

O‘ZBEKISTON RESPUBLIKASI SPORT VAZIRLIGI

O‘ZBEKISTON RESPUBLIKASI  
OLIY TA’LIM, FAN VA INNOVATSIYALAR VAZIRLIGI

O‘ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT UNIVERSITETI

“Kiritdi”

O‘zbekiston davlat  
jismoniy tarbiya va  
sport universiteti rektori

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2026-y.

“Kelishildi”

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

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2026-y.

“Tasdiqlayman”

O‘zbekiston Respublikasi  
Sport vazirining  
o‘rinbosari

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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 \_\_\_ \_\_\_dagi \_\_\_-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.

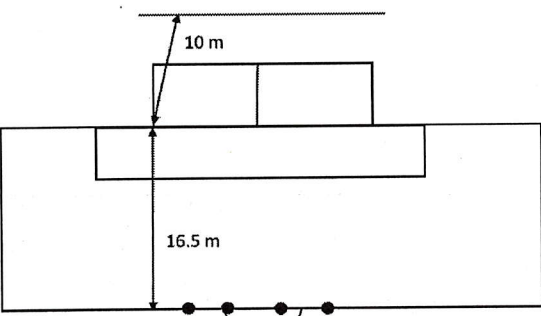
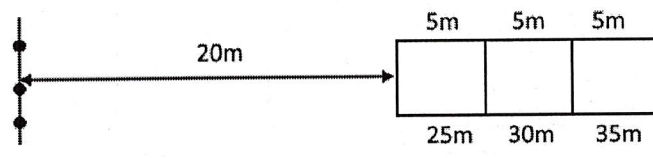
**MUNDARIJA**

<b>T/r</b>	<b>Ta'lim yo'nalishlari</b>	<b>Betlar</b>
1.	Sport faoliyati: basketbol	4
2.	Sport faoliyati: boks	9
3.	Sport faoliyati: voleybol	14
4.	Sport faoliyati: velosport	19
5.	Sport faoliyati: gimnastika	21
6.	Sport faoliyati: suzish	23
7.	Sport faoliyati: yengil atletika	31
8.	Sport faoliyati: gandbol	47
9.	Sport faoliyati: qilichbozlik	51
10.	Sport faoliyati: og'ir atletika	55
11.	Sport faoliyati: eshkak eshish	60
12.	Sport faoliyati: tennis	65
13.	Sport faoliyati: futbol	71
14.	Sport faoliyati: badiiy gimnastika	77
15.	Sport faoliyati: dzyu-do	79
16.	Sport faoliyati: erkin kurash	85
17.	Sport faoliyati: belbog'li kurash	95
18.	Sport faoliyati: taekvondo WTF	100
19.	Sport faoliyati: sambo	104
20.	Sport faoliyati: kurash	112
21.	Sport faoliyati: sinxron suzish	116
22.	Sport faoliyati: badminton	124
23.	Sport faoliyati: yunon-rim kurashi	130
24.	Sport faoliyati: ot sporti	135
25.	Sport faoliyati: triatlon	139
26.	Sport faoliyati: biatlon	141
27.	Sport faoliyati: xokkey	143
28.	Sport faoliyati: regbi	150
29.	Sport faoliyati: shaxmat	154
30.	Sport faoliyati: karate WKF	164
31.	Sport faoliyati: tog' chang'isi	167
32.	Sport faoliyati: stol tennis	174
33.	Sport faoliyati: figurali uchish	181
34.	Sport faoliyati: chim ustida xokkey	188
35.	Sport faoliyati: kik-boks	195
36.	Sport faoliyati: mini futbol	200
37.	Sport faoliyati: kamondan otish	205
38.	Sport faoliyati: muay tay	208
39.	Sport faoliyati: kibersport	213
40.	Sport faoliyati: suv polosi	220
41.	Sport faoliyati: akademik eshkak eshish	224
42.	Sport faoliyati: zamonaviy beshkurash	227
43.	Sport faoliyati: bodybuilding va fitnes	230
44.	Sport faoliyati: snoubord	235
45.	Sport faoliyati: qo'l jangi	242
46.	Sport faoliyati: ayollar kurashi	248
47.	Sport faoliyati: fijital basketbol	253
48.	Sport faoliyati: fijital futbol	260
49.	Sport faoliyati: o'q otish va stend otish	268

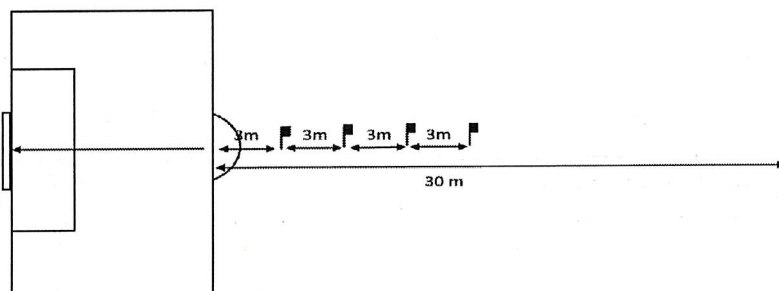
50.	Sport faoliyati: o'zbek jang san'ati	275
51.	Sport faoliyati: kriket	278
52.	Sport faoliyati: sport akrobatikasi	283
53.	Sport faoliyati: pencak silat	285
54.	Sport faoliyati: turon	288
55.	Adaptiv jismoniy tarbiya va sport	296
56.	Sport faoliyati: para yengil atletika	300
57.	Sport faoliyati: para paurlifting	320
58.	Sport faoliyati: para taekvondo	333
59.	Sport faoliyati: para voleybol	335
60.	Sport faoliyati: para velosport	348
61.	Sport faoliyati: para suzish	360
62.	Sport faoliyati: para dzyudo	374

2026/2027 O'QUV YILI UCHUN **FUTBOL** IXTISOSLIGIDAN KASBIY (IJODIY) IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun

T/p	Test me'yorlarining mazmuni		
1	<p><b>Darvozaga zarba berish (20 Ball).</b> Vertikal bo'yicha ikkiga bo'lingan darvozaning ko'rsatilgan tomoniga 16,5 m masofadan harakatsiz turgan to'pga 4 marotaba zarba beriladi. To'p darvoza chizig'ini havoda kesib o'tishi va darvozadan kamida 10 m uzoq masofaga borib tushishi kerak.</p>		
	<b>Natija</b>	<b>Ball</b>	
	4 marta	20 ball	
	3 marta	15 ball	
	2 marta	10 ball	
	1 marta	5 ball	
	0 marta	0 ball	
2	<p><b>To'pni uzoq masofaga aniq uzatish (18 Ball).</b> Uzoq masofaga aniq 5x5 kvadratdagi maydonga harakatsiz turgan to'pni 3-marta tepiladi. Turli masofadan (25m, 30m, 35m,) aniq kvadratga tushgan to'plar baholanadi.</p>		
	<b>Natija</b>	<b>Ball</b>	
	35 m dan	3 marta	18 ball
		2 marta	12 ball
		1 marta	6 ball
	30 m dan	3 marta	15 ball
		2 marta	10 ball
		1 marta	5 ball
	25 m dan	3 marta	12 ball
		2 marta	8 ball
		1 marta	4 ball
		0 marta	0 ball

**To'pni ustunlar oralatib olib yurish va darvozaga zarba berish. (28 Ball).** Jarima maydoni chizig'idan 30 m uzoqlikdagi belgidan boshlab to'pni olib yuriladi, hamda bir-biridan 3 m masofada o'rnatilgan 4 ta ustunni harakatlanib aldab o'tishi shart. Ustunlarni aldab o'tgach, jarima maydoni tashqarisidan darvozaga zarba beriladi. To'p albatta darvoza chizig'ini kesib o'tishi shart. Vaqt to'pni olib yurishi bilan boshlab, to'p darvoza chizig'ini kesib o'tishi bilan to'xtatiladi. Agar to'p darvozaga tushmasa, imtihon topshiruvchi baholanmaydi. Imtihon topshiruvchiga ikkita imkoniyat beriladi. Bu testni



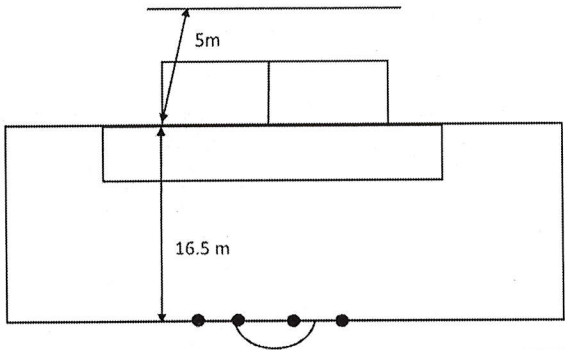
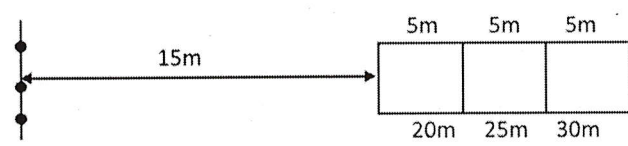
bajarishda sarflanadigan vaqt va to'pni darvozaga aniq tushirish baholanadi.

№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	7,00 gacha	28	11.	7,46-7.50	18	21.	7,96-8,00	8
2.	7,01-7.05	27	12.	7,51-7.55	17	22.	8,01-8,05	7
3.	7,06-7.10	26	13.	7,56-7.60	16	23.	8,06-8,10	6
4.	7,11-7.15	25	14.	7,61-7.65	15	24.	8,11-8,15	5
5.	7,16-7.20	24	15.	7,66-7.70	14	25.	8,16-8,20	4
6.	7,21-7.25	23	16.	7,71-7.75	13	26.	8,21-8,25	3
7.	7,26-7.30	22	17.	7,76-7.80	12	27.	8,26-8,30	2
8.	7,31-7.35	21	18.	7,81-7.85	11	28.	8,31-10,30	1
9.	7,36-7.40	20	19.	7,86-7.90	10			
10.	7,41-7.45	19	20.	7,91-7.95	9			

**4 30 m masofaga to'pni olib yurish (27 Ball).**

Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa urinish hisoblanmaydi.

T/p	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,29 gacha	27	10.	4,54-4,56	18	19.	4,81-4,83	9
2.	4,30-4,32	26	11.	4,57-4,59	17	20.	4,84-4,86	8
3.	4,33-4,35	25	12.	4,60-4,62	16	21.	4,87-4,89	7
4.	4,36-4,38	24	13.	4,63-4,65	15	22.	4,90-4,92	6
5.	4,39-4,41	23	14.	4,66-4,68	14	23.	4,93-4,95	5
6.	4,42-4,44	22	15.	4,69-4,71	13	24.	4,96-4,98	4
7.	4,45-4,47	21	16.	4,72-4,74	12	25.	4,99-5,01	3
8.	4,48-4,50	20	17.	4,75-4,77	11	26.	5,02-5,04	2
9.	4,51-4,53	19	18.	4,78-4,80	10	27.	5,04-5,50	1

T/p	Test me'yorlarining mazmuni																											
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№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	7,70 gacha	28	11.	8,16-8.20	18	21.	8,66-8.70	8
2.	7,71-7,75	27	12.	8,21-8.25	17	22.	8,71-8.75	7
3.	7,76-7,80	26	13.	8,26-8.30	16	23.	8,76-8,80	6
4.	7,81-7,85	25	14.	8,31-8.35	15	24.	8,81-8.85	5
5.	7,86-7,90	24	15.	8,36-8,40	14	25.	8,86-8,90	4
6.	7,91-7.95	23	16.	8,41-8.45	13	26.	8,91-8,95	3
7.	7,96-8.00	22	17.	8,46-8.50	12	27.	8,96-9,00	2
8.	8,01-8.05	21	18.	8,51-8.55	11	28.	9,01-11,30	1
9.	8,06-8.10	20	19.	8,56-8.60	10			
10.	8,11-8.15	19	20.	8,61-8.65	9			
4	<b>30 m masofaga to'pni olib yurish (27 Ball).</b> Imtihon topshiruvchi ikki urinishda to'pni 30 m masofaga olib yurish harakatlarini bajaradi. Eng yaxshi imkoniyat hisobga olinadi. To'pni olib yurishda imtihon topshiruvchi kamida 3 ta teginish orqali harakatlanishi kerak. Agar 3 ta teginishda kam harakatni amalga oshirsa, urinish hisoblanmaydi.							
№	Natija	Ball	№	Natija	Ball	№	Natija	Ball
1.	4,69 gacha	27	10.	4,94-4,96	18	19.	5,21-5,23	9
2.	4,70-4,72	26	11.	4,97-4,99	17	20.	5,24-5,26	8
3.	4,73-4,75	25	12.	5,00-5,02	16	21.	5,27-5,29	7
4.	4,76-4,78	24	13.	5,03-5,05	15	22.	5,30-5,32	6
5.	4,79-4,81	23	14.	5,06-5,08	14	23.	5,33-5,35	5
6.	4,82-4,84	22	15.	5,09-5,11	13	24.	5,36-5,38	4
7.	4,85-4,87	21	16.	5,12-5,14	12	25.	5,39-5,41	3
8.	4,88-4,90	20	17.	5,15-5,17	11	26.	5,42-5,44	2
9.	4,91-4,93	19	18.	5,18-5,20	10	27.	5,45-6,50	1

2026/2027 O'QUV YILI UCHUN **FUTBOL** IXTISOSLIGIDAN KASBIY (IJODIY)  
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI  
**(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)**

Erkaklar uchun

**1. 400 m. ga yugurish (21 Ball) (daqiqqa, soniya)**

№	Natija	Ball	№	Natija	Ball
1.	1,00,00 gacha	21	12.	1,10,01-1,11,00	10
2.	1,00,01-1,01,00	20	13.	1,11,01-1,12,00	9
3.	1,01,01-1,02,00	19	14.	1,12,01-1,13,00	8
4.	1,02,01-1,03,00	18	15.	1,13,01-1,14,00	7
5.	1,03,01-1,04,00	17	16.	1,14,01-1,15,00	6
6.	1,04,01-1,05,00	16	17.	1,15,01-1,16,00	5
7.	1,05,01-1,06,00	15	18.	1,16,01-1,17,00	4
8.	1,06,01-1,07,00	14	19.	1,17,01-1,18,00	3
9.	1,07,01-1,08,00	13	20.	1,18,01-1,19,00	2
10.	1,08,01-1,09,00	12	21.	1,19,01-1,50,00	1
11.	1,09,01-1,10,00	11			

**1. Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)**

№	Natija	Ball	№	Natija	Ball
1.	260 yuqori	21	12.	209-205	10
2.	259-255	20	13.	204-200	9
3.	254-250	19	14.	199-195	8
4.	249-245	18	15.	194-190	7
5.	244-240	17	16.	189-185	6
6.	239-235	16	17.	184-180	5
7.	234-230	15	18.	179-175	4
8.	229-225	14	19.	174-170	3
9.	224-220	13	20.	169-165	2
10.	219-215	12	21.	164-100	1
11.	214-210	11			

**3. Makkisimon yugurish 4x10 metr. (21 Ball) (soniya)**

№	Natija	Ball	№	Natija	Ball
1.	9,00 gacha	21	12.	10,01-10,10	10
2.	9,01-9,10	20	13.	10,11-10,20	9
3.	9,11-9,20	19	14.	10,21-10,30	8
4.	9,21-9,30	18	15.	10,31-10,40	7
5.	9,31-9,40	17	16.	10,41-10,50	6
6.	9,41-9,50	16	17.	10,51-10,60	5
7.	9,51-9,60	15	18.	10,61-10,70	4
8.	9,61-9,70	14	19.	10,71-10,80	3
9.	9,71-9,80	13	20.	10,81-10,90	2
10.	9,81-9,90	12	21.	10,91-13,00	1
11.	9,91-10,00	11	22.		

**1. 400 m. ga yugurish (21 Ball) (daqqa, soniya)**

№	Natija	Ball	№	Natija	Ball
1.	1,11,00 gacha	21	12.	1,21,01-1,22,00	10
2.	1,11,01-1,12,00	20	13.	1,22,01-1,23,00	9
3.	1,12,01-1,13,00	19	14.	1,23,01-1,24,00	8
4.	1,13,01-1,14,00	18	15.	1,24,01-1,25,00	7
5.	1,14,01-1,15,00	17	16.	1,25,01-1,26,00	6
6.	1,15,01-1,16,00	16	17.	1,26,01-1,27,00	5
7.	1,16,01-1,17,00	15	18.	1,27,01-1,28,00	4
8.	1,17,01-1,18,00	14	19.	1,28,01-1,29,00	3
9.	1,18,01-1,19,00	13	20.	1,29,01-1,30,00	2
10.	1,19,01-1,20,00	12	21.	1,30,01-2,50,00	1
11.	1,20,01-1,21,00	11	22.		

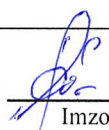
**2. Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)**

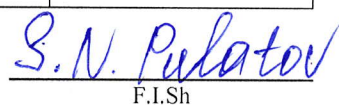
№	Natija	Ball	№	Natija	Ball
1.	230 yuqori	21	12.	179-175	10
2.	229-225	20	13.	174-170	9
3.	224-220	19	14.	169-165	8
4.	219-215	18	15.	164-160	7
5.	214-210	17	16.	159-155	6
6.	209-205	16	17.	154-150	5
7.	204-200	15	18.	149-145	4
8.	199-195	14	19.	144-140	3
9.	194-190	13	20.	139-135	2
10.	189-185	12	21.	134-100	1
11.	184-180	11	22.		

**3. Mokkalimon yugurish 4x10 metr. (21 Ball) (soniya)**

№	Natija	Ball	№	Natija	Ball
1.	10,00 gacha	21	12.	11,01-11,10	10
2.	10,01,10,10	20	13.	11,11-11,20	9
3.	10,11-10,20	19	14.	11,21-11,30	8
4.	10,21-10,30	18	15.	11,31-11,40	7
5.	10,31-10,40	17	16.	11,41-11,50	6
6.	10,41-10,50	16	17.	11,51-11,60	5
7.	10,51-10,60	15	18.	11,61-11,70	4
8.	10,61-10,70	14	19.	11,71-11,80	3
9.	10,71-10,80	13	20.	11,81-11,90	2
10.	10,81-10,90	12	21.	11,91-14,00	1
11.	10,91-11,00	11	22.		

Kafedra mudir


  
Imzo


  
F.I.Sh