

O'ZBEKISTON RESPUBLIKASI
OLY TA'LIM, FAN VA INNOVATSIYALAR VAZIRLIGI
QARSHI DAVLAT UNIVERSITETI

“TASDIQLAYMAN”



KASBIY (IJODIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONLARI

61010300- Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi
(voleybol, kurash, yengil atletika, futbol)
Umumiy jismoniy tayyorgarlik bo'yicha kasbiy (ijodiy) imtihonlar

Qarshi – 2023 yil

**Qarshi davlat universiteti Kengashida ko‘rib chiqilgan va ma’qullangan.
2023 yil 07.07 dagi 9 - sonli majlis bayoni.**

Тузувчилар:

-
- Egamberdiyev.F.T. - Qarshi davlat universiteti Sport fakulteti dekani
- Sultonov Sh.U. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini mudiri, dotsenti
- Jabborov A.T. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini dotsenti
- Nuraliyeva O‘.Sh. - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini dotsenti
- Xudoyberdiyev B - Qarshi davlat universiteti Sport fakulteti Jismoniy tarbiya va sport turlari” kafedrasini o‘qituvchisi

Taqrizchilar:

- Boymurodov I - Jismoniy tarbiya va sport turlari kafedrasini dotsenti v.b., p.f.n.
- Arslonov I.T. - Qarshi MII Jismoniy tarbiya kafedrasini mudiri, dotsent

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**2022-2023 o'quv yili qabuli uchun abuturentlardan qabul qilinadigan
ijodiy (kasbiy) imtihonlarning me'yoriy talabalari, baholash mezonlari
hamda o'tkazish tartibi**

KIRISH

Jamiyatimizda sog'lom turmush tarzini shakllantirish, aholining, ayniqsa yosh avlodning jismoniy tarbiya va ommaviy sport bilan muntazam shug'ullanishi uchun zamon talablariga mos shart-sharoitlar yaratish, sport musobaqalari orqali yoshlarga o'z irodasi, kuchi va imkoniyatlariga bo'lgan ishonchni mustaxkamlash, mardlik va vatanparvarlik, ona Vatanga sadoqat tuyg'ularini kamol topish, shuningdek, yoshlar orasidan iqtidorli sportchilarni saralab olish ishlarini tizimli tashkillashtirish hamda jismoniy tarbiya va ommaviy sportni yanada rivojlantirishga yo'naltirilgan keng ko'lamli ishlar amalga oshirilmoqda.

O'zbekiston Respublikasi xududlarida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish, aholining barcha qatlamlari, ayniqsa yoshlarni jismoniy tarbiya va sport bilan muntazam shug'ullanishga jalb etish, mamlakatimizda bu borada yaratilgan sharoitlardan samarali foydalanish natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me'yoriy – huquqiy hujjatlar qabul qilingan va jadallikda hayotga tadbiiq etib kelinmoqda.

Jumladan, O'zbekiston Respublikasining "Jismoniy tarbiya va sport to'g'risida"gi, "Ta'lim" to'g'risidagi qonunlari, O'zbekiston Respublikasi Prezidentining 2017 yil 20 apreldagi PQ – 2909-sonli "Oliy ta'lim tizimini yanada rivojlantirish chora – tadbirlari to'g'risida"gi qarori, 2017 yil 3 iyundagi PQ – 3031 – sonli "Jismoniy tarbiya va ommaviy sportni yanada rivojlantirish chora – tadbirlari to'g'risida"gi, 2017 yil 27 iyuldagi PQ – 3151-sonli "Oliy ma'lumotli mutaxassislar tayyorlash sifatini oshirishda iqtisodiyot sohalari va tarmoqlarning ishtirokini yanada kengaytirish chora-tadbirlari to'g'risida"gi, 2017 yil 10 avgustdagi PQ – 3196-sonli "Nufuzli xalqaro sport musobaqalarida yuksak natijalarga erishgan O'zbekiston sportchilarini jamoat va sport ishlarida keng jalb etish hamda sportchilarni va ularning trenerlarini rag'batlantirish to'g'risida"gi, 2017 yil 10 avgustdagi PQ – 3197-sonli "O'zbekiston davlat jismoniy tarbiya insituti faoliyatini yanada takomillashtirish chora – tadbirlari to'g'risida"gi va 2017 yil 01 dekabrda PF-5270-sonli "Nogironligi bo'lgan shaxslarni davlat tomonidan ko'llab-kuvvatlash tizimini tubdan takomillashtirish chora-tadbirlari to'g'risida"gi, 2018 yil 5 martdagi PF-5368-sonli "Jismoniy tarbiya va sport sohasida davlat boshqaruvi tizimini tubdan takomillashtirish chora-tadbirlari to'g'risida"gi Farmoni, O'zbekiston Respublikasi Prezidentining 2021 yil 6 apreldagi PF-6199-sonli ya'ni "Turizm, sport va madaniy meros sohaslarida davlat boshqaruv tizimini yanada takomillashtirish chora-tadbirlari to'g'risida"gi Farmoni va O'zbekiston Respublikasi Prezidentining 2022 yil 18 febraldagi PQ-136-sonli ya'ni "Sportni rivojlantirish vazirligi faoliyatini tashkil yetish to'g'risida"gi qarori va 2018 yil 27 iyuldagi 588-sonli O'zbekiston Respublikasi Vazirlar Maxkamasining "Alohida ixtidor talab etiladigan bakalavriat ta'lim yo'nalishlariga kirish test sinovlarisiz, kasbiy (ijodiy) imtihonlar orqali qabul qilish tartibi to'g'risidagi Nizomni tasdiqlash haqidagi" Qarorlari shular jumlasidandir.

Qarshi davlat universiteti Sport faoliyati (faoliyat turlari bo'yicha) ta'lim yo'nalishi bo'yicha kasbiy (ijodiy) imtihon dasturi umumiy o'rta va o'rta maxsus kasb-hunar ta'limi (sport maktablari (SM), Respublika Olimpiy va parolimpiy zahiralar kolledji (ROPZK)) jismoniy tarbiya va sport dasturlari asosida tuzilgan, abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko'nikma va malakalarini baholashga mo'ljallangan.

Dasturda ijodiy (kasbiy) imtihonni o'tkazish tartibi, abuturiyentlarning jismoniy tarbiya va sport sohasidagi amaliy bilim, ko'nikma va malakalariga qo'yilgan talablar hamda baholash mezonlari o'z aksini topgan.

Dasturning maqsadi va vazifalari

Dasturning asosiy maqsadi – abuturiyentlarning jismoniy tarbiya va sport sohasiga oid egallangan bilim, ko'nikma va malakalari (jismoniy va sport turlari bo'yicha umumiy va maxsus tayyyorgarlik) holati darajasini belgilangan mezonlar asosida aniqlash hamda baholashdan iboratdir.

O'zbekiston Respublikasi Vazirlar Maxkamasining 2017 yil 20 iyundagi 393-sonli Qarori bilan tasdiqlangan "O'zbekiston Respublikasi Oliy ta'lim muassasalarining bakalavriyatiga talabalarni qabul qilish tartibi va qoidalari to'g'risida"gi Nizomga muvofiq 2022/2023 o'quv yilida Qarshi davlat universitetiga Sport faoliyati (faoliyat turlari bo'yicha), yo'nalishlari bo'yicha qabul e'lon qilingan.

Yuqoridagi ta'lim yo'nalishidan ya'ni Sport faoliyati (faoliyati turlari bo'yicha) bo'yicha ko'p ballik baholash tizimi asosida kasbiy (ijodiy) imtihonlar o'tkaziladi (sport turlari bo'yicha me'yoriy talablar va baholash mezonlari ilova qilinadi).

Abuturiyentlar tanlangan sport turidan kasbiy (ijodiy) imtihonlarni topshiradilar.

Ijobiy (kasbiy) imtihonlarni o'tkazishda har bir abituriyentdan o'z qobiliyatini yuqori darajada namoyon qilishiga imkoniyat yaratiladi.

Sport turlari bo'yicha ijobiy (kasbiy) imtihon ballarining maksimal yig'indisi (summasi) sinov natijalariga ko'ra – 156 ballni tashkil etadi.

Tanlangan sport turi bo'yicha me'yoriy talablar sport turlarining xususiyatlariga oid mashqlardan tuzilgan.

Kasbiy (ijodiy) imtihonlarni o'tkazish tartibi

Kasbiy (ijodiy) imtihonlarni o'tkazish maxsus ishlab chiqilgan me'yorlarni qabul qilishdan iborat. Imtihonning har bir qismini topshirish yuqori jismoniy yuklama (nagruzka) va emonsional zo'riqishni talab etadi. Shuni hisobga olgan holda abuturiyentlarga qulaylik va o'z imkoniyatlarini yuqori darajada namoyon qilishlari uchun imkoniyat yaratish maqsadida ijobiy imtihonlar guruhlarga bo'lingan holda o'tkaziladi hamda bir necha imkoniyatning eng yaxshi natijasi tanlab olinadi.

Kasbiy (ijodiy) imtihonlar quyidagi tartibda o'tkaziladi:

a) abuturiyentning guruh ro'yxati va pasporti tekshirilgandan so'ng u imtihon topshirish uchun taklif qilinadi;

b) har bir abuturiyent tanlangan sport turi talablariga mos ravishda sport kiyimida bo'lishi lozim;

- v) predmet komissiyasi raisi va imtihon qabul qiluvchilar abiturentlarga imtihonlarni topshirish tartibi va qoidalarini tushuntiradilar;
- g) har bir abiturentga sport kiyimini kiyish, chigal yozdi mashqlari (razminka) bajarish va imtihon topshirishga tayyorlanish uchun vaqt beriladi;
- d) har bir me'yor topshirilganidan so'ng abiturent tomonidan ko'rsatilgan natija va unga qo'yilgan tegishli (baholash mezonlariga muvofiq ravishda) ball e'lon qilinadi;
- e) barcha me'yorlar qabul qilinganidan so'ng abiturentlarga kasbiy (ijodiy) imtihonda to'plangan umumiy ballari e'lon qilinadi;
- j) kasbiy (ijodiy) imtihonlarni qayta topshirishga ruxsat etilmaydi;
- z) kasbiy (ijodiy) imtihonlarga kechikib kelgan yoki uning birida ishtirok etmagan abiturentlar kasbiy (ijodiy) imtihonlarni topshirishga qo'yilmaydi.

**2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy)
imtihon me'yorlari
(Tanlarga tur bo'yicha – *Maksimal 93 ball*)**

Erkaklar uchun

Ball	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq,s.)	1500 m (daq,s.)	3000 m (daq,s)
63	11,14	22,24	49,80	1:55,0	3:57,0	8:30,0
62	11,20	22,34	50,04	1:55,5	3:58,5	8:34,4
61	11,26	22,44	50,28	1:56,0	4:00,0	8:38,8
60	11,32	22,54	50,52	1:56,5	4:01,5	8:43,2
59	11,38	22,64	50,76	1:57,0	4:03,0	8:47,6
58	11,44	22,74	51,00	1:57,5	4:04,5	8:52,0
57	11,50	22,84	51,24	1:58,0	4:06,0	8:56,4
56	11,56	22,94	51,48	1:58,5	4:07,5	9:00,8
55	11,62	23,04	51,72	1:59,0	4:09,0	9:05,2
54	11,68	23,14	51,96	1:59,5	4:10,5	9:09,6
53	11,74	23,24	52,20	2:00,0	4:12,0	9:14,0
52	11,80	23,34	52,44	2:00,5	4:13,5	9:18,4
51	11,86	23,44	52,68	2:01,0	4:15,0	9:22,8
50	11,92	23,54	52,92	2:01,5	4:16,5	9:27,2
49	11,98	23,64	53,16	2:02,0	4:18,0	9:31,6
48	12,04	23,74	53,4	2:02,5	4:19,5	9:36,0
47	12,10	23,84	53,64	2:03,0	4:21,0	9:40,4
46	12,16	23,94	53,88	2:03,5	4:22,5	9:44,8
45	12,22	24,04	54,12	2:04,0	4:24,0	9:49,2
44	12,28	24,14	54,36	2:04,5	4:25,5	9:53,6
43	12,34	24,24	54,60	2:05,0	4:27,0	9:58,0
42	12,40	24,34	54,84	2:05,5	4:28,5	10:02,4
41	12,46	24,44	55,08	2:06,0	4:30,0	10:06,8
40	12,52	24,54	55,32	2:06,5	4:31,5	10:11,2
39	12,58	24,64	55,56	2:07,0	4:33,0	10:15,6
38	12,64	24,74	55,8	2:07,5	4:34,5	10:20,0
37	12,70	24,84	56,04	2:08,0	4:36,0	10:24,4
36	12,76	24,94	56,28	2:08,5	4:37,5	10:28,8
35	12,82	25,04	56,52	2:09,0	4:39,0	10:33,2
34	12,88	25,14	56,76	2:09,5	4:40,5	10:37,6
33	12,94	25,24	57,00	2:10,0	4:42,0	10:42,0
32	13,00	25,34	57,24	2:10,5	4:43,5	10:46,4
31	13,06	25,44	57,48	2:11,0	4:45,0	10:50,8

30	13,12	25,54	57,72	2:11,5	4:46,5	10:55,2
29	13,18	25,64	57,96	2:12,0	4:48,0	10:59,6
28	13,24	25,74	58,2	2:12,5	4:49,5	11:04,0
27	13,30	25,84	58,44	2:13,0	4:51,0	11:08,4
26	13,36	25,94	58,68	2:13,5	4:52,5	11:12,8
25	13,42	26,04	58,92	2:14,0	4:54,0	11:17,2
24	13,48	26,14	59,16	2:14,5	4:55,5	11:21,6
23	13,54	26,24	59,40	2:15,0	4:57,0	11:26,0
22	13,60	26,34	59,64	2:15,5	4:58,5	11:30,4
21	13,66	26,44	59,88	2:16,0	5:00,0	11:34,8
20	13,72	26,54	1:00,4	2:16,5	5:01,5	11:39,2
19	13,78	26,64	1:00,6	2:17,0	5:03,0	11:43,6
18	13,84	26,74	1:00,8	2:17,5	5:04,5	11:48,0
17	13,90	26,84	1:01,0	2:18,0	5:06,0	11:52,4
16	13,96	26,94	1:01,2	2:18,5	5:07,5	11:56,8
15	14,02	27,04	1:01,4	2:19,0	5:09,0	12:01,2
14	14,08	27,14	1:01,6	2:19,5	5:10,5	12:05,6
13	14,14	27,24	1:01,8	2:20,0	5:12,0	12:10,0
12	14,20	27,34	1:02,0	2:20,5	5:13,5	12:14,4
11	14,26	27,44	1:02,2	2:21,0	5:15,0	12:18,8
10	14,32	27,54	1:02,4	2:21,5	5:16,5	12:23,2
9	14,38	27,64	1:02,6	2:22,0	5:18,0	12:27,6
8	14,44	27,74	1:02,8	2:22,5	5:19,5	12:32,0
7	14,50	27,84	1:03,0	2:23,0	5:21,0	12:36,4
6	14,56	27,94	1:03,2	2:23,5	5:22,5	12:40,8
5	14,62	28,04	1:03,4	2:24,0	5:24,0	12:45,2
4	14,68	28,14	1:03,6	2:24,5	5:25,5	12:49,6
3	14,74	28,24	1:03,8	2:25,0	5:27,0	12:54,0
2	14,80	28,34	1:04,0	2:25,5	5:28,5	12:58,4
1	14,86	28,44	1:04,2	2:26,0	5:30,0	13:02,8

Ball	3000 to'siqlar osha yugurish (daq.s.)	110 m. g'ovlar osha yugurish h=0.991m	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
63	9:25,0	15,25	55,65	21:45,0	7,10	15,10
62	9:31,0	15,30	55,82	21:52,0	7,07	15,04
61	9:37,0	15,35	55,99	21:59,0	7,04	14,98
60	9:43,0	15,40	56,16	22:06,0	7,01	14,92
59	9:49,0	15,45	56,33	22:13,0	6,98	14,86
58	9:55,0	15,50	56,50	22:20,0	6,95	14,80
57	10:01,0	15,55	56,67	22:27,0	6,92	14,74
56	10:07,0	15,60	56,84	22:34,0	6,89	14,68
55	10:13,0	15,65	57,01	22:41,0	6,86	14,62
54	10:19,0	15,70	57,18	22:48,0	6,83	14,56
53	10:25,0	15,75	57,35	22:55,0	6,80	14,50
52	10:31,0	15,80	57,52	23:02,0	6,77	14,44
51	10:37,0	15,85	57,69	23:09,0	6,73	14,38
50	10:43,0	15,90	57,86	23:16,0	6,71	14,32
49	10:49,0	15,95	58,03	23:23,0	6,68	14,26
48	10:55,0	16,00	58,20	23:30,0	6,65	14,20
47	11:01,0	16,05	58,37	23:37,0	6,62	14,14
46	11:07,0	16,10	58,54	23:44,0	6,59	14,08
45	11:13,0	16,15	58,71	23:51,0	6,56	14,02
44	11:19,0	16,20	58,88	23:58,0	6,53	13,96
43	11:25,0	16,25	59,05	24:05,0	6,50	13,90
42	11:31,0	16,30	59,22	24:12,0	6,47	13,84
41	11:37,0	16,35	59,39	24:19,0	6,44	13,78
40	11:43,0	16,40	59,56	24:26,0	6,41	13,72
39	11:49,0	16,45	59,73	24:33,0	6,38	13,66
38	11:55,0	16,50	59,90	24:40,0	6,35	13,60
37	12:01,0	16,55	1:00,1	24:47,0	6,32	13,54
36	12:07,0	16,60	1:00,3	24:54,0	6,29	13,48
35	12:13,0	16,65	1:00,5	25:01,0	6,26	13,42
34	12:19,0	16,70	1:00,8	25:08,0	6,23	13,36
33	12:25,0	16,75	1:01,0	25:15,0	6,20	13,30
32	12:31,0	16,80	1:01,3	25:22,0	6,17	13,24
31	12:37,0	16,85	1:01,5	25:29,0	6,14	13,18
30	12:43,0	16,90	1:01,7	25:36,0	6,11	13,12

29	12:49,0	16,95	1:02,0	25:43,0	6,08	13,06
28	12:55,0	17,00	1:02,2	25:50,0	6,05	13,00
27	13:01,0	17,05	1:02,5	25:57,0	6,02	12,94
26	13:07,0	17,10	1:02,7	26:04,0	5,99	12,88
25	13:13,0	17,15	1:02,9	26:11,0	5,96	12,82
24	13:19,0	17,20	1:03,2	26:18,0	5,93	12,76
23	13:25,0	17,25	1:03,4	26:25,0	5,90	12,70
22	13:31,0	17,30	1:03,7	26:32,0	5,87	12,64
21	13:37,0	17,35	1:03,9	26:39,0	5,84	12,58
20	13:43,0	17,40	1:04,1	26:46,0	5,81	12,52
19	13:49,0	17,45	1:04,4	26:53,0	5,78	12,46
18	13:55,0	17,50	1:04,6	27:00,0	5,75	12,40
17	14:01,0	17,55	1:04,9	27:07,0	5,72	12,34
16	14:07,0	17,60	1:05,1	27:14,0	5,69	12,28
15	14:13,0	17,65	1:05,3	27:21,0	5,66	12,22
14	14:19,0	17,70	1:05,6	27:28,0	5,63	12,16
13	14:25,0	17,75	1:05,8	27:35,0	5,60	12,10
12	14:31,0	17,80	1:06,1	27:42,0	5,57	12,04
11	14:37,0	17,85	1:06,3	27:49,0	5,54	11,98
10	14:43,0	17,90	1:06,5	27:56,0	5,51	11,92
9	14:49,0	17,95	1:06,8	28:03,0	5,48	11,86
8	14:55,0	18,00	1:07,0	28:10,0	5,45	11,80
7	15:01,0	18,05	1:07,3	28:17,0	5,42	11,74
6	15:07,0	18,10	1:07,5	28:24,0	5,39	11,68
5	15:13,0	18,15	1:07,7	28:31,0	5,36	11,62
4	15:19,0	18,20	1:08,0	28:38,0	5,33	11,56
3	15:25,0	18,25	1:08,2	28:45,0	5,30	11,50
2	15:31,0	18,30	1:08,5	28:52,0	5,27	11,44
1	+15:37,0	+18,35	+1:08,7	+29:00,0	-5,20	-11,38

Ball	Balandlikka sakrash (m.sm)	Langarcho'pga tayanib sakrash (m.sm)	Yadro itqitish (m.sm) 6 kg	Disk uloqtirish (m.sm) 1.75 kg	Bosqon uloqtirish (m.sm) 6 kg	Nayza uloqtirish (m.sm) 800 gr
63	2,00	4,00	16,50	48,00	63,00	64,00
62	1,99	3,96	16,40	47,70	62,55	63,55
61	1,98	3,94	16,30	47,40	62,10	63,10
60	1,97	3,91	16,20	47,10	61,65	62,65
59	1,96	3,88	16,10	46,80	61,20	62,20
58	1,95	3,85	16,00	46,50	60,75	61,75
57	1,94	3,82	15,90	46,20	60,30	61,30
56	1,93	3,79	15,80	45,90	59,85	60,85
55	1,92	3,76	15,70	45,60	59,40	60,40
54	1,91	3,73	15,60	45,30	58,95	59,95
53	1,90	3,70	15,50	45,00	58,50	59,50
52	1,89	3,67	15,40	44,70	58,05	59,05
51	1,88	3,64	15,30	44,40	57,60	58,60
50	1,87	3,61	15,20	44,10	57,15	58,15
49	1,86	3,58	15,10	43,80	56,70	57,70
48	1,85	3,55	15,00	43,50	56,25	57,25
47	1,84	3,52	14,90	43,20	55,80	56,80
46	1,83	3,49	14,80	42,90	55,35	56,35
45	1,82	3,46	14,70	42,60	54,90	55,90
44	1,81	3,43	14,60	42,30	54,45	55,45
43	1,80	3,40	14,50	42,00	54,00	55,00
42	1,79	3,37	14,40	41,70	53,55	54,55
41	1,78	3,34	14,30	41,40	53,10	54,10
40	1,77	3,31	14,20	41,10	52,65	53,65
39	1,76	3,28	14,10	40,80	52,20	53,20
38	1,75	3,25	14,00	40,50	51,75	52,75
37	1,74	3,22	13,90	40,20	51,30	52,30
36	1,73	3,19	13,80	39,90	50,85	51,85
35	1,72	3,16	13,70	39,60	50,40	51,40
34	1,71	3,13	13,60	39,30	49,95	50,95
33	1,70	3,10	13,50	39,00	49,50	50,50
32	1,69	3,07	13,40	38,70	49,05	50,05
31	1,68	3,04	13,30	38,40	48,60	49,60
30	1,67	3,01	13,20	38,10	48,15	49,15
29	1,66	2,98	13,10	37,80	47,70	48,70

28	1,65	2,95	13,00	37,50	47,25	48,25
27	1,64	2,92	12,90	37,20	46,80	47,80
26	1,63	2,89	12,80	36,90	46,35	47,35
25	1,62	2,86	12,65	36,60	45,90	46,90
24	1,61	2,83	12,50	36,30	45,45	46,45
23	1,60	2,80	12,35	36,00	45,00	46,00
22	1,59	2,77	12,20	35,70	44,55	45,55
21	1,58	2,74	12,05	35,40	44,10	45,10
20	1,57	2,71	11,90	35,10	43,65	44,65
19	1,56	2,68	11,75	34,80	43,20	44,20
18	1,55	2,65	11,60	34,50	42,75	43,75
17	1,54	2,62	11,45	34,20	42,30	43,30
16	1,53	2,59	11,30	33,90	41,85	42,85
15	1,52	2,56	11,15	33,60	41,40	42,40
14	1,51	2,53	11,00	33,30	40,95	41,95
13	1,50	2,50	10,85	33,00	40,50	41,50
12	1,49	2,47	10,70	32,70	40,05	41,05
11	1,48	2,44	10,55	32,40	39,60	40,60
10	1,47	2,41	10,40	32,10	39,15	40,15
9	1,46	2,38	10,25	31,80	38,70	39,70
8	1,45	2,35	10,10	31,50	38,25	39,25
7	1,44	2,32	9,95	31,20	37,80	38,80
6	1,43	2,29	9,80	30,90	37,35	38,35
5	1,42	2,26	9,65	30,60	36,90	37,90
4	1,41	2,23	9,50	30,30	36,45	37,45
3	1,40	2,20	9,35	30,00	36,00	37,00
2	1,39	2,17	9,20	29,70	35,55	36,55
1	-1,38	-2,14	-9,00	-29,40	-35,10	-36,10

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 110m. g'/o, 400m. g'/o)		O'rta masofalarga yuguruvchilar uchun (800m, 1500m)	
		to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	12,00	2,70	10,80	2,70
2	14,7	11,90	2,68	10,70	2,68
3	14,4	11,80	2,66	10,60	2,66
4	14,1	11,70	2,64	10,50	2,64
5	13,8	11,60	2,62	10,40	2,62
6	13,5	11,50	2,60	10,30	2,60
7	13,2	11,40	2,58	10,20	2,58
8	12,9	11,30	2,56	10,10	2,56
9	12,6	11,20	2,54	10,00	2,54
10	12,3	11,10	2,52	9,90	2,52
11	12,0	11,00	2,50	9,80	2,50
12	11,7	10,90	2,48	9,70	2,48
13	11,4	10,80	2,46	9,60	2,46
14	11,1	10,70	2,44	9,50	2,44
15	10,8	10,60	2,42	9,40	2,42
16	10,5	10,50	2,40	9,30	2,40
17	10,2	10,40	2,38	9,20	2,38
18	9,9	10,30	2,36	9,10	2,36
19	9,6	10,20	2,34	9,00	2,34
20	9,3	10,10	2,32	8,90	2,32
21	9,0	10,00	2,30	8,80	2,30
22	8,7	9,90	2,28	8,70	2,28
23	8,4	9,80	2,26	8,60	2,26
24	8,1	9,70	2,24	8,50	2,24
25	7,8	9,60	2,22	8,40	2,22
26	7,5	9,50	2,20	8,30	2,20
27	7,2	9,40	2,18	8,20	2,18
28	6,9	9,30	2,16	8,10	2,16
29	6,6	9,20	2,14	8,00	2,14
30	6,3	9,10	2,12	7,90	2,12
31	6,0	9,00	2,10	7,80	2,10
32	5,7	8,90	2,08	7,70	2,08
33	5,4	8,80	2,06	7,60	2,06
34	5,1	8,70	2,04	7,50	2,04
35	4,8	8,60	2,02	7,40	2,02
36	4,5	8,50	2,00	7,30	2,00

37	4,2	8,40	1,98	7,20	1,98
38	3,9	8,30	1,96	7,10	1,96
39	3,6	8,20	1,94	7,00	1,94
40	3,3	8,10	1,92	6,90	1,92
41	3,0	8,00	1,90	6,80	1,90
42	2,7	7,90	1,88	6,70	1,88
43	2,4	7,80	1,86	6,60	1,86
44	2,1	7,70	1,84	6,50	1,84
45	1,8	7,60	1,82	6,40	1,82
46	1,5	7,50	1,80	6,30	1,80
47	1,2	7,40	1,78	6,20	1,78
48	0,9	7,30	1,76	6,10	1,76
49	0,6	7,20	1,74	6,00	1,74
50	0,3	7,10	1,72	5,90	1,72
51	0,1	7,00	1,70	5,80	1,70

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)		Sportcha yuruvchilar uchun		Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)	
		to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	10,30	2,60	9,50	2,30	12,50	2,70
2	14,7	10,20	2,58	9,40	2,28	12,40	2,68
3	14,4	10,10	2,56	9,30	2,26	12,30	2,66
4	14,1	10,00	2,54	9,20	2,24	12,20	2,64
5	13,8	9,90	2,52	9,10	2,22	12,10	2,62
6	13,5	9,80	2,50	9,00	2,20	12,00	2,60
7	13,2	9,70	2,48	8,90	2,18	11,90	2,58
8	12,9	9,60	2,46	8,80	2,16	11,80	2,56
9	12,6	9,50	2,44	8,70	2,14	11,70	2,54
10	12,3	9,40	2,42	8,60	2,12	11,60	2,52
11	12,0	9,30	2,40	8,50	2,10	11,50	2,50
12	11,7	9,20	2,38	8,40	2,08	11,40	2,48
13	11,4	9,10	2,36	8,30	2,06	11,30	2,46
14	11,1	9,00	2,34	8,20	2,04	11,20	2,44
15	10,8	8,90	2,32	8,10	2,02	11,10	2,42
16	10,5	8,80	2,30	8,00	2,00	11,00	2,40
17	10,2	8,70	2,28	7,90	1,98	10,90	2,38
18	9,9	8,60	2,26	7,80	1,96	10,80	2,36
19	9,6	8,50	2,24	7,70	1,94	10,70	2,34
20	9,3	8,40	2,22	7,60	1,92	10,60	2,32
21	9,0	8,30	2,20	7,50	1,90	10,50	2,30
22	8,7	8,20	2,18	7,40	1,88	10,40	2,28
23	8,4	8,10	2,16	7,30	1,86	10,30	2,26
24	8,1	8,00	2,14	7,20	1,84	10,20	2,24
25	7,8	7,90	2,12	7,10	1,82	10,10	2,22
26	7,5	7,80	2,10	7,00	1,80	10,00	2,20
27	7,2	7,70	2,08	6,90	1,78	9,90	2,18
28	6,9	7,60	2,06	6,80	1,76	9,80	2,16
29	6,6	7,50	2,04	6,70	1,74	9,70	2,14
30	6,3	7,40	2,02	6,60	1,72	9,60	2,12
31	6,0	7,30	2,00	6,50	1,70	9,50	2,10

32	5,7	7,20	1,98	6,40	1,68	9,40	2,08
33	5,4	7,10	1,96	6,30	1,66	9,30	2,06
34	5,1	7,00	1,94	6,20	1,64	9,20	2,04
35	4,8	6,90	1,92	6,10	1,62	9,10	2,02
36	4,5	6,80	1,90	6,00	1,60	9,00	2,00
37	4,2	6,70	1,88	5,90	1,58	8,90	1,98
38	3,9	6,60	1,86	5,80	1,56	8,80	1,96
39	3,6	6,50	1,84	5,70	1,54	8,70	1,94
40	3,3	6,40	1,82	5,60	1,52	8,60	1,92
41	3,0	6,30	1,80	5,50	1,50	8,50	1,90
42	2,7	6,20	1,78	5,40	1,48	8,40	1,88
43	2,4	6,10	1,76	5,30	1,46	8,30	1,86
44	2,1	6,00	1,74	5,20	1,44	8,20	1,84
45	1,8	5,90	1,72	5,10	1,42	8,10	1,82
46	1,5	5,80	1,70	5,00	1,40	8,00	1,80
47	1,2	5,70	1,68	4,90	1,38	7,90	1,78
48	0,9	5,60	1,66	4,80	1,36	7,80	1,76
49	0,6	5,50	1,64	4,70	1,34	7,70	1,74
50	0,3	5,40	1,62	4,60	1,32	7,60	1,72
51	0,1	5,30	1,60	4,50	1,30	7,50	1,70

№	ball	Uzunlikka va uch hatlab sakrovchilar uchun		Balandlikka va langarcho'p bilan sakrovchilar uchun	
		to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 3kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	12,20	3,00	12,00	2,90
2	14,7	12,10	2,98	11,90	2,88
3	14,4	12,00	2,96	11,80	2,86
4	14,1	11,90	2,94	11,70	2,84
5	13,8	11,80	2,92	11,60	2,82
6	13,5	11,70	2,90	11,50	2,80
7	13,2	11,60	2,88	11,40	2,78
8	12,9	11,50	2,86	11,30	2,76
9	12,6	11,40	2,84	11,20	2,74
10	12,3	11,30	2,82	11,10	2,72
11	12,0	11,20	2,80	11,00	2,70
12	11,7	11,10	2,78	10,90	2,68
13	11,4	11,00	2,76	10,80	2,66
14	11,1	10,90	2,74	10,70	2,64
15	10,8	10,80	2,72	10,60	2,62
16	10,5	10,70	2,70	10,50	2,60
17	10,2	10,60	2,68	10,40	2,58
18	9,9	10,50	2,66	10,30	2,56
19	9,6	10,40	2,64	10,20	2,54
20	9,3	10,30	2,62	10,10	2,52
21	9,0	10,20	2,60	10,00	2,50
22	8,7	10,10	2,58	9,90	2,48
23	8,4	10,00	2,56	9,80	2,46
24	8,1	9,90	2,54	9,70	2,44
25	7,8	9,80	2,52	9,60	2,42
26	7,5	9,70	2,50	9,50	2,40
27	7,2	9,60	2,48	9,40	2,38
28	6,9	9,50	2,46	9,30	2,36
29	6,6	9,40	2,44	9,20	2,34
30	6,3	9,30	2,42	9,10	2,32
31	6,0	9,20	2,40	9,00	2,30
32	5,7	9,10	2,38	8,90	2,28
33	5,4	9,00	2,36	8,80	2,26
34	5,1	8,90	2,34	8,70	2,24
35	4,8	8,80	2,32	8,60	2,22
36	4,5	8,70	2,30	8,50	2,20
37	4,2	8,60	2,28	8,40	2,18
38	3,9	8,50	2,26	8,30	2,16

39	3,6	8,40	2,24	8,20	2,14
40	3,3	8,30	2,22	8,10	2,12
41	3,0	8,20	2,20	8,00	2,10
42	2,7	8,10	2,18	7,90	2,08
43	2,4	8,00	2,16	7,80	2,06
44	2,1	7,90	2,14	7,70	2,04
45	1,8	7,80	2,12	7,60	2,02
46	1,5	7,70	2,10	7,50	2,00
47	1,2	7,60	2,08	7,40	1,98
48	0,9	7,50	2,06	7,30	1,96
49	0,6	7,40	2,04	7,20	1,94
50	0,3	7,30	2,02	7,10	1,92
51	0,1	7,20	2,00	7,00	1,90

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**2022-2023 o'quv yili uchun Yengil atletika ixtisosligi bo'yicha Kasbiy (ijodiy)
imtihon me'yorlari
(Tanlangan tur bo'yicha – *Maksimal ball –93 ball*)**

Ayollar uchun

Ball	100 m (s.)	200 m (s.)	400 m (s.)	800 m (daq,s.)	1500 m (daq,s.)	3000 m (daq,s)
63	12,50	25,44	57,30	2:14,0	4:35,0	9:52,0
62	12,56	25,54	57,54	2:14,5	4:36,0	9:56,0
61	12,62	25,64	57,78	2:15,0	4:37,0	10:00,0
60	12,68	25,74	58,02	2:15,5	4:38,0	10:04,0
59	12,74	25,84	58,26	2:16,0	4:39,0	10:08,0
58	12,80	25,94	58,50	2:16,5	4:40,0	10:12,0
57	12,86	26,04	58,74	2:17,0	4:41,0	10:16,0
56	12,92	26,14	58,98	2:17,5	4:42,0	10:20,0
55	12,98	26,24	59,22	2:18,0	4:43,0	10:24,0
54	13,04	26,34	59,46	2:18,5	4:44,0	10:28,0
53	13,10	26,44	59,70	2:19,0	4:45,0	10:32,0
52	13,16	26,54	59,94	2:19,5	4:46,0	10:36,0
51	13,22	26,64	1:00,2	2:20,0	4:47,0	10:40,0
50	13,28	26,74	1:00,4	2:20,5	4:48,0	10:44,0
49	13,34	26,84	1:00,7	2:21,0	4:49,0	10:48,0
48	13,40	26,94	1:00,9	2:21,5	4:50,0	10:52,0
47	13,46	27,04	1:01,1	2:22,0	4:51,0	10:56,0
46	13,52	27,14	1:01,4	2:22,5	4:52,0	11:00,0
45	13,58	27,24	1:01,6	2:23,0	4:53,0	11:04,0
44	13,64	27,34	1:01,9	2:23,5	4:54,0	11:08,0
43	13,70	27,44	1:02,1	2:24,0	4:55,0	11:12,0
42	13,76	27,54	1:02,3	2:24,5	4:56,0	11:16,0
41	13,82	27,64	1:02,6	2:25,0	4:57,0	11:20,0
40	13,88	27,74	1:02,8	2:25,5	4:58,0	11:24,0
39	13,94	27,84	1:03,1	2:26,0	4:59,0	11:28,0
38	14,00	27,94	1:03,3	2:26,5	5:00,0	11:32,0
37	14,06	28,04	1:03,5	2:27,0	5:01,0	11:36,0
36	14,12	28,14	1:03,8	2:27,5	5:02,0	11:40,0
35	14,18	28,24	1:04,0	2:28,0	5:03,0	11:44,0
34	14,24	28,34	1:04,3	2:28,5	5:04,0	11:48,0
33	14,30	28,44	1:04,5	2:29,0	5:05,0	11:52,0
32	14,36	28,54	1:04,7	2:29,5	5:06,0	11:56,0
31	14,42	28,64	1:05,0	2:30,0	5:07,0	12:00,0
30	14,48	28,74	1:05,2	2:30,5	5:08,0	12:04,0
29	14,54	28,84	1:05,5	2:31,0	5:09,0	12:08,0

28	14,60	28,94	1:05,7	2:31,5	5:10,0	12:12,0
27	14,66	29,04	1:05,9	2:32,0	5:11,0	12:16,0
26	14,72	29,14	1:06,2	2:32,5	5:12,0	12:20,0
25	14,78	29,24	1:06,4	2:33,0	5:13,0	12:24,0
24	14,84	29,34	1:06,7	2:33,5	5:14,0	12:28,0
23	14,90	29,44	1:06,9	2:34,0	5:15,0	12:32,0
22	14,96	29,54	1:07,1	2:34,5	5:16,0	12:36,0
21	15,02	29,64	1:07,4	2:35,0	5:17,0	12:40,0
20	15,08	29,74	1:07,6	2:35,5	5:18,0	12:44,0
19	15,14	29,84	1:07,9	2:36,0	5:19,0	12:48,0
18	15,20	29,94	1:08,1	2:36,5	5:20,0	12:52,0
17	15,26	30,04	1:08,3	2:37,0	5:21,0	12:56,0
16	15,32	30,14	1:08,6	2:37,5	5:22,0	13:00,0
15	15,38	30,24	1:08,8	2:38,0	5:23,0	13:04,0
14	15,44	30,34	1:09,1	2:38,5	5:24,0	13:08,0
13	15,50	30,44	1:09,3	2:39,0	5:25,0	13:12,0
12	15,56	30,54	1:09,5	2:39,5	5:26,0	13:16,0
11	15,62	30,64	1:09,8	2:40,0	5:27,0	13:20,0
10	15,68	30,74	1:10,0	2:40,5	5:28,0	13:24,0
9	15,74	30,84	1:10,3	2:41,0	5:29,0	13:28,0
8	15,80	30,94	1:10,5	2:41,5	5:30,0	13:32,0
7	15,86	31,04	1:10,7	2:42,0	5:31,0	13:36,0
6	15,92	31,14	1:11,0	2:42,5	5:32,0	13:40,0
5	15,98	31,24	1:11,2	2:43,0	5:33,0	13:44,0
4	16,04	31,34	1:11,5	2:43,5	5:34,0	13:48,0
3	16,10	31,44	1:11,7	2:44,0	5:35,0	13:52,0
2	16,16	31,54	1:11,9	2:44,5	5:36,0	13:56,0
1	16,22	31,64	1:12,2	2:45,0	5:37,0	14:00,0

Ball	3000 to'siqlar osha yugurish (daq.s.)	100 m. g'ovlar osha yugurish (s.)	400 m. g'ovlar osha yugurish (daq.s.)	5000 m. sportcha yurish (daq.s.)	Uzunlikka sakrash (m.sm)	Uch hatlab sakrash (m.sm)
63	11:15,0	15,24	1:04,2	25:30,0	5,90	12,70
62	11:22,0	15,31	1:04,7	25:37,5	5,87	12,62
61	11:29,0	15,38	1:05,2	25:45,0	5,84	12,54
60	11:36,0	15,45	1:05,7	25:52,5	5,81	12,46
59	11:43,0	15,52	1:06,2	26:00,0	5,78	12,38
58	11:50,0	15,59	1:06,7	26:07,5	5,75	12,30
57	11:57,0	15,66	1:07,2	26:15,0	5,72	12,22
56	12:04,0	15,73	1:07,7	26:22,5	5,69	12,14
55	12:11,0	15,80	1:08,2	26:30,0	5,66	12,06
54	12:18,0	15,87	1:08,7	26:37,5	5,63	11,98
53	12:25,0	15,94	1:09,2	26:45,0	5,60	11,90
52	12:32,0	16,01	1:09,7	26:52,5	5,57	11,82
51	12:39,0	16,08	1:10,2	27:00,0	5,54	11,74
50	12:46,0	16,15	1:10,7	27:07,5	5,51	11,66
49	12:53,0	16,22	1:11,2	27:15,0	5,48	11,58
48	13:00,0	16,29	1:11,7	27:22,5	5,45	11,50
47	13:07,0	16,36	1:12,2	27:30,0	5,42	11,42
46	13:14,0	16,43	1:12,7	27:37,5	5,39	11,34
45	13:21,0	16,50	1:13,2	27:45,0	5,36	11,26
44	13:28,0	16,57	1:13,7	27:52,5	5,33	11,18
43	13:35,0	16,64	1:14,2	28:00,0	5,30	11,10
42	13:42,0	16,71	1:14,7	28:07,5	5,27	11,02
41	13:49,0	16,78	1:15,2	28:15,0	5,24	10,94
40	13:56,0	16,85	1:15,7	28:22,5	5,21	10,86
39	14:03,0	16,92	1:16,2	28:30,0	5,18	10,78
38	14:10,0	16,99	1:16,7	28:37,5	5,15	10,70
37	14:17,0	17,06	1:17,2	28:45,0	5,12	10,62
36	14:24,0	17,13	1:17,7	28:52,5	5,09	10,54
35	14:31,0	17,20	1:18,2	29:00,0	5,06	10,46
34	14:38,0	17,27	1:18,7	29:07,5	5,03	10,38
33	14:45,0	17,34	1:19,2	29:15,0	5,00	10,30
32	14:52,0	17,41	1:19,7	29:22,5	4,97	10,22
31	14:59,0	17,48	1:20,2	29:30,0	4,94	10,14
30	15:06,0	17,55	1:20,7	29:37,5	4,91	10,06
29	15:13,0	17,62	1:21,2	29:45,0	4,88	9,98

28	15:20,0	17,69	1:21,7	29:52,5	4,85	9,90
27	15:27,0	17,76	1:22,2	30:00,0	4,82	9,82
26	15:34,0	17,83	1:22,7	30:07,5	4,79	9,74
25	15:41,0	17,90	1:23,2	30:15,0	4,76	9,66
24	15:48,0	17,97	1:23,7	30:22,5	4,73	9,58
23	15:55,0	18,04	1:24,2	30:30,0	4,70	9,50
22	16:02,0	18,11	1:24,7	30:37,5	4,67	9,42
21	16:09,0	18,18	1:25,2	30:45,0	4,64	9,34
20	16:16,0	18,25	1:25,7	30:52,5	4,61	9,26
19	16:23,0	18,32	1:26,2	31:00,0	4,58	9,18
18	16:30,0	18,39	1:26,7	31:07,5	4,55	9,10
17	16:37,0	18,46	1:27,2	31:18,0	4,52	9,02
16	16:44,0	18,53	1:27,7	31:28,5	4,49	8,94
15	16:51,0	18,60	1:28,2	31:39,0	4,46	8,86
14	16:58,0	18,67	1:28,7	31:49,5	4,43	8,78
13	17:05,0	18,74	1:29,2	32:00,0	4,40	8,70
12	17:12,0	18,81	1:29,7	32:10,5	4,37	8,62
11	17:19,0	18,88	1:30,2	32:21,0	4,34	8,54
10	17:26,0	18,95	1:30,7	32:31,5	4,31	8,46
9	17:33,0	19,02	1:31,2	32:42,0	4,28	8,38
8	17:40,0	19,09	1:31,7	32:52,5	4,25	8,30
7	17:47,0	19,16	1:32,2	33:03,0	4,22	8,22
6	17:54,0	19,23	1:32,7	33:13,5	4,19	8,14
5	18:01,0	19,30	1:33,2	33:24,0	4,16	8,06
4	18:08,0	19,37	1:33,7	33:34,5	4,13	7,98
3	18:15,0	19,44	1:34,2	33:45,0	4,10	7,90
2	18:22,0	19,51	1:34,7	33:55,5	4,07	7,82
1	18:29,0	19,58	1:35,2	34:06,0	4,00	7,74

Ball	Balandlikka sakrash (m.sm)	Langarcho'pga tayanib sakrash (m.sm)	Yadro itqitish (m.sm) 4 kg	Disk uloqtirish (m.sm)	Bosqon uloqtirish (m.sm) 4 kg	Nayza uloqtirish (m.sm) 600 gr
63	1,70	3,30	14,00	46,00	47,00	45,00
62	1,69	3,28	13,89	45,60	46,65	44,55
61	1,68	3,26	13,78	45,20	46,30	44,10
60	1,67	3,24	13,67	44,80	45,95	43,65
59	1,66	3,22	13,56	44,40	45,60	43,20
58	1,65	3,20	13,45	44,00	45,25	42,75
57	1,64	3,18	13,34	43,60	44,90	42,30
56	1,63	3,16	13,23	43,20	44,55	41,85
55	1,62	3,14	13,12	42,80	44,20	41,40
54	1,61	3,12	13,01	42,40	43,85	40,95
53	1,60	3,10	12,90	42,00	43,50	40,50
52	1,59	3,08	12,79	41,60	43,15	40,05
51	1,58	3,06	12,68	41,20	42,80	39,60
50	1,57	3,04	12,57	40,80	42,45	39,15
49	1,56	3,02	12,46	40,40	42,10	38,70
48	1,55	3,00	12,35	40,00	41,75	38,25
47	1,54	2,98	12,24	39,60	41,40	37,80
46	1,53	2,96	12,13	39,20	41,05	37,35
45	1,52	2,94	12,02	38,80	40,70	36,90
44	1,51	2,92	11,91	38,40	40,35	36,45
43	1,50	2,90	11,80	38,00	40,00	36,00
42	1,49	2,88	11,69	37,60	39,65	35,55
41	1,48	2,86	11,58	37,20	39,30	35,10
40	1,47	2,84	11,47	36,80	38,95	34,65
39	1,46	2,82	11,36	36,40	38,60	34,20
38	1,45	2,80	11,25	36,00	38,25	33,75
37	1,44	2,78	11,14	35,60	37,90	33,30
36	1,43	2,76	11,03	35,20	37,55	32,85
35	1,42	2,74	10,92	34,80	37,20	32,40
34	1,41	2,72	10,81	34,40	36,85	31,95
33	1,40	2,70	10,70	34,00	36,50	31,50
32	1,39	2,68	10,59	33,60	36,15	31,05
31	1,38	2,66	10,48	33,20	35,80	30,60
30	1,37	2,64	10,37	32,80	35,45	30,15
29	1,36	2,62	10,26	32,40	35,10	29,70
28	1,35	2,60	10,15	32,00	34,75	29,25

27	1,34	2,58	10,04	31,60	34,40	28,80
26	1,33	2,56	9,93	31,20	34,05	28,35
25	1,32	2,54	9,82	30,80	33,70	27,90
24	1,31	2,52	9,71	30,40	33,35	27,45
23	1,30	2,50	9,60	30,00	33,00	27,00
22	1,29	2,48	9,49	29,60	32,65	26,55
21	1,28	2,46	9,38	29,20	32,30	26,10
20	1,27	2,44	9,27	28,80	31,95	25,65
19	1,26	2,42	9,16	28,40	31,60	25,20
18	1,25	2,40	9,05	28,00	31,25	24,75
17	1,24	2,38	8,94	27,60	30,90	24,30
16	1,23	2,36	8,83	27,20	30,55	23,85
15	1,22	2,34	8,72	26,80	30,20	23,40
14	1,21	2,32	8,61	26,40	29,85	22,95
13	1,20	2,30	8,50	26,00	29,50	22,50
12	1,19	2,28	8,39	25,60	29,15	22,05
11	1,18	2,26	8,28	25,20	28,80	21,60
10	1,17	2,24	8,17	24,80	28,45	21,15
9	1,16	2,22	8,06	24,40	28,10	20,70
8	1,15	2,20	7,95	24,00	27,75	20,25
7	1,14	2,18	7,84	23,60	27,40	19,80
6	1,13	2,16	7,73	23,20	27,05	19,35
5	1,12	2,14	7,62	22,80	26,70	18,90
4	1,11	2,12	7,51	22,40	26,35	18,45
3	1,10	2,10	7,40	22,00	26,00	18,00
2	1,09	2,08	7,29	21,60	25,65	17,55
1	1,08	2,06	7,18	21,20	25,30	17,10

№	ball	Qisqa masofalarga yuguruvchilar uchun (100m, 200m, 400, 110m. g'/o, 400m. g'/o)		O'rta masofalarga yuguruvchilar uchun (800m, 1500m)	
		to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	9,80	2,22	9,50	2,12
2	14,7	9,70	2,20	9,40	2,10
3	14,4	9,60	2,18	9,30	2,08
4	14,1	9,50	2,16	9,20	2,06
5	13,8	9,40	2,14	9,10	2,04
6	13,5	9,30	2,12	9,00	2,02
7	13,2	9,20	2,10	8,90	2,00
8	12,9	9,10	2,08	8,80	1,98
9	12,6	9,00	2,06	8,70	1,96
10	12,3	8,90	2,04	8,60	1,94
11	12,0	8,80	2,02	8,50	1,92
12	11,7	8,70	2,00	8,40	1,90
13	11,4	8,60	1,98	8,30	1,88
14	11,1	8,50	1,96	8,20	1,86
15	10,8	8,40	1,94	8,10	1,84
16	10,5	8,30	1,92	8,00	1,82
17	10,2	8,20	1,90	7,90	1,80
18	9,9	8,10	1,88	7,80	1,78
19	9,6	8,00	1,86	7,70	1,76
20	9,3	7,90	1,84	7,60	1,74
21	9,0	7,80	1,82	7,50	1,72
22	8,7	7,70	1,80	7,40	1,70
23	8,4	7,60	1,78	7,30	1,68
24	8,1	7,50	1,76	7,20	1,66
25	7,8	7,40	1,74	7,10	1,64
26	7,5	7,30	1,72	7,00	1,62
27	7,2	7,20	1,70	6,90	1,60
28	6,9	7,10	1,68	6,80	1,58
29	6,6	7,00	1,66	6,70	1,56
30	6,3	6,90	1,64	6,60	1,54
31	6,0	6,80	1,62	6,50	1,52
32	5,7	6,70	1,60	6,40	1,50
33	5,4	6,60	1,58	6,30	1,48
34	5,1	6,50	1,56	6,20	1,46
35	4,8	6,40	1,54	6,10	1,44
36	4,5	6,30	1,52	6,00	1,42

37	4,2	6,20	1,50	5,90	1,40
38	3,9	6,10	1,48	5,80	1,38
39	3,6	6,00	1,46	5,70	1,36
40	3,3	5,95	1,44	5,60	1,34
41	3,0	5,90	1,42	5,50	1,32
42	2,7	5,85	1,40	5,40	1,30
43	2,4	5,80	1,38	5,30	1,28
44	2,1	5,75	1,36	5,20	1,26
45	1,8	5,70	1,34	5,10	1,24
46	1,5	5,65	1,32	5,00	1,22
47	1,2	5,60	1,30	4,90	1,20
48	0,9	5,55	1,28	4,80	1,18
49	0,6	5,50	1,26	4,70	1,16
50	0,3	5,45	1,24	4,60	1,14
51	0,1	5,40	1,22	4,50	1,12

№	ball	Uzoq masofalarga yuguruvchilar uchun (3000 m., 3000 m. t/o)		Sportcha yuruvchilar uchun		Uloqtiruvchilar uchun (yadro itqitish, nayza, disk uloqtirish va bosqon uloqtirish)	
		to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	9,00	2,02	8,50	2,00	10,30	2,18
2	14,7	8,90	2,00	8,40	1,98	10,20	2,16
3	14,4	8,80	1,98	8,30	1,96	10,10	2,14
4	14,1	8,70	1,96	8,20	1,94	10,00	2,12
5	13,8	8,60	1,94	8,10	1,92	9,90	2,10
6	13,5	8,50	1,92	8,00	1,90	9,80	2,08
7	13,2	8,40	1,90	7,90	1,88	9,70	2,06
8	12,9	8,30	1,88	7,80	1,86	9,60	2,04
9	12,6	8,20	1,86	7,70	1,84	9,50	2,02
10	12,3	8,10	1,84	7,60	1,82	9,40	2,00
11	12,0	8,00	1,82	7,50	1,80	9,30	1,98
12	11,7	7,90	1,80	7,40	1,78	9,20	1,96
13	11,4	7,80	1,78	7,30	1,76	9,10	1,94
14	11,1	7,70	1,76	7,20	1,74	9,00	1,92
15	10,8	7,60	1,74	7,10	1,72	8,90	1,90
16	10,5	7,50	1,72	7,00	1,70	8,80	1,88
17	10,2	7,40	1,70	6,90	1,68	8,70	1,86
18	9,9	7,30	1,68	6,80	1,66	8,60	1,84
19	9,6	7,20	1,66	6,70	1,64	8,50	1,82
20	9,3	7,10	1,64	6,60	1,62	8,40	1,80
21	9,0	7,00	1,62	6,50	1,60	8,30	1,78
22	8,7	6,90	1,60	6,40	1,58	8,20	1,76
23	8,4	6,80	1,58	6,30	1,56	8,10	1,74
24	8,1	6,70	1,56	6,20	1,54	8,00	1,72
25	7,8	6,60	1,54	6,10	1,52	7,90	1,70
26	7,5	6,50	1,52	6,00	1,50	7,80	1,68
27	7,2	6,40	1,50	5,90	1,48	7,70	1,66
28	6,9	6,30	1,48	5,80	1,46	7,60	1,64
29	6,6	6,20	1,46	5,70	1,44	7,50	1,62
30	6,3	6,10	1,44	5,60	1,42	7,40	1,60

31	6,0	6,00	1,42	5,50	1,40	7,30	1,58
32	5,7	5,90	1,40	5,40	1,38	7,20	1,56
33	5,4	5,80	1,38	5,30	1,36	7,10	1,54
34	5,1	5,70	1,36	5,20	1,34	7,00	1,52
35	4,8	5,60	1,34	5,10	1,32	6,90	1,50
36	4,5	5,50	1,32	5,00	1,30	6,80	1,48
37	4,2	5,40	1,30	4,90	1,28	6,70	1,46
38	3,9	5,30	1,28	4,80	1,26	6,60	1,44
39	3,6	5,20	1,26	4,70	1,24	6,50	1,42
40	3,3	5,10	1,24	4,60	1,22	6,40	1,40
41	3,0	5,00	1,22	4,50	1,20	6,30	1,38
42	2,7	4,90	1,20	4,40	1,18	6,20	1,36
43	2,4	4,80	1,18	4,30	1,16	6,10	1,34
44	2,1	4,70	1,16	4,20	1,14	6,00	1,32
45	1,8	4,60	1,14	4,10	1,12	5,90	1,30
46	1,5	4,50	1,12	4,00	1,10	5,80	1,28
47	1,2	4,40	1,10	3,90	1,08	5,70	1,26
48	0,9	4,30	1,08	3,80	1,06	5,60	1,24
49	0,6	4,20	1,06	3,70	1,04	5,50	1,22
50	0,3	4,10	1,04	3,60	1,02	5,40	1,20
51	0,1	4,00	1,02	3,50	1,00	5,30	1,18

№	ball	Uzunlikka va uch hatlab sakrovchilar uchun		Balandlikka va langarcho'p bilan sakrovchilar uchun	
		to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)	to'ldirma to'p uloqtirish 2 kg (m.sm)	joyidan turib uzunlikka sakrash (m.sm)
1	15,0	10,00	2,30	10,00	2,35
2	14,7	9,90	2,28	9,90	2,33
3	14,4	9,80	2,26	9,80	2,31
4	14,1	9,70	2,24	9,70	2,29
5	13,8	9,60	2,22	9,60	2,27
6	13,5	9,50	2,20	9,50	2,25
7	13,2	9,40	2,18	9,40	2,23
8	12,9	9,30	2,16	9,30	2,21
9	12,6	9,20	2,14	9,20	2,19
10	12,3	9,10	2,12	9,10	2,17
11	12,0	9,00	2,10	9,00	2,15
12	11,7	8,90	2,08	8,90	2,13
13	11,4	8,80	2,06	8,80	2,11
14	11,1	8,70	2,04	8,70	2,09
15	10,8	8,60	2,02	8,60	2,07
16	10,5	8,50	2,00	8,50	2,05
17	10,2	8,40	1,98	8,40	2,03
18	9,9	8,30	1,96	8,30	2,01
19	9,6	8,20	1,94	8,20	1,99
20	9,3	8,10	1,92	8,10	1,97
21	9,0	8,00	1,90	8,00	1,95
22	8,7	7,90	1,88	7,90	1,93
23	8,4	7,80	1,86	7,80	1,91
24	8,1	7,70	1,84	7,70	1,89
25	7,8	7,60	1,82	7,60	1,87
26	7,5	7,50	1,80	7,50	1,85
27	7,2	7,40	1,78	7,40	1,83
28	6,9	7,30	1,76	7,30	1,81
29	6,6	7,20	1,74	7,20	1,79
30	6,3	7,10	1,72	7,10	1,77
31	6,0	7,00	1,70	7,00	1,75
32	5,7	6,90	1,68	6,90	1,73
33	5,4	6,80	1,66	6,80	1,71
34	5,1	6,70	1,64	6,70	1,69
35	4,8	6,60	1,62	6,60	1,67
36	4,5	6,50	1,60	6,50	1,65

37	4,2	6,40	1,58	6,40	1,63
38	3,9	6,30	1,56	6,30	1,61
39	3,6	6,20	1,54	6,20	1,59
40	3,3	6,10	1,52	6,10	1,57
41	3,0	6,00	1,50	6,00	1,55
42	2,7	5,90	1,48	5,90	1,53
43	2,4	5,80	1,46	5,80	1,51
44	2,1	5,70	1,44	5,70	1,49
45	1,8	5,60	1,42	5,60	1,47
46	1,5	5,50	1,40	5,50	1,45
47	1,2	5,40	1,38	5,40	1,43
48	0,9	5,30	1,36	5,30	1,41
49	0,6	5,20	1,34	5,20	1,39
50	0,3	5,10	1,32	5,10	1,37
51	0,1	5,00	1,30	5,00	1,35

Izoh: Talab me'yorlarini qabul qilishda musobaqa usulida qabul qilinadi. Yugurish va yurish turlarida 1 martadan urinish, sakrash va uloqtirishlarida 3 tadan urinish beriladi.

**“FUTBOL” BO’YICHA KIRISH IMTIXONLARINING ME’YORIY
TALABLARI VA BAHOLASH ME’ZONLARI (Kunduzgi)
(O’G’IL BOLALAR)**

Maxsus jismoniy tayyorgarlik bo’yicha- 93 ball

№	Test me’yorlarining mazmuni																													
1	<p>Darvozaga zarba berish (25 Ball). Vertikal bo’yicha ikkiga bo’lingan darvozaning ko’rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to’pga 5 marotaba zarba beriladi. To’p darvoza chizig’ini havoda kesib o’tishi va darvozadan kamida 10 m uzoq masofaga borib tushishi kerak.</p> <table border="1"> <thead> <tr> <th align="center">Natija</th> <th align="center">Ball</th> </tr> </thead> <tbody> <tr> <td align="center">5 marta</td> <td align="center">25 ball</td> </tr> <tr> <td align="center">4 marta</td> <td align="center">20 ball</td> </tr> <tr> <td align="center">3 marta</td> <td align="center">15 ball</td> </tr> <tr> <td align="center">2 marta</td> <td align="center">10 ball</td> </tr> <tr> <td align="center">1 marta</td> <td align="center">5 ball</td> </tr> <tr> <td align="center">0 marta</td> <td align="center">0 ball</td> </tr> </tbody> </table>								Natija	Ball	5 marta	25 ball	4 marta	20 ball	3 marta	15 ball	2 marta	10 ball	1 marta	5 ball	0 marta	0 ball								
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2	<p>To’pni uzoq masofaga aniq uzatish (20 Ball). Uzoq masofaga aniq 5x5 kvadratdagi maydonga harakatsiz turgan to’pni 3 martadan tepiladi. Turli masofadan (35m, 30m, 25m) aniq kvadratga tushgan to’plar baholanadi (kvadratlar shaxmat shaklida joylashtiriladi).</p> <table border="1"> <thead> <tr> <th align="center">Natija</th> <th align="center">Ball</th> </tr> </thead> <tbody> <tr> <td align="center">35 m dan 3 marta</td> <td align="center">20 ball</td> </tr> <tr> <td align="center">35 m dan 2 marta</td> <td align="center">12 ball</td> </tr> <tr> <td align="center">35 m dan 1 marta</td> <td align="center">8 ball</td> </tr> <tr> <td align="center">30 m dan 3 marta</td> <td align="center">16 ball</td> </tr> <tr> <td align="center">30 m dan 2 marta</td> <td align="center">10 ball</td> </tr> <tr> <td align="center">30 m dan 1 marta</td> <td align="center">6 ball</td> </tr> <tr> <td align="center">25 m dan 3 marta</td> <td align="center">12 ball</td> </tr> <tr> <td align="center">25 m dan 2 marta</td> <td align="center">8 ball</td> </tr> <tr> <td align="center">25 m dan 1 marta</td> <td align="center">2 ball</td> </tr> <tr> <td align="center">25 m dan 0 marta</td> <td align="center">0 ball</td> </tr> </tbody> </table>								Natija	Ball	35 m dan 3 marta	20 ball	35 m dan 2 marta	12 ball	35 m dan 1 marta	8 ball	30 m dan 3 marta	16 ball	30 m dan 2 marta	10 ball	30 m dan 1 marta	6 ball	25 m dan 3 marta	12 ball	25 m dan 2 marta	8 ball	25 m dan 1 marta	2 ball	25 m dan 0 marta	0 ball
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3	<p>To’pni olib yurib darvozaga zarba berish (28 Ball). Jarima maydoni chizig’idan 30 m uzoqlikdagi belgidan boshlab to’pni olib yuriladi, hamda bir-biridan 3 m masofada o’rnatilgan 4 ta ustunni harakatlanib aldab o’tishi shart. Ustunlarni aldab o’tgach, jarima maydoni tashqarisidan darvozaga zarba beriladi. To’p albatta darvoza chizig’ini kesib o’tishi shart. Vaqt to’pni olib yurishi bilan boshlab, to’p darvoza chizig’ini kesib o’tishi bilan to’xtatiladi. Agar to’p darvozaga tushmasa, imtixon topshiruvchi baholanmaydi. Imtixon topshiruvchiga ikkita imkoniyat beriladi. Bu testni bajarishda sarflanadigan vaqt va to’pni darvozaga aniq tushurish baholanadi.</p>																													
№	Natija	Ball	№	Natija	Ball	№	Natija	Ball																						
1.	6,60	28	11.	7,06-7.10	18	21.	7,56-7.60	8																						
2.	6,61-6,65	27	12.	7,11-7.15	17	22.	7,61-7.65	7																						

3.	6,66-6,70	26	13.	7,16-7.20	16	23.	7,66-7.70	6
4.	6,71-6,75	25	14.	7,21-7.25	15	24.	7,71-7.75	5
5.	6,76-6,80	24	15.	7,26-7.30	14	25.	7,76-7.80	4
6.	6,81-6,85	23	16.	7,31-7.35	13	26.	7,81-7.85	3
7.	6,86-6,90	22	17.	7,36-7.40	12	27.	7,86-7.90	2
8.	6,91-6.95	21	18.	7,41-7.45	11	28.	7,91-10,30	1
9.	6,96-7.00	20	19.	7,46-7.50	10	29.	10.31	0
10	7,01-7.05	19	20.	7,51-7.55	9			
4	30 m masofaga to'pni olib yurish (20 Ball). Imtixon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajarishadi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtixon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa hisoblanmaydi.							
№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,20	20	8.	4,51-4.55	13	15.	4,86-4.90	6
2.	4,21-4.25	19	9.	4,56-4.60	12	16.	4,91-4.95	5
3.	4,26-4,30	18	10.	4,61-4.65	11	17.	4,96-5.00	4
4.	4,31-4,35	17	11.	4,66-4.70	10	18.	5,01-5.05	3
5.	4,36-4.40	16	12.	4,71-4.75	9	19.	5,06-5.10	2
6.	4,41-4.45	15	13.	4,76-4.80	8	20.	5,11-7.45	1
7.	4,46-4.50	14	14.	4,81-4.85	7	21.	7,46	0

**“FUTBOL” BO’YICHA KIRISH IMTIXONLARINING ME’YORIY
TALABLARI VA BAHOLASH ME’ZONLARI (Kunduzgi)
(QIZ BOLALAR)**

Maxsus jismoniy tayyorgarlik bo’yicha- 93 ball

№	Test me’yorlarining mazmuni																													
1	<p>Darvozaga zarba berish (25 Ball). Vertikal bo’yicha ikkiga bo’lingan darvozaning ko’rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to’pga 5 marotaba zarba beriladi. To’p darvoza chizig’ini havoda kesib o’tishi va darvozadan kamida 5 m uzoq masofaga borib tushishi kerak.</p> <table border="1"> <thead> <tr> <th align="center">Natija</th> <th align="center">Ball</th> </tr> </thead> <tbody> <tr> <td align="center">5 marta</td> <td align="center">25 ball</td> </tr> <tr> <td align="center">4 marta</td> <td align="center">20 ball</td> </tr> <tr> <td align="center">3 marta</td> <td align="center">15 ball</td> </tr> <tr> <td align="center">2 marta</td> <td align="center">10 ball</td> </tr> <tr> <td align="center">1 marta</td> <td align="center">5 ball</td> </tr> <tr> <td align="center">0 marta</td> <td align="center">0 ball</td> </tr> </tbody> </table>								Natija	Ball	5 marta	25 ball	4 marta	20 ball	3 marta	15 ball	2 marta	10 ball	1 marta	5 ball	0 marta	0 ball								
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№	Natija	Ball	№	Natija	Ball	№	Natija	Ball																						
1.	7,60	28	11.	8,06-8.10	18	21.	8,56-8.60	8																						
2.	7,61-7,65	27	12.	8,11-8.15	17	22.	8,61-8.65	7																						
3.	7,66-7,70	26	13.	8,16-8.20	16	23.	8,66-8.70	5																						

4.	7,71-7,75	25	14.	8,21-8,25	15	24.	8,71-8,75	5
5.	7,76-7,80	24	15.	8,26-8,30	14	25.	8,76-8,80	4
6.	7,81-7,85	23	16.	8,31-8,35	13	26.	8,81-8,85	3
7.	7,86-7,90	22	17.	8,36-8,40	12	27.	8,86-8,90	2
8.	7,91-7,95	21	18.	8,41-8,45	11	28.	8,91-11,30	1
9.	7,96-8,00	20	19.	8,46-8,50	10	29.	11,31	0
10.	8,01-8,05	19	20.	8,51-8,55	9	30.		
4	30 m masofaga to'pni olib yurish (20 Ball). Imtixon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajarishadi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtixon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa hisoblanmaydi.							
№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,60	20	8.	4,91-4,95	13	15.	5,26-5,30	6
2.	4,61-4,65	19	9.	4,96-5,00	12	16.	5,31-5,35	5
3.	4,66-4,70	18	10.	5,01-5,05	11	17.	5,36-5,40	4
4.	4,71-4,75	17	11.	5,06-5,10	10	18.	5,41-5,45	3
5.	4,76-4,80	16	12.	5,11-5,15	9	19.	5,46-5,50	2
6.	4,81-4,85	15	13.	5,16-5,20	8	20.	5,51-8,55	1
7.	4,86-4,90	14	14.	5,21-5,25	7	21.	8,46	0

**KURASH ixtisosligi bo'yicha kasbiy (ijodiy) imtihonlarining
me'yoriy talablari va baholash mezonlari**

(Erkaklar va ayollar uchun)

(maksimal ball – 93)

<i>No</i>	<i>Me'zonlar</i>	<i>Ballar</i>				
		<i>8.1-10</i>	<i>6.1-7</i>	<i>4.1-5</i>	<i>1.1-3</i>	<i>0</i>
1.	O'z-o'zini yiqilishdan himoya qilish. Chap tomonga O'ng tomonga va orqaga.	Baland sakrash, gilamga yumshoq tushish, harakat texnik jihatdan to'g'ri va aniq bajarildi.	Sakrash yetarli darajada baland ko'tarilmasl ik, bosh gilamga tekkan holda gilamga tushish.	Yon tomonga yiqilishda. Gilamga yelkasi boshi bilan urilish.	Harakatlar texnik jihatdan noto'g'ri bajarildi. Yonga yiqilishda oyoqlar noto'g'ri tushsa	Texnik harakatlar bajarilmadi
	Ko'prik holatga tushish va ko'prik holatidan oshib o'tish.	Bosh bilan gilamga tayangan holatdan ko'prik va ko'prik holatidan tayanch holatiga o'tishda to'xtamay yuqori sur'atda, sakramas dan bajarish.	Tayanchdan ko'prik holatiga va ko'prikdan tayanch holatiga asosiy o'tishda bosh va bilakning dastlabki holatidan 45 C dan ortiq siljitish.	Faqat bir tomonga bajarildi.	Harakatlar ahamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi

3.	Ko'prik holatida bosh atrofida aylanish qo'llar qulfdek birlashtirilgan, bilaklar gilamga tegib turadi (har bir tomonga 3 marta)	Gilamga boshni va qo'l tirsaklarini tekkizgan holda bir xil sur'atda tomonlarga aylanish. chapga 3 marta o'ngga 3 marta	Bir xil sur'atda tomonlarga aylanish, chapga 3 marta o'ngga 3 marta	Faqat bir tomonga bajarildi.	Harakatlar xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
4.	Oyoqlar yordamida bajariladigan uslublar. (1.Chil usuli. 2.Supurma. 3. Qushsha 4. Yonbosh.) o'ng va chapga.	Tashlash texnik jihatdan yuqori amplituda bajarildi.	Tashlash katta bo'lmagan va yon tomonga yiqilish bilan bajarildi.	Tashlash baland bo'lmagan, qo'lni yomon tortish orqali bajarildi.	Tashlash ozgina texnik xatolar bilan bajarildi.	Texnik harakatlar juda yomon bajarildi.
5.	Qo'llar yordamida bajariladigan uslublar. Yelka usuli (1.Ikki yengidan ushlab yelkadan oshirib tashlash. 2.Yengi va yoqasidan ushlab yelkadan oshirib tashlash.) o'ng va chapga.	Tashlash texnik jihatdan to'g'ri va aniq tez bajarildi.	Tashlash texnik jihatdan to'g'ri va aniq, lekin sust sur'atda bajarildi.	Tashlash ozgina texnik xatolar bilan bajarildi	Tashlash texnik jihatdan noto'g'ri bajarildi.	Usulni bajara olmadi.
6.	Gavda yordamida bajariladigan uslublar. (1. Yuklama. Toz ustidan oshirib tashlash. Bardor 2.Ko'krakdan oshirib tashlash.) o'ng va chapga.	Tashlash texnik jihatdan to'g'ri va aniq, tez bajarildi.	Tashlash texnik jihatdan to'g'ri, to'xtalib bajarildi.	Tashlash texnik jihatdan ozgina xatolar bilan kichik to'xtalishlar bilan bajarildi.	Tashlash texnik jihatdan noto'g'ri bajarildi.	Usulni bajara olmadi.

7.	Kombinatsiya yordamida bajariladigan uslublaringizni ko'rsating.	Tashlash texnik jihatdan to'g'ri va , tez bajarildi.	Tashlash texnik jihatdan to'g'ri, lekin sekin bajarildi.	Tashlash o'zgina texnik xatolar bilan bajarildi.	Tashlash texnik jihatdan noto'g'ri bajarildi.	Usulni bajara olmadi.
8.	Bellashuv	Tashlash texnik jihatdan to'g'ri va , tez bajarildi.	Tashlash texnik jihatdan to'g'ri, lekin sekin bajarildi.	Tashlash o'zgina texnik xatolar bilan bajarildi.	Tashlash texnik jihatdan noto'g'ri bajarildi.	Usulni bajara olmadi.
9.	Kurash musobaqasida hakamlar tomonidan ishlatiladigan iboralarni, atamalarini ko'rsatish.	<i>10.1-13</i>	<i>6.1-9</i>	<i>4.1-5</i>	<i>1.1-3</i>	<i>0</i>
		14 ta iboralarni sanab, to'g'ri ko'rsatib berganda	12-10 ta iboralarni sanab, to'g'ri ko'rsatib berganda.	9-6 ta iboralarni sanab, to'g'ri ko'rsatib berganda.	5-1 ta iboralarni sanab, to'g'ri ko'rsatib berganda.	Umuman iboralarni bilmasa ko'satmas a

**2022-2023 o'quv yili kunduzgi ta'lim yo'nalishi abituriyebtlari uchun kasbiy
(ijodiy) imtihon me'yorlari**
**Barcha yo'nalishlar (Yengill atletika, qisqa masofaga yugurish turi (ayollar) dan,
800 m. yugurish turi (erkaklar) dan tashqari)**

(Umumiy jismoniy tayyorgarlik bo'yicha – 30 ball)

Ayollar – 400 m. (daq.sek)

№	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija
1.	30	1:10,0	23	1:20,5	16	1:31,0	9	1:41,5
2.	29,8	1:10,3	22,8	1:20,8	15,8	1:31,3	8,8	1:41,8
3.	29,6	1:10,6	22,6	1:21,1	15,6	1:31,6	8,6	1:42,1
4.	29,4	1:10,9	22,4	1:21,4	15,4	1:31,9	8,4	1:42,4
5.	29,2	1:11,2	22,2	1:21,7	15,2	1:32,2	8,2	1:42,7
6.	29	1:11,5	22	1:22,0	15	1:32,5	8	1:43,0
7.	28,8	1:11,8	21,8	1:22,3	14,8	1:32,8	7,8	1:43,3
8.	28,6	1:12,1	21,6	1:22,6	14,6	1:33,1	7,6	1:43,6
9.	28,4	1:12,4	21,4	1:22,9	14,4	1:33,4	7,4	1:43,9
10.	28,2	1:12,7	21,2	1:23,2	14,2	1:33,7	7,2	1:44,2
11.	28	1:13,0	21	1:23,5	14	1:34,0	7	1:44,5
12.	27,8	1:13,3	20,8	1:23,8	13,8	1:34,3	6,8	1:44,8
13.	27,6	1:13,6	20,6	1:24,1	13,6	1:34,6	6,6	1:45,1
14.	27,4	1:13,9	20,4	1:24,4	13,4	1:34,9	6,4	1:45,4
15.	27,2	1:14,2	20,2	1:24,7	13,2	1:35,2	6,2	1:45,7
16.	27	1:14,5	20	1:25,0	13	1:35,5	6	1:46,0
17.	26,8	1:14,8	19,8	1:25,3	12,8	1:35,8	5,8	1:46,3
18.	26,6	1:15,1	19,6	1:25,6	12,6	1:36,1	5,6	1:46,6
19.	26,4	1:15,4	19,4	1:25,9	12,4	1:36,4	5,4	1:46,9
20.	26,2	1:15,7	19,2	1:26,2	12,2	1:36,7	5,2	1:47,2
21.	26	1:16,0	19	1:26,5	12	1:37,0	5	1:47,5
22.	25,8	1:16,3	18,8	1:26,8	11,8	1:37,3	4,8	1:47,8
23.	25,6	1:16,6	18,6	1:27,1	11,6	1:37,6	4,6	1:48,1
24.	25,4	1:16,9	18,4	1:27,4	11,4	1:37,9	4,4	1:48,4
25.	25,2	1:17,2	18,2	1:27,7	11,2	1:38,2	4,2	1:48,7
26.	25	1:17,5	18	1:28,0	11	1:38,5	4	1:49,0
27.	24,8	1:17,8	17,8	1:28,3	10,8	1:38,8	3,8	1:49,3
28.	24,6	1:18,1	17,6	1:28,6	10,6	1:39,1	3,6	1:49,6
29.	24,4	1:18,4	17,4	1:28,9	10,4	1:39,4	3,4	1:49,9
30.	24,2	1:18,7	17,2	1:29,2	10,2	1:39,7	3,2	1:50,2
31.	24	1:19,0	17	1:29,5	10	1:40,0	3	1:50,5
32.	23,8	1:19,3	16,8	1:29,8	9,8	1:40,3	2,8	1:50,8
33.	23,6	1:19,6	16,6	1:30,1	9,6	1:40,6	2,6	1:51,1
34.	23,4	1:19,9	16,4	1:30,4	9,4	1:40,9	2,4	1:51,4
35.	23,2	1:20,2	16,2	1:30,7	9,2	1:41,2	2	1:52,0

Erkaklar – 800 m. (daq.sek)

Nö	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija
1.	30	2:14,0	23	2:31,5	16	2:49,0	9	3:06,5
2.	29,8	2:14,5	22,8	2:32,0	15,8	2:49,5	8,8	3:07,0
3.	29,6	2:15,0	22,6	2:32,5	15,6	2:50,0	8,6	3:07,5
4.	29,4	2:15,5	22,4	2:33,0	15,4	2:50,5	8,4	3:08,0
5.	29,2	2:16,0	22,2	2:33,5	15,2	2:51,0	8,2	3:08,5
6.	29	2:16,5	22	2:34,0	15	2:51,5	8	3:09,0
7.	28,8	2:17,0	21,8	2:34,5	14,8	2:52,0	7,8	3:09,5
8.	28,6	2:17,5	21,6	2:35,0	14,6	2:52,5	7,6	3:10,0
9.	28,4	2:18,0	21,4	2:35,5	14,4	2:53,0	7,4	3:10,5
10.	28,2	2:18,5	21,2	2:36,0	14,2	2:53,5	7,2	3:11,0
11.	28	2:19,0	21	2:36,5	14	2:54,0	7	3:11,5
12.	27,8	2:19,5	20,8	2:37,0	13,8	2:54,5	6,8	3:12,0
13.	27,6	2:20,0	20,6	2:37,5	13,6	2:55,0	6,6	3:12,5
14.	27,4	2:20,5	20,4	2:38,0	13,4	2:55,5	6,4	3:13,0
15.	27,2	2:21,0	20,2	2:38,5	13,2	2:56,0	6,2	3:13,5
16.	27	2:21,5	20	2:39,0	13	2:56,5	6	3:14,0
17.	26,8	2:22,0	19,8	2:39,5	12,8	2:57,0	5,8	3:14,5
18.	26,6	2:22,5	19,6	2:40,0	12,6	2:57,5	5,6	3:15,0
19.	26,4	2:23,0	19,4	2:40,5	12,4	2:58,0	5,4	3:15,5
20.	26,2	2:23,5	19,2	2:41,0	12,2	2:58,5	5,2	3:16,0
21.	26	2:24,0	19	2:41,5	12	2:59,0	5	3:16,5
22.	25,8	2:24,5	18,8	2:42,0	11,8	2:59,5	4,8	3:17,0
23.	25,6	2:25,0	18,6	2:42,5	11,6	3:00,0	4,6	3:17,5
24.	25,4	2:25,5	18,4	2:43,0	11,4	3:00,5	4,4	3:18,0
25.	25,2	2:26,0	18,2	2:43,5	11,2	3:01,0	4,2	3:18,5
26.	25	2:26,5	18	2:44,0	11	3:01,5	4	3:19,0
27.	24,8	2:27,0	17,8	2:44,5	10,8	3:02,0	3,8	3:19,5
28.	24,6	2:27,5	17,6	2:45,0	10,6	3:02,5	3,6	3:20,0
29.	24,4	2:28,0	17,4	2:45,5	10,4	3:03,0	3,4	3:20,5
30.	24,2	2:28,5	17,2	2:46,0	10,2	3:03,5	3,2	3:21,0
31.	24	2:29,0	17	2:46,5	10	3:04,0	3	3:21,5
32.	23,8	2:29,5	16,8	2:47,0	9,8	3:04,5	2,8	3:22,0
33.	23,6	2:30,0	16,6	2:47,5	9,6	3:05,0	2,6	3:22,5
34.	23,4	2:30,5	16,4	2:48,0	9,4	3:05,5	2,4	3:23,0
35.	23,2	2:31,0	16,2	2:48,5	9,2	3:06,0	2	3:24,0