附件4：**资格确认内容、方法与标准**

田径测试内容包括身体形态（20%）、专项素质（30%）、实战表现（50%）三部分，具体如下：

1.身体形态（20%）

测试要求：身高，测试者穿袜子或者赤脚，身体呈“立正”姿势。大腿长、小腿长+足高、下肢长B、指距测量值最小取值单位为0.1厘米。

评价标准：

 （1）短跑

|  |  |  |
| --- | --- | --- |
| 得分 | 形态 | 身高 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 85 | 174 | 179 | 168 | 173 |
| 9.5  | 86 | 173 | 178 | 167 | 172 |
| 9.0  | 87 | 172 | 177 | 166 | 171 |
| 8.5  | 88 | 171 | 176 | 165 | 170 |
| 8.0  | 89 | 170 | 175 | 164 | 169 |
| 7.5  | 90 | 169 | 174 | 163 | 168 |
| 7.0  | 91 | 168 | 173 | 162 | 167 |
| 6.5  | 92 | 167 | 172 | 161 | 166 |
| 6.0  | 93 | 166 | 171 | 160 | 165 |
| 5.5  | 94 | 165 | 170 | 159 | 164 |
| 5.0  | 95 | 164 | 169 | 158 | 163 |
| 4.5  | 96 | 163 | 168 | 157 | 162 |
| 4.0  | 97 | 162 | 167 | 156 | 161 |
| 3.5  | 98 | 161 | 166 | 155 | 160 |
| 3.0  | 99 | 160 | 165 | 154 | 159 |
| 2.5  | 100 | 159 | 164 | 153 | 158 |
| 2.0  | 101 | 158 | 163 | 152 | 157 |
| 1.5  | 102 | 157 | 162 | 151 | 156 |
| 1.0  | 103 | 156 | 161 | 150 | 155 |
| 0.5  | 104 | 155 | 160 | 149 | 154 |

 指标：身高、（大腿长/小腿长+足高）×100

 （2）跳远

|  |  |  |
| --- | --- | --- |
| 得分 | 形态 | 身高 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 54.5 | 175 | 180 | 169 | 174 |
| 9.5  | 54.2 | 174 | 179 | 168 | 173 |
| 9.0  | 53.9 | 173 | 178 | 167 | 172 |
| 8.5  | 53.6 | 172 | 177 | 166 | 171 |
| 8.0  | 53.3 | 171 | 176 | 165 | 170 |
| 7.5  | 53.0 | 170 | 175 | 164 | 169 |
| 7.0  | 52.7 | 169 | 174 | 163 | 168 |
| 6.5  | 52.4 | 168 | 173 | 162 | 167 |
| 6.0  | 52.1 | 167 | 172 | 161 | 166 |
| 5.5  | 51.8 | 166 | 171 | 160 | 165 |
| 5.0  | 51.2 | 164 | 169 | 158 | 163 |
| 4.5  | 50.6 | 162 | 167 | 156 | 161 |
| 4.0  | 50.0 | 160 | 165 | 154 | 159 |
| 3.5  | 49.4 | 158 | 163 | 152 | 157 |
| 3.0  | 48.8 | 156 | 161 | 150 | 155 |
| 2.5  | 48.2 | 154 | 159 | 148 | 153 |
| 2.0  | 47.6 | 152 | 157 | 146 | 151 |
| 1.5  | 47.0 | 150 | 155 | 144 | 149 |
| 1.0  | 46.4 | 148 | 153 | 142 | 147 |
| 0.5  | 45.8 | 146 | 151 | 140 | 145 |

 指标：身高、下肢长B/身高×100

（3）三级跳远

|  |  |  |
| --- | --- | --- |
| 得分 | 形态 | 身高 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 54.5 | 180 | 184 | 174 | 178 |
| 9.5  | 54.2 | 179 | 183 | 173 | 177 |
| 9.0  | 53.9 | 178 | 182 | 172 | 176 |
| 8.5  | 53.6 | 177 | 181 | 171 | 175 |
| 8.0  | 53.3 | 176 | 180 | 170 | 174 |
| 7.5  | 53.0 | 175 | 179 | 169 | 173 |
| 7.0  | 52.7 | 174 | 178 | 168 | 172 |
| 6.5  | 52.4 | 173 | 177 | 167 | 171 |
| 6.0  | 52.1 | 172 | 176 | 166 | 170 |
| 5.5  | 51.8 | 171 | 175 | 165 | 169 |
| 5.0  | 51.2 | 169 | 173 | 163 | 167 |
| 4.5  | 50.6 | 167 | 171 | 161 | 165 |
| 4.0  | 50.0 | 165 | 169 | 159 | 163 |
| 3.5  | 49.4 | 163 | 167 | 157 | 161 |
| 3.0  | 48.8 | 161 | 165 | 155 | 159 |
| 2.5  | 48.2 | 159 | 163 | 153 | 157 |
| 2.0  | 47.6 | 157 | 161 | 151 | 155 |
| 1.5  | 47.0 | 155 | 159 | 149 | 153 |
| 1.0  | 46.4 | 153 | 157 | 147 | 151 |
| 0.5  | 45.8 | 151 | 155 | 145 | 149 |

指标：身高、下肢长B/身高×100

（4）投掷

标枪

|  |  |  |  |
| --- | --- | --- | --- |
| 得分 | 男形态 | 女形态 | 身高 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 7.0 | 6.0 | 180 | 184 | 175 | 180 |
| 9.5  | 6.5 | 5.5 | 179 | 183 | 174 | 179 |
| 9.0  | 6.0 | 5.0 | 178 | 182 | 173 | 178 |
| 8.5  | 5.5 | 4.5 | 177 | 181 | 172 | 177 |
| 8.0  | 5.0 | 4.0 | 176 | 180 | 171 | 176 |
| 7.5  | 4.5 | 3.5 | 175 | 179 | 170 | 175 |
| 7.0  | 4.0 | 3.0 | 174 | 178 | 169 | 174 |
| 6.5  | 3.5 | 2.5 | 173 | 177 | 168 | 173 |
| 6.0  | 3.0 | 2.0 | 172 | 176 | 167 | 172 |
| 5.5  | 2.5 | 1.5 | 171 | 175 | 166 | 171 |
| 5.0  | 2.0 | 1.0 | 169 | 173 | 164 | 169 |
| 4.5  | 1.5 | 0.5 | 167 | 171 | 162 | 167 |
| 4.0  | 1.0 | 0 | 165 | 169 | 160 | 165 |
| 3.5  | 0.5 | -0.5 | 163 | 167 | 158 | 163 |
| 3.0  | 0.0 | -1 | 161 | 165 | 156 | 161 |
| 2.5  | -0.5 | -1.5 | 159 | 163 | 154 | 159 |
| 2.0  | -1.0 | -2 | 157 | 161 | 152 | 157 |
| 1.5  | -1.5 | -2.5 | 155 | 159 | 150 | 155 |
| 1.0  | -2.0 | -3 | 153 | 157 | 148 | 153 |
| 0.5  | -2.5 | -3.5 | 151 | 155 | 146 | 151 |

 指标：身高、指距-身高

 2.短跑专项素质（30%）

（1）300米（10%）

测试要求：采用蹲踞式起跑姿势，统一听口令起跑，每人测一次。

评价标准：（此标准为电动计时，手动计时按实际成绩+0.24计算）

|  |  |
| --- | --- |
| 得分 | 300米 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 39.14 | 37.14 | 42.14 | 41.14 |
| 9.5  | 40.14 | 38.14 | 43.14 | 42.14 |
| 9.0  | 41.14 | 39.14 | 44.14 | 43.14 |
| 8.5  | 42.14 | 40.14 | 45.14 | 44.14 |
| 8.0  | 43.14 | 41.14 | 46.14 | 45.14 |
| 7.5  | 44.14 | 42.14 | 47.14 | 46.14 |
| 7.0  | 45.14 | 43.14 | 48.14 | 47.14 |
| 6.5  | 46.14 | 44.14 | 49.14 | 48.14 |
| 6.0  | 47.14 | 45.14 | 50.14 | 49.14 |
| 5.5  | 48.14 | 46.14 | 51.14 | 50.14 |
| 5.0  | 49.64 | 47.64 | 52.64 | 51.64 |
| 4.5  | 51.14 | 49.14 | 54.14 | 53.14 |
| 4.0  | 52.64 | 50.64 | 55.64 | 54.64 |
| 3.5  | 54.14 | 52.14 | 57.14 | 56.14 |
| 3.0  | 55.64 | 53.64 | 58.64 | 57.64 |
| 2.5  | 57.14 | 55.14 | 60.14 | 59.14 |
| 2.0  | 58.64 | 56.64 | 61.64 | 60.64 |
| 1.5  | 60.14 | 58.14 | 63.14 | 62.14 |
| 1.0  | 61.64 | 59.64 | 64.64 | 63.64 |
| 0.5  | 63.14 | 61.14 | 66.14 | 65.14 |

（2）立定三级跳远（10%）

测试要求：测试者两脚平行开立，站在起跳线后，屈膝半蹲，摆臂蹬伸，用双脚蹬离地面跳起。然后按跳的级数依次用单脚换步跨跳，最后一步落入沙坑。每人测三次，计取最好成绩的一次为测试成绩。起跳线距离沙坑的距离分别为5、6、7、8、9米，由测试者根据自身水平选择任一起跳线起跳。

 评价标准：

|  |  |
| --- | --- |
| 得分 | 立定三级跳远 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 8.3  | 8.7  | 7.4  | 7.8  |
| 9.5  | 8.2  | 8.6  | 7.3  | 7.7  |
| 9.0  | 8.1  | 8.5  | 7.2  | 7.6  |
| 8.5  | 8.0  | 8.4  | 7.1  | 7.5  |
| 8.0  | 7.9  | 8.3  | 7.0  | 7.4  |
| 7.5  | 7.8  | 8.2  | 6.9  | 7.3  |
| 7.0  | 7.7  | 8.1  | 6.8  | 7.2  |
| 6.5  | 7.6  | 8.0  | 6.7  | 7.1  |
| 6.0  | 7.5  | 7.9  | 6.6  | 7.0  |
| 5.5  | 7.4  | 7.8  | 6.5  | 6.9  |
| 5.0  | 7.2  | 7.6  | 6.3  | 6.7  |
| 4.5  | 7.0  | 7.4  | 6.1  | 6.5  |
| 4.0  | 6.8  | 7.2  | 5.9  | 6.3  |
| 3.5  | 6.6  | 7.0  | 5.7  | 6.1  |
| 3.0  | 6.4  | 6.8  | 5.5  | 5.9  |
| 2.5  | 6.2  | 6.6  | 5.3  | 5.7  |
| 2.0  | 6.0  | 6.4  | 5.1  | 5.5  |
| 1.5  | 5.8  | 6.2  | 4.9  | 5.3  |
| 1.0  | 5.6  | 6.0  | 4.7  | 5.1  |
| 0.5  | 5.4  | 5.8  | 4.5  | 4.9  |

（3）后抛铅球（男4公斤、女3公斤）（10%）

测试要求：测试者背对投掷方向，双脚开立，脚后跟不得踩踏或越过起掷线。双手持球经过预蹲后自下而上地用力将球向后方抛出。球出手后身体可以随惯性后退越过起掷线，不算犯规。每人可测三次，计取最好成绩的一次为测试成绩。

评价标准：

|  |  |
| --- | --- |
| 得分 |  后抛铅球 |
| 男子 | 女子 |
| 14  | 15  | 14  | 15  |
| 10.0  | 14.0  | 15.0  | 11.5  | 12.0  |
| 9.5  | 13.7  | 14.7  | 11.2  | 11.7  |
| 9.0  | 13.4  | 14.4  | 10.9  | 11.4  |
| 8.5  | 13.1  | 14.1  | 10.6  | 11.1  |
| 8.0  | 12.8  | 13.8  | 10.3  | 10.8  |
| 7.5  | 12.5  | 13.5  | 10.0  | 10.5  |
| 7.0  | 12.2  | 13.2  | 9.7  | 10.2  |
| 6.5  | 11.9  | 12.9  | 9.4  | 9.9  |
| 6.0  | 11.6  | 12.6  | 9.1  | 9.6  |
| 5.5  | 11.3  | 12.3  | 8.8  | 9.3  |
| 5.0  | 11.0  | 12.0  | 8.5  | 9.0  |
| 4.5  | 10.7  | 11.7  | 8.2  | 8.7  |
| 4.0  | 10.4  | 11.4  | 7.9  | 8.4  |
| 3.5  | 10.1  | 11.1  | 7.6  | 8.1  |
| 3.0  | 9.8  | 10.8  | 7.3  | 7.8  |
| 2.5  | 9.5  | 10.5  | 7.0  | 7.5  |
| 2.0  | 9.2  | 10.2  | 6.7  | 7.2  |
| 1.5  | 8.9  | 9.9  | 6.4  | 6.9  |
| 1.0  | 8.6  | 9.6  | 6.1  | 6.6  |
| 0.5  | 8.3  | 9.3  | 5.8  | 6.3  |

3.跳远专项素质（30%）

（1）100米（10%）

测试要求：采用蹲踞式起跑姿势，统一听口令起跑，每人测一次。

评价标准：（此标准为电动计时，手动计时按实际成绩+0.24计算）

|  |  |
| --- | --- |
| 得分 | 100米 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 11.90  | 11.70  | 13.10  | 12.60  |
| 9.5  | 12.05  | 11.85  | 13.25  | 12.75  |
| 9.0  | 12.20  | 12.00  | 13.40  | 12.90  |
| 8.5  | 12.35  | 12.15  | 13.55  | 13.05  |
| 8.0  | 12.50  | 12.30  | 13.70  | 13.20  |
| 7.5  | 12.65  | 12.45  | 13.85  | 13.35  |
| 7.0  | 12.80  | 12.60  | 14.00  | 13.50  |
| 6.5  | 12.95  | 12.75  | 14.15  | 13.65  |
| 6.0  | 13.10  | 12.90  | 14.30  | 13.80  |
| 5.5  | 13.25  | 13.05  | 14.45  | 13.95  |
| 5.0  | 13.35  | 13.15  | 14.55  | 14.05  |
| 4.5  | 13.45  | 13.25  | 14.65  | 14.15 |
| 4.0  | 13.55  | 13.35  | 14.75  | 14.25  |
| 3.5  | 13.65  | 13.45  | 14.85  | 14.35  |
| 3.0  | 13.75  | 13.55  | 14.95  | 14.45  |
| 2.5  | 13.85  | 13.65  | 15.05  | 14.55  |
| 2.0  | 13.95  | 13.75  | 15.15  | 14.65  |
| 1.5  | 14.05  | 13.85  | 15.25  | 14.75  |
| 1.0  | 14.15  | 13.95  | 15.35  | 14.85  |
| 0.5  | 14.25  | 14.05  | 15.45  | 14.95  |

（2）5步助跑五级单足跳（10%）

测试要求：测试者必须原地起动开始助跑，不得走动或行进间起动。用五步助跑至起跳线开始起跳。运动员用起跳腿连续完成5次单足跳跃，最后一跳落入沙坑。每人测三次，计取最好成绩的一次为测试成绩。起跳线距离沙坑的距离分别为13、14、15、16、17米，由测试者根据自身水平选择任一起跳线起跳。

评价标准：

|  |  |
| --- | --- |
| 得分 | 5步助跑五级单足跳 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 18.50  | 20.00  | 16.50  | 17.50  |
| 9.5  | 18.25  | 19.75  | 16.25  | 17.25  |
| 9.0  | 18.00  | 19.50  | 16.00  | 17.00  |
| 8.5  | 17.75  | 19.25  | 15.75  | 16.75  |
| 8.0  | 17.50  | 19.00  | 15.50  | 16.50  |
| 7.5  | 17.25  | 18.75  | 15.25  | 16.25  |
| 7.0  | 17.00  | 18.50  | 15.00  | 16.00  |
| 6.5  | 16.75  | 18.25  | 14.75  | 15.75  |
| 6.0  | 16.50  | 18.00  | 14.50  | 15.50  |
| 5.5  | 16.25  | 17.75  | 14.25  | 15.25  |
| 5.0  | 16.00  | 17.50  | 14.00  | 15.00  |
| 4.5  | 15.50  | 17.00  | 13.50  | 14.50  |
| 4.0  | 15.00  | 16.50  | 13.00  | 14.00  |
| 3.5  | 14.50  | 16.00  | 12.50  | 13.50  |
| 3.0  | 14.00  | 15.50  | 12.00  | 13.00  |
| 2.5  | 13.50  | 15.00  | 11.50  | 12.50  |
| 2.0  | 13.00  | 14.50  | 11.00  | 12.00  |
| 1.5  | 12.50  | 14.00  | 10.50  | 11.50  |
| 1.0  | 12.00  | 13.50  | 10.00  | 11.00  |
| 0.5  | 11.50  | 13.00  | 9.50  | 10.50  |

（3）后抛铅球（男4公斤、女3公斤）（10%）

测试要求：测试者背对投掷方向，双脚开立，脚后跟不得踩踏或越过起掷线。双手持球经过预蹲后自下而上地用力将球向后方抛出。球出手后身体可以随惯性后退越过起掷线，不算犯规。每人可测三次，计取最好成绩的一次为测试成绩。

评价标准：

|  |  |
| --- | --- |
| 得分 | 后抛铅球 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 14.0  | 15.0  | 11.5  | 12.0  |
| 9.5  | 13.7  | 14.7  | 11.2  | 11.7  |
| 9.0  | 13.4  | 14.4  | 10.9  | 11.4  |
| 8.5  | 13.1  | 14.1  | 10.6  | 11.1  |
| 8.0  | 12.8  | 13.8  | 10.3  | 10.8  |
| 7.5  | 12.5  | 13.5  | 10.0  | 10.5  |
| 7.0  | 12.2  | 13.2  | 9.7  | 10.2  |
| 6.5  | 11.9  | 12.9  | 9.4  | 9.9  |
| 6.0  | 11.6  | 12.6  | 9.1  | 9.6  |
| 5.5  | 11.3  | 12.3  | 8.8  | 9.3  |
| 5.0  | 10.8  | 11.8  | 8.4 | 8.9 |
| 4.5  | 10.3  | 11.3  | 8.0  | 8.5  |
| 4.0  | 9.8  | 10.8  | 7.6  | 8.1  |
| 3.5  | 9.3  | 10.3  | 7.2  | 7.7  |
| 3.0  | 8.8  | 9.8  | 6.8  | 7.3  |
| 2.5  | 8.3  | 9.3  | 6.4  | 6.9  |
| 2.0  | 7.8  | 8.8  | 6.0  | 7.5  |
| 1.5  | 7.3  | 8.3  | 5.6  | 6.1  |
| 1.0  | 6.8  | 7.8  | 5.2  | 5.7  |
| 0.5  | 6.3  | 7.3  | 4.8  | 5.3  |

4.三级跳远专项素质（30%）

（1）100米（10%）

测试要求：采用蹲踞式起跑姿势，统一听口令起跑，每人测一次。

评价标准：（此标准为电动计时，手动计时按实际成绩+0.24计算）

|  |  |
| --- | --- |
| 得分 | 100米 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 12.0 | 11.8 | 12.8 | 12.5 |
| 9.5  | 12.15 | 11.95 | 12.95 | 12.65 |
| 9.0  | 12.30 | 12.10 | 13.10 | 12.80 |
| 8.5  | 12.45 | 12.25 | 13.25 | 12.95 |
| 8.0  | 12.60 | 12.40 | 13.40 | 13.10 |
| 7.5  | 12.75 | 12.55 | 13.55 | 13.25 |
| 7.0  | 12.90 | 12.70 | 13.70 | 13.40 |
| 6.5  | 13.05 | 12.85 | 13.85 | 13.55 |
| 6.0  | 13.20 | 13.00 | 14.00 | 13.70 |
| 5.5  | 13.35 | 13.15 | 14.15 | 13.85 |
| 5.0  | 13.45 | 13.25 | 14.25 | 13.95 |
| 4.5  | 13.55 | 13.35 | 14.35 | 14.05 |
| 4.0  | 13.65 | 13.45 | 14.45 | 14.15 |
| 3.5  | 13.75 | 13.55 | 14.55 | 14.25 |
| 3.0  | 13.85 | 13.65 | 14.65 | 14.35 |
| 2.5  | 13.95 | 13.75 | 14.75 | 14.45 |
| 2.0  | 14.05 | 13.85 | 14.85 | 14.55 |
| 1.5  | 14.15 | 13.95 | 14.95 | 14.65 |
| 1.0  | 14.25 | 14.05 | 15.05 | 14.75 |
| 0.5  | 14.35 | 14.15 | 15.15 | 14.85 |

（2）6步助跑五级单足跳（10%）

测试要求：测试者必须原地起动开始助跑，不得走动或行进间起动。用六步助跑至起跳线开始起跳。运动员用起跳腿连续完成5次单足跳跃，最后一跳落入沙坑。每人测三次，计取最好成绩的一次为测试成绩。起跳线距离沙坑的距离分别为13、14、15、16、17米，由测试者根据自身水平选择任一起跳线起跳。

评价标准：

|  |  |
| --- | --- |
| 得分 | 6步助跑五级单足跳 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 19.00  | 20.50  | 16.50  | 17.50  |
| 9.5  | 18.75  | 20.25  | 16.25  | 17.25  |
| 9.0  | 18.50  | 20.00  | 16.00  | 17.00  |
| 8.5  | 18.25  | 19.75  | 15.75  | 16.75  |
| 8.0  | 18.00  | 19.50  | 15.50  | 16.50  |
| 7.5  | 17.75  | 19.25  | 15.25  | 16.25  |
| 7.0  | 17.50  | 19.00  | 15.00  | 16.00  |
| 6.5  | 17.25  | 18.75  | 14.75  | 15.75  |
| 6.0  | 17.00  | 18.50  | 14.50  | 15.50  |
| 5.5  | 16.75  | 18.25  | 14.25  | 15.25  |
| 5.0  | 16.50  | 18.00  | 14.00  | 15.00  |
| 4.5  | 16.00  | 17.50  | 13.50  | 14.50  |
| 4.0  | 15.50  | 17.00  | 13.00  | 14.00  |
| 3.5  | 15.00  | 16.50  | 12.50  | 13.50  |
| 3.0  | 14.50  | 16.00  | 12.00  | 13.00  |
| 2.5  | 14.00  | 15.50  | 11.50  | 12.50  |
| 2.0  | 13.50  | 15.00  | 11.00  | 12.00  |
| 1.5  | 13.00  | 14.50  | 10.50  | 11.50  |
| 1.0  | 12.50  | 14.00  | 10.00  | 11.00  |
| 0.5  | 12.00  | 13.50  | 9.50  | 10.50  |

（3）后抛铅球（男4公斤、女3公斤）（10%）

测试要求：测试者背对投掷方向，双脚开立，脚后跟不得踩踏或越过起掷线。双手持球经过预蹲后自下而上地用力将球向后方抛出。球出手后身体可以随惯性后退越过起掷线，不算犯规。每人可测三次，计取最好成绩的一次为测试成绩。

评价标准：

|  |  |
| --- | --- |
| 得分 | 后抛铅球 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 14.0  | 15.0  | 11.5  | 12.0  |
| 9.5  | 13.7  | 14.7  | 11.2 | 11.7  |
| 9.0  | 13.4  | 14.4  | 10.9  | 11.4  |
| 8.5  | 13.1  | 14.1  | 10.6  | 11.1  |
| 8.0  | 12.8  | 13.8  | 10.3  | 10.8  |
| 7.5  | 12.5  | 13.5  | 10.0  | 10.5  |
| 7.0  | 12.2  | 13.2  | 9.7  | 10.2  |
| 6.5  | 11.9  | 12.9  | 9.4  | 9.9  |
| 6.0  | 11.6  | 12.6  | 9.1  | 9.6  |
| 5.5  | 11.3  | 12.3  | 8.8  | 9.3  |
| 5.0  | 10.8  | 11.8  | 8.3  | 8.8 |
| 4.5  | 10.3  | 11.3  | 7.8  |  8.3 |
| 4.0  | 9.8  | 10.8  | 7.3  | 7.8 |
| 3.5  | 9.3  | 10.3  | 6.8  | 7.3  |
| 3.0  | 8.8  | 9.8  | 6.3  | 6.8  |
| 2.5  | 8.3  | 9.3  | 5.8  | 6.3  |
| 2.0  | 7.8  | 8.8  | 5.3  | 5.8  |
| 1.5  | 7.3  | 8.3  | 4.8  | 5.3  |
| 1.0  | 6.8  | 7.8  | 4.3  | 4.8  |
| 0.5  | 6.3  | 7.3  | 3.8  | 4.3  |

 5.投掷专项素质（30%）

（1）100米（10%）

测试要求：采用蹲踞式起跑姿势，统一听口令起跑，每人测一次。

评价标准：（此标准为电动计时，手动计时按实际成绩+0.24计算）

|  |  |
| --- | --- |
| 得分 | 100米 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 13.34 | 13.04 | 13.74 | 13.34 |
| 9.5  | 13.44 | 13.14 | 13.84 | 13.44 |
| 9.0  | 13.54 | 13.24 | 13.94 | 13.54 |
| 8.5  | 13.64 | 13.34 | 14.04 | 13.64 |
| 8.0  | 13.74 | 13.44 | 14.14 | 13.74 |
| 7.5  | 13.84 | 13.54 | 14.24 | 13.84 |
| 7.0  | 13.94 | 13.64 | 14.34 | 13.94 |
| 6.5  | 14.04 | 13.74 | 14.44 | 14.04 |
| 6.0  | 14.14 | 13.84 | 14.54 | 14.14 |
| 5.5  | 14.24 | 13.94 | 14.64 | 14.24 |
| 5.0  | 14.44 | 14.14 | 14.84 | 14.44 |
| 4.5  | 14.64 | 14.34 | 15.04 | 14.64 |
| 4.0  | 14.84 | 14.54 | 15.24 | 14.84 |
| 3.5  | 15.04 | 14.74 | 15.44 | 15.04 |
| 3.0  | 15.24 | 14.94 | 15.64 | 15.24 |
| 2.5  | 15.44 | 15.14 | 15.84 | 15.44 |
| 2.0  | 15.64 | 15.34 | 16.04 | 15.64 |
| 1.5  | 15.84 | 15.54 | 16.24 | 15.84 |
| 1.0  | 16.04 | 15.74 | 16.44 | 16.04 |
| 0.5  | 16.24 | 15.94 | 16.64 | 16.24 |

（2）立定三级跳远（10%）

测试要求：测试者两脚平行开立，站在起跳线后，屈膝半蹲，摆臂蹬伸，用双脚蹬离地面跳起。然后按跳的级数依次用单脚换步跨跳，最后一步落入沙坑。每人测三次，计取最好成绩的一次为测试成绩。起跳线距离沙坑的距离分别为5、6、7、8、9米，由测试者根据自身水平选择任一起跳线起跳。

|  |  |
| --- | --- |
| 得分 | 立定三级跳远 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 8.1  | 8.5  | 7.2  | 7.6  |
| 9.5  | 8.0  | 8.4  | 7.1  | 7.5  |
| 9.0  | 7.9  | 8.3  | 7.0  | 7.4  |
| 8.5  | 7.8  | 8.2  | 6.9  | 7.3  |
| 8.0  | 7.7  | 8.1  | 6.8  | 7.2  |
| 7.5  | 7.6  | 8.0  | 6.7  | 7.1  |
| 7.0  | 7.5  | 7.9  | 6.6  | 7.0  |
| 6.5  | 7.4  | 7.8  | 6.5  | 6.9  |
| 6.0  | 7.3  | 7.7  | 6.4  | 6.8  |
| 5.5  | 7.2  | 7.6  | 6.3  | 6.7  |
| 5.0  | 7.1  | 7.5  | 6.2  | 6.6  |
| 4.5  | 7.0  | 7.4  | 6.1  | 6.5  |
| 4.0  | 6.9  | 7.3  | 6.0  | 6.4  |
| 3.5  | 6.8  | 7.2  | 5.9  | 6.3  |
| 3.0  | 6.7  | 7.1  | 5.8  | 6.2  |
| 2.5  | 6.6  | 7.0  | 5.7  | 6.1  |
| 2.0  | 6.5  | 6.9  | 5.6  | 6.0  |
| 1.5  | 6.4  | 6.8  | 5.5  | 5.9  |
| 1.0  | 6.3  | 6.7  | 5.4  | 5.8  |
| 0.5  | 6.2  | 6.6  | 5.3  | 5.7  |

（3）掷小垒球（10%）

测试要求：测试者单手持小垒球，通过助跑后将球从头上方抛出。球出手后身体不能超越投掷线，否则算犯规。每人可测三次，计取最好成绩的一次为测试成绩。

|  |  |
| --- | --- |
| 得分 | 掷小垒球 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 10.0  | 75 | 80 | 61 | 66 |
| 9.5  | 73 | 78 | 59 | 64 |
| 9.0  | 71 | 76 | 57 | 62 |
| 8.5  | 69 | 74 | 55 | 60 |
| 8.0  | 67 | 72 | 53 | 58 |
| 7.5  | 65 | 70 | 51 | 56 |
| 7.0  | 63 | 68 | 49 | 54 |
| 6.5  | 61 | 66 | 47 | 52 |
| 6.0  | 59 | 64 | 45 | 50 |
| 5.5  | 57 | 62 | 43 | 48 |
| 5.0  | 54 | 59 | 41 | 46 |
| 4.5  | 51 | 56 | 39 | 44 |
| 4.0  | 48 | 53 | 37 | 42 |
| 3.5  | 45 | 50 | 35 | 40 |
| 3.0  | 42 | 47 | 33 | 38 |
| 2.5  | 39 | 44 | 31 | 36 |
| 2.0  | 36 | 41 | 29 | 34 |
| 1.5  | 33 | 38 | 27 | 32 |
| 1.0  | 30 | 35 | 25 | 29 |
| 0.5  | 27 | 32 | 23 | 27 |

6.短跑实战能力（50%）

测试要求：采用蹲踞式起跑姿势，统一听口令起跑，每人测一次。

评分标准：（此标准为电动计时，手动计时按实际成绩+0.24计算）

（1）100米专项

|  |  |
| --- | --- |
| 得分 | 100米 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 50 | 11.84  | 11.44  | 12.84  | 12.54  |
| 48  | 11.94  | 11.54  | 12.94  | 12.64  |
| 45  | 12.04  | 11.64  | 13.04  | 12.74  |
| 42  | 12.14  | 11.74  | 13.14  | 12.84  |
| 40  | 12.24  | 11.84  | 13.24  | 12.94  |
| 38  | 12.34  | 11.94  | 13.34  | 13.04  |
| 35  | 12.44  | 12.04  | 13.44  | 13.14  |
| 32  | 12.54  | 12.14  | 13.54  | 13.24  |
| 30  | 12.64  | 12.24  | 13.64  | 13.34  |
| 28  | 12.74  | 12.34  | 13.74  | 13.44  |
| 25  | 12.84  | 12.44  | 13.84  | 13.54  |
| 22  | 12.94  | 12.54  | 13.94  | 13.64  |
| 20  | 13.04  | 12.64  | 14.04  | 13.74  |
| 18  | 13.14  | 12.74  | 14.14  | 13.84  |
| 15 | 13.24  | 12.84  | 14.24  | 13.94  |
| 12 | 13.34  | 12.94  | 14.34  | 14.04  |
| 10 | 13.44  | 13.04  | 14.44  | 14.14  |
| 8 | 13.54  | 13.14  | 14.54  | 14.24  |
| 5 | 13.64  | 13.24  | 14.64  | 14.34  |

（2）200米专项

|  |  |
| --- | --- |
| 得分 | 200米 |
| 男子 | 女子 |
| 14  | 15  | 14 | 15 |
| 50 | 23.74 | 22.94 | 25.94 | 25.34 |
| 48  | 24.04 | 23.24 | 26.24 | 25.64 |
| 45  | 24.34 | 23.54 | 26.54 | 25.94 |
| 42  | 24.64 | 23.84 | 26.84 | 26.24 |
| 40  | 24.94 | 24.14 | 27.14 | 26.54 |
| 38  | 25.24 | 24.44 | 27.44 | 26.84 |
| 35  | 25.54 | 24.74 | 27.74 | 27.14 |
| 32  | 25.84 | 25.04 | 28.04 | 27.44 |
| 30  | 26.14 | 25.34 | 28.34 | 27.74 |
| 28  | 26.44 | 25.64 | 28.64 | 28.04 |
| 25  | 26.74 | 25.94 | 28.94 | 28.34 |
| 22  | 27.04 | 26.24 | 29.24 | 28.64 |
| 20  | 27.34 | 26.54 | 29.54 | 28.94 |
| 18  | 27.64 | 26.84 | 29.84 | 29.24 |
| 15 | 27.94 | 27.14 | 30.14 | 29.54 |
| 12 | 28.24 | 27.44 | 30.44 | 29.84 |
| 10 | 28.54 | 27.74 | 30.74 | 30.14 |
| 8 | 28.84 | 28.04 | 31.04 | 30.44 |
| 5 | 29.14 | 28.34 | 31.34 | 30.74 |

（3）400米专项

|  |  |
| --- | --- |
| 得分 | 400米 |
| 男子 | 女子 |
| 14  | 15  | 14 | 15 |
| 50 | 53.64 | 51.64 | 63.54 | 60.34 |
| 48  | 54.14 | 52.14 | 64.04 | 60.84 |
| 45  | 54.64 | 52.64 | 64.54 | 61.34 |
| 42  | 55.14 | 53.14 | 65.04 | 61.84 |
| 40  | 55.64 | 53.64 | 65.54 | 62.34 |
| 38  | 56.14 | 54.14 | 66.04 | 62.84 |
| 35  | 56.64 | 54.64 | 66.54 | 63.34 |
| 32  | 57.14 | 55.14 | 67.04 | 63.84 |
| 30  | 57.64 | 55.64 | 67.54 | 64.34 |
| 28  | 58.14 | 56.14 | 68.04 | 64.84 |
| 25  | 58.64 | 56.64 | 68.54 | 65.34 |
| 22  | 59.14 | 57.14 | 69.04 | 65.84 |
| 20  | 59.64 | 57.64 | 69.54 | 66.34 |
| 18  | 60.14 | 58.14 | 70.04 | 66.84 |
| 15 | 60.64 | 58.64 | 70.54 | 67.34 |
| 12 | 61.14 | 59.14 | 71.04 | 67.84 |
| 10 | 61.64 | 59.64 | 71.54 | 68.34 |
| 8 | 62.14 | 60.14 | 72.04 | 68.84 |
| 5 | 62.64 | 60.64 | 72.54 | 69.34 |

7.跳跃实战能力（50%）

测试要求：按照《田径竞赛规则》，每人测三次，计取最好成绩的一次为测试成绩。

评分标准：

（1）跳远专项

|  |  |
| --- | --- |
| 得分 | 跳远 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 50 | 6.50  | 6.80  | 5.50  | 5.80  |
| 48  | 6.40  | 6.70  | 5.40  | 5.70  |
| 45  | 6.30  | 6.60  | 5.30  | 5.60  |
| 42  | 6.20  | 6.50  | 5.20  | 5.50  |
| 40  | 6.10  | 6.40  | 5.10  | 5.40  |
| 38  | 6.00  | 6.30  | 5.00  | 5.30  |
| 35  | 5.90  | 6.20  | 4.90  | 5.20  |
| 32  | 5.80  | 6.10  | 4.80  | 5.10  |
| 30  | 5.70  | 6.00  | 4.70  | 5.00  |
| 28  | 5.60  | 5.90  | 4.60  | 4.90  |
| 25  | 5.50  | 5.80  | 4.50  | 4.80  |
| 22  | 5.45  | 5.75  | 4.45  | 4.75  |
| 20  | 5.40  | 5.70  | 4.40  | 4.70  |
| 18  | 5.35  | 5.65  | 4.35  | 4.65  |
| 15 | 5.30  | 5.60  | 4.30  | 4.60  |
| 12 | 5.25  | 5.55  | 4.25  | 4.55  |
| 10 | 5.20  | 5.50  | 4.20  | 4.50  |
| 8 | 5.15  | 5.45  | 4.15  | 4.45  |
| 5 | 5.10  | 5.40  | 4.10  | 4.40  |

 （2）三级跳远专项

|  |  |
| --- | --- |
| 得分 | 三级跳远 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 50 | 14.0  | 14.6  | 12.2  | 12.6  |
| 48  | 13.8  | 14.4  | 12.0  | 12.4  |
| 45  | 13.6  | 14.2  | 11.8  | 12.2  |
| 42  | 13.4  | 14.0  | 11.6  | 12.0  |
| 40  | 13.2  | 13.8  | 11.4  | 11.8  |
| 38  | 13.0  | 13.6  | 11.2  | 11.6  |
| 35  | 12.8  | 13.4  | 11.0  | 11.4  |
| 32  | 12.6  | 13.2  | 10.8  | 11.2  |
| 30  | 12.4  | 13.0  | 10.6  | 11.0  |
| 28  | 12.2  | 12.8  | 10.4  | 10.8  |
| 25  | 11.9  | 12.5  | 10.1  | 10.5  |
| 22  | 11.6  | 12.2  | 9.8  | 10.2  |
| 20  | 11.3  | 11.9  | 9.5  | 9.9  |
| 18  | 11.0  | 11.6  | 9.2  | 9.6  |
| 15 | 10.7  | 11.3  | 8.9  | 9.3  |
| 12 | 10.4  | 11.0  | 8.6  | 9.0  |
| 10 | 10.1  | 10.7  | 8.3  | 8.7  |
| 8 | 9.8  | 10.4  | 8.0  | 8.4  |
| 5 | 9.5  | 10.1  | 7.7  | 8.1  |

8.投掷实战能力（50%）

测试要求：按照《田径竞赛规则》，每人测三次，计取最好成绩的一次为测试成绩。

评分标准：

（1）标枪专项

|  |  |
| --- | --- |
| 得分 | 掷标枪 |
| 男子 | 女子 |
| 14 | 15 | 14 | 15 |
| 50 | 58.0  | 63.0  | 47 | 47 |
| 48  | 57.0  | 62.0  | 46 | 46 |
| 45  | 56.0  | 61.0  | 45 | 45 |
| 42  | 55.0  | 60.0  | 44 | 44 |
| 40  | 54.0  | 59.0  | 43 | 43 |
| 38  | 53.0  | 58.0  | 42 | 42 |
| 35  | 52.0  | 57.0  | 41 | 41 |
| 32  | 51.0  | 56.0  | 39 | 39 |
| 30  | 50.0  | 55.0  | 37.5 | 37.5 |
| 28  | 49.0  | 54.0  | 36 | 36 |
| 25  | 47.0  | 52.0  | 34.5 | 34.5 |
| 22  | 45.0  | 50.0  | 33 | 33 |
| 20  | 43.0  | 48.0  | 31.5 | 31.5 |
| 18  | 41.0  | 46.0  | 30 | 30 |
| 15 | 39.0  | 44.0  | 28.5 | 28.5 |
| 12 | 37.0  | 42.0  | 27 | 27 |
| 10 | 35.0  | 40.0  | 25.5 | 25.5 |
| 8 | 33.0  | 38.0  | 24 | 24 |
| 5 | 31.0  | 36.0  | 22.5 | 22.5 |