skiing); in surfing and waveriding on a sailboard waves (windsurfing) are the essential prerequisite and medium for practicing the sport. **2.**in gymnastics swing at the high bar while seated or hanging on one's knees. **3.** in bicycling swerving from side to side to prevent the opponent from passing (this is penalized with a disqualification). **4.** in gliding the flying in upwinds and downwinds. (*H.Haag & G.Haag, Dictionary, 2003, 574p*)
- wax** a soft substance applied to the base of a ski for protection and to improve its snow-going properties. See glide wax; grip wax (ski.) [6]
- waxing** regular maintenance of ski bases to improve its gliding characteristics. For the classic technique in cross country skiing skis are waxed to increase the grip in the ski's push-off zone. Depending on snow weather conditions hard waxes, tube waxes (also klister), or wax sprays are used. F-waxes (fluorescent powder) have gained in popularity for high-performance skiing as the gliding characteristics are improved considerably. Regular waxing protects the ski bases from wearing out and increases the ski's durability. Wax can be applied cold or hot (with a wax machine, iron, or wax burner). (*H.Haag & G.Haag, Dictionary, 2003, 574p*)
- waxless skis** skis that have small ridge patterns on the middle area of the base to provide grip; used in classical cross country (ski.) [6]
- waza ari awasete ippon** a win in which the combatant has scored two waza-aris (Judo) [6]
- waza-ari** a half win. Two waza-ari are equivalent to an ippon (Judo and karate) [6]
- waza-ari** a half-point, two being required for an **ippon** (karate) (*Chambers. Sports Factf.*,2005, 381p.)
- waza-ari** a score, an 'almost ippon', awarded for a throw or hold not quite worthy of a maximum score of an **ippon** or by a 25-second hold-down. If a competitor gains two **waza-ari** in a match it is equal to an ippon and is called an **awasewaza** (judo) (*Chambers. Sports Factf.*,2005, 373p.)
- weak** not strong (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)
- weak side** the side of the court away from the ball. Opposite of strong side (b/b) [6]
- weak side** the side of a standard offensive formation on which there is no **tight end**; compare **strong side** (Am.f/b) (*Chambers. Sports Factf.*,2005, 18p.)
- weak side** the side of the pool opposite the side on which the ball is located (w.polo) [6]
- weakness** **1.** the fact of lacking strength **2.** a feature of someone's character regarded as unfavourable and can therefore be exploited by an opponent (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)
- weaksides** the short side of a field on a ruck or maul. Also called the blindside (rugby) [6]

**weaksid** the side of the court away from the ball (b/b) [6]

**weave** if a boxer weaves, he eludes punches by making twisting and turning movements (box.) (*Chambers. Sports Factf.,2005, 142p.*)

**weaving** in boxing the alternating lowering of the body from side to side to duck and avoid punches by the opponent. (*H.Haag & G.Haag, Dictionary, 2003, 575p*)

**wedge** an iron with a heavy flange on the bottom and a high loft. There are two types: the sand wedge and the pitching wedge (golf) [6]

**wedge** another name for the snowplow (ski.) [6]

**wedge** any iron-headed club (**pitching wedge, sand wedge** or **lob wedge**) with a broad low-angled face and a high degree of **loft** (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**weenie gear** same as **granny gear** (cycl.) [6]

**weigh** **1.** to measure how heavy something is **2.** to have a particular weight (*Dict. of Leis., Trav. and Tour., 2008, 339p.*)

**weigh in** to be weighed before or after a boxing match, horse race or similar contest (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weigh sling** a bag attached to a gauge, used for weighing caught fish (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**weigh-in** an official occasion on which athletes in particular sports such as boxing are weighed, so that they can be placed into categories for competition (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weigh-in** the process of determining body weight for each competitor, which begins two hours before competition (weightl.) [6]

**weigh-in** the process of weighing an athlete to determine how much additional weight he or she will be allowed to carry during the race. See also **base weight** (luge) [6]

**weighing room** the room in which the jockeys and their saddles are weighed before and after a race (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**weight** **1.** how heavy someone or something is **2.** something that is heavy, especially an object lifted, pushed or pulled in order to develop muscle tone or strength (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight** **1.**the attractive force the earth exerts on a body on or near its surface. **2.**the product of the mass of an object and the acceleration due to gravity ( $9.81 \text{ m} \cdot \text{s}^{-2}$ ). Weight is measured in newtons (N) (*Dict.of sp.and Ex.Sc.1991, 160p*)

**weight** the momentum given to a curling stone by the delivery (curl.) [6]

**weight** the number of pounds of force required to pull the bowstring back 28 inches (arch.) [6]

**weight** the weight that the **handicapper** assigns a horse to carry based on its recent performances (equest.) (*Chambers. Sports Factf.*,2005, 349p.)

**weight bearing activity** resistance exercises that strengthen the bones and prevent osteoporosis (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight classes** classification of competitors according to body weight; in sport disciplines where performance depends considerably on body weight this classification is enforced to ensure equal opportunities for athletes participating in competitions. The following sport disciplines are divided into weight classes: boxing, weight lifting, budo, grass strength sport, wrestling; in rowing only the maximum weight limit for a team is prescribed in light-weight races. Weight classes vary depending on the sport; in boxing the weight classes vary depending on the organization holding the event. (*H.Haag & G.Haag, Dictionary, 2003, 575p*)

**weight control, weight management** the act of keeping your weight within healthy limits with a sensible diet and exercise plan (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight gain** the fact of becoming fatter or heavier (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight gain formula** any high-calorie sports supplement taken to promote muscle growth. Abbreviation **WGF** (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight loss** the fact of losing weight or of becoming thinner (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight reduction** same as **weight loss** (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight training** form of training where lifting weights is utilized for improving strength of arm, leg and torso muscles. Weight training is performed with special equipment (barbells, medicine ball, or fitness machines). These devices for strength training are designed so that injuries will not occur and to ensure that specific loads and precise weight are possible. (*H.Haag & G.Haag, Dictionary, 2003, 577p*)

**weight training** physical training using weights to strengthen the muscles (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight training belt** a thick belt worn during exercise to support the lower back (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight vest** a vest in which additional weight can be carried (luge) [6]

**weighted vest** a vest top with weights attached, worn to provide added resistance during exercise (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight-for-age** an index of a child's weight against the average weight for a child of that age, showing whether they are being adequately nourished for growth (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight-for-height** an index of a child's weight against the average weight for a child of that height, showing whether they are being adequately nourished for growth (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weightlifter** a person who takes part in weightlifting (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight-lifting** heavy athletic sport, where a weight must be lifted from the floor to complete extension with one or two arms. (*H.Haag & G.Haag, Dictionary, 2003, 575p*)

**weightlifting** the sport of lifting heavy weights, either for exercise or in competition (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight-loss plan** a scheme to reduce body weight, usually by reducing calorie intake, increasing physical activity or a combination of both (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weights** heavy objects that a person lifts in order to build muscular strength or as a sport (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weights bench** a sturdy bench that a person can lie on while lifting weights (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**weight-vest** **1.** vest developed for condition training (see overload training); by means of exchangeable weight inserts the training load can be varied. **2.** in sailing a device used for increasing the crew's weight in heavy weather (maximum extra weight is limited depending on the boat class). (*H.Haag & G.Haag, Dictionary, 2003, 577p*)

**welded** see **frozen** (curl.) [6]

**well** a formation of defensive players lined up to defend their goal against a free kick (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**well pass** same as **one-two** (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**wellness** physical wellbeing, especially when maintained or achieved through good diet and regular exercise (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**wellness foods** nutritionally rich foods eaten for health (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**well-taken** performed or executed skilfully or effectively (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**welterweight** **1.** (*in boxing*) a weight category for competitors who weigh between 63.5 kg and 66.7 kg **2.** a professional or amateur boxer who competes at welterweight **3.** a sports contestant ranked by body weight between a lightweight and a middleweight (*Dict. of Sp. and Ex. Sc. 2006, 223p.*)

**Western Conference** the renamed Cambell Conference beginning with the 1993-94 season which contains the Central, Northwest and Pacific Divisions (icehok.) [6]

**western grip** same as **shakehands** (t.ten.) (*Chambers. Sports Factf.,2005, 579p.*)

**Wet Feet** a player who commits a foot fault is said to have wet feet (darts) [6]

**wet pack** a piece or pieces of material dampened with hot or cold water and wrapped around a patient's body for therapeutic purposes (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wet pass** a pass thrown so that it lands in the water (w.polo) [6]

**wet shot** a shot attempted by a player who is controlling the ball in the water; usually a quick wrist shot (w.polo) [6]

**wet-fly** a bag attached to a gauge, used for weighing caught fish a method of angling where the fly sinks in the water (angl.) (*Chambers. Sports Factf.,2005, 25p.*)

**wetsuit** a suit worn by divers, windsurfers, etc., which keeps the body warm with a layer of water between the body and the suit (*Dict. of Leis., Trav. and Tour., 2008, 340p.*)

**WGF** abbreviation weight gain formula (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wheel** 1. a round object on which a vehicle such as a bicycle, a car or a train runs 2. any similar round object which turns ■ to push along something that has wheels (*Dict. of Leis., Trav. and Tour., 2008, 340p.*)

**wheel** to push the scrum unevenly, resulting in it twisting (rugby U.) (*Chambers. Sports Factf.,2005, 495p.*)

**wheelbase** the distance between a car's front and rear axles (autosp.) [6]

**wheelchair** (*in disabled sport events such as the Paralympics*) a category for athletes confined to a wheelchair (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wheelchair marathon** a marathon mat is open to athletes in wheelchairs only (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wheelchair rugby** same as **quad rugby** (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wheelchair sport** sport practiced by (mostly paraplegic) people in wheelchairs, in various sport disciplines such as basketball, archery, electric wheelchair sport, fencing, weight-lifting, track and field, swimming, shooting, dancing, tennis, table tennis, and different winter sports. Competitions in wheelchair sport are also organized, e.g. in the » Paralympics, » Stoke-Mandeville-Games, and World Championships. (*H.Haag & G.Haag, Dictionary, 2003, 577p*)

**wheelhouse** if a pitch is thrown in a hitter's wheelhouse, the hitter is able to make a powerful swing at the ball (baseb.) (*Chambers. Sports Factf.,2005, 90p.*)

**wheelie** a trick in which the front wheel is lifted off the ground, traditionally performed as the winner crosses the finishing line (motorsp.) (*Chambers. Sports Factf.,2005, 403p.*)

**wheelie** the act of lifting the front wheels of the racer so that only the rear wheels are in contact with the track (autosp.) (*Chambers. Sports Factf.,2005, 219p.*)

**wheelsucking** same as **sitting in** (cycl.sl.) (*Chambers. Sports Factf.,2005, 207p.*)

- whiff** if a batter whiffs, he **strikes out** (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)
- whiff** same as **air shot** (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)
- whiff** to swing and miss the ball (golf) [6]
- whip** a long, thin device held by the rider and used to urge the horse on (equest.) [6]
- whip** the driver in carriage driving (equest.) (*Chambers. Sports Factf.,2005, 226p.*)
- whip back** a back **handspring** where the hands do not touch the floor (gymn.) (*Chambers. Sports Factf.,2005, 312p.*)
- whip back** a movement similar to the back handspring, except that the hands don't touch the floor (art.gymn.) [6]
- whip-over** the fencing uniform (fenc.) [6]
- whip-over** a touch, in sabre, that results from the blade's foible being whipped over the opponent's guard or blade (fenc.) [6]
- whipping** the thread or twine wrapped around the area where the shaft joins the head. It's often replaced by a plastic ferrule (golf) [6]
- whipping** waxed thread that used to be wound around the **hosel** wooden-headed of woods (golf) (*Chambers. Sports Factf.,2005, 295p.*)
- whippy** descriptive of a very flexible shaft (golf) [6]
- whirlpool bath** a type of bath, often in a spa, where the water is made to turn round and round (*Dict. of Leis., Trav. and Tour., 2008, 340p.*)
- whirlpool bath** a bath or outdoor pool with powerful underwater jets that keep the water constantly moving or swirling around the body. It is sometimes used in physical therapy (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)
- white flag** if an athlete receives a white flag, his or her jump or throw is fair (athl.) (*Chambers. Sports Factf.,2005, 55p.*)
- White Horse** scoring three triples in one round of cricket (darts) [6]
- White Moment** a moment when a player clearly has the psychological edge in a game (darts) [6]
- whites** white or off-white sports clothing, especially as worn by tennis players or cricketers (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)
- whitewash** a resounding defeat, especially one in which the losing player or team does not score (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)
- Whitewash** same as **shut out** (darts) [6]

**whitewater** the type of water created by rapids, so called from the white foam created on the water's surface. As an adjective, it describes slalom racing, which takes place in such water (canoe) [6]

**whitewater** the type of water created by rapids. It describes **slalom** rather than **flatwater** racing (canoe) (*Chambers. Sports Factf.,2005, 152p.*)

**white-water canoeing, rafting** the sport of riding in a canoe or on a raft down rapidly flowing rivers (*Dict. of Leis., Trav. and Tour., 2008, 341p.*)

**white-water racing** competitive form of white-water » canoeing where only the time taken from start to finish counts. On a given section of a river with rapids each competitor selects his own individual course (minimum 3 km, a minimum degree of difficulty of 3, including natural obstacles). The athletes sit in kayaks or Canadian canoes and steer the boats by paddling or shifting one's weight. The following disciplines are held: single kayak (men and women) double Canadian canoe (men), and mixed Canadian canoe (one man and one women). If capsized the boat has to be reentered or righted without assistance (» Eskimo roll). (*H.Haag & G.Haag, Dictionary, 2003, 578p*)

**white-water sport** collective term for recreational white-water tours in canoes, kayaks, or rafts (white-water rafting), » white-water racing, and canoe slalom (» canoeing) on fast flowing ("white") water. Special equipment and cautionary measures are required. The white-water is categorized into degrees of difficulty from 1 (easy) to 6 (difficult). (*H.Haag & G.Haag, Dictionary, 2003, 578p*)

**wholesome** having a fit healthy appearance that suggests clean living (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wicket** **1.** (*in cricket*) either of two sets of three upright sticks (**stumps**) on which are balanced two shorter sticks (**bails**) and in front of which the batsman stands **2.** the part of a cricket pitch between the two sets of stumps, which are placed 20 m/22 yd apart **3.** (*in cricket*) a batsman's turn of batting, or that of a pair of batsmen **4.** (*in cricket*) the ending of somebody's turn of batting, effected, e.g. by knocking down the stumps or catching the ball (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wicket** **1.** the arrangement of the three stumps with two **bails** on top which the batsman defends a gainst the bowling **2.** a **stump** **3.** the pitch, eg *the wicket was a fast one* **4.** a batsman's stay at the wicket, or his joint stay there with another, eg *they put on 211 for the third wicket* (crick.) (*Chambers. Sports Factf.,2005, 176p.*)

**wicket-keeper** (*in cricket*) the player positioned behind the wicket to catch the ball or knock the bails off the stumps (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**wicketkeeper** the fielder who stands immediately behind the batsman's wicket and whose main object is to stop balls missed by the batsman (crick.) (*Chambers. Sports Factf.,2005, 177p.*)

**wicking** of sports clothing, designed to draw perspiration away from the skin so that the wearer stays dry and comfortable (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**Widdy** the wooden steel-tip darts with a feather flight used in most American style darts; from the Widdy Manufacturing Company (darts) [6]

**wide** a delivery that is judged by the umpire to be beyond the batsman's reach and which counts as one run to the batting side (crick.) (*Chambers. Sports Factf.,2005, 177p.*)

**wide** descriptive of a shot that lands beyond the sideline, or beyond the service sideline in the case of a serve. See also long (ten.) [6]

**wide receiver** a member of the offense who lines up at the side of the field, primarily used to catch passes and run with the ball (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**Wild Card** a team that makes the NFL playoffs by having one of the 2 best records among non-division winners in its conference (f/b) [6]

**wild fowl** game birds which are shot for sport (*Dict. of Leis., Trav. and Tour., 2008, 342p.*)

**wild pitch** a pitch thrown so inaccurately that the catcher is unable to gather the ball to stop a baserunner from advancing; compare passed ball (baseb.) (*Chambers. Sports Factf.,2005, 89p.*)

**wind** the power to breathe, especially when making an effort such as running ■ to make someone temporarily unable to breathe properly, e.g. because of too much exertion or by a blow to the abdomen (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**wind cheater** a shot played low, usually with heavy backspin, into the wind (golf) [6]

**wind sprint** a form of training exercise in which an athlete runs very fast for a short period of time, designed to build up endurance (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**wind velocity** the force of the wind which represents a performance-relevant factor in various sport disciplines (sailing, windsurfing, track and field, bicycling). It is measured in m/sec, km/h, or knots (nautical miles/h) and classified according to the Beaufort scale in 12 categories. (*H.Haag & G.Haag, Dictionary, 2003, 579p*)

**wind-assisted** a wind-assisted distance or time is achieved with a **following wind** and is therefore ineligible for any official records (athl.) (*Chambers. Sports Factf.,2005, 55p.*)

**Windies** the West Indies team (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**winding them in** said of a bowler who gets a big hook consistently into the pocket (bowl.) [6]

**windmill** a supercharger (autosp.) [6]

**wind-out** a sprint that develops slowly, with gradual acceleration to top speed (cycl.) [6]

**win-draw-loss record** a summary of the outcomes of a team's matches; for example, a team with a 3-1-2 record has played 6 games and won 3, tied 1 and lost 2 (f/b) [6]

**Windsurfer** a trade name for a type of sailboard (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**windsurfer** somebody who does windsurfing (*Dict. of Leis., Trav. and Tour., 2008, 342p.*)

**windsurfing** discipline of sailing sport which can be practiced as recreational or competitive sport on water. (*H.Haag & G.Haag, Dictionary, 2003, 578p*)

**windsurfing** the sport of riding and steering a sailboard (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**windsurfing** the sport of riding on water on a special boards with a sail attached (*Dict. of Leis., Trav. and Tour., 2008, 342p.*)

**wind-up** a coiled position taken up by a pitcher before throwing the ball; compare stretch (baseb.) (*Chambers. Sports Factf.,2005, 89p.*)

**windward** the side of a ship facing the wind (opposite: » leeward). (*H.Haag & G.Haag, Dictionary, 2003, 579p*)

**windward** towards the direction from which the wind blows; compare **leeward** (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**wing** **1.** either of the longer sides of the field of play, at right angles to the sides where the goals are  
**2.** in some team sports such as football and hockey, an attacking player who plays down one side of the field  
**3.** in some sports, the position played by a wing (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**wing** a forward who plays near the sideline. See also **inner** (hock.) [6]

**wing** a spoiler (autosp.) [6]

**wing** a structure that frames a jump and supports the cups that hold the rails. A jump has two wings, one on each side (equest.) [6]

**wing** an area near the sideline (w.polo) [6]

**wing** any aerodynamic shape, surface, or device that generates lift; commonly applied to the horizontal stabilizer or ram wing (powerb.) [6]

**wing** see **winger** (rugby) [6]

**wing attack** an attacking player (who wears the abbreviation WA) restricted to the attacking third and centre third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**wing balls** the two balls adjacent to the 9-ball (towards the side **cushions**) in a 9-ball **rack** (bilj.) (*Chambers. Sports Factf.,2005, 451p.*)

**wing defence** a defensive player (who wears the abbreviation WD) restricted to the attacking third and centre third (net/b) (*Chambers. Sports Factf.,2005, 428p.*)

**wing forward** same as **flanker** (rugby U.) (*Chambers. Sports Factf.,2005, 495p.*)

**wing forward** see **flanker** (rugby) [6]

**wing play** variant of offensive play in team games, where the free room on the side of the playing field (the wing) is used to open the opponent's defense. Wing plays are predominantly the task of wing players who are usually good runners, fast skaters, etc. (*H.Haag & G.Haag, Dictionary, 2003, 580p*)

**wingback** a full back who also has an attacking role on the wing when the team goes forward (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**winger** same as **wing 3** (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**winger** an attacking player who plays primarily on the touchline and whose main job is to supply crosses into the penalty box (f/b) (*Chambers. Sports Factf.,2005, 263p.*)

**winger** often the fastest players in a team, the wingers try to run with the ball at pace down the sides of the pitch; wingers wear the number 2 and 5 shirts (rugby L.) (*Chambers. Sports Factf.,2005, 481p.*)

**winger** often the fastest players in a team, the wingers try to run with the ball at pace down the sides of the pitch; wingers wear the number 11 and 14 shirts (rugby U.) (*Chambers. Sports Factf.,2005, 495p.*)

**winger** one of two backs, who usually wear Nos. 11 and 14. They're usually the fastest players on a side (rugby) [6]

**winger** same as **wing** (icehok.) [6]

**Winger Dart** a dart that scores after ricocheting off one that's already in the board (darts) [6]

**winging** arm action sometimes seen in inefficient jumping and leaping. Consists of shoulder retraction and backward arm extension, often with elbows bent, while the body is being projected forward (*Dict.of sp.and Ex.Sc.1991, 160p*)

**wingman** same as **wing** (icehok.) [6]

**wings** two players who flank the center on his right and left sides and, with him, make up the attacking unit or forward line (icehok.) [6]

**wings or wingers** the outside forwards who play to the sides of the strikers and whose primary task is to provide them with accurate crossing passes so they can shoot at the goal; often the fastest players and best dribblers on a team (f/b) [6]

**winner** a shot that wins a point (ten.) [6]

**winner** the stroke that ends a **rally**, winning a point, eg *she played a forehand winner down the line to take the set* (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**winning gallery** the **gallery** furthest away from the net at the **hazard** end of the court; a shot played into this wins a point (realten.) (*Chambers. Sports Factf.,2005, 461p.*)

**winning openings** the **dedans**, the **grille** and the **winning gallery** (realten.) (*Chambers. Sports Factf.*,2005, 461p.)

**winning percentage** the percentage of its games a team has won during a period of time, given by the following formula (f/b) [6]

**winning post** the post marking the finishing line on a racecourse (equest.) (*Chambers. Sports Factf.*,2005, 349p.)

**Winter Olympics** a multi-sport event held every four years during the winter months, in which winter sports such as ice hockey, skiing, skating and bobsleighbing are performed (*Dict. of Sp. and Ex. Sc.* 2006, 225p.)

**winter rules** local rules that allow a golfer to improve the lie of the ball on the fairway, primarily because of unusual conditions resulting from winter weather (golf) [6]

**winter sport** collective term for all sport disciplines practiced subject to the availability of ice and snow. In regard to developmental history, winter sport were often based on cult elements, since they emerged from various modes of transport on ice and snow. Winter sport plays an increasingly important role in leisure-time as lifetime sport (also in tourisms), as it is associated with considerable health benefits due to the climatic conditions. The program of the Olympic Games includes the following winter sports: biathlon, bobsled, ice-hockey, figure-skating, speed-skating, luge, alpine skiing, cross-country skiing, ski-jumping, curling. Non-Olympic winter sports are: ice-sailing, skibob, ski-jöring, and snowboarding. (*H.Haag & G.Haag, Dictionary, 2003, 580p*)

**winter sports** sports performed on snow and ice, e.g. skiing and ice skating (*Dict. of Sp. and Ex. Sc.* 2006, 225p.)

**winter sports** sports which take place in the winter, e.g. skiing or skating (*Dict. of Leis., Trav. and Tour.*, 2008, 343p.)

**winter sports destination** a place where people go to for winter sports (*Dict. of Leis., Trav. and Tour.*, 2008, 343p.)

**winter training** training in sport disciplines where the competition season is in spring, summer, of fall. Since summer sports are often also practiced competitively indoors during the winter (e.g. track and field), winter training is also important as a transition to the actual season (» summer training). (*H.Haag & G.Haag, Dictionary, 2003, 580p*)

**wiped its feet** if a ball rattles off the jaws of the pocket before going in it can be said to have wiped its feet (bilj.sl.) (*Chambers. Sports Factf.*,2005, 540p.)

**wipe-out** a fall from a surfboard after losing control or being knocked off by a wave (surf.) (*Chambers. Sports Factf.*,2005, 557p.)

**wipeout** a fall from a surfboard, or a fall or crash in other sports such as skiing and cycling (*Dict. of Sp. and Ex. Sc.* 2006, 225p.)

**wire**      **1.** the part of the hoop above the ground **2.** a strategy used to ensure the hoop is placed between a **striker's ball** and the next shot to impede progress. Similar to the use of a snooker in that game (croq.) (*Chambers. Sports Factf.,2005, 189p.*)

**wire**      same as **nut** (alp.) (*Chambers. Sports Factf.,2005, 426p.*)

**wire**      the finishing line in a race (dog.rac.) (*Chambers. Sports Factf.,2005, 304p.*)

**Wire**      to bounce a dart off a wire (darts) [6]

**wires**      wire wheels (autosp.) [6]

**with the darts**      if a player wins a leg with the darts, it means that he or she had the advantage of throwing first; see **hold the throw** (darts) (*Chambers. Sports Factf.,2005, 214p.*)

**withdrawal**      a period during which a person who has been addicted to a drug stops taking it and experiences unpleasant symptoms (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**wobbleboard**      an exercise device consisting of a small unstable board on which the exerciser must balance, used for injury rehabilitation and developing core stability (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**wobbly duck**      a badly thrown pass that travels with an eccentric motion (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**women's doubles**      doubles competition between female teams (t.ten.) [6]

**wood**      in golf a club with a head made of wood used for long drives down the fairway. (*H.Haag & G.Haag, Dictionary, 2003, 580p*)

**wood**      **1.** a pin or pins; **2.** the number of pins knocked down; **3.** the number of pins given to a bowler as a handicap (bowl.) [6]

**wood**      a bowl; formerly made of heavy-density wood (*lignum vitae*) and then rubber; modern bowls are made from a composite material (bowl.) (*Chambers. Sports Factf.,2005, 128p.*)

**wood**      a club with a bulky head, traditionally made of wood though now usually of metal, used for hitting the ball long distances (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**wood**      formerly a club with a wooden head, but now a club that has a large head of wood or metal. It's generally used for shots requiring greater distance than irons (golf) [6]

**Wood**      the area around the target, outside the scoring area (darts) [6]

**wood shot**      a shot inadvertently played off the frame of the racket (once wooden) (ten.) (*Chambers. Sports Factf.,2005, 601p.*)

**wood shot**      a shot on which the frame of the racket strikes the base of the shuttle. Formerly illegal, but legalized in 1963 (badm.) [6]

**wood shot** a shot on which the frame of the racket strikes the ball (ten.) [6]

**wood shot** a shot where the shuttlecock comes off the rim (once wooden) of the racquet (badm.) (*Chambers. Sports Factf.,2005, 67p.*)

**woodwork** for the posts and the crossbar, usually in the phrase “to hit the woodwork” (f/b sl.) (*Chambers. Sports Factf.,2005, 263p.*)

**Woody** a dart that lands in the wood (darts) [6]

**woolworth** same as dime store (bowl.) [6]

**work** **1.** to exert physical or mental effort in order to do, make or accomplish something, or make someone do this **2.** to move or exercise a muscle or part of the body, or be moved or exercised (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**work out** to do a workout (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**worker** a shot, especially a putt, that runs a long way, closer to the hole (golf sl.) (*Chambers. Sports Factf.,2005, 296p.*)

**working ball** a ball with a lot of action (bowl.) [6]

**working memory** the contents of someone’s consciousness at the present moment, containing only the information needed to perform the current task (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**workout** a session of strenuous physical exercise or of practising physical skills as a way of keeping fit or as practice for a sport (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**workout class** same as **fitness class** (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**World Anti-Doping Agency** an independent professional body that campaigns against doping in sport and develops the World Anti-Doping Code each year. Abbreviation **WADA** (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**World Anti-Doping Code** a set of anti-doping rules and measures from the World Anti-Doping Agency aimed at preventing drug abuse in sports, adopted in 2003 by most major international sporting organizations (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**world best performance** term for the best performance delivered anywhere in the world in a sport discipline where performances can be measured (e.g. track and field, swimming), which is – in contrast to a world record – unofficial. In some sport disciplines yearly world best performances (related to the calendar year) are also registered. (*H.Haag & G.Haag, Dictionary, 2003, 581p*)

**world championships** term for a competition taking place periodically (also term for the victory in such a competition), where the world’s best athlete or team in a sport discipline is determined and honoured with the title of world champion. (*H.Haag & G.Haag, Dictionary, 2003, 581p*)

**World Cup** a sports tournament, especially in football, contested by the national teams of qualifying countries, held every four years in a different country of a different continent (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**World Cup** the international soccer competition held by FIFA every 4 years between the top professional teams in the world, pitting nation against nation; the most watched event in the world, attracting a television audience of over 3 billion viewers (f/b) [6]

**World Games** an international multi-sport event held every four years featuring sports not included in the Olympic Games, including, e.g., orienteering, power lifting and squash (*Dict. of Sp. and Ex. Sc. 2006, 225p.*)

**World Health Organisation** the United Nation's agency for health promoting global health education and provision of healthcare facilities. **WHO** (*Abbreviation Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wormburner** a hard hit ball that stays close to the ground (golf) [6]

**wound-up** extremely tense, nervous and agitated (*informal*) (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrap around** a shot on which the 6-pin almost hits the 10-pin but spins right around it, leaving it standing (bowl.) [6]

**wraps** the protective bandages worn on the ponies' legs (polo) (*Chambers. Sports Factf., 2005, 447p.*)

**wrecked shot** a shot that fails because it inadvertently strikes another stone. See also **crash** (curl.) [6]

**wrench** to injure part of the body by twisting it suddenly and forcibly (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrestling** a sport in which two contestants fight by gripping each other using special holds, each trying to force the other's shoulders onto a mat (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrestling** combat sport for men, where the fight is one against one using various holds on the body. The following types of wrestling are differentiated: the Olympic disciplines Graeco-Roman (or classic) wrestling, where only grips above the belt without using the legs are permitted, and free-style wrestling, where grips on the entire body and usage of the legs are permitted, as well as the non-Olympic discipline of » sambo. (*H.Haag & G.Haag, Dictionary, 2003, 579p*)

**wrist guards** protective gloves that cover the wrists, leaving the fingers exposed, used for protection by cyclists and skateboarders (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrist shot** a quick shot made with a snap of the wrist, using little or no backswing. See also snap pass (icehok.) [6]

**wrist shot** a shot made using a strong flicking of the wrist and forearm muscles, with the stick blade kept on the ice; it is slower but more accurate than a slap shot (icehok.) [6]

**wristy** using a lot of wrist movement when hitting a ball (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrong 'un** same as **googly** (crick.) (*Chambers. Sports Factf.,2005, 177p.*)

**wrong-foot** to cause an opponent to anticipate wrongly the direction in which you are going to move or hit, kick or pass a ball (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

**wrong-foot** to hit a shot to the side of an opponent who is moving or turned in the other direction (ten.) [6]

**wushu** Chinese martial arts considered collectively (*Dict. of Sp. and Ex. Sc. 2006, 226p.*)

## X

**X Games** an annual multi-sports event that features mainly extreme sports (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**X's and O's** the tactical manoeuvres formulated by coaches and traditionally explained to players through diagrams on which offensive players are marked with an X and defensive players with an O (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**XC skiing** same as cross-country skiing (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**X-car** an experimental car (autosp.) [6]

## Y

**yacht** a sailing boat, often one that has living quarters and is used for cruising or racing (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yacht** **1.** a sailing boat, or a boat used for pleasure and sport **2.** a large luxurious boat with a motor (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**yacht** originally a term for a fast merchant ship or sail boat which were used to chase smuggler's boats; today the term refers to an elegant, fast, larger boat equipped with a cabin and used for sport competitions and recreational boating (sometimes also a smaller luxury boat). Depending on the means for propulsion one differentiates between motor yachts which are driven by a diesel motor, and sailing yacht, large ocean-going sailboats which can be used for overseas and coastal tours (ocean yachts) as well as for sailing regattas. The sailing yacht has a covered hull, a forward-running bow, a water-unloading stern, and a large sail area. Depending on the type of understructure sailing yachts can be further differentiated into keel yachts (with fixed ballast keel), center-board yachts (with a retractable

center-board), and kell-center-board yachts (with ballast kell and retractable center-board). (*H.Haag & G.Haag, Dictionary, 2003, 583p*)

**yacht club** a sailing club (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**yachting** the activity of sailing a yacht (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**yachting harbour** a harbour with special facilities for yachts such as mooring buoys (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**yachtsman, yachswoman** somebody who sails a yacht (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**yahoo** an exuberant attempt to hit the ball hard, often with disappointing results (crick.sl.) (*Chambers. Sports Factf.,2005, 178p.*)

**yakker** a **curveball** (baseb.sl.) (*Chambers. Sports Factf.,2005, 90p.*)

**yame** stop; a command (mart.art.) [6]

**yank the shot** to hold onto the ball too long, thus pulling it across the body before release (bowl.) [6]

**yard** a long beam suspended on a mast for spreading sails (sail.) (*Chambers. Sports Factf.,2005, 504p.*)

**yard** the stables, grounds and facilities owned by a trainer (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**yardage rating** an evaluation of the playing difficulty of a hole based solely on the distance from tee to green (golf) [6]

**year's best performance** best performance achieved during the current year within a sport discipline, where performance can be assessed by means of the » cm-g-s-system. Year's best performances are recorded on national and international levels (world year's best performance) and published in year's best performance lists. (*H.Haag & G.Haag, Dictionary, 2003, 583p*)

**yearling** a racehorse that is officially one year old (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**yellow card** see card. (*H.Haag & G.Haag, Dictionary, 2003, 583p*)

**yellow card** (*in some team sports*) a card shown by the referee to a player guilty of serious or persistent foul play as an indication that the player has been cautioned. ◇ **green card, red card** (NOTE: The punishment a player receives when they are shown a yellow card varies according to which sport they are playing. In football, if a player receives two yellow cards, they are sent off and can play no further part in the game. In rugby, on the other hand, if a player receives a yellow card they are immediately suspended from the game for 10 minutes.) (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yellow card** a card shown to a player which sends him to the sin-bin (rugby L.) (*Chambers. Sports Factf.,2005, 481p.*)

**yellow card** a card signifying that the referee has suspended a player. The referee usually indicates the length of the suspension (hock.) (*Chambers. Sports Factf.,2005, 324p.*)

**yellow card** a card that signifies a warning for a violation when shown to a player by the umpire. If shown along with a red card, it indicates that a penalty point has been awarded (t.ten.) [6]

**yellow card** a playing card-sized card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also called a caution; 2 yellow cards in one game earns a player an automatic red card, signalling his removal from the game (f/b) [6]

**yellow card** an intentional foul, such as rough play or a high stick, is penalized by suspending the player from the game for five minutes or longer. The penalty is signaled with a yellow card presented by the referee. The team plays short-handed, as in ice hockey, for the suspension period (hock.) [6]

**yellow flag** a flag used to signal caution because of dangerous conditions. A driver is not allowed to improve his position under the yellow flag (autosp.) [6]

**yellow jersey** the jersey worn by the leader in the **general classification** in the Tour de France. It originated in a publicity stunt by French newspaper L'Auto, which was printed on yellow paper (cycl.) (*Chambers. Sports Factf.,2005, 206p.*)

**yellowtail** a rookie NASCAR driver, so called because cars driven by rookies have yellow rear bumpers (autosp.) [6]

**yielding** see **going** (equest.) (*Chambers. Sports Factf.,2005, 349p.*)

**yips** nervousness that impairs the performance of a sportsman or sportswoman, especially a golfer (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yips** a severe case of nerves resulting in convulsive shakes that make it very difficult for a player to putt accurately (golf) [6]

**yips** nervous twitching caused by tension when putting (golf) (*Chambers. Sports Factf.,2005, 295p.*)

**Yips** same as **Dartitis** (darts) [6]

**yodan** fourth-degree black belt (mart.art.) [6]

**yoga** **1.** a Hindu discipline which promotes spiritual unity with a Supreme Being through a system of postures and rituals **2.** any one of dozens of systems of exercise derived from or based on Hindu yoga, most of which include breathing exercises and postures designed to improve flexibility and induce wellbeing (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yoga** religious meditation system from India, with the goal of separating the soul from the body, in order to lead the mind into a state of unconsciousness beyond the immediate environment. (*H.Haag & G.Haag, Dictionary, 2003, 583p*)

**yoga mat** a soft mat used for performing yoga exercises on the floor (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yoi** ready (mart.art.) [6]

**yokomen-uchi** a diagonal strike to the side of the head with one hand (*Chambers. Sports Factf.,2005, 3p.*)

**yokozuna** the highest rank (a grand champion). In 1993 the Hawaiian-born Chad Rowan (as Akebono) became the first foreign-born **rikishi** to become a yokozuna (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**yonkyo** an **ikkyo** with pressure on the wrist (aikido) (*Chambers. Sports Factf.,2005, 3p.*)

**yorikiri** a move that involves grabbing the opponent's belt in an attempt to unbalance him or her (sumo) (*Chambers. Sports Factf.,2005, 554p.*)

**york** (*in cricket*) to get a batsman out, or attempt to get a batsman out, by bowling a Yorker (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yorker** (*in cricket*) a ball bowled so that it pitches on the ground immediately under the bat (*Dict. of Sp. and Ex. Sc. 2006, 227p.*)

**yoshi** the command with which the referee restarts a bout after a stoppage (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**youth championships** sport championship competitions for youths between 14 and 18 years of age, who are divided into youth classes (e.g. B-youths: 15-16 years, A-youths: 17-18 years) or into age group classes (» age group championships). (*H.Haag & G.Haag, Dictionary, 2003, 584p*)

**youth hostel** a building where young travelers can stay the night cheaply (*Dict. of Leis., Trav. and Tour., 2008, 345p.*)

**youth sport** area of sport named after the age group of the individuals involved, which includes many sport disciplines. Generally age 15 is regarded as the lower and age 25 the upper limit under the definition of "youth" with respect to physical, psychological and social maturing processes. Due to the competitive regulations of the sport federations, youth "ends" in sport when the age 19 years is reached, this followed by the age of juniors (19-21 years of age). (*H.Haag & G.Haag, Dictionary, 2003, 584p*)

**youth sport** program of athletic competition for persons under age 17 (*Dict.of sp.and Ex.Sc.1991, 161p*)

**yo-yo dieting** a situation in which a person repeatedly loses weight through dieting and then regains the weight that he or she has lost (*Dict. of Sp. and Ex. Sc. 2006, 224p.*)

**yudansha** one who holds a first degree black belt or higher (mart.art.) [6]

**yuko** a near waza-ari. However, yukos cannot be accumulated to make a higher score (Judo) [6]

**yuko** a score, an 'almost waza-ari', awarded for a throw or hold not worthy of **waza-ari** or by a 20-second hold-down (judo) (*Chambers. Sports Factf.,2005, 373p.*)

**yump** when a car leaves the ground after a crest in the road (autosp.) (*Chambers. Sports Factf.,2005, 458p.*)

**yurchenko** a mount for the vault, consisting of a roundoff onto the springboard, then a flic-flac onto the vault, followed by a back flip dismount. Named for Soviet gymnast Natalia Yurchenko, who created it (art.gymn.) [6]

**Yurchenko** in the vault, a move consisting of a **roundoff** on to the spring-board, then a **flic-flac** on to the vault, followed by a **back flip** dismount. It is named after the Soviet gymnast, Natalia Yurchenko (1965- ), who first performed it in competition in 1982 (art.gymn.) (*Chambers. Sports Factf.,2005, 312p.*)

**yusei gachi** a win by superiority (Judo) [6]

## Z

**Z ball** a shot that touches the front wall and then each side wall before it hits the floor near the back wall (racq.b.) [6]

**Z serve** a shot that hits the front wall, a side wall, the floor, and finally the other side wall (racq.b.) [6]

**zagüero** a backcourt player (pelota) (*Chambers. Sports Factf.,2005, 445p.*)

**Zamboni** the brand of machine used to clean the ice (icehok.) [6]

**Zamboni** the machine used to clean and resurface the ice between periods (icehok.) [6]

**Zamboni** tractor-like machine used for cleaning the ice, invented in 1949 by Frank Zamboni; the term is now used to describe any similar machine (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**zebra** a member of the officiating team (from the black-and-white striped shirts worn by officials) (Am.f/b sl.) (*Chambers. Sports Factf.,2005, 19p.*)

**zero in** to find the path to the pocket, usually after some poor hits and/or experimentation (bowl.) [6]

**zero tackle** additional tackle at the beginning of the standard set of six, awarded after a **knock-on** or **forward pass** (rugby L.) (*Chambers. Sports Factf.,2005, 481p.*)

**zero-sum competition** a competition in which there is a single winner and the losing players do not win or achieve anything (*Dict. of Sp. and Ex. Sc. 2006, 228p.*)

**zinc deficiency** a condition that can cause tissue wasting and delayed puberty in boys (*Dict. of Sp. and Ex. Sc. 2006, 228p.*)

**zone** an area of the body (*Dict. of Sp. and Ex. Sc. 2006, 228p.*)

**zone** section of a playing field (e.g. attack zones in volleyball) or of equipment (e.g. grip zones in gymnastics); zones serve the purpose of structuring movement execution, i.e. the optimal execution of a target movement. (*H.Haag & G.Haag, Dictionary, 2003, 585p*)

**zone** a defense in which players are assigned to defend an area, rather than a specific opposing player (w.polo) [6]

**zone** a type of defence that assigns each defender to a particular area in front of or around his team's goal in which he is responsible for marking any attacker that enters; often used in youth league games but rarely in professional competition (f/b) [6]

**zone** one of three areas demarcated by the blue lines. See attacking zone; defensive zone; neutral zone (icehok.) [6]

**zone coverage** a defensive strategy based on assigning defenders to specific areas of the field rather than to specific players; see **man coverage** (Am.f/b) (*Chambers. Sports Factf.,2005, 18p.*)

**zone defence** a defensive strategy based on assigning defenders to specific areas of the court rather than to specific players (b/b) (*Chambers. Sports Factf.,2005, 110p.*)

**zone defense** see defense. (*H.Haag & G.Haag, Dictionary, 2003, 585p*)

**zone defense** a defense in which each player is responsible for a specific area of the court and must guard any offensive player who enters that area. Illegal in the National Basketball Association (b/b) [6]

**zone defense** a defense where each defender is responsible for an area of the court and must guard any player who enters that area; compare with man-to-man defence (b/b) [6]

**Zone diet** a dietary plan in which 40% of daily calories should come from carbohydrates, 30% from proteins and 30% from fats (*Dict. of Sp. and Ex. Sc. 2006, 228p.*)

**zones** the three equal parts of the playing area: the centre or neutral zone, the attacking zone and the defending zone (icehok.) (*Chambers. Sports Factf.,2005, 362p.*)

**zones** three areas made up by the two blue lines; the attacking zone is the area farthest from the goal a player is defending; the neutral zone is the central area; the defending zone is the area where a player's goal is (the goal where his team's goalie is stationed) (icehok.) [6]

**zudnik** a trick in which the skier bends both the upper and lower body forward at the waist, toward each other (freest.) [6]

**zurkhaneh** a traditional Iranian gymnasium in which athletics and wrestling are practised along with meditative teaching (*Dict. of Sp. and Ex. Sc. 2006, 228p.*)

**000** **1.** (*in golf*) a small wooden or plastic peg with one pointed and one cupped end, inserted in the ground to hold a ball **2.** an area on a golf course where play for a new hole begins **3.** a plastic device that supports a football or rugby ball on the ground in a position for kicking **4.** a mark aimed at in curling, quoits and some other games (*Dict. of Sp. and Ex. Sc. 2006, 149p.*)

**100m** a sprint from blocks along the length of the home straight (athl.) (*Chambers. Sports Factf.,2005, 53p.*)

**100m hurdles** the women's equivalent of the 110m hurdles, with hurdles 2.75ft/0.84m high, and 27.88ft/8.5m between hurdles 110m hurdles a sprint from blocks along the length of the home straight with ten hurdles 3.5ft/1.067m high to be cleared and a distance of 30ft/9.14m between hurdles (athl.) (*Chambers. Sports Factf.,2005, 53p.*)