

## Diving

Diving is the sport of jumping into the water from a springboard or a platform.

The **springboard** is a long and flexible board placed at heights of 1 and 3 meters above the water. It flexes with the weight of the diver and catapults the diver up into the air to get a higher speed.

The **platform** is a rigid structure and is set at a height of 10 metres.

Divers are judged on: - the quality of the execution and the conformance of their body to the requirements of the dive; - the amount of splash created by the entry (the less splash the more points will be awarded). The raw score is multiplied by the degree of difficulty, specific to each dive, and the diver with the highest total score after a sequence of dives is declared the winner.

Synchronized diving was included in the Olympic Games for the first time at the 2000 Games in Sidney. This spectacular discipline requires a high level of coordination and synchronization: The event features two divers who attempt to perform identical dives simultaneously: successful synchronized divers must move as one, hence the more they move in sync, the higher the possible score.

Italian version

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