In keeping with the true Olympic spirit of friendship and respect, Saudi Arabia’s judoka Tahani Alqahtani faced Israeli’s Raz Hershko in the women’s competition. They compete valiantly, showing the power of sport to transcend physical and political boundaries.
Mohammad Ahsan (INA)
Badminton Team
1 August 2021

Ahsan corrected the wrong score on the scoreboard when the umpire forgot to give the Malaysian pair a point. There was already another rally after that and not even the Malaysian team realized the wrong score.
Olympic hurdler Luca Kozak helped her opponent to her feet after the pair tumbled to the ground while racing in the semi-finals 100m hurdle event.
The ladies of Team USA gymnastics in supporting their teammate Simone Biles, when she had to withdrawal from competition.
After a nasty fall during her 1500m morning heat, she got back up, no excuses given, no stories about a bad race, just pure guts and a fighting spirit to show true sportsmanship.
After winning Silver in Rio, Alex Willoughby’s life changed when her husband and fellow racer became paralyzed. She took time off to care for him, he became her coach and she returned to the sport, qualified for, and compete at Tokyo Olympics.
Isaiah Jewett embraces the Olympic spirit after a fall in the 800m. Both Jewett and Nijel Amos (BOT) fell and Jewett helped Amos to his feet, shook hands, and the two finished the race together.
Both jumpers had failed in their attempts to scale the Olympic record of 2.39m after flawlessly clearing previous heights to stay locked in first place. So they were given the option of a jump-off to settle matters, but Barshim quickly asked: “Can we have two golds?”
Neeraj Chopra (IND) & Arshad Nadeem (PAK) showing friendship, respect, and true sportsmanship for one another despite tensions between their countries.

(picture from 2018)
Defying a hamstring injury, Cedric Dubler (AUS) runs beside teammate in 1500m event of the men's decathlon shouting encouragement and guidance.
Annie Lazor (USA) bronze medalist comes over from the next lane to wrap Schoenmaker (RSA) gold medalist in a congratulatory hug and were soon joined by Kaylene Corbett (RSA) and Lilly King (USA), silver medalist who set a blistering pace early in the event. All showing mutual respect and admiration for fellow competitors.
In the women's triathlon match, Claire Michel (BEL) had a major breakdown post-match. Notably, Lotte Miller (NOR) gave a pep talk to her opponent, who was heartbroken after the match.
Demonstrating mutual respect and admiration, skateboard finalist hug and lift their fellow competitor, Okamoto, after she crash in the finals.