



Olympism is a philosophy of life, where blending sport and culture with art and education aims to combine in a balanced whole the human qualities of body, will and mind.

Olympism is a way of life based on respect for human dignity and fundamental universal ethical principles, on the joy of effort and participation, on the educational role of good example, a way of life based on mutual understanding.

The International Olympic Movement, aims at practically implementing the Olympic Ideals through a conglomeration of organisations and individuals. The Olympic Movement embraces the IOC, the NOCs, the IFs, the IOA, the NOAs, Olympic Solidarity, athletes, sport officials and coaches, educationists and all persons and institutions whose goal is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, and in the Olympic spirit which requires mutual understanding with a spirit of friendship, solidarity and fair play.



The supreme authority of the Olympic Movement is the IOC, created by the Paris Congress on 23rd June 1884. The IOC's role is to lead the promotion of Olympism in accordance with the Olympic Charter.

The IOC encourages the development of sport on all levels and cooperates with competent organizations and authorities in an endeavour to place sport, free of all discrimination and transgression of limits at the service of humanity. It encourages the promotion of sport ethics and Olympic Ideals and takes measures to protect athletes and the unity of the Olympic Movement.

The IOC ensures that the Olympic Games, the sport and cultural festivals of the Olympic Movement are held regularly, with regard to the Olympic principles and the environment, and in accordance with the Olympic Charter.

The Olympic Games consist of the Games of the Olympiad and the Olympic Winter Games. Both take place every four years. They are competitions between athletes in individual or team events, not between countries.

The IOC recognises education as the backbone of the Olympic Movement, and thus supports the International Olympic Academy and other institutions devoted to Olympic education.

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Olympism tends to bring together  
as in a beam of light,  
all those moral principles which  
promote human perfection.

**Pierre de COUBERTIN**

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