

2025/2026 O'QUV YILI UCHUN **ADAPTIV JISMONIY TARBIYA VA SPORT**
 IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
 BAHOLASH MEZONLARI
 (Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun

3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(sm) 31 ball		Skamekada turib oldinga egilish (sm) 31 ball		Mokkisimon yugurish 4 x 10m (soniya) 31 ball	
Max:ball	Natija	Max:ball	Natija	Max:ball	Natija
31	11.81-12.00	31	25	31	9
30	11.61-11.80	30	24	30	9,1
29	11.41-11.60	29	23	29	9,2
28	10.21-11.40	28	22	28	9,3
27	10.01-10.20	27	21	27	9,4
26	9.81-10.00	26	20	26	9,5
25	9.61-9.80	25	19	25	9,6
24	9.41-9.60	24	18	24	9,7
23	9.21-9.40	23	17	23	9,8
22	9.01-9.20	22	16	22	9,9
21	8.81-9.00	21	15	21	10
20	8.61-8.80	20	14	20	10,1
19	8.41-8.60	19	13	19	10,2
18	8.21-8.40	18	12	18	10,3
17	8.01-8.20	17	11	17	10,4
16	7.81-8.00	16	10	16	10,5
15	7.61-7.80	15	9	15	10,6
14	7.41-7.60	14	8	14	10,7
13	7.21-7.40	13	7	13	10,8
12	7.01-7.20	12	6	12	10,9
11	6.81-7.00	11	5,5	11	11
10	6.61-6.80	10	5	10	11,1
9	6.41-6.60	9	4,5	9	11,2
8	6.21-6.40	8	4	8	11,3
7	6.01-6.20	7	3,5	7	11,4
6	5.81-6.00	6	3	6	11,5
5	5.61-5.80	5	2,5	5	11,6
4	5.41-5.60	4	2	4	11,7
3	5.21-5.40	3	1,5	3	11,8
2	5.01-5.20	2	1	2	11,9
1	4.81-5.00	1	0,5	1	12
0	1-4.80	0	0	0	12,1

2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(sm) 31 ball		Skamekada turib oldinga egilish (sm) 31 ball		Mokkisimon yugurish 4x10m (soniya) 31 ball	
Max:ball	Natija	Max:ball	Natija	Max:ball	Natija
31	9.81-10.00	31	25	31	10
30	9.61-9.80	30	24	30	10,1
29	9.41-9.60	29	23	29	10,2
28	9.21-9.40	28	22	28	10,3
27	9.01-9.20	27	21	27	10,4
26	8.81-9.00	26	20	26	10,5
25	8.61-8.80	25	19	25	10,6
24	8.41-8.60	24	18	24	10,7
23	8.21-8.40	23	17	23	10,8
22	8.01-8.20	22	16	22	10,9
21	7.81-8.00	21	15	21	11
20	7.61-7.80	20	14	20	11,1
19	7.41-7.60	19	13	19	11,2
18	7.21-7.40	18	12	18	11,3
17	7.01-7.20	17	11	17	11,4
16	6.81-7.00	16	10	16	11,5
15	6.61-6.80	15	9	15	11,6
14	6.41-6.60	14	8	14	11,7
13	6.21-6.40	13	7	13	11,8
12	6.01-6.20	12	6	12	11,9
11	5.81-6.00	11	5,5	11	12
10	5.61-5.80	10	5	10	12,1
9	5.41-5.60	9	4,5	9	12,2
8	5.21-5.40	8	4	8	12,3
7	5.01-5.20	7	3,5	7	12,4
6	4.81-5.00	6	3	6	12,5
5	4.61-4.80	5	2,5	5	12,6
4	4.41-4.60	4	2	4	12,7
3	4.21-4.40	3	1,5	3	12,8
2	4.01-4.20	2	1	2	12,9
1	3.81-4.00	1	0,5	1	13
0	3.61-3.80	0	0	0	13,1

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BAHOLASH MEZONLARI**

(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar uchun

400 metrga yugurish(soniya) 31 ball		Joydan turib uzunlikka sakrash (sm) 32 ball	
Max:Ball	Natija	Max:Ball	Natija
31	55.00	32	270
30	56.00	31	2,69
29	57.00	30	2,65
28	58.00	29	2,61
27	59.00	28	2,57
26	1:00,0	27	2,53
25	1:01,0	26	2,49
24	1:02,0	25	2,45
23	1:03,0	24	2,41
22	1:04,0	23	2,37
21	1:05,0	22	2,33
20	1:06,0	21	2,29
19	1:07,0	20	2,25
18	1:08,0	19	2,21
17	1:09,0	18	2,17
16	1:10,0	17	2,13
15	1:11,0	16	2,09
14	1:12,0	15	2,05
13	1:13,0	14	2.01
12	1:14,0	13	1,97
11	1:15,0	12	1,93
10	1:16,0	11	1,89
9	1:17,0	10	1,85
8	1:18,0	9	1,81
7	1:19,0	8	1,77
6	1:20,0	7	1,73
5	1:21,0	6	1,69
4	1:22,0	5	1,65
3	1:23,0	4	1,61
2	1:24,0	3	1,57
1	1:25,0	2	1,53
0	1:26,0	1	1,40
		0	1,48-0 gacha

400 metrga yugurish(soniya) 31 ball		Joydan turib uzunlikka sakrash (sm) 32 ball	
Max:Ball	Natija	Max:Ball	Natija
31	1:10,0	32	240
30	1:11,0	31	2,36
29	1:12,0	30	2,32
28	1:13,0	29	2,28
27	1:14,0	28	2,24
26	1:15,0	27	2,20
25	1:16,0	26	2,16
24	1:17,0	25	2,12
23	1:18,0	24	2,08
22	1:19,0	23	2,0
21	1:20,0	22	2,00
20	1:21,0	21	1,96
19	1:22,0	20	1,92
18	1:23,0	19	1,88
17	1:24,0	18	1,84
16	1:25,0	17	1,80
15	1:26,0	16	1,76
14	1:27,0	15	1,72
13	1:28,0	14	1,68
12	1:29,0	13	1,64
11	1:30,0	12	1,60
10	1:31,0	11	1,56
9	1:32,0	10	1,52
8	1:33,0	9	1,48
7	1:34,0	8	1,44
6	1:35,0	7	1,40
5	1:36,0	6	1,36
4	1:37,0	5	1,32
3	1:38,0	4	1,28
2	1:39,0	3	1,24
1	1:40,0	2	1,20
0	1:41,0	1	1,19
		0	1,18-0 gacha