

# Glossary

**AFC** [N-UNCOUNT-U6] The **AFC** (Asian Football Confederation) is the administrative and controlling body of soccer in Asia and Australia. **Azjatycka Konfederacja Piłkarska**

**ankle brace** [N-COUNT-U8] An **ankle brace** is a piece of equipment worn around the ankle to support it. **stabilizator na kostki**

**back** [N-COUNT-U13] In rugby, **backs** are numbered 9-15 and are smaller and faster than forwards. They score most of their team's points. **jeden z zawodników formacji ataku (w rugby)**

**backboard** [N-COUNT-U8] A **backboard** is a flat surface positioned vertically that holds the hoop on a basketball court. **tablica (w koszykówce)**

**backcourt** [N-COUNT-U9] The **backcourt** is the side of the court a team defends. **pole obrony (część boiska do koszykówki)**

**basketball** [N-UNCOUNT-U8] **Basketball** is a team sport played on a court, by two teams of five players. **koszykówka**

**basketball** [N-COUNT-U8] A **basketball** is an inflated round ball used to play the game of basketball. **piłka do gry w koszykówkę**

**basketball court** [N-COUNT-U7] A **basketball court** is a court where basketball is played. **boisko do koszykówki**

**basketball shoe** [N-COUNT-U8] A **basketball shoe** is an athletic shoe made specifically for the game of basketball. **but koszykarski**

**bench** [N-COUNT-U9] The **bench** is a group of players that don't start the game. **ławka rezerwowych**

**best of** [ADJ-U11] If a series of games is **best of**, then the winner is determined by winning a set number of games. For example, in a best of three series, the winner would need to win two of the three games. **najlepszy z (o serii wyłaniającej zwycięzcę)**

**blind-side flanker** [N-COUNT-U13] A **blind-side flanker** is a rugby forward in the back row, it is primarily a defensive position. **lewy rwacz (zawodnik formacji młyna w rugby)**

**bone** [N-COUNT-U15] A **bone** is one of the many rigid structures that together form the skeleton. **kość**

**break** [N-COUNT-U15] A **break** is a common colloquial term for a bone fracture. **złamanie**

**bruise** [V-T-U15] To **bruise** tissue is to inflict mild damage on the capillaries, causing blood to flow into the surrounding area. **posiniaczyć, stucić**

**CAF** [N-UNCOUNT-U6] **CAF** (Confederation of African Football) is the governing body of soccer in Africa. **Afrykańska Konfederacja Piłkarska**

**CBA** [N-UNCOUNT-U11] The **CBA** (Chinese Basketball Association) is a men's basketball league in China. **Chiński Związek Koszykówki**

**center** [N-COUNT-U13] A **center** is a rugby back who plays either as inside or outside center. They are versatile players involved in attack and defence. **środkowy atak (w rugby)**

**center** [N-COUNT-U9] A **center** is a player that typically takes jump balls and plays close to the basket. **środkowy, center (w koszykówce)**

**center circle** [N-COUNT-U1] A **center circle** is a circle in the middle of a soccer pitch, with a radius of ten-yards from the spot from which kickoffs are taken to start the game. **koło środkowe (w piłce nożnej)**

**center circle** [N-COUNT-U7] The **center circle** is the circular space in the middle of a basketball court. **pole środkowe (w koszykówce)**

**CONCACAF** [N-UNCOUNT-U6] **CONCACAF** (Confederation of North, Central American, and Caribbean Association Football) is the governing body of soccer for North America, Central America, and the Caribbean. **Konfederacja Piłkarska Ameryki Północnej, Środkowej i Karaibów**

**concussion** [N-COUNT-U15] A **concussion** is a brain injury caused by a hit to the head. **wstrząs mózgu**

**CONMEBOL** [N-UNCOUNT-U6] **CONMEBOL** (South American Football Confederation) is the governing body of soccer for South America. **Południowoamerykańska Konfederacja Piłkarska**

- conversion** [N-COUNT-U14] A **conversion** is a kick at goal to gain two extra points after a try in rugby.  
**podwyższenie (sposób zdobywania punktów w rugby)**
- corner arc** [N-COUNT-U1] A **corner arc** is a quarter-circle located at each corner of the field with a radius of 1 yard.  
**łuk narożnika (w piłce nożnej)**
- corner flag** [N-COUNT-U2] A **corner flag** is a flagpole positioned at the corner of a soccer field to establish the boundaries of the field. **chorągiewka boczna (w każdym z czterech narożników boiska do piłki nożnej)**
- corner kick** [N-COUNT-U4] A **corner kick** is a free kick given to the opposing team when a member of a team has the last touch on a ball before it goes over his own goal line. **rzut rożny**
- cross** [N-COUNT-U4] A **cross** is a pass of the ball across the field towards the center in an attempt to get it to the opponent's goal. **dośrodkowanie (w piłce nożnej)**
- cut** [N-COUNT-U15] A **cut** is a wound in which the skin has been opened by a sharp object. **skaleczenie, rozcięcie (rana)**
- dead ball line** [N-COUNT-U12] The **dead ball line** is the out of play line at the ends of a rugby pitch. **linia końcowa pola punktowego (w rugby)**
- defender** [N-COUNT-U3] A **defender** is a defensive outfield player whose primary job is to prevent the opposing team from scoring. **obrońca (w piłce nożnej)**
- dribble** [V-T-U10] To **dribble** a basketball is to bounce it between one's hand and the floor. **kozłować (w koszykówce)**
- dribble** [V-T-U4] To **dribble** a soccer ball is to move it across the field and past opponents with touches of the feet. **dryblować (w piłce nożnej)**
- dunk** [V-T-U10] To **dunk** a basketball is to force the ball through the basket while jumping. **wrzucić piłkę pionowo do kosza, zrobić "wsad"**
- elimination** [N-UNCOUNT-U6] **Elimination** is removal from a competition. **wyeliminowanie, pokonanie (w sporcie)**
- Euroleague** [N-UNCOUNT-U11] The **Euroleague** is a professional basketball league in Europe. **Euroliga**
- exceed** [V-T-U12] To **exceed** is to go beyond the maximum. **przekraczać (np. limit, granicę)**
- FIFA** [N-UNCOUNT-U6] **FIFA** (International Federation of Association Football) is the international administrative and controlling body of soccer. **Międzynarodowa Federacja Piłki Nożnej**
- finals** [N-PLURAL-U11] The NBA and WNBA **finals** are the championship games at the end of the playoffs. **finály (w zawodach sportowych)**
- fly half** [N-COUNT-U13] A **fly half** is a rugby back who excels at kicking the ball. They also direct attacking play. **łącznik ataku (w rugby)**
- forward** [N-COUNT-U3] A **forward** is an offensive player who plays close to the other team's goal and whose primary task is to score. **napastnik**
- forward** [N-COUNT-U13] In rugby, **forwards** are numbered 1-8 and are physically stronger and heavier than backs. **jeden z zawodników formacji młyna (w rugby)**
- foul** [N-COUNT-U10] A **foul** is a play or action that does not adhere to the rules. **faul**
- foul out** [V-I-U10] To **foul out** is to be taken out of the game after committing too many fouls. **zostać wykluczonym**
- fracture** [N-COUNT-U15] A **fracture** is a common bone injury in which there is a split in the structure of the bone.  **złamanie**
- free throw** [N-COUNT-U10] A **free throw** is an undefended shot taken from the free throw line after a foul. **rzut wolny, rzut osobisty (w koszykówce)**
- free throw line** [N-COUNT-U7] The **free throw line** is a line on the basketball court where free throws are attempted after a foul. **linia rzutów wolnych, osobistych (w koszykówce)**

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**frontcourt** [N-COUNT-U9] The **frontcourt** is the side of the court where a team is on offense. **pole ataku (część boiska do koszykówki)**

**full back** [N-COUNT-U13] A **full back** is a rugby back who is the last line of defence for their team. They also field and return long kicks, and participate in attacking moves. **obrońca (w rugby)**

**fullback** [N-COUNT-U3] A **fullback** is a defensive player who plays on the wing, close to their team's goal and whose primary task is to prevent the other team from scoring. **boczny obrońca**

**goal** [N-COUNT-U2] A **goal** is a net mounted on poles and bars into which the ball has to be sent in order to score. **bramka (do niej wpada piłka)**

**goal** [N-COUNT-U4] A **goal** is a point scored by putting the ball in the opposing team's net. **gół, bramka**

**goal box** [N-COUNT-U1] The **goal box** is the area of a soccer field directly in front of the goal that marks where a goal kick can be taken from. **pole bramkowe**

**goal kick** [N-COUNT-U4] A **goal kick** is taken by one team after the ball has been put out of play over the goal line by their opponents. **wybicie piłki od bramki**

**goal line** [N-COUNT-U1] A **goal line** is a line marked on the playing field where each goal is located. **linia bramkowa**

**goalie** [N-COUNT-U3] **Goalie** is another word for a goalkeeper. **bramkarz**

**goalkeeper** [N-COUNT-U3] A **goalkeeper** is a defensive player who defends and stays close to his team's goal. **bramkarz**

**goalkeeper jersey** [N-COUNT-U2] A **goalkeeper jersey** is a distinctive jersey worn by goalkeepers in soccer that is different from the jersey worn by the referees or the other players. **koszulka bramkarza**

**half way line** [N-COUNT-U12] The **half way line** is a line that separates the field in rugby. **linia środkowa (w rugby)**

**half-court line** [N-COUNT-U7] The **half-court line** signifies the center of the basketball court. **linia środkowa boiska (w koszykówce)**

**halfway line** [N-COUNT-U1] The **halfway line** is a line that extends from one touchline to the other and marks the center of the field. **linia środkowa boiska (w piłce nożnej)**

**handball** [N-COUNT-U5] A **handball** is a foul called when a player other than the goalkeeper touches the ball with his or her hands. **zagranie ręką, ręka (w piłce nożnej)**

**head** [V-T-U4] To **head** a soccer ball is to shoot or pass it using the head. **główkować, zagrać piłkę głową (np. w piłce nożnej)**

**high-top** [N-COUNT-U8] A **high-top** is a type of basketball shoe that covers the ankle. **but za kostkę**

**hooker** [N-COUNT-U13] A **hooker** is a rugby forward who lines up between the props in the front row. **młynarz (w rugby)**

**hoop** [N-COUNT-U8] A **hoop** is a piece of round metal used to hold a net on a basketball court. **obręcz (kosza)**

**in possession** [V-I-U14] If a team is **in possession**, they have control of the ball. **posiadanie piłki**

**inbound line** [N-COUNT-U7] An **inbound line** is the line near the key. **linia końcowa (w koszykówce)**

**in-goal area** [N-COUNT-U12] The **in-goal area** is the area between the goal line and the dead ball line in rugby. **pole punktowe (w rugby)**

**International Basketball Federation (FIBA)** [N-UNCOUNT-U7] **The International Basketball Federation (FIBA)** is an organization that directs basketball play between nations. **Międzynarodowa Federacja Koszykówki**

**jersey** [N-COUNT-U2] A **jersey** is the uniform of a player in certain sports. **koszulka**

**jump ball** [N-COUNT-U10] A **jump ball** is a basketball tossed up high to start or resume play in the game. **rzut sędziowski (w koszykówce)**

**jump shot** [N-COUNT-U10] A **jump shot** is a shot taken while leaping into the air. **rzut z wysiłku**

**key area** [N-COUNT-U7] The **key area** is the shaded area under the basket where most of the scoring takes place during a basketball game. **pole 3 sekund**

**kickoff** [N-COUNT-U4] A **kickoff** is the method of beginning play at the start of a soccer game. **rozpoczęcie meczu, pierwsze kopnięcie piłki**

**ligament** [N-COUNT-U15] A **ligament** is a tough cord of fibrous tissue that connects bones together. **więzadło**

**lineout** [N-COUNT-U14] A **lineout** is a set piece in rugby. Opposing lines are formed by the forwards. Each team competes for the ball when it is thrown into play. **wybicie piłki (w rugby)**

**lineup** [N-COUNT-U9] A **lineup** is a list of all the players in a game. **skład drużyny**

**lock** [N-COUNT-U13] A **lock** is a rugby forward who lines up in the back row. Locks compete at lineouts. **wspieracz (zawodnik formacji młyna w rugby)**

**low post area** [N-COUNT-U7] The **low post area** is just under or off to the side of the basket. **obszar najbliżej kosza, ale poza obszarem ograniczonym (poza tzw. „trumną”)**

**maul** [N-COUNT-U14] A **maul** is a formation that occurs when a number of players from both teams are in contact. One team is challenging the player with the ball, the other is trying to move him or her forward. **(w rugby) tzw. maul, walka o piłkę w górze (piłka nie dotyka ziemi)**

**maximum** [N-COUNT-U12] The **maximum** is the most that can be allowed. **maksimum**

**midfielder** [N-COUNT-U3] A **midfielder** is an offensive or defensive player who plays in the middle third of the field between the defenders and the forwards. **pomocnik**

**NBA (National Basketball Association)** [N-UNCOUNT-U11] The **NBA (National Basketball Association)** is a men's basketball league in North America. **Narodowe Stowarzyszenie Koszykówki (amerykańsko-kanadyjska zawodowa liga koszykarska)**

**net** [N-COUNT-U2] A **net** is the part of the goal that the ball is kicked into, and indicates if a goal has been scored or not. **siatka w bramce (np. w piłce nożnej)**

**net** [N-COUNT-U8] A **net** is a piece of fabric or metal mesh that hangs from a basketball rim to help determine if shots go in the hoop. **siatka kosza (w koszykówce)**

**OFC** [N-UNCOUNT-U6] The **OFC** (Oceania Football Confederation) is the governing body of soccer in New Zealand and Oceania. **Konfederacja Piłkarska Oceanii**

**offside** [N-COUNT-U14] A rugby player is **offside** if he is ahead of the player who has the ball. **pozycja spalonej (w rugby)**

**offside** [N-COUNT-U5] **Offside** is a rule in soccer which states that if a player is in front of the ball on the opposing team's half of the field with fewer than two opposing players between him/her and the goal line when the ball is touched or played by a teammate, he/she may not become actively involved in the play. **pozycja spalonej, spalony (w piłce nożnej)**

**open-side flanker** [N-COUNT-U13] An **open-side flanker** is a rugby forward in the back row. The main duty of this position is to win the ball. **prawy rwacz (zawodnik formacji młyna w rugby)**

**out of play** [ADJ-U5] If a soccer ball is **out of play**, it has crossed over the touch line of the field. **poza grą, na aucie**

**pass** [V-T-U4] To **pass** a soccer ball is to kick the soccer ball to another player on one's own team. **podać (np. piłkę)**

**penalty** [N-COUNT-U14] A **penalty** is awarded when a rule is violated. **kara**

**penalty box** [N-COUNT-U1] The **penalty box** is the area in front of the soccer goal in which the goalkeeper can touch the soccer ball with his hands. **pole karne**

**penalty box arc** [N-COUNT-U1] The **penalty box arc** is a half circle on the outside of the penalty box. **tuk pola karnego**

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**penalty kick** [N-COUNT-U5] A **penalty kick** is a free kick taken twelve yards out from the goal awarded when an opposing team commits a punishable foul or a handball. **rzut karny**

**penalty spot** [N-COUNT-U1] The **penalty spot** is the place on the center of the goal line from which the penalty is taken. **punkt karny (miejsce, z którego wykonuje się rzut karny)**

**perimeter** [N-COUNT-U7] The **perimeter** is the line marking the outside dimension of a basketball court. **linia wyznaczająca granice boiska; obwód**

**pitch** [N-COUNT-U12] A **pitch** is the grass covered playing field. **boisko (np. w piłce nożnej)**

**play board** [N-COUNT-U8] A **play board** is a plastic board with a diagram of a basketball court that coaches can draw plays on. **tablica trenerска**

**playoffs** [N-COUNT-U11] **Playoffs** are a series of games leading to a championship. **system playoff; system rozgrywek pucharowych**

**point guard** [N-COUNT-U9] A **point guard** is a player that leads the team offensively after an opponent has scored. **rozgrywający (w koszykówce)**

**power forward** [N-COUNT-U9] A **power forward** is a post player that sets up for mid-range jump shots. **silny skrzydłowy (w koszykówce)**

**prop** [N-COUNT-U13] A **prop** is a rugby forward, who is part of the front row. **filar (zawodnik formacji młyna w rugby)**

**qualify** [V-T-U6] To **qualify** for a tournament is to become eligible to compete in it. **kwalifikować się, zakwalifikować się**

**rebound** [V-T-U10] To **rebound** a basketball is to take control of it after a missed shot. **zebrać piłkę (w koszykówce)**

**red card** [N-COUNT-U5] A **red card** is a card shown by a referee to signify that a soccer player is required to leave the field and is barred from participating in the rest of the game. **czerwona kartka**

**regulation time** [N-UNCOUNT-U5] **Regulation time** is the standard game duration for a soccer game. **regulaminowy czas gry**

**restricted area arc** [N-COUNT-U7] The **restricted area arc** is an arc measured from four feet off the center of the basket. **łuk obszaru ograniczonego („trumny”)**

**rim** [N-COUNT-U8] The **rim** is the outer edge of a basketball hoop. **krawędź obręczy**

**ruck** [N-COUNT-U14] A **ruck** is a formation that occurs after a tackle in rugby, when the tackled player is on the ground. Two opposing players bind to each other to try to get the ball. **(w rugby) tzw. “ruck”, młyn otwarty, walka o piłkę znajdująca się na ziemi**

**rugby ball** [N-COUNT-U12] A **rugby ball** is an oval-shaped ball used to play rugby football. **piłka do rugby**

**rugby league** [N-UNCOUNT-U12] **Rugby league** is a form of rugby with 13 players per team. **rugby league, 13-osobowa odmiana rugby**

**rugby union** [N-UNCOUNT-U12] **Rugby union** is a form of rugby with 15 players per team. **rugby union, 15-osobowa odmiana rugby**

**score** [V-T-U4] To **score** a goal is to kick the ball in the net and earn a point for your team. **zdobyć, strzelić (np. bramkę)**

**scrum** [N-COUNT-U14] A **scrum** is a set piece in rugby. It is formed with the forwards binding together. The scrum tries to push the other team's scrum backward. Their objective is to gain possession of the ball. **młyn, młyn dyktowany (zwarty) (w rugby)**

**scrum half** [N-COUNT-U13] A **scrum half** is a rugby back who serves as a link between the backs and the forwards. Good passing ability is vital for this position. **łącznik młyna (zawodnik formacji ataku w rugby)**

**set piece** [N-COUNT-U14] A **set piece** is a method of starting the game in rugby. It happens after an infringement or the ball has gone out of play. Lineouts and scrums are set pieces. **stały fragment gry**

**shinguard** [N-COUNT-U2] A **shinguard** is a pad that straps onto a player's lower leg to protect the shin from injuries caused by kicks. **nagolennik, ochraniacz piłkarski**

**shoot** [V-T-U4] To **shoot** the soccer ball is to kick it in an attempt to land it in the goal. **strzelać na bramkę**

**shooting guard** [N-COUNT-U9] A **shooting guard** is a player that makes the most scoring attempts. **rzucający obrońca (w koszykówce)**

**shorts** [N-PLURAL-U2] **Shorts** are pants that reach only to the thighs or knees. **spodenki**

**slide tackle** [N-COUNT-U5] A **slide tackle** is an attempt to take the ball away from an opposing player by sliding across the ground with one leg extended to push the ball away or interfere with the other player's dribbling. **wśлизg (w piłce nożnej)**

**small forward** [N-COUNT-U9] A **small forward** is a post player responsible for scoring and rebounding. **niski skrzydłowy (w koszykówce)**

**soccer** [N-UNCOUNT-U2] **Soccer** is a game, known as football in most of the world, in which two teams of 11 players compete to put a ball in the other team's goal. **piłka nożna**

**soccer ball** [N-COUNT-U2] A **soccer ball** is a round ball made of leather or plastic that is used to play soccer. **piłka do gry w piłkę nożną**

**soccer field** [N-COUNT-U1] A **soccer field** is the playing field on which soccer is played, measuring on average 110 yards long and 80 yards wide. **boisko do piłki nożnej**

**soccer cleats** [N-PLURAL-U2] **Soccer cleats** are footwear worn when playing soccer. **korki piłkarskie**

**sprain** [N-COUNT-U15] A **sprain** is a joint injury caused by overstretching of a ligament. **zwichnięcie, skręcenie (kontuzja)**

**start** [V-I-U9] To **start** is to be a player that plays from the beginning of the game. **być zawodnikiem podstawowego składu**

**steal** [V-T-U5] To **steal** the ball is to take it away from an opposing player. **odebrać piłkę przeciwnikowi**

**striker** [N-COUNT-U3] A **striker** is an offensive player whose primary job is to score. **napastnik (w piłce nożnej)**

**substitute** [N-COUNT-U5] A **substitute** is a player who may be brought onto the field during a game to take the place of an existing player. **rezerwowy (zawodnik)**

**sweeper** [N-COUNT-U3] A **sweeper** is a defensive player who plays behind and assists two central defenders. **obrońca (w piłce nożnej)**

**tear** [V-T-U15] To **tear** a ligament or other tissue is to damage it by pulling, causing the tissue to separate. **naciągnąć (np. mięsień)**

**three-point line** [N-COUNT-U7] The **three-point line** is a line on a basketball court. Baskets made from outside the line count as three points. **linia rzutów za trzy punkty**

**three-pointer** [N-COUNT-U10] A **three-pointer** is a shot worth three points made from behind the three-point line. **celny rzut za trzy punkty, „trójka”**

**throw in** [N-COUNT-U4] A **throw in** is a method of restarting play in a soccer game in which the opponents of the player who has last touched the ball throw the ball into play from the touch line. **wrzut piłki z autu**

**touch line** [N-COUNT-U1] The **touch line** is the sideline of a soccer field on the long sides of a field. **linia boczna, linia autowa**

**tournament** [N-COUNT-U11] A **tournament** is a series of competitive games. **turniej**

**travel** [V-I-U10] To **travel** is to move the ball without dribbling. **popełnić błąd kroków (w koszykówce)**

**try** [N-COUNT-U14] A **try** is a score worth five points in rugby. It is scored by touching the ball to the ground in the in-goal area. **przyłożenie (w rugby)**

**try line** [N-COUNT-U12] A **try line** is a line before each goal that signifies the start of the in-goal area in rugby. **linia bramkowa (w rugby)**

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**twenty two** [N-COUNT-U12] The **twenty two** is a line on either side of the field 22 m from the goal in rugby. **linia 22 metrów (w rugby)**

**twist** [V-T-U15] To **twist** a joint is to injure it with a turning motion. **skręcić (np. kostkę)**

**UEFA** [N-UNCOUNT-U6] **UEFA** (Union of European Football Associations) is the governing body of soccer for Europe. **Unia Europejskich Związków Piłkarskich**

**ULEB** [N-UNCOUNT-U11] The **ULEB** (Union of European Leagues of Basketball) is an organization that directs Basketball tournaments and leagues in Europe. **Unia Europejskich Lig Koszykarskich**

**WCBA** [N-UNCOUNT-U11] The **WCBA** (Women's Chinese Basketball Association) is a women's basketball league in China. **Chińska Profesjonalna Liga Koszykarska Kobiet**

**whistle** [N-COUNT-U8] A **whistle** is a piece of equipment that makes a loud sound when blown into. **gwizdek**

**wing** [N-COUNT-U13] A **wing** is a rugby back who plays outside the back row. Their main function is to complete moves and scoring attempts. A wing can also be called a winger. **skrzydłowy (zawodnik formacji ataku w rugby)**

**wingback** [N-COUNT-U3] A **wingback** is a defensive outfield player whose primary job is to prevent the opposing team from scoring, while also supporting offensive players. **boczny obrońca (w piłce nożnej)**

**winger** [N-COUNT-U3] A **winger** is an offensive midfield player who is positioned near the touchlines. **skrzydłowy**

**WNBA (Women's National Basketball Association)** [N-UNCOUNT-U11] The **WNBA (Women's National Basketball Association)** is a women's basketball league in North America. **Profesjonalna Liga Koszykówki Kobiet**

**World Cup** [N-COUNT-U6] The **World Cup** is an international soccer competition in which national teams from all around the world compete. **mistrzostwa świata w piłce nożnej**

**yellow card** [N-COUNT-U5] A **yellow card** is a card shown by a referee to signify that a soccer player has been officially cautioned for a foul. **żółta kartka**