

**O‘ZBEKISTON RESPUBLIKASI  
OLY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI**

**URGANCH DAVLAT UNIVERSITETI**

**“KELISHILDI”**

Oliy ta’lim, fan va innovatsiyalar  
vazirligi \_\_\_\_\_  
“\_\_\_” \_\_\_\_\_ 2023 yil

**“TASDIQLAYMAN”**

Urganch davlat universiteti rektori  
B.Abdullayev  
\_\_\_\_\_ 2023 yil



**KASBIY (IJODIY) IMTIHONLAR DASTURI VA  
BAHOLASH MEZONI**

**61010300 – Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishi bo‘yicha  
NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN  
ABITURIENTLAR  
uchun**

**Urganch – 2023**

Dastur Urganch davlat universiteti o'quv-uslubiy Kengashida ko'rib chiqilgan va ma'qullangan. 2023 yil 19-aprel 4-sonli majlis bayoni.

**Tuzuvchilar:**

UrDU "Sport faoliyati" kafedrası mudiri: p.f.n., dotsent, F.T.Masharipov

UrDU "Jismoniy madaniyat" fakulteti dekani: p.f.n., dotsent S.U.Ko'palov

UrDU "Jismoniy madaniyat nazariyasi va metodikasi kafedrası mudiri: p.f.b.f.d. (PhD) Z.T.Sherov

UrDU "Sport faoliyati" kafedrası dotsenti: B.J.Yadgarov

UrDU "Jismoniy madaniyat nazariyasi va metodikasi kafedrası o'qituvchisi: p.f.b.f.d. (PhD) J.Sh.Jammatov

**Taqrizchilar:**

UrDU "Sport faoliyati" kafedrası professori: M.M.Raximov

UzMU Taekvondo va sport faoliyati fakulteti dekani prof: V.Sh.Raximov

**O‘zbekiston Respublikasi Oliy ta’lim, fan va innovatsiyalar vazirligi Urganch davlat universiteti 61010300-Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalishi bo‘yicha 2023-2024 o‘quv yili qabuli uchun NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI, 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 mustax-kamlash, 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.

Mamlakatimizda mazkur soha rivojiga qaratilgan qator me‘yoriy-huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda. Jumladan, O‘zbekiston Respublikasining “Jismoniy tarbiya va sport to‘g‘risida”gi Qonuni va “Ta’lim” to‘g‘risidagi Qonunlari, hamda 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 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, 2020-yil, 24 yanvardagi “O‘zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida”gi 5924-sonli Farmoni, 2021-yil 5 noyabrdagi “Sport ta’limi tizimini tubdan takomil-lashtirish orqali Olimpiya va Paralimpiya sport turlari bo‘yicha sportchilar zaxirasini shakllantirish sifatini yanada oshirish chora-tadbirlari to‘g‘risida”gi PQ – 5279-son Qarori va 2022 yil 15 iyundagi O‘zbekiston Respublikasi Prezidentining “Davlat oliy ta’lim muassasalariga o‘qishga qabul qilish jarayonlarini tashkil etish to‘g‘risidagi” PQ-279-son Qarorlari shular jumlasidandir.

Ushbu dastur O‘zbekiston Davlat jismoniy tarbiya va sport universitetining Kengashida ko‘rib chiqilgan kasbiy imtihonlar dasturi va baholash me‘zonlari asosida tuzilgan.

Dastur Urganch davlat universitetining 61010300-Sport faoliyati (faoliyat turlari bo‘yicha) ta’lim yo‘nalish bo‘yicha kasbiy (ijodiy) imtihon dasturi umumiy o‘rta va o‘rta maxsus kasb-hunar ta’limi (BO‘SM, OZIMI) jismoniy tarbiya va sport dasturlari asosida tuzilgan, abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko‘nikma va malakalarini baholashga mo‘ljallangan.

**Dasturning maqsadi va vazifalari**

Dasturning asosiy maqsadi – abituriyentlarning jismoniy tarbiya fanidan egallagan bilim, ko‘nikma va malakalari (umumiy va maxsus jismoniy (texnik) tayyorgarlik) 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 2023/2024 o‘quv yilida Urganch davlat universitetiga 61010300 – Sport faoliyati (**faoliyat turlari bo‘yicha**) ta’lim yo‘nalishi bo‘yicha qabul e‘lon qilingan.

Yuqoridagi ta’lim yo‘nalishidan ya’ni sport faoliyati (faoliyat yo‘nalishlari 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).

Abiturentlar tanlangan sport turidan kasbiy (ijodiy) imtihonlarni topshira-dilar. Ijobiy (kasbiy) imtihonlarni o‘tkazishda har bir abiturienddan 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 (umumiy jismoniy tayyorgarlik va maxsus jismoniy tayyorgarlik bo‘yicha) – 156 ballni tashkil etadi.

Tanlangan sport turi bo‘yicha me‘yoriy talablar sport turlarining xususiyat-lariga 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 abiturentlarga qulaylik va o‘z imkoniyatlarini yuqori darajada namoyon qilishlari uchun imkoniyat yaratish maqsadida ijobiy imtihonlar guruhlariga bo‘lingan holda o‘tkaziladi hamda bir necha imkoniyatning eng yaxshi natijasi tanlab olinadi.

Kasbiy (ijodiy) imtihonlar quyidagi tartibda o‘tkaziladi:

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

b) har bir abiturent 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.

Adaptiv jismoniy tarbiya va sport (parasport) – bo‘yicha hujjat topshirgan abituriendlar tanlangan sport turidan kasbiy (ijodiy) imtihonlarni topshiradilar. Nogironligi mavjud abituriendlar (nozologiya) bo‘yicha, sport faoliyati (faoliyat turlari bo‘yicha) kasbiy (ijodiy) imtihonlarni topshiradilar.

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY  
(IJODIY) IMTIHON BAHOLASH MEZONLARI**  
**(kunduzgi, ta'lim erkaklar uchun)**  
**Ixtisoslik bo'yicha maksimal ball 93**

**(Aravachadagilar uchun)**

**Volan kiritish chizig'idan o'yin maydoni ortigacha 50 sm kenglikda  
chizilgan koridorga qisqa to'p kiritish**

**-5 ta ochiq raketka bilan (Forehand).**

**-5 ta yopiq raketka bilan (Backhand)**

<b>Natija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.**

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA  
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN  
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**  
(kunduzgi, ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

<b>(Aravachadagilar uchun)</b> <b>Volan kiritish chizig'idan o'yin maydoni ortigacha 50 sm kenglikda chizilgan koridorga qisqa to'p kiritish</b> <b>-5 ta ochiq raketka bilan (Forehand).</b> <b>-5 ta yopiq raketka bilan Backhand)</b>	
<b>Natija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.**

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA  
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN  
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**  
(kunduzgi, ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

<b>(Bo'yi pastlar uchun)</b> <b>Volan kiritish chizig'idan orqa chiziq bo'ylab chizilgan 1 metr koridorga Smesh zarbasini orqa chiziq bo'ylab to'g'ridan zarba berish</b> <b>-O'ngdan 5 ta zarba berish (Forehand).</b> <b>- Chapdan 5 ta zarba berish (Backhand).</b>	
<b>Natiija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.**

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA  
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN  
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**  
(kunduzgi, ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

<b>(Bo'yi pastlar uchun)</b>	
<b>Volan kiritish chizig'idan orqa chiziq bo'ylab chizilgan 1 metr koridorga Smesh zarbasini orqa chiziq bo'ylab to`g`ridan zarba berish</b>	
<b>- O'ngdan 5 ta zarba berish (Forehand).</b>	
<b>- Chapdan 5 ta zarba berish (Backhand).</b>	
<b>Natija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urunishdan belgilangan joyga tushgan valanlar natijalari qo'shib hisoblanadi.**



**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN KASBIY  
(IJODIY) IMTIHON BAHOLASH MEZONLARI**  
**(kunduzgi, ta'lim erkaklar uchun)**  
**Ixtisoslik bo'yicha maksimal ball 93**

<b>(Amputantlar, bir qo'l va bir oyoq uchun)</b>	
<b>Orqa chiziqdan orqa chiziqga baland-uzoq zarba berish –topshiruvchi baland trayektoriya bilan volanni 5,18x80sm lik raqib koridoriga 10 marta zarba berish</b>	
<b>Natija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urinishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.**

**PARA BADMINTON IXTISOSLIGI BO'YICHA NOGIRON VA  
JISMONIY IMKONIYATI CHEKLANGAN ABITURIENTLAR UCHUN  
KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI**  
(kunduzgi, ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

**(Amputantlar, bir qo'l va bir oyoq nuchun)**

**Orqa chiziqdan orqa chiziqqa baland-uzoq zarba berish –topshiruvchi baland trayektoriya bilan volanni 5,18x80sm lik raqib koridoriga 10 marta zarba berish**

<b>Natija</b>	<b>Ball</b>
10	93
9	83
8	73
7	63
6	53
5	43
4	33
3	23
2	13
1	3

**Izoh: baholash mezonlari son hamda texnik jihatlardan to'g'ri bajarilsa va 10 ta urinishdan belgilangan joyga tushgan valanlar natijalari qo'shilib hisoblanadi.**

**PARA SPORT TURLARI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING JISMONIY TAYYORGARLI  
BO'YICHA KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI  
(OYOQ NOZOLOGIYASI UCHUN)  
(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Turnikda tortilish (marta) 33 ball</b>		<b>Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
18	33	49-50	30
17	31	47-48	29
16	29	45-46	28
15	27	43-44	27
14	25	41-42	26
13	23	39-40	25
12	21	37-38	24
11	19	35-36	23
10	17	33-34	22
9	15	31-32	21
8	13	29-30	20
7	11	27-28	19
6	9	25-26	18
5	7	23-24	17
4	5	21-22	16
3	3	19-20	15
2	2	17-18	14
1	1	15-16	13
		13-14	12
		11-12	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

**Izoh: Turnikda qo'llar to'g'ri holda gavnani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakatlar soni bilan aniqlanadi.**

**Qo'shpoyada gavnani oxirigacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi.**

**PARA SPORT TURLARI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING JISMONIY TAYYORGARLI  
BO'YICHA KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI  
OYOQ NOZOLOGIYASI UCHUN  
(kunduzgi, sirtqi ta'lim ayollar uchun)**

**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

(maksimal ball -63)

<b>Jismoniy tayyorgarlik</b>			
<b>Chalqancha yotgan xoltda gavdani ko'tarish 1 daqiqa davomida (marta) 33 ball</b>		<b>Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
29-30	33	30	30
27-28	31	29	29
25-26	29	28	28
23-24	27	27	27
21-22	25	26	26
19-20	23	25	25
17-18	21	24	24
15-16	19	23	23
13-14	17	22	22
11-12	15	21	21
9-10	13	19	19
8	11	17	17
7	9	15	15
5	7	13	13
4	5	11	11
3	3	10	10
2	2	9	9
1	1	8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

**Izoh: Chalqancha yotgan xolda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi**

**Qo'shpoyada gavdani oxirgacha tushirib va ko'tarish mashqni bajarish xarakteristik soni bilan aniqlanadi**

**QO'L NOZOLOGIYASI UCHUN**  
**(kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Turgan joydan uzunlikka sakrash (natija sm) 33 ball</b>		<b>Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida(marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
<b>240</b>	<b>33</b>	<b>49-50</b>	<b>30</b>
<b>235-239</b>	<b>31</b>	<b>47-48</b>	<b>29</b>
<b>230-234</b>	<b>29</b>	<b>45-46</b>	<b>28</b>
<b>225-229</b>	<b>27</b>	<b>43-44</b>	<b>27</b>
<b>220-224</b>	<b>25</b>	<b>41-42</b>	<b>26</b>
<b>215-219</b>	<b>23</b>	<b>39-40</b>	<b>25</b>
<b>210-214</b>	<b>21</b>	<b>37-38</b>	<b>24</b>
<b>200-209</b>	<b>19</b>	<b>35-36</b>	<b>23</b>
<b>195-199</b>	<b>17</b>	<b>33-34</b>	<b>22</b>
<b>190-194</b>	<b>15</b>	<b>31-32</b>	<b>21</b>
<b>185-189</b>	<b>13</b>	<b>29-30</b>	<b>20</b>
<b>180-184</b>	<b>11</b>	<b>27-28</b>	<b>19</b>
<b>175-179</b>	<b>9</b>	<b>25-26</b>	<b>18</b>
<b>170-174</b>	<b>7</b>	<b>23-24</b>	<b>17</b>
<b>165-169</b>	<b>5</b>	<b>21-22</b>	<b>16</b>
<b>160-164</b>	<b>3</b>	<b>19-20</b>	<b>15</b>
<b>155-159</b>	<b>2</b>	<b>17-18</b>	<b>14</b>
<b>150-154</b>	<b>1</b>	<b>15-16</b>	<b>13</b>
		<b>13-14</b>	<b>12</b>
		<b>11-12</b>	<b>11</b>
		<b>10</b>	<b>10</b>
		<b>9</b>	<b>9</b>
		<b>8</b>	<b>8</b>
		<b>7</b>	<b>7</b>
		<b>6</b>	<b>6</b>
		<b>5</b>	<b>5</b>
		<b>4</b>	<b>4</b>
		<b>3</b>	<b>3</b>
		<b>2</b>	<b>2</b>
		<b>1</b>	<b>1</b>

**Izoh: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.**

**Chalqancha yotgan xolda mashqni gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi.**

**QO'L NOZOLOGIYASI UCHUN**  
**kunduzgi, sirtqi ta'lim ayollar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Turgan joydan uzunlikka sakrash (natija sm) 33 ball</b>		<b>Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida(marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
220	33	30	30
215-219	31	29	29
210-214	29	28	28
200-209	27	27	27
195-199	25	26	26
190-194	23	25	25
185-189	21	24	24
180-184	19	23	23
175-179	17	22	22
170-174	15	21	21
165-169	13	20	20
160-164	11	19	19
155-159	9	18	18
150-154	7	17	17
145-149	5	16	16
140-144	3	15	15
135-139	2	14	14
130-134	1	13	13
		12	12
		11	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

**Izoh: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.**

**Chalqancha yotgan xolda mashqni gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi.**

**BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN**  
**(kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida(marta) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
<b>49-50</b>	<b>33</b>	<b>175-180</b>	<b>30</b>
<b>47-48</b>	<b>31</b>	<b>170-174</b>	<b>29</b>
<b>45-46</b>	<b>29</b>	<b>165-169</b>	<b>28</b>
<b>43-44</b>	<b>27</b>	<b>160-164</b>	<b>27</b>
<b>41-42</b>	<b>25</b>	<b>155-159</b>	<b>26</b>
<b>39-40</b>	<b>23</b>	<b>150-154</b>	<b>25</b>
<b>37-38</b>	<b>21</b>	<b>145-149</b>	<b>24</b>
<b>35-36</b>	<b>19</b>	<b>140-144</b>	<b>23</b>
<b>33-34</b>	<b>17</b>	<b>135-139</b>	<b>22</b>
<b>31-32</b>	<b>15</b>	<b>130-134</b>	<b>21</b>
<b>29-30</b>	<b>13</b>	<b>125-129</b>	<b>19</b>
<b>27-28</b>	<b>11</b>	<b>120-124</b>	<b>17</b>
<b>25-26</b>	<b>9</b>	<b>115-119</b>	<b>15</b>
<b>23-24</b>	<b>7</b>	<b>110-114</b>	<b>13</b>
<b>21-22</b>	<b>5</b>	<b>105-109</b>	<b>11</b>
<b>19-20</b>	<b>3</b>	<b>100-104</b>	<b>9</b>
<b>16-18</b>	<b>2</b>	<b>95-99</b>	<b>7</b>
<b>14-15</b>	<b>1</b>	<b>90-94</b>	<b>5</b>
		<b>85-89</b>	<b>4</b>
		<b>80-84</b>	<b>3</b>
		<b>75-79</b>	<b>2</b>
		<b>70</b>	<b>1</b>

**Izoh: Chalqancha yotgan xolda mashqni gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi.**

**Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.**

**BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN**  
**(Qiz bolalar uchun) kunduzgi, sirtqi ta'lim ayollar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida(marta) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
<b>29-30</b>	<b>33</b>	<b>160</b>	<b>30</b>
<b>27-28</b>	<b>31</b>	<b>155-159</b>	<b>29</b>
<b>25-26</b>	<b>29</b>	<b>150-154</b>	<b>28</b>
<b>23-24</b>	<b>27</b>	<b>145-149</b>	<b>27</b>
<b>21-22</b>	<b>25</b>	<b>140-144</b>	<b>26</b>
<b>19-20</b>	<b>23</b>	<b>135-139</b>	<b>25</b>
<b>17-18</b>	<b>21</b>	<b>130-134</b>	<b>24</b>
<b>15-16</b>	<b>19</b>	<b>125-129</b>	<b>23</b>
<b>13-14</b>	<b>17</b>	<b>120-124</b>	<b>22</b>
<b>11-12</b>	<b>15</b>	<b>115-119</b>	<b>21</b>
<b>9-10</b>	<b>13</b>	<b>110-114</b>	<b>19</b>
<b>8</b>	<b>11</b>	<b>105-109</b>	<b>17</b>
<b>7</b>	<b>9</b>	<b>100-104</b>	<b>15</b>
<b>5</b>	<b>7</b>	<b>95-99</b>	<b>13</b>
<b>4</b>	<b>5</b>	<b>90-94</b>	<b>11</b>
<b>3</b>	<b>3</b>	<b>85-89</b>	<b>9</b>
<b>2</b>	<b>2</b>	<b>80-84</b>	<b>7</b>
<b>1</b>	<b>1</b>	<b>75-79</b>	<b>5</b>
		<b>70-74</b>	<b>4</b>
		<b>65-69</b>	<b>3</b>
		<b>60-64</b>	<b>2</b>
		<b>55-59</b>	<b>1</b>

**Izoh: Chalqancha yotgan xolda mashqni gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi.**

**Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.**



**NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN**  
**(kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
11.81-12.00	33	240	30
11.61-11.80	32	235-239	29
11.41-11.60	31	230-234	28
10.21-11.40	30	225-229	27
10.01-10.20	29	220-224	26
9.81-10.00	28	215-219	25
9.61-9.80	27	210-214	24
9.41-9.60	26	205-209	23
9.21-9.40	25	200-204	22
9.01-9.20	24	195-199	21
8.81-9.00	23	190-194	19
8.61-8.80	22	185-189	17
8.41-8.60	21	180-184	15
8.21-8.40	20	175-179	13
8.01-8.20	19	170-174	11
7.81-8.00	18	165-169	9
7.61-7.80	17	160-164	7
7.41-7.60	16	155-159	5
7.21-7.40	15	150-154	4
7.01-7.20	14	145-149	3
6.81-7.00	13	140-144	2
6.61-6.80	12	135-139	1
6.41-6.60	11		
6.21-6.40	10		
6.01-6.20	9		
5.81-6.00	8		
5.61-5.80	7		
5.41-5.60	6		
5.21-5.40	5		
5.01-5.20	4		
4.81-5.00	3		
4.61-4.80	2		
4.40-4.60	1		

**Izoh: 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.  
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

**NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN**  
**(kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>2 kg li to'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(sm) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
8.81-9.00	33	220	30
8.61-8.80	32	215-219	29
8.41-8.60	31	210-214	28
8.21-8.40	30	205-209	27
8.01-8.20	29	200-204	26
7.81-8.00	28	195-199	25
7.61-7.80	27	190-194	24
7.41-7.60	26	185-189	23
7.21-7.40	25	180-184	22
7.01-7.20	24	175-179	21
6.81-7.00	23	170-174	19
6.61-6.80	22	165-169	17
6.41-6.60	21	160-164	15
6.21-6.40	20	155-159	13
6.01-6.20	19	150-154	11
5.81-6.00	18	145-149	9
5.61-5.80	17	140-144	7
5.41-5.60	16	135-139	5
5.21-5.40	15	130-134	4
5.01-5.20	14	125-129	3
4.81-5.00	13	120-124	2
4.61-4.80	12	115-119	1
4.41-4.60	11		
4.21-4.40	10		
4.01-4.20	9		
3.81-4.00	8		
3.61-3.80	7		
3.41-3.60	6		
3.21-3.40	5		
3.01-3.20	4		
2.81-3.00	3		
2.61-2.80	2		
2.40-2.60	1		

**Izoh: 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.  
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

**BO'YI PAST**  
**kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
6.81-7.00	33	180	30
6.61-6.80	32	175-179	29
6.41-6.60	31	170-174	28
6.21-6.40	30	165-169	27
6.01-6.20	29	160-164	26
5.81-6.00	28	155-159	25
5.61-5.80	27	150-154	24
5.41-5.60	26	145-149	23
5.21-5.40	25	140-144	22
5.01-5.20	24	135-139	21
4.81-5.00	23	130-134	20
4.61-4.80	22	125-129	19
4.41-4.60	21	120-124	18
4.21-4.40	20	115-119	17
4.01-4.20	19	110-114	16
3.81-4.00	18	105-109	15
3.61-3.80	17	100-104	14
3.41-3.60	16	95-99	13
3.21-3.40	15	90-94	12
3.01-3.20	14	85-89	11
2.81-3.00	13	80-84	10
2.61-2.80	12	75-79	9
2.41-2.60	11	70-74	8
2.21-2.40	10	65-69	7
2.01-2.20	9	60-64	6
1.81-2.00	8	55-59	5
1.61-1.80	7	50-54	4
1.41-1.60	6	45-49	3
1.21-1.40	5	40-44	2
1.01-1.20	4	35-39	1
81-1.00	3		
61-80	2		
40-60	1		

**Izoh: 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala qo'l ishtirok etishi shart.  
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

**BO'YI PAST**  
**kunduzgi, sirtqi ta'lim erkaklar v ayollar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>2 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball</b>		<b>Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
4.81-5.00	33	150	30
4.61-4.80	32	145-149	29
4.41-4.60	31	140-144	28
4.21-4.40	30	135-139	27
4.01-4.20	29	130-134	26
3.81-4.00	28	125-129	25
3.61-3.80	27	120-124	24
3.41-3.60	26	115-119	23
3.21-3.40	25	110-114	22
3.01-3.20	24	105-109	21
2.81-3.00	23	100-104	20
2.61-2.80	22	95-99	19
2.41-2.60	21	90-94	18
2.21-2.40	20	85-89	17
2.01-2.20	19	80-84	16
1.81-2.00	18	75-79	15
1.61-1.80	17	70-74	14
1.41-1.60	16	65-69	13
1.21-1.40	15	60-64	12
1.01-1.20	14	55-59	11
91-1.00	13	50-54	10
81-90	12	45-49	9
71-80	11	40-44	8
61-70	10	35-39	6
51-60	8	30-34	4
41-50	6	25-29	2
31-40	4	20-24	1
21-30	2		
11-20	1		

**Izoh: 2 kg li to'ldirma to'pni bosh ortidan uloqtirishda har ikkala qo'l ishtirok etishi shart.  
Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.**

**(UMURTQA POG'ONASI SHIKASTLANGANLAR UCHUN)**  
**(kunduzgi, sirtqi ta'lim erkaklar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Turnikda tortilish (marta) 33 ball</b>		<b>Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
18	33	39-40	30
17	31	37-38	29
16	29	35-36	28
15	27	33-34	27
14	25	31-32	26
13	23	29-30	25
12	21	27-28	24
11	19	25-26	23
10	17	23-24	22
9	15	21-22	21
8	13	19-20	20
7	11	18	19
6	9	17	18
5	7	16	17
4	5	15	16
3	3	14	15
2	2	13	14
1	1	12	13
		11	12
		10	11
		9	10
		8	9
		7	8
		6	7
		5	6
		4	5
		3	4
		2	3
		1	1

**Izoh:** Turnikda qo'llar to'g'ri holda gavnani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakteratlar soni bilan aniqlanadi.

**Qo'shpoyada gavnani oxirgacha tushirib va ko'tarish mashqni bajarish xarakteratlar soni bilan aniqlanadi.**

**(UMURTQA POG'ONASI SHIKASTLANGANLAR UCHUN)**  
**(kunduzgi, sirtqi ta'lim ayollar uchun)**  
**Jismoniy tayyorgarlik bo'yicha maksimal ball 63**

<b>Jismoniy tayyorgarlik</b>			
<b>Turnikda tortilish (marta) 33 ball</b>		<b>Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball</b>	
<b>Natija</b>	<b>Ball</b>	<b>Natija</b>	<b>Ball</b>
10	33	30	30
9	30	29	29
8	27	28	28
7	24	27	27
6	21	26	26
5	19	25	25
4	16	24	24
3	13	23	23
2	10	22	22
1	7	21	21
		19	19
		17	17
		15	15
		13	13
		11	11
		10	10
		9	9
		8	8
		7	7
		6	6
		5	5
		4	4
		3	3
		2	2
		1	1

**Izoh: Turnikda qo'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakterlar soni bilan aniqlanadi.**

**Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish xarakterlar soni bilan aniqlanadi.**

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA TAYANCH HARAKAT APPARATI  
SHKASTLANGAN VA OYOQ AMPUTATSIYASIDAGI ABITURIENTLARNING  
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH  
MEZONLARI**

**(sirtqi ta'lim erkaklar uchun)**

**Ixtisoslik bo'yicha maksimal ball 93**

<b>O'tirgan holda yuqoridan to'pni maydonga kiritish</b>	
<b>Natija</b>	<b>Ball</b>
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

**Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.**

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA TAYANCH HARAKAT APPARATI  
SHKASTLANGAN VA OYOQ AMPUTATSIYASIDAGI ABITURIENTLARNING  
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH  
MEZONLARI**

**(sirtqi ta'lim ayollar uchun)**

**Ixtisoslik bo'yicha maksimal ball 93**

<b>O'tirgan holda yuqoridan to'pni maydonga kiritish</b>	
<b>Natija</b>	<b>Ball</b>
9	93
8	82.64
7	72.31
6	61.98
5	51.65
4	41.32
3	30.99
2	20.66
1	10.33

**Izoh: para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.**

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA (NOZOLOGIYANING BOSHQA TURLARI UCHUN) ABITURIEN TLARNING KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**  
**(sirtqi ta'lim erkaklar uchun)**  
**Ixtisoslik bo'yicha maksimal ball 93**

<b>O'tirgan holda yuqoridan to'pni maydonga kiritish</b>	
<b>Natija</b>	<b>Ball</b>
<b>9</b>	<b>93</b>
<b>8</b>	<b>82.64</b>
<b>7</b>	<b>72.31</b>
<b>6</b>	<b>61.98</b>
<b>5</b>	<b>51.65</b>
<b>4</b>	<b>41.32</b>
<b>3</b>	<b>30.99</b>
<b>2</b>	<b>20.66</b>
<b>1</b>	<b>10.33</b>

**Izoh:** para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.

**PARA VOLEYBOL IXTISOSLIGI BO'YICHA (NOZOLOGIYANING BOSHQA TURLARI UCHUN) ABITURIEN TLARNING KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**  
**(sirtqi ta'lim ayollar uchun)**  
**Ixtisoslik bo'yicha maksimal ball 93**

<b>O'tirgan holda yuqoridan to'pni maydonga kiritish</b>	
<b>Natija</b>	<b>Ball</b>
<b>9</b>	<b>93</b>
<b>8</b>	<b>82.64</b>
<b>7</b>	<b>72.31</b>
<b>6</b>	<b>61.98</b>
<b>5</b>	<b>51.65</b>
<b>4</b>	<b>41.32</b>
<b>3</b>	<b>30.99</b>
<b>2</b>	<b>20.66</b>
<b>1</b>	<b>10.33</b>

**Izoh:** para voleybol maydonida o'tirgan holda yuqoridan to'pga zarba berib 1,5,6 chi zonalarga tushirish. Har bir zonaga 3 marotabadan urinishga ruhsat beriladi va har bir ishtirokchi umumiy 9 ta urinish imkoniyatidan foydalanadi.



**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI  
CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI UCHUN) KASBIY (IJODIY)  
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish (1 daqiqa davomida)			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (OYOQ NOZOLOGIYASI  
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA  
BAHOLASH MEZONLARI**  
(kunduzgi, sirtqi ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
56	84	23	34,5
55	82,5	22	33
54	81	21	31,5
53	79,5	20	30
52	78	19	28,5
51	76,5	18	27
50	75	17	25,5
49	73,5	16	24
48	72	15	22,5
47	70,5	14	21
46	69	13	19,5
45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI  
UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA  
BAHOLASH MEZONLARI**  
(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
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45	67,5	12	18
44	66	11	16,5
43	64,5	10	15
42	63	9	13,5
41	61,5	8	12
40	60	7	10,5
39	58,5	6	9
38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI  
CHEKLANGAN ABITURIENTLARNING (QO'L NOZOLOGIYASI UCHUN) KASBIY (IJODIY)  
IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(kunduzgi, sirtqi ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
57	85,5	24	36
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42	63	9	13,5
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38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI  
CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN)  
KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
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37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi. (har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNISI IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (BIR QO'L VA BIR OYOQ  
NOZOLOGIYASI UCHUN ) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY  
TALABLARI VA BAHOLASH MEZONLARI**  
**(kunduzgi, sirtqi ta'lim ayollar uchun)**  
**Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
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31	46,5		
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*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARNING (NOZOLOGIYANING  
BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
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*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN ABITURIENTLARINING (NOZOLOGIYANING  
BOSHQA BARCHA TURLARI UCHUN) KASBIY (IJODIY) IMTIHON BO'YICHA  
ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(kunduzgi, sirtqi ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
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51	76,5	18	27
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35	52,5	2	3
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32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*



**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING KASBIY  
(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH  
MEZONLARI**

**(kunduzgi, sirtqi ta'lim erkaklar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
61	91,5	28	42
60	90	27	40,5
59	88,5	26	39
58	87	25	37,5
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42	63	9	13,5
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40	60	7	10,5
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38	57	5	7,5
37	55,5	4	6
36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA STOL TENNIS IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY  
IMKONIYATI CHEKLANGAN (BO'YI PAST) ABITURIENTLARNING  
KASBIY(IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI VA BAHOLASH  
MEZONLARI  
(kunduzgi ta'lim ayollar uchun)  
Ixtisoslik bo'yicha maksimal ball 93**

Nakat zarbasini ijro etish			
Natija	Ball	Natija	Ball
62	93	29	43,5
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36	54	3	4,5
35	52,5	2	3
34	51	1	1,5
33	49,5		
32	48		
31	46,5		
30	45		

*Izoh: (nakat) zarba stol ustida diagonal bo'ylab ijro etiladi: bunda oyoqlar keng yozilgan stoldan 30 smdan ortiq uzoqlashmagan holda bajariladi. Zarba qo'l va oyoq, gavda holatlarini to'g'ri texnik harakatlariga amal qilgan holda bajariladi.(har bir zarba uchun 1.5 ball beriladi)*

**PARA YENGIL ATLETIKA IXTISOSLIGI BO'YICHA NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN  
ABITURIENTLARNING MAHSUS JISMONIY TAYYORGARLIGIDAN KASBIY (IJODIY) IMTIHON BAHOLASH MEZONLARI  
(kunduzgi ta'lim erkaklar va ayollar uchun)**

**Ixtisoslik bo'yicha maksimal ball 93**

**Erkaklar uchun**

<b>100 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	12,10	12,20	12,30	12,40	12,50	12,60	12,70	12,80	12,90	13,00
<b>T/12</b>	11,40	11,50	11,60	11,70	11,80	11,90	12,00	12,10	12,20	12,30
<b>T/13</b>	11,20	11,30	11,40	11,50	11,60	11,70	11,80	11,90	12,00	12,10
<b>T/20</b>	11,80	11,90	12,00	12,10	12,20	12,30	12,40	12,50	12,60	12,70
<b>T/35</b>	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80	15,90
<b>T/36</b>	14,00	14,10	14,20	14,30	14,40	14,50	14,60	14,70	14,80	14,90
<b>T/37</b>	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30	14,40
<b>T/38</b>	13,30	13,40	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20
<b>T/42</b>	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80	16,90
<b>T/44</b>	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80	15,90
<b>T/46-47</b>	12,40	12,50	12,60	12,70	12,80	12,90	13,00	13,10	13,20	13,30
<b>T/52</b>	19,00	19,10	19,20	19,30	19,40	19,50	19,60	19,70	19,80	19,90
<b>T/53</b>	17,00	17,10	17,20	17,30	17,40	17,50	17,60	17,70	17,80	17,90
<b>T/54</b>	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80	16,90

<b>200m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	26,70	26,80	26,90	27,00	27,10	27,20	27,30	27,40	27,50	27,60
<b>T/12</b>	25,10	25,20	25,30	25,40	25,50	25,60	25,70	25,80	25,90	26,00
<b>T/13</b>	25,00	25,10	25,20	25,30	25,40	25,50	25,60	25,70	25,80	25,90
<b>T/20</b>	24,85	24,95	25,05	25,15	25,25	25,35	25,45	25,55	25,65	25,75
<b>T/35</b>	29,50	29,60	29,70	29,80	29,90	30,00	30,10	30,20	30,30	30,40
<b>T/36</b>	30,50	30,60	30,70	30,80	30,90	31,00	31,10	31,20	31,30	31,40
<b>T/37</b>	27,00	27,10	27,20	27,30	27,40	27,50	27,60	27,70	27,80	27,90
<b>T/42</b>	28,90	29,00	29,10	29,20	29,30	29,40	29,50	29,60	29,70	29,80
<b>T/44</b>	28,00	28,10	28,20	28,30	28,40	28,50	28,60	28,70	28,80	28,90
<b>T/46-47</b>	25,50	25,60	25,70	25,80	25,90	26,00	26,10	26,20	26,30	26,40

<b>400 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
T/11	57,60	57,70	57,80	57,90	58,00	58,10	58,20	58,30	58,40	58,50
T/12	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60	55,70	55,80
T/13	54,70	54,80	54,90	55,00	55,10	55,20	55,30	55,40	55,50	55,60
T/20	54,55	54,60	54,70	54,80	54,90	55,00	55,10	55,20	55,30	55,40
T/36	1:05,00	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00	1:14,00
T/37-38	56,50	56,60	56,70	56,80	56,90	57,00	57,10	57,20	57,30	57,40
T/42	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00	1:14,00	1:15,00
T/44	1:04,00	1:05,00	1:06,00	1:07,00	1:08,00	1:09,00	1:10,00	1:11,00	1:12,00	1:13,00
T/46-47	55,50	55,60	55,70	55,80	55,90	56,00	56,10	56,20	56,30	56,40
T/52	1:15,60	1:20,10	1:25,10	1:30,10	1:35,10	1:40,10	1:45,10	1:50,10	1:55,10	2:05,10
T/53	53,00	53,10	53,20	53,30	53,40	53,50	53,60	53,70	53,80	53,90
T/54	52,60	52,70	52,80	52,90	53,00	53,10	53,20	53,30	53,40	53,50

<b>800 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
T/11	2:26,00	2:31,00	2:36,00	2:41,00	2:46,00	2:51,00	2:56,00	2:61,00	2:66,00	2:71,00
T/12	2:05,90	2:10,90	2:15,90	2:20,90	2:25,90	2:30,90	2:35,90	2:40,90	2:45,90	2:50,90
T/13	2:04,00	2:09,00	2:14,00	2:19,00	2:24,00	2:29,00	2:34,00	2:39,00	2:44,00	2:49,00
T/20	2:07,00	2:12,00	2:17,00	2:22,00	2:27,00	2:32,00	2:37,00	2:42,00	2:47,00	2:52,00
T/36	2:40,00	2:45,00	2:50,00	2:55,00	2:60,00	2:65,00	2:70,00	2:75,00	2:80,00	2:85,00
T/37	2:36,00	2:41,00	2:46,00	2:51,00	2:56,00	2:61,00	2:66,00	2:71,00	2:76,00	2:81,00
T/46	2:25,00	2:30,00	2:35,00	2:40,00	2:45,00	2:50,00	2:55,00	2:60,00	2:65,00	2:70,00
T/52	2:45,50	2:50,50	2:55,50	2:60,50	2:65,50	2:70,50	2:75,50	2:80,50	2:85,50	2:90,50
T/53	1:52,00	1:57,00	1:62,00	1:67,00	1:72,00	1:77,00	1:82,00	1:87,00	1:92,00	1:97,00
T/54	1:39,20	1:44,20	1:49,20	1:54,20	1:59,20	1:64,20	1:69,20	1:74,20	1:79,20	1:84,20

<b>1500 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
T/11	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50	4:60,50	4:65,50	4:70,50	4:75,50
T/12	4:15,50	4:20,50	4:25,50	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50	4:60,50
T/13	4:10,50	4:15,50	4:20,50	4:25,50	4:30,50	4:35,50	4:40,50	4:45,50	4:50,50	4:55,50
T/20	4:08,50	4:13,50	4:18,50	4:23,50	4:28,50	4:33,50	4:38,50	4:43,50	4:48,50	4:53,50
T/37	4:40,00	4:45,00	4:50,00	4:55,00	4:60,00	4:65,00	4:70,00	4:75,00	4:80,00	4:85,00
T/46	4:20,00	4:25,00	4:30,00	4:35,00	4:40,00	4:45,00	4:50,00	4:55,00	4:60,00	4:65,00
<b>5000 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>

<b>T/11</b>	17:50,5 0	17:55,5 0	17:60,5 0	17:65,5 0	17:70,5 0	17:75,5 0	17:80,5 0	17:85,5 0	17:90,5 0	17:95,5 0
<b>T/12</b>	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0	17:70,0 0	17:75,0 0
<b>T/13</b>	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0	17:70,0 0	17:75,0 0
<b>T/20</b>	17:20,0 0	17:25,0 0	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0
<b>T/46</b>	17:20,0 0	17:25,0 0	17:30,0 0	17:35,0 0	17:40,0 0	17:45,0 0	17:50,0 0	17:55,0 0	17:60,0 0	17:65,0 0
<b>T/54</b>	18:00,0 0	18:05,0 0	18:10,0 0	18:15,0 0	18:20,0 0	18:25,0 0	18:30,0 0	18:35,0 0	18:40,0 0	18:45,0 0

<b>Uzunlikga sakrash</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,30 m	4,20 m
<b>T/12</b>	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m
<b>T/13</b>	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m
<b>T/20</b>	6,45 m	6,35 m	6,25 m	6,15 m	6,05 m	5,95 m	5,85 m	5,75 m	5,65 m	5,55 m
<b>T/36</b>	4,50 m	4,40 m	4,30 m	4,20 m	4,10 m	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m
<b>T/37</b>	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m	3,50 m	3,40 m	3,30 m	3,20 m	3,10 m
<b>T/42</b>	4,20 m	4,10 m	4,00 m	3,90 m	3,80 m	3,70 m	3,60 m	3,50 m	3,40 m	3,30 m
<b>T/44</b>	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,40 m
<b>T/46-47</b>	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m

<b>Baland likga sakrash</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/12</b>	1,75 m	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 sm	1,30 sm
<b>T/42</b>	1,52 m	1,47 m	1,42 m	1,37 m	1,32 m	1,27 m	1,22 m	1,17 m	1,12 m	1,07 sm
<b>T/44</b>	1,80 m	1,75 m	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 m
<b>T/46-47</b>	1,70 m	1,65 m	1,60 m	1,55 m	1,50 m	1,45 m	1,40 m	1,35 m	1,30 m	1,25 m

<b>Yadro itqitish</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/11</b>	7,260 kg	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m	10,20 m
<b>F/12, F/13</b>	7,260 kg	14,00 m	13,90 m	13,80 m	13,70 m	13,60 m	13,50 m	13,40 m	13,30 m	13,20 m	13,10 m
<b>F/20</b>	7,260 kg	14,50 m	14,40 m	14,30 m	14,20 m	14,10 m	14,00 m	13,90 m	13,80 m	13,70 m	13,60 m
<b>F/32</b>	2,0 kg	6,50 m	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m
<b>F/33</b>	3,0 kg	7,70 m	7,60 m	7,50 m	7,40 m	7,30 m	7,20 m	7,10 m	7,00 m	6,90 m	6,80 m
<b>F/34</b>	4,0 kg	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m	8,00 m	7,90 m	7,80 m	7,70 m
<b>F/35</b>	4,0 kg	12,40 m	12,30 m	12,20 m	12,10 m	12,00 m	11,90 m	11,80 m	11,70 m	11,60 m	11,50 m
<b>F/36</b>	5,0 kg	11,20 m	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m
<b>F/37</b>	5,0 kg	10,50 m	10,40 m	10,30 m	10,20 m	10,10 m	10,00 m	9,90 m	9,80 m	9,70 m	9,60 m
<b>F/40</b>	4,0 kg	6,50 m	6,40 m	6,30 m	6,20 m	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m
<b>F/41</b>	4,0 kg	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m	10,50 m	10,40 m	10,30 m	10,20 m	10,10 m

<b>F/42</b>	6,0 kg	12,50 m	12,40 m	12,30 m	12,20 m	12,10 m	12,00 m	11,90 m	11,80 m	11,70 m	11,80 m
<b>F/44</b>	6,0 kg	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m	12,40 m	12,30 m	12,20 m	12,10 m
<b>F/46-47</b>	6,0 kg	11,80 m	11,70 m	11,60 m	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m	11,00 m	10,90 m
<b>F/52</b>	2,0 kg	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m
<b>F/53</b>	3,0 kg	5,50 m	5,40 m	5,30 m	5,20 m	5,10 m	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m
<b>F/54</b>	3,0 kg	6,10 m	6,00 m	5,90 m	5,80 m	5,70 m	5,60 m	5,50 m	5,40 m	5,30 m	5,20 m
<b>F/55</b>	4,0 kg	7,80 m	7,70 m	7,60 m	7,50 m	7,40 m	7,30 m	7,20 m	7,10 m	7,00 m	6,90 m
<b>F/56</b>	4,0 kg	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m	8,00 m	7,90 m	7,80 m	7,70 m

<b>Nayza uloqtir ish</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/11</b>	800 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
<b>F/12, F/13</b>	800 gr	45,00 m	44,90 m	44,80 m	44,70 m	44,60 m	44,50 m	44,40 m	44,30 m	44,20 m	44,10 m
<b>F/33</b>	600 gr	12,00 m	11,90 m	11,80 m	11,70 m	11,60 m	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m
<b>F/34</b>	600 gr	23,00 m	22,90 m	22,80 m	22,70 m	22,60 m	22,50 m	22,40 m	22,30 m	22,20 m	22,10 m
<b>F/35</b>	600 gr	26,70 m	26,60 m	26,50 m	26,40 m	26,30 m	26,20 m	26,10 m	26,00 m	25,90 m	25,80 m
<b>F/36</b>	600 gr	27,00 m	26,90 m	26,80 m	26,70 m	26,60 m	26,50 m	26,40 m	26,30 m	26,20 m	26,10 m
<b>F/37</b>	600 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
<b>F/38</b>	800 gr	40,00 m	39,90 m	39,80 m	39,70 m	39,70 m	39,60 m	39,50 m	39,40 m	39,30 m	39,20 m
<b>F/40</b>	600 gr	21,00 m	20,90 m	20,80 m	20,70 m	20,60 m	20,50 m	20,40 m	20,30 m	20,20 m	20,10 m
<b>F/41</b>	600 gr	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
<b>F/44</b>	800 gr	40,00 m	39,90 m	39,80 m	39,70 m	39,70 m	39,60 m	39,50 m	39,40 m	39,30 m	39,20 m
<b>F/46-47</b>	800 gr	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
<b>F/54</b>	600 gr	18,50 m	18,40 m	18,30 m	18,20 m	18,10 m	18,00 m	17,90 m	17,80 m	17,70 m	17,60 m
<b>F/55</b>	600 gr	24,00 m	23,90 m	23,80 m	23,70 m	23,60 m	23,50 m	23,40 m	23,30 m	23,20 m	23,10 m
<b>F/56</b>	600 gr	26,00 m	25,90 m	25,80 m	25,70 m	25,60 m	25,50 m	25,40 m	25,30 m	25,20 m	25,10 m
<b>F/57</b>	600 gr	35,50 m	35,40 m	35,30 m	35,20 m	35,10 m	35,00 m	34,90 m	34,80 m	34,70 m	34,60 m

<b>Disk uloqtirish</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/11</b>	2,0 kg	28,00 m	27,90 m	27,80 m	27,70 m	27,60 m	27,50 m	27,40 m	27,30 m	27,20 m	27,10 m
<b>F/12-13</b>	2,0 kg	38,50 m	38,40 m	38,30 m	38,20 m	38,10 m	38,00 m	37,90 m	37,80 m	37,70 m	37,60 m
<b>F/32</b>	1,0 kg	13,40 m	13,30 m	13,20 m	13,10 m	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m
<b>F/33</b>	1,0 kg	19,00 m	18,90 m	18,80 m	18,70 m	18,60 m	18,50 m	18,40 m	18,30 m	18,20 m	18,10 m
<b>F/34</b>	1,0 kg	21,50 m	21,40 m	21,30 m	21,20 m	21,10 m	21,00 m	20,90 m	20,80 m	20,70 m	20,60 m
<b>F/35</b>	1,0 kg	29,00 m	28,90 m	28,80 m	28,70 m	28,60 m	28,50 m	28,40 m	28,30 m	28,20 m	28,10 m
<b>F/36</b>	1,0 kg	29,50 m	29,40 m	29,30 m	29,20 m	29,10 m	29,00 m	28,90 m	28,80 m	28,70 m	28,60 m
<b>F/37</b>	1,0 kg	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
<b>F/40</b>	1,0 kg	18,00 m	17,90 m	17,80 m	17,70 m	17,60 m	17,50 m	17,40 m	17,30 m	17,20 m	17,10 m

<b>F/41</b>	1,0 kg	32,00 m	31,90 m	31,80 m	31,70 m	31,60 m	31,50 m	31,40 m	31,30 m	31,20 m	31,10 m
<b>F/42</b>	1,5 kg	31,50 m	31,40 m	31,30 m	31,20 m	31,10 m	31,00 m	30,90 m	30,80 m	30,70 m	30,60 m
<b>F/44</b>	1,5 kg	37,50 m	37,40 m	37,30 m	37,20 m	37,10 m	37,00 m	36,90 m	36,80 m	35,70 m	37,60 m
<b>F/46-47</b>	1,5 kg	37,00 m	36,90 m	36,80 m	36,70 m	36,60 m	36,50 m	36,40 m	36,30 m	36,20 m	36,10 m
<b>F/51</b>	1,0 kg	5,00 m	4,90 m	4,80 m	4,70 m	4,60 m	4,50 m	4,40 m	4,30 m	4,20 m	4,10 m
<b>F/52</b>	1,0 kg	11,50 m	11,40 m	11,30 m	11,20 m	11,10 m	11,00 m	10,90 m	10,80 m	10,70 m	10,60 m
<b>F/53</b>	1,0 kg	13,80 m	13,70 m	13,60 m	13,50 m	13,40 m	13,30 m	13,20 m	13,10 m	13,00 m	12,90 m
<b>F/54</b>	1,0 kg	16,50 m	16,40 m	16,30 m	16,20 m	16,10 m	16,00 m	15,90 m	15,80 m	15,70 m	15,60 m
<b>F/55</b>	1,0 kg	22,00 m	21,90 m	21,80 m	21,70 m	21,60 m	21,50 m	21,40 m	21,30 m	21,20 m	21,10 m
<b>F/56</b>	1,0 kg	30,00 m	29,90 m	29,80 m	29,70 m	29,60 m	29,50 m	29,40 m	29,30 m	29,20 m	29,10 m
<b>F/57</b>	1,0 kg	34,00 m	33,90 m	33,80 m	33,70 m	33,60 m	33,50 m	33,40 m	33,30 m	33,20 m	33,10 m

<b>Klap</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/32</b>	360 gr	20,00	19,90	19,80	19,70	19,60	19,50	19,40	19,30	19,20	19,10
<b>F/51</b>	360 gr	20,00	19,90	19,80	19,70	19,60	19,50	19,40	19,30	19,20	19,10

***Izoh: ushbu mezonlar para yengil atletika musobaqa qoidalari bo'yicha qabul qilinadi,yani uloqtirish va sakrash turlarida 3 martadan urinish beriladi va eng yahshi urinishi hisobga olinadi hamda yugurish turlarida bir marotaba urinish beriladi.***

**Ayollar uchun**

**(maksimal bal 93)**

<b>100 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	14,40	14,50	14,60	14,70	14,80	14,90	15,00	15,10	15,20	15,20
<b>T/12</b>	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30	13,50
<b>T/13</b>	13,40	13,50	13,60	13,70	13,80	13,90	14,00	14,10	14,20	14,30
<b>T/35</b>	17,10	17,20	17,30	17,40	17,50	17,60	17,70	17,80	17,90	18,00
<b>T/36</b>	15,90	16,00	16,10	16,20	16,30	16,40	16,50	16,60	16,70	16,80
<b>T/37</b>	15,60	15,70	15,80	15,90	16,00	16,10	16,20	16,30	16,40	16,50
<b>T/38</b>	14,20	14,30	14,40	14,50	14,60	14,70	14,80	14,90	15,00	15,10
<b>T/42</b>	21,00	21,10	21,20	21,30	21,40	21,50	21,60	21,70	21,80	21,90
<b>T/44</b>	14,90	15,00	15,10	15,20	15,30	15,40	15,50	15,60	15,70	15,80
<b>T/46-47</b>	14,50	14,60	14,70	14,80	14,90	15,00	15,10	15,20	15,30	15,40
<b>T/52</b>	29,20	29,30	29,40	29,50	29,60	29,70	29,80	29,90	30,00	30,10
<b>T/53</b>	20,40	20,50	20,60	20,70	20,80	20,90	21,00	21,10	21,20	21,30
<b>T/54</b>	21,60	21,70	21,80	21,90	22,00	22,10	22,20	22,30	22,40	22,50

<b>200m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	28,50	28,60	28,70	28,80	28,90	29,00	29,10	29,20	29,30	29,40
<b>T/12</b>	27,50	27,60	27,70	27,80	27,90	28,00	28,10	28,20	28,30	28,40
<b>T/13</b>	27,30	27,40	27,50	27,60	27,70	27,80	27,90	28,00	28,10	28,20
<b>T/35</b>	35,00	35,10	35,20	35,30	35,40	35,50	35,60	35,70	35,80	35,90
<b>T/36</b>	34,00	34,10	34,20	34,30	34,40	34,50	34,60	34,70	34,80	34,90
<b>T/37-38</b>	32,00	32,10	32,20	32,30	32,40	32,50	32,60	32,70	32,80	32,90
<b>T/44</b>	31,30	31,40	31,50	31,60	31,70	31,80	31,90	32,00	32,10	32,20
<b>T/46-47</b>	28,50	28,60	28,70	28,80	28,90	29,00	29,10	29,20	29,30	29,40
<b>T/52</b>	47,20	47,30	47,40	47,50	47,60	47,70	47,80	47,90	48,00	48,10
<b>T/53</b>	30,50	30,60	30,70	30,80	30,90	31,00	31,10	31,20	31,30	31,40
<b>T/54</b>	31,10	31,20	31,30	31,40	31,50	31,60	31,70	31,80	31,90	32,00

<b>400 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	57.60	57.70	57.80	57.90	58.00	58.10	58.20	58.30	58.40	58.50
<b>T/12, T/13</b>	54.90	55.00	55.10	55.20	55.30	55.40	55.50	55.60	55.70	55.80
<b>T/36</b>	54.70	54.80	54.90	55.00	55.10	55.20	55.30	55.40	55.50	55.60
<b>T/37-38</b>	54.55	54.65	54.75	54.85	54.95	55.05	55.15	55.25	55.35	55.45



<b>T/44</b>	1:05.00	1:10.00	1:15.00	1:20.00	1:25.00	1:30.00	1:35.00	1:40.00	1:45.00	1:50.00
<b>T/46-47</b>	56.50	56.60	56.70	56.80	56.90	57.00	57.10	57.20	57.30	57.40
<b>T/52</b>	1:06.00	1:06.10	1:06.20	1:06.30	1:06.40	1:06.50	1:06.60	1:06.70	1:06.80	1:06.90
<b>T/53</b>	1:04.00	1:04.10	1:04.20	1:04.30	1:04.40	1:04.50	1:04.60	1:04.70	1:04.80	1:04.90
<b>T/54</b>	55.50	55.60	55.70	55.80	55.90	56.00	56.10	56.20	56.30	56.40

<b>800 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	3:05.50	3:10.50	3:15.50	3:20.50	3:25.50	3:30.50	3:35.50	3:40.50	3:45.50	3:50.50
<b>T/12, T/13</b>	2:28.00	2:33.00	2:38.00	2:43.00	2:48.00	2:53.00	2:58.00	2:63.00	2:68.00	2:73.00
<b>T/36</b>	3:22.50	3:27.50	3:32.50	3:37.50	3:42.50	3:47.50	3:52.50	3:57.50	3:62.50	3:67.50
<b>T/37</b>	3:20.00	3:25.00	3:30.00	3:35.00	3:40.00	3:45.00	3:50.00	3:55.00	3:60.00	3:65.00
<b>T/46</b>	3:00.50	3:05.50	3:10.50	3:15.50	3:20.50	3:25.50	3:30.50	3:35.50	3:40.50	3:45.50
<b>T/53</b>	2:07.00	2:12.00	2:17.00	2:22.00	2:27.00	2:32.00	2:37.00	2:42.00	2:47.00	2:52.00
<b>T/54</b>	2:05.20	2:10.20	2:15.20	2:20.20	2:25.20	2:30.20	2:35.20	2:40.20	2:45.20	2:50.20

<b>1500 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	5:15,50	5:20,50	5:25,50	5:30,50	5:35,50	5:40,50	5:45,50	5:50,50	5:55,50	5:60,50
<b>T/12 , T/13</b>	5:15,50	5:20,50	5:25,50	5:30,50	5:35,50	5:40,50	5:45,50	5:50,50	5:55,50	5:60,50
<b>T/53-54</b>	3:55.00	3:60.00	3:65.00	3:70.00	3:75.00	3:80.00	3:85.00	3:90.00	3:95.00	4:00.00

<b>5000 m ga yugurish</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	27:20.0 0	27:25.0 0	27:30.0 0	27:35.0 0	27:40.0 0	27:45.0 0	27:50.0 0	27:55.0 0	27:60.0 0	27:65.0 0
<b>T/12, T/13</b>	22:00.0 0	22:05.0 0	22:10.0 0	22:15.0 0	22:20.0 0	22:25.0 0	22:30.0 0	22:35.0 0	22:40.0 0	22:45.0 0
<b>T/54</b>	14:50.0 0	14:55.0 0	14:60.0 0	14:65.0 0	14:70.0 0	14:75.0 0	14:80.0 0	14:85.0 0	14:90.0 0	14:95.0 0
<b>Uzunlikga sakrash</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>T/11</b>	3.80 m	3.70 m	3.60 m	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m
<b>T/12, T/13</b>	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m
<b>T/36</b>	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.80 m	2.70 m	2.60 m	2.50 m	2.40 m
<b>T/37</b>	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.70 m	2.60 m	2.50 m
<b>T/38</b>	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m
<b>T/42</b>	3.05 m	2.95 m	2.85 m	2.75 m	2.65 m	2.55 m	2.45 m	2.35 m	2.25 m	2.15 m
<b>T/44</b>	4.25 m	4.15 m	4.05 m	3.95 m	3.85 m	3.75 m	3.65 m	3.55 m	3.45 m	3.35 m
<b>T/46-47</b>	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m	3.50 m

<b>Yadro itqitish</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/11</b>	4.0 kg	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m	8.50 m	8.40 m	8.30 m	8.20 m	8.10 m
<b>F/12, F/13</b>	4.0 kg	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m	11.00 m	10.90 m	10.80 m	10.70 m	10.60 m
<b>F/20</b>	4.0 kg	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m	11.00 m	10.90 m	10.80 m	10.70 m	10.60 m
<b>F/32</b>	2.0 kg	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m
<b>F/33</b>	3.0 kg	4.00 m	3.90 m	3.80 m	3.70 m	3.60 m	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m
<b>F/34</b>	3.0 kg	5.20 m	5.10 m	5.00 m	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m
<b>F/35</b>	3.0 kg	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m
<b>F/36</b>	3.0 kg	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m
<b>F/37</b>	3.0 kg	9.50 m	9.40 m	9.30 m	9.20 m	9.10 m	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m
<b>F/40</b>	3.0 kg	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m	5.10 m
<b>F/41</b>	3.0 kg	6.40 m	6.30 m	6.20 m	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m
<b>F/42</b>	4.0 kg	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m	5.10 m
<b>F/44</b>	4.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
<b>F/46-47</b>	4.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
<b>F/52</b>	2.0 kg	2.00 m	1.90 m	1.80 m	1.70 m	1.60 m	1.50 m	1.40 m	1.30 m	1.20 m	1.10 m
<b>F/53</b>	3.0 kg	3.50 m	3.40 m	3.30 m	3.20 m	3.10 m	3.00 m	2.90 m	2.80 m	2.70 m	2.60 m
<b>F/54</b>	3.0 kg	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m
<b>F/55</b>	3.0 kg	6.10 m	6.00 m	5.90 m	5.80 m	5.70 m	5.60 m	5.50 m	5.40 m	5.30 m	5.20 m
<b>F/ 56 F/57</b>	3.0 kg	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m	7.00 m	6.90 m	6.80 m	6.70 m

<b>Nayza uloqtir ish</b>	<b>Snaryadlar og'irligi</b>	<b>93</b>	<b>83</b>	<b>73</b>	<b>63</b>	<b>53</b>	<b>43</b>	<b>33</b>	<b>23</b>	<b>13</b>	<b>3</b>
<b>F/11</b>	600 gr	26.00 m	25.90 m	25.80 m	25.70 m	25.60 m	25.50 m	25.40 m	25.30 m	25.20 m	25.10 m
<b>F/12, F/13</b>	600 gr	36.00 m	35.90 m	35.80 m	35.70 m	35.60 m	35.50 m	35.40 m	35.30 m	35.20 m	35.10 m
<b>F/33</b>	600 gr	9.00 m	8,90 m	8,80 m	8,70 m	8,60 m	8,50 m	8,40 m	8,30 m	8,20 m	8,10 m
<b>F/34</b>	600 gr	13.30 m	13,20 m	13,10 m	13,00 m	12,90 m	12,80 m	12,70 m	12,60 m	12,50 m	12,40 m
<b>F/37</b>	600 gr	16.00 m	15,90 m	15,80 m	15,70 m	15,60 m	15,50 m	15,40 m	15,30 m	15,20 m	15,10 m
<b>F/40, F/41</b>	400 gr	16.50 m	16,40 m	16,30 m	16,20 m	16,10 m	16,00 m	15,90 m	15,80 m	15,70 m	15,60 m
<b>F/42-44</b>	600 gr	20.00 m	19,90 m	19,80 m	19,70 m	19,60 m	19,50 m	19,40 m	19,30 m	19,20 m	19,10 m
<b>F/46-47</b>	600 gr	31.00 m	30,90 m	30,80 m	30,70 m	30,60 m	30,50 m	30,40 m	30,30 m	30,20 m	30,10 m
<b>F/53</b>	600 gr	7.00 m	6.90 m	6.80 m	6.70 m	6.60 m	6.50 m	6.40 m	6.30 m	6.20 m	6.10 m
<b>F/54</b>	600 gr	15.00 m	14.90 m	14.80 m	14.70 m	14.60 m	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m
<b>F/55</b>	600 gr	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m	14.00 m	13.90 m	13.80 m	13.70 m	13.60 m
<b>F56-57</b>	600 gr	18.00 m	17.90 m	17.80 m	17.70 m	17.60 m	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m

Disk uloqtirish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	1.0 kg	25.00 m	24.90 m	24.80 m	24.70 m	24.60 m	24.50 m	24.40 m	24.30 m	24.20 m	24.10 m
F/12, F/13	1.0 kg	32.50 m	32.40 m	32.30 m	32.20 m	32.10 m	32.00 m	31.90 m	31.80 m	31.70 m	31.60 m
F/32	1.0 kg	5.00 m	4.90 m	4.80 m	4.70 m	4.60 m	4.50 m	4.40 m	4.30 m	4.20 m	4.10 m
F/33	1.0 kg	12.00 m	11.90 m	11.80 m	11.70 m	11.60 m	11.50 m	11.40 m	11.30 m	11.20 m	11.10 m
F/34	1.0 kg	13.00 m	12.90 m	12.80 m	12.70 m	12.60 m	12.50 m	12.40 m	12.30 m	12.20 m	12.10 m
F/35	1.0 kg	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m
F/36	1.0 kg	19.00 m	18.90 m	18.80 m	18.70 m	18.60 m	18.50 m	18.40 m	18.30 m	18.20 m	18.10 m
F/37	1.0 kg	20.00 m	19.90 m	19.80 m	19.70 m	19.60 m	19.50 m	19.40 m	19.30 m	19.20 m	19.10 m
F/40	750 gr	15.00 m	14.90 m	14.80 m	14.70 m	14.60 m	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m
F/41	750 gr	23.00 m	22.90 m	22.80 m	22.70 m	22.60 m	22.50 m	22.40 m	22.30 m	22.20 m	22.10 m
F/42	1.0 kg	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m
F/44	1.0 kg	29.00 m	28.90 m	28.80 m	28.70 m	28.60 m	28.50 m	28.40 m	28.30 m	28.20 m	28.10 m
F/46-47	1.0 kg	21.00 m	20.90 m	20.80 m	20.70 m	20.60 m	20.50 m	20.40 m	20.30 m	20.20 m	20.10 m
F/51	1.0 kg	8.00 m	7.90 m	7.80 m	7.70 m	7.60 m	7.50 m	7.40 m	7.30 m	7.20 m	7.10 m
F/52	1.0 kg	9.20 m	9.10 m	9.00 m	8.90 m	8.80 m	8.70 m	8.60 m	8.50 m	8.40 m	8.30 m
F/53	1.0 kg	10.40 m	10.30 m	10.20 m	10.10 m	10.00 m	9.90 m	9.80 m	9.70 m	9.60 m	9.50 m
F/54	1.0 kg	14.50 m	14.40 m	14.30 m	14.20 m	14.10 m	14.00 m	13.90 m	13.80 m	13.70 m	13.60 m
F/55	1.0 kg	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m
F/56	1.0 kg	18.00 m	17.90 m	17.80 m	17.70 m	17.60 m	17.50 m	17.40 m	17.30 m	17.20 m	17.10 m
F/57	1.0 kg	23.00 m	22.90 m	22.80 m	22.70 m	22.60 m	22.50 m	22.40 m	22.30 m	22.20 m	22.10 m
Klap	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/32	360 gr	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m
F/51	360 gr	17.00 m	16.90 m	16.80 m	16.70 m	16.60 m	16.50 m	16.40 m	16.30 m	16.20 m	16.10 m

***Izoh: ushbu mezonlar para yengil atletika musobaqa qoidalari bo'yicha qabul qilinadi, yani uloqtirish va sakrash turlarida 3 martadan urinish beriladi va eng yahshi urinishi hisobga olinadi hamda yugurish turlarida bir marotaba urinish beriladi.***

**PARA DZYUDO BO'YICHA KIRISH IJODIY IMTIXONLARINING  
IXTISOSLIK ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**

(sirtqi ta'lim erkaklar va ayollar uchun)

**Ixtisoslik bo'yicha maksimal ball 93**

<i>N<sup>o</sup></i>	<i>Normativlar</i>	<i>Ballar</i>				
1.	<b>Yiqilishlar:</b> 1.Ukemi (Yiqilish usullari) (6 ball)	<b>6</b>	<b>4,5</b>	<b>3</b>	<b>1,5</b>	<b>0</b>
		Baland sakrash, erga yumshoq tushish, xarakat texnik jixatdan to'g'ri va aniq bajarildi.	Sakrash etarlicha baland emas, bosh erga tekkan xolda yiqilish.	Yon tomonlarga yiqilish. Bel bilan gilamga urilish.	Xarakat texnik jixatdan noto'g'ri bajarildi.	Texnik xarakatlar bajarilmadi
2	Shintai (Muvozanat saqlagan holda harakatlanish) (4 ball)	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
		Baland sakrash, erga yumshoq tushish, xarakat texnik jixatdan to'g'ri va aniq bajarildi.	Sakrash etarlicha baland emas, bosh erga tekkan xolda yiqilish.	Yon tomonlarga yiqilish. Bel bilan gilamga urilish.	Xarakat texnik jixatdan noto'g'ri bajarildi.	Texnik xarakatlar bajarilmadi
3.	<b>Yiqitishlar:</b> Okuri-ashi-harai (raqibni yurgizgan holatda yondan ilib tashlash) (6 ball)	<b>6</b>	<b>4,5</b>	<b>3</b>	<b>1,5</b>	<b>0</b>
		Yaxshi ushlagan holda tez harakat bilan to'xtamasdan, raqibning muvozanatidan foydalanib bajarildi.	Yaxshi ushlash bilan o'rtacha sur'atda bajarildi, raqibning muvozanatidan foydalanib bajarildi.	Bo'sh ushlash bilan o'rtacha sur'atda bajarildi. Raqibning muvozanatidan foydalanilmadi.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi
4	Uki-otoshi (muvozanatdan chiqarib oldiga tashlash) (6 ball)	<b>6</b>	<b>4,5</b>	<b>3</b>	<b>1,5</b>	<b>0</b>
		Yaxshi ushlagan holda tez harakat bilan to'xtamasdan, raqibning muvozanatidan foydalanib bajarildi.	Yaxshi ushlash bilan o'rtacha sur'atda bajarildi, raqibning muvozanatidan foydalanib bajarildi.	Bo'sh ushlash bilan o'rtacha sur'atda bajarildi. Raqibning muvozanatidan foydalanilmadi.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi
<b>Nage-vadza:</b>		<b>18</b>	<b>13,5</b>	<b>9</b>	<b>4,5</b>	<b>0</b>

5	Seo-pade (raqibni elkadan oshirib tashlash) <b>(18 ball)</b>	Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Tashlash bo`sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
6	Uchi-makikomi (qo`ldan ushlagan holda aylanib yelkadan oshirib tashlash) <b>(18 ball)</b>	<b>18</b>	<b>13,5</b>	<b>9</b>	<b>4,5</b>	<b>0</b>
		Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Tashlash bo`sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
7	O-osoto-gruma (ikki oyoqadan orqaga qaytarib tashlash) <b>(9 ball)</b>	<b>9</b>	<b>6,75</b>	<b>4,5</b>	<b>2,25</b>	<b>0</b>
		Tashlash yaxshi ushlar bilan, yuqori sur'atda katta amplituda bilan bajarildi.	Tashlash yaxshi ushlar bilan, lekin kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Tashlash bo`sh ushlar va kichik amplituda bilan bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
8	<b>Ne-vaza:</b> Ude-hishigi-sankaku-gatame (oyoq va qo`l bilan boshni ushlagan holatda tirsakka og`ritish usuli) <b>(10 ball)</b>	<b>10</b>	<b>7,5</b>	<b>5</b>	<b>5,5</b>	<b>0</b>
		Yaxshi ushlar bilan oyoqlarni harakatlantirib bajarildi. Harakat to`xtovsiz aniq va tez sur'atda bajarildi	Yaxshi ushlar bilan oyoqlarni harakatlantirgan holda bajarildi. Harakatlar o`rtacha tezlikda.	Bo`sh ushlar bilan va oyoqlarni sust xarakatlantirgan holda bajarildi. Kurashchi harakatlari o`rtacha sur'atda.	Texnik harakatlar axamiyatli xatolar bilan bajarildi.	Texnik harakatlar bajarilmadi.
		<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>	<b>0</b>

9	<b>Katame-vaza.</b> Kesa-gatame, yoko-shiho-gatame, kami-shiho-gatame, tate-shiho-gatame (ushlash usullari) (yontomandan ushlar, oyoq orasiga va boshidan ushlar, bosh tomondan ushlar, ustidan ushlar) <b>(16 ball)</b>	Xarakat texnik jixatdan to`g`ri, xarakat (kuch) gavdaning ma'lum bir qismiga jamlash bilan bajarildi.	Xarakat texnik jixatdan to`g`ri, gavdaning ma'lum qismlarida axamiyatsiz xarakatlar bilan bajarildi.	Xarakat xatolar bilan bajarildi, kuch noto`g`ri yo`naltirildi.	Xarakat texnik jixatdan noto`g`ri bajarildi	Texnik xarakatlar bajarilmadi.
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*Izox:* Sportchi bajargan texnik usullarning sifatiga, ushlar holatlariga, usulni bajarganda raqibining yiqilish amplitudasiga, hamda texnik usulning tugallanishlariga qarab ballar qo`yiladi.

**NOGIRON VA JISMONIY IMKONIYATI CHEKLANGAN  
ABITURIYENTLARNING (BIR QO'L VA BIR OYOQ NOZOLOGIYASI  
UCHUN ) KASBIY (IJODIY) IMTIHON BO'YICHA ME'YORIY TALABLARI  
VA BAHOLASH MEZONLARI**  
(Qiz bolalar uchun)

(maksimal ball -156)

MJT 93 ball		UJT 63 ball			
Tennis to'pini uloqtirish (3 ta urinishdagi eng yaxshi natija metr) 93 ball		Chalqancha yotgan xolotda gavdani ko'tarish 1 daqiqa davomida (marta) 32 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 31 ball	
Natija	Ball	Natija	Ball	Natija	Ball
30.00-29.31	93	29-30	32	160	31
29.30-29.01	90	27-28	30	155-159	30
29.00-28.31	87	25-26	28	150-154	29
28.30-28.01	84	23-24	26	145-149	28
28.00-27.31	81	21-22	24	140-144	27
27.30-27.01	78	19-20	22	135-139	26
27.00-26.31	75	17-18	20	130-134	25
26.30-26.01	72	15-16	18	125-129	24
26.00-25.31	69	13-14	16	120-124	23
25.30-25.01	66	11-12	14	115-119	22
25.00-24.31	63	9-10	12	110-114	21
24.30-24.01	60	8	10	105-109	20
24.00-23.31	57	7	8	100-104	18
23.30-23.01	54	5	6	95-99	16
23.00-22.31	51	4	4	90-94	14
22.30-22.01	48	3	3	85-89	12
22.00-21.31	45	2	2	80-84	10
21.30-21.01	42	1	1	75-79	8
21.00-20.31	39			70-74	6
20.30-20.01	36			65-69	4
20.00-19.31	33			60-64	2
19.30-19.01	30			55-59	1
19.00-18.31	27				
18.30-18.01	24				
18.00-17.31	21				
17.30-17.01	18				
17.00-16.31	15				
16.30-16.01	14				
16.00-15.31	13				
15.30-15.01	12				
15.00-14.31	11				
14.30-13.01	10				

13.00-12.31	9			
12.30-11.01	8			
11.00-10.31	7			
10.30-10.01	6			
10.0-9.31	5			
9.30-9.01	3			
9.00	1			

- **Izoh: Tennis to'pini turgan joydan va yugurib kelib bajarilishi mumkin.**
- **Chalqancha yotgan xolda mashqni gavda kamida 90<sup>0</sup> gacha ko'tarilib bajariladi.**
- **Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.**

### **Apellyatsiya tartibi**

Abituriyentlar ijodiy imtihon natijalari bo'yicha universitet qabul komissiyasining apellyatsiyalar bilan ishlash hay'atiga imtihon natijalari e'lon qilingandan so'ng 24 soat davomida murojaat qilishlari mumkin. Murojaat mazmuni faqat o'zlarining to'plagan ballari yuzasidan bo'lsa qabul qilinadi.

Apellyatsiya komissiyasi a'zolari oliy ta'lim muassasasi rektori buyrug'i bilan tasdiqlanadi.