

THE

EXTRA NEWS

ALL ABOUT THE BIG WORLD WE LIVE IN

EXCLUSIVE NEWS TODAY

The Olympic games

According to historical records, the first ancient Olympic Games can be traced back to 776 BC. They were dedicated to the Olympian gods and were staged on the ancient plains of Olympia. They continued for nearly 12 centuries, until Emperor Theodosius decreed in 393 A.D. that all such "pagan cults" be banned.

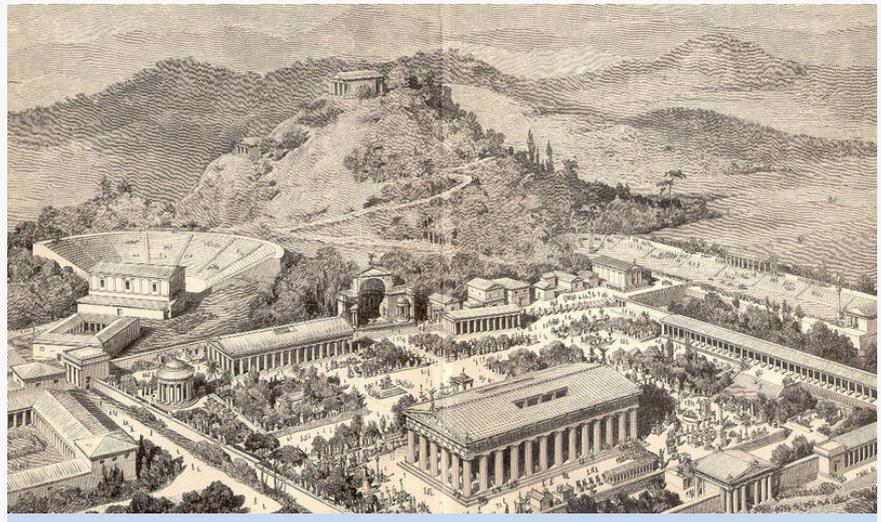
Olympia, the site of the ancient Olympic Games, is in the western part of the Peloponnese which, according to Greek mythology, is the island of "Pelops", the founder of the Olympic Games.

The central part of Olympia was dominated by the majestic temple of Zeus, with the temple of Hera parallel to it.

The Olympic Games were closely linked to the religious festivals of the cult of Zeus, but were not an integral part of a rite, according to specialists, the Olympic Games owed their purity and importance to religion.

The Olympic winner received his first awards immediately after the competition. Following the announcement of the winner's name by the herald, a Hellenodikis (Greek judge) would place a palm branch in his hands, while the spectators cheered and threw flowers to him. Red ribbons were tied on his head and hands as a mark of victory.

The official award ceremony would take place on the last day of the Games, at the elevated vestibule of the temple of Zeus. In a loud voice, the herald would announce the name of the Olympic winner, his father's name, and his homeland.



Through the 12 centuries of the Olympic Games, many wonderful athletes competed in the stadium and the hippodrome of ancient Olympia's sacred area, moving the crowds with their great achievements. Although mortal, their Olympic victories immortalised them. Of the best athletes who left their mark on the sacred valley of Olympia, some surpassed all limits and became legends by winning in successive Olympic Games and remaining at the forefront of their sport for more than a decade. It is worth mentioning some of their extraordinary achievements, which, even by today's standards, would be the envy of athletes such as Nurmi, Zatopek or Lewis. All free male Greek citizens were entitled to participate in the ancient Olympic Games, regardless of their social status. Orsippos, a general from Megara; Polymnistor, a shepherd; Diagoras, a member of a royal family from Rhodes; Alexander I, son of Amyndas and King of Macedonia; and Democritus, a philosopher, were all participants in the Games. Married women were not allowed to participate in, or to watch, the ancient Olympic Games. However, unmarried women could attend the competition, and the priestess of Demeter, goddess of fertility, was given a privileged position next to the Stadium altar. The ancient Olympic Games were initially a one-day event until 684 BC, when they were extended to three days. In the 5th century B.C., the Games were extended again to cover five days.

The ancient Games included running, long jump, shot put, javelin, boxing, pankration and equestrian events.

YOUR TITLE HERE

Lorem volumnus blandit cu has.Sit cu alia porro fuisset.

Ea pro natum invidunt repudiandae, his et facilisis vituperatoribus. Mei eu ubique altera senserit.



Events

- **Chariot Race:** It was the most famous ancient Greek, Roman ,Byzantine sports. It was dangerous for drivers and horses because they suffered injuries but they generated a **strong** spectator enthusiasm. The women could watch chariot races but not many other sports.
- **Discos:** In the discos the thrower could throw directly in front of himself. **The thrower practiced his position because it was required.**
- **Jumping:** In the jumping the athlete wore weights to toss his body forward. **They ran with weights attached to them.**
- **Running with armor:** It was called a Hoplite **Hoplitodromos** in Ancient Greece. It consisted of men running in some pieces of armor. This event can be seen as an indication to the games being connected to war.

Culture

The ancient Olympics were mainly a religious festival . The games were **practised** in honor of Zeus. Olympia became a central place to adore the Greek Pantheon **and a temple** . Artistic expression was a major part of the games. Sculptors ,poets and artisans would participate to the games with their works. Poets would write poems in praise of the Olympic victors .Baron Pierre De **Coubertin** , was one of the founders of the modern Olympic Games and he wanted to imitate the ancient Olympics in every way. During this Olympics there was an artistic competition which were??? held every four years.



The Ancient Olympic Games

- Boxing
- Equestrian events
- Running
- Chariot racing
- Riding
- Pankration
- Pentathlon:
 - Discus
 - Javelin
 - Running

Wrestling Jump