

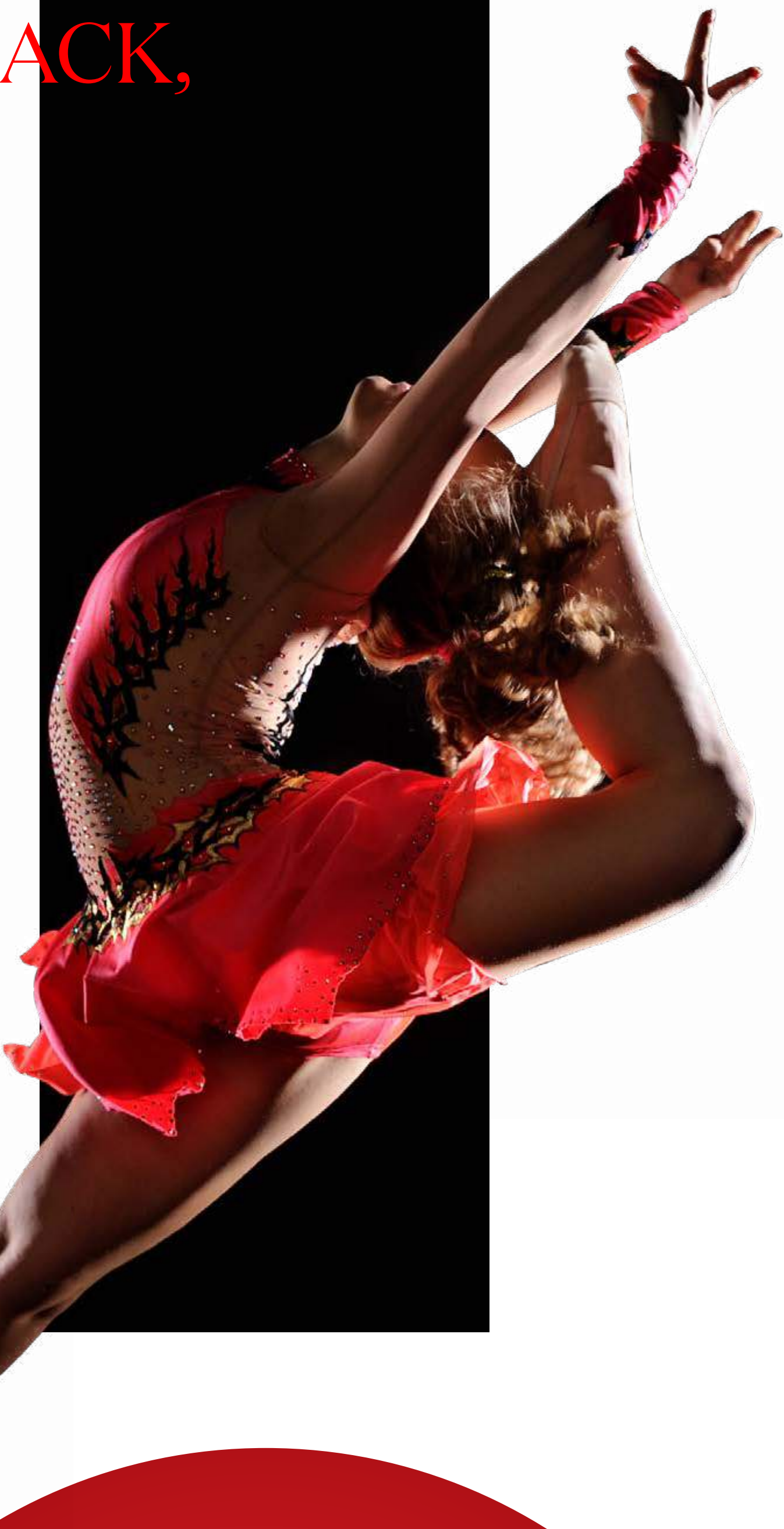
# HEADY HOOPS OF HISTORY





# THE BIGGEST SPORTING SPECTACLE IS BACK,

but will  
spectacular  
crowds cheer  
it from start to  
sign-off? With the  
pandemic playing  
its own sinister  
games through  
its many variants,  
this sensational  
quadrennial  
assemblage of the  
world's greatest  
sportspersons  
may not be as  
spellbinding as its  
former iterations.  
Still, the show has  
to go on...



The 2021 Tokyo Olympics mark the 32nd time the Games will be held since their rebirth as a modern event in 1896. The very first Olympics for which there are records were held in 776 BC when a naked athlete won a single race — a 192-metre run. The Games were played every four years in Greece for 1,200 years until they were abolished by the Roman emperor Theodosius. A millennium and many histories later, they were resurrected as the Olympics we know today

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**HOST  
CITIES  
OF THE  
SUMMER  
GAMES**

**FROM  
MYTH TO  
REALITY**





# HOW IT ALL **BEGAN**

GAMES OF ANTIQUITY



# ANCIENT OLYMPIC GAMES

Legend has it that the Olympic Games were instituted by Heracles at Olympia, Peloponnese

## Five Days of Game

### DAY 1

Oath to respect rules of the game

### DAY 2

Equestrian events and pentathlon (discus, long jump, javelin, running & wrestling)

### DAY 3

Festivals to honour Zeus and other gods

### DAY 4

Foot races and combat sports

### DAY 5

Honouring champions and a banquet

**GREECE**

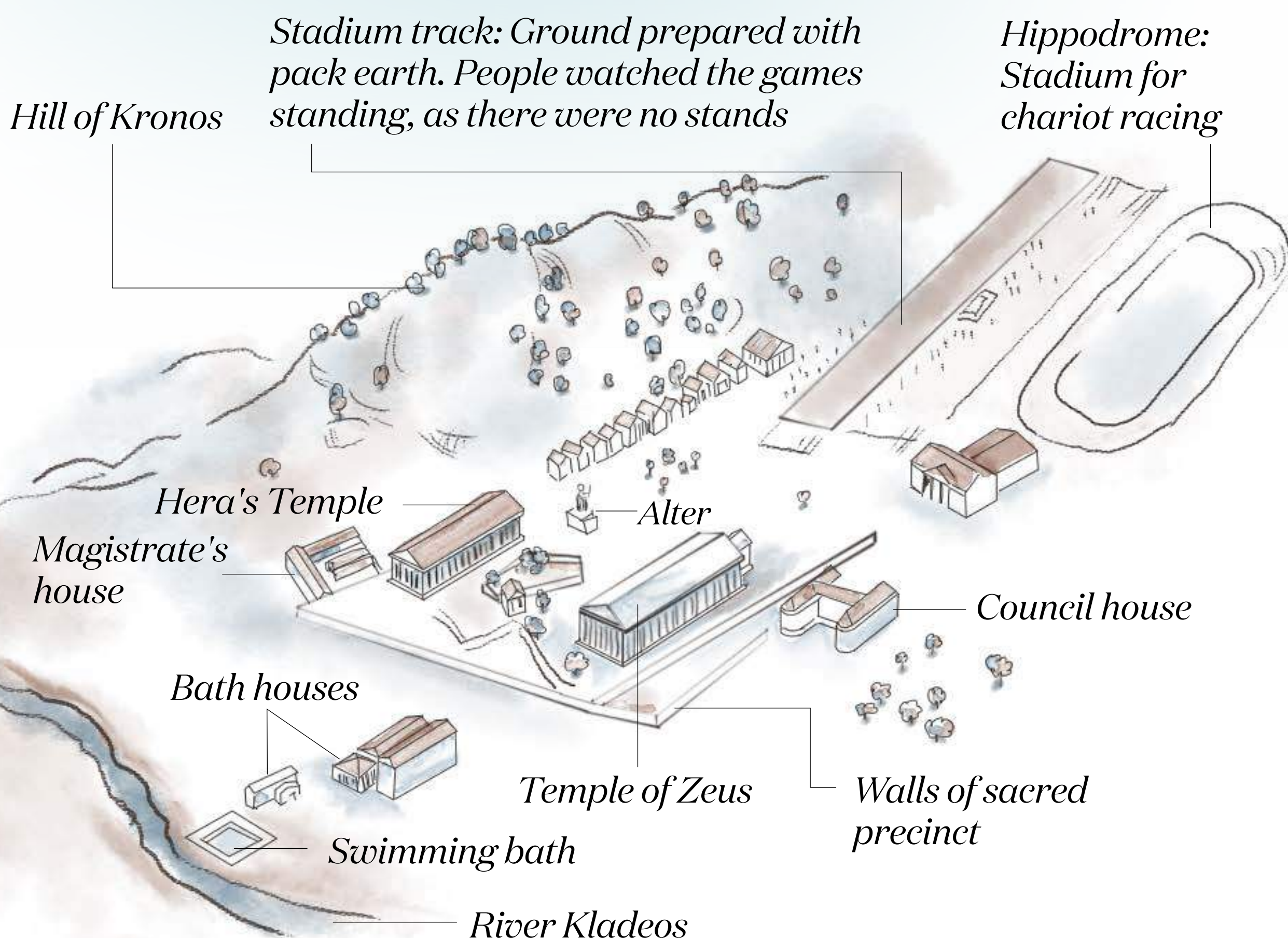
DELPHI

ISTHμία

NEMEA

**OLYMPIA**

Games were held every four years in **Olympia**. In the years in between, athletic events were held in other Greek cities





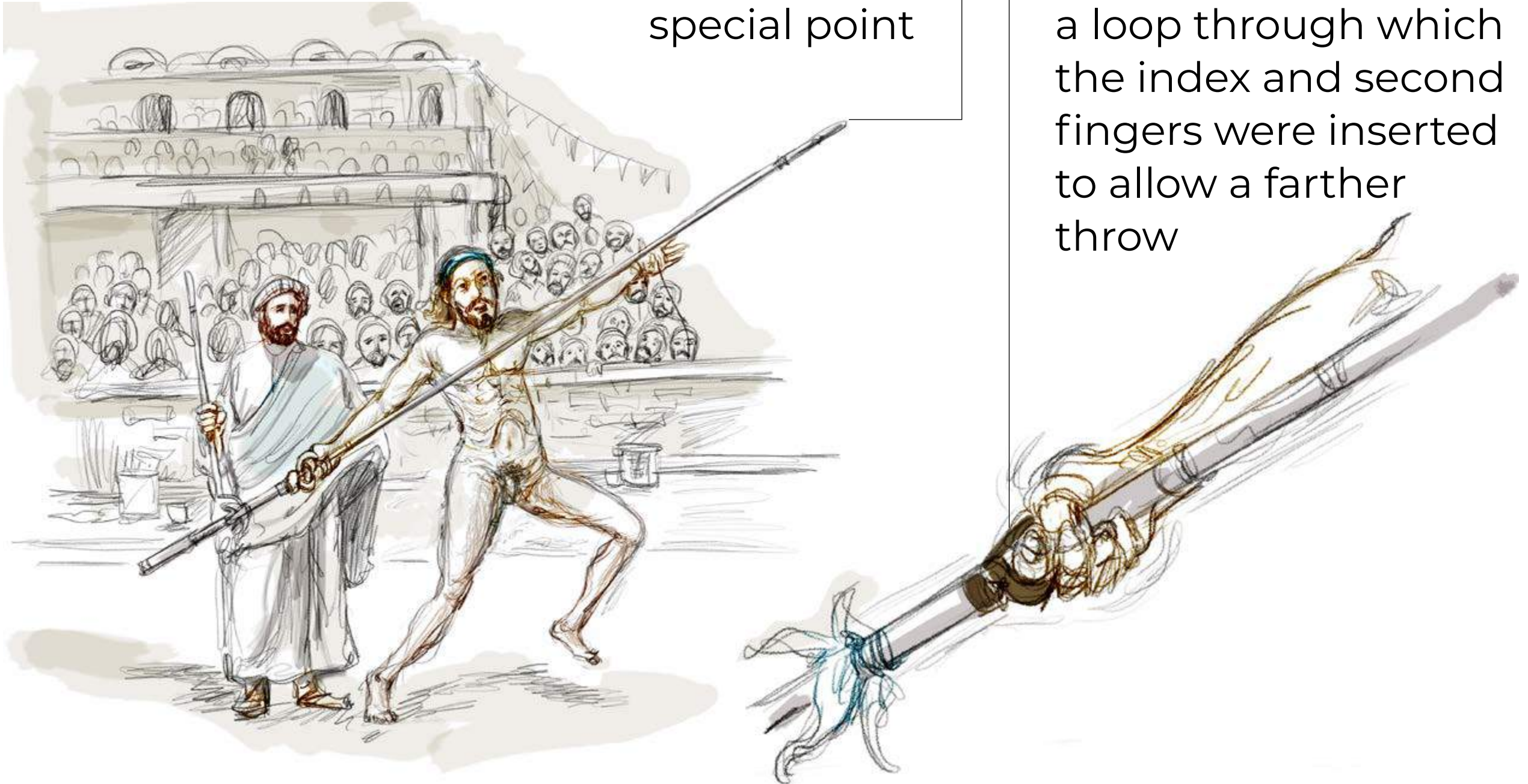
# SPORTING EVENTS OF ANTIQUITY

## Javelin

Made of wood, about as long as a man

No metal strip or other special point

**ANKYLE:** Leather strap fixed to the javelin in a loop through which the index and second fingers were inserted to allow a farther throw



6

## Wrestling

To win, participants had to force the opponent's back, shoulder or hip to touch the ground

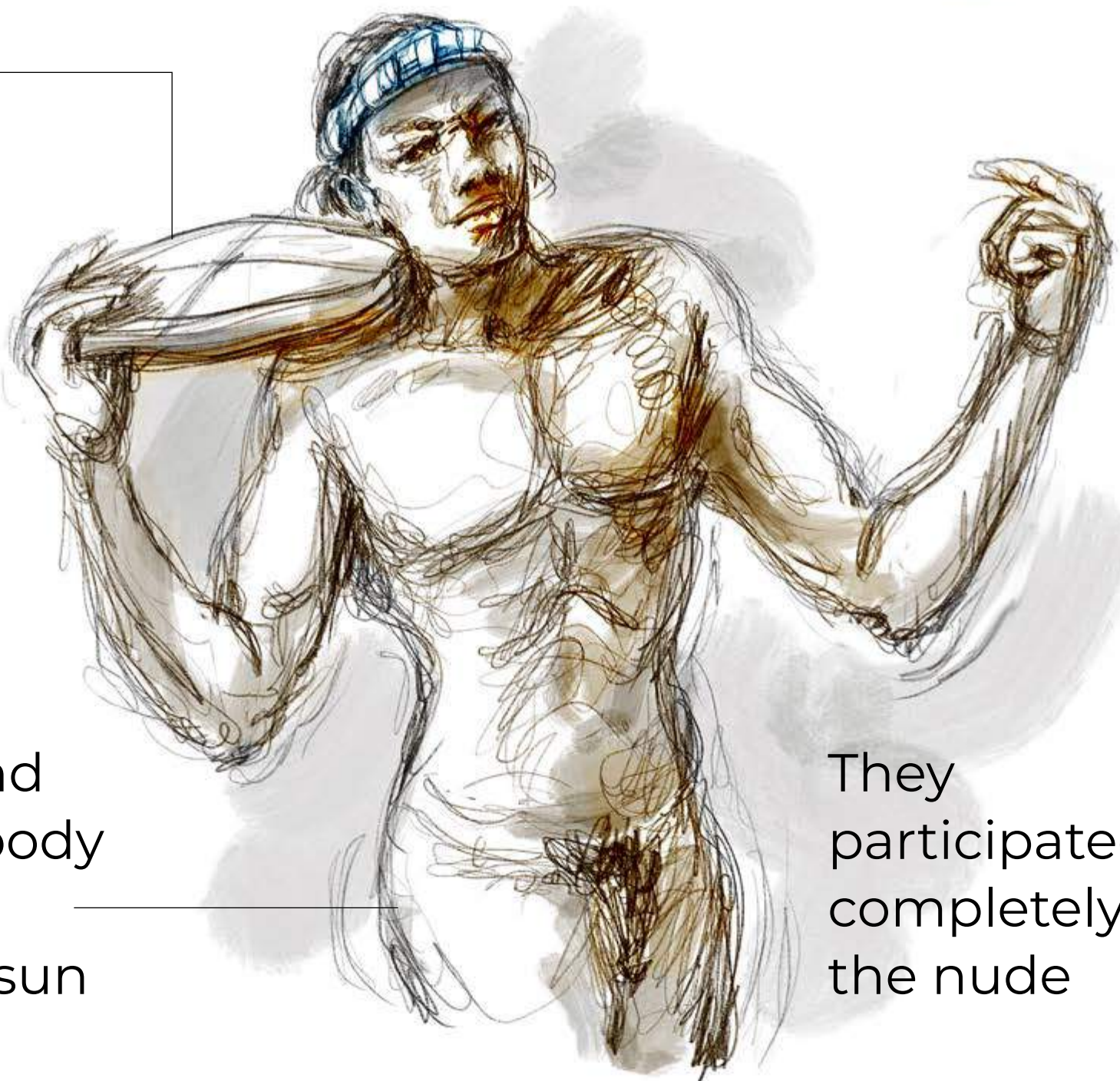


## Discus

**6 kg**  
**DISC WEIGHT**  
(2kg in modern games)

Made from stone or steel

Athletes covered their body with olive oil, then dusted it with sand to help regulate body temperature and protect from the sun



They participated completely in the nude



## Long Jump

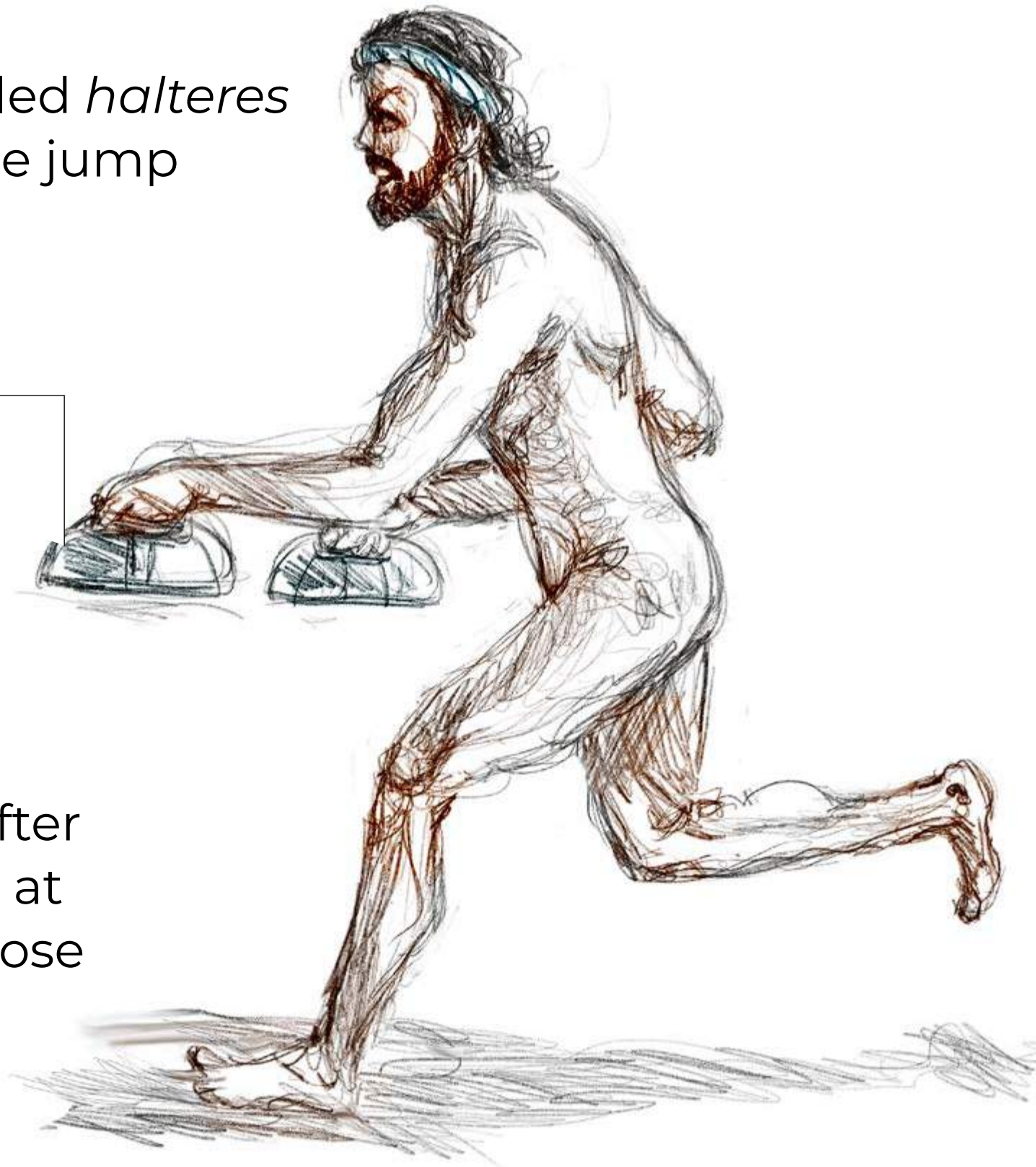
Athletes carried weights called *halteres* in their hands to improve the jump



### HALTERES

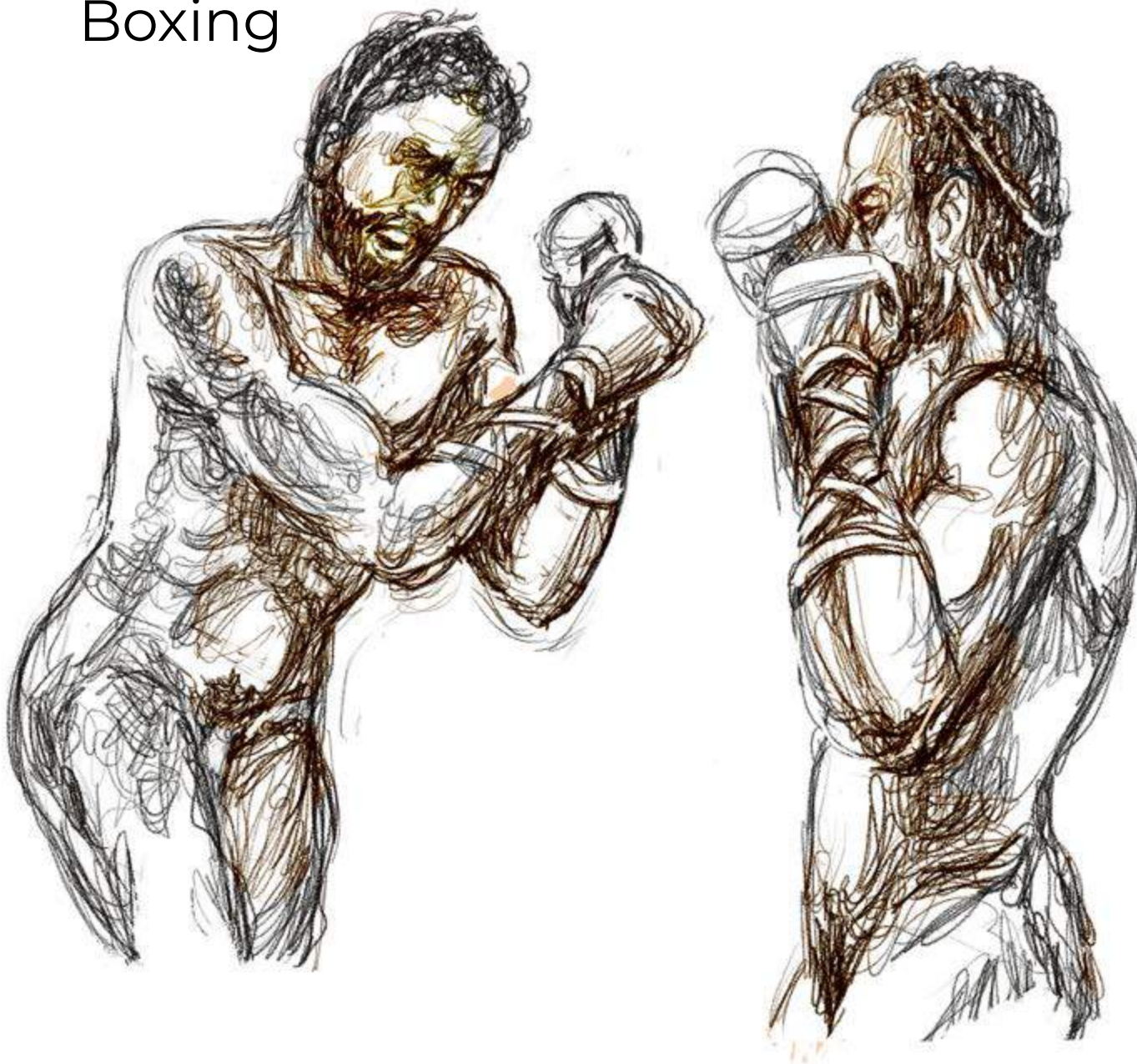
Usually made from stone or bronze in various shapes

Athletes threw the halteres backwards as they landed after the jump to gain extra push at the end, achieving results close to modern standards



## Pygmachia

Boxing

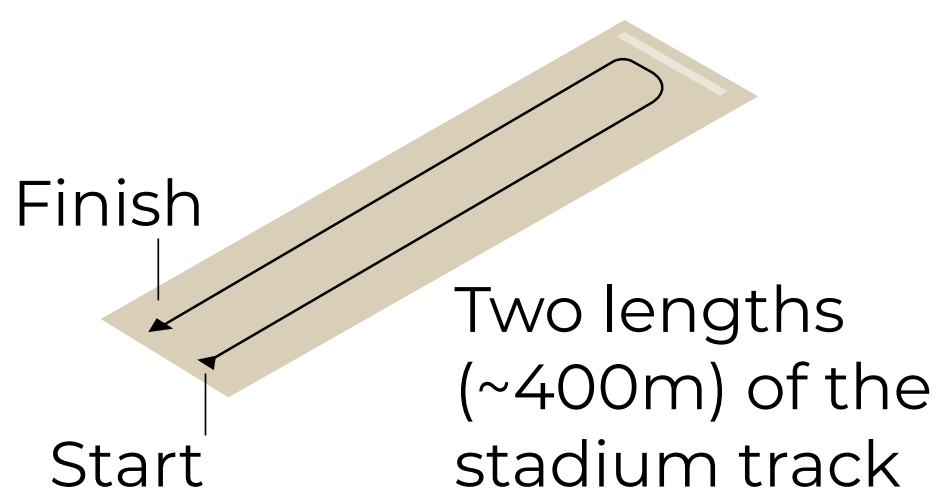


### HIMANTES

Leather strips to cover the hands

## Hoplite Race

A foot race in which athletes ran two lengths (~400m) of the stadium clad in armour like helmet, shield, leg guards





## Dromos

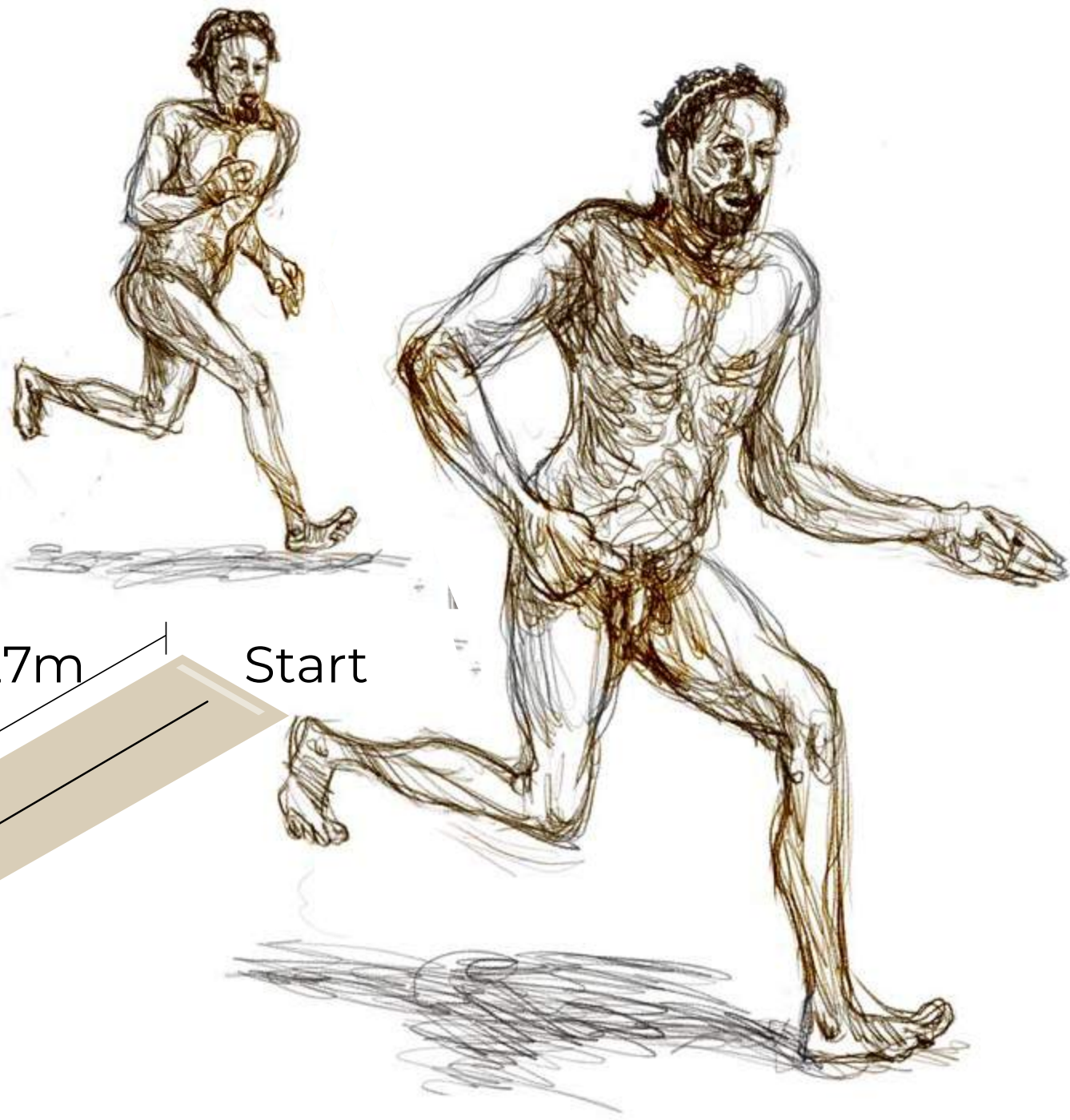
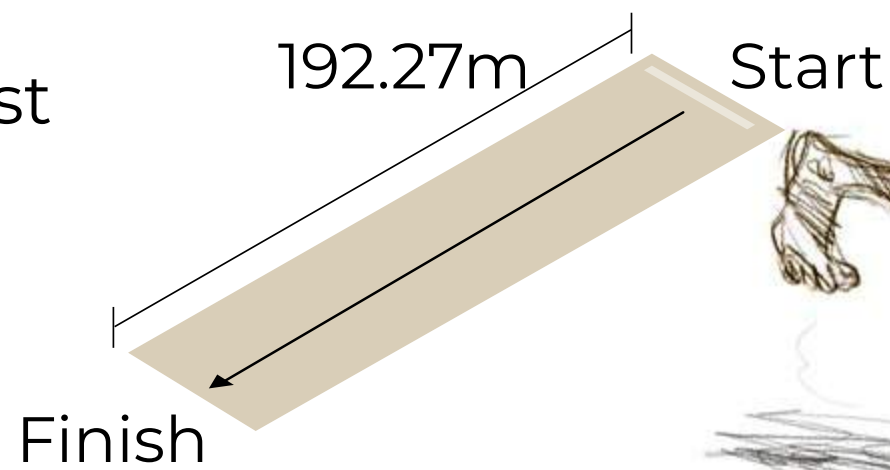
Foot races of varying distances:

Stade **200m**

Diaulos **400m**

Dolichos **2,400m**

Stade, the shortest foot race, was one length of the **stadium track**



## Pankration

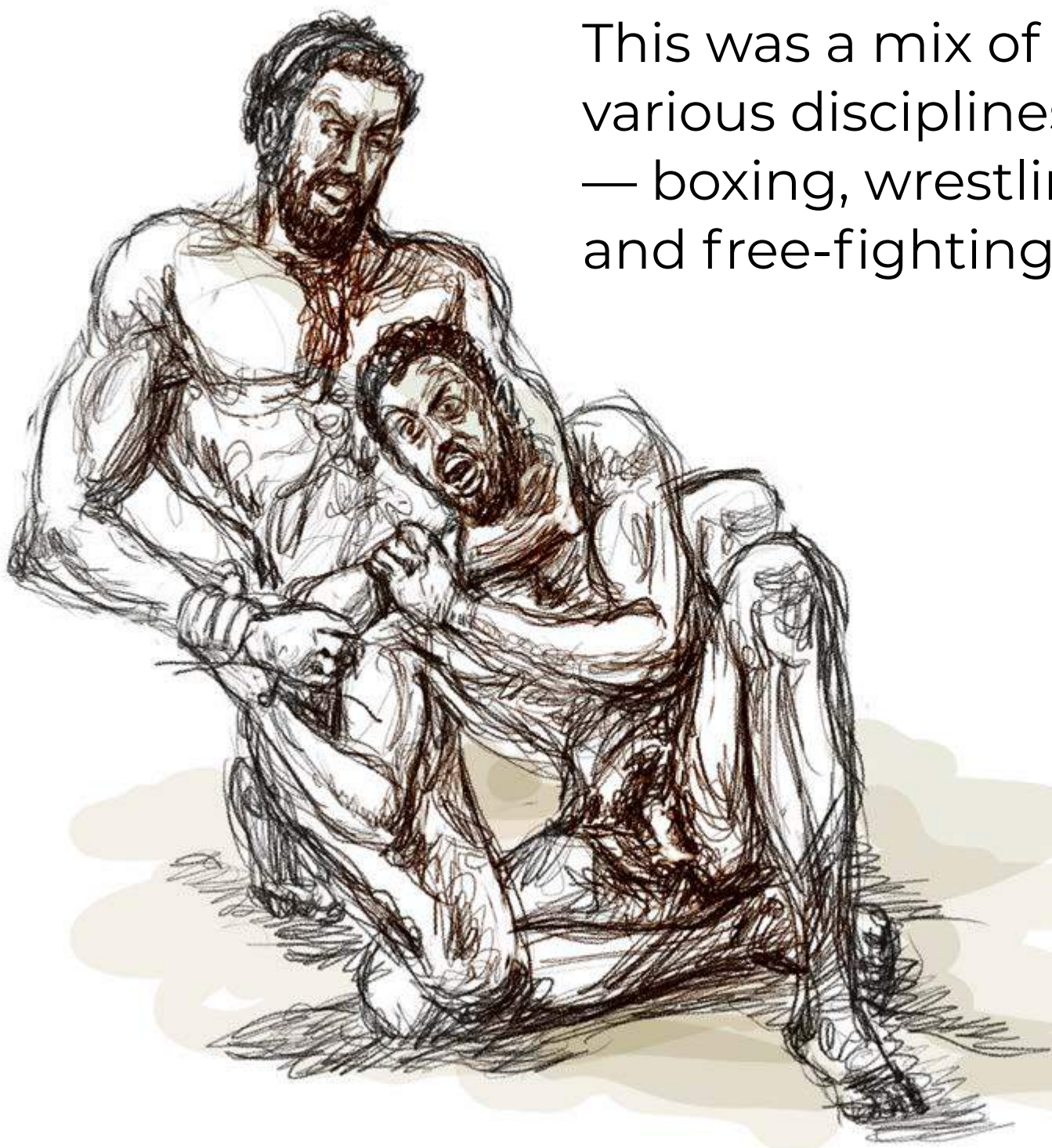
This was a mix of various disciplines — boxing, wrestling and free-fighting

Only two acts were forbidden:

✗ Eye-gouging



✗ Biting



## Chariot Racing

The chariots were modified war chariots. The prize went to the horse-owner, not the charioteer





## The Judges

Locals who were specially trained for the role. They had the right to fine, whip or expel cheaters



### 388 BC

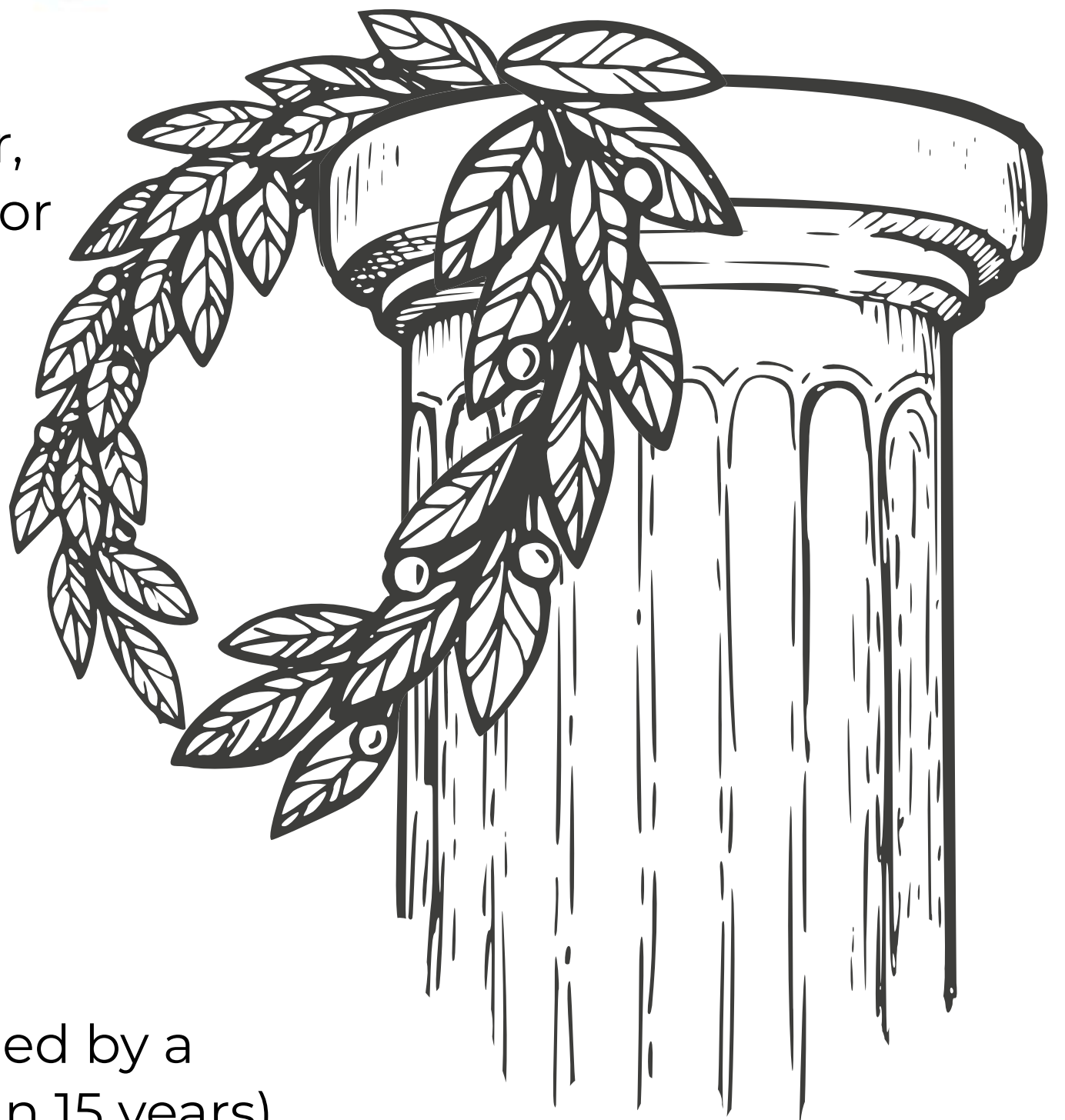
First recorded cheating scandal at the games  
Pugilist Eupolus of Thessaly bribed three opponents to throw their fights against him

## The Prizes

There was only one winner, whose prize was a wreath or a crown of leaves

### Different crowns given by different cities:

Olympia	<b>Olive leaves</b>
Nemea	<b>Celery leaves</b>
Delphi	<b>Laurel leaves</b>
Isthmia	<b>Pine leaves</b>



### 500 drachmas

#### THE PRIZE MONEY

(equivalent to money earned by a skilled worker of the time in 15 years)

## End of the Ancient Games

The Games went on for centuries, increasing in prestige, with greater comforts for spectators and more event specialisation of the athletes



**Emperor Theodosios**, however, decreed all cult practices, including the Games, be stopped. The final Olympics were held in 393 CE after a run of 293 Olympics for over a millennium





# THE FIRST MODERN GAMES

1896 ONWARDS



# OLYMPICS REBORN

The first modern Olympic Games took place in its ancient birthplace of Athens. The Games attracted athletes from 14 nations, with the largest delegations coming from Greece, Germany, France and Great Britain



1883

France's **Pierre de Coubertin** suggests reviving the Olympic Games

←→

1896

The first modern Olympiad is held in Athens, Greece between April 6th and 15th

Baron de Coubertin wanted the Olympics to be strictly amateur, and involve no one practicing sports for money, not even the coaches

Panathenaic Stadium in Athens, Greece, in 1896



11

## THE GAMES BY THE NUMBERS

**241**  
ATHLETES

**14**  
PARTICIPATING COUNTRIES

**43**  
SETS OF MEDALS

**10**  
TOTAL EVENTS

James Connolly  
USA

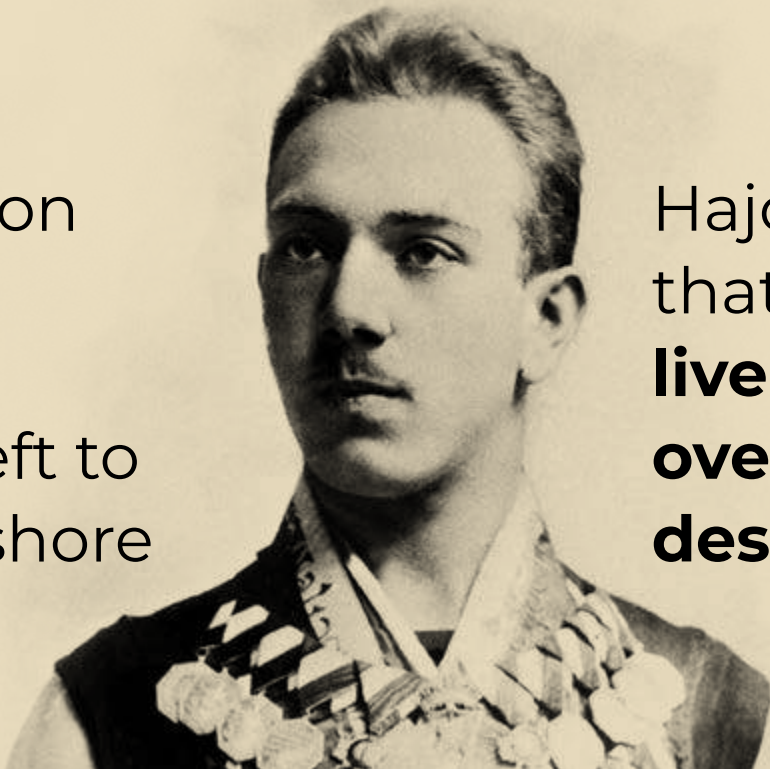


### FIRST MODERN CHAMPION

The American James Connolly won the triple jump to become the first Olympic champion in more than 1,500 years. He also finished second in high jump and third in long jump

### WILL TO LIVE

Hungarian swimmer **Alfréd Hajós** won the 100m and the 1200m events. For the longer race, the swimmers were transported by boat out to sea and left to swim the required distance back to shore



Hajós later said that his “**will to live completely overcame [his] desire to win**”



# WHY THE ATHENS 1896 OLYMPICS WERE IMPORTANT

The first modern Games set the stage for many firsts — some still relevant today

## Marathon Joy

The race commemorates the legend of Pheidippides, who is said to have run 40 km from Marathon to Athens in around 490 BC

### ATHENS 1896

First competitive Olympic marathon

WINNER

**Spyridon "Spyros" Louis** of Greece

BY

**7 MINUTES**

**The 2004 Athens Olympic Stadium was named after Spyridon Louis**



## Open-water Swimming

All four swimming events – the 100m freestyle, 500m freestyle, 1200m freestyle, and sailors' freestyle – were held in open water till the 1912 Stockholm Olympics

### OPEN WATER VENUES

Mediterranean Sea  
ATHENS 1896

River Seine  
PARIS 1900

Artificial lake  
ST. LOUIS 1904

Stockholm Harbour  
STOCKHOLM 1912

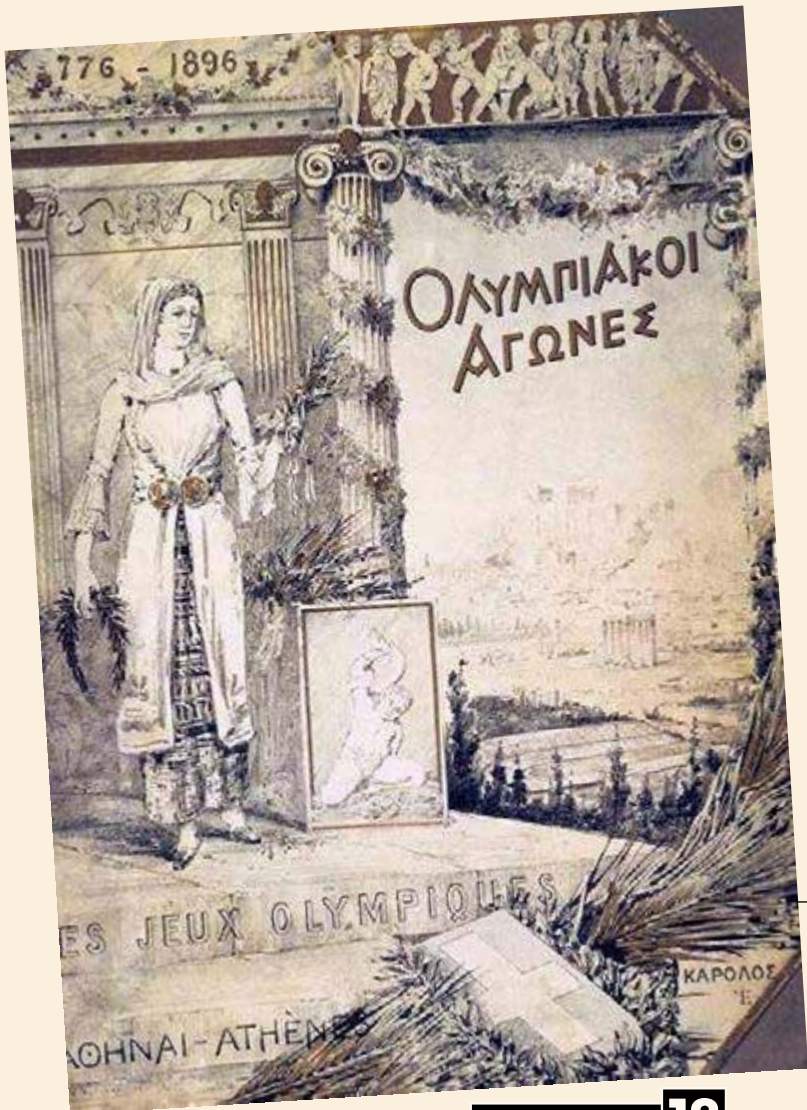
Became an Olympic discipline in its own right at Beijing 2008

## The Olympic Anthem

**Spiros Samaras and Kostis Palamas wrote the first Olympic Anthem for Athens 1896**

For the next 60 years, each Olympiad had its own hymn until the 54th IOC Session decided in 1958 to use the Samaras/ Palamas composition as the official Olympic Anthem

Cover of the official report for the 1896 Summer Olympics





# THE FIRST MEDALS

## FIRST PLACE WINNERS

Silver medal, olive branch, diploma

## SECOND PLACE

Bronze/copper medal, branch of laurel, diploma



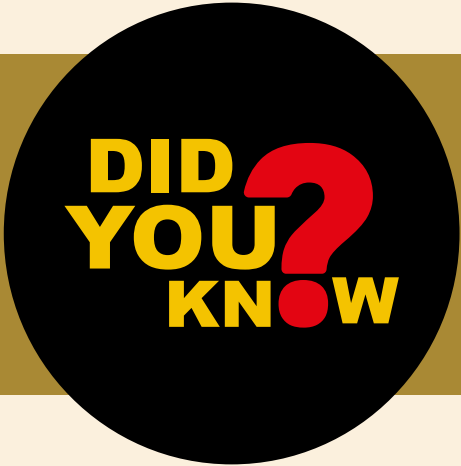
OBVERSE

Zeus' face along with his hand holding a globe with the winged victory on it



REVERSE

The Acropolis site of Athens



Medals were awarded at the closing ceremony, and not immediately after respective events. Athletes sported formal attire at the ceremony

131



MEDAL DESIGNER  
**Jules Clément Chaplain**

COMPOSITION  
**Silver** (1st Place)  
**Bronze, Cooper \*** (2nd Place)

DIAMETER	THICKNESS	WEIGHT
<b>48-50 mm</b>	<b>3.8 mm</b>	<b>47 mm</b>



The presentation of prizes at the closing ceremony of 1896 Olympic Games. Athens, Greece





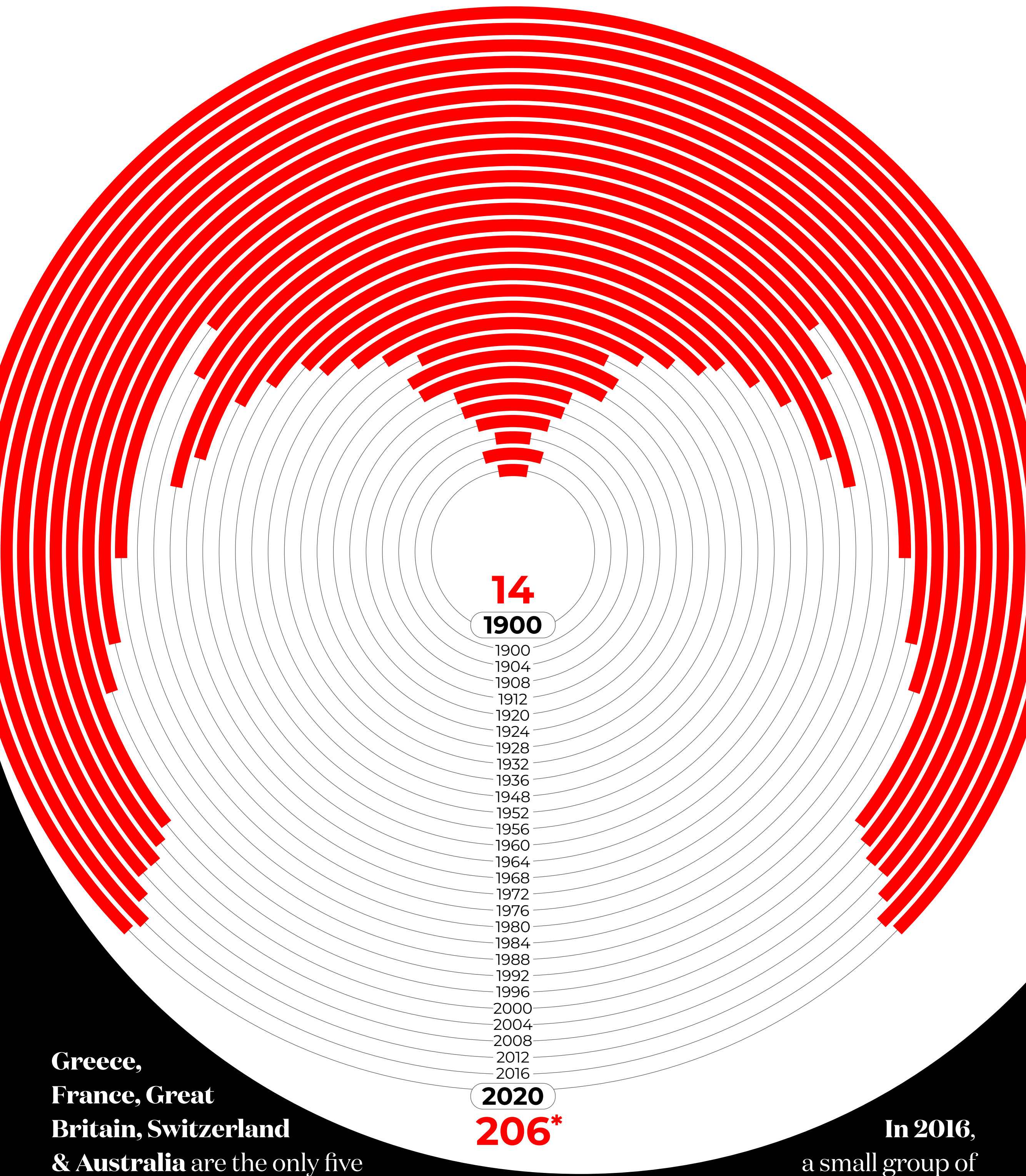
# HOW OLYMPIC SPORTS HAVE CHANGED OVER TIME



# OLYMPIAN EVOLUTION

Not only did the number of participating nations grow over time, but the Olympic sports were also changing. While only 14 nations were represented in 1896, athletes from 207 countries participated in the 2016 Rio Olympics

## NUMBER OF PARTICIPATING COUNTRIES IN THE SUMMER OLYMPICS (1896 - 2020)



**Greece, France, Great Britain, Switzerland & Australia** are the only five countries to have participated in all Summer Olympic Games

**In 2016,** a small group of “Refugee Olympic Athletes” competed

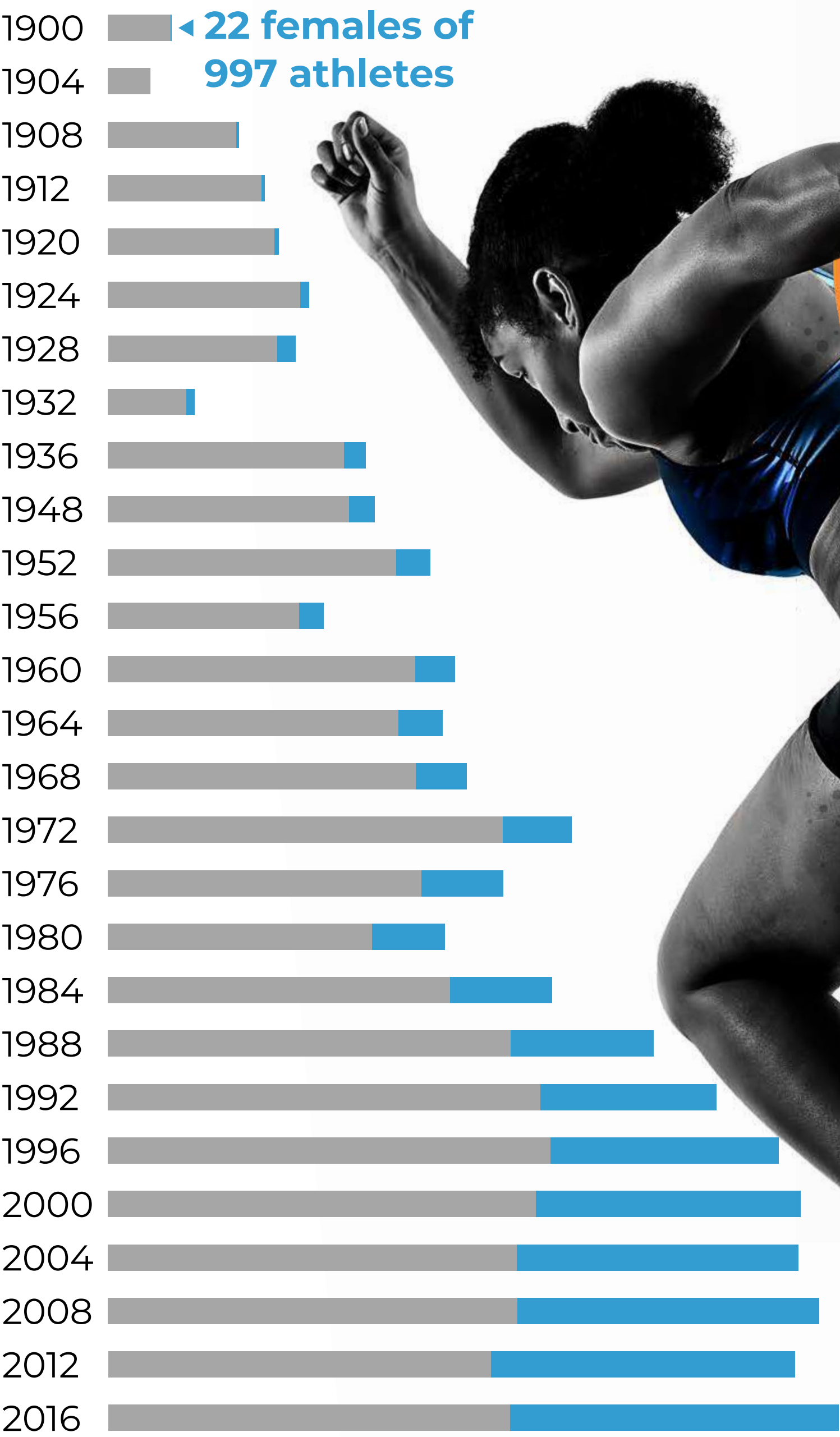


# THE OLYMPIC JOURNEY TOWARDS GENDER EQUALITY

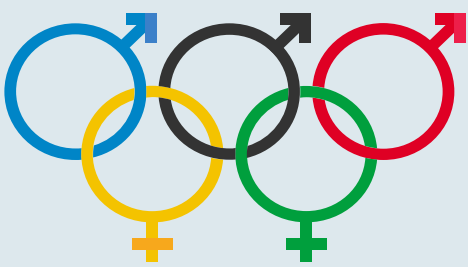
While in 1896, 241 participants (all men) represented the participating nations, the number grew with time. In Rio in 2016, 45% of the 11,238 representatives of 207 nations were women. **The Tokyo 2020 Games will have a record 48.8% female athletes**

## PARTICIPATION OF WOMEN AT THE SUMMER GAMES

MALE ATHLETES      FEMALE ATHLETES



**45% ATHLETES WERE FEMALES ▲**



**For the first time, one male and one female athlete will jointly carry their flag during the Opening Ceremony in the upcoming Games**





# OLYMPIC EVENTS THROUGH HISTORY

Since the first modern Games, 42 different sports, spanning 55 different disciplines, have been part of the Olympic programme at one point or another

## EVENTS DEBUTING AT OLYMPICS SINCE THE FIRST MODERN GAMES

1900

### Equestrian

Grand Prix Jumping, similar to today's show-jumping event. 45 competitors entered, though only 37 participated

1904

### Boxing

Boxing has been at every Summer Olympics since 1904. It was, in fact, one of the sports in the Olympics of Antiquity too

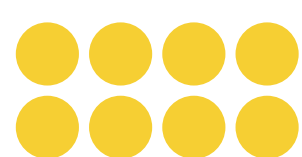
1908

### Field Hockey

India dominated the Olympics for a long time, winning the men's gold in 7 out of 8 Games from 1928 to 1964. It remains the most successful team in Field Hockey at Olympics

#### INDIA'S OLYMPIC HAUL IN FIELD HOCKEY

8 Gold



1 Silver



2 Bronze



*The Indian hockey team completed their first hat-trick of gold medal at the 1936 Berlin Olympics.  
Photo: Olympic Archives*



# OLYMPIC EVENTS THROUGH HISTORY

1912

## Modern Pentathlon

Comprises 5 very different events: fencing, 200m freestyle swimming, show-jumping, and a final combined event of pistol shooting and a 3,200 m cross-country run



1936

## Handball

After 1936, field handball was no longer played at the Games, except as a demonstration sport in 1952 in Helsinki. Indoor handball was first presented at the 1972 Games in Munich

1964

## Judo

**70**

No. of medals Japan has won to date: 34 Gold, 18 Silver, 18 Bronze

1988

## Synchronised Swimming

The US, Canada and Japan dominated from 1988 to 1996. Then Russia took over, winning every event from 2000 to 2016, amassing a total of 10 gold medals

1992

## Badminton

After its initial appearance as a demonstration sport 2 decades earlier, badminton debuted in competition in Barcelona, with singles and doubles events for both men & women

1992

## BMX

This is one of the fastest and youngest cycling disciplines in which 8 riders compete on a track filled with jumps, tight bends and obstacles



2020

## 4 debuting, 1 returning

DEBUT



Skateboarding, surfing, sport climbing and karate

RETURNING



Baseball/softball

Sources: News reports, IOC

**DID YOU KNOW**

In 1900 a new event was introduced and lasted only one Olympiad – live pigeon shooting

The 1900 Olympics also featured **Croquet**, with only French players  
**IT ATTRACTED ONLY 1 SPECTATOR**



# OLYMPIC MOMENTS THAT CHANGED HISTORY

1900



Women compete for the first time, in golf and tennis

Rings logo adopted



1920

Olympic oath first used

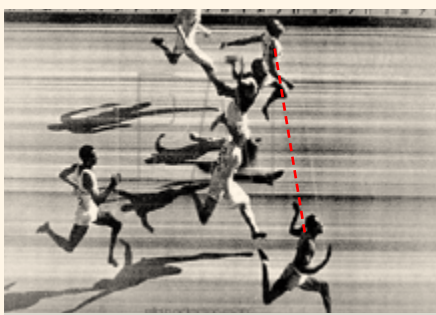


1928



Olympic flame first used

**"We swear. We will take part in the Olympic Games in a spirit of chivalry, for the honour of our country and for the glory of sport."**



1932

First photo finish



1948

First broadcast on live TV



1956

MELBOURNE  
First international TV rights sold

1968

Black Power salute at 200m medal award



1972

11 members of Israeli team killed in terrorist attack

1980

65-country boycott led by US, over Soviet invasion of Afghanistan

1984

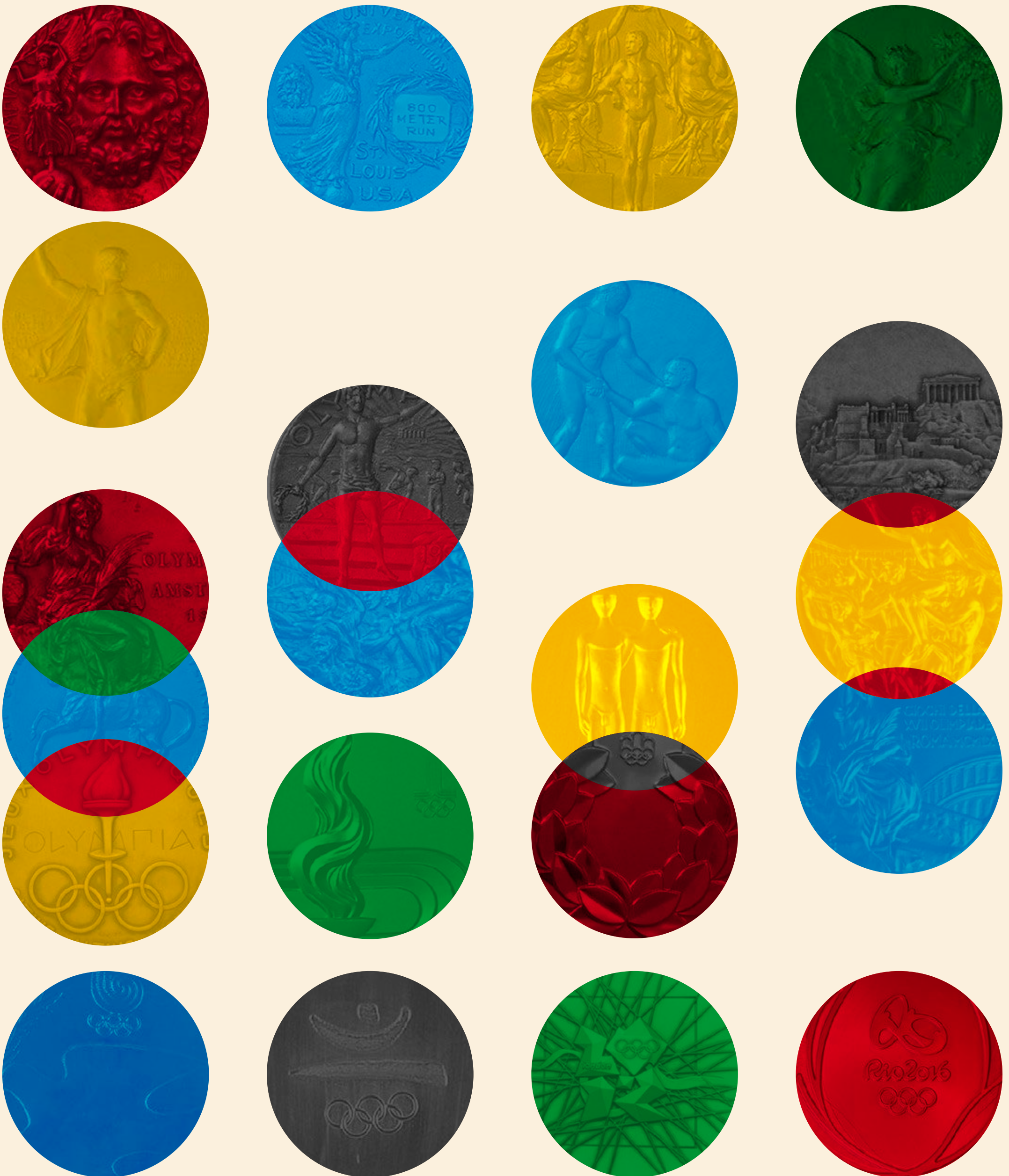
16-country boycott led by Soviet Union, in response to 1980 boycott

COVID-19 delays 2020 Tokyo games



2020





# HOW THE OLYMPIC MEDAL HAS CHANGED OVER TIME



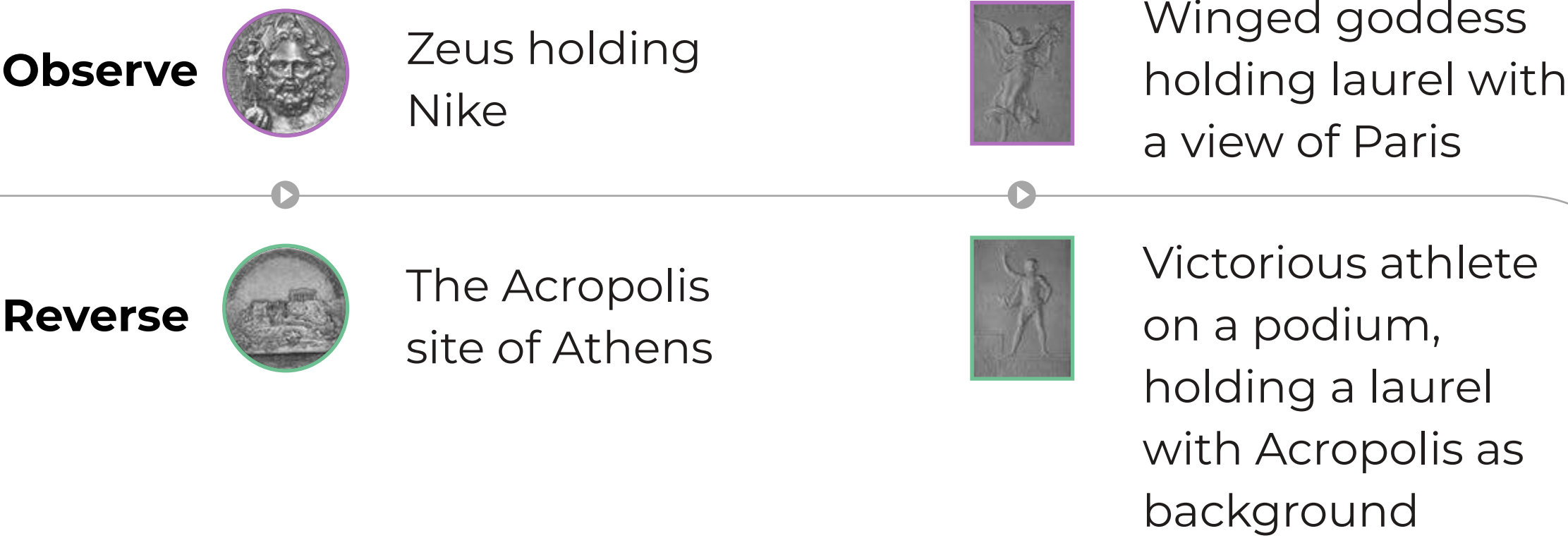
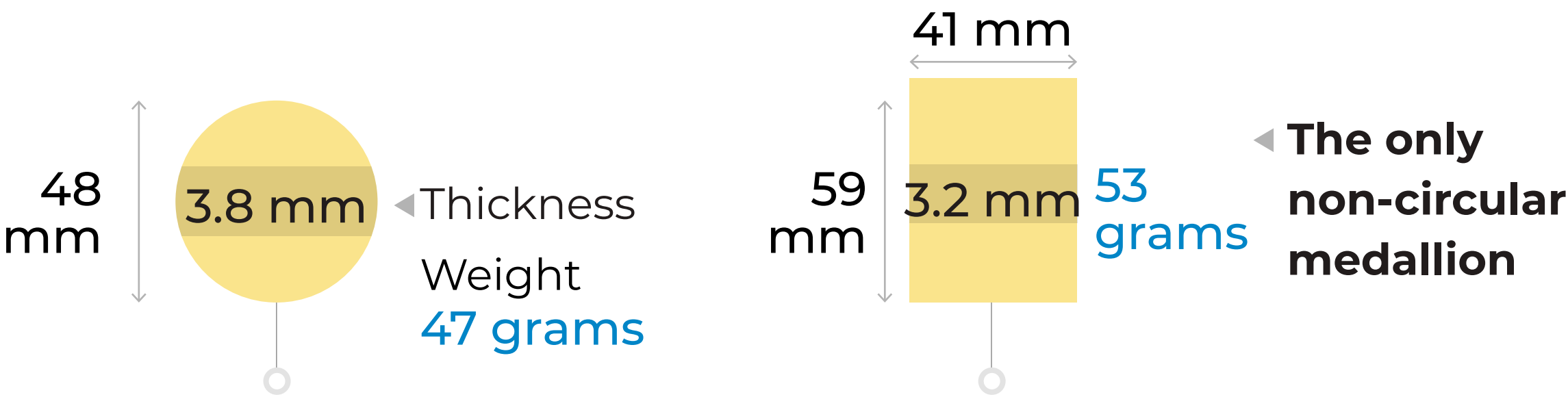
# EVOLUTION OF THE MEDALLION

The medal classification as we know it was introduced in 1904. In 1896 winners received silver medals and an olive branch. In 1900 winners received trophies instead of medals

**15,683**  
TOTAL SUMMER  
OLYMPIC MEDALS  
1896-2016

TOP 3 COUNTRIES,  
BY NUMBER OF MEDALS

**2,523** **1,010** **851**  
**US** **RUSSIA\*** **BRITAIN**



\*Russian Empire participated at the 1900, 1908 and 1912 Games. Soviet Union competed from 1952 to 1988. Unified Team of 12 post-Soviet republics that competed at the 1992 Summer Olympics. Russian Federation and the other fourteen post-Soviet republics started competing independently since 1992



33.4  
mm

1.5 mm

24  
grams

**STOCKHOLM 1912**



Athlete receiving  
laurel crown from  
two female figures



Herald proclaiming  
opening of the Games  
with the statue of Ling

The last  
games with  
medals made  
entirely of  
pure gold

59  
mm

4.4 mm

79  
grams

**ANTWERP 1920**



Naked athlete  
with palm leaf  
and laurel crown



The Antwerp  
monument,  
commemorating  
Silvius Brabo

55  
mm

3 mm

66  
grams

**AMSTERDAM 1928**



Goddess Nike  
with a palm and a  
winner's crown



An Olympic champion  
carried in triumph by  
the crowd

This Trionfo design would remain  
unchanged for the next 5 games

55.3  
mm

5.7 mm

96  
grams

**LA 1932**



Unchanged



Unchanged

55  
mm

4.8 mm

79  
grams

**PARIS 1924**



Victorious  
athlete, helping  
up a rival



Harp & other sports  
equipment in an arch



55  
mm

5 mm

71  
grams

**BERLIN 1936**



Unchanged



Unchanged

Practice of  
honouring athletes  
right after each  
event began





HELSINKI 1952



Unchanged



Unchanged



LONDON 1948



Unchanged



Unchanged



MELBOURNE 1956



Unchanged



Unchanged



ROME 1960



Olympic champion  
carried in triumph  
by the crowd



Goddess Nike  
with a palm and  
a winner's crown

Obverse  
& Reverse  
sides were  
inverted



*The medals were set in a circle  
featuring a laurel wreath matched with  
a chain of a sequence of laurel leaves*



MEXICO 1968



Unchanged



Unchanged



TOKYO 1964

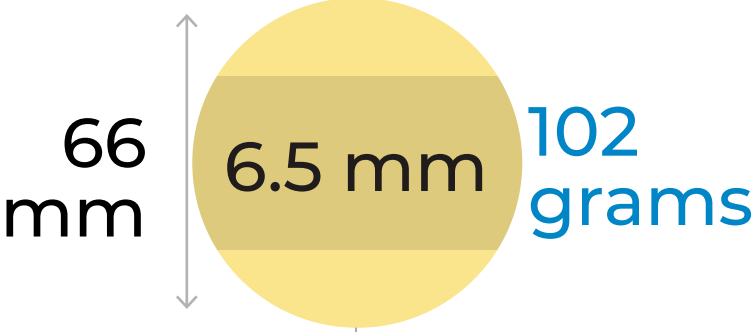


Goddess Nike  
with a palm & a  
winner's crown



Olympic champion  
carried in triumph  
by the crowd





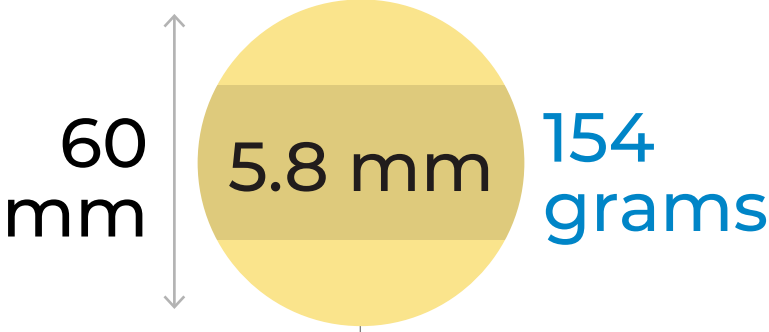
MUNICH 1972



Unchanged



Castor & Pollux, twin sons of Zeus & Léda, the patrons of sports competitions and friendship



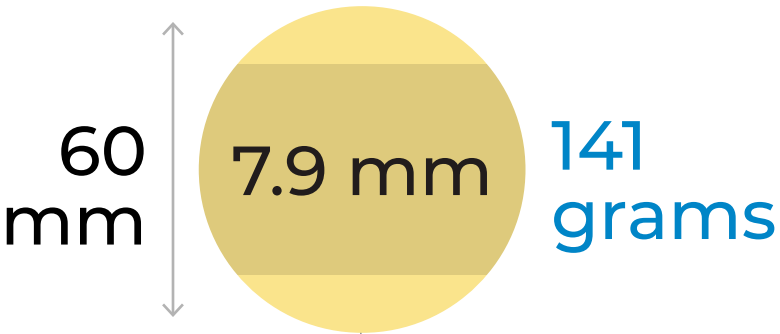
MONTREAL 1976



Unchanged



Kept bare except for a stylized laurel crown



LA 1984

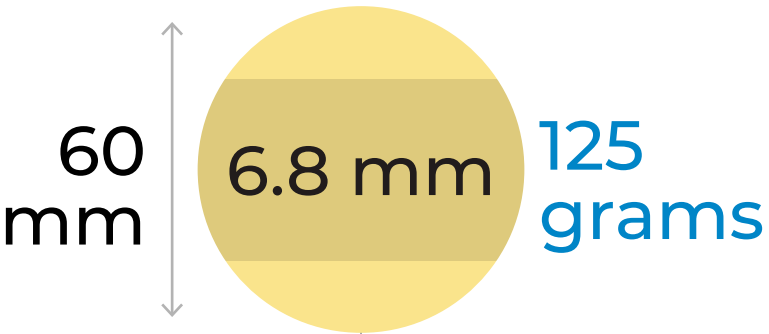


Unchanged



An Olympic champion carried in triumph by the crowd

**A return to the Trionfo design**



MOSCOW 1980



Unchanged



Stylised Olympic Bowl with a burning flame against a stadium background



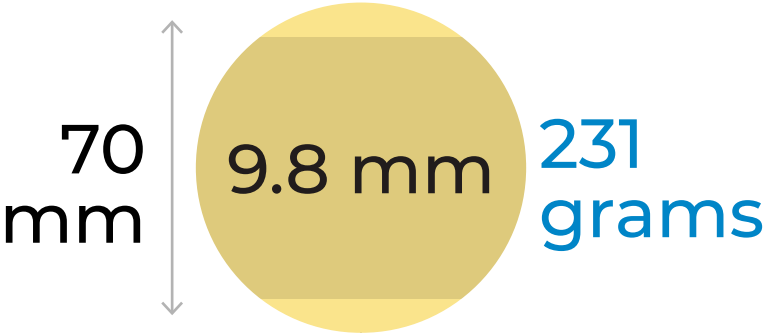
SEOUL 1988



Unchanged



Dove with a laurel branch in its mouth, the Games' emblem for Seoul and the five Olympic rings



BARCELONA 1992



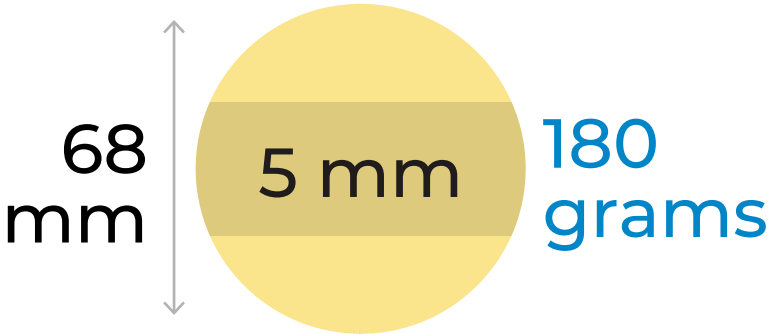
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Official emblem of the Olympic Games Barcelona 1992







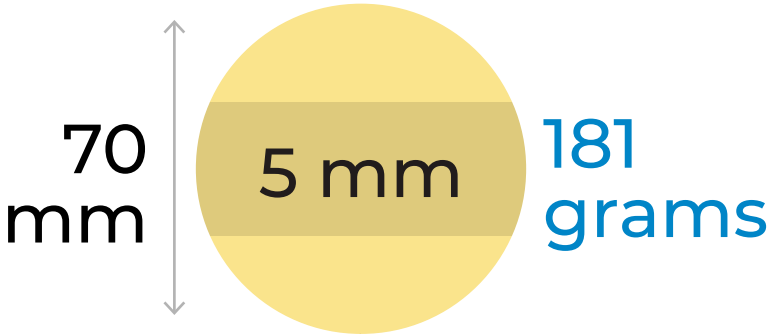
**SYDNEY 2000**



Unchanged



Sydney Opera House, the Olympic torch & Olympic rings



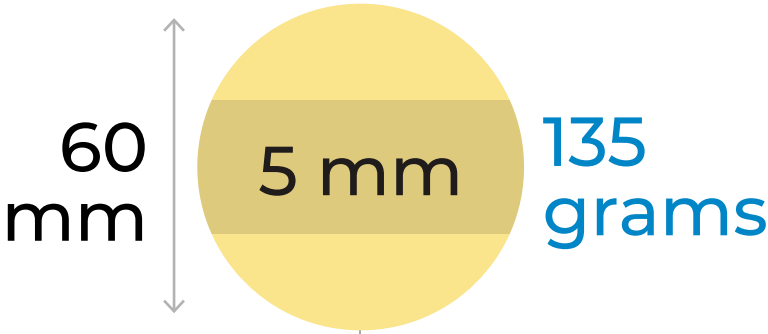
**ATLANTA 1996**



Unchanged



Official emblem of Atlanta Games and 'Quilt of Leaves' design



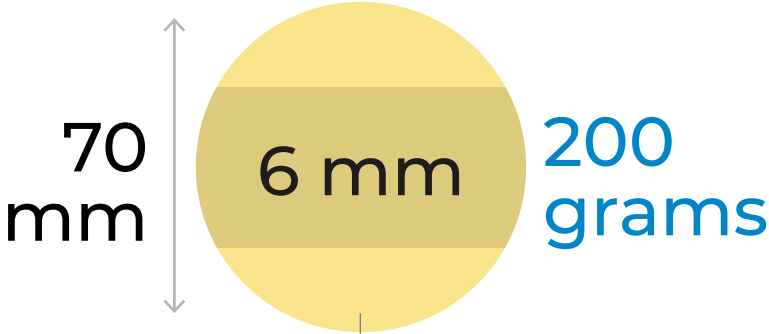
**ATHENS 2004**



Goddess Nike flying into the Panathenaic Stadium, where the Games were first renewed in 1896



Olympic Flame with opening lines of Pindar's *Eighth Olympic Ode* composed in 460 BC



**BEIJING 2008**

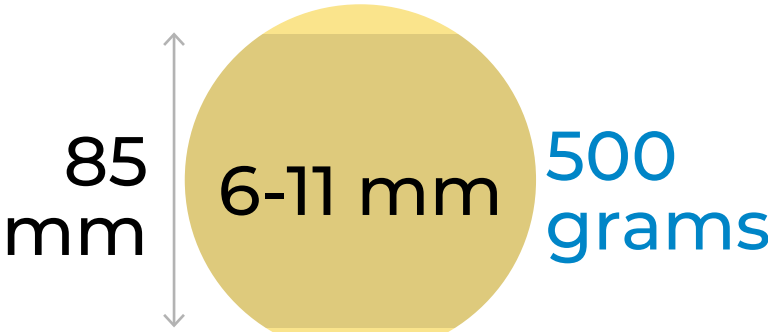


Unchanged

**Jade used for the first time**



Inlaid with jade with the Games logo engraved in centrepiece



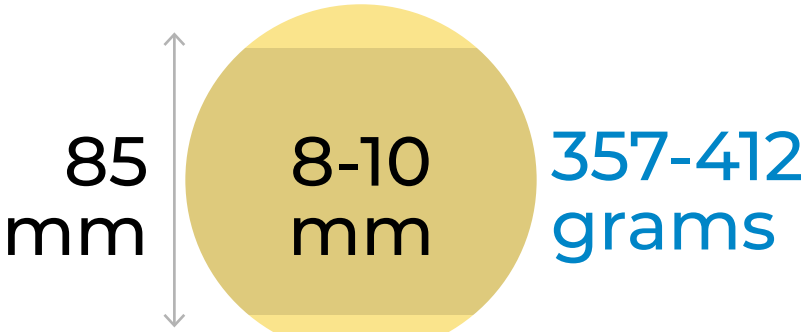
**RIO 2016**



Unchanged



Rio Games logo surrounded by laurel leaves



**LONDON 2012**



Unchanged



Abstract design with London Games logo





OBVERSE

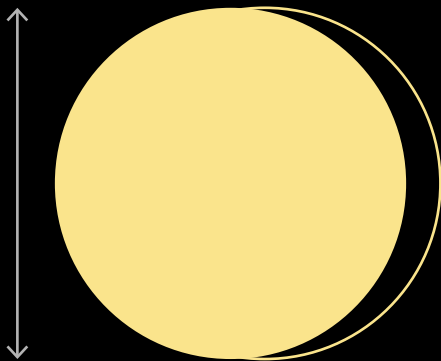
Nike, the Greek goddess of victory, in front of the Panathinaikos Stadium alongwith official name of the Games —Games of the XXXII Olympiad Tokyo 2020 & the five rings symbol



REVERSE

The Tokyo Games logo at the centre of overlapping rings symbolising diversity. The brilliance of the medals signifies warm glow of friendship among all people of the world

DIAMETRE  
85 mm



THICKNESS  
7.7 mm  
Thinnest part  
12.1 mm  
Thickest part

NOT ALL THAT GLITTERS IS GOLD  
COMPOSITION



GOLD  
More than 6 grams of gold plating on pure silver



SILVER  
Pure silver



BRONZE  
Red brass (95% copper, 5% zinc)

← WEIGHT →  
~556 g      ~550 g      ~450 g





# SUMMER OLYMPIC GAMES HOST CITIES

(1896-2021)



# HOSTING THE SUMMER GAMES

Since 1896 the Summer Olympics have been held 31 times, hosted across five continents by a total of nineteen countries in 23 cities

**AMSTERDAM, NETHERLANDS** 1928

**ANTWERP, BELGIUM** 1920

**LONDON, ENGLAND** 1908, 1948, 2012

**PARIS, FRANCE** 1900, 1924, 2024\*

**BARCELONA, SPAIN** 1992

**MUNICH, WEST GERMANY** 1972

**BERLIN, GERMANY** 1936

**STOCKHOLM, SWEDEN** 1912

**HELSINKI, FINLAND** 1952

**MOSCOW, SOVIET UNION** 1980

**SEOUL, SOUTH KOREA** 1988

**BEIJING, CHINA** 2008

**TOKYO, JAPAN** 1964, 2021\*

**SYDNEY, AUSTRALIA** 2000

**MELBOURNE, AUSTRALIA** 1956

**ST LOUIS, USA** 1904

**LOS ANGELES, USA** 1932, 1984

**ATLANTA, USA** 1996

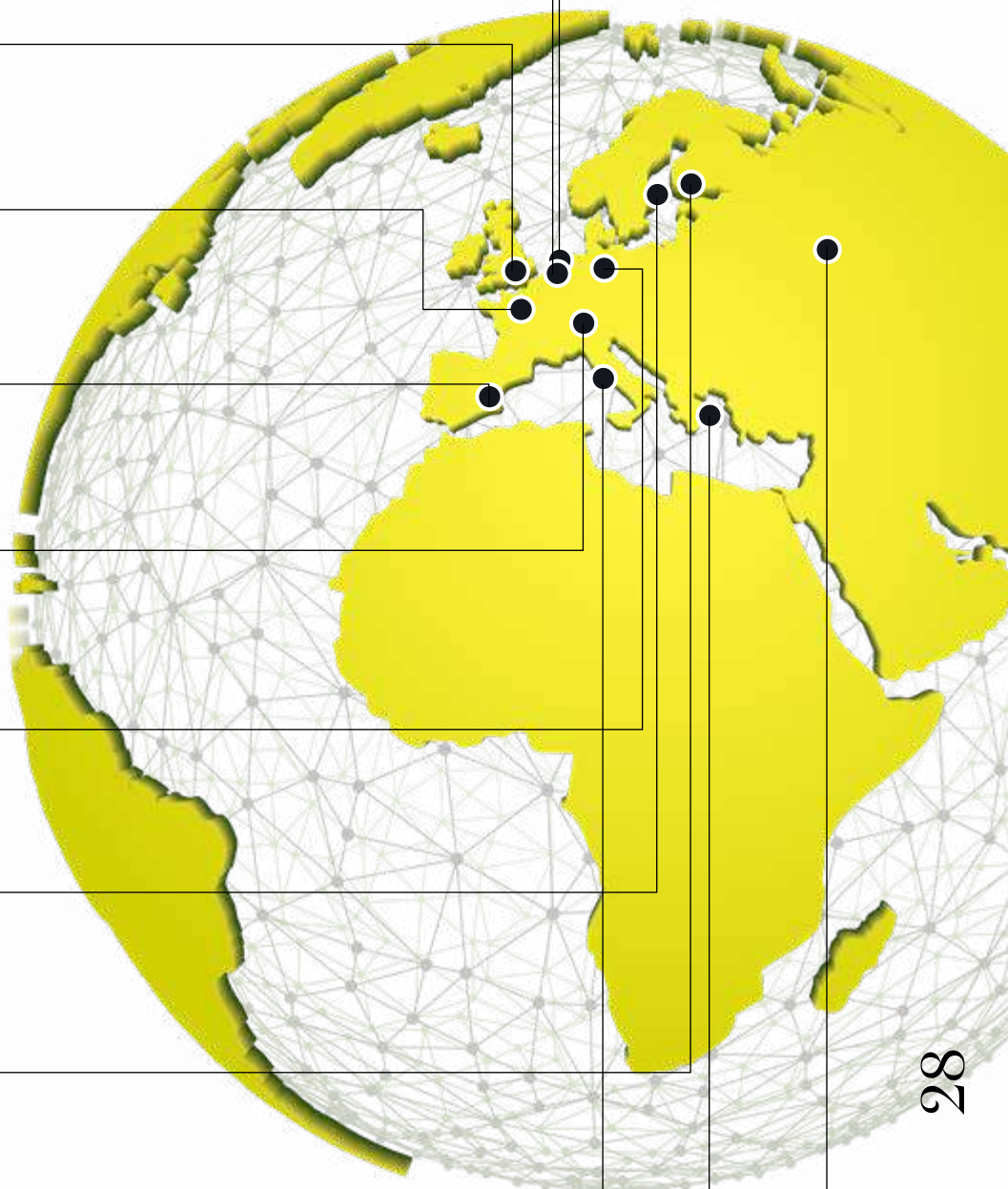
**MEXICO CITY, MEXICO** 1968

**RIO DE JANEIRO, BRAZIL** 2016

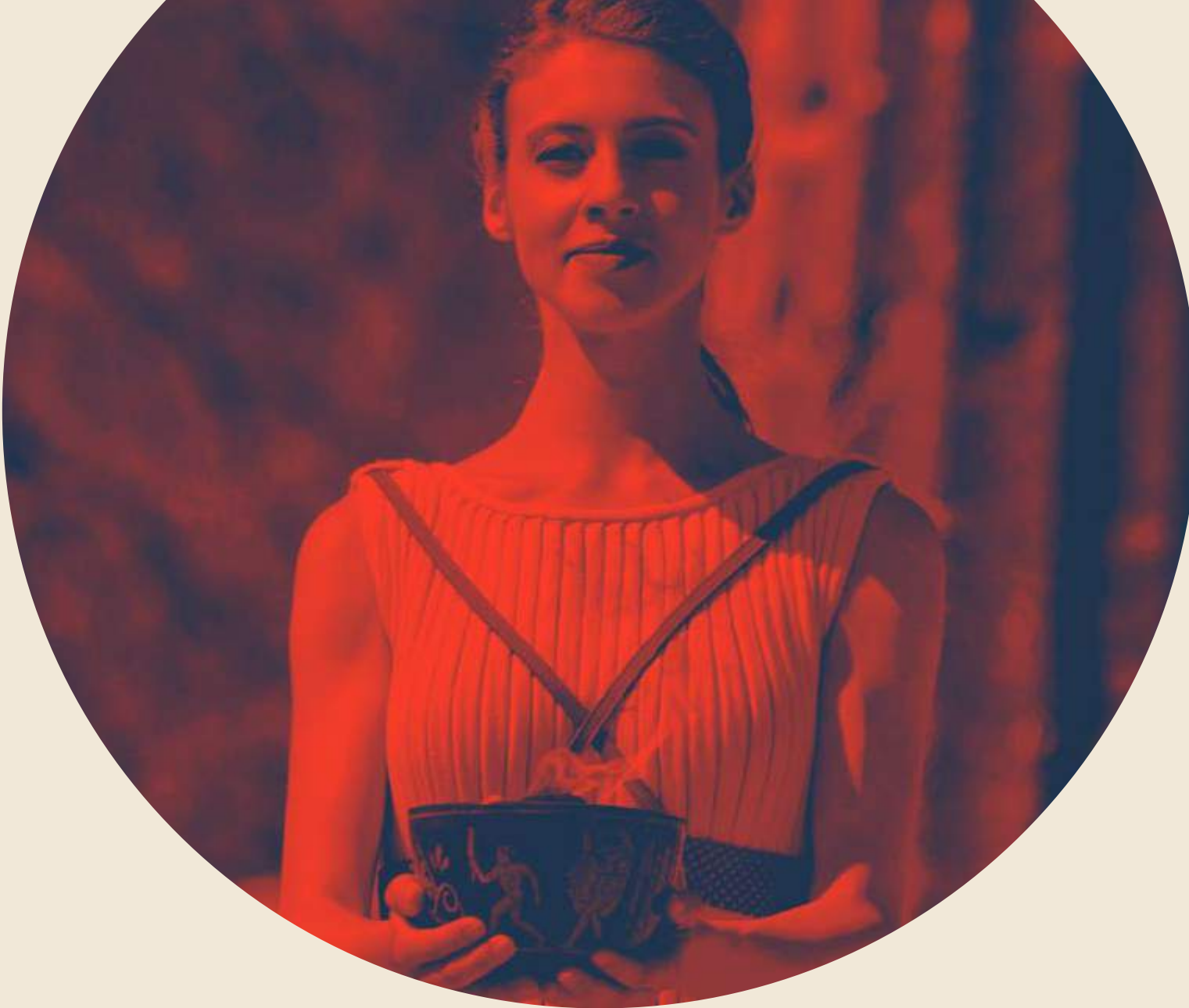
**ROME** 1960

**ATHENS, GREECE** 1896, 2004

**MONTREAL, CANADA** 1976







# 5 MYTHS

## ABOUT THE OLYMPICS OF ANTIQUITY



# FROM MYTH TO REALITY

Although shrouded in myth, the ancient Olympics were surprisingly similar to the modern Olympic Games



*Nike, goddess of victory, crowns the winner of a boxing match. Panathenaic prize amphora with lid (detail), 363–362 B.C. Digital image courtesy of the Getty's Open Content Program*

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## myth#1

### Only amateur athletes competed

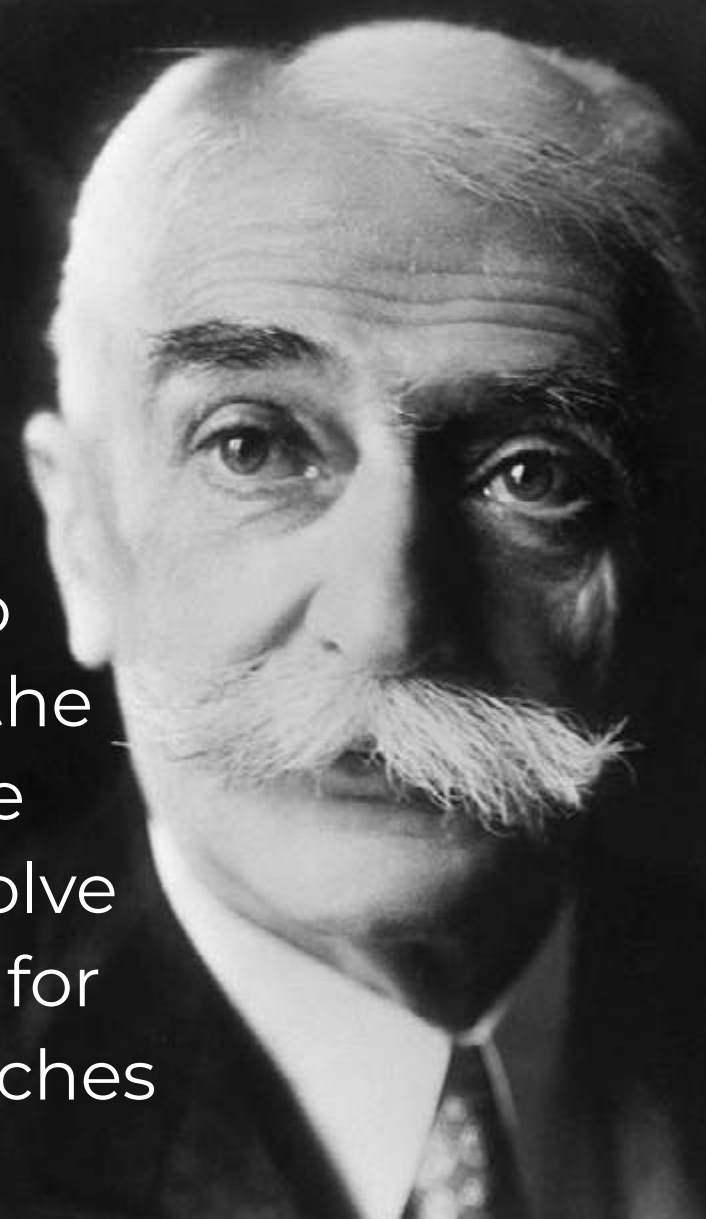
Though money prizes were not offered at Olympia, they were at other Greek sporting competitions

#### PRIZES INCLUDED

- Cash prizes to victors awarded by states
- Tax exemptions
- Front-row theatre seats
- Lifetime of free meals in its civic building

**Only amateurs participating in the Olympics is a modern-day concept originating in 1896**

Baron de Coubertin, who first suggested reviving the Olympics, wanted it to be strictly amateur, and involve no one practicing sports for money, not even the coaches





## myth#2

**There was no cheating or corruption**

Ancient Olympians were required to stand before a menacing statue of Zeus and swear to play fair. But the lure of winning was too great for some.

**PUNISHMENTS FOR ATHLETES BREAKING THE RULES:**

- Disqualification
- Public whipping
- Hefty fines for competitors and judges found guilty of bribery



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**Bronze statues of Zeus**

erected near the entrance to Olympia's stadium from these fines over the years

**388 BC****FIRST RECORDED CHEATING SCANDAL AT THE GAMES**

Pugilist Eupolus of Thessaly bribed three opponents to throw their fights against him

**67 AD****1,808 FIRST-PLACE PRIZES FOR NERO!**

Emperor Nero entered the four-horse chariot race with a team of 10 steeds by bribing the judges and won the top prize. Music and poetry—Nero's strong suits—were also introduced to the Olympic programme

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## myth#3

**Ancient Olympics were devoid of commercialism**

In the ancient games, licensed merchants ran food and drink concessions and sold souvenirs. Artists, sculptors and poets hawked their works. Olympic organisers could hand out on-the-spot fines to merchants selling inferior goods. Champions had their images on specially minted coins and state-commissioned statues



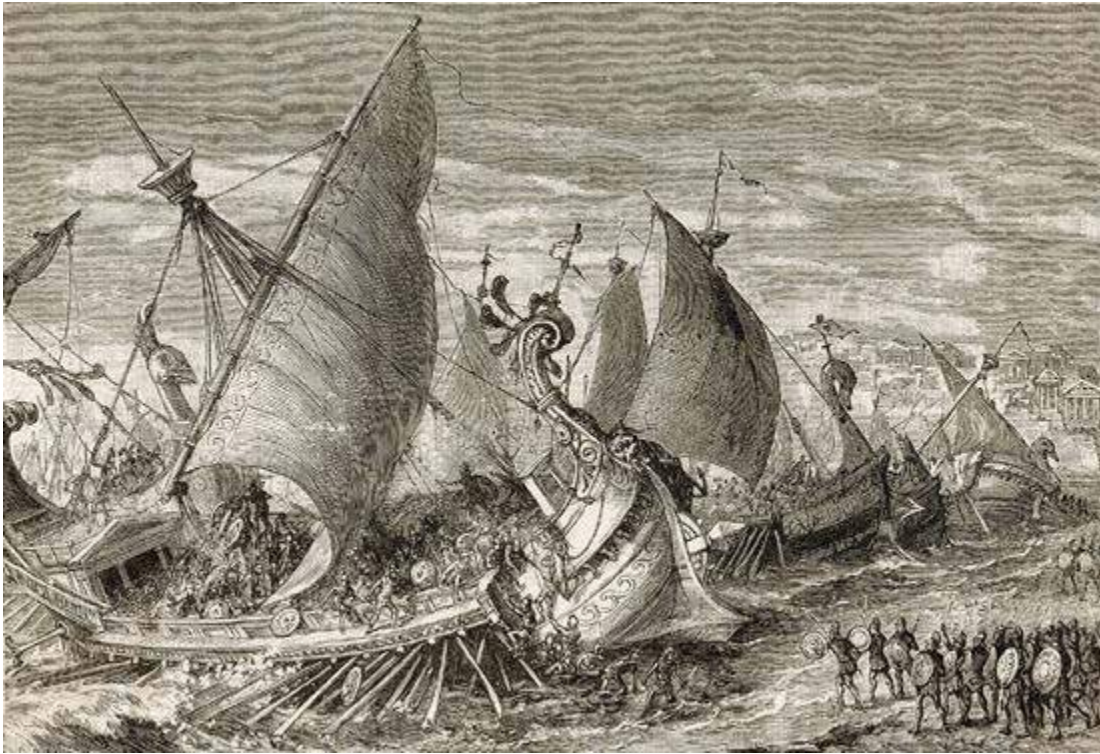
▲ Issued by the Greek city Elis, Olympia in 400 BC



## myth#4

**There was no politics and warfare**

Politics was inevitable, with many competitors who were also rivals on the battlefields

**424 BC****SPARTANS WERE BANNED**

from competing in or attending the games during the **Peloponnesian War** — a prolonged conflict between the rival city-states of Greece that lasted from 431-404 BCE

**364 BC**

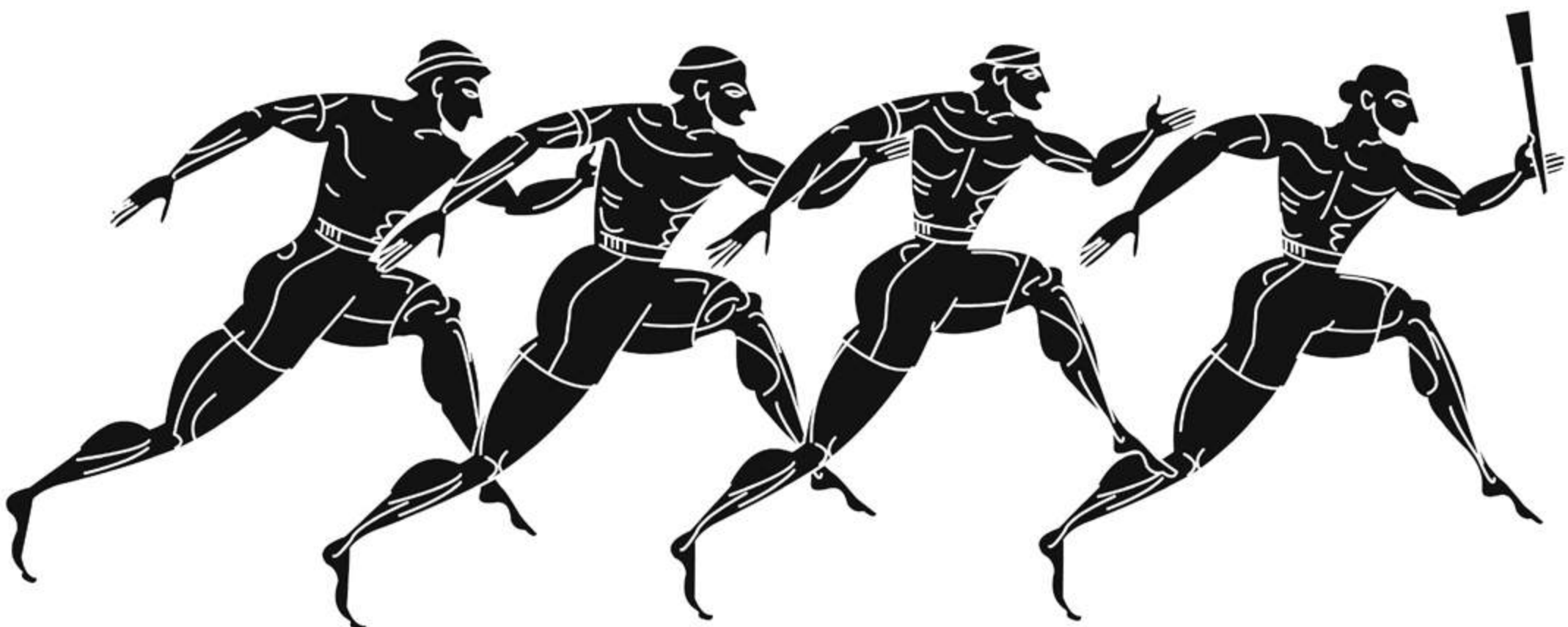
War came right to Olympia during the games when invaders from neighbouring Elis attacked as the tiebreaking wrestling match in the final event of the pentathlon was taking place. Olympia was defended by archers firing from the roofs of the temples, while 5,000 troops engaged in hand-to-hand fighting

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## myth#5

**Ancient Olympians trained on their own**

Greek states invested in sporting facilities and hired trainers who assisted athletes with medicine, nutrition and physiotherapy. Trainers of champions became famous themselves and penned popular training manuals with advice on exercise and diet







*Let the Games  
Begin!*

