

O‘ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI

O‘ZBEKISTON RESPUBLIKASI
OLIV TA'LIM, FAN VA INNOVATSIYALAR VAZIRLIGI

O‘ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT UNIVERSITETI

“Kiritdi”

O‘zbekiston davlat
jismoniy tarbiya va
sport universiteti rektori

R. Matkarimov

2026-y.

“Kelishildi”

O‘zbekiston Respublikasi
Oliy ta’lim, fan va
innovatsiyalar vazirining
birinchi o‘rinbosari

S. Radjabov

2026-y.

“Tasdiqlayman”

O‘zbekiston Respublikasi
Sport vazirining
o‘rinbosari

Sh. Maxmudov

2026-y.

IJODIY (KASBIY) IMTIHONLAR DASTURI
VA BAHOLASH MEZONI

61010200 - Sport faoliyati (*basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og‘ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog‘li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rim kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog‘ chang‘isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay-tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy beshkurash, bodybuilding va fitnes, snovbord, qo‘l jangi, ayollar kurashi, figital sport, o‘q otish va stenddan otish, o‘zbek jang sana‘ti, kriket, sport akrobatikasi, pencak silat, turon*) ta’lim yo‘nalishlari uchun.

61010300 - Adaptiv jismoniy tarbiya va sport ta’lim yo‘nalishi uchun.

O‘zbekiston davlat jismoniy tarbiya va sport universiteti Kuzatuv Kengashida ko‘rib chiqilgan va ma‘qullangan. 2026 yil 25 may dagi 2 -sonli majlis bayoni.

O‘zbekiston Respublikasi hududlarida jismoniy tarbiya va ommaviy sportni yanada rivojlantirish, aholining barcha qatlamlari, ayniqsa yoshlarni jismoniy tarbiya va sport bilan muntazam shug‘ullanishga jalb etish, mamlakatimizda bu borada yaratilgan sharoitlardan samarali foydalanish hamda natijalarini oshirish muhim ahamiyat kasb etadi. Mamlakatimizda mazkur soha rivojiga qaratilgan qator me‘yoriy – huquqiy hujjatlar qabul qilingan va jadallikda hayotga tatbiq etib kelinmoqda.

Jumladan, O‘zbekiston Respublikasi Prezidentining 2020-yil 24-yanvardagi “O‘zbekiston Respublikasida jismoniy tarbiya va sportni yanada takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida”gi **PF-5924-son farmoni**, 2021-yil 24-dekabrda “Davlat oliy ta‘lim muassasalarining akademik va tashkiliy-boshqaruv mustaqilligini ta‘minlash bo‘yicha qo‘shimcha chora-tadbirlar to‘g‘risida”gi **PQ-60-son qarori**, 2022-yil 3-noyabrda “Jismoniy tarbiya va sport sohasida kadrlarni tayyorlash hamda ilmiy tadqiqotlar tizimini yanada takomillashtirish chora-tadbirlari to‘g‘risida”gi **PQ-414-son qaror va farmonlari** ijrosini sifatli bajarish ko‘rsatib o‘tilgan.

O‘zbekiston davlat jismoniy tarbiya va sport universiteti va uning Nukus filialidagi Sport faoliyati (faoliyat turlari bo‘yicha) ta‘lim yo‘nalishi bo‘yicha kasbiy (ijodiy) imtihon dasturlari sport maktablari hamda Respublika Olimpiy va paralimpiy sport turlariga tayyorlash markazlarining jismoniy tarbiya va sport dasturlari asosida tuzilgan va abituriyentlarning jismoniy mashqlari bajarishdagi amaliy harakat ko‘nikma va malakalarini baholashga mo‘ljallangan.

Mazkur dasturlarni tuzishda sport assotsiatsiyasi, sport federatsiyalar, oliy sport mahorati maktablari va sport maktablari takliflari inobatga olingan hamda ular tomonidan taqrizlar berilgan.

Dastur 61010200–Sport faoliyati (faoliyat turlari bo‘yicha) ta‘lim yo‘nalishi (basketbol, boks, voleybol, velosport, gimnastika, suzish, yengil atletika, gandbol, qilichbozlik, og‘ir atletika, eshkak eshish, tennis, futbol, badiiy gimnastika, dzyu-do, erkin kurash, belbog‘li kurash, taekvondo WT, sambo, kurash, sinxron suzish, badminton, yunon-rim kurashi, ot sporti, triatlon, biatlon, xokkey, regbi, shaxmat, karate WKF, tog‘ chang‘isi, stol tennisi, figurali uchish, chim ustida xokkey, kik-boks, mini-futbol, kamondan otish, muay tay, kibersport, suv polosi, akademik eshkak eshish, zamonaviy beshkurash, bodybuilding va fitnes, snoubord, qo‘l jangi, ayollar kurashi, figital sport, o‘q otish va stendan o‘q otish, o‘zbek jang sana‘ti, kriket, sport akrobatikasi, pencak silat, turon, 61010300–Adaptiv jismoniy tarbiya va sport kabi sport turlari bo‘yicha (kasbiy) ijodiy imtihonlarni o‘tkazish tartibi, abituriyentlarning jismoniy tarbiya va sport sohasidagi amaliy mahorati, ko‘nikma va malakalariga qo‘yilgan talablar hamda baholash mezonlari o‘z aksini topgan.

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
5000 m ga yugurish	93	83	73	63	53	43	33	23	13	3
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

Uzunlikga sakrash	93	83	73	63	53	43	33	23	13	3
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

Baland likga sakrash	93	83	73	63	53	43	33	23	13	3
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 uloqtir 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

Disk uloqtirish	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
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	13,40 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	14,50 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

Klap	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
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, ya'ni uloqtirish va sakrash turlarida 3 martadan urinish beriladi va eng yaxshi urinishi hisobga olinadi hamda yugurish turlarida bir marotaba urinish beriladi.

Ayollar uchun

100 m ga yugurish	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

200m ga yugurish	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

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, 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

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

1500 m ga yugurish	93	83	73	63	53	43	33	23	13	3
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 itqitish	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 uloqtir 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 uloqtirish	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
Klap	Snaryadlar og'irligi	93	83	73	63	53	43	33	23	13	3
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, ya'ni uloqtirish va sakrash turlarida 3 martadan urinish beriladi va eng yaxshi urinishi hisobga olinadi hamda yugurish turlarida bir marotaba urinish beriladi.

- 2026/2027 O'QUV YILI UCHUN NOGIRON VA JISMONIY IMKONIYATI
CHEKLANGANLARNING PARA YENGIL ATLETIKA IXTISOSLIGIDAN KASBIY
(IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH
MEZONLARI

(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)

(OYOQ NOZOLOGIYASI UCHUN)

- **Erkaklar uchun**

Jismoniy tayyorgarlik			
Turnikda tortilish (marta) 33 ball		Qo'shpoyada qo'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

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

- OYOQ NOZOLOGIYASI UCHUN

Ayol
lar uchun

Jismoniy tayyorgarlik			
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida (marta) 33 ball		Qo'shpoyada qo'llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
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 holda mashqni bajarishda qo'llar bosh orqasida, oyoqlar juft holda bo'lishi kerak, gavda kamida 90° gacha ko'tarilib bajariladi
- Qo'shpoyada gavdani oxirgacha tushirib va ko'tarish mashqni bajarish harakatlar soni bilan aniqlanadi

- QO'L NOZOLOGIYASI UCHUN

Erkaklar uchun

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
240	33	49-50	30
235-239	31	47-48	29
230-234	29	45-46	28
225-229	27	43-44	27
220-224	25	41-42	26

215-219	23	39-40	25
210-214	21	37-38	24
200-209	19	35-36	23
195-199	17	33-34	22
190-194	15	31-32	21
185-189	13	29-30	20
180-184	11	27-28	19
175-179	9	25-26	18
170-174	7	23-24	17
165-169	5	21-22	16
160-164	3	19-20	15
155-159	2	17-18	14
150-154	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: Turgan joydan uzunlikka sakrashda 3 marotaba imkoniyat beriladi va eng yaxshi natija inobatga olinadi.
- Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.

QO'L NOZOLOGIYASI UCHUN

Ayollar uchun

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
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 holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
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- BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN

Erkaklar uchun

Jismoniy tayyorgarlik			
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqada davomida(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
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- Izoh: Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
- Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

BIR QO'L VA BIR OYOQ NOZOLOGIYASI UCHUN

Ayollar uchun

Jismoniy tayyorgarlik			
Chalqancha yotgan holatda gavdani ko'tarish 1 daqiqa davomida(marta) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
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: Chalqancha yotgan holda mashqni gavda kamida 90⁰ gacha ko'tarilib bajariladi.
- Turgan joydan uzunlikka sakrash sog'lom oyoqda musobaqa qoidasiga asosan qabul qilinadi.

- NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN

Erkaklar uchun

Jismoniy tayyorgarlik			
3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 30 ball	
Natija	Ball	Natija	Ball
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 har ikkala qo'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

- NOZOLOGIYANING BOSHQA BARCHA TURLARI UCHUN

Aylollar uchun

Jismoniy tayyorgarlik			
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	
Natija	Ball	Natija	Ball
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 har ikkala qo'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

BO'YI PAST

Erkaklar uchun

Jismoniy tayyorgarlik			
3 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (3 ta urinishdagi eng yaxshi natija sm) 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
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 har ikkala qo'l ishtirok etishi shart.
- Turgan joydan uzunlikka sakrash musobaqa qoidasiga asosan qabul qilinadi.

- BO'YI PAST

Ayollar uchun

Jismoniy tayyorgarlik			
2 kg li To'ldirma to'pni bosh ortidan uloqtirish 3 ta urinishdagi eng yaxshi natija(metrda) 33 ball		Turgan joydan uzunlikka sakrash (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
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)

Erkaklar uchun

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

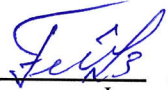

- Izoh: Turnikda qo'llar to'g'ri holda gavdani ko'krak qafasigacha ko'tarilgan holda mashqni bajarish harakatlar soni bilan aniqlanadi.
- Qo'shpoyada gavdani oxirigacha tushirib va ko'tarish mashqni bajarish harakatlar soni bilan aniqlanadi.

(UMURTQA POG‘ONASI SHIKASTLANGANLAR UCHUN)

Ayollar uchun

Jismoniy tayyorgarlik			
Turnikda tortilish (marta) 33 ball		Qo‘shpoyada qo‘llarni bukib-yozish (marta) 30 ball	
Natija	Ball	Natija	Ball
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 harakatlar soni bilan aniqlanadi.
- Qo‘shpoyada gavdani oxirigacha tushirib va ko‘tarish mashqni bajarish harakatlar soni bilan aniqlanadi.

Kafedra mudir  
Imzo F.I.Sh