

2026/2027 O'QUV YILI UCHUN NOGIRON VA JISMONIY IMKONIYATI CHEKLANGANLARNING **PARA YENGIL ATLETIKA**  
**IXTISOSLIGI BO'YICHA KASBIY (JODIY) IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI**  
*(Ixtisoslik bo'yicha maksimal ball - 93 ball)*

Erkaklar uchun

100 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	12,10	12,60	13,10	13,40	14,10	14,40	15,10	15,40	16,10	17,00
T/12	11,40	12,50	13,10	13,40	14,10	14,40	15,10	15,40	16,10	17,00
T/13	11,20	12,30	13,00	13,30	14,00	14,30	15,30	15,30	16,00	16,30
T/20	11,80	12,40	13,00	13,40	14,00	14,30	15,00	15,30	16,00	17,00
T/35	15,00	15,40	16,30	17,30	18,40	18,80	19,20	19,70	20,80	21,00
T/36	14,00	14,60	15,20	16,30	16,80	17,10	17,80	18,10	18,80	19,90
T/37	13,50	14,00	15,00	16,00	16,90	17,50	18,10	19,20	20,10	21,40
T/38	13,30	14,40	15,50	16,60	17,70	18,80	19,90	20,00	20,50	21,00
T/42	16,00	17,10	18,00	19,00	20,00	21,00	22,00	23,10	23,80	24,00
T/44	15,00	16,10	17,20	18,30	19,40	20,50	21,60	22,70	23,80	24,90
T/46-47	12,40	13,50	14,60	15,70	16,80	17,90	18,30	19,10	20,20	21,30
T/52	19,00	20,10	21,20	22,30	23,40	24,50	25,60	26,70	27,80	28,90
T/53	17,00	18,10	19,20	20,30	21,40	22,50	23,60	24,70	25,80	26,90
T/54	16,00	17,10	18,20	19,30	20,40	21,50	22,60	23,70	24,80	25,90

200m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	26,70	27,50	28,20	29,10	30,20	31,10	32,20	33,40	34,50	35,60
T/12	25,10	26,20	27,30	28,40	29,50	29,80	30,70	31,80	32,90	33,50
T/13	25,00	26,10	27,20	28,30	29,40	29,90	30,60	31,70	32,80	33,90
T/20	24,85	25,95	26,05	27,15	28,25	28,35	29,45	30,55	31,65	32,75
T/35	29,50	30,60	31,70	32,80	33,90	34,20	35,10	36,20	37,30	38,40
T/36	30,50	31,60	32,70	33,80	34,90	35,00	36,10	37,20	38,30	39,40
T/37	27,00	28,10	29,20	30,30	31,40	32,50	33,60	34,70	35,80	36,90
T/42	28,90	29,50	30,10	31,20	32,30	33,40	34,50	35,60	36,70	37,80
T/44	28,00	28,70	29,20	30,30	31,40	32,50	33,60	34,70	35,80	36,90
T/46-47	25,50	26,10	26,90	27,40	28,20	29,00	30,10	31,20	32,30	33,40

400 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	57,60	58,70	59,80	1:00,50	1:01,20	1:02,10	1:03,20	1:04,50	1:05,50	1:05,50
T/12	54,90	55,50	56,10	57,20	58,30	59,40	1:00,50	1:01,50	1:02,50	1:03,50
T/13	54,70	55,80	56,90	57,50	58,10	59,20	1:00,50	1:01,40	1:02,60	1:03,70
T/20	54,55	55,60	56,70	57,80	58,90	59,60	1:00,50	1:01,50	1:02,50	1:03,50
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	57,60	58,70	59,80	1:00,50	1:01,50	1:02,50	1:03,50	1:04,50	1:05,50
T/42	1:06,00	1:08,00	1:10,00	1:12,00	1:14,00	1:16,00	1:18,00	1:20,00	1:22,00	1:24,00
T/44	1:04,00	1:06,00	1:08,00	1:10,00	1:12,00	1:14,00	1:16,00	1:18,00	1:20,00	1:22,00
T/46-47	55,50	56,60	57,70	58,80	59,90	1:00,50	1:01,40	1:02,60	1:03,70	1:04,50
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	54,00	55,10	56,20	57,30	58,40	59,50	1:00,50	1:01,40	1:02,60	1:03,70
T/54	53,60	54,70	55,80	56,90	57,00	58,10	59,20	1:00,50	1:01,40	1:02,60

800 m ga yugurish	93	83	73	63	53	43	33	23	13	3
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

1500 m ga yugurish	93	83	73	63	53	43	33	23	13	3
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>
T/11	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
T/12	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
T/13	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
T/20	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
T/46	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
T/54	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>
T/11	5,10 m	4,60 m	4,10 m	3,60 m	3,10 m	2,60 m	2,10 m	1,80 m	1,30 m	1,00 m
T/12	6,30 m	6,00 m	5,70 m	5,40 m	5,00 m	4,50 m	4,00 m	3,60 m	3,00 m	2,40 m
T/13	6,40 m	6,10 m	5,80 m	5,50 m	5,00 m	4,60 m	4,10 m	3,70 m	3,10 m	2,50 m
T/20	6,45 m	6,15 m	5,85 m	5,55 m	5,05 m	4,65 m	4,15 m	3,75 m	3,35 m	3,00 m
T/36	4,50 m	4,10 m	3,80 m	3,50 m	3,20 m	3,00 m	2,80 m	2,50 m	2,30 m	2,00 m
T/37	4,00 m	3,70 m	3,40 m	3,10 m	2,80 m	2,50 m	2,20 m	1,90 m	1,60 m	1,10 m
T/42	4,20 m	4,00 m	3,80 m	3,40 m	3,00 m	2,70 m	2,30 m	2,00 m	1,60 m	1,30 m
T/44	5,20 m	5,00 m	4,70 m	4,40 m	4,00 m	3,70 m	3,40 m	3,00 m	2,70 m	2,40 m
T/46-47	6,00 m	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,70 m	2,50 m	2,00 m

<b>Balandlikga 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>
T/12	1,75 m	1,60 m	1,50 m	1,40 m	1,30 m	1,20 m	1,10 m	1,00 m	90 sm	80 sm
T/42	1,52 m	1,40 m	1,30 m	1,20 m	1,10 m	1,00 m	90 sm	80 sm	70 sm	60 sm
T/44	1,80 m	1,65 m	1,55 m	1,45 m	1,35 m	1,25 m	1,15 m	1,00 m	90 sm	70 sm
T/46-47	1,70 m	1,55 m	1,40 m	1,30 m	1,20 m	1,10 m	1,00 m	90 sm	80 sm	70 sm

Yadro itqitish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	7,260 kg	11,10 m	10,70 m	10,40 m	9,90 m	9,50 m	9,10 m	8,80 m	8,40 m	8,00 m	7,50 m
F/12, F/13	7,260 kg	14,00 m	13,20 m	12,60 m	12,00 m	11,60 m	11,00 m	10,50 m	10,00 m	9,50 m	9,00 m
F/20	7,260 kg	14,50 m	14,00 m	13,50 m	13,00 m	12,50 m	12,00 m	11,50 m	11,00 m	10,50 m	10,00 m
F/32	2,0 kg	6,50 m	6,00 m	5,50 m	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m
F/33	3,0 kg	7,70 m	7,00 m	6,50 m	6,00 m	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m
F/34	4,0 kg	8,60 m	8,00 m	7,50 m	7,00 m	6,50 m	6,00 m	5,50 m	5,00 m	4,50 m	4,00 m
F/35	4,0 kg	12,40 m	12,00 m	11,50 m	11,00 m	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m	8,00 m
F/36	5,0 kg	11,20 m	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m	8,00 m	7,50 m	7,00 m	6,30 m
F/37	5,0 kg	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m	8,00 m	7,50 m	7,00 m	6,50 m	6,00 m
F/40	4,0 kg	6,50 m	6,00 m	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m	2,00 m
F/41	4,0 kg	11,00 m	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m	8,00 m	7,50 m	7,00 m	6,50 m
F/42	6,0 kg	12,50 m	12,00 m	11,50 m	11,00 m	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m	8,00 m
F/44	6,0 kg	13,00 m	12,50 m	12,00 m	11,50 m	11,00 m	10,50 m	10,00 m	9,50 m	9,00 m	8,50 m
F/46-47	6,0 kg	11,80 m	11,00 m	10,60 m	10,00 m	9,40 m	9,00 m	8,50 m	8,00 m	7,50 m	7,00 m
F/52	2,0 kg	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m	2,00 m	1,50 m	1,00 m
F/53	3,0 kg	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m	2,00 m	1,50 m	1,00 m
F/54	3,0 kg	6,10 m	5,50 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m	2,00 m	1,50 m
F/55	4,0 kg	7,80 m	7,20 m	6,60 m	6,00 m	5,40 m	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m
F/56	4,0 kg	8,60 m	8,00 m	7,40 m	7,00 m	6,50 m	6,00 m	5,50 m	5,00 m	4,50 m	4,00 m

Nayza ulog'tir ish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	800 gr	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m
F/12, F/13	800 gr	45,00 m	44,00 m	43,00 m	42,00 m	41,00 m	40,00 m	39,00 m	38,00 m	37,00 m	36,00 m
F/33	600 gr	12,00 m	11,00 m	10,00 m	9,00 m	8,00 m	7,00 m	6,00 m	5,00 m	4,20 m	3,10 m
F/34	600 gr	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m
F/35	600 gr	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m
F/36	600 gr	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m
F/37	600 gr	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m
F/38	800 gr	40,00 m	39,00 m	38,00 m	37,00 m	36,00 m	35,00 m	34,00 m	33,00 m	32,00 m	31,00 m
F/40	600 gr	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m	12,00 m
F/41	600 gr	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	19,00 m	18,00 m
F/44	800 gr	40,00 m	39,00 m	38,00 m	37,00 m	36,00 m	35,00 m	34,00 m	33,00 m	32,00 m	31,00 m
F/46-47	800 gr	37,00 m	36,00 m	35,00 m	34,00 m	33,60 m	32,50 m	31,40 m	30,30 m	29,20 m	28,10 m
F/54	600 gr	18,50 m	17,40 m	16,30 m	15,20 m	14,10 m	13,00 m	12,00 m	11,00 m	10,00 m	9,00 m
F/55	600 gr	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m	16,00 m	15,00 m
F/56	600 gr	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m

F/57	600 gr	35,50 m	34,40 m	33,30 m	32,20 m	31,10 m	30,00 m	29,00 m	18,00 m	17,00 m	16,00 m
<b>Disk</b>	<b>Snaryadlar</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>u loqitirish</b>	<b>og'irligi</b>										
F/11	2,0 kg	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m	19,00 m
F/12-13	2,0 kg	38,50 m	37,40 m	36,30 m	35,20 m	34,10 m	33,00 m	32,00 m	31,00 m	30,00 m	29,00 m
F/32	1,0 kg	13,40 m	12,30 m	11,20 m	10,10 m	9,50 m	9,00 m	8,50 m	8,00 m	7,50 m	7,00 m
F/33	1,0 kg	19,00 m	18,50 m	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m	12,00 m	11,00 m
F/34	1,0 kg	21,50 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m
F/35	1,0 kg	29,00 m	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m
F/36	1,0 kg	29,30 m	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m	20,00 m
F/37	1,0 kg	37,00 m	36,00 m	34,00 m	33,00 m	32,00 m	31,00 m	30,00 m	29,00 m	28,00 m	27,00 m
F/40	1,0 kg	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m	12,00 m	11,00 m	10,00 m	9,00 m
F/41	1,0 kg	32,00 m	31,00 m	30,00 m	29,00 m	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m
F/42	1,5 kg	31,50 m	30,40 m	29,30 m	28,20 m	27,10 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m
F/44	1,5 kg	37,50 m	36,40 m	35,30 m	34,20 m	33,10 m	32,00 m	31,10 m	29,00 m	28,00 m	27,00 m
F/46-47	1,5 kg	37,00 m	36,00 m	34,00 m	33,00 m	32,00 m	31,00 m	30,00 m	29,00 m	28,00 m	27,00 m
F/51	1,0 kg	5,00 m	4,50 m	4,00 m	3,50 m	3,00 m	2,50 m	2,00 m	1,70 m	1,40 m	1,10 m
F/52	1,0 kg	11,50 m	11,00 m	10,30 m	9,20 m	8,10 m	7,00 m	6,50 m	6,00 m	5,50 m	5,00 m
F/53	1,0 kg	13,80 m	13,30 m	13,00 m	12,30 m	11,20 m	10,10 m	9,50 m	9,00 m	8,50 m	8,00 m
F/54	1,0 kg	16,50 m	16,00 m	15,30 m	14,50 m	14,00 m	13,50 m	13,00 m	12,50 m	12,00 m	11,50 m
F/55	1,0 kg	22,00 m	21,00 m	20,00 m	19,00 m	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m
F/56	1,0 kg	30,00 m	29,30 m	28,00 m	27,00 m	26,00 m	25,00 m	24,00 m	23,00 m	22,00 m	21,00 m
F/57	1,0 kg	34,00 m	33,00 m	32,00 m	31,00 m	30,00 m	29,00 m	28,00 m	27,00 m	26,00 m	25,00 m

<b>Klap</b>	<b>Snaryadlar</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>og'irligi</b>										
F/32	360 gr	20,00	19,00	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m	12,00 m	11,00 m
F/51	360 gr	20,00	19,00	18,00 m	17,00 m	16,00 m	15,00 m	14,00 m	13,00 m	12,00 m	11,00 m

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

<b>100 m ga yugurish</b>	93	83	73	63	53	43	33	23	13	3
T/11	14,40	15,40	16,50	17,50	18,50	19,50	20,50	21,50	22,50	23,50
T/12	13,50	14,60	15,70	16,80	17,90	18,50	19,50	20,50	21,50	22,50
T/13	13,40	14,50	15,60	16,70	17,80	18,90	19,50	20,50	21,50	22,50
T/35	17,10	18,20	19,30	20,40	21,50	22,60	23,70	24,80	25,90	26,70
T/36	15,90	16,90	17,90	18,90	19,90	20,90	21,90	22,90	23,90	24,90
T/37	15,60	16,70	17,80	18,90	19,90	20,90	21,90	22,90	23,90	24,90
T/38	14,20	15,40	16,50	17,50	18,50	19,50	20,50	21,50	22,50	23,50
T/42	21,00	22,10	23,20	24,30	25,40	26,50	27,60	28,70	29,80	30,90
T/44	14,90	15,40	16,50	17,50	18,50	19,50	20,50	21,50	22,50	23,50
T/46-47	14,50	15,40	16,50	17,50	18,50	19,50	20,50	21,50	22,50	23,50
T/52	29,20	30,30	31,40	32,50	33,60	34,70	35,80	36,90	37,90	38,90
T/53	20,40	21,00	22,10	23,20	24,30	25,40	26,50	27,60	28,70	29,80
T/54	21,60	22,10	23,20	24,30	25,40	26,50	27,60	28,70	29,80	30,90

<b>200m ga yugurish</b>	93	83	73	63	53	43	33	23	13	3
T/11	28,50	29,50	30,10	31,20	32,30	33,40	34,50	35,60	36,70	37,80
T/12	27,50	28,10	29,20	30,30	31,40	32,50	33,60	34,70	35,80	36,90
T/13	27,30	28,40	29,50	30,60	31,70	32,80	33,90	34,90	35,90	36,90
T/35	35,00	36,10	37,20	38,30	39,40	40,50	41,60	42,70	43,80	44,90
T/36	34,00	35,10	36,20	37,30	38,40	39,50	40,60	41,70	42,80	43,90
T/37-38	32,00	33,80	34,90	35,00	36,10	37,20	38,30	39,40	40,80	41,90
T/44	31,30	31,00	32,70	33,80	34,90	35,00	36,10	37,20	38,30	39,40
T/46-47	28,50	29,50	30,10	31,20	32,30	33,40	34,50	35,60	36,70	37,80
T/52	47,20	48,30	49,40	50,50	51,60	52,70	53,80	54,90	55,90	56,90
T/53	30,50	31,60	32,70	33,80	34,90	35,00	36,10	37,20	38,30	39,40
T/54	31,10	32,00	33,80	34,90	35,00	36,10	37,20	38,30	39,40	40,50

<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	58,70	59,80	1:00,50	1:01,20	1:02,10	1:03,20	1:04,50	1:05,50	1:05,50
T/12, T/13	54.90	55,50	56,10	57,20	58,30	59,40	1:00,50	1:01,50	1:02,50	1:03,50
T/36	54.70	55,80	56,90	57,90	58,10	59,20	1:00,50	1:01,40	1:02,60	1:03,70
T/37-38	54.55	55,60	56,70	57,80	58,90	59,60	1:00,50	1:01,50	1:02,50	1:03,50
T/44	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
T/46-47	56.50	57,60	58,70	59,80	1:00,50	1:01,50	1:02,50	1:03,50	1:04,50	1:05,50
T/52	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/53	1:04.00	1:06,00	1:08,00	1:10,00	1:12,00	1:14,00	1:16,00	1:18,00	1:20,00	1:22,00
T/54	55.50	57,60	58,70	59,80	1:00,50	1:01,50	1:02,50	1:03,50	1:04,50	1:05,50

<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	3:05.50	3:15.50	3:25.50	3:35.50	3:45.50	3:55.50	4:05.50	4:15.50	3:25.50	3:35.50
T/12, T/13	2:28.00	2:40.00	2:50.00	3:00.00	3:10.00	3:20.00	3:30.00	3:40.00	3:50.00	4:00.00
T/36	3:22.50	3:30.50	3:40.50	3:50.50	4:00.50	4:10.50	4:20.50	4:30.50	4:40.50	4:50.50
T/37	3:20.00	3:30.50	3:40.50	3:50.50	4:00.50	4:10.50	4:20.50	4:30.50	4:40.50	4:50.50
T/46	3:00.50	3:10.50	3:20.50	3:30.50	3:30.50	3:40.50	3:50.50	4:00.50	4:10.50	4:20.50
T/53	2:07.00	2:17.00	2:27.00	2:37.00	2:47.00	2:57.00	3:07.00	3:17.00	3:27.00	3:37.00
T/54	2:05.20	2:15.20	2:25.20	2:35.20	2:45.20	2:55.20	3:05.20	3:15.20	3:25.20	3:35.20

<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	5:15,50	5:25,50	5:35,50	5:45,50	5:55,50	6:05,50	6:15,50	6:25,50	6:35,50	6:45,50
T/12, T/13	5:15,50	5:25,50	5:35,50	5:45,50	5:55,50	6:05,50	6:15,50	6:25,50	6:35,50	6:45,50
T/53-54	3:55.00	3:60.00	3:70.00	3:80.00	3:90.00	4:00.00	4:10.00	4:20.00	4:30.00	4:40.00

5000 m ga yugurish	93	83	73	63	53	43	33	23	13	3
T/11	27:20.0 0	27:30.0 0	27:40.0 0	27:50.0 0	27:60.0 0	27:70.0 0	27:80.0 0	27:90.0 0	28:00.0 0	28:10.0 0
T/12, T/13	22:00.0 0	22:15.0 0	22:25.0 0	22:35.0 0	22:45.0 0	22:55.0 0	22:65.0 0	22:75.0 0	22:85.0 0	22:95.0 0
T/54	14:50.0 0	14:65.0 0	14:75.0 0	14:85.0 0	14:95.0 0	15:05.0 0	15:15.0 0	15:25.0 0	15:35.0 0	15:45.0 0
Uzunlikga sakrash	93	83	73	63	53	43	33	23	13	3
T/11	3.80 m	3.40 m	3.00 m	3.60 m	3.20 m	2.80 m	2.40 m	2.00 m	1.60 m	1.20 m
T/12, T/13	4.90 m	4.50 m	4.10 m	3.70 m	3.30 m	2.90 m	2.50 m	2.10 m	1.70 m	1.40 m
T/36	3.20 m	2.90 m	2.60 m	2.30 m	2.00 m	1.80 m	1.60 m	1.40 m	1.20 m	1.00 m
T/37	3.40 m	3.10 m	2.90 m	2.70 m	2.50 m	2.30 m	2.10 m	1.90 m	1.60 m	1.30 m
T/38	4.50 m	4.10 m	3.70 m	3.40 m	3.10 m	2.80 m	2.40 m	2.00 m	1.70 m	1.40 m
T/42	3.05 m	2.75 m	2.45 m	2.15 m	1.95 m	1.65 m	1.45 m	1.25 m	1.05 m	70 m
T/44	4.25 m	4.05 m	3.75 m	3.45 m	3.15 m	2.75 m	2.45 m	2.15 m	1.85 m	1.45 m
T/46-47	4.40 m	4.00 m	3.70 m	3.35 m	3.00 m	2.70 m	2.40 m	2.00 m	1.60 m	1.20 m

Yadro itg'irish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	4.0 kg	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m	6.50 m	6.00 m	5.50 m	5.00 m	4.50 m
F/12, F/13	4.0 kg	11.50 m	11.00 m	10.50 m	10.00 m	9.50 m	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m
F/20	4.0 kg	11.50 m	11.00 m	10.50 m	10.00 m	9.50 m	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m
F/32	2.0 kg	4.50 m	4.00 m	3.50 m	3.00 m	2.50 m	2.00 m	1.50 m	1.00 m	70 m	40 m
F/33	3.0 kg	4.00 m	3.60 m	3.30 m	3.00 m	2.70 m	2.30 m	2.00 m	1.70 m	1.40 m	1.00 m
F/34	3.0 kg	5.20 m	5.00 m	4.80 m	4.50 m	4.30 m	4.00 m	3.70 m	3.40 m	3.00 m	2.70 m
F/35	3.0 kg	7.40 m	7.00 m	6.70 m	6.30 m	6.00 m	5.70 m	5.40 m	5.00 m	4.60 m	4.00 m
F/36	3.0 kg	7.40 m	7.00 m	6.70 m	6.30 m	6.00 m	5.70 m	5.40 m	5.00 m	4.60 m	4.00 m
F/37	3.0 kg	9.50 m	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m	6.50 m	6.00 m	5.50 m	5.00 m
F/40	3.0 kg	6.00 m	5.50 m	5.00 m	4.70 m	4.30 m	3.70 m	3.40 m	3.00 m	2.60 m	2.10 m
F/41	3.0 kg	6.40 m	6.00 m	5.50 m	5.00 m	4.50 m	4.00 m	3.50 m	3.00 m	2.50 m	2.00 m
F/42	4.0 kg	6.00 m	5.50 m	5.00 m	4.50 m	4.00 m	3.50 m	3.00 m	2.50 m	2.00 m	1.50 m
F/44	4.0 kg	8.00 m	7.50 m	7.00 m	6.50 m	6.00 m	5.50 m	5.00 m	4.50 m	4.00 m	3.50 m
F/46-47	4.0 kg	8.00 m	7.50 m	7.00 m	6.50 m	6.00 m	5.50 m	5.00 m	4.50 m	4.00 m	3.50 m

F/52	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
F/53	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
F/54	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
F/55	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
F/56 F/57	3.0 kg	7.60 m	7.20 m	6.80 m	6.40 m	6.00 m	5.80 m	5.40 m	5.00 m	4.50 m	4.00 m

Nayza uloqti ish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	600 gr	26.00 m	25.50 m	25.00 m	24.50 m	24.00 m	23.50 m	23.00 m	22.50 m	22.00 m	21.50 m
F/12, F/13	600 gr	36.00 m	35.50 m	35.00 m	34.00 m	33.00 m	32.00 m	31.00 m	30.00 m	29.00 m	28.00 m
F/33	600 gr	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m	6.50 m	6.00 m	5.50 m	5.00 m	4.50 m
F/34	600 gr	13.30 m	13.00 m	12.50 m	12.00 m	11.50 m	11.00 m	10.50 m	10.00 m	9.50 m	9.00 m
F/37	600 gr	16.00 m	15.00 m	14.00 m	13.00 m	12.00 m	11.00 m	10.00 m	9.50 m	8.00 m	7.10 m
F/40, F/41	400 gr	16.50 m	15.00 m	14.00 m	13.00 m	12.00 m	11.00 m	10.00 m	9.00 m	8.00 m	7.10 m
F/42-44	600 gr	20.00 m	19.00 m	18.00 m	17.00 m	16.00 m	15.00 m	14.00 m	13.00 m	12.00 m	11.00 m
F/46-47	600 gr	31.00 m	30.00 m	28.80 m	27.70 m	26.60 m	25.50 m	24.40 m	23.30 m	22.20 m	21.10 m
F/53	600 gr	7.00 m	6.00 m	5.00 m	4.70 m	3.60 m	2.50 m	2.40 m	2.30 m	2.20 m	1.10 m
F/54	600 gr	15.00 m	14.00 m	13.00 m	12.00 m	11.00 m	10.00 m	9.40 m	8.30 m	7.20 m	6.10 m
F/55	600 gr	14.50 m	13.40 m	12.30 m	11.20 m	10.10 m	9.00 m	8.00 m	7.00 m	6.00 m	5.00 m
F56-57	600 gr	18.00 m	17.00 m	16.00 m	15.00 m	14.00 m	13.00 m	12.00 m	11.00 m	10.00 m	9.10 m

Disk uloqti ish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
F/11	1.0 kg	25.00 m	24.00 m	23.00 m	22.00 m	21.00 m	20.00 m	19.00 m	18.00 m	17.00 m	16.010 m
F/12, F/13	1.0 kg	32.50 m	31.40 m	30.30 m	29.20 m	28.10 m	27.00 m	26.00 m	25.00 m	24.00 m	23.00 m
F/32	1.0 kg	5.00 m	4.50 m	3.50 m	3.00 m	2.50 m	2.00 m	1.80 m	1.30 m	1.20 m	1.10 m
F/33	1.0 kg	12.00 m	11.50 m	11.00 m	10.50 m	10.00 m	9.50 m	9.00 m	8.50 m	8.00 m	7.50 m
F/34	1.0 kg	13.00 m	12.00 m	11.00 m	10.00 m	9.50 m	9.00 m	8.50 m	8.00 m	7.50 m	7.00 m
F/35	1.0 kg	17.50 m	16.40 m	15.30 m	14.20 m	13.10 m	12.00 m	10.90 m	9.80 m	8.70 m	7.60 m

F/36	1.0 kg	19.00 m	17.90 m	16.80 m	15.70 m	14.60 m	13.50 m	12.40 m	11.30 m	10.20 m	9.10 m
F/37	1.0 kg	20.00 m	18.90 m	17.80 m	16.70 m	15.60 m	14.50 m	13.40 m	12.30 m	11.20 m	10.10 m
F/40	750 gr	15.00 m	13.90 m	12.80 m	11.70 m	10.60 m	9.50 m	8.40 m	7.30 m	6.20 m	5.10 m
F/41	750 gr	23.00 m	21.90 m	20.80 m	19.70 m	18.60 m	17.50 m	16.40 m	15.30 m	14.20 m	13.10 m
F/42	1.0 kg	17.50 m	16.40 m	15.30 m	14.20 m	13.10 m	12.00 m	11.00 m	10.00 m	9.00 m	8.00 m
F/44	1.0 kg	29.00 m	27.90 m	26.80 m	25.70 m	24.60 m	23.50 m	22.40 m	21.30 m	20.20 m	19.10 m
F/46-47	1.0 kg	21.00 m	19.90 m	18.80 m	17.70 m	16.60 m	15.50 m	14.40 m	13.30 m	12.20 m	11.10 m
F/51	1.0 kg	8.00 m	6.90 m	5.80 m	4.70 m	3.60 m	2.50 m	2.40 m	2.30 m	1.20 m	1.10 m
F/52	1.0 kg	9.20 m	8.10 m	7.00 m	5.90 m	4.80 m	3.70 m	2.60 m	1.50 m	1.40 m	1.30 m
F/53	1.0 kg	10.40 m	9.30 m	8.20 m	7.10 m	6.00 m	4.90 m	3.80 m	2.70 m	1.60 m	1.00 m
F/54	1.0 kg	14.50 m	13.40 m	12.30 m	11.20 m	10.10 m	9.00 m	7.90 m	6.80 m	5.70 m	4.60 m
F/55	1.0 kg	17.00 m	15.90 m	14.80 m	13.70 m	12.60 m	11.50 m	10.40 m	9.30 m	8.20 m	7.10 m
F/56	1.0 kg	18.00 m	16.90 m	15.80 m	14.70 m	13.60 m	12.50 m	11.40 m	10.30 m	9.20 m	8.10 m
F/57	1.0 kg	23.00 m	21.90 m	20.80 m	19.70 m	18.60 m	17.50 m	16.40 m	15.30 m	14.20 m	13.10 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>
F/32	360 gr	17.00 m	15.90 m	14.80 m	13.70 m	12.60 m	11.50 m	10.40 m	9.30 m	8.20 m	7.10 m
F/51	360 gr	17.00 m	15.90 m	14.80 m	13.70 m	12.60 m	11.50 m	10.40 m	9.30 m	8.20 m	7.10 m

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

**(OYOQ NOZOLOGIASI UCHUN)**

- Erkaklar uchun

Jismoniy tayyorgarlik			
	Turnikda tortilish (marta) 33 ball	Qo'shpoyada go'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
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

- Izoht: Turnikda go'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish xarakatlar soni bilin aniqlanadi.  
 - Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi.

**- OYOQ NOZOLOGIVASI UCHUN**

Ayollar uchun

<b>fismoniy tayyorgarlik</b>	
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta) 33 ball	Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball

<b>Natiija</b>	<b>Ball</b>	<b>Natiija</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	
		6	
		5	
		4	
		3	
		2	
		1	
<b>Natiija</b>	<b>Ball</b>	<b>Natiija</b>	<b>Ball</b>

- Izoq: Chalqancha yotgan holatda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90° gacha ko'tarilib bajariladi
- Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish harakatlari soni bilan aniqlanadi

**- QO'L NOZOLOGIVASI UCHUN**

Erkaklar uchun

<b>fismoniy tayyorgarlik</b>	
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida(marta) 30 ball	Turgan joydan uzunlikka sakrash (natiija sm) 33 ball
<b>Natiija</b>	<b>Ball</b>
29-30	33
27-28	31
25-26	29
23-24	27
21-22	25
19-20	23
17-18	21
15-16	19
13-14	17
11-12	15
9-10	13
8	11
7	9
5	7
4	5
3	3
2	2
1	1
<b>Natiija</b>	<b>Ball</b>
240	33
235-239	31
230-234	29
225-229	27
220-224	25
215-219	23
<b>Natiija</b>	<b>Ball</b>
30	49-50
29	47-48
28	45-46
27	43-44
26	41-42
25	39-40

Jismoniy tayyorgarlik		Turgan joydan uzunlikka sakrash (natija sm) 33 ball		Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida(marta) 30 ball	
Natija	Ball	Natija	Ball	Natija	Ball
220	33	30	30	30	30
215-219	31	29	29	29	29
210-214	29	28	28	28	28
200-209	27	27	27	27	27
195-199	25	26	26	26	26
190-194	23	25	25	25	25
185-189	21	24	24	24	24
180-184	19	23	23	23	23
175-179	17	22	22	22	22
170-174	15	21	21	21	21
165-169	13	20	20	20	20
160-164	11	19	19	19	19
155-159	9	18	18	18	18
150-154	7	17	17	17	17

Ayllar uchun

## 90°L NOZOLOGIASI UCHUN

- Izo: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.
- Chalqancha yotgan holda mashqni gavda kamida 90° gacha ko'tarilib bajariladi.

24	37-38	21		
23	35-36	19		
22	33-34	17		
21	31-32	15		
20	29-30	13		
19	27-28	11		
18	25-26	9		
17	23-24	7		
16	21-22	5		
15	19-20	3		
14	17-18	2		
13	15-16	1		
12	13-14			
11	11-12			
10	10			
9	9			
8	8			
7	7			
6	6			
5	5			
4	4			
3	3			
2	2			
1	1			

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

Erkaklar uchun

## - BIR QO'L VA BIR OYOQ NOZOLOGIASI UCHUN

- ChalqanCHA yotgan holda mashqni gavda kamida 90° gacha ko'tarilib bajariladi.

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

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: Chalgancha yotgan xolda mashqni gavda kamida 90° gacha ko'tarilib bajariladi.
- Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

### BIR QO'L VA BIR OYOQ NOZOLOGIASI UCHUN

Ayollar uchun

#### Jismoniy tayyorgarlik

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

- Izoh: Chalgancha yotgan xolda mashqni gavda kamida 90° gacha ko'tarilib bajariladi.
- Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

### NOZOLOGIVANING BOSHQA TURLARI UCHUN

Erkaklar uchun

Jismoniy tayyorgarlik		3 kg li To'ldirma to'pni bosh oridan ulog'tirish 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball	Natija	Ball
11.81-12.00	33	240	30	11.81-12.00	30
11.61-11.80	32	235-239	29	11.61-11.80	29
11.41-11.60	31	230-234	28	11.41-11.60	28
10.21-11.40	30	225-229	27	10.21-11.40	27
10.01-10.20	29	220-224	26	10.01-10.20	26

2 kg li to'ldirma to'pni bosh ortidan uloqtirish		3 ta urinishdagi eng yaxshi natija(sm) 33 ball	
Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija		Natija	
6.81-7.00	23	170-174	19
7.01-7.20	24	175-179	21
7.21-7.40	25	180-184	22
7.41-7.60	26	185-189	23
7.61-7.80	27	190-194	24
7.81-8.00	28	195-199	25
8.01-8.20	29	200-204	26
8.21-8.40	30	205-209	27
8.41-8.60	31	210-214	28
8.61-8.80	32	215-219	29
8.81-9.00	33	220	30
Ball		Ball	
Jismoniy tayyorgarlik			

Aylollar uchun

## - NOZOLOGIYANING BOSHQA TURLARI UCHUN

- Izo: 3 kg li to'ldirma to'pni bosh ortidan uloqtirishda xar ikkala go'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa goidasiga asosan qabul qilinadi.

4.40-4.60	1		
4.61-4.80	2		
4.81-5.00	3		
5.01-5.20	4		
5.21-5.40	5		
5.41-5.60	6		
5.61-5.80	7		
5.81-6.00	8		
6.01-6.20	9		
6.21-6.40	10		
6.41-6.60	11		
6.61-6.80	12	135-139	1
6.81-7.00	13	140-144	2
7.01-7.20	14	145-149	3
7.21-7.40	15	150-154	4
7.41-7.60	16	155-159	5
7.61-7.80	17	160-164	7
7.81-8.00	18	165-169	9
8.01-8.20	19	170-174	11
8.21-8.40	20	175-179	13
8.41-8.60	21	180-184	15
8.61-8.80	22	185-189	17
8.81-9.00	23	190-194	19
9.01-9.20	24	195-199	21
9.21-9.40	25	200-204	22
9.41-9.60	26	205-209	23
9.61-9.80	27	210-214	24
9.81-10.00	28	215-219	25

Jismoniy tayyorgarlik			
3 kg li To'ldirma to'pni bosh ortidan ulog'tirish		3 ta urinishdagi eng yaxshi natija(metrd)	
33 ball		30 ball	
Natija	Ball	Natija	Ball
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

Erkaklar uchun

## BO'YI PAST

- Izoh: 2 kg li to'ldirma to'pni bosh ortidan ulog'tirishda xar ikkala go'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

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		

Jismoniy tayyorgarlik			
2 kg li To'ldirma to'pni bosh ortidan ulog'tirish 3 ta urinishdagi eng yaxshi natija(metrd) 33 ball		3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
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

Ayollar uchun

## - BO'YI PAST

- Izo: 3 kg li to'ldirma to'pni bosh ortidan ulog'tirishda xar ikkala go'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

40-60	1		
61-80	2		
81-1.00	3		
1.01-1.20	4	35-39	1
1.21-1.40	5	40-44	2
1.41-1.60	6	45-49	3
1.61-1.80	7	50-54	4
1.81-2.00	8	55-59	5
2.01-2.20	9	60-64	6
2.21-2.40	10	65-69	7
2.41-2.60	11	70-74	8
2.61-2.80	12	75-79	9
2.81-3.00	13	80-84	10
3.01-3.20	14	85-89	11
3.21-3.40	15	90-94	12

- Izoh: Turnikda qo'llar to'g'ri holda g'avdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish harakatlari soni bilin aniqlanadi.
- Qo'shpoyada g'avdani oxirigacha tushirib va ko'tarish mashqni bajarish harakatlari soni bilan aniqlanadi.

<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	
17	31	37-38	
16	29	35-36	
15	27	33-34	
14	25	31-32	
13	23	29-30	
12	21	27-28	
11	19	25-26	
10	17	23-24	
9	15	21-22	
8	13	19-20	
7	11	18	
6	9	17	
5	7	16	
4	5	15	
3	3	14	
2	2	13	
1	1	12	
		11	
		10	
		9	
		8	
		7	
		6	
		5	
		4	
		3	
		2	
		1	

Erkaklar uchun

**(UMURTOA POG'ONASI SHIKASTLANGANLAR UCHUN)**

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

51-60	8	30-34	4
41-50	6	25-29	2
31-40	4	20-24	1
21-30	2		
11-20	1		

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

- Izoh: Turnikda qo'llar to'g'ri holda gavdani ko'krak qatasisigacha ko'tarilgan holda mashqni bajarish xarakatlar soni bilin aniqlanadi.
- Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish xarakatlar soni bilan aniqlanadi.

Katedra mudiri

*Sh. Jofarova*  
Imzo

F.I.Sh

Ayollar uchun

(UMURTOA POG'ONASI SHIKASTLANGANLAR UCHUN)