附件一

**郑州市第十中学田径后备生测试** **评分标准**

测试内容：立定跳远(30分)、60米(30分)、专项(40 分)。各项测试名次仅对本项目录取有参考作用。

**一、素质项目评分标准**

( 一)考试办法

考生按轮次每人试跳2次，每次均丈量有效成绩。丈量成绩 时，以考生身体任何部位着地最近点量至起跳线或起跳延长线 的垂直距离。丈量的最小单位为1厘米，以两次试跳中的最优 成绩为决定成绩。

(二)评分标准

**男子立定跳远评分表**

成绩计算单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2.94 | 30 | 2.68 | 22.2 | 2.42 | 14.4 | 2.16 | 6.6 |
| 2.93 | 29.7 | 2.67 | 21.9 | 2.41 | 14.1 | 2.15 | 6.3 |
| 2.92 | 29.4 | 2.66 | 21.6 | 2.4 | 13.8 | 2.14 | 6 |
| 2.91 | 29.1 | 2.65 | 21.3 | 2.39 | 13.5 | 2.13 | 5.7 |
| 2.9 | 28.8 | 2.64 | 21 | 2.38 | 13.2 | 2.12 | 5.4 |
| 2.89 | 28.5 | 2.63 | 20.7 | 2.37 | 12.9 | 2.11 | 5.1 |
| 2.88 | 28.2 | 2.62 | 20.4 | 2.36 | 12.6 | 2.1 | 4.8 |
| 2.87 | 27.9 | 2.61 | 20.1 | 2.35 | 12.3 | 2.09 | 4.5 |
| 2.86 | 27.6 | 2.6 | 19.8 | 2.34 | 12 | 2.08 | 4.2 |
| 2.85 | 27.3 | 2.59 | 19.5 | 2.33 | 11.7 | 2.07 | 3.9 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 2.84 2.83 2.82 2.81 2.8 2.79 2.78 2.77 2.76 2.75 2.74 2.73 2.72 2.71 2.7  2.69 | 27  26.7  26.4  26.1  25.8  25.5  25.2  24.9  24.6  24.3  24  23.7  23.4  23.1  22.8  22.5 | 2.58 2.57 2.56 2.55 2.54 2.53 2.52 2.51 2.5 2.49 2.48 2.47 2.46 2.45 2.44  2.43 | 19.2  18.9  18.6  18.3  18  17.7  17.4  17.1  16.8  16.5  16.2  15.9  15.6  15.3  15  14.7 | 2.32 2.31 2.3 2.29 2.28 2.27 2.26 2.25 2.24 2.23 2.22 2.21 2.2 2.19 2.18  2.17 | 11.4  11.1  10.8  10.5  10.2  9.9  9.6  9.3  9  8.7  8.4  8.1  7.8  7.5  7.2  6.9 | 2.06 2.05 2.04 2.03 2.02  2.01 2  1.99 1.98 1.97 1.96 1.95 | 3.6  3.3  3  2.7  2.4  2.1  1.8  1.5  1.2  0.9  0.6  0.3 |

**女子立定跳远评分表**

成绩计算单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2.43 | 30 | 2.16 | 21.9 | 1.89 | 13.8 | 1.62 | 5.7 |
| 2.42 | 29.7 | 2.15 | 21.6 | 1.88 | 13.5 | 1.61 | 5.4 |
| 2.41 | 29.4 | 2.14 | 21.3 | 1.87 | 13.2 | 1.6 | 5.1 |
| 2.4 | 29.1 | 2.13 | 21 | 1.86 | 12.9 | 1.59 | 4.8 |
| 2.39 | 28.8 | 2.12 | \*20.7 | 1.85 | 12.6 | 1.58 | 4.5 |
| 2.38 | 28.5 | 2.11 | 20.4 | 1.84 | 12.3 | 1.57 | 4.2 |
| 2.37 | 28.2 | 2.1 | 20.1 | 1.83 | 12 | 1.56 | 3.9 |
| 2.36 | 27.9 | 2.09 | 19.8 | 1.82 | 11.7 | 1.55 | 3.6 |
| 2.35 | 27.6 | 2.08 | 19.5 | 1.81 | 11.4 | 1.54 | 3.3 |
| 2.34 | 27.3 | 2.07 | 19.2 | 1.8 | 11.1 | 1.53 | 3 |
| 2.33 | 27 | 2.06 | 18.9 | 1.79 | 10.8 | 1.52 | 2.7 |
| 2.32 | 26.7 | 2.05 | 18.6 | 1.78 | 10.5 | 1.51 | 2.4 |
| 2.31 | 26.4 | 2.04 | 18.3 | 1.77 | 10.2 | 1.5 | 2.1 |
| 2.3 | 26.1 | 2.03 | 18 | 1.76 | 9.9 | 1.49 | 1.8 |
| 2.29 | 25.8 | 2.02 | 17.7 | 1.75 | 9.6 | 1.48 | 1.5 |
| 2.28 | 25.5 | 2.01 | 17.4 | 1.74 | 9.3 | 1.47 | 1.2 |
| 2.27 | 25.2 | 2 | 17.1 | 1.73 | 9 | 1.46 | 0.9 |
| 2.26 | 24.9 | 1.99 | 16.8 | 1.72 | 8.7 | 1.45 | 0.6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 2.25 2.24 2.23 2.22 2.21 2.2 2.19 2.18  2.17 | 24.6  24.3  24  23.7  23.4  23.1  22.8  22.5  22.2 | 1.98 1.97 1.96 1.95 1.94 1.93 1.92  1.91 1.9 | 16.5  16.2  15.9  15.6  15.3  15  14.7  14.4  14.1 | 1.71 1.7 1.69 1.68 1.67 1.66 1.65 1.64  1.63 | 8.4  8.1  7.8  7.5  7.2  6.9  6.6  6.3  6 |  |  |

**(一)考试方法**

分组进行考试。每个考生只有一次考试机会，考生起跑犯 规二次取消考试资格，错过组次，不得再考。

( 一)评分标准 ( 60米)

**60米评分表**

|  |  |  |  |
| --- | --- | --- | --- |
| 男生 | | 女生 | |
| 成绩(秒) | 分值 | 成绩(秒) | 分值 |
| 6.8 | 30 | 8.3 | 30 |
| 6.85 | 29 | 8.35 | 29 |
| 6.9 | 28 | 8.4 | 28 |
| 6.95 | 27 | 8.45 | 27 |
| 7 | 26 | 8.5 | 26 |
| 7.05 | 25 | 8.55 | 25 |
| 7.1 | 24 | 8.6 | 24 |
| 7.15 | 23 | 8.65 | 23 |
| 7.2 | 22 | 8.7 | 22 |
| 7.25 | 21 | 8.75 | 21 |

|  |  |  |  |
| --- | --- | --- | --- |
| 7.3 | 20 | 8.8 | 20 |
| 7.35 | 19 | 8.85 | 19 |
| 7.4 | 18 | 8.9 | 18 |
| 7.45 | 17 | 8.95 | 17 |
| 7.5 | 16 | 9 | 16 |
| 7.55 | 15 | 9.05 | 15 |
| 7.6 | 14 | 9.1 | 14 |
| 7.65 | 13 | 9.15 | 13 |
| 7.7 | 12 | 9.2 | 12 |
| 7.75 | 11 | 9.25 | 11 |
| 7.8 | 10 | 9.3 | 10 |
| 7.85 | 9 | 9.35 | 9 |
| 7.9 | 8 | 9.4 | 8 |
| 7.95 | 7 | 9.45 | 7 |
| 8 | 6 | 9.5 | 6 |
| 8.05 | 5 | 9.55 | 5 |
| 8.1 | 4 | 9.6 | 4 |
| 8.15 | 3 | 9.65 | 3 |
| 8.2 | 2 | 9.7 | 2 |
| 8.25 | 1 | 9.75 | 1 |
| 8.3 | 0 | 9.8 | 0 |

**二、专项100米、200米、400米、800米评分标准**

考生只准在以上项目中任选一项参加考试，选定后不得更 改。

**(一)100米、200米、400米、800米项目**

考试办法：

(1)短跑起跑方式必须使用蹲踞式起跑，执行田径竞赛规则 人工计时方法计取考生成绩，以1/10秒为最小计量单位；

(2)起跑犯规二次取消考试资格；

(3)每生只有一次考试机会；

**(二)评分标准**

**男子100米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11.3 | 40.0 | 12.3 | 30.0 | 13.3 | 20.0 | 14.3 | 10.0 |
| 11.4 | 39.0 | 12.4 | 29.0 | 13.4 | 19.0 | 14.4 | 9.0 |
| 11.5 | 38.0 | 12.5 | 28.0 | 13.5 | 18.0 | 14.5 | 8.0 |
| 11.6 | 37.0 | 12.6 | 27.0 | 13.6 | 17.0 | 14.6 | 7.0 |
| 11.7 | 36.0 | 12.7 | 26.0 | 13.7 | 16.0 | 14.7 | 6.0 |
| 11.8 | 35.0 | 12.8 | 25.0 | 13.8 | 15.0 | 14.8 | 5.0 |
| 11.9 | 34.0 | 12.9 | 24.0 | 13.9 | 14.0 | 14.9 | 4.0 |
| 12.0 | 33.0 | 13.0 | 23.0 | 14.0 | 13.0 | 15.0 | 3.0 |
| 12.1 | 32.0 | 13.1 | 22.0 | 14.1 | 12.0 | 15.1 | 2.0 |
| 12.2 | 31.0 | 13.2 | 21.0 | 14.2 | 11.0 | 15.2 | 1.0 |

**女子100米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 12.8 | 40.0 | 13.8 | 30.0 | 14.8 | 20.0 | 15.8 | 10.0 |
| 12.9 | 39.0 | 13.9 | 29.0 | 14.9 | 19.0 | 15.9 | 9.0 |
| 13.0 | 38.0 | 14.0 | 28.0 | 15.0 | 18.0 | 16.0 | 8.0 |
| 13.1 | 37.0 | 14.1 | 27.0 | 15.1 | 17.0 | 16.1 | 7.0 |
| 13.2 | 36.0 | 14.2 | 26.0 | 15.2 | 16.0 | 16.2 | 6.0 |
| 13.3 | 35.0 | 14.3 | 25.0 | 15.3 | 15.0 | 16.3 | 5.0 |
| 13.4 | 34.0 | 14.4 | 24.0 | 15.4 | 14.0 | 16.4 | 4.0 |
| 13.5 | 33.0 | 14.5 | 23.0 | 15.5 | 13.0 | 16.5 | 3.0 |
| 13.6 | 32.0 | 14.6 | 22.0 | 15.6 | 12.0 | 16.6 | 2.0 |
| 13.7 | 31.0 | 14.7 | 21.0 | 15.7 | 11.0 | 16.7 | 1.0 |

**男子200米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 23.3 | 40.0 | 24.3 | 30.0 | 25.3 | 20.0 | 26.3 | 10.0 |
| 23.4 | 39.0 | 24.4 | 29.0 | 25.4 | 19.0 | 26.4 | 9.0 |
| 23.5 | 38.0 | 24.5 | 28.0 | 25.5 | 18.0 | 26.5 | 8.0 |
| 23.6 | 37.0 | 24.6 | 27.0 | 25.6 | 17.0 | 26.6 | 7.0 |
| 23.7 | 36.0 | 24.7 | 26.0 | 25.7 | 16.0 | 26.7 | 6.0 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 23.8  23.9  24.0  24.1  24.2 | 35.0  34.0  33.0  32.0  31.0 | 24.8  24.9  25.0  25.1  25.2 | 25.0  24.0  23.0  22.0  21.0 | 25.8  25.9  26.0  26.1  26.2 | 15.0  14.0  13.0  12.0  11.0 | 26.8  26.9  27.0  27.1  27.2 | 5.0  4.0  3.0  2.0  1.0 |

**女子200米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 26.7 | 40.0 | 27.7 | 30.0 | 28.7 | 20.0 | 29.7 | 10.0 |
| 26.8 | 39.0 | 27.8 | 29.0 | 28.8 | 19.0 | 29.8 | 9.0 |
| 26.9 | 38.0 | 27.9 | 28.0 | 28.9 | 18.0 | 29.9 | 8.0 |
| 27.0 | 37.0 | 28.0 | 27.0 | 29.0 | 17.0 | 30.0 | 7.0 |
| 27.1 | 36.0 | 28.1 | 26.0 | 29.1 | 16.0 | 30.1 | 6.0 |
| 27.2 | 35.0 | 28.2 | 25.0 | 29.2 | 15.0 | 30.2 | 5.0 |
| 27.3 | 34.0 | 28.3 | 24.0 | 29.3 | 14.0 | 30.3 | 4.0 |
| 27.4 | 33.0 | 28.4 | 23.0 | 29.4 | 13.0 | 30.4 | 3.0 |
| 27.5 | 32.0 | 28.5 | 22.0 | 29.5 | 12.0 | 30.5 | 2.0 |
| 27.6 | 31.0 | 28.6 | 21.0 | 29.6 | 11.0 | 30.6 | 1.0 |

**男子400米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 52.0 | 40.0 | 54.0 | 30.0 | 56.0 | 20.0 | 58.0 | 10.0 |
| 52.1 | 39.5 | 54.1 | 29.5 | 56.1 | 19.5 | 58.1 | 9.5 |
| 52.2 | 39.0 | 54.2 | 29.0 | 56.2 | 19.0 | 58.2 | 9.0 |
| 52.3 | 38.5 | 54.3 | 28.5 | 56.3 | 18.5 | 58.3 | 8.5 |
| 52.4 | 38.0 | 54.4 | 28.0 | 56.4 | 18.0 | 58.4 | 8.0 |
| 52.5 | 37.5 | 54.5 | 27.5 | 56.5 | 17.5 | 58.5 | 7.5 |
| 52.6 | 37.0 | 54.6 | 27.0 | 56.6 | 17.0 | 58.6 | 7.0 |
| 52.7 | 36.5 | 54.7 | 26.5 | 56.7 | 16.5 | 58.7 | 6.5 |
| 52.8 | 36.0 | 54.8 | 26.0 | 56.8 | 16.0 | 58.8 | 6.0 |
| 52.9 | 35.5 | 54.9 | 25.5 | 56.9 | 15.5 | 58.9 | 5.5 |
| 53.0 | 35.0 | 55.0 | 25.0 | 57.0 | 15.0 | 59.0 | 5.0 |
| 53.1 | 34.5 | 55.1 | 24.5 | 57.1 | 14.5 | 59.1 | 4.5 |
| 53.2 | 34.0 | 55.2 | 24.0 | 57.2 | 14.0 | 59.2 | 4.0 |
| 53.3 | 33.5 | 55.3 | 23.5 | 57.3 | 13.5 | 59.3 | 3.5 |
| 53.4 | 33.0 | 55.4 | 23.0 | 57.4 | 13.0 | 59.4 | 3.0 |
| 53.5 | 32.5 | 55.5 | 22.5 | 57.5 | 12.5 | 59.5 | 2.5 |
| 53.6 | 32.0 | 55.6 | 22.0 | 57.6 | 12.0 | 59.6 | 2.0 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 53.7  53.8  53.9  52.0 | 31.5  31.0  30.5  40.0 | 55.7  55.8  55.9  54.0 | 21.5  21.0  20.5  30.0 | 57.7  57.8  57.9  56.0 | 11.5  11.0  10.5  20.0 | 59.7  59.8  59.9  58.0 | 1.5  1.0  0.5  10.0 |

**女子400米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 61.0 | 40.0 | 63.0 | 30.0 | 65.0 | 20.0 | 67.0 | 10.0 |
| 61.1 | 39.5 | 63.1 | 29.5 | 65.1 | 19.5 | 67.1 | 9.5 |
| 61.2 | 39.0 | 63.2 | 29.0 | 65.2 | 19.0 | 67.2 | 9.0 |
| 61.3 | 38.5 | 63.3 | 28.5 | 65.3 | 18.5 | 67.3 | 8.5 |
| 61.4 | 38.0 | 63.4 | 28.0 | 65.4 | 18.0 | 67.4 | 8.0 |
| 61.5 | 37.5 | 63.5 | 27.5 | 65.5 | 17.5 | 67.5 | 7.5 |
| 61.6 | 37.0 | 63.6 | 27.0 | 65.6 | 17.0 | 67.6 | 7.0 |
| 61.7 | 36.5 | 63.7 | 26.5 | 65.7 | 16.5 | 67.7 | 6.5 |
| 61.8 | 36.0 | 63.8 | 26.0 | 65.8 | 16.0 | 67.8 | 6.0 |
| 61.9 | 35.5 | 63.9 | 25.5 | 65.9 | 15.5 | 67.9 | 5.5 |
| 62.0 | 35.0 | 64.0 | 25.0 | 66.0 | 15.0 | 68.0 | 5.0 |
| 62.1 | 34.5 | 64.1 | 24.5 | 66.1 | 14.5 | 68.1 | 4.5 |
| 62.2 | 34.0 | 64.2 | 24.0 | 66.2 | 14.0 | 68.2 | 4.0 |
| 62.3 | 33.5 | 64.3 | 23.5 | 66.3 | 13.5 | 68.3 | 3.5 |
| 62.4 | 33.0 | 64.4 | 23.0 | 66.4 | 13.0 | 68.4 | 3.0 |
| 62.5 | 32.5 | 64.5 | 22.5 | 66.5 | 12.5 | 68.5 | 2.5 |
| 62.6 | 32.0 | 64.6 | 22.0 | 66.6 | 12.0 | 68.6 | 2.0 |
| 62.7 | 31.5 | 64.7 | 21.5 | 66.7 | 11.5 | 68.7 | 1.5 |
| 62.8 | 31.0 | 64.8 | 21.0 | 66.8 | 11.0 | 68.8 | 1.0 |
| 62.9 | 30.5 | 64.9 | 20.5 | 66.9 | 10.5 | 68.9 | 0.5 |

**男子800米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 122 | 40 | 126 | 30 | 130 | 20 | 134 | 10 |
| 122.2 | 39.5 | 126.2 | 29.5 | 130.2 | 19.5 | 134.2 | 9.5 |
| 122.4 | 39 | 126.4 | 29 | 130.4 | 19 | 134.4 | 9 |
| 122.6 | 38.5 | 126.6 | 28.5 | 130.6 | 18.5 | 134.6 | 8.5 |
| 122.8 | 38 | 126.8 | 28 | 130.8 | 18 | 134.8 | 8 |
| 123 | 37.5 | 127 | 27.5 | 131 | 17.5 | 135 | 7.5 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 123.2  123.4  123.6  123.8  124  124.2  124.4  124.6  124.8  125  125.2  125.4  125.6  125.8 | 37  36.5  36  35.5  35  34.5  34  33.5  33  32.5  32  31.5  31  30.5 | 127.2  127.4  127.6  127.8  128  128.2  128.4  128.6  128.8  129  129.2  129.4  129.6  129.8 | 27  26.5  26  25.5  25  24.5  24  23.5  23  22.5  22  21.5  21  20.5 | 131.2  131.4  131.6  131.8  132  132.2  132.4  132.6  132.8  133  133.2  133.4  133.6  133.8 | 17  16.5  16  15.5  15  14.5  14  13.5  13  12.5  12  11.5  11  10.5 | 135.2  135.4  135.6  135.8  136  136.2  136.4  136.6  136.8  137  137.2  137.4  137.6  137.8 | 7  6.5  6  5.5  5  4.5  4  3.5  3  2.5  2  1.5  1  0.5 |

**女子800米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 145 | 40 | 149 | 30 | 153 | 20 | 157.6 | 10 |
| 145.2 | 39.5 | 149.2 | 29.5 | 153.2 | 19.5 | 158 | 9.5 |
| 145.4 | 39 | 149.4 | 29 | 153.4 | 19 | 158.4 | 9 |
| 145.6 | 38.5 | 149.6 | 28.5 | 153.6 | 18.5 | 158.8 | 8.5 |
| 145.8 | 38 | 149.8 | 28 | 153.8 | 18 | 159.2 | 8 |
| 146 | 37.5 | 150 | 27.5 | 154 | 17.5 | 159.6 | 7.5 |
| 146.2 | 37 | 150.2 | 27 | 154.2 | 17 | 160 | 7 |
| 146.4 | 36.5 | 150.4 | 26.5 | 154.4 | 16.5 | 160.4 | 6.5 |
| 146.6 | 36 | 150.6 | 26 | 154.6 | 16 | 160.8 | 6 |
| 146.8 | 35.5 | 150.8 | 25.5 | 154.8 | 15.5 | 161.2 | 5.5 |
| 147 | 35 | 151 | 25 | 155 | 15 | 161.6 | 5 |
| 147.2 | 34.5 | 151.2 | 24.5 | 155.2 | 14.5 | 162 | 4.5 |
| 147.4 | 34 | 151.4 | 24 | 155.4 | 14 | 162.4 | 4 |
| 147.6 | 33.5 | 151.6 | 23.5 | 155.6 | 13.5 | 162.8 | 3.5 |
| 147.8 | 33 | 151.8 | 23 | 155.8 | 13 | 163.2 | 3 |
| 148 | 32.5 | 152 | 22.5 | 156 | 12.5 | 163.6 | 2.5 |
| 148.2 | 32 | 152.2 | 22 | 156.2 | 12 | 164 | 2 |
| 148.4 | 31.5 | 152.4 | 21.5 | 156.4 | 11.5 | 164.4 | 1.5 |
| 148.6 | 31 | 152.6 | 21 | 156.8 | 11 | 164.8 | 1 |
| 148.8 | 30.5 | 152.8 | 20.5 | 157.2 | 10.5 | 165.2 | 0.5 |

附件二

**郑州市第十中学**

**篮球后备生测试评分标准**

**一、考核指标与所占分值**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 考核指 标 | 立定跳远 | 100米 | 一分钟自投 自抢投篮 | 实战能力 |
| 分值 | 30分 | 30分 | 10分 | 30分 |

**二、立定跳远(30分)**

( 一)考试办法

考生按轮次每人试跳2次，每次均丈量有效成绩。丈量成绩 时，以考生身体任何部位着地最近点量至起跳线或起跳延长线 的垂直距离。丈量的最小单位为1厘米，以两次试跳中的最优 成绩为决定成绩。

(二)评分标准

**男子立定跳远评分表**

成绩计算单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2.94 | 30 | 2.68 | 22.2 | 2.42 | 14.4 | 2.16 | 6.6 |
| 2.93 | 29.7 | 2.67 | 21.9 | 2.41 | 14.1 | 2.15 | 6.3 |
| 2.92 | 29.4 | 2.66 | 21.6 | 2.4 | 13.8 | 2.14 | 6 |
| 2.91 | 29.1 | 2.65 | 21.3 | 2.39 | 13.5 | 2.13 | 5.7 |
| 2.9 | 28.8 | 2.64 | 21 | 2.38 | 13.2 | 2.12 | 5.4 |
| 2.89 | 28.5 | 2.63 | 20.7 | 2.37 | 12.9 | 2.11 | 5.1 |
| 2.88 | 28.2 | 2.62 | 20.4 | 2.36 | 12.6 | 2.1 | 4.8 |
| 2.87 | 27.9 | 2.61 | 20.1 | 2.35 | 12.3 | 2.09 | 4.5 |
| 2.86 | 27.6 | 2.6 | 19.8 | 2.34 | 12 | 2.08 | 4.2 |
| 2.85 | 27.3 | 2.59 | 19.5 | 2.33 | 11.7 | 2.07 | 3.9 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 2.84 2.83 2.82 2.81 2.8 2.79 2.78 2.77 2.76 2.75 2.74 2.73 2.72 2.71 2.7  2.69 | 27  26.7  26.4  26.1  25.8  25.5  25.2  24.9  24.6  24.3  24  23.7  23.4  23.1  22.8  22.5 | 2.58 2.57 2.56 2.55 2.54 2.53 2.52 2.51 2.5 2.49 2.48 2.47 2.46 2.45 2.44  2.43 | 19.2  18.9  18.6  18.3  18  17.7  17.4  17.1  16.8  16.5  16.2  15.9  15.6  15.3  15  14.7 | 2.32 2.31 2.3 2.29 2.28 2.27 2.26 2.25 2.24 2.23 2.22 2.21 2.2 2.19 2.18  2.17 | 11.4  11.1  10.8  10.5  10.2  9.9  9.6  9.3  9  8.7  8.4  8.1  7.8  7.5  7.2  6.9 | 2.06 2.05 2.04 2.03 2.02  2.01 2.  1.99 1.98 1.97 1.96 1.95 | 3.6  3.3  3  2.7  2.4  2.1  1.8  1.5  1.2  0.9  0.6  0.3 |

**三、100米(30分)**

(一)考试办法：

(1)起跑方式不限，执行田径竞赛规则人工计时方法计取考 生成绩，以1/10秒为最小计量单位；

(2)起跑犯规二次取消考试资格；

(3)每生只有一次考试机会；

**(二)评分标准**

**男子100米评分表**

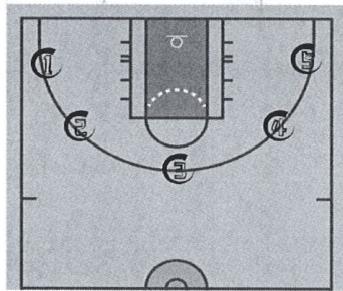
成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11.6 | 30 | 12.9 | 22.2 | 14.2 | 14.4 | 15.5 | 6.6 |
| 11.7 | 29.4 | 13 | 21.6 | 14.3 | 13.8 | 15.6 | 6 |
| 11.8 | 28.8 | 13.1 | 21 | 14.4 | 13.2 | 15.7 | 5.4 |
| 11.9 | 28.2 | 13.2 | 20.4 | 14.5 | 12.6 | 15.8 | 4.8 |
| 12 | 27.6 | 13.3 | 19.8 | 14.6 | 12 | 15.9 | 4.2 |
| 12.1 | 27 | 13.4 | 19.2 | 14.7 | 11.4 | 16 | 3.6 |
| 12.2 | 26.4 | 13.5 | 18.6 | 14.8 | 10.8 | 16.1 | 3 |
| 12.3 | 25.8 | 13.6 | 18 | 14.9 | 10.2 | 16.2 | 2.4 |
| 12.4 | 25.2 | 13.7 | 17.4 | 15 | 9.6 | 16.3 | 1.8 |
| 12.5 | 24.6 | 13.8 | 16.8 | 15.1 | 9 | 16.4 | 1.2 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 12.6  12.7  12.8 | 24  23.4  22.8 | 13.9  14  14.1 | 16.2  15.6  15 | 15.2  15.3  15.4 | 8.4  7.8  7.2 | 16.5 | 0.6 |

**四、一分钟投篮(10分)**

考试方法：身高1.9米以上，距离篮筐3.8米，其他身高 球员距离4.74。以篮圈中心垂直投影为圆心，以圆心到罚线的 距离为半径画半圆，从罚球线开始投篮，然后抢到篮板球后运 球到半圆外继续投篮，在线内或踩线投进的球视为无效球(投 进一球1分，最高10分)如图：



**五、教学比赛(30分)**

考试方法：按照篮球比赛规则，视考生人数分队进行比赛。

评分标准：

|  |  |
| --- | --- |
| 分值范围 | 评分标准 |
| 优  (20-30) | 有团队意识，战术配合意识强，技术动作运 用合理，运用效果好，个人技术动作正确、协调、 连贯，实效。 |
| 良  (15-—-20) | 战术配合意识较强，实战效果好。技术运用 较合理，动作正确，协调。 |
| 中  (10---15) | 个人基本技术动作正确，技术运用基本合  理，运用效果一般，战术意识一般。没有团队配 |

|  |  |
| --- | --- |
|  | 合 |
| 差  (10以下) | 动作不正确，不协调。技术运用不合理，效 果差。没有战术意识。 |

附件三

**郑州市第十中学**

**足球后备生测试评分标准**

**一、立定跳远(30分)**

(一)考试办法

考生按轮次每人试跳2次，每次均丈量有效成绩。丈量成绩时， 以考生身体任何部位着地最近点量至起跳线或起跳延长线的垂直 距离。丈量的最小单位为1厘米，以两次试跳中的最优成绩为决 定成绩 。

(二)评分标准

**男子立定跳远评分表**

成绩计算单位：米

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 2.94 | 30 | 2.68 | 22.2 | 2.42 | 14.4 | 2.16 | 6.6 |
| 2.93 | 29.7 | 2.67 | 21.9 | 2.41 | 14.1 | 2.15 | 6.3 |
| 2.92 | 29.4 | 2.66 | 21.6 | 2.4 | 13.8 | 2.14 | 6 |
| 2.91 | 29.1 | 2.65 | 21.3 | 2.39 | 13.5 | 2.13 | 5.7 |
| 2.9 | 28.8 | 2.64 | 21 | 2.38 | 13.2 | 2.12 | 5.4 |
| 2.89 | 28.5 | 2.63 | 20.7 | 2.37 | 12.9 | 2.11 | 5.1 |
| 2.88 | 28.2 | 2.62 | 20.4 | 2.36 | 12.6 | 2.1 | 4.8 |
| 2.87 | 27.9 | 2.61 | 20.1 | 2.35 | 12.3 | 2.09 | 4.5 |
| 2.86 | 27.6 | 2.6 | 19.8 | 2.34 | 12 | 2.08 | 4.2 |
| 2.85 | 27.3 | 2.59 | 19.5 | 2.33 | 11.7 | 2.07 | 3.9 |
| 2.84 | 27 | 2.58 | 19.2 | 2.32 | 11.4 | 2.06 | 3.6 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 2.83 2.82 2.81 2.8 2.79 2.78 2.77 2.76 2.75 2.74 2.73 2.72 2.71 2.7  2.69 | 26.7  26.4  26.1  25.8  25.5  25.2  24.9  24.6  24.3  24  23.7  23.4  23.1  22.8  22.5 | 2.57 2.56 2.55 2.54 2.53 2.52 2.51 2.5 2.49 2.48 2.47 2.46 2.45 2.44  2.43 | 18.9  18.6  18.3  18  17.7  17.4  17.1  16.8  16.5  16.2  15.9  15.6  15.3  15  14.7 | 2.31 2.3 2.29 2.28 2.27 2.26 2.25 2.24 2.23 2.22 2.21 2.2 2.19 2.18  2.17 | 11.1  10.8  10.5  10.2  9.9  9.6  9.3  9  8.7  8.4  8.1  7.8  7.5  7.2  6.9 | 2.05 2.04 2.03 2.02  2.01 2  1.99 1.98 1.97 1.96 1.95 | 3.3  3  2.7  2.4  2.1  1.8  1.5  1.2  0.9  0.6  0.3 |

**二、100米(30分)**

(一)考试办法：

(1)起跑方式不限，执行田径竞赛规则人工计时方法计取考生 成绩，以1/10秒为最小计量单位；

(2)起跑犯规二次取消考试资格；

(3)每生只有一次考试机会；

(二)评分标准

**男子100米评分表**

成绩计算单位：秒

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11.6 | 30 | 12.9 | 22.2 | 14.2 | 14.4 | 15.5 | 6.6 |
| 11.7 | 29.4 | 13 | 21.6 | 14.3 | 13.8 | 15.6 | 6 |
| 11.8 | 28.8 | 13.1 | 21 | 14.4 | 13.2 | 15.7 | 5.4 |
| 11.9 | 28.2 | 13.2 | 20.4 | 14.5 | 12.6 | 15.8 | 4.8 |
| 12 | 27.6 | 13.3 | 19.8 | 14.6 | 12 | 15.9 | 4.2 |
| 12.1 | 27 | 13.4 | 19.2 | 14.7 | 11.4 | 16 | 3.6 |
| 12.2 | 26.4 | 13.5 | 18.6 | 14.8 | 10.8 | 16.1 | 3 |
| 12.3 | 25.8 | 13.6 | 18 | 14.9 | 10.2 | 16.2 | 2.4 |
| 12.4 | 25.2 | 13.7 | 17.4 | 15 | 9.6 | 16.3 | 1.8 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 12.5  12.6  12.7  12.8 | 24.6  24  23.4  22.8 | 13.8  13.9  14  14.1 | 16.8  16.2  15.6  15 | 15.1  15.2  15.3  15.4 | 9  8.4  7.8  7.2 | 16.4  16.5 | 1.2  0.6 |

**三.颠球(5分)**

(1)考试方法

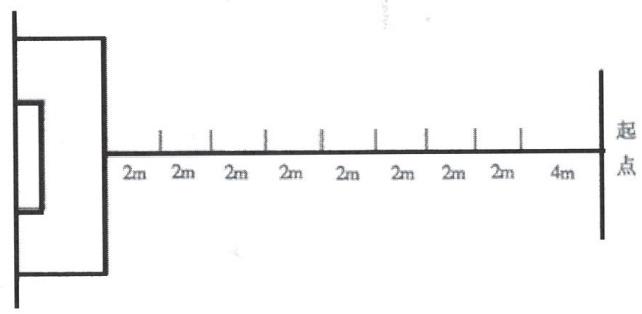
考生在规定区域做好准备，经考评员示意后方可开始。考生 须用脚将球挑起，左、右脚正脚背部位交替颠球，其它有效部位 的触球可作为调整，但不计算有效次数。当球触及地面时测试即 为结束。每名考生有两次机会，取最优秀成绩为决定成绩。颠球 次数达到满分成绩(60次),听考评员发出“停止”口令后方可 停 止 。

(2)评分标准

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 颠球 | | | | | |
| 次数 | 分值 | 次数 | 分值 | 次数 | 分值 |
| 10 | 0 | 28 | 1.8 | 46 | 3.6 |
| 11 | 0.1 | 29 | 1.9 | 47 | 3.7 |
| 12 | 0.2 | 30 | 2 | 48 | 3.8 |
| 13 | 0.3 | 31 | 2.1 | 49 | 3.9 |
| 4 | 0.4 | 32 | 2.2 | 50 | 4 |
| 巧 | 0.5 | 33 | 2.3 | 51 | 4.1 |
| 16 | 0.6 | 34 | 2.4 | 52 | 4.2 |
| 17 | 0.7 | 35 | 2.5 | 53 | 4.3 |
| 18 | 0.8 | 36 | 2.6 | 54 | 4.4 |
| 19 | 0.9 | 37 | 2.7 | 55 | 4.5 |
| 20 | 1 | 38 | 2.8 | 56 | 4.6 |
| 21 | 1.1 | 39 | 2.9 | 57 | 4.7 |
| 22 | 1.2 | 40 | 3 | 58 | 4.8 |
| 23 | 1.3 | 41 | 3.1 | 59 | 4.9 |
| 24 | 1.4 | 42 | 3.2 | 60 | 5 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 25  26  27 | 1.5  1.6  1.7 | 43  44  45 | 3.3  3.4  3.5 |  |  |

四.20米运球过杆射门(5分：其中运球绕杆4分，射门1 分。场地见下图)



(1)考试方法

将球在起点线上放稳，待考评员示意后方可开始。每名考生 一 次机会。

考生运球过杆的方式和射门脚法不限。运球时漏绕或少绕标杆均 按失败记录。绕过最后一根杆后，必须在罚球区外完成射门，进 入罚球区内的射门成绩无效。

(2)评分标准

颠球与过杆射门成绩评分表

|  |  |  |  |
| --- | --- | --- | --- |
| 时间 | 分值 | 时间 | 分值 |
| 12"5 | 0.5 | 10"7 | 2.3 |
| 12"4 | 0.6 | 10"6 | 2.4 |
| 12"3 | 0.7 | 10"5 | 2.5 |
| 12"2 | 0.8 | 10"4 | 2.6 |
| 12"1 | 0.9 | 10"3 | 2.7 |
| 12"0 | 1 | 10"2 | 2.8 |
| 11"9 | 1.1 | 10"1 | 2.9 |
| 11"8 | 1.2 | 10"0 | 3 |
| 11"7 | 1.3 | 9"9 | 3.1 |
| 11"6 | 1.4 | 9"8 | 3.2 |
| 11"5 | 1.5 | 9"7 | 3.3 |
| 11"4 | 1.6 | 9"6 | 3.4 |
| 11"3 | 1.7 | 9"5 | 3.5 |
| 11"2 | 1.8 | 9"4 | 3.6 |
| 11"1 | 1.9 | 9"3 | 3.7 |
| 11"0 | 2 | 9"2 | 3.8 |
| 10"9 | 2.1 | 9"1 | 3.9 |
| 10"8 | 2.2 | 9"0 | 4 |

**五.教学比赛(30分)**

(1)测试方法：考生分组(队),进行比赛。

(2)成绩评定：由评委根据评分标准对考生的基本技术、位 置技术、战术意识、个人特点、综合能力等5个方面进行综合评 定。

(3)比赛评分标准：(30分)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 指标 | 基本技术 | 位置技术 | 战术意识 | 个人特点 | 综合能力 |
| 分值 | 5分 | 3分 | 9分 | 4 分 | 9分 |
| 技评  标准 | 传 、  接、带、控、 射、头球等 个人基本 技术以及 基本的步 伐、变向 跑、折返跑 等有球与 无球技术 等。 | 后卫的 防守技术， 中场的组织 传接跑位， 前锋的穿插 与射门，各 位置的职责 与整体的协 调性等。 | 小组 、 局部、整体 的传接球配 合意识与跑 位接应意识 及预判能 力，定位球 的攻防意 识。 | 射门欲 望与抢点、渗 透性传球意 识，头球与补 位意识。1V1 攻防、协防， 身体素质的 速度与灵敏  性等。 | 阅读 比赛的能 力、观察、 决策、应变 力、创造 力、心里状 态的稳定 性等。 |

守门员评分标准

|  |  |  |  |
| --- | --- | --- | --- |
| 指标 | | 指标内涵 | 分值 |
| 序号 | 内容 |
| 1 | 技术 | 基本手法，扑接球手法、动作规范， 准确协调，运用熟练合理。 | 5 |
| 2 | 意识 | 参与组织进攻，防守意识强，选位 好，观察力好，掌握出击时机恰当 | 5 |
| 3 | 反应 | 反应快速、灵敏，判断准确、果断 机智，连续扑接球能力强 | 6 |
| 4 | 作风 | 勇敢、积极、顽强、团队精神好 | 7 |
| 5 | 身体素质 | 脚下步伐灵活性，移动速度，蹬地 的爆发力，弹跳力 | 7 |