

## Interactive vocabulary guide



# Olympic English



**This interactive vocabulary guide may be useful for those who are connected with sports or Olympic Games. It will tell you about the Olympic movement symbols and the names of the Olympic objects in Sochi. Also you can check your sports vocabulary and learn some amazing sports idioms. All sections are organised in the alphabetical order. It is easy to use – just press the buttons and follow the links.**



**Start here**

# “Olympic” English

The Olympic movement symbols

Olympic objects in Sochi

Sports vocabulary

Sports idioms



ESCAPE

# The Olympic movement symbols

To promote the ideals of the Olympic Movement throughout the world, the International Olympic Committee uses the Olympic symbols and attributes.

Anthem

Motto

Flag and rings

Oath

Mascot

Olive wreath

Medals

Olympic flame and  
torch relay



# Anthem



This piece of music was written in 1896 by Greek composer Spiros Samaras with the lyrics by Costis Palamas. It was declared in 1958 by the IOC as the official Olympic anthem. The Anthem of the Olympic Games marks raising of the Olympic flag during the Opening ceremony and during competitions.



# Flag and rings

The idea of the Olympic Flag was proposed by Pierre de Coubertin in 1913. The flag is a white silk cloth with the Olympic logo embroidered on it. The five interlocking rings: blue, yellow, black, green, red. They represent the Union of the five continents and the meeting of the athletes of the World at the Olympic Games.





# Mascot

The tradition to create a special mascot of the Olympic Games, bringing good luck to athletes and fans, first appeared in 1968 in Mexico City. The mascot of the XIX Summer Olympic Games was the Jaguar. New Olympic tradition all at once fell on the soul, and thereafter every Olympic Games had their character.



# Mascots of the Olympic Games

## 福娃 Friendlies



福娃贝贝  
Beibei



福娃晶晶  
Jingjing



福娃欢欢  
Huanhuan



福娃迎迎  
Yingying



福娃妮妮  
Nini





# Medals



Olympic medals, gold, silver, bronze are awarded to three athletes, who showed the best results in competitions. Gold medals are usually made of silver with a small addition of gold. Until 1960 medals were made without fastenings and were awarded to winners in hand. Later chains or bands were used.



# Motto

## Citius, Altius, Fortius

The Olympic motto «Citius, altius, fortius!» (Latin «Faster, higher, stronger!») – the credo of those who are ready to strive for setting new records.

This idea embraces the spirit of competition. However, it is not just about the victory over the others, but above all about the victory over oneself: to set the goal and surpass it.



# Olympic oath



The Olympic Oath is one of the rituals of the Olympic Games. It is taken by an athlete from the host country, on behalf of all the athletes.

"In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams".

The first Athletes' Oath was taken at the Olympic Games in Antwerp in 1920 by Victor Boin, a Belgian fencer.

The modern oath, mentioning doping and drugs, was first introduced in the 1999 December Olympic Charter and first pronounced that way during the opening ceremony in the 2000 Sydney Olympic Games.

Since 1972, a referee has taken an oath on behalf of all the referees and officials.





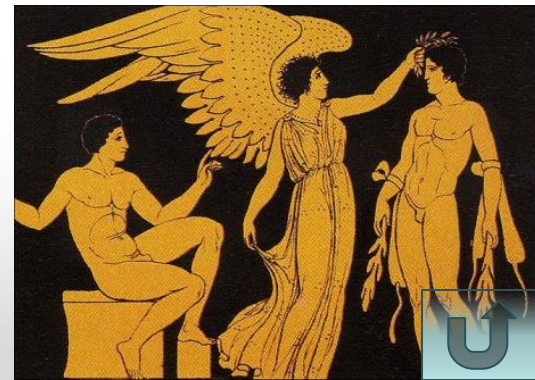
# Olive wreath



The **olive wreath** also known as ***kotinos*** (Greek: ΚΟΤΙΝΟΣ), was the prize for the winner at the ancient Olympic Games. It was an olive branch, of the wild-olive tree that grew at Olympia, intertwined to form a circle or a horse-shoe. According to Pausanias it was introduced by Heracles as a prize for the running race winner to honour his father Zeus. In the ancient Olympic Games there were no gold, silver, or bronze medals. There was only one winner per event, crowned with an olive wreath made of wild-olive leaves from a sacred tree near the temple of Zeus at Olympia. Olive wreaths were given out during the 2004 Summer Olympics in Athens in honor of the ancient tradition, because the games were being held in Greece.



ATHENS 2004



# Olympic flame and torch relay



Another ancient Olympic symbol is the Olympic Flame. It is lit in the Greek city of Olympia, at the foot of Mount Kronos, through a special parabolic mirror and with the help of a torch relay race passes from athlete to athlete. Thus, the fire crosses all 5 inhabited continents of the Earth and arrives to the venue of the Games.





# Olympic objects in Sochi

General picture

Bolshoi Ice Palace

Sochi Olympic  
Skating Centre

Main Olympic village

Maly Ice Palace

Sochi Olympic  
Curling Centre

Rosa Khutor Ski Centre

Sochi Olympic Oval

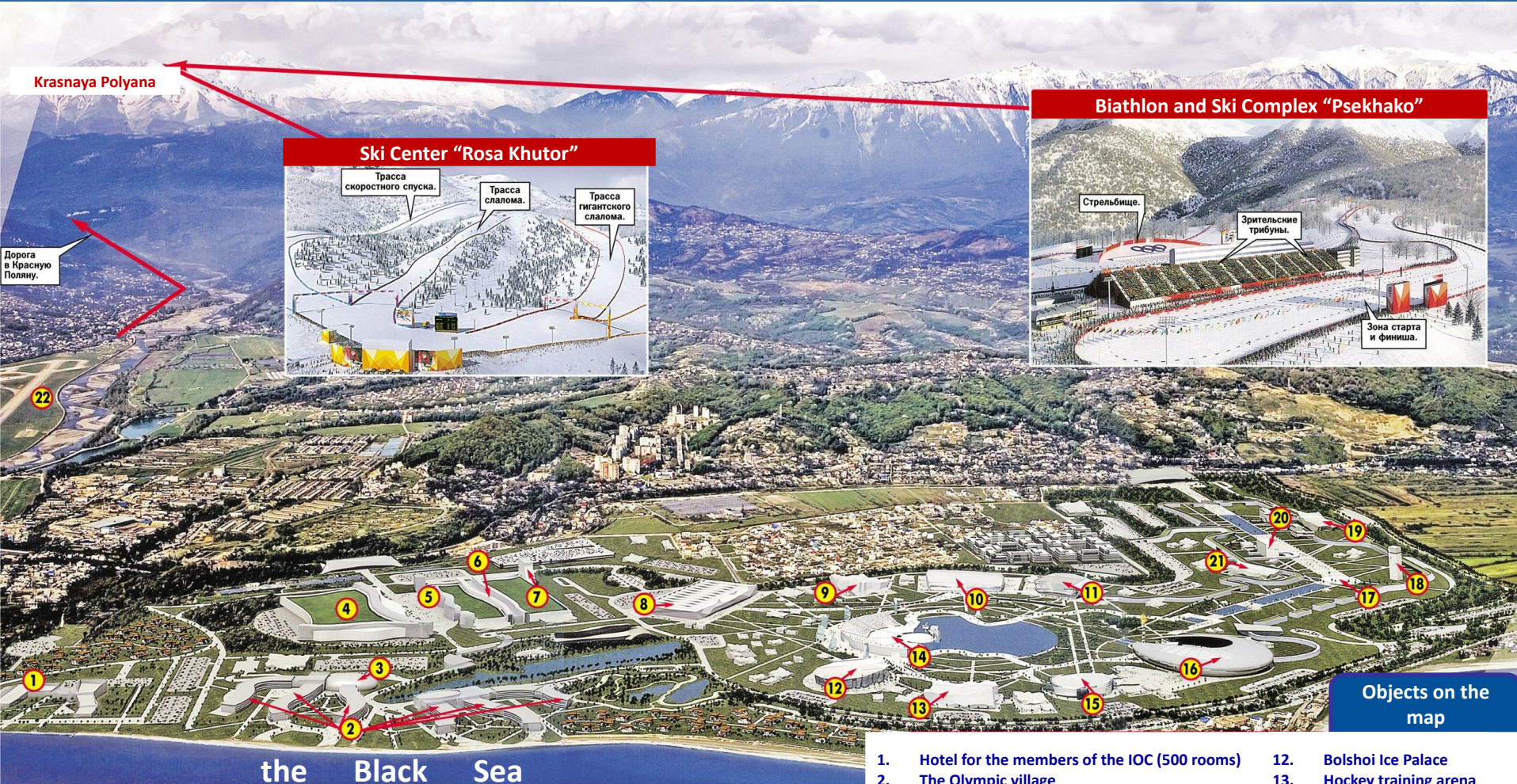
Sochi Olympic Stadium

Biathlon and Ski  
Complex "Psekhako"





# General picture



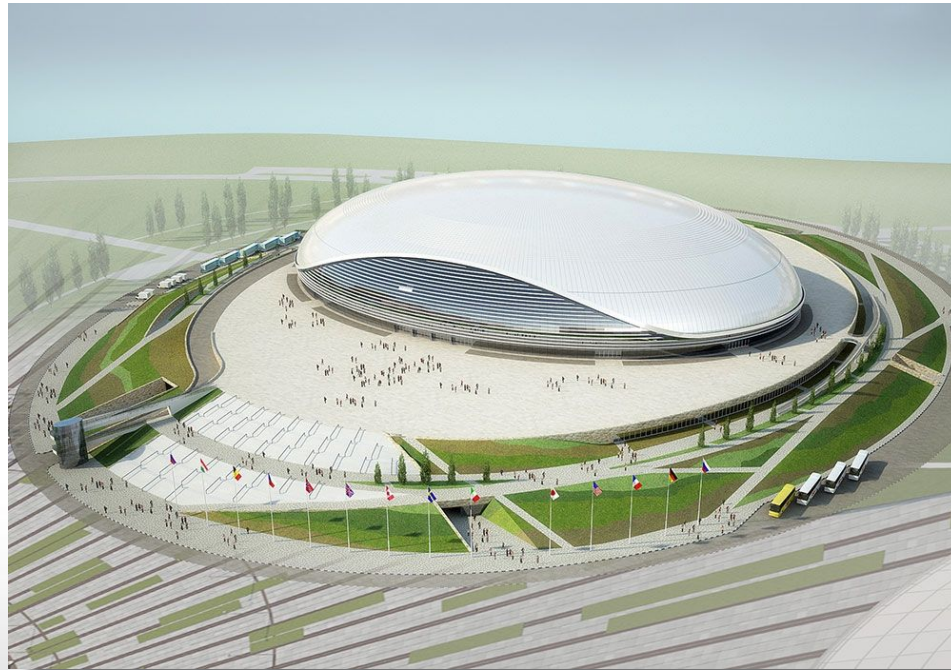
Objects on the map

- |   |                                |
|---|--------------------------------|
| 1. Hotel for the members of the IOC (500 rooms)                   | 12. Bolshoi Ice Palace         |
| 2. The Olympic village  | 13. Hockey training arena      |
| 3. Canteen for sportsmen  | 14. Area for Awards ceremonies |
| 4. Shopping and entertainment center                              | 15. Maly Ice Palace            |
| 5. Residential area for the press                                 | 16. Olympic Stadium            |
| 6. International TV broadcasting center and the main press-center | 17. Open Skating Rink          |
| 7. Hotel for the press (600 rooms)                                | 18. Observation tower          |
| 8. Olympic Oval   | 19. Hotel for sponsors         |
| 9. Training center for figure-skating                             | 20. Staff residence            |
| 10. Ice Palace for figure-skating and short track                 | 21. Olympic shopping center    |
| 11. Olympic Curling center  | 22. Adler Airport              |



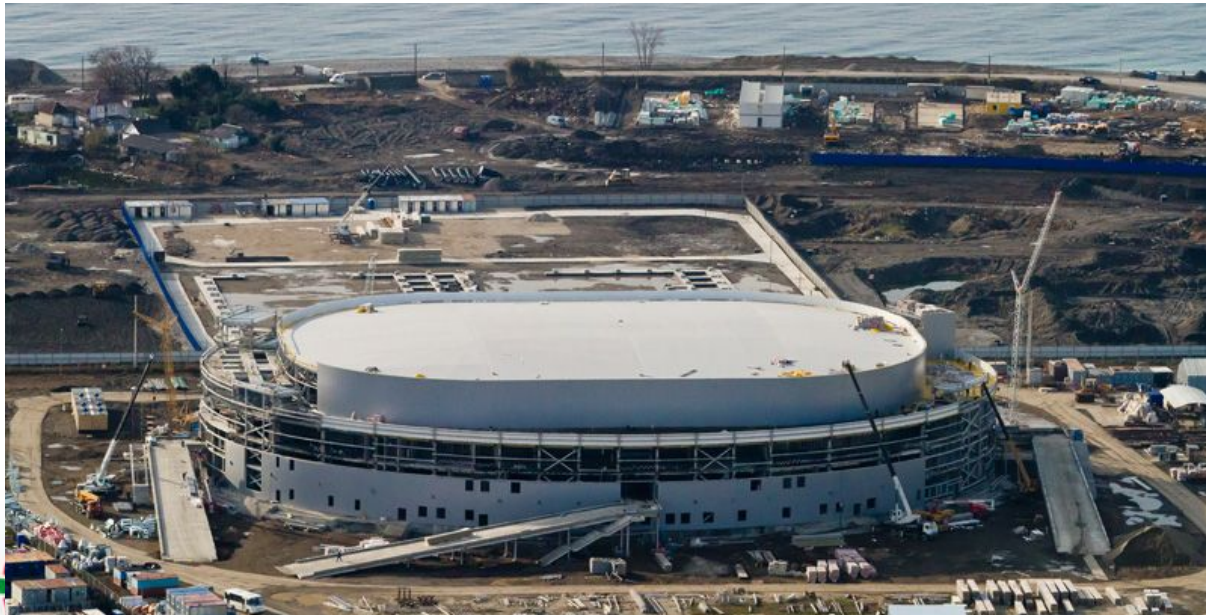
# Bolshoi Ice Palace

Ice Palace «Bolshoi» - the stadium, that will be located in the Olympic Park in Sochi. It will be the major hockey stadium during the Olympiad - 2014 in Sochi.



# Maly Ice Palace

Ice Palace «Maly» is a stadium in the Olympic Park in Sochi. This is the second in importance hockey stadium of Olympiad - 2014 in Sochi. The planned capacity of 7,000 seats. There is an Ice Palace «Bolshoi» and a training stadium near it.



# Sochi Olympic Oval

«Adler-arena» («Olympic oval») - indoor speed skating stadium in Adler, Sochi. During the Olympic games - 2014 there will be held competitions in speed skating.





# Sochi Olympic Skating Centre

The Winter Palace of Sports - Ice Palace of sports in Adler with an ice rink and a training rink for figure skating and competitions in short-track. It will be used during The Winter Olympic games of 2014.



# Sochi Olympic Curling Centre

The Ice Cube Curling Center is a multi-purpose arena in Sochi, of a 3000 seat, that is currently in the construction stages. After it is completed, it will host all the curling events at the 2014 Winter Olympic games.



# Sochi Olympic Stadium

Olympic Stadium «Fisht» - the stadium of the city of Sochi is currently being built for The XXII Winter Olympic games in Sochi in 2014 and will be located in Adler, the Olympic Park. In this stadium there will be held the opening and closing ceremonies of The Winter Olympic games.





# Main Olympic village

The Olympic village is being built on the territory of resort complex «Sochnoe». It will consist of 47 buildings and is designed for 3 thousand people. There will live sportsmen, journalists and some members of the IOC in the Olympic village. After the competition the Olympic village will be the off-season resort complex «Sochnoe».



# Rosa Khutor Ski Center

The **Rosa Khutor Alpine Resort** is located at Aibiga Ridge along the Rosa Khutor plateau near Krasnaya Polyana. Constructed from 2003 to 2011, it is scheduled to host the alpine skiing events for the upcoming 2014 Winter Olympics and Paralympics, based in nearby Sochi. The resort is 40 km from the Black Sea at Sochi; the majority of the slopes at Rosa Khutor face northeast, with the backside slopes facing southwest.





# Biathlon and Ski Complex “Psekhako”

The **Laura Biathlon & Ski Complex** is a skiing venue located on the crests and slopes of Psekhako Ridge in Krasnaya Polyana. For the 2014 Winter Olympics and Paralympics in neighboring Sochi, it will host the biathlon and the cross-country skiing portion of the Nordic combined events.



# Sports vocabulary

Olympic sport  
activities

Sport areas

Sport equipment

Sportspeople

Sports measuring

Words related with  
sports

Sports verbs and  
expressions



# Olympic sport activities

Summer Olympics

Winter Olympics



go	play	do
BMX (bicycle motocross)	badminton	archery
canoe/kayak (sprint)	basketball	artistic gymnastics
diving	field hockey	athletics
dressage (equestrian)	football	boxing
eventing (equestrian)	handball	fencing (a general statement)
fencing (physically go)	table tennis	freestyle (wrestling)
jumping (equestrian)	tennis	greco-roman (wrestling)
mountain biking	volleyball (beach)	judo
road cycling	volleyball (indoor)	modern pentathlon
rowing	water polo	rhythmic gymnastics
sailing		shooting
swimming		taekwondo
synchronized swimming		trampoline (tricks)
track cycling		triathlon
		weightlifting

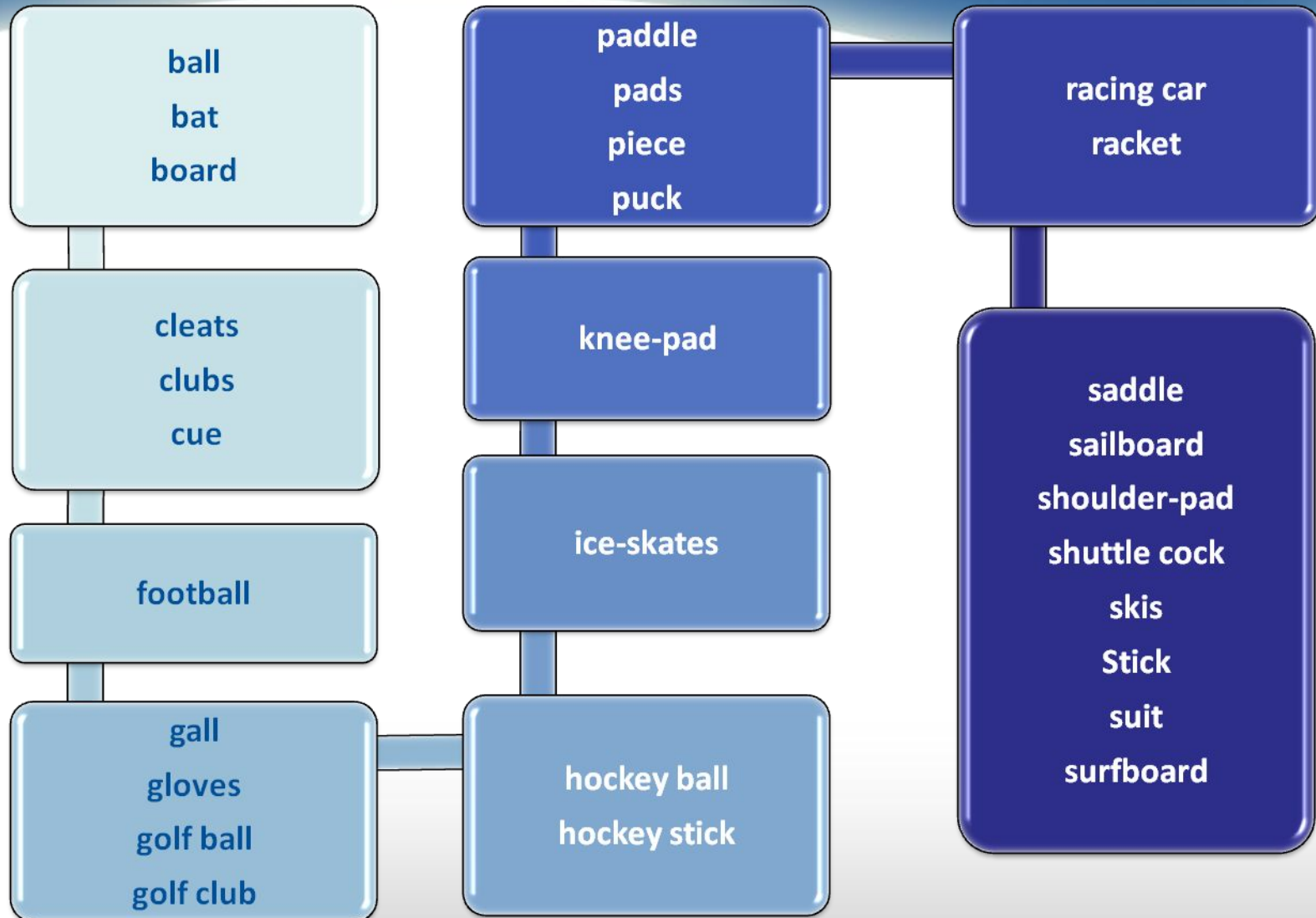


go	play	do
biathlon	curling	
bobsleigh	ice hockey	
bobsleigh skeleton		
luge		
figure skating		
speed skating		
short-track speed skating		
snowboarding		
alpine skiing		
cross-country skiing		
ski jumping		
freestyle skiing		
Nordic combined skiing		





# We use many various types of equipment and clothing to play different sports:



# These sport activities are played with the following types of equipment and clothing:

American Football: **ball, protective pads, cleats**

European Football: **cleats, ball, net**

Tennis: **ball, racket**

Chess: **board, piece**

Swimming: **suit**

Horse Racing: **saddle**

Ice Hockey: **puck, stick, net, pads**

Boxing: **gloves**

Volleyball: **ball, net**

Athletics: **cleats**

Baseball: **bat, glove, ball, pads**

Ping Pong: **paddle, ball, net**

Racketball: **racket, ball**

Squash: **racket, ball**

Golf: **clubs, ball**



Time, the score and distance are measured in various ways depending on which type of sport you are speaking about.

<b>Down</b>	<b>Out</b>
<b>Game</b>	<b>Point</b>
<b>Half</b>	<b>Quarter</b>
<b>Inning</b>	<b>Round</b>
<b>Lap Length</b>	<b>Set Strokes</b>
<b>Match Meter Mile Move</b>	<b>Yard</b>





# These time, score and/or distance measurement are used in each of the sports below:

American Football: **point, down, quarter, half, yard**

European Football: **point, meter, half**

Tennis: **point, game, set, match**

Chess: **move, game**

Swimming: **length, meter**

Ping Pong: **point, game**

Horse Racing: **lap, length**

Ice Hockey: **point, quarter, half, game**

Boxing: **round**

Volleyball: **point, game**

Athletics: **meter, yard**

Motor Racing: **lap, miles, meters**

Baseball: **point, inning, out**

Racketball: **point, game**

Squash: **point, game**

Golf: **stroke**



# Sports take place on/in all sorts of different areas:

<b>board</b>	<b>pitch</b> <b>pool</b>
<b>circuit</b> <b>course</b> <b>court</b>	<b>ring</b> <b>rink</b>
<b>field</b>	<b>stadium</b>
<b>gym</b>	<b>table</b> <b>track</b>



# These sports are played on/in the following areas:

American Football: **Field**

European Football: **Pitch**

Tennis: **Court**

Chess: **Board**

Swimming: **Pool**

Ping Pong: **Table**

Horse Racing: **Track**

Ice Hockey: **Rink**

Boxing: **Ring**

Volleyball: **Court**

Athletics: **Track**

Motor Racing: **Track**

Cricket: **Pitch**

Baseball: **Field**

Racketball: **Court**

Squash: **Court**

Ice Skating: **Rink**

Golf: **Course**





# People who do different kinds of sports

**athlete**

**badminton player**

**basketball player**

**boxer**

**cyclist**

**diver**

**footballer /football player**

**golfer**

**gymnast**

**hockey player**

**jockey**

**ice-skater**

**racing driver**

**rider**

**rugby player**

**skater**

**skier**

**snooker player**

**squash player**

**surfer**

**swimmer**

**tennis player**

**volleyball player**

**weight-lifter**



# Words related with sports

**amateur**

**ace**

**basket**

**captain**

**cup**

**game**

**goal**

**kit**

**match**

**medal**

**net**

**professional**

**race**

**record**

**referee**

**skill**

**spectators**

**team**

**whistle**



# Sport verbs and expressions

beat

box

catch

cycle

dive

draw

hit

kick

lose

miss

pass

pot

practice race

ride

save

score (a point / a goal)

serve

shoot

skate

ski

swim

surf

tackle

train

throw

volley

win

to do sports

to go in for sports

to be fond of sport

to be fan of

to take part in sport competition

to watch sport programs

to be a member of the team

to be a winner

to get good results

to become a champion

to win medals





# Sports idioms – Крылатые выражения на спортивную тематику

A

G

M

S

B

H

N

T

C

J

O

U

D

K

P

W

F

L

R

Y



## A

# Sports idioms

Idiom	Definition	Example
<b>Across the board</b>	equal for everyone	Ten percent raises were given <b>across the board</b> .
<b>Ahead of the game</b>	To have an advantage over a situation	I need to get up early to keep <b>ahead of the game</b> . Try studying thirty minutes before you go to bed to stay <b>ahead of the game</b> in math.
<b>At this stage of the game</b>	at a certain point in a process / at this time	Nobody knows who is going to win the election <b>at this stage in the game</b> .
<b>Another string to your bow</b>	to have another way of making a living	They are afraid to lose their jobs because they've got no <b>other strings to their bows</b> .



## B

## Sports idioms

Idiom	Definition	Example
the <b>ball is in your court</b>	it's your decision or responsibility to do something now	"Do you think I should accept the job offer?" "Don't ask me. The <b>ball is in your court</b> now".
<b>bark up the wrong tree</b>	you've got the wrong person or idea	I think you're <b>barking up the wrong tree</b> by blaming Matt for the missing money.
<b>blind-sided</b>	to not see something coming	George <b>blind-sided</b> Eric with his fist at the bar.
<b>blow the competition away</b>	win easily	If you wear that dress to the beauty pageant you are going to <b>blow the competition away</b> .
<b>behind the eight ball</b>	to be in a difficult or dangerous position	I saw him <b>behind the eight ball</b> .







# Sports idioms

Idiom	Definition	Example
<b>call the shots</b> <i>billiards</i>	make the decisions	While our boss is on vacation, Bob will <b>call the shots</b> .
<b>chip in</b> <i>gambling</i>	help by donating money or time	The staff members <b>chipped in</b> 5 dollars each to buy Jody a birthday gift.





# Sports idioms

Idiom	Definition	Example
<b>down to the wire</b> <i>horse racing</i>	right at the end	It's coming <b>down to the wire</b> to get these done on time.



## F

# Sports idioms

Idiom	Definition	Example
<b>front runner</b> <i>track</i>	one of the people who is expected to win	Angela is a <b>front runner</b> for the new supervisor position.
<b>fair game</b>	Something that is allowed to take advantage of	I think it's <b>fair game</b> to enter that market. She told me her friend wasn't <b>fair game</b> .
<b>fun and games</b>	Enjoyable activities	You know working at a newspaper isn't all <b>fun and games</b> . Let's make sure to enjoy the <b>fun and games</b> before we leave.



## G

# Sports idioms

Idiom	Definition	Example
<b>get a head start</b> <i>horse racing</i>	start before all others	They gave the walkers <b>a head start</b> in the run for cancer.
<b>get into the full swing</b> <i>tennis</i>	be comfortable doing something after some time	It will probably take a month of working at my new job before I <b>get into the full swing</b> of things.
<b>get off the hook</b> <i>fishing</i>	escape, have responsibility removed	The child <b>got off the hook</b> for stealing because the security camera was broken.
<b>give something or someone a fair shake</b> <i>gambling</i>	try for a while before giving up	You should <b>give Nadine a fair shake</b> before you decide she isn't good enough for the job.







# Sports idioms

Idiom	Definition	Example
<b>get a second wind</b> <i>sailing</i>	have a burst of energy after tiring	I was exhausted after 3 kilometres of running, but I <b>got a second wind</b> after I passed the beach.
<b>give it your best shot</b> <i>hunting</i>	try your hardest	<b>Give it your best shot</b> and you may just make it to the finals.
<b>give one a run for one's money</b> <i>horseracing</i>	try one's hardest to defeat another person	I know the other team is expected to win, but let's <b>give them a run for their money</b> tonight.





# Sports idioms

Idiom	Definition	Example
<b>go overboard</b> <i>sailing</i>	do or say more than you need to	You can't believe everything Janice says about Rick. She tends to <b>go overboard</b> when she's complaining about him.
<b>go to bat for someone</b> <i>baseball</i>	defend someone	Andy is asking for a salary increase, and I'm going to <b>go to bat for him</b> if the boss says no.
<b>game that two can play</b>	used generally to refer to a negative tactic that someone could also use to compete	You know that's a <b>game that two can play</b> . If you try it, I'll do the same to you. She doesn't realize that she's playing a <b>game that two can play</b> . It will come back to bite her.



## H

# Sports idioms

Idiom	Definition	Example
<b>have the upper hand</b> <i>cards</i>	have a better chance of winning or succeeding	The Blues <b>have the upper hand</b> in the tournament, because none of their players is injured.
<b>hit below the belt</b> <i>martial arts</i>	do or say something that is very unfair or cruel	Amanda was <b>hitting below the belt</b> when she called Adrian an unfit father.
<b>hit a snag</b> <i>boating</i>	come up against a problem	The renovations were going along great until we <b>hit a snag</b> with the carpet installation.



## H

# Sports idioms

Idiom	Definition	Example
<b>hold all the aces</b> <i>cards</i>	expected to win or succeed	The children <b>hold all the aces</b> when it comes to the father-son baseball tournament.
the <b>home stretch</b> <i>baseball</i>	almost the end	I think Alice's pregnancy is in <b>the home stretch</b> .
<b>hot shot (big shot)</b> <i>hunting</i>	a person who thinks they are the best	Even though Luke only placed 20th in the ski race, he thinks he's a <b>hot shot</b> .





## J

# Sports idioms

Idiom	Definition	Example
<b>jump the gun</b> <i>track</i>	start too early	I guess I <b>jumped the gun</b> by buying Pam and Steve a wedding gift. They called off the engagement.
<b>jump through hoops / go through hoops</b>	if you had to complete a lot of tasks before being permitted to do something	Tom <b>jumped through hoops</b> before he could start his own business.



## K

# Sports idioms

Idiom	Definition	Example
<b>keep one's head above water</b> <i>swimming</i>	try not to fall behind in work or other duties	We are so busy during the tourist season I can barely <b>keep my head above water</b> .





# Sports idioms

Idiom	Definition	Example
<b>learn the ropes</b> <i>sailing</i>	understand new things	The first week on the job you will just be <b>learning the ropes</b> .
<b>let her rip</b> <i>boating</i>	go ahead now	Okay, here are the keys to your new car. <b>Let her rip!</b>
<b>level playing field</b> <i>any field sport</i>	everyone has an equal chance	The spelling bee is a <b>level playing field</b> because all of the kids are in grade nine.
<b>long shot</b> <i>hunting</i>	a very difficult thing to accomplish	Jim thinks we can afford the house, but I think it's <b>a long shot</b> .





# Sports idioms

Idiom	Definition	Example
<b>make the cut</b> <i>any sport</i>	be chosen to be part of a team or group	I didn't get a second interview, so I'm pretty sure I won't <b>make the cut</b> .





## N

# Sports idioms

Idiom	Definition	Example
<b>neck and neck</b> <i>horse racing</i>	to be in a close tie with someone	George and Stan are <b>neck and neck</b> in the hockey pool. Either of them could win the money.
<b>no sweat</b> <i>any sport</i>	no problem	I told Lily it was <b>no sweat</b> for us to babysit next weekend.
<b>not playing with a full deck of cards</b> <i>cards</i>	not having full brain capacity	I think Jerry was still drunk at work on Sunday because he <b>wasn't playing with a full deck of cards</b> .
<b>not up to par</b> <i>golf</i>	not good enough for a job or position	I'm afraid your resume <b>isn't up to par</b> for the engineering position.



# Sports idioms

Idiom	Definition	Example
<b>name of the game</b>	the type of activity mentioned	Winning at any cost is the <b>name of the game</b> in finding a job these days. Do you really think that being completely dishonest is the <b>name of the game</b> ?
<b>new ball game</b>	a new situation	I think we've just entered a whole <b>new ball game</b> with that deal! Remember that Chicago is completely <b>new ball game</b> . It'll be very challenging.
<b>no holds barred</b> wrestling	done without restriction, rules or restraint	There were <b>no holds barred</b> during the debate between the two politicians





# Sports idioms

Idiom	Definition	Example
to be <b>off base</b> <i>baseball</i>	not making a fair or true remark	You were way <b>off base</b> when you said Bill needed to lose weight.
<b>on target</b> <i>darts</i>	doing the right thing to succeed	We are <b>on target</b> to meet our budget this month.
<b>on the ball</b> <i>baseball</i>	ready and able	The new receptionist is really <b>on the ball</b> when it comes to answering the phone.
<b>out in left field</b> <i>baseball</i>	nowhere near being true, nowhere near doing something correctly	All of the students laughed when Joe gave an answer that was <b>out in left field</b> .





# Sports idioms

Idiom	Definition	Example
<b>out of someone's league</b> <i>team sport</i>	not as good as someone	I'd like to date Maria, but I'm afraid I'm <b>out of her league</b> .
<b>odds are against (someone)</b>	there is little chance that someone will succeed	The <b>odds were against</b> the boy from joining the team but he tried very hard anyway.







# Sports idioms

Idiom	Definition	Example
<b>par for the course</b> <i>golf</i>	an expected circumstance	Waiting in line is <b>par for the course</b> at Christmas time.
<b>plenty of other fish in the sea</b> <i>fishing</i>	there are many other men and women to date	I know you still love Jack, but remember there are <b>plenty of other fish in the sea</b> .
<b>play-by-play (description)</b>	a detailed description of a sports event as it is taking place (often on the radio or television)	We listened to a <b>play-by-play description</b> of the game.



# Sports idioms

Idiom	Definition	Example
<b>race against time</b> <i>track</i>	there is almost no time left to accomplish something	It's a <b>race against time</b> to find a kidney donor for my cousin.
<b>rest on one's oars</b>	to relax one's efforts	The negotiating team members decided <b>to rest on their oars</b> and wait until their partners had a chance to consider the offer.
<b>roll with the punches</b>	to adapt to difficult circumstances (from boxing where a boxer moves away or rolls from a punch to lessen its impact)	The woman can <b>roll with the punches</b> and handle her problems at work very well.



# Sports idioms

Idiom	Definition	Example
<b>settle a score with someone</b> <i>any sport</i>	get even with a person after a previous battle	My brother wants to <b>settle the score</b> with that guy who stole my wallet.
<b>shot in the dark</b> <i>hunting</i>	a guess	I was lucky to win the quiz. All my answers were <b>shots in the dark</b> .
<b>sink or swim</b>	to fail or succeed by one's own efforts	My cousin will have <b>to sink or swim</b> when he begins his new job.





# Sports idioms

Idiom	Definition	Example
<b>skate on thin ice</b> <i>skating</i>	do something risky, take a chance	You're <b>skating on thin ice</b> by not sending in your college application before now.
<b>start the ball rolling</b> <i>ball sports</i>	begin something	Please can everyone be seated so we can <b>start the ball rolling</b> .
<b>step up to the plate</b> <i>baseball</i>	do the honourable thing, take responsibility	It's time you <b>stepped up to the plate</b> and apologized for your mistake.
<b>sport with someone or something</b>	to tease or play with someone or something.	What a tease you are! You are just <b>sporting with me</b> ! The dog <b>was sporting with</b> a turtle down by the stream.





# Sports idioms

Idiom	Definition	Example
<b>take a rain check</b> <i>baseball</i>	accept at a later time	Sorry, I can't go to the movies today, but I'd love to <b>take a rain check</b> .
<b>take sides</b> <i>any sport</i>	choose a person or group to support	I hate to <b>take sides</b> , but I think Jerry is right about the paint colour.
<b>take the bull by the horns</b> <i>bull fighting</i>	accept the challenge and try your hardest	Even though this new job will mean relocating, I think you should <b>take the bull by the horns</b> for once.







# Sports idioms

Idiom	Definition	Example
<b>take the wind out of one's sails</b> <i>sailing</i>	make someone feel deflated	I think I <b>took the wind out of Angela's sails</b> when I told her she was a terrible singer.
<b>throw in the towel</b> <i>boxing</i>	give up	If they don't accept our offer this time we are going to <b>throw in the towel</b> and look at houses elsewhere.
<b>time out</b> <i>any sport</i>	break	Let's take some <b>time out</b> and grab a coffee.





# Sports idioms

Idiom	Definition	Example
<b>under the table</b> <i>gambling</i>	illegally	I don't have a work visa, so they have to pay me <b>under the table</b> .
<b>up to par</b>	at an expected level or quality, at the usual level or quality (par in golf is the usual number of strokes needed to go around a golf course)	The product <b>was not up to par</b> and was sent back to the factory for improvement.





# Sports idioms

Idiom	Definition	Example
<b>win hands down</b> <i>gambling</i>	easy victory	The other team was missing half of its players. We <b>won hands down</b> .
<b>warm the bench</b>	to sit on a bench and not play during a game	The young player spent most of the game <b>warming the bench</b> .
<b>win by a nose</b>	to win by a very small amount (this is the narrowest margin that a horse can win in a horse race)	There was a dispute about who won the horse race but the judges declared that one of the horses <b>had won the race by a nose</b> .



## Y

# Sports idioms

Idiom	Definition	Example
<b>you can't win them all</b>	Something you can say after you, or someone else, loses a contest or fails to achieve something (said to make losing seem not so bad)	<b>"You can't win them all,"</b> said Bob after missing a goal.



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