



HISTORY OF OLYMPICS

Mamatov Ulugbek Ergashalievich

Teacher of the Department of Pop Games

Fergana State University

ANNOTATION: *The ancient Olympic Games began in the year 776 BC, when Koroibos, a cook from the nearby city of Elis, won the station race, a foot race 600 feet long. The station track at Olympia is shown here. ... From 776 BC, the Games were held in Olympia every four years for almost 12 centuries.*

Contrary evidence, both literary and archaeological, suggests that the games may have existed at Olympia much earlier than this date, perhaps as early as the 10th or 9th century BC. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play.

KEYWORDS: Olympics, Zeus, station, goal, the spirit of friendship, practice, crime, discrimination, sport,

The Olympic Games are an international sports festival that began in ancient Greece. The original Greek games were staged every fourth year for several hundred years until they were abolished in the early Christian era.

During the celebration of the games, the ekecheiria (an Olympic truce) was announced so that athletes and religious pilgrims could travel from their cities to the games in safety. The prizes for the victors were olive leaf wreaths or crowns. The games became a political tool used by city-states to assert dominance over their rivals. The games were also used to help spread Hellenistic culture throughout the Mediterranean. The Olympics also featured religious celebrations. The statue of Zeus at Olympia was counted as one of the seven wonders of the ancient world. Sculptors and poets would congregate each Olympiad to display their works of art to would-be patrons.

The ancient Olympics had fewer events than the modern games, and only freeborn Greek men were allowed to participate, although there were victorious women chariot



owners. As long as they met the entrance criteria, athletes from any Greek city-state and kingdom were allowed to participate. The games were always held at Olympia rather than moving between different locations as is the practice with the modern Olympic Games. Victors at the Olympics were honored, and their feats were chronicled for future generations.

The ancient Olympics games were a reason for starting communication with foreigners for Greece. Olympics didn't only help to increase the activity of sport it helped to learn the culture, history, the language of other countries. They learned how to make an argument. They copy all of the good habits or they could be the best role models for foreigners with their beautiful culture and habits. Additionally, it helped to develop tourism because men and women who visited for Olympics wanted to visit attractive places of the country, of course, it brought benefit to Greece

Then, trade sales grew because they started selling their products to visitors during the Olympics.

Aristotle reckoned the date of the first Olympics to be 776 BC, a date largely accepted by most, though not all, subsequent ancient historians.[It is still the traditionally given date and archaeological finds confirm, approximately, the Olympics starting at or soon after this time.

Athletes from hundreds of countries meet to compete for gold, silver, and bronze medals in individual and team sports. The Olympics include the summer games, winter games, and Paralympic Games. Each type of games is held every four years, with the winter and summer games held two years apart from each other.

The running race known as stadion or stade is the oldest Olympic Sport in the world. It was the only event at the very first Olympics in 776 BCE and remained the sole event at the Games until 724 BCE. The ancient Games included running, long jump, shot put, javelin, boxing, pankration and equestrian events. Over time other events were added to the Games to bring the total programme to 18 events spread over five days: diaulos – the two stadium lengths foot-race, added in 724 BCE. Dolichos – longer foot-races 7 to 20 stadium lengths, added in 720 BCE. Wrestling – added in 708 BCE. Olympic sports. Currently, the Olympic program consists of 35 different sports, 53 disciplines and more than 400 events. The



Summer Olympics includes 28 sports with 38 disciplines and the Winter Olympics includes 7 sports with 15 disciplines.

The threat of invasion or not, the Games took place every four years from 776BC to at least 393AD. All free Greek males were allowed to take part, from farmhands to royal heirs, although the majority of Olympians were soldiers. Women could not compete or even attend.

Athletes had to arrive at Olympia one month before the Games for training and, further, they had to declare that they had been in training for at least ten months. Non-Greeks, slaves, murderers, those convicted of defiling temples, and all those who had not respected the truce were excluded from participating.

The Olympics were open to any free-born Greek in the world. There were separate mens' and boys' divisions for the events.

The first Olympic champion listed in the records was Coroebus of Elis, a cook, who won the sprint race in 776 BCE. Notions that the Olympics began much earlier than 776 BCE are founded on myth, not historical evidence. According to one legend, for example, the Games were founded by Heracles, son of Zeus and Alcmene.

Although there were no women's events in the ancient Olympics, several women appear in the official lists of Olympic victors as the owners of the stables of some victorious chariot entries. In Sparta, girls and young women did practice and compete locally. But, apart from Sparta, contests for young Greek women were very rare and probably limited to an annual local footrace. At Olympia, however, the Herman festival, held every four years in honor of the goddess Hera, included a race for young women, who were divided into three age groups. Yet the Herean race was not part of the Olympics (they took place at another time of the year) and probably was not instituted before the advent of the Roman Empire. Then for a brief period girls competed at a few other important athletic venues. The 2nd-century-CE traveler Pausanias wrote that women were banned from Olympia during the actual Games under penalty of death. Yet he also remarked that the law and penalty had never been invoked. His account later incongruously stated that unmarried women were allowed as Olympic spectators. Many historians believe that a later scribe simply made an error copying this passage of Pausanias's text here. Nonetheless, the notion that all or only



married women were banned from the Games endured in popular writing on the topic, though the evidence regarding women as spectators remains unclear. Women their games (Hera games) starting in the 6th century where they competed dressed. Olympic performers were naked and it would have been unacceptable to have respectable women performing naked in mixed company. It may have been unacceptable for respectable women to view naked male bodies of non-relatives.

The Olympic Games are held every four to respect the ancient origins of the Olympic Games, which were held every four years at Olympia. The four-year interval between the Ancient Games editions was named an "Olympiad" and was used for dating purposes. Time was counted in Olympiads rather than years at the time.

The most revered and visible symbol of the Olympic Games competition is the Olympic Flame. During the ancient Games, in Olympia, a sacred flame burned continually on the altar of the goddess, Hera. In the modern era, the Olympic Flame first appeared at the 1928 Amsterdam Games.

The Olympic symbol (the Olympic rings) expresses the activity of the Olympic Movement and represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games.

Besides according to Rule 8 of the Olympic Charter, the Olympic Rings expresses the activity of the Olympic movement and embodies the union of five continents and the meeting of athletes from across the globe at the Olympic Games. While the blue ring represents the European continent, the yellow ring represents Asia.

The 1949–50 edition of the IOC's "Green Booklet" stated that each color corresponded to a particular continent: "blue for Europe, yellow for Asia, black for Africa, green for Australia, and red for America".

"Faster, Higher, Stronger.... Together." The addition of the word "together" was at the suggestion of current International Olympic Committee (IOC) President Thomas Bach earlier this year. The International Pierre de Coubertin Committee did not object to the change.

Nowadays in our modern life, sport and the Olympics are the most important parts of our life. In any devolvement countries sporty men and women, girls and boys training for winning in the Olympics. As humans know sport is existed before our BC but it still helps to



keep silent, to communicate, and make an argument between countries. The most useful fact about sport is that it helps to grow healthy descendants who prefer working out to use the internet, who knows the importance of silence, who appreciates knowledge and health

REFERENCES:

1. David Sansone ancient Greece civilization
2. www.redbull.com
3. www.oldest.com
4. Sportsecyclopedia.com