

rules, submit themselves to preliminary examinations and lastly, the athletes must take the ritual oath.

- All late comers are excluded from the Games.
- Access to the Games is forbidden to all married women.
- During competitions in the stadium, the trainers are kept together in a special enclosure near the racing field. They will remain entirely naked.
- It is strictly forbidden to kill one's opponent either intentionally or accidentally during the wrestling or boxing contests, the penalty for this offence being to forego the prize and to pay a fine.
- Pushing one's opponent is strictly forbidden as well as using any unfair means towards him.
- It is strictly forbidden to use means of intimidation or bribery.
- Any athlete guilty of using means of corruption towards the judges will be hand flogged.
- Anyone who is not challenged by another contestant is proclaimed champion.
- It is forbidden to protest publicly against the judges' decisions.
- Any competitor who disagrees with the judges' decision may appeal to the Olympic Senat and cause the latter to condemn the faulty judges but this is at his own risk and peril.
- No members of the Hellanodices college are eligible to the Games.

## The Games of Antiquity

THE ZANES ALLOWED US TO RECONSTITUTE TO A CERTAIN EXTENT THE OLYMPIC RULES

- All slaves and Barbarians are excluded from the Olympic Games included all those who cannot vindicate their Hellenic origin or that they are free men.
- This rule applies also to all men who condemned for a judicial offence and committed to jail for intentional homicide, manslaughter by imprudence, men guilty of sacrilege, private parties or citizens belonging to States who did not pay the fines imposed on them.
- Contestants must be entered on the special list called Leukoma, in the legal delay assigned according to the rules, they must do their preliminary training in the Gymnasium of Elis according to

According to Herodotus, it was during the reign of King Psammetic, far back in Egyptian antiquity, that the envoys from Iphitos elaborated this very strict set of rules.

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The Zanés, which reflect olympic legality, lay stress on the danger and ill effects of corruption. Pausanias, walking among the statues copied some of their inscriptions: 'Thus the verses ingraved in the plinth of the first statue recall the fact that one does not win a prize with money but by physical strength and lightness of feet.'

Other inscriptions warned the perjurers who violated their oath of Zeus impending wrath. 'On the second statue, the inscription reminds people that that it has been consecrated to Zeus in his precincts and warn athletes of the wrath and the god's revenge if they dare to violate the rules imposed on them.' (Pausanias, V. 21).

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At the time of the 278th Olympiad, the athlete Apollonius from Alexandria, nicknamed Ranthi, was condemned, not on account of taking money, but for presenting himself at Olympia after the delay prescribed by law. He used as pretext for his late arrival: unfavourable winds, but as it happened, his compatriot Heraclide could prove that it was a lie and he disclosed the true reason for Apollonius late arrival, it was due to Ranthi attending the Ionian Games in the first place, in order to win money there. The Elisians proceeded to expell him and all those who did the same, when they were forbidden to compete in the Olympics.

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Another athlete from Alexandria, named Serapion, competitor in the pancrace (wrestling and boxing events), was condemned for cowardice because he ran away on the eve of the fight.

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The athlete from Syracuse, Damoxène, was penalized for the brutal and treacherous handling of his opponent Kreugas, an athlete from Epidamos. The fight threatening to last the whole night, the boxers agreed to stop parrying the blows. One contestant had to remain motionless while the other was to hit him; his fist fell as a heavy hammer on the head of his opponent. Damoxène ordered Kreugas to raise his arm above his head, he then proceeded to raise his hand which was fitted with fine leather straps the edges of which were fitted with fine leather straps the edges of which were fitted with sharp blades, thus armed, he thrust his hand towards the unprotected side of Kreugas and plunged his fist in his unfortunate victim's entrails thus disembowelling

him. Kreugas died on the spot but was proclaimed champion.'

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The Helladonices were kept busy applying the rules and seeing that there are no violations of rules. For this purpose, they were assisted by a crowd of officials from the police, usual guards of the Hippodrome and the Stadium.

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The training of the athletes takes place at Elis and lasts six months; it is followed by a ten months probation period which constitutes the last compulsory measure before athletes are allowed to perform before the public. Former Olympians and universally known athletes are the only persons exempt from these preliminary measures. They are nevertheless, compelled to follow as the others, a certain diet. The athlete Dromos was the first to feed on a meat diet. Such a glorious example could not fail to attract attention and was soon followed by others. Thus, one could see the famous Milon of Crotone, during the Games, walk about the enclosure carrying a calf on his shoulder which he proceeded to kill and eat completely.

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Albert Mousset, in his book, gives a brilliant account of what the Games were like, also the events and described their organization. He also cites the case (an infringement to the rules) of a woman athlete, the Macedonian Bilistiché, who won in 268 the two horse chariot race. Plutarch described her as a Barbarian and a 'Market prostitute'.

Athenée, Greek writer of the IIIrd century, describes her as coming from a good family from Argos (Peloponnese).