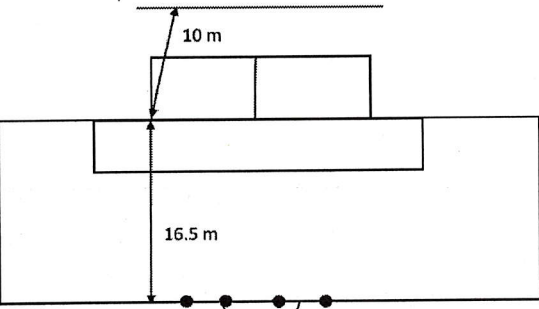
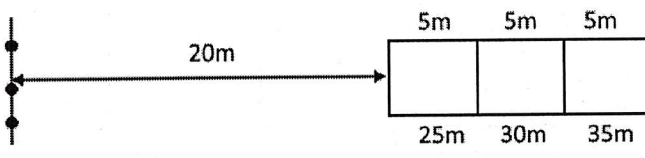
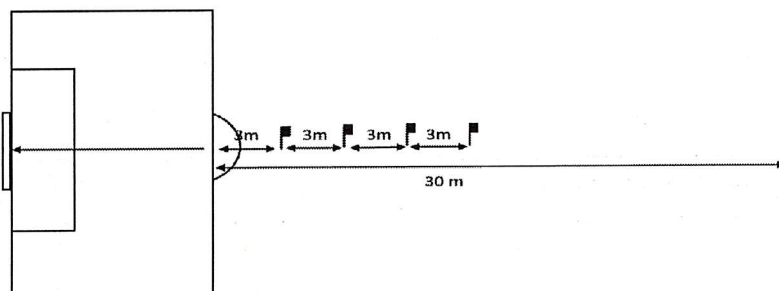


2026/2027 O'QUV YILI UCHUN **FUTBOL** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar uchun

T/p	Test me'yorlarining mazmuni		
1	<p>Darvozaga zarba berish (20 Ball). 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>		
	Natija	Ball	
	4 marta	20 ball	
	3 marta	15 ball	
	2 marta	10 ball	
	1 marta	5 ball	
	0 marta	0 ball	
2	<p>To'pni uzoq masofaga aniq uzatish (18 Ball). 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>		
	Natija	Ball	
	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



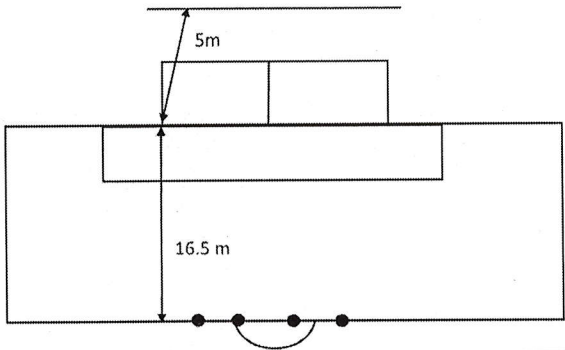
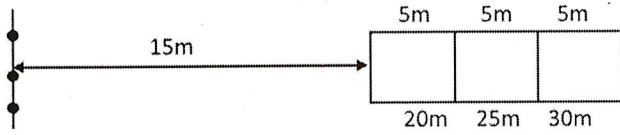
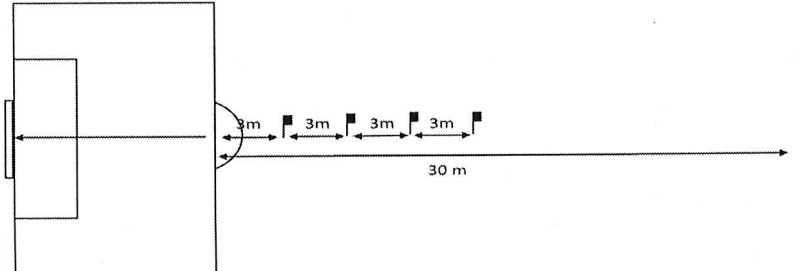
bajarishda sarflanadigan vaqt va to'pni darvozaga aniq tushirish baholanadi.

№	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																											
1	<p>Darvozaga zarba berish (20 Ball). 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 5 m uzoq masofaga borib tushishi kerak.</p>																											
		<table border="1"> <thead> <tr> <th data-bbox="215 622 912 660">Natija</th> <th data-bbox="912 622 1445 660">Ball</th> </tr> </thead> <tbody> <tr> <td data-bbox="215 660 912 694">4 marta</td> <td data-bbox="912 660 1445 694">20 ball</td> </tr> <tr> <td data-bbox="215 694 912 728">3 marta</td> <td data-bbox="912 694 1445 728">15 ball</td> </tr> <tr> <td data-bbox="215 728 912 761">2 marta</td> <td data-bbox="912 728 1445 761">10 ball</td> </tr> <tr> <td data-bbox="215 761 912 795">1 marta</td> <td data-bbox="912 761 1445 795">5 ball</td> </tr> <tr> <td data-bbox="215 795 912 846">0 marta</td> <td data-bbox="912 795 1445 846">0 ball</td> </tr> </tbody> </table>	Natija	Ball	4 marta	20 ball	3 marta	15 ball	2 marta	10 ball	1 marta	5 ball	0 marta	0 ball														
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		<table border="1"> <thead> <tr> <th colspan="2" data-bbox="215 1064 912 1108">Natija</th> <th data-bbox="912 1064 1445 1108">Ball</th> </tr> </thead> <tbody> <tr> <td data-bbox="215 1108 651 1220" rowspan="3">30 m dan</td> <td data-bbox="651 1108 912 1142">3 marta</td> <td data-bbox="912 1108 1445 1142">18 ball</td> </tr> <tr> <td data-bbox="651 1142 912 1176">2 marta</td> <td data-bbox="912 1142 1445 1176">12 ball</td> </tr> <tr> <td data-bbox="651 1176 912 1220">1 marta</td> <td data-bbox="912 1176 1445 1220">6 ball</td> </tr> <tr> <td data-bbox="215 1220 651 1332" rowspan="3">25 m dan</td> <td data-bbox="651 1220 912 1254">3 marta</td> <td data-bbox="912 1220 1445 1254">15 ball</td> </tr> <tr> <td data-bbox="651 1254 912 1288">2 marta</td> <td data-bbox="912 1254 1445 1288">10 ball</td> </tr> <tr> <td data-bbox="651 1288 912 1332">1 marta</td> <td data-bbox="912 1288 1445 1332">5 ball</td> </tr> <tr> <td data-bbox="215 1332 651 1489" rowspan="4">20 m dan</td> <td data-bbox="651 1332 912 1366">3 marta</td> <td data-bbox="912 1332 1445 1366">12 ball</td> </tr> <tr> <td data-bbox="651 1366 912 1400">2 marta</td> <td data-bbox="912 1366 1445 1400">8 ball</td> </tr> <tr> <td data-bbox="651 1400 912 1444">1 marta</td> <td data-bbox="912 1400 1445 1444">4 ball</td> </tr> <tr> <td data-bbox="651 1444 912 1489">0 marta</td> <td data-bbox="912 1444 1445 1489">0 ball</td> </tr> </tbody> </table>	Natija		Ball	30 m dan	3 marta	18 ball	2 marta	12 ball	1 marta	6 ball	25 m dan	3 marta	15 ball	2 marta	10 ball	1 marta	5 ball	20 m dan	3 marta	12 ball	2 marta	8 ball	1 marta	4 ball	0 marta	0 ball
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3	<p>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.</p>																											
																												

№	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	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.							
№	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.		

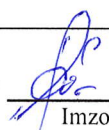
2. Ikki oyoqda depsinib joydan uzunlikka sakrash (21 Ball) (sm)

№	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.		

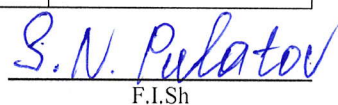
3. Mokkalimon yugurish 4x10 metr. (21 Ball) (soniya)

№	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