

**BOKS SPORT TURI BO‘YICHA KASBIY (IJODIY) IMTIXONLARNING
ME‘YORIY TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta‘lim erkaklar uchun) maksimal 63 ball
(maksimal ball - 21)

30 m. ga past startdan yugurish (soniya)			
(21 ball)			
Ballar	48-63,5 kg.	67-75 kg.	80 - +92 kg.
21	... -4,05	... -4,10	... -4,20
19	4,06-4,15	4,11-4,20	4,21-4,30
17	4,16-4,25	4,21-4,30	4,31-4,40
15	4,26-4,35	4,31-4,40	4,41-4,50
13	4,36-4,45	4,41-4,50	4,51-4,55
11	4,46-4,50	4,51-4,55	4,56-4,60
9	4,51-4,55	4,56-4,60	4,61-4,65
7	4,56-4,60	4,61-4,65	4,66-4,70
5	4,61-4,65	4,66-4,70	4,71-4,75
3	4,66-4,70	4,71-4,75	4,76- 4,80
1	4,71-4,75	4,76- 4,80	4,81-4,85
0	4,76- ...	4,81-...	4,86-...

**Boks, qilichbozlik nazariyasi va
uslubiyati kafedrasi mudiri:**

Yu.V.Serebryakov

(maksimal ball - 21)

Gimnastik devorda oyoqlarni ko'tarib tushurish (90° da tizzalarni bukmasdan)			
(21 ball)			
Ballar	48-63,5 kg.	67-75 kg.	80 - +92 kg.
21	45+	43+	41+
20	44	42	40
19	43	41	39
18	42	40	38
17	41	39	37
16	40	38	36
15	39	37	35
14	38	36	34
13	37	35	33
12	36	34	32
11	35	33	31
10	34	32	30
9	33	31	29
8	32	30	28
7	31	29	27
6	30	28	26
5	29	27	25
4	28	26	24
3	27	25	23
2	26	24	22
1	25	23	21
0	24	22	20

**Boks, qilichbozlik nazariyasi va
uslubiyati kafedrasi mudiri:**



Yu.V.Serebryakov

(maksimal ball - 21)

Turnikda tortilish (marta)			
(21 ball)			
Ballar	48-63,5 kg.	67-75 kg.	80-+92 kg.
21	20-21	19-20	18-19
19	18-19	17-18	16-17
17	16-17	15-16	14-15
15	14-15	13-14	12-13
13	13	11-12	10-11
11	11-12	9-10	8-9
9	9-10	8	7
7	8	7	6
5	7	6	5
3	6	5	4
1	5	4	3
0	4	3	2

Boks, qilichbozlik nazariyasi va
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Yu.V.Serebryakov

**BOKS SPORT TURI BO‘YICHA KASBIY (IJODIY) IMTIXONLARNING
ME‘YORIY TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta‘lim ayollar uchun)

(maksimal ball - 21)

30 m. ga past startdan yugurish (soniya)			
(21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	...-4,60	... -4,70	...-4,80
19	4,61-4,70	4,71-4,80	4,81-4,90
17	4,71-4,80	4,81-4,90	4,91-5,00
15	4,81-4,90	4,91-5,00	5,01-5,05
13	4,91-5,00	5,01-5,05	5,06-5,10
11	5,01-5,05	5,06-5,10	5,11-5,15
9	5,06-5,10	5,11-5,15	5,16-5,20
7	5,11-5,15	5,16-5,20	5,21-5,25
5	5,16-5,20	5,21-5,25	5,26-5,30
3	5,21-5,25	5,26-5,30	5,31-5,35
1	5,26-5,30	5,31-5,35	5,36-5,40
0	5,31-	5,36 - ...	5,41-...

Boks, qilichbozlik nazariyasi va
uslubiyati kafedrasi mudiri:



Yu.V.Serebryakov

(maksimal ball - 21)

Gimnastik devorda oyoqlarni ko'tarib tushurish (90° da tizzalarni bukmasdan)			
(21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	40-...	38-...	36-...
20	39	37	35
19	38	36	34
18	37	35	33
17	36	34	32
16	35	33	31
15	34	32	30
14	33	31	29
13	32	30	28
12	31	29	27
11	30	28	26
10	29	27	25
9	28	26	24
8	27	25	23
7	26	24	22
6	25	23	21
5	24	22	20
4	23	21	19
3	22	20	18
2	21	19	17
1	20	18	16
0	...-19	...-17	...-15

Boks, qilichbozlik nazariyasi va
uslubiyati kafedrası mudiri:



Yu.V.Serebryakov

(maksimal ball - 21)

Turnikda tortilish (marta)			
(21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	17-...	16-...	15-...
19	15-16	14-15	13-14
17	13-14	12-13	11-12
15	11-12	10-11	9-10
13	9-10	8-9	7-8
11	8-9	6-7	6
9	6-7	5	5
7	4-5	4	4
5	3	3	3
3	2	2	2
1	1	1	1
0	0	0	0

Boks, qilichbozlik nazariyasi va
uslubiyati kafedrasi mudiri:



Yu.V.Serebryakov

**BOKS BO‘YICHA KASBIY (IJODIY) IMTIXONLARNING ME‘YORIY
TALABLARI VA BAHOLASH MEZONLARI**
(kunduzgi, sirtqi ta‘lim erkaklar va ayollar uchun)

Ixtisoslik bo‘yicha maksimal ball 93

1. “Soya bilan jang”da boksning texnik va taktik harakatlarini baholash.

Barcha texnik va taktik harakatlarning to‘g‘ri bajarilishi maksimal – **24 ball**.

Bitta texnik yoki taktik harakat noto‘g‘ri bajarilgan, yoki bajarilmagan taqdirda quyidagi ballar **olib tashlanadi**:

- 1) chalg‘ituvchi harakatlar - 2 ball
- 2) masofa manyovri -2 ball
- 3) frontal manyovr - 2 ball
- 4) flang manyovri - 2 ball
- 5) hujum qilish harakatlari – 2 ball
- 6) seriyali zarbalar – 2 ball
- 7) kombinatsiyalashgan zarbalar – 2 ball
- 8) hujum va himoyada qo‘l va oyoqlarni mutanosib harakatlantirish – 2 ball
- 9) himoyalash harakatlari – 2 ball
- 10) qarshi hujum – 2 ball
- 11) hujum va himoyalarda zarur masofani yo‘qotish – 2 ball
- 12) noaniq, katta quloqlar bilan va muvozanatni yo‘qotgan holda zarbalar bajarish – 2 ball

2. Sherik bilan “shartli jang”da kombinatsiyalashgan hujum va himoyalashda texnik-taktik harakatlarni baholash.

Barcha texnik-taktik harakatlarning to‘g‘ri bajarilishi maksimal – **20 ball**.

Bitta texnik-taktik harakat noto‘g‘ri bajarilgan yoki bajarilmagan taqdirda quyidagi ballar **olib tashlanadi**:

- 1) tayyorlov harakatlari – 2 ball
- 2) chalg‘ituvchi harakatlar – 2 ball
- 3) shaxsiy hujum bilan yaqindan turib jang qilishga o‘tish – 2 ball
- 4) raqib hujumiga qarshi yaqindan turib jang qilishga o‘tish - 2 ball
- 5) yaqindan turib jang qilishdan chiqish – 2 ball
- 6) yaqin jangda himoyalana olish - 5 ball
- 7) kechikib reaksiya qilishlar, aniq zarbalarni o‘tkazib yuborish-5 ball

3. Raqib bilan bellashuv “erkin jang”da boksning texnik-taktik harakatlari samaradorligini baholash.

Jangovar harakatlarning butun texnik va taktik arsenali, himoyadagi to‘g‘ri hamda o‘z vaqtida bajarilgan harakatlarni namoyish qilish uchun – **25 ball**

Xatolar uchun quyidagi ballar olib tashlanadi:

- 1) harakatlanish texnikasini bajarishdagi xatolar - 1 ball
- 2) zarba berish texnikasini bajarishdagi xatolar - 2 ball
- 3) himoyalash harakatlari texnikasini bajarishdagi xatolar - 3 ball
- 4) tayyorlov, razvedka qilish va chalg‘ituvchi harakatlarni bajarishdagi xatolar - 3 ball
- 5) taktik fikrlashning yo‘qligi – 3 ball

- 6) 1 ta ogohlantirish olish – 5 ball
- 7) 2 ta ogohlantirish olish – 8 ball

4. Raqib bilan bellashuvda, “erkin jang”da, bokschining psixologik va maxsus jismoniy tayyorgarligini baholash (24 ball).

Xatolar uchun quyidagi ballar olib tashlanadi:

- 1) noaniq zarbalar - 1 ball
- 2) sho‘ng‘ib ketishlar - 3 ball
- 3) yiqilishlar - 1 ball
- 4) aniq zarbalar o‘tkazib yuborish - 5 ball
- 5) “ochiq” qo‘lqop bilan zarbalar – 5 ball
- 6) beldan past qismiga zarbalar – 4 ball
- 7) bosh bilan havfli harakatlarni bajarish - 5 ball

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Yu.V.Serebryakov