

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

Erkaklar va ayollar uchun

To'pni o'yinga kiritish zonalarining to'rtta burchagida chizilgan 1,5x1,5 m nishonlarga 10 marta zarba beriladi. Har bir zonaga 5 ta zarba bajariladi. Nishonni abituriyent tanlaydi.			Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga yerdan sabchigan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan zarba berish. (Jami 10 ta zarba)			Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga parvozda (slyota) kelayotgan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan zarba berish. (Jami 10 ta zarba)		
Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)
10	16	0-15	10	16	0-15	10	16	0-15
9	14		9	14		9	14	
8	12		8	12		8	12	
7	10		7	10		7	10	
6	8		6	8		6	8	
5	6		5	6		5	6	
4	4		4	4		4	4	
3	3		3	3		3	3	
2	2		2	2		2	2	
1	1		1	1		1	1	
0	0	0	0	0	0	0	0	0

To'pni o'yinga kiritish zonalarining to'rtta burchagida chizilgan 1,5x1,5 m nishonlarga 10 marta zarba beriladi. Har bir zonaga 5 ta zarba bajariladi. Nishonni abituriyent tanlaydi.	Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga yerdan sabchigan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan zarba berish. (Jami 10 ta zarba)	Maydonning orqa ikki burchagida chizilgan 1,5x1,5 m nishonlarga parvozda (slyota) kelayotgan to'pga 5 marotaba o'ngdan va 5 marotaba chapdan zarba berish. (Jami 10 ta zarba)
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Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)	Natija	Ball	Texnika uchun baho (ball)
10	16	0-15	10	16	0-15	10	16	0-15
9	14		9	14		9	14	
8	12		8	12		8	12	
7	10		7	10		7	10	
6	8		6	8		6	8	
5	6		5	6		5	6	
4	4		4	4		4	4	
3	3		3	3		3	3	
2	2		2	2		2	2	
1	1		1	1		1	1	
0	0	0	0	0	0	0	0	0

Tennis ixtisosligi bo'yicha ijodiy (kirish) imtihonlarining baholash mezonlari

Har bir test mashqi son hamda texnik jihatlardan to'g'ri va maksimal natija bilan bajarilsa maksimal bal qo'yiladi. Lekin test mashqini bajarishda yo'l qo'yilgan har bir texnik xato uchun 1 ball olib tashlanadi, 16 ta texnik xato – minus 16 ball.

1-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

1-test: Ikkita to'p oshirish maydonchalariga 5 marotabadan jami 10 ta to'p oshirish. To'p oshirish maydonchalarida o'rnatilgan 4 nishonga (1,5x1,5 m) to'pni tushirishdagi texnik xatolar:

1. To'p boshqa zonaga tushganda;
2. To'pni yon va beldan past qismidan bajarilsa;
3. Raketkani bel qismidan ushlab to'p uzatish;
4. To'p uzatish vaqtida chiziqni bosish;
5. To'p uzatish vaqtida oyoqlarning noto'g'ri joylashuvi;

Izoh: Testni bajarishda vaqtida to'p kerakli zonaga tushmasa, unga qayta urinish berilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

2-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

2-test: 1,5x1,5 m li nishonlarning har biriga 5 marotabadan jami 10 ta yerdan sabchigan to'pga zarba berish.

1. Raketkani noto'g'ri ushlaganda;
2. Yerdan 2 marta sabchitib urganda;
3. Zarbani tepalatma urganda;

Izoh: Ballar faqat to'g'ri bajarilgan texnikaga beriladi. Kuchli zarba uchun ball qo'shilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

3-test – 16 ball va texnika uchun – 15 ball, jami – 31 ball.

3-test: 1,5x1,5 m li nishonlarning har biriga 5 marotabadan jami 10 ta parvozdan (slyota) kelayotgan to'pga zarba berish.

1. Raketkani noto'g'ri ushlaganda;

2. Tekis (ploski) zarba berganda;

3. Zarbani tepalatma urganda;

Izoh: Ballar faqat to'g'ri bajarilgan texnikaga beriladi. Kuchli zarba uchun ball qo'shilmaydi. Nazoratchi uchta salbiy tanbex bergandan so'ng abituriyent testdan chetlashtiriladi.

Umumiy izoh:

1. Abituriyentga testdan oldin 10 min. razminka beriladi.

2. Barcha test natijalarining maksimal bali – 93.

1-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18
2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 1 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.

2-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18

2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 2 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.

3-test bajarilishini baholash:

Natija	Ball	Texnika uchun ball	Test uchun umumiy ball
10	16	0-15	31
9	14	0-15	29
8	12	0-15	27
7	10	0-15	25
6	8	0-15	23
5	6	0-15	21
4	4	0-15	19
3	3	0-15	18
2	2	0-15	17
1	1	0-15	16
0	0	0	0

Eslatma: 3 testlarni o'yin usulini ijro etish bilan bog'liq texnik mahorat darajasi 15 ballik ekspert tizim asosida baholanadi.

2025/2026 O'QUV YILI UCHUN TENNIS IXTISOSLIGIDAN KASBIY (HODIY) IMTIHONLARINING ME'YORIY TALABLARI VA
BAHOLASH MEZONLARI
(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

Erkaklar uchun

№	Me'yor mazmuni											
	(Maksimal ball – 21)											
	30 metrga yugurish (soniya.)*											
1	Erkaklar											
	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
	4.00 va kam	21	4.31-4.35	14	4.66-4.70	10	5.01-5.05	6.5	5.36-5.40	3		
	4.01-4.05	20	4.36-4.40	13	4.71-4.75	9.5	5.06-5.10	6	5.41-5.45	2.5		
	4.06-4.10	19	4.41-4.45	12.5	4.76-4.80	9	5.11-5.15	5.5	5.46-5.50	2		
	4.11-4.15	18	4.46-4.50	12	4.81-4.85	8.5	5.16-5.20	5	5.51-5.55	1.5		
	4.16-4.20	17	4.51-4.55	11.5	4.86-4.90	8	5.21-5.25	4.5	5.56-5.60	1		
	4.21-4.25	16	4.56-4.60	11	4.91-4.95	7.5	5.26-5.30	4				
	4.26-4.30	15	4.61-4.65	10.5	4.96-5.00	7	5.31-5.35	3.5	5.61 va ko'p	0		
2	Maksimom yugurish 4x10 metr. (Maksimal ball – 21)											
	Erkaklar											
	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
	8,00 va kam	21	8,51-8,60	15	9,11-9,20	9	9,71-9,80	5				
	8,01-8,10	20	8,61-8,70	14	9,21-9,30	8,5	9,81-9,90	4				
	8,11-8,20	19	8,71-8,80	13	9,31-9,40	8	9,91-10,00	3				
	8,21-8,30	18	8,81-8,90	12	9,41-9,50	7,5	10,01-10,10	2				
	8,31-8,40	17	8,91-9,00	11	9,51-9,60	7	10,11-10,20	1				
	8,41-8,50	16	9,01-9,10	10	9,61-9,70	6	10,21 va ko'p	0				
3	Veer yugurish (tennis kortida) (Maksimal ball – 21)											
	Erkaklar											
	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball

16,00 va kam	21	16,41-16,45	13,2	16,86-	11,4	17,31-17,35	9,6	17,76-17,80	5,0
16,01-16,05	20	16,46-16,50	13,0	16,90	11,2	17,36-17,40	9,4	17,81-17,85	4,5
16,06-16,10	19	16,51-16,55	12,8	16,91-	11,0	17,41-17,45	9,2	17,86-17,90	4,0
16,11-16,15	18	16,56-16,60	12,6	16,95	10,8	17,46-17,50	8,0	17,91-17,95	3,5
16,16-16,20	17	16,61-16,65	12,4	16,96-	10,6	17,51-17,55	7,5	17,96-18,00	3,0
16,21-16,25	16	16,66-16,70	12,2	17,00	10,4	17,56-17,60	7,0	18,01-18,05	2,5
16,26-16,30	15	16,71-16,75	12,0	17,01-	10,2	17,61-17,65	6,5	18,06-18,10	2,0
16,31-16,35	14	16,76-16,80	11,8	17,05	10,0	17,66-17,70	6,0	18,11-18,15	1,5
16,36-16,40	13,5	16,81-16,85	11,6	17,06-	9,8	17,71-17,75	5,5	18,16-18,20	1,0
				17,10				18,21 va ko'p	0
				17,11-					
				11,15					
				17,16-					
				17,20					
				17,21-					
				17,25					
				17,26-					
				17,30					

1. 30 metr ga yugurish (soniya)* (Maksimal ball – 21)

Ayollar uchun

Natiija	Ball	Natiija	Ball	Natiija	Ball	Natiija	Ball	Natiija	Ball
4.60 va kam	21	4.91-4.95	14	5.26-5.30	10	5.61-5.65	6.5	5.96-6.00	3
4.61-4.65	20	4.96-5.00	13	5.31-5.35	9.5	5.66-5.70	6	6.01-6.05	2.5
4.66-4.70	19	5.01-5.05	12.5	5.36-5.40	9	5.71-5.75	5.5	6.06-6.10	2
4.71-4.75	18	5.06-5.10	12	5.41-5.45	8.5	5.76-5.80	5	6.11-6.15	1.5
4.76-4.80	17	5.11-5.15	11.5	5.46-5.50	8	5.81-5.85	4.5	6.16-6.20	1
4.81-4.85	16	5.16-5.20	11	5.51-5.55	7.5	5.86-5.90	4	6.21 va ko'p	0
4.86-4.90	15	5.21-5.25	10.5	5.56-5.60	7	5.91-5.95	3.5		

2. Moksimon yugurish 4x10 metr. (Maksimal ball – 21)

Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
9,00 va kam	21	9,51-9,60	15	10,11-10,20	9	10,71-10,80	5
9,01-9,10	20	9,61-9,70	14	10,21-10,30	8,5	10,81-10,90	4
9,11-9,20	19	9,71-9,80	13	10,31-10,40	8	10,91-11,00	3
9,21-9,30	18	9,81-9,90	12	10,41-10,50	7,5	11,01-11,10	2
9,31-9,40	17	9,91-10,00	11	10,51-10,60	7	11,11-11,20	1
9,41-9,50	16	10,01-10,10	10	10,61-10,70	6	11,30 va ko'p	0

3. Veer yugurish (tennis kortida) (Maksimal ball – 21)

Natija	Ball	Natija	Ball	Natija	Ball	Natija	Ball
17,00 va kam	21	17,41-17,45	13.4	17,86-17,90	11.6	18,31-18,35	9.5
17,01-17,05	20	17,46-17,50	13.2	17,91-17,95	11.4	18,36-18,40	9.0
17,06-17,10	19	17,51-17,55	13.0	17,96-18,00	11.2	18,41-18,45	8.5
17,11-17,15	18	17,56-17,60	12.8	18,01-18,05	11.0	18,46-18,50	8.0
17,16-17,20	17	17,61-17,65	12.6	18,06-18,10	10.8	18,51-18,55	7.5
17,21-17,25	16	17,66-17,70	12.4	18,11-18,15	10.6	18,56-18,60	7.0
17,26-17,30	15	17,71-17,75	12.2	18,16-18,20	10.4	18,61-18,65	6.5
17,31-17,35	14	17,76-17,80	12.0	18,21-18,25	10.2	18,66-18,70	6.0
17,36-17,40	13.6	17,81-17,85	11.8	18,26-18,30	10.0	18,71-18,75	5.5
							5.0
							4.5
							4.0
							3.5
							3.0
							2.5
							2.0
							1.5
							1.0

Kafedra mudiri

 Sh. Saidova
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Imzo