



**WASAARADDA WAXBARASHADA IYO BARBAARINTA**

# Barbaarinta Jirka

**QAAMUUSKA EREYBIXINTA**



**WASAARADDA WAXBARASHADA IYO BARBAARINTA  
XARUNTA HORUMARINTA MANAANIJTA  
MUGDISHU, 1964**

## MAHADEELIN

Waxa mahad ballaaran u celinayaa Khabii-  
rada madada Barbaarinta jirka oo suu-  
rta galiyey in ay soo saaran Qaamuuskaan  
ereybixinta ah caddadkiisa kowaad. Waxa a-  
vna kala yihiin:-

- 1- Cali Ismaaciil Cilmi Iyo
- 2- Maxamed Xassan Maxamuud

oo sameeyey ereybixinta Qaamuuskaa.

1- Friedhelm Berries oo ah Khabiiir u dha-  
shay dalka Jarmalka galbeed oo isku soo  
uruuriyey ereyada Ingiriiska ah ee ku qa-  
ran qaamuuskaan iyo Cid kasta oo qacan ka  
geysatay soo saaridda qaamuuskaan.

## MAHADSANIDIIN:

Xassan Daahir Obsiye  
Agaasimaha X.H.Manaahijta:

## Qaamuuska Barbaarinta Jirka

Borshac: Fekradka Ballaarta ee ku sa-  
absan Qaamuuska Barbaarinta Jirka iyo is-  
boortiga waa mid ku salaysan horumarinta  
iyo midawnta eray bixinta isboortiga.  
Runtii waa markii ugu horreysay ee aanu  
isku dayno qoritaanka qaamuuska, markaa wa-  
xa iska cad in aanaan wada dhamaystirin  
isla markaana aanaan odhan karin waa wa-  
ada sax.

Markaa waxaan akhristayaasha qaavaha la-  
eh ka rejaynaynaa in ay na soo siiyaan  
fekradaha ay isleevihiin qayb laxaad la-  
eh bay ka qaadan karaan dhamaystirkiisa  
iyo sixitaankiisa waxaana ka mid ah.  
Haddaanu si aan loo baahanayn u isticma-  
aalay erayada la turjumey.

Hadday jiraan erayo aanu ka taagnay oo la-  
oo baahan vahay in laqu daro ama meela-  
ha gaarkood miene kale looga vadaan no-  
osoo sheega.

Waxaanu diyaar u nahay fekradkasta oo  
nada qaawinaysa sixitaanka iyo dhamays-  
tirka qaamuuskan.

I. GENERAL TERMS

EREY BIXIN GUUD

| <u>English</u>            | <u>Soomaali</u>                         |
|---------------------------|---|
| ability to sprint         | awooda fagaxda                          |
| advantage                 | hogaamin                                |
| advantage rule            | sharciga hogaaminta                     |
| arm action                | dhaq-dhaqaaqa gacanta                   |
| attack                    | weerar                                  |
| attacker                  | weerare                                 |
| attendent                 | goobjooge                               |
| ball                      | kubbadda                                |
| to catch the ball         | qabashada kubbadda                      |
| to lose the ball          | luminta kubbadda                        |
| to retrieve the ball      | dib u helidda kubbadda                  |
| ball-handling             | hanashada kubbadda                      |
| body feint                | waabinta jirka (jir waa-binta)          |
| break through             | jeexidda                                |
| calculation of the result | xisaabinta go'aanka, saadaasha go'aanka |
| caution                   | taxadir                                 |
| centre line               | xarriiqda dhexe                         |
| chance                    | fursad                                  |
| to miss a chance          | luminta fursada                         |
| to seize a chance         | ka faaideysiga fursada                  |
| change of ends            | beddelaada dhinacyada                   |
| charge                    | ku dhicid                               |
| choice of ends            | doorashada dhinacyada                   |
| to coach                  | tababarid                               |
| coach                     | tababar                                 |
| competition               | tartan                                  |
| indoor competition        | tartanka garoonka dedan                 |
| open-air competition      | tartanka garoonka furan                 |
| condition                 | xaalad                                  |
| fair conduct              | asluub wanaag                           |
| to control the ball       | xukumidda kubbadda                      |
| counter attack            | rogaal celin weerar                     |
| cross-bar                 | birta dadban                            |
| decision                  | go'aan                                  |
| defeat                    | guuldaro                                |
| to suffer defeat          | guuldaro weyn                           |

|                       |                         |
|-----------------------|-------------------------|
| defence               | difaac                  |
| man-to-man defence    | difaac qof-qof          |
| to spread the defence | firdhinta daafaca       |
| defender              | difaace                 |
| disqualification      | saarid                  |
| to disqualify         | ka saarid               |
| to dribble            | garaacid                |
| elimination system    | qaabka keli ka bixida   |
| endurance             | adkaysi                 |
| energy distribution   | qaybiyaha tamarta       |
| equal                 | isle'eg                 |
| to equalize           | islekeysiin             |
| event                 | waqdhaac                |
| individual event      | waqdhaac keliyeed       |
| exercise              | layli                   |
| exhausted             | daalid xaddhaaf ah      |
| extra-time            | waqti dheeraad ah       |
| fairness              | ciyaar wanaag           |
| fan                   | jidbo                   |
| favourite             | ka helid                |
| feint                 | waabin                  |
| field of play         | garconka ciyaarta       |
| fight                 | dagaal                  |
| fighting spirit       | qiiro dagaal            |
| final                 | kama dambeys            |
| to reach the final    | gaaridda kama dambeyska |
| finalist              | kagaara kama dambeysta  |
| finish                | dhamaad                 |
| form                  | qaab                    |
| to be in form         | wargalin                |
| foul                  | gaf                     |
| intentional foul      | gaf ulakac ah           |
| game                  | ciyaar                  |
| Olympic Games         | Ciyaaraha Olombiga      |
| to give up            | iskadeyn                |
| goal                  | gool (yool)             |
| own goal              | goolkayaga              |
| goal-average          | celcelin golal          |
| goalkeeper            | goolhaye                |
| goal-line             | xarriiqda goolka        |
| goal-net              | shabaqa goolka          |

|                            |                          |
|----------------------------|--------------------------|
| goal-post                  | tiirka goolka            |
| ground                     | dhulka                   |
| guarding                   | ilaalinaya               |
| half (first, second)       | kala barka (hore, dambe) |
| intentional                | ulakac                   |
| interchanging of positions | isbeddel goobed          |
| intermission               | dhex-dhexaasin           |
| interruption               | hakin                    |
| jumping ability            | awood booditaan          |
| knock-out system           | qaabka isreebka          |
| lawn (tennis)              | dheer (teeniska)         |
| to lead                    | hogaamin                 |
| to be in lead              | hogaansan                |
| to take the lead           | qaado hogaaminta         |
| line-up of the team        | safidda kooxda           |
| to loosen                  | debcin                   |
| to lose                    | lumay                    |
| loser                      | lumiye                   |
| to be a bad (good) loser   | guuldareyste xun (wacan) |
| massage                    | farriin                  |
| measure                    | cabbir                   |
| to throw the match         | iskadeyna ciyaarta       |
| neutrality                 | dhex-dhexaadin           |
| number                     | lambar                   |
| to be superior in numbers  | ka badnaasho             |
| official                   | sarkaal                  |
| opponent                   | liddi                    |
| to deceive one's opponent  | khiyaameynta ciyaattoyga |
|                            | liddiga kugu ah          |
| to guard one's opponent    | ilaalinta ciyaartoyga    |
|                            | liddigaaga ah            |
| to organize                | habayn                   |
| to outclass                | aad uga wanaagsan        |
| outsider                   | korka dhac               |
| to overmark                | calaamadda sare          |
| to overtake                | dhaafitaan               |
| overtrained                | tababar-dhaaf            |
| pace                       | talaabo                  |
| to pile on the pace        | soo saarid awoodda ugu   |
|                            | dambeysa                 |
| pace judgement             | xukumidda talaabada      |

|                        |                          |
|------------------------|--------------------------|
| participation          | ka qayb gal              |
| pass                   | dhiibid                  |
| back pass              | dhiibid dambe            |
| cross pass             | dhiibid guddub ah        |
| diagonal pass          | dhiibid xaglagooye       |
| to intercept a pass    | go'ynta dhiibida         |
| misplaced pass         | dhiibid khaldan          |
| through pass           | dhiibid dhex-dhub ah     |
| penalty                | dembi (rigoore)          |
| performance            | bandhigid                |
| in play                | ciyaar socota            |
| out of play            | ka baxsan ciyaarta       |
| rough play             | ciyaar qalafasan         |
| play                   | ciyaar                   |
| fair play              | ciyaar wanaag            |
| to play rough          | ciyaar qalafsan ciyaar   |
| player                 | ciyaartoy                |
| playing rule           | xeerka ciyaarta          |
| playing time           | waqtiga ciyaarta         |
| playmaker              | curiye-ciyaareed         |
| point                  | dhibic                   |
| to position oneself    | ismeeleyn                |
| possession of the ball | haysashada kubbedda      |
| preparation            | isdiyaarin               |
| professional           | ku shaqeyste ciyaareed   |
| to qualify             | u soo baxa               |
| qualifying event       | waqdhaca lagu soo baxayo |
| race                   | tartan                   |
| racord                 | rikoodh                  |
| to hold a record       | rikoodh haysasho         |
| referee                | garsoorayaal             |
| referees whistle       | siiriga garsooraha       |
| resistance             | caabin                   |
| to offer resistance    | caabiye                  |
| to rest                | nasasho                  |
| result                 | go'aan                   |
| rule                   | sharci                   |
| rule infringement      | sharci jebin             |
| to save                | badbaadin                |
| to save with the foot  | ku badbaadinta cagta     |
| score                  | dhalin                   |

|                            |                            |
|----------------------------|----------------------------|
| to shake off               | ruxid                      |
| to shoot wide              | toogasho balaadh ah        |
| shooting position          | meesha toogashada          |
| shot                       | toogasho                   |
| to parry a shot            | dhibec barbaro ah          |
| spinned shot               | toogasho winiinsan         |
| shower                     | tiix                       |
| side line                  | xarriqda chinaca           |
| signal                     | baaq                       |
| to move into an open space | u bixid meel banaan        |
| speed                      | fagax, xawli               |
| sports                     | isboorti                   |
| to go in for sports        | ku bixid isboortiyahan     |
| sports equipment           | qalab isboorti             |
| sports facility            | fududeeyayaasha isboortiga |
| sportsman                  | isboortiyahan              |
| sports physician           | takhtar isboorti           |
| sportswoman                | isboortiyahanad            |
| start                      | bilow                      |
| false start                | bilow khaldan              |
| starter                    | bilaabe                    |
| starter's order            | amar bilaabid              |
| to stiffen up              | kakanaan                   |
| stiffness                  | kakanaansho                |
| to substitute              | isku beddel                |
| substitution of a player   | beddelaad ciyaartoy        |
| sports medical supervision | takhtarka caafimadka       |
| surprise                   | isboortiga                 |
| to tackle                  | kedis                      |
| tactics                    | xallin                     |
| team                       | xeelad                     |
| team event                 | koox                       |
| team game                  | waqdhaca koox-kooxda       |
| team-mate                  | cayaar kooxeed             |
| team spirit                | iskujaal                   |
| technique                  | niyada kooxnimo            |
| throw                      | farsamo                    |
| to throw                   | tuuryo                     |
| time                       | tuurid                     |
| to waste time              | waqti                      |
|                            | waqti lumin                |

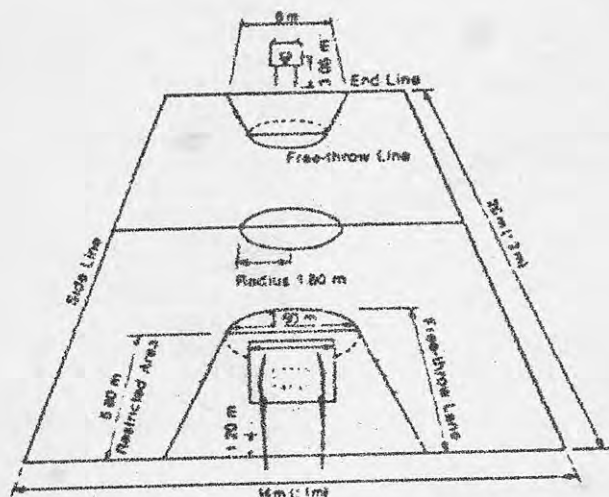
|                  |                        |
|------------------|------------------------|
| time schedule    | jadwalka waqtiga       |
| tired            | daalid                 |
| top form         | heerka ugu sareeya     |
| top performance  | bandhigid heer sare ah |
| to train         | tababarid              |
| training         | tababarka              |
| training ball    | kubbadda tababarka     |
| training load    | rarka tababarka        |
| training method  | darriqada tababarka    |
| to trip          | bixid                  |
| unbeaten         | aan laga adkaan        |
| to undermark     | calaamad hoose         |
| unfair           | aan xaq ahayn          |
| to warm up       | iskululeyn             |
| warning          | digniin                |
| weight           | culays                 |
| to whistle       | yeerin-siiri           |
| whistle          | siiriga                |
| final whistle    | siiriga dhamaadka      |
| starting whistle | siiriga bilowga        |
| to win           | guuleysi               |
| zone defence     | difaaca waageerka      |

II. BASKETBALL

KUBHADDA KOLEYGA

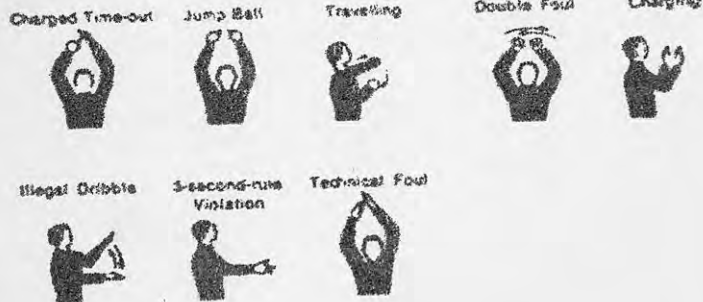
Field of Play

Garoonka Ciyaarta



Officials' Signals

Calamadaha Garsobrayasha



English

Soomaali

|                             |                         |
|-----------------------------|-------------------------|
| restricted area             | bedka reeban            |
| set-play attack             | qasb-ciyaareed weerar   |
| backboard                   | dusha looxa             |
| dead ball                   | kubad dhinsan           |
| to freeze the ball          | hakin kubadeed          |
| live ball                   | kubad nool              |
| held ball                   | isla qabsasho kubadeed  |
| ball out-of-bounds          | kubad debedaha u baxday |
| basket                      | koley                   |
| own basket                  | koleygooda              |
| to tip in the basket        | ku dharbaaxid gool      |
| basketball                  | kubbadda koleyga        |
| basketball player           | ciyaaryahan kubad koley |
| blocking                    | harayn                  |
| bounce pass                 | dhiibid dhul-ka-kac     |
| boundary line               | xarriiqda xadka         |
| relaxation                  | daal tirasho            |
| fastbreak                   | weerar deg-deg ah       |
| centre                      | dhexda                  |
| centre circle               | goobaabta dhexe         |
| centre line                 | xarriiqda dhexe         |
| charging                    | jiirid                  |
| two-hand chest pass         | xabad ka dhiibid labo   |
|                             | gacnood                 |
| personal contact            | taabasho shakhsi        |
| back court                  | gegida qaybta dambe     |
| combined defence            | difaac dhafan           |
| designation of the offender | tiimaarid dambile       |
| to dribble                  | garaacid                |
| double dribble              | labo gacmocdin          |
| illegal dribble             | garaacid khaldan        |
| end line                    | xarriiqda dammaadka     |
| forward                     | xagga hore              |
| disqualifying foul          | dembi saarid            |
| double foul                 | dembi lamman            |
| multiple foul               | dembiyo badan           |
| personal foul               | dembi shakhsi           |
| technical foul              | dembi farsamo           |
| front court                 | gegida qaybta hore      |

goal  
 to make a goal  
 "goal made"  
 guard  
 to guard close  
 to guard from the rear  
 hook shot  
 infraction of the rules  
 interference with the ball  
 jump ball  
 jump shot  
 free throw area  
 free throw line  
 lob pass  
 close man-to-man

net  
 officials  
 officials' signals  
 30-second operator  
 opponents' basket  
 out-of-bounds  
 one-hand pass  
 two-hand pass  
 extra period  
 pivot  
 pivot foot  
 to put in play  
 actual playing time

playmaker  
 pressing  
 rebounding  
 ring  
 rule governing fouls  
 3-, 5-, 10-, 30 second rule

running score  
 scorer  
 score sheet

gool  
 gool dhallin  
 dhallin gool  
 illaaliye (qaybiye)  
 illaalin dhow  
 gadaal ka illaalin  
 toogasho maqaalin  
 xeer jebin  
 fara gelin kubadeed  
 wada boodid kubadeed  
 toogasho bootin  
 bedka toogashada xorta  
 xarriiqda toogashada xorta  
 dhiibid tooxan  
 ku dhowasasho difaac qof  
 qof ah  
 shabaq  
 garsoorayaasha  
 calaamadaha garsoorayaasha  
 hayaha 30-ilbiriqsi  
 goolka lidka  
 debedda xaduudda  
 dhiibid hal gacan  
 dhiibid labo gacmood  
 waqti dheeraad ah  
 udub  
 lugta udubka  
 ciyaar gelin  
 waqtiga ciyaarta ee  
 rasmiga ah  
 qaybiye  
 cadaadin  
 looxayn  
 garangar  
 xeerka xakumaya dembiyada  
 xeerka 3-, 5-, 10-,  
 30-ilbiriqsi  
 socodka dhibcaha  
 dhibco qore  
 xaashida dhibcaha

stationary screening  
 screening  
 shot  
 close-in shot  
 lay-up shot  
 long-distance shot  
 missed shot  
 one-hand shot  
 underhand shot  
 over-head shot  
 side line  
 to request substitution  
 support  
 switching  
 to tap  
 free throw  
 free thrower

throw in  
 time-out  
 charged time-out  
 to request time-out  
 travelling  
 umpire  
 violation  
 3-second rule violation  
 to stop the watch  
 zone defence

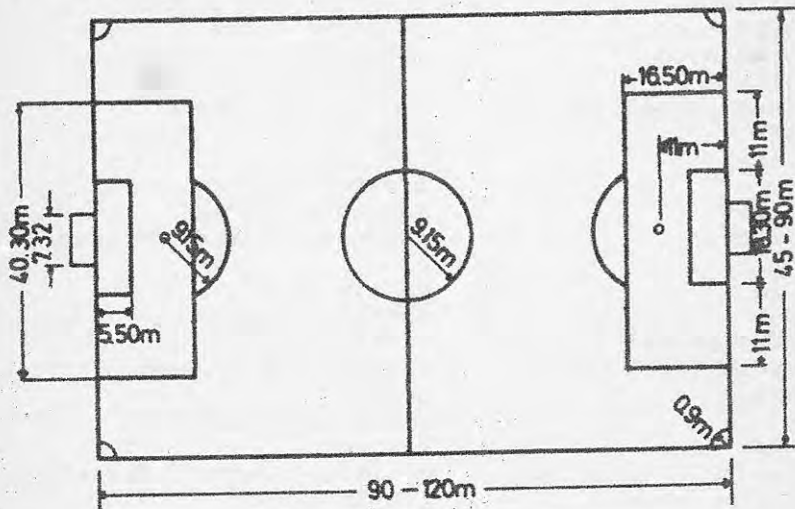
horgooye taagan  
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 toogasho  
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 saddexayn toogasho  
 toogasho meel fog  
 toogasho luntay  
 toogasho hal gacan  
 toogasho hoose  
 madax-ka-dul toogasho  
 xarriiqda dhisaca  
 weydiisasho beddel  
 tiirin  
 isu beddelid  
 kor-ka taabasho  
 toogasho xor ah  
 tuurtaha tuurashada xarin  
 ah  
 ku rid  
 saacad joojin  
 latashi  
 weydiisasho latashi  
 socod  
 garsoore labaad  
 khalad  
 khaladka xeerka 3-ilbiriqsi  
 joojin saacad  
 difaaca wasgeerka

III. FOOTBALL

Field of Play

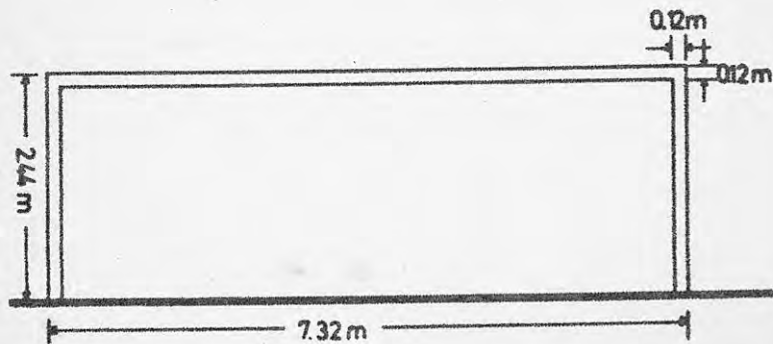
KUBBADDA CAGTA

Garoonka Ciyaarta



Goal

Gool



English

Soomaali

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| left back                             | difaaca baalka bidix                 |
| right back                            | difaaca baalka midig                 |
| ball control                          | xukumaada kubadda                    |
| bounce shot                           | toogasho kubbad dhulka-kac ah        |
| red card                              | kaarka cas                           |
| yellow card                           | kaarka huruudda ah                   |
| centre                                | bartamaha, dhexda                    |
| centre forward                        | khadka hore dhexe                    |
| centre half-back                      | difaaca dhexe                        |
| centre circle                         | goobaabta dhexe                      |
| clear                                 | cad                                  |
| corner flag                           | calanka geeska                       |
| corner kick                           | laadka geeska (koonaha)              |
| double-footed                         | labalugootis                         |
| drop-ball                             | sideyn kubadeed                      |
| football                              | kubbadda cagta                       |
| football player                       | ciyaartoyga kubbadda cagta           |
| forward                               | khadka hore                          |
| inside forward                        | gudaha khadka hore                   |
| full-back                             | difaaca                              |
| goal scored from an off-side position | kubad laga dhaliyey goobta hobseydka |
| goal area                             | bedka goolka                         |
| goal-getter                           | dhugtaha goolka                      |
| goal-keeper                           | goolhaye                             |
| goal-kick                             | laadka goolka                        |
| half-back                             | qaybiyaha dambe                      |
| handling                              | hanasho                              |
| to head                               | madaxeyn                             |
| header                                | madaxeeye                            |
| inside left                           | gudaha bidixda                       |
| inside right                          | gudaha midigta                       |
| kick                                  | laad                                 |
| free kick                             | laad xor ah                          |
| direct free kick                      | laadka xorta ee tooska ah            |
| indirect free kick                    | laadka xorta ee dadban               |
| overhead kick                         | laad madaxa korkiisa                 |
| kick-off                              | laadka bilowka                       |
| inside kick                           | laadka gudaha                        |



left-footed  
 half-way line  
 linesman  
 to lob in  
 penalty-kick mark  
 midfield  
 obstruction  
 off-side  
 outside left (right)  
 penalty  
 penalty area  
 penalty kick  
 penalty spot  
 policeman (libero)  
 off-side position  
 punching  
 rebound  
 right-footed  
 sending-off  
 crashing-shot  
 hard shot  
 to pass into space  
 spearhead  
 stud  
 sweeper  
 double sweeper  
 sliding tackle  
 throw-in  
 touch line  
 off-side trap  
 volley  
 volley pass  
 volley shot  
 wall  
 wall pass  
 wing  
 wing forward  
 left (right) winger

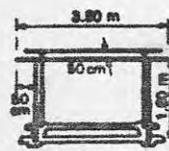
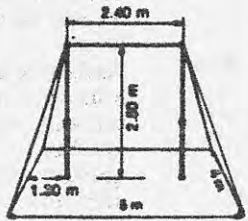
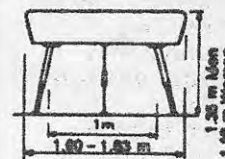
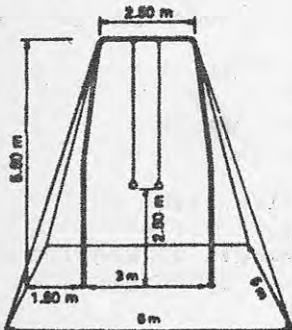
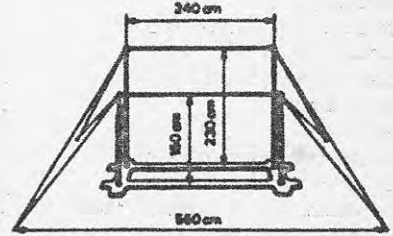

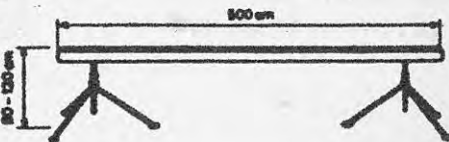
bidixle  
 xarriiqda kala badhka  
 calan haye  
 xagleyn  
 calaammada laadka ganaaxa  
 bartamaha garoonka  
 xanibaad  
 hobsayd  
 debedda bidix (midig)  
 ganaax (rigoore)  
 bedka ganaaxa  
 laadka ganaaxa  
 dhibicda ganaaxa  
 ninka bileyska ah  
 goobta hobseedka  
 ku dhufasho  
 soo noqosho  
 midigle  
 ka ssarid  
 toogasho burburin  
 toogasho adag  
 dhiibasho meel banaan  
 waran  
 taagan (qalalan)  
 xaaqa  
 xaaqid lamaane ah  
 siibasho  
 soo tuurasho  
 xarriiqda taabashada  
 dabinka hobseedka  
 lalis  
 dhiibis lalis  
 toogasho lalis  
 derbi  
 dhiibashada derbiga  
 baalka  
 baalka hore  
 baalka bidix (midig)

IV. GYMNASTICS

QALAAMAROGADKA

Gymnastic Apparatus

Saabaanka Qaalamorogadka

|  |   |  |
|--|---|--|
| <p>parallel bars<br/>biro barbarro ah</p>   | <p>horizontal bar<br/>biro</p>                 | <p>long horse<br/>dhinac faras</p>  |
| <p>rings<br/>garangarro</p>    | <p>uneven bars<br/>biro kisi ah</p>           |  |
| <ol style="list-style-type: none"> <li>1. ordinary grip<br/>qabasho lid</li> <li>2. undergrasp<br/>xoogu qabasho hoose</li> <li>3. mixed grip<br/>qabasho isku darsan</li> </ol>  | <p>balance beam<br/>dheeli tir fallaaro</p>  |  |

| English                   | Soomaali                    |
|---------------------------|-----------------------------|
| leg beat action           | lug ka shaqaysiin           |
| gymnastic apparatus       | saabaanka qaalmorogodka     |
| apparatus work            | saabaan shaqo               |
| arms sideways             | gacmo dhinac fur ah         |
| balance                   | dheeli tir                  |
| balance beam              | dheeli tir fallaaro         |
| parallel bars             | biro barbarro ah            |
| uneven bars               | biro kisi ah                |
| horizontal bar            | biro                        |
| butterfly                 | balanbaalis                 |
| cartwheel                 | shaag (gaari gacan)         |
| Arabian cartwheel         | shaag carbeed               |
| circle                    | goobo                       |
| upward circle             | goobo sare                  |
| code of points            | dhibco sharci ah (aqbal ah) |
| combination               | isku dar                    |
| all round competition in  | sideed waqdhac tartanka oo  |
| eight events              | dhan                        |
| ..... in twelve events    | laba iyo toban waqdhac .... |
| croup                     | sal, dool                   |
| inverted crucifix         | qalaabad nooc laanqeer ah   |
| difficulty                | dhib                        |
| in opposite direction     | jaho lid ah                 |
| dislocation               | kalabax                     |
| double dislocation        | kalabax lamaan              |
| dream score               | dhalin riyo                 |
| execution                 | fulin                       |
| compulsary exercises      | jimicsiyo qasab ah          |
| voluntary exercises       | jimicsiyo xor ah            |
| face vault with half turn | badh weecin oo wehliso      |
| from handstand            | boodo ka timid gacan ku     |
|                           | istaag                      |
| fault                     | qalad                       |
| flank                     | ganac                       |
| double flank vault        | boodo ganac lamaan          |
| flic-flac                 | ka daf gadaal               |
| floor board               | looxa dhulka                |
| floor-exercise            | jimicsiyo dhul              |
| high front face vault     | boodo xagga hore ah         |

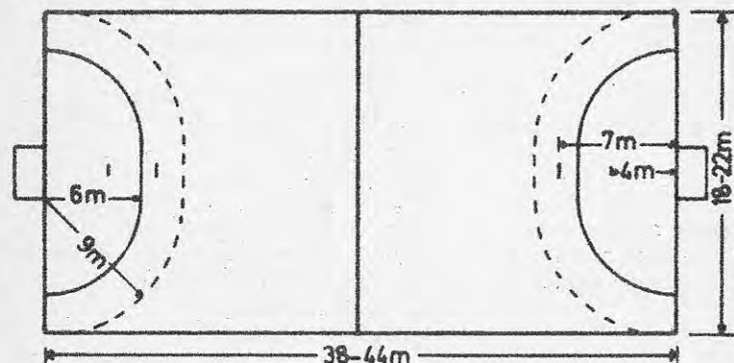
|                      |                            |
|----------------------|----------------------------|
| front support        | caawimaad hore             |
| front vault          | boodo hore                 |
| frontways            | waddooyin hore             |
| gain back somersault | daba gaddoon gadaale       |
| gallop leap          | boodis deg deg ah          |
| giant swing          | hibo laalaadin             |
| outside grasp        | xoog u qabsasho dibadeed   |
| cross grip           | qabasho isku-tallaabid     |
| mixed grip           | qabasho isku darsan        |
| ordinary grip        | qabasho caadi ah           |
| grip change          | beddel qabsasho            |
| artistic gymnastic   | qaalmorogad faneed         |
| handspring           | gacan ku bood              |
| handstand            | gacan ku istaag            |
| wide arm handstand   | gacan ku istaag furan      |
| hang                 | laalaadin                  |
| bent hang            | laalaadin qalloocan        |
| bent inverted hang   | qalloocin laalaad kala     |
|                      | rogan                      |
| stretched hang       | laalaad kala baxsan        |
| head board           | alwaaxa madaxa             |
| head stand           | madax ku istaag            |
| hecht vault          | boodis luga xiran          |
| hip circle           | wareeg misig               |
| free kick circle     | wareeg laad xor ah         |
| hold position        | qabasho meel               |
| horse                | faras                      |
| long horse           | faraska dheer              |
| final jump           | boodada ugu dambeysa       |
| squat jump           | boddo isku duuban          |
| knee scale           | qiyaas jilib               |
| double leg circles   | wareejin lugo lamaan       |
| bent leg squat       | qalloocin lug duuban       |
| leg swings           | lug leexaysi (laalaadin)   |
| leg undercut         | hoos ka goyn lug           |
| lengthwise           | abwaan dherer              |
| to lower             | dhanka hoose               |
| magnesia             | qalabka wax lagu qallajiyo |
| mat                  | derin                      |
| mount                | kor u korid                |

|                                 |  |
|---------------------------------|--|
| connecting moves                | dhadhaqaaqyo isku xiran                              |
| spring like movements           | dhadhaqaaqyo booddo oo kale ah                       |
| neck                            | qoor   |
| neck spring                     | qoor gariiradayn                                     |
| neckstand                       | qoor ku istaag                                       |
| pommels                         | koorooyin  |
| pull-up                         | kor u jiid   |
| double rear vault               | gadaal u boodis lammaan                              |
| to raise                        | sare u qaadid  |
| rearways                        | waddooyin gadaale                                    |
| rings                           | garangarro   |
| roll                            | girin-girin  |
| piked-roll                      | girin-girin jaran                                    |
| round-off                       | wareeg bannaan                                       |
| saddle                          | koore (kooraha faraska - dhabarkiisa lagu fariisiyo) |
| hanging scale                   | qiyaas ka qaadasho laalaadin                         |
| scale                           | qiyaas   |
| scissors                        | maqasyo  |
| shoulderstand                   | garab ku istaag                                      |
| side horse                      | dhinac faras   |
| somersault                      | daba gaddoon   |
| space between the parallel bars | bannaanka u dhexeeye biraha barbarrada ah            |
| springboard                     | alwaaxa lagu boodo                                   |
| stand                           | istaag   |
| cross stand                     | istaag isku tallaab                                  |
| inside stand                    | istaag gudaha ah                                     |
| stemme                          | qabsashada, hore isu laalaadin kor isu qaad toosan   |
| stoop                           | foororsasho  |
| stooped                         | foororsaday  |
| stoop vault                     | booddo foororsasho                                   |
| straddle                        | lugo furan   |
| straddle vault                  | booddo lugo furan                                    |
| strength parts                  | qaybaha quwadda                                      |
| stride leap                     | boodis tallaabo                                      |
| support                         | taageero   |
| bent support                    | taageero qallooc                                     |

|  |   |
|--|---|
| cross support                          | taageero isku tallaabid                           |
| support on one shoulder                | taageerid hal garab                               |
| stretched support                      | taageerid la fidiyey                              |
| upper arm support                      | ku taageerid cududda sare                         |
| swing with half turn                   | bar weecin laalaad                                |
| forward swing with half - turn in hang | bar weecin laalaad oo ay wehliso horey u leexaysi |
| swinging parts                         | qaybaha laalaadsan                                |
| twist                                  | duubid  |
| undergrasp                             | xoog u qabasho hoose                              |
| underswing & salto forward             | laalaad hoose iyo booddo hor hor ah               |
| uprise                                 | kor u soo bixin                                   |
| upstart                                | kor u bilow                                       |
| back up start                          | kor u bilow gadaale                               |
| upper arm up start                     | kor u bilow cududda sare ah                       |
| vaults with supports                   | boodis taageerid leh                              |
| walk-over                              | ku kor socod                                      |
| zones                                  | waageerooyin                                      |

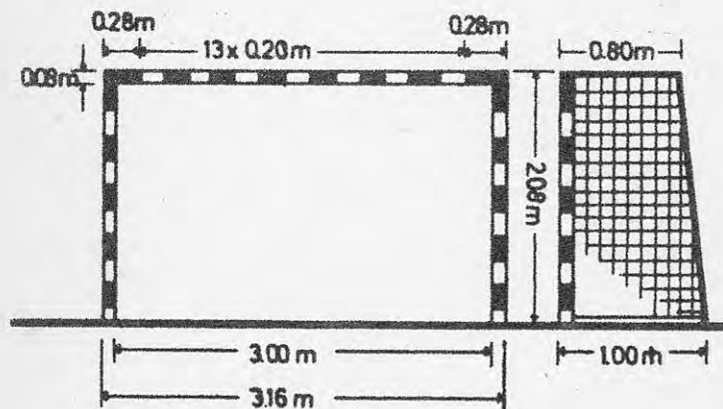
V. HANDBALL

Field of Play



Goal  
front-view - aragti hore

Goal  
aragti dhinac - side-view



KUBBADDA GACANTA

Garoonka Ciyaarta

English

Soomaali

|                                     |                               |
|-------------------------------------|-------------------------------|
| attack with interchanging positions | weerar goob beddel            |
| fastbreak                           | weerar deg deg ah             |
| to bounce                           | dhul ka kicid                 |
| bounced shot                        | toogasho dhul ka kac          |
| catching technique                  | farsamada qabsashada          |
| catching violation                  | qabasho qaldan                |
| chest pass                          | dhiibasho xabad               |
| corner throw                        | geeska tuurid                 |
| to run behind the defence           | orod difaaca gadaashiisa      |
| dive shot                           | quusid toogasho               |
| double dribble                      | laba garaacid                 |
| foot fault                          | tilaabo qaldan                |
| goal area                           | bedka goolka                  |
| handball                            | kubbadda gacanta              |
| handball player                     | ciyaartoyga kubbadda gacanta  |
| head pass                           | dhiibasho madax               |
| jump pass                           | dhiibasho booddo              |
| diving jump shot                    | toogasho booddo-quusid        |
| lead attacker                       | hoggaamiye                    |
| free-throw line                     | xarriiqda toogashada xorta ah |
| goal area line                      | xarriiqda bedka goolka        |
| line violation                      | ku xad gudub xarriijin        |
| lob shot                            | toogasho tooxan               |
| to pivot away from one's opponent   | ka jeesasho lidiga            |
| to pivot into one's opponent        | ku jaasasho lidiga            |
| blind pass                          | dhiibasho gafsan              |
| direct pass                         | dhiibasho toos ah             |
| indirect pass                       | dhiibasho dadban              |
| reverse pass                        | dhiibasho gadaalcelis ah      |
| penalty area                        | bedka ganaaxa                 |
| penalty line                        | xarriiqda ganaaxa             |
| penalty shot                        | toogasho ganaaxa              |
| pivot player                        | ciyaartoyga udubka ah         |
| attacking player                    | ciyaartoyga weerarka ah       |

defensive player  
 play maker  
 faked shot at goal  
 shot in bending sideways  
 reverse shot  
 shot from the second line  
 one hand shoulder shot  
 diving set shot  
 snap pass  
 suspension  
 free throw  
 throw-in  
 throwing arm  
 throwing motion  
 throwing technique  
 throw-off  
 throw-out  
 double catch  
 touch line  
 walking violation  
 wall  
 to throw over the wall  
 to throw into the wall

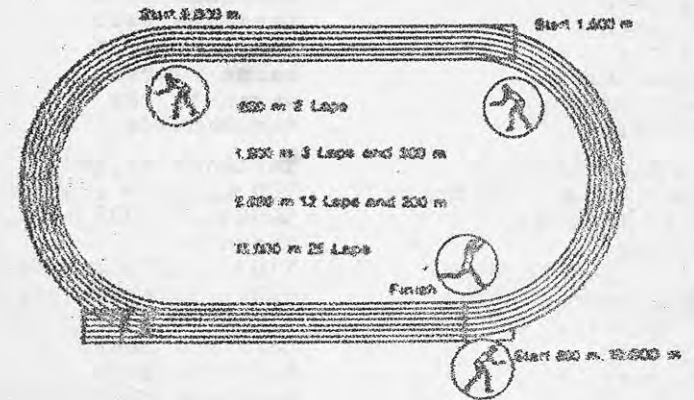
ciyaartoyga difaaca ah  
 qaybiye  
 toogasho qiyaamo xaga goolka  
 toogasho dhinac u liicidda  
 toogasho gadaalcelis ah  
 ka toogashada xarriqda  
 labaad  
 toogashada garabka ee hal  
 gacan  
 toogashada dhinac u qusidda  
 dhiibasho kedis ah  
 ka fariisin  
 tuurasho xor ah  
 ka tuurasho gudaha  
 gacanta tuureysa  
 xarakada tuuryada  
 farsamada tuuryada  
 ka tuurasho  
 ka tuurasho bannaanka  
 laba goor taabasho  
 xarriqda taabashada  
 ku gafid socod  
 derbi  
 ka kor tuurid derbi  
 ka dhex tuurid derbi

VI. TRACK & FIELD  
ATHLETICS

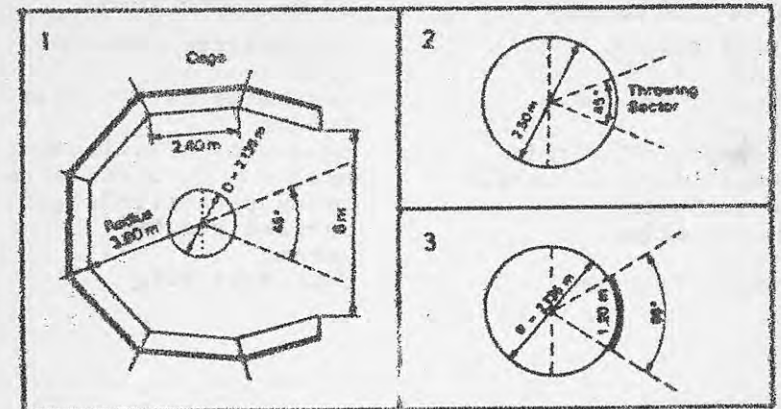
GAWAAN & GAROON  
CAYAARAH FUDUD

Track Events

Maqdhacyada Gawaanka



- |                                  |                   |
|----------------------------------|-------------------|
| 1. circle for hammer<br>throwing | waageerka buraska |
| 2. circle for discus<br>throwing | waageerka saxanka |
| 3. circle for shot put           | waageerka dhagaxa |





|                                  |  |
|----------------------------------|--|
| to run across                    | u orodka gudub                           |
| to run to win                    | u orodka ku guuleysiga                   |
| runner                           | ordaa                                    |
| running rhythm                   | jaanta orodka                            |
| running style                    | habka orodka                             |
| run-out                          | dibad orod                               |
| section                          | qayb                                     |
| medical service                  | shaqada caafimaadka                      |
| "Set"                            | "Diyaargarow"                            |
| shot                             | toogasho                                 |
| space between the hurdles        | fogaata u dhexeysa haardal-lada          |
| sprint                           | fagax                                    |
| standing start                   | bilowga taagnida                         |
| starting blocks                  | baloogyada bilowga                       |
| straight                         | toos                                     |
| take-over                        | dhaafid                                  |
| water-jump                       | biyaha laga boodo                        |
| wind gauge                       | cabbiraha dabaysha                       |
| take-over zone                   | goobta laysku dhaafo                     |
| to go outside the take-over zone | bannaan uga bixidda goobta laysku dhaafo |
| Field Events                     | Waqdhacyada Garoonka                     |
| action in the air                | xarakada lagu sameeyo                    |
| to clear the bar                 | hawada                                   |
| to knock down the bar            | booddo dheer oo sax ah                   |
| to raise the bar                 | rididda birta                            |
| take-off board                   | kor u qaadidda birta                     |
| cage                             | looxa kakicidda                          |
| centre of gravity                | qafis                                    |
| change of legs                   | jiidashada hoose ee dhexda               |
| circle for discus- (hammer)      | beddelaadda lugaha                       |
| throwing                         | waageerka saxanka (buruska)              |
| circle for shot put              | waageerka dhagaxa                        |
| cross-step                       | tallabo isweydaaris                      |
| delivery                         | dhiibis                                  |
| discus thrower                   | saxan tuure                              |
| failure                          | ku guulaysi la'aan                       |

|                           |                              |
|---------------------------|------------------------------|
| to fall backward          | u dhicid gadaal              |
| foot-fault                | qalad lugeed                 |
| footprint                 | raad                         |
| Fosbury Flop              | Islaabka Foosbari            |
| take-off ground           | ka kicidda dhulka            |
| hammer                    | burus                        |
| head of the javelin       | madaxa waranka               |
| to clear a height of ...  | ka boodidda dhererka ...     |
| hitch kick                | tallaabo fidsan              |
| holding of the javelin    | qabashada waranka            |
| to throw back the javelin | dib u tuuridda waranka       |
| javelin shaft             | usha waranka                 |
| jump                      | booddo                       |
| safe jump                 | booddo nabadgelyo leh        |
| jusper                    | booddo yahan                 |
| jumping height            | dhererka booddada            |
| landing area              | bedka ku soo degashada       |
| landing leg               | lugta ku soo degashada       |
| take-off line             | xarriiqda kicitaanka         |
| take-off leg              | lugta ku kicidda             |
| run-up mark               | calaamadda ku orodka         |
| measuring rod             | birta cabbirka               |
| minimum height            | dhererka ugu yar             |
| planting box              | saduuqa wax beerista         |
| to push off the pole      | riixidda qoriga lagu boodo   |
| pole-vaulter              | qori ku boodaha              |
| put                       | dhigid                       |
| safe put                  | tuurashada dhagaxa oo sax ah |
| qualifying competition    | tartanka lagu soo baxayo     |
| round                     | wareeg                       |
| run-up                    | orod                         |
| runway                    | marinka orodka               |
| sag of the bar            | qallooca birta               |
| shot                      | toogasho                     |
| shot putter               | tuuryahanka dhagaxa          |
| scissors jump             | booddada maqaska             |
| steel tape                | mulaaxda birta ah            |
| stop board                | alwaaxa joogsiga             |
| straddle jump             | booddada lugaha              |

swing  
swinging arm  
swinging leg  
trial  
to interrupt a trial  
to pass a trial  
turn  
vaulting pole

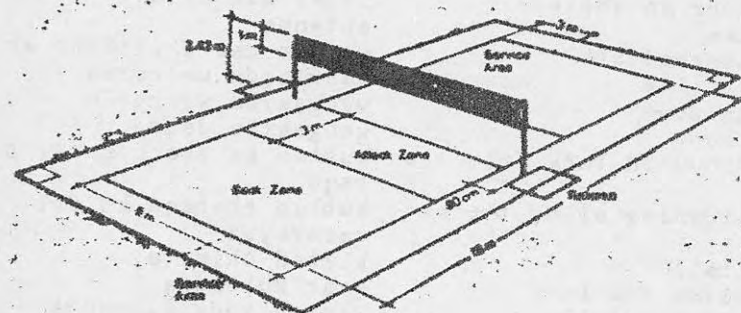
laadlaadsi (leexaysi)  
gacanta leexaysanaysa  
lugta leexaysanaysa  
tijaabo  
hor istaagid tijaabo  
ka gudub tijaabo  
wareegso  
qoriga lagu boodo

VII. VOLLEYBALL

KUBBADDA LALISKA

Field of Play

Garoonka Ciyaarta





| English                           | Soomaali   |
|-----------------------------------|--|
| to cover an angle                 | xagal daboolid                                   |
| antenna                           | antenna  |
| one-pass attack                   | weerar hal dhiibasho ah                          |
| attack line                       | xarriiqda weerarka                               |
| attack zone                       | weegaarka weerarka                               |
| back zone                         | weegaarka dambe                                  |
| ball bounced back from the net    | kubbad ka soo noqotay shabaqa                    |
| ball running along the net        | kubbad shabaqa ku dul carareysa                  |
| dead ball                         | kubbad dhimatay                                  |
| to follow the ball                | raac kubbadda                                    |
| to hold the ball                  | xambaaridda kubbadda                             |
| to carry the ball                 | qaadidda kubbadda                                |
| to lift the ball                  | hinjinta kubbadda                                |
| to lob the ball                   | shuceynta kubbadda                               |
| to push the ball                  | riixidda kubbadda                                |
| to squat under the ball           | qaadida kubbad hoose                             |
| to block                          | baloog   |
| to drop the ball behind the block | ku rid kubbadda baloogga                         |
| offensive block                   | gadaashiisha                                     |
| one-man block                     | baloog weerar ah                                 |
| to pierce the block               | baloog hal nin ah                                |
| to spike on to the block          | ku daloolin baloog ka garaaca baloogga kor-kiisa |
| to spike over (past) the block    | ka garaaca baloogga ka sii kor                   |
| to cross the centre line          | ka talaabid xarriiqda dhexe                      |
| change of service                 | beddelka tuurashada                              |
| choice of service                 | doorashada tuurashada                            |
| clockwise                         | saacad wareeg                                    |
| contact with the net              | taabashada shabaqa                               |
| upper edge of the net             | dacaalka sare ee shabaqa                         |
| end line                          | xarriiqda dhammaadka                             |
| fault                             | qalad  |
| double fault                      | qalad laba jeer ah                               |
| rotational fault                  | qaladka wareega                                  |
| giving                            | siinaya  |

|                                 |                                     |
|---------------------------------|-------------------------------------|
| to drop to the ground           | ku rid dhulka dushiisa              |
| grounded                        | dhuleeyey                           |
| height of the net               | dhererka shabaqa                    |
| double hit                      | dilid laba jeer ah                  |
| hookservice                     | tuurasho maqaalin                   |
| "In"                            | "Gudaha"                            |
| linesman                        | calan haye                          |
| loss of a point                 | lumid dhibic                        |
| loss of service                 | lumid tuurasho                      |
| net                             | shabaqa                             |
| to pass one's hand over the net | gacan ka dhiibasho shabaqa dushiisa |
| net cord                        | dhumucda shabaqa                    |
| net post                        | tiiirka shabaqa                     |
| opening                         | furaya                              |
| to place a ball in the opening  | meel bannaan dhig kubbadda          |
| order of service                | tuurashada dalabka ah               |
| rotational order                | dalabka wareegga                    |
| "Out"                           | "Debedda"                           |
| overarm pass                    | dhiibidda gacanta ka kor            |
| underhand pass                  | dhiibidda gacanta ka hoos           |
| back-line player                | ciyaartoyga xarriiqda dambe         |
| front-line player               | ciyaartoyga xarriiqda hore          |
| rally                           | dhaqdhaqaaqa kubbadda               |
| receiving formation             | qaabeynta helidda                   |
| reception                       | soo dhaweyn                         |
| right of service                | tuurasho sax ah                     |
| roll                            | giringirin                          |
| rotation                        | wareegga                            |
| scorer                          | dhibco qore                         |
| score-sheet                     | xaashida dhibcaha                   |
| to serve                        | soo tuurasho                        |
| service                         | tuurasho                            |
| overhead service                | tuurasho madaxa korkiisa            |
| underhand service               | tuurasho gacanta ka hoos            |
| service area                    | bedka tuurashada                    |
| set                             | nidaam                              |
| deciding set                    | go'aamin nidaam ciyaareed           |
| set lost                        | nidaam lumay                        |
| set won                         | nidaam lagu guuleystey              |

|                         |                                 |
|-------------------------|---------------------------------|
| receiving side          | dhinac gaarsiin                 |
| serving side            | dhinacyada tuurashada           |
| free space              | meel bannaan                    |
| spike                   | tumid                           |
| to spike                | ku tumid                        |
| to request substitution | weydiisasho beddel              |
| time-out                | saacad joojin (latashi)         |
| volleyball              | kubbadda laliska                |
| volleyball player       | ciyaartoyga kubbadda<br>laliska |
| personal warning        | digniin shaqsi                  |