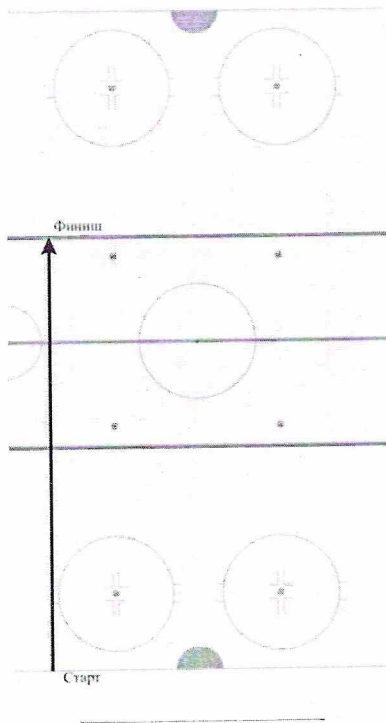
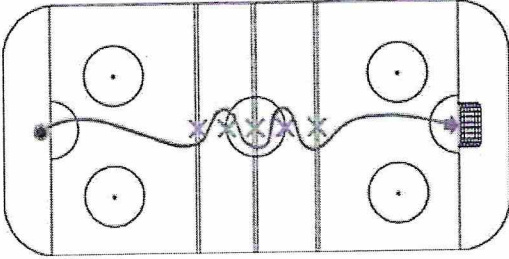


2025/2026 O'QUV YILI UCHUN **XOKKEY** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

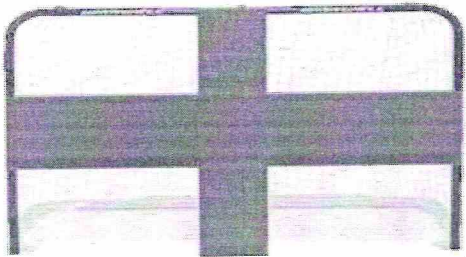
Erkaklar va ayollar uchun

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	30 metr konkida yugurish Test maxsus tezlik sifatini aniqlash imkonini beradi (start tezligi va harakat chastotasi). Bajarilishi: mashq muz maydonida o'tkaziladi, xokkeychi start chizig'ida turadi. Signal berilganidan so'ng sportchi oldinga qarab masofani imkon qadar tezroq va to'liq tezlikda marra chizig'ini kesib o'tadi. Masofani bosib o'tish soniya va millisoniyalarda baholanadi. Ikkita urinish beriladi va eng yaxshi natija olinadi.	4,50 dan past	5,50 dan past	30,0
		4,51-4,60	5,51-5,60	29,5
		4,61-4,70	5,61-5,70	29,0
		4,71-4,80	5,71-5,80	28,5
		4,81-4,90	5,81-5,90	28,0
		4,91-5,00	5,91-6,00	27,5
		5,01-5,10	6,01-6,10	27,0
		5,11-5,20	6,11-6,20	26,5
		5,21-5,30	6,21-6,30	26,0
		5,31-5,40	6,31-6,40	25,5
		5,41-5,50	6,41-6,50	25,0
		5,51-5,60	6,51-6,60	24,5
		5,61-5,70	6,61-6,70	24,0
		5,71-5,80	6,71-6,80	23,5
		5,81-5,90	6,81-6,90	23,0
		5,91-6,00	6,91-7,00	22,5
		6,01-6,10	7,01-7,10	22,0
		6,11-6,20	7,11-7,20	21,5
		6,21-6,30	7,21-7,30	21,0
		6,31-6,40	7,31-7,40	20,5
		6,41-6,50	7,41-7,50	20,0
		6,51-6,60	7,51-7,60	19,5
		6,61-6,70	7,61-7,70	19,0
		6,71-6,80	7,71-7,80	18,5
		6,81-6,90	7,81-7,90	18,0
		6,91-7,00	7,91-8,00	17,5
		7,01-7,10	8,01-8,10	17,0
		7,11-7,20	8,11-8,20	16,5
		7,21-7,30	8,21-8,30	16,0
		7,31-7,40	8,31-8,40	15,5
		7,41-7,50	8,41-8,50	15,0
		7,51-7,60	8,51-8,60	14,5
		7,61-7,70	8,61-8,70	14,0
		7,71-7,80	8,71-8,80	13,5
		7,81-7,90	8,81-8,90	13,0
		7,91-8,00	8,91-9,00	12,5
		8,01-8,10	9,01-9,10	12,0
		8,11-8,20	9,11-9,20	11,5
		8,21-8,30	9,21-9,30	11,0
		8,31-8,40	9,31-9,40	10,5
		8,41-8,50	9,41-9,50	10,0
		8,51-8,60	9,51-9,60	9,5
		8,61-8,70	9,61-9,70	9,0
		8,71-8,80	9,71-9,80	8,5
		8,81-8,90	9,81-9,90	8,0
		8,91-9,00	9,91-10,00	7,5



		9,01-9,10 9,11-9,20 9,21-9,30 9,31-9,40 9,41-9,50 9,51-9,60 9,61-9,70 9,71-9,80 9,81-9,90 9,91-10,00 10,01-10,10 10,11-10,20 10,21-10,30 10,31-10,40 10,41 dan yuqori	10,01-10,10 10,11-10,20 10,21-10,30 10,31-10,40 10,41-10,50 10,51-10,60 10,61-10,70 10,71-10,80 10,81-10,90 10,91-11,00 11,01-11,10 11,11-11,20 11,21-11,30 11,31-11,40 11,41 dan yuqori	7,0 6,5 6,0 5,5 5,0 4,5 4,0 3,5 3,0 2,5 2,0 1,5 1,0 0,5 0
2	Beshta to'siqni ilon izi bo'ylab o'tib darvozaga shaybani uloqtirish. Test shaybani olib yurish, olib o'tish va yakunda darvoza tomon shaybani uloqtirish texnikasiga qaratilib, quyidagi tartibda bajariladi. Test soniya va millisoniyalarda shaybani darvozaga tomon uloqtirqandan keyin baholanadi. Bajarilishi: Start chizig'idan shaybani olib yurishdan boshlab, markaz zonasi oralig'ida joylashgan 4,5 metrli 5 ta konuslarni aldab o'tilgandan keyin, darvoza tomon shaybani uloqtirish bilan vaqt to'xtatilib belgilanadi, agarga shayba darvoza chizig'ini kesib o'tsa (gol) abituriyentga bir ball (+1) qo'shiladi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi. 	9.00 dan past 9.01-9.05 9.06-9.10 9.11-9.15 9.16-9.20 9.21-9.25 9.26-9.30 9.31-9.35 9.36-9.40 9.41-9.45 9.46-9.50 9.51-9.55 9.56-9.60 9.61-9.65 9.66-9.70 9.71-9.75 9.76-9.80 9.81-9.85 9.86-9.90 9.91-9.95 9.96-10.0 10.01-10.05 10.06-10.10 10.11-10.15 10.16-10.20 10.21-10.25 10.26-10.30 10.31-10.35 10.36-10.40 10.41-10.45 10.46-10.50 10.51-10.55 10.56-10.60 10.61-10.65 10.66-10.70 10.71-10.75 10.76-10.80 10.81-10.85 10.86-10.90	11.00 и менее 11.01-11.05 11.06-11.10 11.11-11.15 11.16-11.20 11.21-11.25 11.26-11.30 11.31-11.35 11.36-11.40 11.41-11.45 11.46-11.50 11.51-11.55 11.56-11.60 11.61-11.65 11.66-11.70 11.71-11.75 11.76-11.80 11.81-11.85 11.86-11.90 11.91-11.95 11.96-12.00 12.01-12.05 12.06-12.10 12.11-12.15 12.16-12.20 12.21-12.25 12.26-12.30 12.31-12.35 12.36-12.40 12.41-12.45 12.46-12.50 12.51-12.55 12.56-12.60 12.61-12.65 12.66-12.70 12.71-12.75 12.76-12.80 12.81-12.85 12.86-12.90	33,0 32,7 32,4 32,1 31,8 31,5 31,2 30,9 30,6 30,3 30,0 29,7 29,4 29,1 28,8 28,5 28,2 27,9 27,6 27,3 27,0 26,7 26,4 26,1 25,8 25,5 25,2 24,9 24,6 24,3 24,0 23,7 23,4 23,1 22,8 22,5 22,2 21,9 21,6

	10.91-10.95	12.91-12.95	21,3
	10.96-11.00	12.96-13.00	21,0
	11.01-11.05	13.01-13.05	20,7
	11.06-11.10	13.06-13.10	20,4
	11.11-11.15	13.11-13.15	20,1
	11.16-11.20	13.16-13.20	19,8
	11.21-11.25	13.21-13.25	19,5
	11.26-11.30	13.26-13.30	19,2
	11.31-11.35	13.31-13.35	18,9
	11.36-11.40	13.36-13.40	18,6
	11.41-11.45	13.41-13.45	18,3
	11.46-11.50	13.46-13.50	18,0
	11.51-11.55	13.51-13.55	17,7
	11.56-11.60	13.56-13.60	17,4
	11.61-11.65	13.61-13.65	17,1
	11.66-11.70	13.66-13.70	16,8
	11.71-11.75	13.71-13.75	16,5
	11.76-11.80	13.76-13.80	16,2
	11.81-11.85	13.81-13.85	15,9
	11.86-11.90	13.86-13.90	15,6
	11.91-11.95	13.91-13.95	15,3
	11.96-12.00	13.96-14.00	15,0
	12.01-12.05	14.01-14.05	14,7
	12.06-12.10	14.06-14.10	14,4
	12.11-12.15	14.11-14.15	14,1
	12.16-12.20	14.16-14.20	13,8
	12.21-12.25	14.21-14.25	13,5
	12.26-12.30	14.26-14.30	13,2
	12.31-12.35	14.31-14.35	12,9
	12.36-12.40	14.36-14.40	12,6
	12.41-12.45	14.41-14.45	12,3
	12.46-12.50	14.46-14.50	12,0
	12.51-12.55	14.51-14.55	11,7
	12.56-12.60	14.56-14.60	11,4
	12.61-12.65	14.61-14.65	11,1
	12.66-12.70	14.66-14.70	10,8
	12.71-12.75	14.71-14.75	10,5
	12.76-12.80	14.76-14.80	10,2
	12.81-12.85	14.81-14.85	9,9
	12.86-12.90	14.86-14.90	9,6
	12.91-12.95	14.91-14.95	9,3
	12.96-13.00	14.96-15.00	9,0
	13.01-13.05	15.01-15.05	8,7
	13.06-13.10	15.06-15.10	8,4
	13.11-13.15	15.11-15.15	8,1
	13.16-13.20	15.16-15.20	7,8
	13.21-13.25	15.21-15.25	7,5
	13.26-13.30	15.26-15.30	7,2
	13.31-13.35	15.31-15.35	6,9
	13.36-13.40	15.36-15.40	6,6
	13.41-13.45	15.41-15.45	6,3
	13.46-13.50	15.46-15.50	6,0
	13.51-13.55	15.51-15.55	5,7
	13.56-13.60	15.56-15.60	5,4
	13.61-13.65	15.61-15.65	5,1
	13.66-13.70	15.66-15.70	4,8
	13.71-13.75	15.71-15.75	4,5

		13.76-13.80 13.81-13.85 13.86-13.90 13.91-13.95 13.96-14.00 14.01-14.05 14.06-14.10 14.11-14.15 14.16-14.20 14.21-14.25 14.26-14.30 14.31-14.35 14.36-14.40 14.41-14.45 14.46 dan yuqori	15.76-15.80 15.81-15.85 15.86-15.90 15.91-15.95 15.96-16.00 16.01-16.05 16.06-16.10 16.11-16.15 16.16-16.20 16.21-16.25 16.26-16.30 16.31-16.35 16.36-16.40 16.41-16.45 16.46 dan yuqori	4,2 3,9 3,6 3,3 3,0 2,7 2,4 2,1 1,8 1,5 1,2 0,9 0,6 0,3 0
3	Shaybani darvoza tomon aniq yo'llash. Test shayba va chapyonga (klyushka) egalik qilish texnikasini aniqlash imkonini beradi. Darvoza to'rt bo'lakka bo'linadi. Darvoza chizig'idan 7 metr uzoqlikda 6 ta shayba o'rnatiladi.  Bajarilishi: Testdan o'tuvchi darvoza chig'idan 7 metr uzoqlikda turadi. Signaldan so'ng, sinovdan o'tuvchi shaybani aytilgan kvadratga yo'llaydi. Xar bir aniq mo'ljalga olingan shaybalar uchun 5 balldan beriladi. Vazifa imkon qadar ko'proq ball olishdan iborat.	6 ta aniq 5 ta aniq 4 ta aniq 3 ta aniq 2 ta aniq 1 ta aniq 0	6 ta aniq 5 ta aniq 4 ta aniq 3 ta aniq 2 ta aniq 1 ta aniq 0	30 25 20 15 10 5 0

Izoh: Kirish sinovlari davomida har bir abituriyent tegishli sport turi bo'yicha sport kiyimiga (ekipirovka) ega bo'lishi kerak. Ixtisoslik bo'yicha meyoriy talablarni topshirish vaqtida sport kiyimi (ekipirovka): xokkeychining konkisi, bosh kiyimi, klushkasi, qo'lqop, gavdaning barcha sohalarini himoyalovchi qopchalar (tirsak, ko'krak, tizza) maxsus shortik va futbolkasiga ega bo'lishi kerak.

O'tkazish qoidalar - har bir abituriyent imtihonga o'z vaqtida, imtihon hay'ati tomonidan belgilangan vaqtda kelishi shart. Abiturient imtihon maydonida mobil telefonlarini o'chirib qo'yishi, e'tiborli bo'lishi va imtihon olivchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

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

Erkaklar uchun

№	Me'yoriy talablar mazmuni	Natija		Ballar
		Erkaklar	Ayollar	
1	Turgan joydan ikkala oyoq bilan depsinib uzunlikka sakrash.	2,30 dan yoqori	1,90 dan yoqori	21,0
		2,29	1,89	20,7
	Test xokkeychining tezkor-kuch sifatini aniqlash imkonini beradi.	2,28	1,88	20,4
		2,27	1,87	20,1
	Bajarilishi: sinovdan o'tayotgan start chizig'ida oldinga qaragan holda, start chizig'ini bosmasdan turadi. Oyoqlarni yelka kengligida qo'ygan holda, bir necha marta tizzalarni yengil bukib-yozib, qo'llarini oldinga va orqaga silkitib, maksimal darajada oldinga sakraydi va ikki oyog'ida yerga qo'nadi.	2,26	1,86	19,8
	Start chizig'iga nisbatan sportchi tanasining eng yaqin qismi sakrab tushilgan masofa hisoblanadi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi. Natija santimetrlarda qayd qilinadi.	2,25	1,85	19,5
		2,24	1,84	19,2
		2,23	1,83	18,9
		2,22	1,82	18,6
		2,21	1,81	18,3
		2,20	1,80	18,0
		2,19	1,79	17,7
		2,18	1,78	17,4
		2,17	1,77	17,1
		2,16	1,76	16,8
		2,15	1,75	16,5
		2,14	1,74	16,2
		2,13	1,73	15,9
		2,12	1,72	15,6
		2,11	1,71	15,3
		2,10	1,70	15,0
		2,09	1,69	14,7
		2,08	1,68	14,4
		2,07	1,67	14,1
		2,06	1,66	13,8
		2,05	1,65	13,5
		2,04	1,64	13,2
		2,03	1,63	12,9
		2,02	1,62	12,6
		2,01	1,61	12,3
		2,00	1,60	12,0
		1,99	1,59	11,7
		1,98	1,58	11,4
		1,97	1,57	11,1
		1,96	1,56	10,8
		1,95	1,55	10,5
		1,94	1,54	10,2
		1,93	1,53	9,9
		1,92	1,52	9,6
		1,91	1,51	9,3
		1,90	1,50	9,0
		1,89	1,49	8,7
		1,88	1,48	8,4
		1,87	1,47	8,1
		1,86	1,46	7,8
		1,85	1,45	7,5

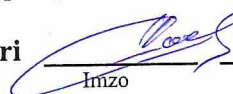
		1,84	1,44	7,2
		1,83	1,43	6,9
		1,82	1,42	6,6
		1,81	1,41	6,3
		1,80	1,40	6,0
		1,79	1,39	5,7
		1,78	1,38	5,4
		1,77	1,37	5,1
		1,76	1,36	4,8
		1,75	1,35	4,5
		1,74	1,34	4,2
		1,73	1,33	3,9
		1,72	1,32	3,6
		1,71	1,31	3,3
		1,70	1,30	3,0
		1,69	1,29	2,7
		1,68	1,28	2,4
		1,67	1,27	2,1
		1,66	1,26	1,8
		1,65	1,25	1,5
		1,64	1,24	1,2
		1,63	1,23	0,9
		1,62	1,22	0,6
		1,61	1,21	0,3
		1,60 dan past	1,20dan past	0,0
2	30 metrğa yugurish. Test sportchining tezkorlik sifati darajasini aniqlash imkon beradi. Bajarilishi: Sinaluvchi o'ziga qulay holatda start chizig'i tomon yuzlanib uni bosmasdan turadi. Signal bo'yicha maksimal tezlikda oldinga yuguradi va to'liq tezlikda marra (finish) chig'ini kesib o'tadi. Masofani bosib o'tish soniya va millisoniyalarda baholanadi. Sinovni bajarish uchun ikkita urinish beriladi, eng yaxshi natija olinadi.	4,30 dan past	4,70 dan past	21,0
		4,31-4,35	4,71-4,75	20,5
		4,36-4,40	4,76-4,80	20,0
		4,41-4,45	4,81-4,85	19,5
		4,46-4,50	4,86-4,90	19,0
		4,51-4,55	4,91-4,95	18,5
		4,56-4,60	4,96-5,00	18,0
		4,61-4,65	5,01-5,05	17,5
		4,66-4,70	5,06-5,10	17,0
		4,71-4,75	5,11-5,15	16,5
		4,76-4,80	5,16-5,20	16,0
		4,81-4,85	5,21-5,25	15,5
		4,86-4,90	5,26-5,30	15,0
		4,91-4,95	5,31-5,35	14,5
		4,96-5,00	5,36-5,40	14,0
		5,01-5,05	5,41-5,45	13,5
		5,06-5,10	5,46-5,50	13,0
		5,11-5,15	5,51-5,55	12,5
		5,16-5,20	5,56-5,60	12,0
		5,21-5,25	5,61-5,65	11,5
		5,26-5,30	5,66-5,70	11,0
		5,31-5,35	5,71-5,75	10,5
		5,36-5,40	5,76-5,80	10,0
		5,41-5,45	5,81-5,85	9,5
		5,46-5,50	5,86-5,90	9,0
		5,51-5,55	5,91-5,95	8,5
		5,56-5,60	5,96-6,00	8,0

		5,61-5,65	6,01-6,05	7,5
		5,66-5,70	6,06-6,10	7,0
		5,71-5,75	6,11-6,15	6,5
		5,76-5,80	6,16-6,20	6,0
		5,81-5,85	6,21-6,25	5,5
		5,86-5,90	6,26-6,30	5,0
		5,91-5,95	6,31-6,35	4,5
		5,96-6,00	6,36-6,40	4,0
		6,01-6,05	6,41-6,45	3,5
		6,06-6,10	6,46-6,50	3,0
		6,11-6,15	6,51-6,55	2,5
		6,16-6,20	6,56-6,60	2,0
		6,21-6,25	6,61-6,65	1,5
		6,26-6,30	6,66-6,70	1,0
		6,31-6,35	6,71-6,75	0,5
		6,36 dan yoqori	6,76 dan yoqori	0,0
3	Yerga tayangan xolda qo'llarni bukib yozish: Qo'llarning kuchini aniqlaydi. Bajarilishi: dastlabki holat qabul qilinadi: oyoqlar polda juft yoki bir oz ajralgan bo'lib, kaftlar polda, qo'llar tekis va bilaklar yelka kengligida jo'lashadi. Tirsaklaringizni 90° burchakka egib, tanangizni yerga yaqinroq olib kelinadi. Qo'llaringizni tirsak bo'g'imlarida bukiladi va dastlabki holatiga qaytiladi. Bitta urinish beriladi.	32 dan yoqori	21 dan yoqori	21
		31-30	20	20
		29-28	19	19
		27-26	18	18
		25-24	17	17
		23-22	16	16
		21-20	15	15
		19-18	14	14
		17-16	13	13
		15-14	12	12
		13-12	11	11
		11-10	10	10
		9	9	9
		8	8	8
		7	7	7
		6	6	6
		5	5	5
		4	4	4
		3	3	3
		2	2	2
		1	1	1
		0	0	0

Izoh: Kirish sinovlari davomida har bir abituriyent tegishli sport turi bo'yicha sport kiyimiga (ekipirovka) ega bo'lishi kerak. Ixtisoslik bo'yicha meyoriy talablarni topshirish vaqtida sport kiyimi (ekipirovka): xokkeychining konkisi, bosh kiyimi, klushkasi, qo'lqop, gavdaning barcha sohalarini himoyalovchi qopchalar (tirsak, ko'krak, tizza) maxsus shortik va futbolkasiga ega bo'lishi kerak.

O'tkazish qoidalari - har bir abituriyent imtihonga o'z vaqtida, imtihon hay'ati tomonidan belgilangan vaqtda kelishi shart. Abituriyent imtihon maydonida mobil telefonlarini o'chirib qo'yishi, e'tiborli bo'lishi va imtihon oluvchining talablarini aniq bajarishi, imtihonni o'tkazishga halaqit bermasligi kerak.

Kafedra mudiri

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