

2025年江苏省姜堰中学普通高中特长生自主招生

考核方案及评分细则

2025.4

1. **招生项目及计划**

|  |  |  |  |
| --- | --- | --- | --- |
| 序号 | 类别 | 项目 | 计划数 |
| 1 | 科学技术（含信息技术）类 | 科技创新 | 6 |
| 程序设计 | 4 |
| 2 | 体育类 | 径赛：200米、1500米；田赛：跳远、三级跳远、跳高 | 6 |
| 篮球(男子) | 6 |
| 3 | 艺术类 | 声乐类：民族唱法、美声唱法 | 2 |
| 民乐类：二胡、竹笛、古筝 | 2 |
| 西洋乐类：钢琴、小提琴 | 2 |
| 舞蹈类：中国古典舞、民族舞 | 2 |
| 软笔书法 | 2 |

**二、各项目考核方案及评分细则**

**（一）科技创新**

科创类考核分：理科综合理解能力（笔试70%）和操作能力（实践30%）。笔试满分值150分，测试时长90分钟，考查内容是数学、物理素养和Python基础应用，得分及格（90分）以上（含90分）方可进入操作能力测试。实践操作能力测试满分值100，测试时长30分钟，测试活动及得分细则在考生进入考场开考时试卷材料上说明。笔试成绩不及格和不参加操作能力测试的考生均为不合格，不入围。考生最终成绩=笔试成绩×70%+操作成绩×30%，符合条件的考生最终成绩由高到低排序，选前6名。

**（二）信息技术（编程）**

参照CSP和NOIP比赛，通过现场上机方式进行编程测试（仅允许使用C++语言）。

1.测试时间：4小时。

2.测试内容：完成5道编程题（试题难度参照CSP-J/S第二轮）。

3.试卷满分150分。每道编程题30分，设10-20个得分点。

**（三）体育类**

**1、考试内容**

（1）素质考试：所有考生均需参加100米、立定跳远测试；

（2）专项考试：田径类特长生专项测试项目在（200米、1500米、跳远、三级跳远、跳高）中选考一项，篮球特长生专项测试摸高、投篮、综合技术、实战；

**2、考试分值**

满分150分，其中100米30分、立定跳远30分、专项90分。

**3、成绩认定**

考生各项测试成绩之和即为考生考试总成绩。

**4、评分标准**

（1）100米评分标准（手动计时）

表一 女子100米（成绩单位：秒） （满分30分）

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 14”00 | 30 | 14”81 | 24.49 | 15”62 | 19.01 |
| 14”03 | 29.76 | 14”84 | 24.29 | 15”65 | 18.82 |
| 14”06 | 29.56 | 14”87 | 24.08 | 15”68 | 18.61 |
| 14”09 | 29.35 | 14”90 | 23.88 | 15”71 | 18.41 |
| 14”12 | 29.15 | 14”93 | 23.68 | 15”74 | 18.2 |
| 14”15 | 28.94 | 14”96 | 23.47 | 15”77 | 18 |
| 14”18 | 28.74 | 14”99 | 23.27 | 15”80 | 17.81 |
| 14”21 | 28.54 | 15”02 | 23.06 | 15”83 | 17.63 |
| 14”24 | 28.33 | 15”05 | 22.86 | 15”86 | 17.44 |
| 14”27 | 28.14 | 15”08 | 22.67 | 15”89 | 17.26 |
| 14”30 | 27.94 | 15”11 | 22.46 | 15”92 | 17.06 |
| 14”33 | 27.73 | 15”14 | 22.26 | 15”95 | 16.88 |
| 14”36 | 27.53 | 15”17 | 22.06 | 15”98 | 16.69 |
| 14”39 | 27.32 | 15”20 | 21.85 | 16”01 | 16.51 |
| 14”42 | 27.12 | 15”23 | 21.65 | 16”04 | 16.32 |
| 14”45 | 26.92 | 15”26 | 21.44 | 16”07 | 16.14 |
| 14”48 | 26.71 | 15”29 | 21.24 | 16”10 | 15.95 |
| 14”51 | 26.51 | 15”32 | 21.04 | 16”13 | 15.77 |
| 14”54 | 26.32 | 15”35 | 20.83 | 16”16 | 15.58 |
| 14”57 | 26.11 | 15”38 | 20.64 | 16”19 | 15.4 |
| 14”60 | 25.91 | 15”41 | 20.44 | 16”22 | 15.2 |
| 14”63 | 25.7 | 15”44 | 20.23 | 16”25 | 15.02 |
| 14”66 | 25.5 | 15”47 | 20.03 | 16”28 | 14.83 |
| 14”69 | 25.3 | 15”50 | 19.82 | 16”31 | 14.65 |
| 14”72 | 25.09 | 15”53 | 19.62 | 16”34 | 14.46 |
| 14”75 | 24.89 | 15”56 | 19.42 | 16”37 | 14.28 |
| 14”78 | 24.68 | 15”59 | 19.21 | 16”38 | 0.00 |

表二 男子100米（成绩单位：秒） （满分30分）

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 11”90 | 30 | 12”71 | 20.83 | 13”51 | 13.54 |
| 11”96 | 29.32 | 12”76 | 20.27 | 13”56 | 13.13 |
| 12”01 | 28.75 | 12”81 | 19.7 | 13”61 | 12.72 |
| 12”06 | 28.19 | 12”86 | 19.13 | 13”66 | 12.31 |
| 12”11 | 27.62 | 12”91 | 18.56 | 13”71 | 11.9 |
| 12”16 | 27.01 | 12”96 | 18 | 13”76 | 11.5 |
| 12”21 | 26.5 | 13”01 | 17.59 | 13”81 | 11.09 |
| 12”26 | 25.92 | 13”06 | 17.18 | 13”86 | 10.68 |
| 12”31 | 25.36 | 13”11 | 16.78 | 13”91 | 10.28 |
| 12”36 | 24.79 | 13”16 | 16.38 | 13”96 | 9.88 |
| 12”41 | 24.23 | 13”21 | 15.97 | 14”01 | 9.47 |
| 12”46 | 23.66 | 13”26 | 15.56 | 14”06 | 9.06 |
| 12”51 | 23.1 | 13”31 | 15.16 | 14”11 | 8.65 |
| 12”56 | 22.52 | 13”36 | 14.75 | 14”16 | 8.24 |
| 12”61 | 21.96 | 13”41 | 14.34 | 14”17 | 0.00 |
| 12”66 | 21.4 | 13”46 | 13.93 |  |  |

（2）立定跳远评分标准

表三 立定跳远（成绩单位：cm） （满分30分）

|  |  |
| --- | --- |
| 女子立定跳远 | 男子立定跳远 |
| 成绩 | 分值 | 成绩 | 分值 |
| 230 | 30 | 280 | 30 |
| 228 | 29.01 | 278 | 29.01 |
| 226 | 27.99 | 276 | 27.99 |
| 224 | 27 | 274 | 27 |
| 222 | 26.01 | 272 | 26.01 |
| 220 | 24.99 | 270 | 24.99 |
| 218 | 24 | 268 | 24 |
| 216 | 23.01 | 266 | 23.01 |
| 214 | 21.99 | 264 | 21.99 |
| 212 | 21 | 262 | 21 |
| 210 | 20.01 | 260 | 20.01 |
| 208 | 18.99 | 258 | 18.99 |
| 206 | 18 | 256 | 18 |
| 204 | 17.01 | 254 | 17.01 |
| 202 | 15.99 | 252 | 15.99 |
| 200 | 15 | 250 | 15 |
| 198 | 14.01 | 248 | 14.01 |
| 196 | 12.99 | 246 | 12.99 |
| 194 | 12 | 244 | 12 |
| 192 | 11.01 | 242 | 11.01 |
| 190 | 9.99 | 240 | 9.99 |
| 188 | 9 | 238 | 9 |
| 186 | 8.01 | 236 | 8.01 |
| 184 | 6.99 | 234 | 6.99 |
| 小于184 | 0 | 小于234 | 0 |

（3）200米评分标准（手动计时）

表四 女子200米(成绩单位：秒) （满分90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 27.34 | 90.00 | 29.60 | 53.89 | 31.85 | 46.06 | 34.1 | 38.23 |
| 27.4 | 88.94 | 29.65 | 53.73 | 31.9 | 45.90 | 34.15 | 38.07 |
| 27.45 | 88.06 | 29.70 | 53.55 | 31.95 | 45.72 | 34.2 | 37.89 |
| 27.5 | 87.17 | 29.75 | 53.37 | 32 | 45.54 | 34.25 | 37.71 |
| 27.55 | 86.31 | 29.80 | 53.21 | 32.05 | 45.38 | 34.3 | 37.55 |
| 27.6 | 85.43 | 29.85 | 53.03 | 32.1 | 45.20 | 34.35 | 37.37 |
| 27.65 | 84.56 | 29.90 | 52.85 | 32.15 | 45.02 | 34.4 | 37.19 |
| 27.7 | 83.70 | 29.95 | 52.69 | 32.2 | 44.86 | 34.45 | 37.03 |
| 27.75 | 82.85 | 30.00 | 52.51 | 32.25 | 44.68 | 34.5 | 36.85 |
| 27.8 | 81.99 | 30.05 | 52.33 | 32.3 | 44.50 | 34.55 | 36.67 |
| 27.85 | 81.14 | 30.10 | 52.16 | 32.35 | 44.33 | 34.6 | 36.50 |
| 27.9 | 80.28 | 30.15 | 51.98 | 32.4 | 44.15 | 34.65 | 36.32 |
| 27.95 | 79.45 | 30.20 | 51.80 | 32.45 | 43.97 | 34.7 | 36.14 |
| 28 | 78.61 | 30.25 | 51.64 | 32.5 | 43.81 | 34.75 | 35.98 |
| 28.05 | 77.76 | 30.30 | 51.46 | 32.55 | 43.63 | 34.8 | 35.80 |
| 28.1 | 76.93 | 30.35 | 51.28 | 32.6 | 43.45 | 34.85 | 35.62 |
| 28.15 | 76.10 | 30.40 | 51.12 | 32.65 | 43.29 | 34.9 | 35.46 |
| 28.2 | 75.28 | 30.45 | 50.94 | 32.7 | 43.11 | 34.95 | 35.28 |
| 28.25 | 74.45 | 30.50 | 50.76 | 32.75 | 42.93 | 35 | 35.12 |
| 28.3 | 73.62 | 30.55 | 50.60 | 32.8 | 42.77 | 35.05 | 34.94 |
| 28.35 | 72.81 | 30.60 | 50.42 | 32.85 | 42.59 | 35.1 | 34.76 |
| 28.4 | 72.00 | 30.65 | 50.24 | 32.9 | 42.41 | 35.15 | 34.60 |
| 28.45 | 71.19 | 30.70 | 50.08 | 32.95 | 42.25 | 35.2 | 34.42 |
| 28.5 | 70.38 | 30.75 | 49.90 | 33 | 42.07 | 35.25 | 34.24 |
| 28.55 | 69.59 | 30.80 | 49.72 | 33.05 | 41.89 | 35.3 | 34.07 |
| 28.6 | 68.78 | 30.85 | 49.55 | 33.1 | 41.72 | 35.35 | 33.89 |
| 28.65 | 67.99 | 30.90 | 49.37 | 33.15 | 41.54 | 35.4 | 33.71 |
| 28.7 | 67.19 | 30.95 | 49.19 | 33.2 | 41.36 | 35.45 | 33.55 |
| 28.75 | 66.40 | 31.00 | 49.03 | 33.25 | 41.20 | 35.5 | 33.37 |
| 28.8 | 65.63 | 31.05 | 48.85 | 33.3 | 41.02 | 35.55 | 33.19 |
| 28.85 | 64.84 | 31.10 | 48.67 | 33.35 | 40.84 | 35.6 | 33.03 |
| 28.9 | 64.06 | 31.15 | 48.51 | 33.4 | 40.68 | 35.65 | 32.85 |
| 28.95 | 63.29 | 31.20 | 48.33 | 33.45 | 40.50 | 35.7 | 32.67 |
| 29 | 62.51 | 31.25 | 48.15 | 33.5 | 40.32 | 35.75 | 32.51 |
| 29.05 | 61.76 | 31.30 | 47.99 | 33.55 | 40.16 | 35.8 | 32.33 |
| 29.1 | 61.00 | 31.35 | 47.81 | 33.6 | 39.98 | 35.85 | 32.15 |
| 29.15 | 60.23 | 31.40 | 47.63 | 33.65 | 39.80 | 35.9 | 31.99 |
| 29.2 | 59.47 | 31.45 | 47.47 | 33.7 | 39.64 | 35.95 | 31.81 |
| 29.25 | 58.73 | 31.50 | 47.29 | 33.75 | 39.46 | 36 | 31.63 |
| 29.3 | 57.98 | 31.55 | 47.11 | 33.8 | 39.28 | 36.05 | 31.46 |
| 29.35 | 57.24 | 31.60 | 46.94 | 33.85 | 39.11 | 36.1 | 31.28 |
| 29.4 | 56.50 | 31.65 | 46.76 | 33.9 | 38.93 | 36.15 | 31.10 |
| 29.45 | 55.76 | 31.70 | 46.58 | 33.95 | 38.75 | 36.2 | 30.94 |
| 29.5 | 55.03 | 31.75 | 46.42 | 34 | 38.59 | 36.25 | 30.76 |
| 29.55 | 54.29 | 31.80 | 46.24 | 34.05 | 38.41 | 36.3 | 30.58 |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 36.35 | 30.42 | 38.65 | 22.41 | 40.95 | 14.42 | 43.25 | 6.41 |
| 36.4 | 30.24 | 38.70 | 22.23 | 41 | 14.24 | 43.3 | 6.23 |
| 36.45 | 30.06 | 38.75 | 22.07 | 41.05 | 14.06 | 43.35 | 6.07 |
| 36.5 | 29.90 | 38.80 | 21.89 | 41.1 | 13.90 | 43.4 | 5.89 |
| 36.55 | 29.72 | 38.85 | 21.71 | 41.15 | 13.72 | 43.45 | 5.71 |
| 36.6 | 29.54 | 38.90 | 21.55 | 41.2 | 13.54 | 43.5 | 5.54 |
| 36.65 | 29.38 | 38.95 | 21.37 | 41.25 | 13.37 | 43.55 | 5.36 |
| 36.7 | 29.20 | 39.00 | 21.19 | 41.3 | 13.19 | 43.6 | 5.18 |
| 36.75 | 29.02 | 39.05 | 21.02 | 41.35 | 13.01 | 43.65 | 5.02 |
| 36.8 | 28.85 | 39.10 | 20.84 | 41.4 | 12.85 | 43.7 | 4.84 |
| 36.85 | 28.67 | 39.15 | 20.66 | 41.45 | 12.67 | 43.75 | 4.66 |
| 36.9 | 28.49 | 39.20 | 20.50 | 41.5 | 12.49 | 43.8 | 4.50 |
| 36.95 | 28.33 | 39.25 | 20.32 | 41.55 | 12.33 | 43.85 | 4.32 |
| 37 | 28.15 | 39.30 | 20.14 | 41.6 | 12.15 | 43.9 | 4.14 |
| 37.05 | 27.97 | 39.35 | 19.98 | 41.65 | 11.97 | 43.95 | 3.98 |
| 37.1 | 27.81 | 39.40 | 19.80 | 41.7 | 11.81 | 44 | 3.80 |
| 37.15 | 27.63 | 39.45 | 19.62 | 41.75 | 11.63 | 44.05 | 3.62 |
| 37.2 | 27.45 | 39.50 | 19.46 | 41.8 | 11.45 | 44.1 | 3.46 |
| 37.25 | 27.29 | 39.55 | 19.28 | 41.85 | 11.29 | 44.15 | 3.28 |
| 37.3 | 27.11 | 39.60 | 19.10 | 41.9 | 11.11 | 44.2 | 3.10 |
| 37.35 | 26.93 | 39.65 | 18.94 | 41.95 | 10.93 | 44.25 | 2.93 |
| 37.4 | 26.77 | 39.70 | 18.76 | 42 | 10.76 | 44.3 | 2.75 |
| 37.45 | 26.59 | 39.75 | 18.58 | 42.05 | 10.58 | 44.35 | 2.57 |
| 37.5 | 26.41 | 39.80 | 18.41 | 42.1 | 10.40 | 44.4 | 2.41 |
| 37.55 | 26.24 | 39.85 | 18.23 | 42.15 | 10.24 | 44.45 | 2.23 |
| 37.6 | 26.06 | 39.90 | 18.05 | 42.2 | 10.06 | 44.5 | 2.05 |
| 37.65 | 25.88 | 39.95 | 17.89 | 42.25 | 9.88 | 44.55 | 1.89 |
| 37.7 | 25.72 | 40.00 | 17.71 | 42.3 | 9.72 | 44.6 | 1.71 |
| 37.75 | 25.54 | 40.05 | 17.53 | 42.35 | 9.54 | 44.65 | 1.53 |
| 37.8 | 25.36 | 40.10 | 17.37 | 42.4 | 9.36 | 44.7 | 1.37 |
| 37.85 | 25.20 | 40.15 | 17.19 | 42.45 | 9.20 | 44.75 | 1.19 |
| 37.9 | 25.02 | 40.20 | 17.01 | 42.5 | 9.02 | 44.8 | 1.01 |
| 37.95 | 24.84 | 40.25 | 16.85 | 42.55 | 8.84 | 44.85 | 0.85 |
| 38 | 24.68 | 40.30 | 16.67 | 42.6 | 8.68 | 44.9 | 0.67 |
| 38.05 | 24.50 | 40.35 | 16.49 | 42.65 | 8.50 | 44.95 | 0.49 |
| 38.1 | 24.32 | 40.40 | 16.33 | 42.7 | 8.32 | 45 | 0.32 |
| 38.15 | 24.16 | 40.45 | 16.15 | 42.75 | 8.15 | 45.05 | 0.00 |
| 38.2 | 23.98 | 40.50 | 15.97 | 42.8 | 7.97 |  |  |
| 38.25 | 23.80 | 40.55 | 15.80 | 42.85 | 7.79 |  |  |
| 38.3 | 23.63 | 40.60 | 15.62 | 42.9 | 7.63 |  |  |
| 38.35 | 23.45 | 40.65 | 15.44 | 42.95 | 7.45 |  |  |
| 38.4 | 23.27 | 40.70 | 15.28 | 43 | 7.27 |  |  |
| 38.45 | 23.11 | 40.75 | 15.10 | 43.05 | 7.11 |  |  |
| 38.5 | 22.93 | 40.80 | 14.92 | 43.1 | 6.93 |  |  |
| 38.55 | 22.75 | 40.85 | 14.76 | 43.15 | 6.75 |  |  |
| 38.6 | 22.59 | 40.90 | 14.58 | 43.2 | 6.59 |  |  |

表五 男子200米(成绩单位：秒) （满分90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 23.94 | 90.00 | 26.2 | 53.66 | 28.45 | 45.77 | 30.7 | 37.91 |
| 24 | 88.85 | 26.25 | 53.48 | 28.5 | 45.61 | 30.75 | 37.75 |
| 24.05 | 87.89 | 26.3 | 53.30 | 28.55 | 45.43 | 30.8 | 37.57 |
| 24.1 | 86.96 | 26.35 | 53.12 | 28.6 | 45.25 | 30.85 | 37.39 |
| 24.15 | 86.00 | 26.4 | 52.96 | 28.65 | 45.09 | 30.9 | 37.22 |
| 24.2 | 85.07 | 26.45 | 52.78 | 28.7 | 44.91 | 30.95 | 37.04 |
| 24.25 | 84.15 | 26.5 | 52.60 | 28.75 | 44.73 | 31 | 36.86 |
| 24.3 | 83.23 | 26.55 | 52.43 | 28.8 | 44.55 | 31.05 | 36.68 |
| 24.35 | 82.31 | 26.6 | 52.25 | 28.85 | 44.39 | 31.1 | 36.52 |
| 24.4 | 81.40 | 26.65 | 52.07 | 28.9 | 44.21 | 31.15 | 36.34 |
| 24.45 | 80.50 | 26.7 | 51.89 | 28.95 | 44.03 | 31.2 | 36.16 |
| 24.5 | 79.60 | 26.75 | 51.73 | 29 | 43.87 | 31.25 | 36.00 |
| 24.55 | 78.70 | 26.8 | 51.55 | 29.05 | 43.69 | 31.3 | 35.82 |
| 24.6 | 77.81 | 26.85 | 51.37 | 29.1 | 43.51 | 31.35 | 35.64 |
| 24.65 | 76.93 | 26.9 | 51.21 | 29.15 | 43.33 | 31.4 | 35.46 |
| 24.7 | 76.07 | 26.95 | 51.03 | 29.2 | 43.16 | 31.45 | 35.30 |
| 24.75 | 75.19 | 27 | 50.85 | 29.25 | 42.98 | 31.5 | 35.12 |
| 24.8 | 74.34 | 27.05 | 50.67 | 29.3 | 42.80 | 31.55 | 34.94 |
| 24.85 | 73.48 | 27.1 | 50.51 | 29.35 | 42.64 | 31.6 | 34.78 |
| 24.9 | 72.63 | 27.15 | 50.33 | 29.4 | 42.46 | 31.65 | 34.60 |
| 24.95 | 71.78 | 27.2 | 50.15 | 29.45 | 42.28 | 31.7 | 34.42 |
| 25 | 70.94 | 27.25 | 49.99 | 29.5 | 42.12 | 31.75 | 34.24 |
| 25.05 | 70.11 | 27.3 | 49.81 | 29.55 | 41.94 | 31.8 | 34.07 |
| 25.1 | 69.28 | 27.35 | 49.63 | 29.6 | 41.76 | 31.85 | 33.89 |
| 25.15 | 68.45 | 27.4 | 49.45 | 29.65 | 41.58 | 31.9 | 33.71 |
| 25.2 | 67.64 | 27.45 | 49.28 | 29.7 | 41.42 | 31.95 | 33.55 |
| 25.25 | 66.83 | 27.5 | 49.10 | 29.75 | 41.24 | 32 | 33.37 |
| 25.3 | 66.04 | 27.55 | 48.92 | 29.8 | 41.06 | 32.05 | 33.19 |
| 25.35 | 65.23 | 27.6 | 48.76 | 29.85 | 40.90 | 32.1 | 33.01 |
| 25.4 | 64.44 | 27.65 | 48.58 | 29.9 | 40.72 | 32.15 | 32.85 |
| 25.45 | 63.67 | 27.7 | 48.40 | 29.95 | 40.54 | 32.2 | 32.67 |
| 25.5 | 62.87 | 27.75 | 48.22 | 30 | 40.36 | 32.25 | 32.49 |
| 25.55 | 62.12 | 27.8 | 48.06 | 30.05 | 40.19 | 32.3 | 32.33 |
| 25.6 | 61.34 | 27.85 | 47.88 | 30.1 | 40.01 | 32.35 | 32.15 |
| 25.65 | 60.59 | 27.9 | 47.70 | 30.15 | 39.83 | 32.4 | 31.97 |
| 25.7 | 59.83 | 27.95 | 47.54 | 30.2 | 39.67 | 32.45 | 31.79 |
| 25.75 | 59.08 | 28 | 47.36 | 30.25 | 39.49 | 32.5 | 31.63 |
| 25.8 | 58.34 | 28.05 | 47.18 | 30.3 | 39.31 | 32.55 | 31.45 |
| 25.85 | 57.60 | 28.1 | 47.00 | 30.35 | 39.13 | 32.6 | 31.27 |
| 25.9 | 56.86 | 28.15 | 46.84 | 30.4 | 38.97 | 32.65 | 31.10 |
| 25.95 | 56.14 | 28.2 | 46.66 | 30.45 | 38.79 | 32.7 | 30.92 |
| 26 | 55.42 | 28.25 | 46.48 | 30.5 | 38.61 | 32.75 | 30.74 |
| 26.05 | 54.70 | 28.3 | 46.31 | 30.55 | 38.45 | 32.8 | 30.56 |
| 26.1 | 54.00 | 28.35 | 46.13 | 30.6 | 38.27 | 32.85 | 30.40 |
| 26.15 | 53.82 | 28.4 | 45.95 | 30.65 | 38.09 | 32.9 | 30.22 |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 32.95 | 30.04 | 35.25 | 22.00 | 37.55 | 13.97 | 39.85 | 5.90 |
| 33 | 29.88 | 35.3 | 21.83 | 37.6 | 13.79 | 39.9 | 5.74 |
| 33.05 | 29.70 | 35.35 | 21.65 | 37.65 | 13.61 | 39.95 | 5.56 |
| 33.1 | 29.52 | 35.4 | 21.47 | 37.7 | 13.45 | 40 | 5.38 |
| 33.15 | 29.34 | 35.45 | 21.31 | 37.75 | 13.27 | 40.05 | 5.20 |
| 33.2 | 29.18 | 35.5 | 21.13 | 37.8 | 13.09 | 40.1 | 5.04 |
| 33.25 | 29.00 | 35.55 | 20.95 | 37.85 | 12.91 | 40.15 | 4.86 |
| 33.3 | 28.82 | 35.6 | 20.77 | 37.9 | 12.76 | 40.2 | 4.68 |
| 33.35 | 28.66 | 35.65 | 20.61 | 37.95 | 12.58 | 40.25 | 4.50 |
| 33.4 | 28.48 | 35.7 | 20.43 | 38 | 12.40 | 40.3 | 4.34 |
| 33.45 | 28.30 | 35.75 | 20.25 | 38.05 | 12.22 | 40.35 | 4.16 |
| 33.5 | 28.12 | 35.8 | 20.09 | 38.1 | 12.06 | 40.4 | 3.98 |
| 33.55 | 27.95 | 35.85 | 19.91 | 38.15 | 11.88 | 40.45 | 3.80 |
| 33.6 | 27.77 | 35.9 | 19.73 | 38.2 | 11.70 | 40.5 | 3.64 |
| 33.65 | 27.59 | 35.95 | 19.57 | 38.25 | 11.52 | 40.55 | 3.46 |
| 33.7 | 27.43 | 36 | 19.39 | 38.3 | 11.36 | 40.6 | 3.28 |
| 33.75 | 27.25 | 36.05 | 19.21 | 38.35 | 11.18 | 40.65 | 3.10 |
| 33.8 | 27.07 | 36.1 | 19.03 | 38.4 | 11.00 | 40.7 | 2.93 |
| 33.85 | 26.89 | 36.15 | 18.86 | 38.45 | 10.82 | 40.75 | 2.75 |
| 33.9 | 26.73 | 36.2 | 18.68 | 38.5 | 10.66 | 40.8 | 2.57 |
| 33.95 | 26.55 | 36.25 | 18.50 | 38.55 | 10.48 | 40.85 | 2.39 |
| 34 | 26.37 | 36.3 | 18.34 | 38.6 | 10.30 | 40.9 | 2.23 |
| 34.05 | 26.21 | 36.35 | 18.16 | 38.65 | 10.12 | 40.95 | 2.05 |
| 34.1 | 26.03 | 36.4 | 17.98 | 38.7 | 9.95 | 41 | 1.87 |
| 34.15 | 25.85 | 36.45 | 17.80 | 38.75 | 9.77 | 41.05 | 1.69 |
| 34.2 | 25.67 | 36.5 | 17.64 | 38.8 | 9.59 | 41.1 | 1.53 |
| 34.25 | 25.51 | 36.55 | 17.46 | 38.85 | 9.41 | 41.15 | 1.35 |
| 34.3 | 25.33 | 36.6 | 17.28 | 38.9 | 9.25 | 41.2 | 1.17 |
| 34.35 | 25.15 | 36.65 | 17.12 | 38.95 | 9.07 | 41.25 | 0.99 |
| 34.4 | 24.98 | 36.7 | 16.94 | 39 | 8.89 | 41.3 | 0.83 |
| 34.45 | 24.80 | 36.75 | 16.76 | 39.05 | 8.71 | 41.35 | 0.65 |
| 34.5 | 24.62 | 36.8 | 16.58 | 39.1 | 8.55 | 41.4 | 0.47 |
| 34.55 | 24.44 | 36.85 | 16.42 | 39.15 | 8.37 | 41.45 | 0.29 |
| 34.6 | 24.28 | 36.9 | 16.24 | 39.2 | 8.19 | 41.5 | 0.13 |
| 34.65 | 24.10 | 36.95 | 16.06 | 39.25 | 8.01 | 41.54 | 0.00 |
| 34.7 | 23.92 | 37 | 15.89 | 39.3 | 7.85 |  |  |
| 34.75 | 23.76 | 37.05 | 15.71 | 39.35 | 7.67 |  |  |
| 34.8 | 23.58 | 37.1 | 15.53 | 39.4 | 7.49 |  |  |
| 34.85 | 23.40 | 37.15 | 15.35 | 39.45 | 7.31 |  |  |
| 34.9 | 23.22 | 37.2 | 15.19 | 39.5 | 7.15 |  |  |
| 34.95 | 23.06 | 37.25 | 15.01 | 39.55 | 6.97 |  |  |
| 35 | 22.88 | 37.3 | 14.83 | 39.6 | 6.79 |  |  |
| 35.05 | 22.70 | 37.35 | 14.67 | 39.65 | 6.61 |  |  |
| 35.1 | 22.54 | 37.4 | 14.49 | 39.7 | 6.44 |  |  |
| 35.15 | 22.36 | 37.45 | 14.31 | 39.75 | 6.26 |  |  |
| 35.2 | 22.18 | 37.5 | 14.13 | 39.8 | 6.08 |  |  |

（4）1500米评分标准（手动计时）

表六 女子1500米(成绩单位：秒) （满分90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 05:07.5 | 90.00  | 05:30.0 | 57.19  | 05:52.5 | 44.50  | 06:15.0 | 33.64 |
| 05:08.0 | 89.14  | 05:30.5 | 56.61  | 05:53.0 | 44.26  | 06:15.5 | 33.41 |
| 05:08.5 | 88.27  | 05:31.0 | 56.03  | 05:53.5 | 44.01  | 06:16.0 | 33.17 |
| 05:09.0 | 87.41  | 05:31.5 | 55.46  | 05:54.0 | 43.78  | 06:16.5 | 32.92 |
| 05:09.5 | 86.56  | 05:32.0 | 54.90  | 05:54.5 | 43.54  | 06:17.0 | 32.69 |
| 05:10.0 | 85.73  | 05:32.5 | 54.32  | 05:55.0 | 43.29  | 6.17.50 | 32.44 |
| 05:10.5 | 84.89  | 05:33.0 | 53.91  | 05:55.5 | 43.06  | 06:18.0 | 32.20 |
| 05:11.0 | 84.06  | 05:33.5 | 53.66  | 05:56.0 | 42.80  | 06:18.5 | 31.97 |
| 05:11.5 | 83.23  | 05:34.0 | 53.42  | 05:56.5 | 42.57  | 06:19.0 | 31.72 |
| 05:12.0 | 82.42  | 05:34.5 | 53.17  | 05:57.0 | 42.34  | 06:19.5 | 31.48 |
| 05:12.5 | 81.61  | 05:35.0 | 52.94  | 05:57.5 | 42.08  | 06:20.0 | 31.23 |
| 05:13.0 | 80.80  | 05:35.5 | 52.70  | 05:58.0 | 41.85  | 06:20.5 | 31.00 |
| 05:13.5 | 80.01  | 05:36.0 | 52.45  | 05:58.5 | 41.60  | 06:21.0 | 30.76 |
| 05:14.0 | 79.22  | 05:36.5 | 52.22  | 05:59.0 | 41.36  | 06:21.5 | 30.51 |
| 05:14.5 | 78.43  | 05:37.0 | 51.97  | 05:59.5 | 41.13  | 06:22.0 | 30.28 |
| 05:15.0 | 77.65  | 05:37.5 | 51.73  | 06:00.0 | 40.88  | 06:22.5 | 30.02 |
| 05:15.5 | 76.88  | 05:38.0 | 51.50  | 06:00.5 | 40.64  | 06:23.0 | 29.79 |
| 05:16.0 | 76.10  | 05:38.5 | 51.25  | 06:01.0 | 40.39  | 06:23.5 | 29.56 |
| 05:16.5 | 75.35  | 05:39.0 | 51.01  | 06:01.5 | 40.16  | 06:24.0 | 29.30 |
| 05:17.0 | 74.59  | 05:39.5 | 50.76  | 06:02.0 | 39.92  | 06:24.5 | 29.07 |
| 05:17.5 | 73.85  | 05:40.0 | 50.53  | 06:02.5 | 39.67  | 06:25.0 | 28.82 |
| 05:18.0 | 73.10  | 05:40.5 | 50.29  | 06:03.0 | 39.44  | 06:25.5 | 28.58 |
| 05:18.5 | 72.36  | 05:41.0 | 50.04  | 06:03.5 | 39.19  | 06:26.0 | 28.35 |
| 05:19.0 | 71.64  | 05:41.5 | 49.81  | 06:04.0 | 38.95  | 06:26.5 | 28.10 |
| 05:19.5 | 70.92  | 05:42.0 | 49.57  | 06:04.5 | 38.72  | 06:27.0 | 27.86 |
| 05:20.0 | 70.20  | 05:42.5 | 49.32  | 06:05.0 | 38.47  | 06:27.5 | 27.61 |
| 05:20.5 | 69.50  | 05:43.0 | 49.09  | 06:05.5 | 38.23  | 06:28.0 | 27.38 |
| 05:21.0 | 68.78  | 05:43.5 | 48.83  | 06:06.0 | 38.00  | 06:28.5 | 27.14 |
| 05:21.5 | 68.09  | 05:44.0 | 48.60  | 06:06.5 | 37.75  | 06:29.0 | 26.89 |
| 05:22.0 | 67.39  | 05:44.5 | 48.37  | 06:07.0 | 37.51  | 06:29.5 | 26.66 |
| 05:22.5 | 66.71  | 05:45.0 | 48.11  | 06:07.5 | 37.26  | 06:30.0 | 26.41 |
| 05:23.0 | 66.04  | 05:45.5 | 47.88  | 06:08.0 | 37.03  | 06:30.5 | 26.17 |
| 05:23.5 | 65.36  | 05:46.0 | 47.63  | 06:08.5 | 36.79  | 06:31.0 | 25.94 |
| 05:24.0 | 64.69  | 05:46.5 | 47.39  | 06:09.0 | 36.54  | 06:31.5 | 25.69 |
| 05:24.5 | 64.04  | 05:47.0 | 47.16  | 06:09.5 | 36.31  | 06:32.0 | 25.45 |
| 05:25.0 | 63.38  | 05:47.5 | 46.91  | 06:10.0 | 36.05  | 06:32.5 | 25.22 |
| 05:25.5 | 62.73  | 05:48.0 | 46.67  | 06:10.5 | 35.82  | 06:33.0 | 24.97 |
| 05:26.0 | 62.10  | 05:48.5 | 46.42  | 06:11.0 | 35.59  | 06:33.5 | 24.73 |
| 05:26.5 | 61.45  | 05:49.0 | 46.19  | 06:11.5 | 35.33  | 06:34.0 | 24.48 |
| 05:27.0 | 60.82  | 05:49.5 | 45.95  | 06:12.0 | 35.10  | 06:34.5 | 24.25 |
| 05:27.5 | 60.21  | 05:50.0 | 45.70  | 06:12.5 | 34.85  | 06:35.0 | 24.01 |
| 05:28.0 | 59.60  | 05:50.5 | 45.47  | 06:13.0 | 34.61  | 06:35.5 | 23.76 |
| 05:28.5 | 58.99  | 05:51.0 | 45.22  | 06:13.5 | 34.38  | 06:36.0 | 23.53 |
| 05:29.0 | 58.37  | 05:51.5 | 44.98  | 06:14.0 | 34.13  | 06:36.5 | 23.27 |
| 05:29.5 | 57.78  | 05:52.0 | 44.75  | 06:14.5 | 33.89  | 06:37.0 | 23.04 |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 06:37.5 | 22.81  | 06:49.5 | 17.01  | 07:01.5 | 11.21  | 07:13.5 | 5.38 |
| 06:38.0 | 22.55  | 06:50.0 | 16.78  | 07:02.0 | 10.98  | 07:14.0 | 5.15 |
| 06:38.5 | 22.32  | 06:50.5 | 16.52  | 07:02.5 | 10.73  | 07:14.5 | 4.90 |
| 06:39.0 | 22.07  | 06:51.0 | 16.29  | 07:03.0 | 10.49  | 07:15.0 | 4.66 |
| 06:39.5 | 21.83  | 06:51.5 | 16.04  | 07:03.5 | 10.24  | 07:15.5 | 4.41 |
| 06:40.0 | 21.60  | 06:52.0 | 15.80  | 07:04.0 | 10.01  | 07:16.0 | 4.18 |
| 06:40.5 | 21.35  | 06:52.5 | 15.57  | 07:04.5 | 9.76  | 07:16.5 | 3.92 |
| 06:41.0 | 21.11  | 06:53.0 | 15.32  | 07:05.0 | 9.52  | 07:17.0 | 3.69 |
| 06:41.5 | 20.86  | 06:53.5 | 15.08  | 07:05.5 | 9.27  | 07:17.5 | 3.44 |
| 06:42.0 | 20.63  | 06:54.0 | 14.83  | 07:06.0 | 9.04  | 07:18.0 | 3.20 |
| 06:42.5 | 20.39  | 06:54.5 | 14.60  | 07:06.5 | 8.78  | 07:18.5 | 2.95 |
| 06:43.0 | 20.14  | 06:55.0 | 14.36  | 07:07.0 | 8.55  | 07:19.0 | 2.72 |
| 06:43.5 | 19.91  | 06:55.5 | 14.11  | 07:07.5 | 8.30  | 07:19.5 | 2.47 |
| 06:44.0 | 19.66  | 06:56.0 | 13.88  | 07:08.0 | 8.06  | 07:20.0 | 2.23 |
| 06:44.5 | 19.42  | 06:56.5 | 13.63  | 07:08.5 | 7.81  | 07:20.5 | 1.98 |
| 06:45.0 | 19.19  | 06:57.0 | 13.39  | 07:09.0 | 7.58  | 07:21.0 | 1.75 |
| 06:45.5 | 18.94  | 06:57.5 | 13.16  | 07:09.5 | 7.33  | 07:21.5 | 1.49 |
| 06:46.0 | 18.70  | 06:58.0 | 12.91  | 07:10.0 | 7.09  | 07:22.0 | 1.26 |
| 06:46.5 | 18.45  | 06:58.5 | 12.67  | 07:10.5 | 6.84  | 07:22.5 | 1.01 |
| 06:47.0 | 18.22  | 06:59.0 | 12.44  | 07:11.0 | 6.61  | 07:23.0 | 0.77 |
| 06:47.5 | 17.98  | 06:59.5 | 12.19  | 07:11.5 | 6.35  | 07:23.5 | 0.52 |
| 06:48.0 | 17.73  | 07:00.0 | 11.95  | 07:12.0 | 6.12  | 07:24.0 | 0.29 |
| 06:48.5 | 17.50  | 07:00.5 | 11.70  | 07:12.5 | 5.87  | 07:24.5 | 0.00 |
| 06:49.0 | 17.24  | 07:01.0 | 11.47  | 07:13.0 | 5.63  |  |  |

表七 男子1500米(成绩单位：秒) （满分90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 04:17.5 | 90.00  | 04:40.0 | 57.56  | 05:02.5 | 44.50  | 05:25.0 | 33.70 |
| 04:18.0 | 89.23  | 04:40.5 | 56.90  | 05:03.0 | 44.26  | 05:25.5 | 33.44 |
| 04:18.5 | 88.45  | 04:41.0 | 56.23  | 05:03.5 | 44.01  | 05:26.0 | 33.21 |
| 04:19.0 | 87.68  | 04:41.5 | 55.57  | 05:04.0 | 43.78  | 05:26.5 | 32.98 |
| 04:19.5 | 86.92  | 04:42.0 | 54.92  | 05:04.5 | 43.54  | 05:27.0 | 32.72 |
| 04:20.0 | 86.15  | 04:42.5 | 54.27  | 05:05.0 | 43.29  | 05:27.5 | 32.49 |
| 04:20.5 | 85.39  | 04:43.0 | 53.86  | 05:05.5 | 43.06  | 05:28.0 | 32.26 |
| 04:21.0 | 84.62  | 04:43.5 | 53.62  | 05:06.0 | 42.82  | 05:28.5 | 32.00 |
| 04:21.5 | 83.86  | 04:44.0 | 53.37  | 05:06.5 | 42.57  | 05:29.0 | 31.77 |
| 04:22.0 | 83.11  | 04:44.5 | 53.14  | 05:07.0 | 42.34  | 05:29.5 | 31.54 |
| 04:22.5 | 82.37  | 04:45.0 | 52.90  | 05:07.5 | 42.10  | 05:30.0 | 31.28 |
| 04:23.0 | 81.61  | 04:45.5 | 52.65  | 05:08.0 | 41.85  | 05:30.5 | 31.05 |
| 04:23.5 | 80.86  | 04:46.0 | 52.42  | 05:08.5 | 41.62  | 05:31.0 | 30.82 |
| 04:24.0 | 80.12  | 04:46.5 | 52.18  | 05:09.0 | 41.38  | 05:31.5 | 30.56 |
| 04:24.5 | 79.38  | 04:47.0 | 51.93  | 05:09.5 | 41.13  | 05:32.0 | 30.33 |
| 04:25.0 | 78.64  | 04:47.5 | 51.70  | 05:10.0 | 40.90  | 05:32.5 | 30.10 |
| 04:25.5 | 77.90  | 04:48.0 | 51.46  | 05:10.5 | 40.66  | 05:33.0 | 29.84 |
| 04:26.0 | 77.17  | 04:48.5 | 51.21  | 05:11.0 | 40.41  | 05:33.5 | 29.61 |
| 04:26.5 | 76.43  | 04:49.0 | 50.98  | 05:11.5 | 40.18  | 05:34.0 | 29.38 |
| 04:27.0 | 75.69  | 04:49.5 | 50.74  | 05:12.0 | 39.92  | 05:34.5 | 29.12 |
| 04:27.5 | 74.97  | 04:50.0 | 50.49  | 05:12.5 | 39.69  | 05:35.0 | 28.89 |
| 04:28.0 | 74.25  | 04:50.5 | 50.26  | 05:13.0 | 39.46  | 05:35.5 | 28.66 |
| 04:28.5 | 73.51  | 04:51.0 | 50.02  | 05:13.5 | 39.20  | 05:36.0 | 28.40 |
| 04:29.0 | 72.79  | 04:51.5 | 49.77  | 05:14.0 | 38.97  | 05:36.5 | 28.17 |
| 04:29.5 | 72.07  | 04:52.0 | 49.54  | 05:14.5 | 38.74  | 05:37.0 | 27.94 |
| 04:30.0 | 71.37  | 04:52.5 | 49.30  | 05:15.0 | 38.48  | 05:37.5 | 27.68 |
| 04:30.5 | 70.65  | 04:53.0 | 49.05  | 05:15.5 | 38.25  | 05:38.0 | 27.45 |
| 04:31.0 | 69.93  | 04:53.5 | 48.82  | 05:16.0 | 38.02  | 05:38.5 | 27.22 |
| 04:31.5 | 69.23  | 04:54.0 | 48.58  | 05:16.5 | 37.76  | 05:39.0 | 26.96 |
| 04:32.0 | 68.53  | 04:54.5 | 48.33  | 05:17.0 | 37.53  | 05:39.5 | 26.73 |
| 04:32.5 | 67.82  | 04:55.0 | 48.10  | 05:17.5 | 37.30  | 05:40.0 | 26.50 |
| 04:33.0 | 67.12  | 04:55.5 | 47.86  | 05:18.0 | 37.04  | 05:40.5 | 26.24 |
| 04:33.5 | 66.42  | 04:56.0 | 47.61  | 05:18.5 | 36.81  | 05:41.0 | 26.01 |
| 04:34.0 | 65.72  | 04:56.5 | 47.38  | 05:19.0 | 36.58  | 05:41.5 | 25.78 |
| 04:34.5 | 65.03  | 04:57.0 | 47.14  | 05:19.5 | 36.32  | 05:42.0 | 25.52 |
| 04:35.0 | 64.33  | 04:57.5 | 46.89  | 05:20.0 | 36.09  | 05:42.5 | 25.29 |
| 04:35.5 | 63.65  | 04:58.0 | 46.66  | 05:20.5 | 35.86  | 05:43.0 | 25.06 |
| 04:36.0 | 62.96  | 04:58.5 | 46.42  | 05:21.0 | 35.60  | 05:43.5 | 24.80 |
| 04:36.5 | 62.28  | 04:59.0 | 46.17  | 05:21.5 | 35.37  | 05:44.0 | 24.57 |
| 04:37.0 | 61.60  | 04:59.5 | 45.94  | 05:22.0 | 35.14  | 05:44.5 | 24.34 |
| 04:37.5 | 60.91  | 05:00.0 | 45.70  | 05:22.5 | 34.88  | 05:45.0 | 24.08 |
| 04:38.0 | 60.25  | 05:00.5 | 45.47  | 05:23.0 | 34.65  | 05:45.5 | 23.85 |
| 04:38.5 | 59.56  | 05:01.0 | 45.22  | 05:23.5 | 34.42  | 05:46.0 | 23.62 |
| 04:39.0 | 58.90  | 05:01.5 | 44.98  | 05:24.0 | 34.16  | 05:46.5 | 23.36 |
| 04:39.5 | 58.23  | 05:02.0 | 44.73  | 05:24.5 | 33.93  | 05:47.0 | 23.13 |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 05:47.5 | 22.90  | 06:00.0 | 16.88  | 06:12.5 | 10.89  | 06:25.0 | 4.88 |
| 05:48.0 | 22.64  | 06:00.5 | 16.65  | 06:13.0 | 10.64  | 06:25.5 | 4.64 |
| 05:48.5 | 22.41  | 06:01.0 | 16.42  | 06:13.5 | 10.40  | 06:26.0 | 4.41 |
| 05:49.0 | 22.18  | 06:01.5 | 16.16  | 06:14.0 | 10.17  | 06:26.5 | 4.16 |
| 05:49.5 | 21.92  | 06:02.0 | 15.93  | 06:14.5 | 9.92  | 06:27.0 | 3.92 |
| 05:50.0 | 21.69  | 06:02.5 | 15.70  | 06:15.0 | 9.68  | 06:27.5 | 3.69 |
| 05:50.5 | 21.46  | 06:03.0 | 15.44  | 06:15.5 | 9.45  | 06:28.0 | 3.44 |
| 05:51.0 | 21.20  | 06:03.5 | 15.21  | 06:16.0 | 9.20  | 06:28.5 | 3.20 |
| 05:51.5 | 20.97  | 06:04.0 | 14.98  | 06:16.5 | 8.96  | 06:29.0 | 2.97 |
| 05:52.0 | 20.74  | 06:04.5 | 14.72  | 06:17.0 | 8.73  | 06:29.5 | 2.72 |
| 05:52.5 | 20.48  | 06:05.0 | 14.49  | 06:17.5 | 8.48  | 06:30.0 | 2.48 |
| 05:53.0 | 20.25  | 06:05.5 | 14.26  | 06:18.0 | 8.24  | 06:30.5 | 2.25 |
| 05:53.5 | 20.02  | 06:06.0 | 14.00  | 06:18.5 | 8.01  | 06:31.0 | 2.00 |
| 05:54.0 | 19.76  | 06:06.5 | 13.77  | 06:19.0 | 7.76  | 06:31.5 | 1.76 |
| 05:54.5 | 19.53  | 06:07.0 | 13.52  | 06:19.5 | 7.52  | 06:32.0 | 1.53 |
| 05:55.0 | 19.30  | 06:07.5 | 13.28  | 06:20.0 | 7.29  | 06:32.5 | 1.28 |
| 05:55.5 | 19.04  | 06:08.0 | 13.05  | 06:20.5 | 7.04  | 06:33.0 | 1.04 |
| 05:56.0 | 18.81  | 06:08.5 | 12.80  | 06:21.0 | 6.80  | 06:33.5 | 0.81 |
| 05:56.5 | 18.58  | 06:09.0 | 12.56  | 06:21.5 | 6.57  | 06:34.0 | 0.56 |
| 05:57.0 | 18.32  | 06:09.5 | 12.33  | 06:22.0 | 6.32  | 06:34.5 | 0.32 |
| 05:57.5 | 18.09  | 06:10.0 | 12.08  | 06:22.5 | 6.08  | 06:35.0 | 0.09 |
| 05:58.0 | 17.86  | 06:10.5 | 11.84  | 06:23.0 | 5.85  | 06:35.0 | 0.00 |
| 05:58.5 | 17.60  | 06:11.0 | 11.61  | 06:23.5 | 5.60  |  |  |
| 05:59.0 | 17.37  | 06:11.5 | 11.36  | 06:24.0 | 5.36  |  |  |
| 05:59.5 | 17.14  | 06:12.0 | 11.12  | 06:24.5 |  |  |  |

1. 跳远评分标准

表八 女子跳远（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 5.15 | 90.00 | 4.30 | 52.18  | 3.45 | 32.98  | 2.60 | 13.75 |
| 5.10 | 87.21 | 4.25 | 51.07  | 3.40 | 31.84  | 2.55 | 12.62 |
| 5.05 | 84.47 | 4.20 | 49.93  | 3.35 | 30.71  | 2.50 | 11.48 |
| 5.00 | 81.81 | 4.15 | 48.80  | 3.30 | 29.57  | 2.45 | 10.35 |
| 4.95 | 79.20 | 4.10 | 47.66  | 3.25 | 28.44  | 2.40 | 9.23 |
| 4.90 | 76.66 | 4.05 | 46.53  | 3.20 | 27.32  | 2.35 | 8.10 |
| 4.85 | 74.18 | 4.00 | 45.41  | 3.15 | 26.19  | 2.30 | 6.97 |
| 4.80 | 71.77 | 3.95 | 44.28  | 3.10 | 25.06  | 2.25 | 5.83 |
| 4.75 | 69.41 | 3.90 | 43.15  | 3.05 | 23.92  | 2.20 | 4.70 |
| 4.70 | 67.12 | 3.85 | 42.01  | 3.00 | 22.79  | 2.15 | 3.56 |
| 4.65 | 64.91 | 3.80 | 40.88  | 2.95 | 21.65  | 2.10 | 2.45 |
| 4.60 | 62.75 | 3.75 | 39.76  | 2.90 | 20.54  | 2.05 | 1.31 |
| 4.55 | 60.64 | 3.70 | 38.63  | 2.85 | 19.40  | 2.00 | 0.18 |
| 4.50 | 58.61 | 3.65 | 37.49  | 2.80 | 18.27  | 1.99 | 0.00 |
| 4.45 | 56.65 | 3.60 | 36.36  | 2.75 | 17.14  |  |  |
| 4.40 | 54.74 | 3.55 | 35.23  | 2.70 | 16.00  |  |  |
| 4.35 | 53.32 | 3.50 | 34.09  | 2.65 | 14.89  |  |  |

表九 男子跳远（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 6.40 | 90.00  | 5.50 | 56.38 | 4.60 | 35.77  | 3.70 | 15.75 |
| 6.35 | 87.80  | 5.45 | 54.88 | 4.55 | 34.65  | 3.65 | 14.63 |
| 6.30 | 85.64  | 5.40 | 53.55 | 4.50 | 33.53  | 3.60 | 13.52 |
| 6.25 | 83.52  | 5.35 | 52.45 | 4.45 | 32.44  | 3.55 | 12.42 |
| 6.20 | 81.43  | 5.30 | 51.34 | 4.40 | 31.32  | 3.50 | 11.30 |
| 6.15 | 79.38  | 5.25 | 50.22 | 4.35 | 30.20  | 3.45 | 10.19 |
| 6.10 | 77.38  | 5.20 | 49.10 | 4.30 | 29.09  | 3.40 | 9.07 |
| 6.05 | 75.42  | 5.15 | 47.99 | 4.25 | 27.97  | 3.35 | 7.96 |
| 6.00 | 73.49  | 5.10 | 46.89 | 4.20 | 26.87  | 3.30 | 6.86 |
| 5.95 | 71.60  | 5.05 | 45.77 | 4.15 | 25.76  | 3.25 | 5.74 |
| 5.90 | 69.75  | 5.00 | 44.66 | 4.10 | 24.64  | 3.20 | 4.63 |
| 5.85 | 67.93  | 4.95 | 43.54 | 4.05 | 23.53  | 3.15 | 3.51 |
| 5.80 | 66.17  | 4.90 | 42.44 | 4.00 | 22.43  | 3.10 | 2.41 |
| 5.75 | 64.44  | 4.85 | 41.33 | 3.95 | 21.31  | 3.05 | 1.30 |
| 5.70 | 62.75  | 4.80 | 40.21 | 3.90 | 20.20  | 3.00 | 0.18 |
| 5.65 | 61.09  | 4.75 | 39.10 | 3.85 | 19.08  | 2.99 | 0.00 |
| 5.60 | 59.49  | 4.70 | 37.98 | 3.80 | 17.96  |  |  |
| 5.55 | 57.91  | 4.65 | 36.88 | 3.75 | 16.87  |  |  |

（6）三级跳远评分标准

表十 女子三级跳远（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 10.90 | 90.00  | 9.85 | 66.11  | 8.80 | 45.88  | 7.75 | 19.22 |
| 10.85 | 88.69  | 9.80 | 65.16  | 8.75 | 44.60  | 7.70 | 17.95 |
| 10.80 | 87.39  | 9.75 | 64.22  | 8.70 | 43.34  | 7.65 | 16.69 |
| 10.75 | 86.11  | 9.70 | 63.32  | 8.65 | 42.07  | 7.60 | 15.41 |
| 10.70 | 84.85  | 9.65 | 62.42  | 8.60 | 40.81  | 7.55 | 14.15 |
| 10.65 | 83.63  | 9.60 | 61.54  | 8.55 | 39.53  | 7.50 | 12.87 |
| 10.60 | 82.39  | 9.55 | 60.68  | 8.50 | 38.27  | 7.45 | 11.61 |
| 10.55 | 81.18  | 9.50 | 59.85  | 8.45 | 36.99  | 7.40 | 10.33 |
| 10.50 | 79.99  | 9.45 | 59.02  | 8.40 | 35.73  | 7.35 | 9.07 |
| 10.45 | 78.82  | 9.40 | 58.21  | 8.35 | 34.45  | 7.30 | 7.79 |
| 10.40 | 77.67  | 9.35 | 57.42  | 8.30 | 33.17  | 7.25 | 6.53 |
| 10.35 | 76.54  | 9.30 | 56.65  | 8.25 | 31.91  | 7.20 | 5.26 |
| 10.30 | 75.42  | 9.25 | 55.89  | 8.20 | 30.64  | 7.15 | 4.00 |
| 10.25 | 74.30  | 9.20 | 55.15  | 8.15 | 29.38  | 7.10 | 2.72 |
| 10.20 | 73.22  | 9.15 | 54.43  | 8.10 | 28.10  | 7.05 | 1.46 |
| 10.15 | 72.16  | 9.10 | 53.50  | 8.05 | 26.84  | 7.00 | 0.18 |
| 10.10 | 71.10  | 9.05 | 52.22  | 8.00 | 25.56  | 6.99 | 0.00 |
| 10.05 | 70.07  | 9.00 | 50.96  | 7.95 | 24.30  |  |  |
| 10.00 | 69.05  | 8.95 | 49.68  | 7.90 | 23.02  |  |  |
| 9.95 | 68.06  | 8.90 | 48.42  | 7.85 | 21.76  |  |  |
| 9.90 | 67.07  | 8.85 | 47.14  | 7.80 | 20.48  |  |  |

表十一 男子三级跳远（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 13.40 | 90.00  | 11.60 | 54.32  | 9.80 | 33.08  | 8.00 | 11.93 |
| 13.35 | 88.83  | 11.55 | 53.64  | 9.75 | 32.49  | 7.95 | 11.34 |
| 13.30 | 87.66  | 11.50 | 53.06  | 9.70 | 31.91  | 7.90 | 10.76 |
| 13.25 | 86.51  | 11.45 | 52.47  | 9.65 | 31.32  | 7.85 | 10.17 |
| 13.20 | 85.36  | 11.40 | 51.88  | 9.60 | 30.73  | 7.80 | 9.58 |
| 13.15 | 84.22  | 11.35 | 51.30  | 9.55 | 30.15  | 7.75 | 9.00 |
| 13.10 | 83.11  | 11.30 | 50.71  | 9.50 | 29.56  | 7.70 | 8.41 |
| 13.05 | 81.99  | 11.25 | 50.13  | 9.45 | 28.96  | 7.65 | 7.81 |
| 13.00 | 80.89  | 11.20 | 49.54  | 9.40 | 28.39  | 7.60 | 7.24 |
| 12.95 | 79.79  | 11.15 | 48.94  | 9.35 | 27.79  | 7.55 | 6.64 |
| 12.90 | 78.71  | 11.10 | 48.37  | 9.30 | 27.22  | 7.50 | 6.05 |
| 12.85 | 77.65  | 11.05 | 47.77  | 9.25 | 26.62  | 7.45 | 5.47 |
| 12.80 | 76.59  | 11.00 | 47.18  | 9.20 | 26.03  | 7.40 | 4.88 |
| 12.75 | 75.55  | 10.95 | 46.60  | 9.15 | 25.45  | 7.35 | 4.28 |
| 12.70 | 74.50  | 10.90 | 46.01  | 9.10 | 24.86  | 7.30 | 3.71 |
| 12.65 | 73.48  | 10.85 | 45.41  | 9.05 | 24.26  | 7.25 | 3.11 |
| 12.60 | 72.45  | 10.80 | 44.84  | 9.00 | 23.69  | 7.20 | 2.54 |
| 12.55 | 71.46  | 10.75 | 44.24  | 8.95 | 23.09  | 7.15 | 1.94 |
| 12.50 | 70.45  | 10.70 | 43.67  | 8.90 | 22.50  | 7.10 | 1.35 |
| 12.45 | 69.46  | 10.65 | 43.07  | 8.85 | 21.92  | 7.05 | 0.77 |
| 12.40 | 68.49  | 10.60 | 42.48  | 8.80 | 21.33  | 7.00 | 0.18 |
| 12.35 | 67.54  | 10.55 | 41.90  | 8.75 | 20.74  | 6.99 | 0.00 |
| 12.30 | 66.58  | 10.50 | 41.31  | 8.70 | 20.16  |  |  |
| 12.25 | 65.63  | 10.45 | 40.72  | 8.65 | 19.57  |  |  |
| 12.20 | 64.69  | 10.40 | 40.14  | 8.60 | 18.99  |  |  |
| 12.15 | 63.77  | 10.35 | 39.55  | 8.55 | 18.40  |  |  |
| 12.10 | 62.86  | 10.30 | 38.95  | 8.50 | 17.80  |  |  |
| 12.05 | 61.96  | 10.25 | 38.38  | 8.45 | 17.23  |  |  |
| 12.00 | 61.07  | 10.20 | 37.78  | 8.40 | 16.63  |  |  |
| 11.95 | 60.19  | 10.15 | 37.19  | 8.35 | 16.04  |  |  |
| 11.90 | 59.33  | 10.10 | 36.61  | 8.30 | 15.46  |  |  |
| 11.85 | 58.46  | 10.05 | 36.02  | 8.25 | 14.87  |  |  |
| 11.80 | 57.62  | 10.00 | 35.44  | 8.20 | 14.27  |  |  |
| 11.75 | 56.77  | 9.95 | 34.85  | 8.15 | 13.70  |  |  |
| 11.70 | 55.94  | 9.90 | 34.25  | 8.10 | 13.10  |  |  |
| 11.65 | 55.13  | 9.85 | 33.68  | 8.05 |  |  |  |

（7）跳高评分标准

表十二 女子跳高（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 1.54 | 90.00  | 1.35 | 53.05  | 1.16 | 34.78  | 0.97 | 16.52 |
| 1.53 | 87.77  | 1.34 | 52.07  | 1.15 | 33.82  | 0.96 | 15.55 |
| 1.52 | 85.57  | 1.33 | 51.12  | 1.14 | 32.85  | 0.95 | 14.60 |
| 1.51 | 83.39  | 1.32 | 50.15  | 1.13 | 31.90  | 0.94 | 13.64 |
| 1.50 | 81.25  | 1.31 | 49.19  | 1.12 | 30.94  | 0.93 | 12.67 |
| 1.49 | 79.13  | 1.30 | 48.24  | 1.11 | 29.97  | 0.92 | 11.72 |
| 1.48 | 77.04  | 1.29 | 47.27  | 1.10 | 29.02  | 0.91 | 10.75 |
| 1.47 | 74.97  | 1.28 | 46.31  | 1.09 | 28.04  | 0.90 | 9.79 |
| 1.46 | 72.94  | 1.27 | 45.34  | 1.08 | 27.09  | 0.89 | 8.84 |
| 1.45 | 70.92  | 1.26 | 44.39  | 1.07 | 26.14  | 0.88 | 7.87 |
| 1.44 | 68.94  | 1.25 | 43.43  | 1.06 | 25.16  | 0.87 | 6.91 |
| 1.43 | 66.98  | 1.24 | 42.46  | 1.05 | 24.21  | 0.86 | 5.94 |
| 1.42 | 65.03  | 1.23 | 41.51  | 1.04 | 23.24  | 0.85 | 4.99 |
| 1.41 | 63.13  | 1.22 | 40.55  | 1.03 | 22.28  | 0.84 | 4.03 |
| 1.40 | 61.25  | 1.21 | 39.58  | 1.02 | 21.33  | 0.83 | 3.06 |
| 1.39 | 59.40  | 1.20 | 38.63  | 1.01 | 20.36  | 0.82 | 2.11 |
| 1.38 | 57.58  | 1.19 | 37.66  | 1.00 | 19.40  | 0.81 | 1.13 |
| 1.37 | 55.78  | 1.18 | 36.70  | 0.99 | 18.43  | 0.80 | 0.18 |
| 1.36 | 54.00  | 1.17 | 35.75  | 0.98 | 17.48  | 0.79 | 0.00 |

表十三 男子跳高（成绩单位：米）（满分：90分）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 | 成绩 | 分值 |
| 1.81 | 90.00  | 1.60 | 58.90  | 1.39 | 37.66  | 1.18 | 17.48 |
| 1.80 | 88.31  | 1.59 | 57.64  | 1.38 | 36.70  | 1.17 | 16.52 |
| 1.79 | 86.65  | 1.58 | 56.41  | 1.37 | 35.75  | 1.16 | 15.55 |
| 1.78 | 85.00  | 1.57 | 55.19  | 1.36 | 34.78  | 1.15 | 14.60 |
| 1.77 | 83.38  | 1.56 | 54.00  | 1.35 | 33.82  | 1.14 | 13.64 |
| 1.76 | 81.76  | 1.55 | 53.05  | 1.34 | 32.85  | 1.13 | 12.67 |
| 1.75 | 80.17  | 1.54 | 52.07  | 1.33 | 31.90  | 1.12 | 11.72 |
| 1.74 | 78.61  | 1.53 | 51.12  | 1.32 | 30.94  | 1.11 | 10.75 |
| 1.73 | 77.08  | 1.52 | 50.15  | 1.31 | 29.97  | 1.10 | 9.79 |
| 1.72 | 75.55  | 1.51 | 49.19  | 1.30 | 29.02  | 1.09 | 8.84 |
| 1.71 | 74.05  | 1.50 | 48.24  | 1.29 | 28.04  | 1.08 | 7.87 |
| 1.70 | 72.56  | 1.49 | 47.27  | 1.28 | 27.09  | 1.07 | 6.91 |
| 1.69 | 71.10  | 1.48 | 46.31  | 1.27 | 26.14  | 1.06 | 5.94 |
| 1.68 | 69.66  | 1.47 | 45.34  | 1.26 | 25.16  | 1.05 | 4.99 |
| 1.67 | 68.24  | 1.46 | 44.39  | 1.25 | 24.21  | 1.04 | 4.03 |
| 1.66 | 66.85  | 1.45 | 43.43  | 1.24 | 23.24  | 1.03 | 3.06 |
| 1.65 | 65.47  | 1.44 | 42.46  | 1.23 | 22.28  | 1.02 | 2.11 |
| 1.64 | 64.12  | 1.43 | 41.51  | 1.22 | 21.33  | 1.01 | 1.13 |
| 1.63 | 62.77  | 1.42 | 40.55  | 1.21 | 20.36  | 1.00 | 0.18 |
| 1.62 | 61.45  | 1.41 | 39.58  | 1.20 | 19.40  | 0.99 | 0.00 |
| 1.61 | 60.16  | 1.40 | 38.63  | 1.19 | 18.43  |  |  |

（8）篮球考试（满分90分）

①助跑摸高考试方法与要求

A.测定身高。预先将测量尺固定在墙上（或在墙上预先画出），考生以两脚并拢、身体保持正直（头的后部、臀部、小腿突出部和脚跟必须同时接触墙壁的姿势站在标有测量尺的位置），监考教师借助三角尺（数学课教具）测定考生的身高（H）。

B.助跑摸高。经过助跑，用单脚或双脚跳起，单手向上触摸“摸高板”，助跑距离和助跑考试方法不限。每名考生摸高2次，取期中最高1次成绩（h）。

C.成绩评定。助跑摸高的成绩（M）用以下公式计算：M=h-H

表十四 男子助跑摸高评分标准（满分22分）

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩（米） | 1.3 | 1.28 | 1.26 | 1.24 | 1.22 | 1.2 | 1.18 | 1.16 | 1.14 | 1.12 | 1.1 |
| 分值 | 22 | 21.1 | 20.2 | 19.3 | 18.4 | 17.5 | 16.6 | 15.7 | 14.8 | 13.9 | 13 |
| 成绩（米） | 1.08 | 1.06 | 1.04 | 1.02 | 1 | 0.98 | 0.96 | 0.94 | 0.92 | 0.9 |  |
| 分值 | 12.1 | 11.2 | 10.3 | 9.4 | 8.5 | 7.6 | 6.7 | 5.8 | 4.9 | 0 |  |

②1分钟投篮(自投自抢）

考试方法：考生站在弧线外听信号开始投篮，60秒内自投自抢（单手肩上投篮）， 按投中次数计分。每人2次，计其中1次最优成绩。

场地要求：以篮圈中心投影点为圆心，以5米为半径画弧线并接1.575米的直线。（详见下图）



表十五 男子1分钟投篮评分标准（满分27分）

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 成绩（次） | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | 0 |
| 分值 | 27 | 24.3 | 21.6 | 18.9 | 16.2 | 13.5 | 10.8 | 8.1 | 0 |

③综合技术

考试方法：以右手为例（见下图）：考生站于端线中点处（篮板下）面向场内。持球听口令（或哨音）按图示路线用右手运球至①处，在任一脚踏上①时做背后运球换左手运球至②处，当脚踏及②时做体前换手变向运球，右手运球绕过障碍物③传球给站在接球区的陪考员⊕并接回传球右手上篮。球中篮后抢篮板接右手运球至④，在脚踏上④时做背后运球换左手运球至⑤，当脚踏及⑤时做体前换手变向运球，右手运球绕过障碍物⑥传球给站在接球区的陪考员⊕并接回传球右手上篮，投篮不中必须补中（补篮方法不限），球中篮停表。每人2次，计其中最优1次成绩。左手考生考试则相反。

场地器材：

A:篮球场地上的标志①、②、④、⑤为直径0.5米的实心圆圈，③、⑥为障碍物〔障碍物高1.60米，设定在距边线内沿向场内丈量1.5米和中线内沿向前场内丈量1米的点上〕。

B:从端线内沿向场内丈量5.8米和边线内沿向场内丈量2.15米的点为①、④圆卷的圆心点。

C:从边线内沿向场内丈量5.8米和中线内沿向场内丈量1.60米的点为②、⑤圆卷的圆心点。

D：接球区是〔1.5米×1.5米〕正方形，分别设定在测试路线前场的右侧〔取边线内沿向场内丈量3.0米和端线内沿向场内丈量5.5米的点向场内划出1.5米×1.5米〕接球区。

表十六 男子全场综合技术评分标准（满分22分）

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 成绩（秒） | 分值 | 成绩（秒） | 分值 | 成绩（秒） | 分值 |
| 17.00 | 22 | 19.20 | 18.49 | 21.80 | 13.36 |
| 17.10 | 21.87 | 19.30 | 18.31 | 22.00 | 13 |
| 17.20 | 21.73 | 19.40 | 18.13 | 22.20 | 12.73 |
| 17.30 | 21.6 | 19.50 | 17.95 | 22.40 | 12.47 |
| 17.40 | 21.47 | 19.60 | 17.77 | 22.60 | 12.19 |
| 17.50 | 21.32 | 19.70 | 17.59 | 22.80 | 11.92 |
| 17.60 | 21.19 | 19.80 | 17.41 | 23.00 | 11.65 |
| 17.70 | 21.05 | 19.90 | 17.23 | 23.20 | 11.39 |
| 17.80 | 20.92 | 20.00 | 17.05 | 23.40 | 11.11 |
| 17.90 | 20.79 | 20.10 | 16.83 | 23.60 | 10.84 |
| 18.00 | 20.65 | 20.20 | 16.6 | 23.80 | 10.57 |
| 18.10 | 20.47 | 20.30 | 16.37 | 24.00 | 10.31 |
| 18.20 | 20.29 | 20.40 | 16.15 | 24.50 | 9.63 |
| 18.30 | 20.11 | 20.50 | 15.92 | 25.00 | 8.95 |
| 18.40 | 19.93 | 20.60 | 15.71 | 25.50 | 8.28 |
| 18.50 | 19.75 | 20.70 | 15.48 | 26.00 | 7.6 |
| 18.60 | 19.57 | 20.80 | 15.25 | 26.50 | 6.92 |
| 18.70 | 19.39 | 20.90 | 15.03 | 27.00 | 6.25 |
| 18.80 | 19.21 | 21.00 | 14.8 | 27.50 | 5.57 |
| 18.90 | 19.03 | 21.20 | 14.44 | 28.00 | 4.91 |
| 19.00 | 18.85 | 21.40 | 14.08 | 28.50 | 4.23 |
| 19.10 | 18.67 | 21.60 | 13.72 | 29.00 | 0 |

表十七 全场综合技术评分标准（满分9分）

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 等级 | 优 | 良 | 中 | 较差 | 差 |
| 分值 | 9-7.3 | 7.2-5.5 | 5.4-3.7 | 3.6-1.9 | 1.8-0 |
| 标准 | 运球技术动作熟练快速；运球变向时身体重心平稳，手脚配合协调；传球技术运用合理，落点准确；投篮技术动作规范协调，空中动作舒展。各技术动作之间衔接自如流畅。无失误，投篮命中率高。 | 运球技术动作较熟练快速；运球变向时身体重心较平稳，手脚配合较协调；传球技术运用合理，落点较准确；投篮技术动作规范协调。各动作之间能衔接自如。无动作失误，有一次投篮不中现象。 | 运球及运球变向时技术动作不够熟练流畅，并有不按规定换手运球现象；传球技术运用较合理，落点不够准确；投篮技术动作较规范协调，投篮有一或二次投篮不中现象。 | 运球过程中身体重心偏高，有换手和违例现象，传球时手部动作较僵硬；投篮技术动作不够规范协调，有三次投篮不中现象。 | 运球时身体重心高，无前进速度；运球变向过程中有失误或违例；传球落点不准确；投篮技术动作不规范。各动作之间衔接不连贯；并有多次补篮不中。 |

④实战

考试方法：①考生根据自己所处的位置充分施展个人的攻防技战术和体能能力，裁判员对每个运动员评分。②根据考生人数确定全场五打五或半场四打四或半场三打三。

考试要求：①在比赛过程中不得故意使用粗野违规动作伤害他人，否则扣分。②在比赛过程中集体配合意识差，出现过多的个人控球表现，按评分要点扣分。③在比赛过程中不得骂人、打架、破坏公物，否则，扣除比赛全部成绩。

表十八 实战评分标准（满分10分）

|  |  |
| --- | --- |
| 等级（分值范围） | 评价标准 |
| 优(10-8.6分) | 动作正确，协调、连贯、实效；技术运用合理、运用效果好；战术配合意识强、实战效果较好。 |
| 良(8.5-7.6分) | 动作正确，协调；技术运用较合理、运用效果较好；战术配合意识较强、实战效果较好。 |
| 中(7.5-6分) | 动作基本正确，协调；技术运用基本合理，运用效果一般；战术配合意识一般、效果一般。 |
| 差(6分以下) | 动作不正确，不协调；技术动作不合理、运用效果差；战术配合意识差、效果较差。 |

**（四）艺术类**

**1．民乐、西洋乐考试方案（满分150分）**

（1）自选曲目一首背谱演奏，演奏曲目应为西方古典作品或中国现代作品，不得演奏流行曲目。不超过六分钟，一律不用伴奏（提供钢琴，其他乐器自备）。满分90分

评分细则：①高质量的完成演奏曲目，无明显技术问题，演奏流畅（75-90分）；②能完整演奏作品，有部分技术问题未解决，有停顿或明显错音，不影响作品表达（50—75分）；③未能完整演奏作品，出现长时间停顿，有大量错音，影响作品表达（50分以下）。

（2）练耳考试，老师现场弹奏一段旋律重复两遍，学生现场模唱，满分30分。

评分细则：①旋律，节奏无误（25-30分）；②有1-2处失误，能较准确还原（18-25分）；③有多处失误，基本还原片段（10-18分）；④无法还原片段（10分以下）。

（3）视奏考试，民乐简谱或五线谱片段（16小节内）30秒准备时间；钢琴五线谱片段（C、F、G调谱），满分30分。

评分细则：①完整演奏，无节奏、旋律错误（25-30分）；②有适当错误，能基本演奏（10-25分）；③无法视奏，认谱困难（10分以下）。

**2．声乐考试方案（满分150分）**

（1）必须用美声唱法/民族唱法演唱，自选曲目一首，背谱演唱，禁止演唱流行歌曲。不超过5分钟。超时可叫停（不影响考试成绩），满分90分。

评分细则：①高质量的完成演唱曲目，无明显技术问题，演唱流畅，情感丰富（75-90分）；②音准有偏差，作品表达流利，有一定的乐感，有一定的舞台表现力（50—70分）；③声音有瑕疵，唱法不规范，演唱作品严重失误，跟不上伴奏（50分以下）。

（2）视唱考试，现场抽取一条简谱视唱谱，调号一升一降，30秒时间准备后视唱，满分30分。

评分细则：①完整演唱视唱内容，无失误，认谱完整（25-30分）；②出现节奏或旋律失误，基本认谱准确（10-25分）；③无法视唱，认谱困难（10分以下）。

（3）练耳考试，老师现场弹奏一段旋律重复两遍，学生现场模唱，满分30分。

评分细则：①旋律，节奏无误（25-30分）；②有1-2处失误，能较准确还原（18-25分）；③有多处失误，基本还原片段（10-18分）；④无法还原片段（10分以下）。

**3．舞蹈考试方案（满分150分）**

（1）基本功测试（满分30分）

软开度：考核横竖叉（前腿/后退贴地）、下腰，双手触地、肩部开度（反抓肩肘）、脚背勾绷。

评分标准：关节灵活度，动作完成度及稳定度。

（2）技术技巧（满分30分）

①古典舞：平转、大跳（空中一字腿）、踏步翻身，点步翻身、毯功技巧等。

②民族舞：展示1-2个民族舞特色动作。

评分标准：动作规范，力度控制，连贯性。

（3）剧目表演（满分90分）

自选舞蹈片段表演，不超过4分钟，自带U盘伴奏，需体现所跳舞蹈风格。

评分标准：情感表达、动作质感、舞台空间运用。

**4．软笔书法考试方案：满分150分；考试时长：90分钟**

考试内容：（1）‌**书法临摹**‌：考生需对照两种不同字体范本进行临摹。考生在不增减字数、不改变文字顺序、保持竖式和纵行书写的前提下，可自行安排作品的章法布局。（2）**书法创作**‌：考生需完成篆书、楷书、隶书、行书中的一种字体进行命题创作。作品一律为竖式，纵行书写（从上到下、从右往左）。

答卷用纸为四尺三开半生半熟宣纸四张（含草稿纸两张）‌。

评分标准：

（1）**笔法（50分）**

**用笔技巧**：考察学生对毛笔的掌控能力，包括起笔、行笔、收笔的规范性。

**线条质量**：线条是否流畅、有力，是否有粗细变化，能否表现出书法的节奏感。

**笔锋运用**：能否灵活运用中锋、侧锋等技巧，表现出书法的韵味。

（2）**结构（30分）**

**字形结构**：字的结构是否合理，比例是否协调，重心是否稳定。

**间架布局**：字的笔画分布是否均匀，空间处理是否得当。

**整体协调性**：单字与整体作品的协调性，字与字之间的呼应关系。

（3）**章法（30分）**

**布局排**：作品的整体布局是否合理，行距、字距是否恰当。

**气韵连贯**：作品是否有整体感，行气是否贯通，是否有节奏感。

（4）**卷面整洁（10分）**

**卷面整洁度**：作品是否整洁，是否有污渍、涂改等影响美观的因素。

（5）**时间控制（10分）**

**完成度**：是否在规定时间内完成作品，作品是否完整。

**时间管理**：考生是否能够合理分配时间，避免因时间不足而影响作品质量。

（6）**综合印象（20分）**

**整体效果**：作品的整体艺术效果如何，是否给人以美的享受。

**个人表现**：考生在书写过程中的表现，如专注度、自信度等。