附件

广东省2020年普通高等学校招生统一考试

体育术科考试说明

**广东省教育考试院**

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**Ⅰ.考试性质**

普通高等学校招生统一考试是合格的高中毕业生和具有同等学力的考生参加的选拔性考试，体育术科是报考广东省2020年普通高等学校招生统一考试体育类专业考生的专业必考科目，普通高校根据考生的术科和文化成绩，按已确定的招生计划，全面衡量，择优录取。因此，本考试应具有必要的区分度，较高的信度和效度。

本考试说明适用于广东省2020年普通高等学校招生统一考试体育教育、社会体育、运动人体科学等体育类专业招生考试，是评定考生体育术科考试成绩的唯一依据。

**Ⅱ.考试项目和成绩计算**

**一、考试项目和赋分比例**

体育术科考试由基本素质和专项基础两个部分组成。赋分比例如下：

基本素质 75％

专项基础 25％

其中：1.基本素质考试（225分），包括100米跑（75分）、立定三级跳远（75分）和原地推铅球（75分）三项，考生必须参加这三项内容的考试。  
　　2．专项基础考试（75分），包括足球运球绕杆射门、篮球运球绕杆定点投篮、排球隔网定向垫传球、乒乓球左推右攻（发球机发球）和游泳（分蛙、蝶、仰、自由泳4种泳式）共五项，考生按规定任选其中一项进行考试。

**二、考试形式和成绩计算**

1．体育术科考试采取现场测试的形式进行，满分为300分，基本素质和专项基础中每个项目满分均为75分。

2．体育术科成绩计算方法：

体育术科考试总分＝基本素质得分＋专项基础得分

**III.考试方法和评分标准**

**一、基本素质——100米跑考试方法和评分标准**

**（一）考试方法**

1. 考试在标准的400米塑胶田径场直道内进行，采用分道跑，考生必须自始至终在各自的分道内跑进。每名考生只有一次考试机会。

2. 起跑必须采用蹲踞式起跑姿势，并使用考场提供的起跑器。凡不按田径竞赛规则的要求起跑的考生将被警告或取消考试资格。考生可穿自备的钉鞋进行考试，但钉鞋必须符合规则规定（鞋钉长度不得超过9毫米）。

3. 起跑犯规判罚：对于第一次起跑犯规的相关考生给予黄牌警告，并向该组所有考生亮黄牌警告，对于之后出现起跑犯规的相关考生（不论是一名或多名），均出示红牌并取消相关考生的本项目考试资格。

4. 考试采用全自动终点摄像计时装置计取成绩。若全自动终点摄像计时装置出现故障，无法计取成绩时，则重新安排该组考试。成绩以对应的得分计取，若成绩在评分标准的两个相邻分值之间，则计取其中较低的分值。

**(二)评分标准**

100米跑评分标准详见“表1 男子100米跑考试评分标准”和“表2 女子100米跑考试评分标准”。

**表1 男子100米跑考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（秒） | 分值 | 成绩（秒） | 分值 | 成绩（秒） |
| 75 | 11.48 | 50 | 12.22 | 25 | 13.87 |
| 74 | 11.52 | 49 | 12.25 | 24 | 13.96 |
| 73 | 11.56 | 48 | 12.28 | 23 | 14.15 |
| 72 | 11.60 | 47 | 12.31 | 22 | 14.25 |
| 71 | 11.64 | 46 | 12.35 | 21 | 14.35 |
| 70 | 11.68 | 45 | 12.39 | 20 | 14.45 |
| 69 | 11.72 | 44 | 12.43 | 19 | 14.55 |
| 68 | 11.76 | 43 | 12.47 | 18 | 14.65 |
| 67 | 11.80 | 42 | 12.52 | 17 | 14.75 |
| 66 | 11.84 | 41 | 12.57 | 16 | 14.85 |
| 65 | 11.88 | 40 | 12.62 | 15 | 14.95 |
| 64 | 11.91 | 39 | 12.68 | 14 | 15.07 |
| 63 | 11.94 | 38 | 12.75 | 13 | 15.19 |
| 62 | 11.97 | 37 | 12.82 | 12 | 15.31 |
| 61 | 12.00 | 36 | 12.90 | 11 | 15.43 |
| 60 | 12.02 | 35 | 12.98 | 10 | 15.55 |
| 59 | 12.04 | 34 | 13.06 | 9 | 15.67 |
| 58 | 12.06 | 33 | 13.15 | 8 | 15.79 |
| 57 | 12.08 | 32 | 13.24 | 7 | 15.91 |
| 56 | 12.10 | 31 | 13.33 | 6 | 16.03 |
| 55 | 12.12 | 30 | 13.42 | 5 | 16.15 |
| 54 | 12.14 | 29 | 13.51 | 4 | 16.27 |
| 53 | 12.16 | 28 | 13.60 | 3 | 16.39 |
| 52 | 12.18 | 27 | 13.69 | 2 | 16.52 |
| 51 | 12.20 | 26 | 13.78 | 1 | 16.65 |

**表2 女子100米跑考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（秒） | 分值 | 成绩（秒） | 分值 | 成绩（秒） |
| 75 | 13.00 | 50 | 14.01 | 25 | 15.89 |
| 74 | 13.05 | 49 | 14.06 | 24 | 15.98 |
| 73 | 13.10 | 48 | 14.11 | 23 | 16.07 |
| 72 | 13.15 | 47 | 14.16 | 22 | 16.16 |
| 71 | 13.20 | 46 | 14.21 | 21 | 16.25 |
| 70 | 13.25 | 45 | 14.26 | 20 | 16.34 |
| 69 | 13.30 | 44 | 14.31 | 19 | 16.43 |
| 68 | 13.35 | 43 | 14.36 | 18 | 16.52 |
| 67 | 13.40 | 42 | 14.42 | 17 | 16.61 |
| 66 | 13.45 | 41 | 14.49 | 16 | 16.70 |
| 65 | 13.50 | 40 | 14.56 | 15 | 16.79 |
| 64 | 13.55 | 39 | 14.64 | 14 | 16.88 |
| 63 | 13.59 | 38 | 14.72 | 13 | 16.97 |
| 62 | 13.63 | 37 | 14.81 | 12 | 17.06 |
| 61 | 13.67 | 36 | 14.90 | 11 | 17.15 |
| 60 | 13.71 | 35 | 14.99 | 10 | 17.24 |
| 59 | 13.74 | 34 | 15.08 | 9 | 17.33 |
| 58 | 13.77 | 33 | 15.17 | 8 | 17.42 |
| 57 | 13.80 | 32 | 15.26 | 7 | 17.51 |
| 56 | 13.83 | 31 | 15.35 | 6 | 17.60 |
| 55 | 13.86 | 30 | 15.44 | 5 | 17.69 |
| 54 | 13.89 | 29 | 15.53 | 4 | 17.78 |
| 53 | 13.92 | 28 | 15.62 | 3 | 17.87 |
| 52 | 13.95 | 27 | 15.71 | 2 | 17.96 |
| 51 | 13.98 | 26 | 15.80 | 1 | 18.05 |

**二、基本素质——立定三级跳远考试方法和评分标准**

**（一）考试方法**

1．场地规格（如图1所示）

（1）跳跃区与落地区在同一水平面内。

（2）起跳线至落地区远端的距离不得少于10米。

（3）起跳线至落地区（沙坑）距离，男子不少于6米，女子不少于5米。

（4）在起跳线和落地区（沙坑）之间至少有1．22米宽的塑胶地面或塔当道。

（5）考生可以采用钉鞋试跳，钉鞋的规格须符合田径规则规定（鞋钉长度不得超过9毫米）。

沙坑

落地区

**图1 立定三级跳远场地图**

1.22米 起跳线 2.75～3.00米

**7米 6米 5米**

（6）起跳线至沙坑近端的距离，男子均设7米、6米，女子均设6米、5米，在高考报名时，考生必须确定其起跳线距离，一旦确定，在测试过程中则不能更改，违者取消考试成绩。

2．动作要求

（1）考生原地双脚站立在起跳线后，做预摆动作的过程中，前脚掌不能离地，如有违反者，则判为试跳失败。

（2）考生起跳时不能触及或超越起跳线，如有违反者，则判为试跳失败。

（3）立定三级跳远的动作要求：考生原地双脚起跳后，可以用任何一只脚落地（第一跳），跨步跳时用另外一只脚落地（第二跳），最后双脚落地完成跳跃动作（第三跳），凡不符合上述动作要求，则判为试跳失败。

（4）在落地过程中触及落地区以外地面，而落地区外的触地点较落地区内的最近触地点更靠近起跳线者，则判为试跳失败。

3．测试方法

每位考生有三轮次试跳机会，每轮次均测量成绩，若考生有效成绩达到满分，则不允许再次试跳。

4．测量方法

（1）考试采用电子激光测距仪测量计取成绩，当电子测距仪出现故障时，以钢尺丈量计取成绩。

（2）测量最小单位以1厘米计算。

（3）测量成绩时，从考生身体任何部位在落地区内的最近触地点量至起跳线或起跳线的延长线。测量线应与起跳线或其延长线垂直。

（4）如成绩在评分标准的两个相邻分值之间，则取其中较低的分值评分。

**（二）评分标准**

立定三级跳远评分标准详见“表3 男子立定三级跳远考试评分标准”和“表4 女子立定三级跳远考试评分标准”。

**表3 男子立定三级跳远考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分 值 | 成 绩（米） | 分 值 | 成 绩（米） | 分 值 | 成 绩（米） |
| 75 | 9.50 | 50 | 8.75 | 25 | 7.70 |
| 74 | 9.47 | 49 | 8.72 | 24 | 7.65 |
| 73 | 9.44 | 48 | 8.69 | 23 | 7.60 |
| 72 | 9.41 | 47 | 8.66 | 22 | 7.55 |
| 71 | 9.38 | 46 | 8.63 | 21 | 7.50 |
| 70 | 9.35 | 45 | 8.60 | 20 | 7.45 |
| 69 | 9.32 | 44 | 8.56 | 19 | 7.40 |
| 68 | 9.29 | 43 | 8.52 | 18 | 7.35 |
| 67 | 9.26 | 42 | 8.48 | 17 | 7.30 |
| 66 | 9.23 | 41 | 8.44 | 16 | 7.25 |
| 65 | 9.20 | 40 | 8.40 | 15 | 7.20 |
| 64 | 9.17 | 39 | 8.36 | 14 | 7.15 |
| 63 | 9.14 | 38 | 8.32 | 13 | 7.10 |
| 62 | 9.11 | 37 | 8.28 | 12 | 7.05 |
| 61 | 9.08 | 36 | 8.24 | 11 | 7.00 |
| 60 | 9.05 | 35 | 8.20 | 10 | 6.95 |
| 59 | 9.02 | 34 | 8.15 | 9 | 6.90 |
| 58 | 8.99 | 33 | 8.10 | 8 | 6.85 |
| 57 | 8.96 | 32 | 8.05 | 7 | 6.80 |
| 56 | 8.93 | 31 | 8.00 | 6 | 6.75 |
| 55 | 8.90 | 30 | 7.95 | 5 | 6.70 |
| 54 | 8.87 | 29 | 7.90 | 4 | 6.65 |
| 53 | 8.84 | 28 | 7.85 | 3 | 6.60 |
| 52 | 8.81 | 27 | 7.80 | 2 | 6.55 |
| 51 | 8.78 | 26 | 7.75 | 1 | 6.50 |

**表4 女子立定三级跳远考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分 值 | 成 绩（米） | 分 值 | 成 绩（米） | 分 值 | 成 绩（米） |
| 75 | 7.90 | 50 | 7.20 | 25 | 6.20 |
| 74 | 7.88 | 49 | 7.17 | 24 | 6.15 |
| 73 | 7.86 | 48 | 7.14 | 23 | 6.10 |
| 72 | 7.84 | 47 | 7.11 | 22 | 6.05 |
| 71 | 7.82 | 46 | 7.08 | 21 | 6.00 |
| 70 | 7.80 | 45 | 7.05 | 20 | 5.95 |
| 69 | 7.77 | 44 | 7.02 | 19 | 5.90 |
| 68 | 7.74 | 43 | 6.99 | 18 | 5.85 |
| 67 | 7.71 | 42 | 6.96 | 17 | 5.80 |
| 66 | 7.68 | 41 | 6.93 | 16 | 5.75 |
| 65 | 7.65 | 40 | 6.90 | 15 | 5.70 |
| 64 | 7.62 | 39 | 6.86 | 14 | 5.65 |
| 63 | 7.59 | 38 | 6.82 | 13 | 5.60 |
| 62 | 7.56 | 37 | 6.78 | 12 | 5.55 |
| 61 | 7.53 | 36 | 6.74 | 11 | 5.50 |
| 60 | 7.50 | 35 | 6.70 | 10 | 5.45 |
| 59 | 7.47 | 34 | 6.65 | 9 | 5.40 |
| 58 | 7.44 | 33 | 6.60 | 8 | 5.35 |
| 57 | 7.41 | 32 | 6.55 | 7 | 5.30 |
| 56 | 7.38 | 31 | 6.50 | 6 | 5.25 |
| 55 | 7.35 | 30 | 6.45 | 5 | 5.20 |
| 54 | 7.32 | 29 | 6.40 | 4 | 5.15 |
| 53 | 7.29 | 28 | 6.35 | 3 | 5.10 |
| 52 | 7.26 | 27 | 6.30 | 2 | 5.05 |
| 51 | 7.23 | 26 | 6.25 | 1 | 5.00 |

**三、基本素质——原地推铅球考试方法和评分标准**

**（一）考试方法**

1．场地与器材

（1）考试场地

根据田径项目最新竞赛规则布置铅球考试场地。如受到考试场地客观条件限制，在保证考试公平公正的前提下，对考试场地进行适当调整。

（2）器材

铅球：男子5公斤，女子4公斤

2．动作要求

（1）考生双脚着地，单手持球于肩上，贴近颈部；投掷时，双脚由静止开始(即不能滑步、垫步、上步)，否则视为犯规；最后用力无论采用支撑投或跳投技术，铅球必须由肩上推出。

（2）在投掷过程中，身体和器械的任何一部分不得触及投掷圈铁圈上沿或圈外的地面包括铅球抵趾板的上面，否则即为投掷失败。

（3）完成投掷且铅球落地以后，考生才能离开投掷圈，且必须从投掷圈后半圈或延长线后面退出。

3．测试方法

（1）考试时，每名考生有3次轮流试投机会，以其中最好一次试投有效成绩为最终考试成绩；考试过程中，若考生有效成绩达到满分标准，则不允许进行后续的试投。

（2）考试时，考生可自愿佩戴护腕；不可将两个或两个以上手指缠在一起进行推球；如有考生肢体有开放性损伤需包扎的，应由考官现场查验无误后被准许，才能参加考试。

（3）考试时，考生可以在手上涂镁粉；不可在足底或足底地面放置防滑物质。

（4）测量方法：从铅球有效落地痕迹的最近点取直线测量至投掷圈内沿，测量线应通过投掷圈圆心；使用测距仪测量计取成绩；当测距仪出现故障时，用钢尺丈量计取成绩。

（5）测量的最小单位为1厘米；计取成绩得分时，以评分标准中成绩对应的得分计取，若测量成绩在评分标准中的两个相邻分值之间，则按其中较低的分值评分。

（6）本考试方法及要求未尽事宜，以田径铅球比赛规则为准。

**（二）评分标准**

原地推铅球评分标准详见“表5 男子原地推铅球考试评分标准” 和“表6 女子原地推铅球考试评分标准”。 **表5 男子原地推铅球考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（米） | 分值 | 成绩（米） | 分值 | 成绩（米） |
| 75 | 12.30 | 50 | 10.38 | 25 | 8.06 |
| 74 | 12.24 | 49 | 10.30 | 24 | 7.96 |
| 73 | 12.18 | 48 | 10.22 | 23 | 7.86 |
| 72 | 12.12 | 47 | 10.14 | 22 | 7.76 |
| 71 | 12.06 | 46 | 10.06 | 21 | 7.66 |
| 70 | 11.98 | 45 | 9.98 | 20 | 7.56 |
| 69 | 11.90 | 44 | 9.90 | 19 | 7.46 |
| 68 | 11.82 | 43 | 9.82 | 18 | 7.36 |
| 67 | 11.74 | 42 | 9.74 | 17 | 7.26 |
| 66 | 11.66 | 41 | 9.66 | 16 | 7.16 |
| 65 | 11.58 | 40 | 9.56 | 15 | 7.04 |
| 64 | 11.50 | 39 | 9.46 | 14 | 6.92 |
| 63 | 11.42 | 38 | 9.36 | 13 | 6.80 |
| 62 | 11.34 | 37 | 9.26 | 12 | 6.68 |
| 61 | 11.26 | 36 | 9.16 | 11 | 6.56 |
| 60 | 11.18 | 35 | 9.06 | 10 | 6.44 |
| 59 | 11.10 | 34 | 8.96 | 9 | 6.32 |
| 58 | 11.02 | 33 | 8.86 | 8 | 6.20 |
| 57 | 10.94 | 32 | 8.76 | 7 | 6.08 |
| 56 | 10.86 | 31 | 8.66 | 6 | 5.94 |
| 55 | 10.78 | 30 | 8.56 | 5 | 5.80 |
| 54 | 10.70 | 29 | 8.46 | 4 | 5.66 |
| 53 | 10.62 | 28 | 8.36 | 3 | 5.52 |
| 52 | 10.54 | 27 | 8.26 | 2 | 5.38 |
| 51 | 10.46 | 26 | 8.16 | 1 | 5.24 |

**表6 女子原地推铅球考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（米） | 分值 | 成绩（米） | 分值 | 成绩（米） |
| 75 | 9.50 | 50 | 8.33 | 25 | 6.76 |
| 74 | 9.47 | 49 | 8.28 | 24 | 6.69 |
| 73 | 9.44 | 48 | 8.23 | 23 | 6.62 |
| 72 | 9.41 | 47 | 8.18 | 22 | 6.55 |
| 71 | 9.38 | 46 | 8.13 | 21 | 6.48 |
| 70 | 9.33 | 45 | 8.08 | 20 | 6.41 |
| 69 | 9.28 | 44 | 8.03 | 19 | 6.34 |
| 68 | 9.23 | 43 | 7.98 | 18 | 6.27 |
| 67 | 9.18 | 42 | 7.93 | 17 | 6.20 |
| 66 | 9.13 | 41 | 7.88 | 16 | 6.13 |
| 65 | 9.08 | 40 | 7.81 | 15 | 6.04 |
| 64 | 9.03 | 39 | 7.74 | 14 | 5.95 |
| 63 | 8.98 | 38 | 7.67 | 13 | 5.86 |
| 62 | 8.93 | 37 | 7.60 | 12 | 5.77 |
| 61 | 8.88 | 36 | 7.53 | 11 | 5.68 |
| 60 | 8.83 | 35 | 7.46 | 10 | 5.59 |
| 59 | 8.78 | 34 | 7.39 | 9 | 5.50 |
| 58 | 8.73 | 33 | 7.32 | 8 | 5.41 |
| 57 | 8.68 | 32 | 7.25 | 7 | 5.32 |
| 56 | 8.63 | 31 | 7.18 | 6 | 5.23 |
| 55 | 8.58 | 30 | 7.11 | 5 | 5.12 |
| 54 | 8.53 | 29 | 7.04 | 4 | 5.01 |
| 53 | 8.48 | 28 | 6.97 | 3 | 4.90 |
| 52 | 8.43 | 27 | 6.90 | 2 | 4.79 |
| 51 | 8.38 | 26 | 6.83 | 1 | 4.68 |

**四、专项基础——足球运球绕杆射门考试方法和评分标准**

**（一）考试方法**

1．场地设置（如图2所示）

（1）在距罚球区线中点21.5米处，划一条与罚球区线平行、长8米的线段为起点线。起点线两端各放置一台激光枪。考试时，考生通过起点线时，激光枪感应，计时器自动开启。

在起点线前方1.5米处划一条平行线段为运球起始线，起点线与运球起始线之间为颠球区。在起点线后1.2米处划一条平行线为候考线，候考线与起点线之间区域为缓冲区，候考线后面区域为候考区。

（2）在球门立柱两侧各设置一台激光枪。球通过球门线时激光枪感应，计时器自动停止计时。

（3）从罚球区线中点到运球起始线中点之间，插置标杆9支。第1支标杆距离运球起始线4米，第1支标杆至第5支标杆之间距离6米，各标杆间距1.5米；第5支标杆至第9支标杆之间距离8米，各标杆间距2米；第9支标杆距离罚球区线中点2米。

（4）标杆固定垂直插入地面，地面之上标杆高至少1.5米。

（5）在考试区域铺设4米×46米人造草皮。

**激光枪**

**激光枪感应线**

**2米**

**16.5米**

**4米**

**1.5米**

**21.5米**

**罚球区线**

**1.5米**

**1.2米**

**激光枪**

**起点线**

**运球起始线**

**候考区线**

**颠球区**

**缓冲区**

**20米**

**候**

**考**

**区**

**图2 足球运球绕杆射门场地图**

2．测试方法与要求

（1）考生在候考区内等待（不能在缓冲区等待），听到考官指令后，持球通过缓冲区经过起点线进入颠球区，考生通过起点线时激光枪感应，计时器开始自动计时。

（2）在颠球区内，考生统一采用手抛球方式开始颠球，先用脚背正面颠球累计20个，紧接着运球逐个绕过标杆后射门。球越过球门线时激光枪感应，计时器自动停止计时。

（3）考生须采用双脚交替颠球方式进行颠球，若单脚连续重复颠球则不计入颠球次数。颠球过程中,球偶尔越过运球起始线不违规。完成第20个颠球后，球必须在运球起始线后方的颠球区内着地后才可进行运球绕杆射门，否则不计成绩。颠球数量以考官的报数为准。

（4）考生在计时器开启后再次用手触球、运球漏杆或未射进球门，均不计成绩。

（5）考生每人测试三次，取最好成绩为最终成绩。

（6）计取成绩得分时，以计时成绩对应的得分计取，若计时成绩在评分标准的两个相邻分值之间，则取其中较低的分值评分。

（7）考生须穿布面胶粒钉足球鞋参加测试。

（8）测试用球男女统一标准为5号足球。

**（二）评分标准**

足球运球绕杆射门评分标准详见“表7 男子足球运球绕杆射门考试评分标准” 和“表8 女子足球运球绕杆射门考试评分标准”。

**表7 男子足球运球绕杆射门考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **分值** | **成绩（秒）** | **分值** | **成绩（秒）** | **分值** | **成绩（秒）** |
| 75 | 15.0 | 50 | 21.5 | 25 | 25.0 |
| 74 | 15.6 | 49 | 21.6 | 24 | 25.2 |
| 73 | 16.0 | 48 | 21.7 | 23 | 25.4 |
| 72 | 16.5 | 47 | 21.8 | 22 | 25.6 |
| 71 | 17.0 | 46 | 21.9 | 21 | 25.8 |
| 70 | 17.5 | 45 | 22.0 | 20 | 26.0 |
| 69 | 17.8 | 44 | 22.1 | 19 | 26.2 |
| 68 | 18.1 | 43 | 22.2 | 18 | 26.4 |
| 67 | 18.5 | 42 | 22.3 | 17 | 26.6 |
| 66 | 18.9 | 41 | 22.4 | 16 | 26.8 |
| 65 | 19.2 | 40 | 22.5 | 15 | 27.0 |
| 64 | 19.4 | 39 | 22.6 | 14 | 27.2 |
| 63 | 19.6 | 38 | 22.7 | 13 | 27.4 |
| 62 | 19.8 | 37 | 22.8 | 12 | 27.6 |
| 61 | 20.0 | 36 | 22.9 | 11 | 27.8 |
| 60 | 20.1 | 35 | 23.0 | 10 | 28.0 |
| 59 | 20.3 | 34 | 23.2 | 9 | 28.2 |
| 58 | 20.5 | 33 | 23.4 | 8 | 28.4 |
| 57 | 20.7 | 32 | 23.6 | 7 | 28.6 |
| 56 | 20.9 | 31 | 23.8 | 6 | 28.8 |
| 55 | 21.0 | 30 | 24.0 | 5 | 29.0 |
| 54 | 21.1 | 29 | 24.2 | 4 | 29.2 |
| 53 | 21.2 | 28 | 24.4 | 3 | 29.4 |
| 52 | 21.3 | 27 | 24.6 | 2 | 29.6 |
| 51 | 21.4 | 26 | 24.8 | 1 | 29.8 |

**表8 女子足球运球绕杆射门考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（秒） | 分值 | 成绩（秒） | 分值 | 成绩（秒） |
| 75 | 17.0 | 50 | 22.0 | 25 | 26.1 |
| 74 | 17.4 | 49 | 22.1 | 24 | 26.3 |
| 73 | 17.9 | 48 | 22.2 | 23 | 26.5 |
| 72 | 18.3 | 47 | 22.3 | 22 | 26.7 |
| 71 | 18.7 | 46 | 22.4 | 21 | 26.9 |
| 70 | 19.1 | 45 | 22.5 | 20 | 27.1 |
| 69 | 19.4 | 44 | 22.6 | 19 | 27.3 |
| 68 | 19.7 | 43 | 22.7 | 18 | 27.5 |
| 67 | 20.1 | 42 | 22.8 | 17 | 27.7 |
| 66 | 20.3 | 41 | 22.9 | 16 | 27.9 |
| 65 | 20.5 | 40 | 23.1 | 15 | 28.1 |
| 64 | 20.6 | 39 | 23.3 | 14 | 28.3 |
| 63 | 20.7 | 38 | 23.5 | 13 | 28.5 |
| 62 | 20.8 | 37 | 23.7 | 12 | 28.7 |
| 61 | 20.9 | 36 | 23.9 | 11 | 28.9 |
| 60 | 21.0 | 35 | 24.1 | 10 | 29.1 |
| 59 | 21.1 | 34 | 24.3 | 9 | 29.3 |
| 58 | 21.2 | 33 | 24.5 | 8 | 29.5 |
| 57 | 21.3 | 32 | 24.7 | 7 | 29.7 |
| 56 | 21.4 | 31 | 24.9 | 6 | 29.9 |
| 55 | 21.5 | 30 | 25.1 | 5 | 30.1 |
| 54 | 21.6 | 29 | 25.3 | 4 | 30.3 |
| 53 | 21.7 | 28 | 25.5 | 3 | 30.5 |
| 52 | 21.8 | 27 | 25.7 | 2 | 30.7 |
| 51 | 21.9 | 26 | 25.9 | 1 | 30.9 |

**五、专项基础——篮球运球绕杆定点投篮考试方法和评分标准**

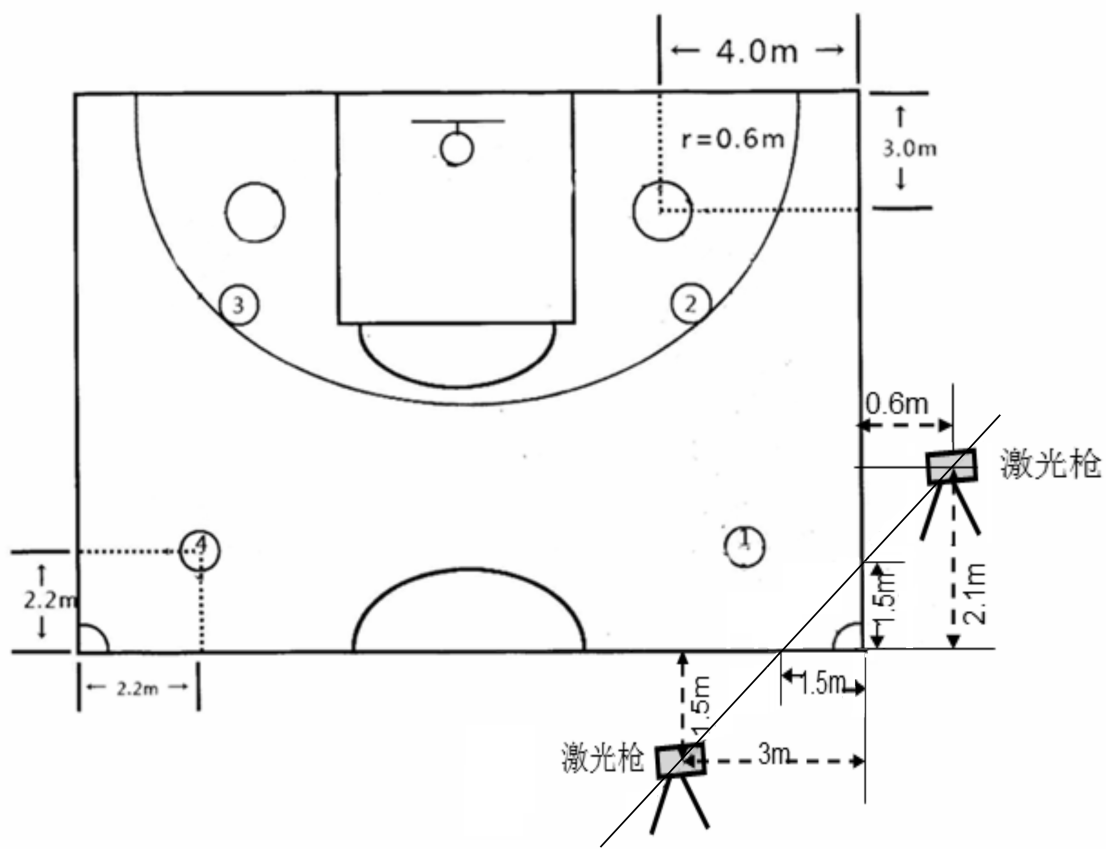
篮球项目考试中所涉及的场地、规则等均执行国际篮球联合会通过（中国篮球协会审定）的2018年篮球规则。

**（一）考试方法**

1．考场设置

在半场区域内（如图3所示），以球场中线与一侧边线交点为圆心、0.5米为半径画一圆弧，形成扇形出发区。在球场内相应位置放置高度为1.3米—1.8米的1、2、3、4号标志杆（2、3号标志杆位于罚球线延长线与3分线的交点内侧）。定点投篮的区域为半径0.6米的圆，圆心距球场边线4.0m、距端线3.0m。

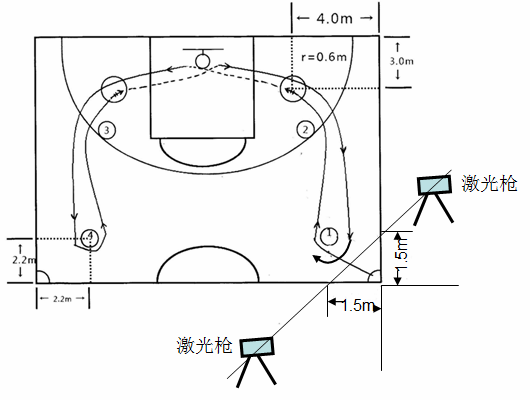
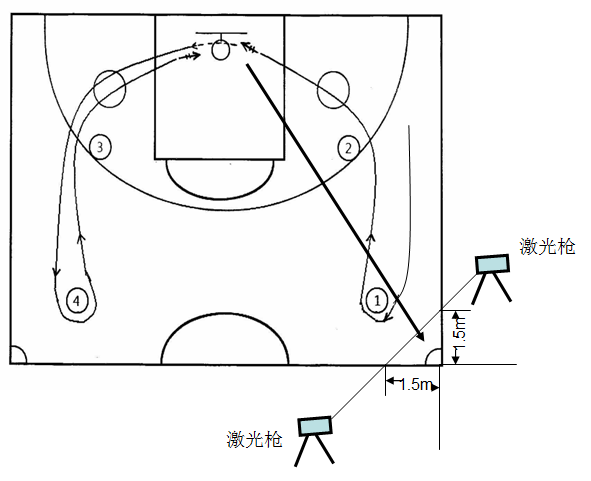
自动计时激光枪放置的出发区见以下示意图：



**图3 篮球项目考试场地设置示意图**

2. 测试方法与要求

（1）考生必须在出发区内持球(双脚均不得越线或踩线)，准备就绪后自行出发，通过激光枪感应光线时，计时器开始自动计时，按照图4要求运球推进先后绕过l、2号标志杆后，在规定的投篮区域内（如图4所示）急停单手肩上投篮，命中后运球沿3、4号标志杆的外侧推进，依次绕过4、3号标志杆后，在规定的投篮区域内（如图4所示）急停单手肩上投篮，命中后继续运球沿2、1号标志杆外侧推进（如图4所示），依次绕过1、2号标志杆后运球行进间投篮（如图5所示），投中后再继续运球沿3、4号标志杆的外侧推进，依次绕过4、3号标志杆后运球行进间投篮（如图5所示），投中后徒手快速返回出发点（不用运球也不用拿球）。全程共投篮4次，每次投篮的运球路线都相同，前2次要求急停后单手肩上投篮，后2次要求行进间投篮。投篮不中必须补中，补篮的地点及投篮方式不限。



**图4 篮球运球绕杆定点投篮图**

**图5 篮球运球绕杆行进间投篮图**

（2）考生出发时通过激光枪感应光线时，自动计时器开始计时，最后一次投篮命中后，徒手（不用运球也不用拿球）快速返回出发点，通过激光枪感应线时，计时器自动停止计时，同时显示成绩。每人测试三次，取最好的一次成绩为考试成绩。计取成绩得分时，以成绩对应的得分计取，若计时成绩在评分标准的两个相邻分值之间，则取其中较低的分值评分。

（3）考试用球为男生7号球，女生6号球。

（4）严格按照规定线路运球推进，运球及投篮手不限。

（5）急停定点投篮时，必须采用单手肩上投篮，不得采用低手投篮。急停时任何一脚均不得触及投篮区域规定界线的前沿；若跳起投篮，则起跳时任何一脚均不得触及投篮区域规定界线的前沿，落地不限。

（6）任何违反考试规定（如不按规定要求的投篮、违规绕杆、投篮未中、急停定点投篮时脚触及或越过投篮区规定线的前沿等）及违犯篮球规则（如带球走、两次运球、携带球等）者，均不计成绩。

**（二）评分标准**

篮球运球绕杆定点投篮评分标准详见“表9 男子篮球运球绕杆定点投篮考试评分标准” 和“表10 女子篮球运球绕杆定点投篮考试评分标准”。

**表9 男子篮球运球绕杆定点投篮评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分 值 | 成 绩（秒） | 分 值 | 成 绩（秒） | 分 值 | 成 绩（秒） |
| 75 | 29.5 | 50 | 36.0 | 25 | 43.5 |
| 74 | 29.7 | 49 | 36.3 | 24 | 43.8 |
| 73 | 29.9 | 48 | 36.6 | 23 | 44.1 |
| 72 | 30.1 | 47 | 36.9 | 22 | 44.4 |
| 71 | 30.3 | 46 | 37.2 | 21 | 44.7 |
| 70 | 30.5 | 45 | 37.5 | 20 | 45.0 |
| 69 | 30.7 | 44 | 37.8 | 19 | 45.3 |
| 68 | 30.9 | 43 | 38.1 | 18 | 45.6 |
| 67 | 31.1 | 42 | 38.4 | 17 | 45.9 |
| 66 | 31.3 | 41 | 38.7 | 16 | 46.2 |
| 65 | 31.5 | 40 | 39.0 | 15 | 46.5 |
| 64 | 31.8 | 39 | 39.3 | 14 | 46.8 |
| 63 | 32.1 | 38 | 39.6 | 13 | 47.1 |
| 62 | 32.4 | 37 | 39.9 | 12 | 47.4 |
| 61 | 32.7 | 36 | 40.2 | 11 | 47.7 |
| 60 | 33.0 | 35 | 40.5 | 10 | 48.0 |
| 59 | 33.3 | 34 | 40.8 | 9 | 48.3 |
| 58 | 33.6 | 33 | 41.1 | 8 | 48.6 |
| 57 | 33.9 | 32 | 41.4 | 7 | 48.9 |
| 56 | 34.2 | 31 | 41.7 | 6 | 49.2 |
| 55 | 34.5 | 30 | 42.0 | 5 | 49.5 |
| 54 | 34.8 | 29 | 42.3 | 4 | 49.8 |
| 53 | 35.1 | 28 | 42.6 | 3 | 50.1 |
| 52 | 35.4 | 27 | 42.9 | 2 | 50.4 |
| 51 | 35.7 | 26 | 43.2 | 1 | 50.7 |

**表10 女子篮球运球绕杆定点投篮评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分 值 | 成 绩（秒） | 分 值 | 成 绩（秒） | 分 值 | 成 绩（秒） |
| 75 | 33.0 | 50 | 39.5 | 25 | 47.0 |
| 74 | 33.2 | 49 | 39.8 | 24 | 47.3 |
| 73 | 33.4 | 48 | 40.1 | 23 | 47.6 |
| 72 | 33.6 | 47 | 40.4 | 22 | 47.9 |
| 71 | 33.8 | 46 | 40.7 | 21 | 48.2 |
| 70 | 34.0 | 45 | 41.0 | 20 | 48.5 |
| 69 | 34.2 | 44 | 41.3 | 19 | 48.8 |
| 68 | 34.4 | 43 | 41.6 | 18 | 49.1 |
| 67 | 34.6 | 42 | 41.9 | 17 | 49.4 |
| 66 | 34.8 | 41 | 42.2 | 16 | 49.7 |
| 65 | 35.0 | 40 | 42.5 | 15 | 50.0 |
| 64 | 35.3 | 39 | 42.8 | 14 | 50.3 |
| 63 | 35.6 | 38 | 43.1 | 13 | 50.6 |
| 62 | 35.9 | 37 | 43.4 | 12 | 50.9 |
| 61 | 36.2 | 36 | 43.7 | 11 | 51.2 |
| 60 | 36.5 | 35 | 44.0 | 10 | 51.5 |
| 59 | 36.8 | 34 | 44.3 | 9 | 51.8 |
| 58 | 37.1 | 33 | 44.6 | 8 | 52.1 |
| 57 | 37.4 | 32 | 44.9 | 7 | 52.4 |
| 56 | 37.7 | 31 | 45.2 | 6 | 52.7 |
| 55 | 38.0 | 30 | 45.5 | 5 | 53.0 |
| 54 | 38.3 | 29 | 45.8 | 4 | 53.3 |
| 53 | 38.6 | 28 | 46.1 | 3 | 53.6 |
| 52 | 38.9 | 27 | 46.4 | 2 | 53.9 |
| 51 | 39.2 | 26 | 46.7 | 1 | 54.2 |

**六、专项基础——排球隔网定向垫传球考试方法和评分标准**

**（一）考试方法**

|  |  |  |  |
| --- | --- | --- | --- |
| **项目** | **成绩** | **分 数** | **合计** |
| 垫球 | 10个 | 10×3分＝30分 | 75分 |
| 传球 | 10个 | 10×3分＝30分 |
| 助跑摸高 | 男:3.15米  女:2.80米 | 15分 |

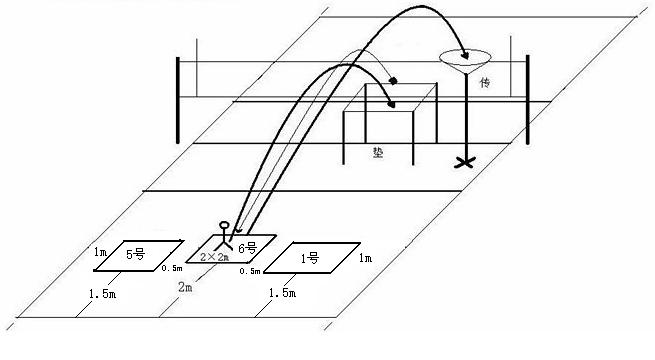
1．考试内容

2．场地、器材布置（如图6所示）

（1）考生测试的考区位于后场1号、6号、5号3个2m×2m的方形区域，1号和5号区在两边分别距边线1m、距端线1.5m，6号区在中间距两区0.5m，距端线2m。抛球点位于对方场地进攻线后中间位置上。

（2）垫球框高1.8m×宽1.5m×长1.7m垫球框摆放于本方前排二、三号位间，距右边线2.5m贴近球网处。

（3）男子使用的传球圈圆圈直径1.6m，高度3.3m。女子使用的传球圈圆圈直径1.6m，高度3.0m。传球圈位于本方前排二号位球网上空，圆圈边缘距离中线和边线各0.2m。



**图6 排球隔网定向垫传球项目考试图**

3．测试方法

（1）垫球：垫球时考生先站在后场1号位方形考区内，抛球者（考官）位于对方场地进攻线后中间位置上，用双手抛球。考生用垫球方法将对方抛来的球垫入本方前排二、三号位间的垫球框内，先在1号位连续垫3个，再到6号位连续垫4个，再到5号位连续垫3个，共计连续垫球10个。要求垫出的球有一定弧度，适合于二传手传球。

（2）传球：传球时考生站在后场6号位方形考区内，抛球者（考官）位于对方场地进攻线后中间位置上，用双手抛球。考生用传球方法将对方抛来的球传入本方前排二号位球网上空的传球圈内，连续传球10个。要求传出的球有一定的高度和弧度，适合于扣球。

（3）垫传球每人1次测试机会。

（4）助跑摸高:考生助跑起跳（单、双脚起跳均可）单手触摸电子摸高器(若电子摸高器发生故障，则摸有固定标尺的高物)，记下绝对高度。每人有2次摸高机会，记其中1次最高成绩。

4．考试要求

（1）当对方抛球后考生可以移动垫传球，包括考区内、外的球。

（2）考生必须接在考区内的来球，否则算一次失误。如果来球在考区外，考生可以不接球，但接球则算一次击球。

（3）考生须按规定的击球方法顺序进行，否则算一次失误。

5．考试用球

使用标准比赛排球。

**（二）评分标准**

1．每人垫传球共20个。先垫球10个，每垫入框一个球得3分；再传球10个，每传入圈一个球得3分；助跑摸高15分。合计75分。

2．凡不进垫球框和不进传球圈的球均为0分。持球、连击不得分。执行中国排球协会审定的最新排球竞赛规则。

3．男女考生评分标准相同。

排球隔网定向垫传球考试评分标准详见“表11 排球隔网定向垫球、传球考试评分标准”和“表12 排球助跑摸高考试评分标准”。

**表11 排球隔网定向垫球、传球考试评分标准**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 分值 | 成绩(个) | 分值 | 成绩(个) | 分值 | 成绩(个) |
| 30 | 10 | 18 | 6 | 6 | 2 |
| 27 | 9 | 15 | 5 | 3 | 1 |
| 24 | 8 | 12 | 4 |  |  |
| 21 | 7 | 9 | 3 |  |  |

**表12 排球助跑摸高考试评分标准**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分值 | 成绩（米） | | 分值 | 成绩（米） | | 分值 | 成绩（米） | |
| 男子 | 女子 | 男子 | 女子 | 男子 | 女子 |
| 15 | 3.15 | 2.80 | 10 | 3.10 | 2.75 | 5 | 3.05 | 2.70 |
| 14 | 3.14 | 2.79 | 9 | 3.09 | 2.74 | 4 | 3.04 | 2.69 |
| 13 | 3.13 | 2.78 | 8 | 3.08 | 2.73 | 3 | 3.03 | 2.68 |
| 12 | 3.12 | 2.77 | 7 | 3.07 | 2.72 | 2 | 3.02 | 2.67 |
| 11 | 3.11 | 2.76 | 6 | 3.06 | 2.71 | 1 | 3.01 | 2.66 |

**七、专项基础——乒乓球左推右攻考试方法和评分标准**

**（一）考试方法**

1．供球：由乒乓球发球机供球，机型不限；考试用球为最新国际比赛白色乒乓球（塑料球）。

2．供球标准：供球频率为男子**74个球**（±1）/分钟，女子**72个球**（±1）/分钟；供球到考生球台左、右两侧1/3区域内的中线附近并距球台端线约30—55厘米的区间内。（如图7所示）

3．测试方法：考生只进行一次测试。考试开始，发球机交替供球到考生球台左、右两侧规定区域内。考生必须站在离球台端线30厘米外，运用左推(拨)右攻或两面攻(以下均简称左推右攻)考试要求的技术动作将球回击到指定的左（右）宽38厘米、长68厘米球台区域内（除指定回球区域外，其它区域均用覆盖物覆盖）。考试中，要求考生必须反手推直线，正手攻斜线。

4．考试要求：考试中，考生必须运用并步(双脚交替移动)或跳步（双脚同时移动）进行步法移动，反手位和正手位必须分别使用反手推挡（拨球、反手攻）和正手攻球技术回接；凡达不到以上要求时，属于犯规，不计成功板数。

5．计数方法：考生击球男女均为60板，每击中指定区域(图7所示球台阴影区域)一次为成功1板（回球触及覆盖物不得分）；考试从发球机发出第一个规则球并落到考生反手位台面的瞬间开始计数，计算考生成功的累计板数；因机器故障而停止供球时，本次考试重测；因机器供球不规则造成的考生失误，该球有效，继续考试，不计考生失误，当不规则供球达到三板或以上时，本次考试重测。

**68厘米**

**30厘米**

**考**

**生**

**38厘米**

**30厘米**

**38厘米**

**68厘米**

**1/3**

**1/3**

**1/3**

**1/3**

**1/3**

**发球机**

**图7 乒乓球左推右攻考试示意图**

**（二）评分标准：**

满分75分。左推右攻累计6板（包括6板）开始计分。评分标准详见“表13 男子、女子乒乓球左推右攻考试评分标准”。

**表13 男子、女子乒乓球左推右攻考试评分标准**

|  |  |  |  |
| --- | --- | --- | --- |
| 分值 | 成绩（板） | 分值 | 成绩（板） |
| 75 | 60 | 25 | 30 |
| 73 | 59 | 24 | 29 |
| 70 | 58 | 23 | 28 |
| 67 | 57 | 22 | 27 |
| 64 | 56 | 21 | 26 |
| 61 | 55 | 20 | 25 |
| 58 | 54 | 19 | 24 |
| 55 | 53 | 18 | 23 |
| 52 | 52 | 17 | 22 |
| 50 | 51 | 16 | 21 |
| 48 | 50 | 15 | 20 |
| 46 | 49 | 14 | 19 |
| 44 | 48 | 13 | 18 |
| 42 | 47 | 12 | 17 |
| 41 | 46 | 11 | 16 |
| 40 | 45 | 10 | 15 |
| 39 | 44 | 9 | 14 |
| 38 | 43 | 8 | 13 |
| 37 | 42 | 7 | 12 |
| 36 | 41 | 6 | 11 |
| 35 | 40 | 5 | 10 |
| 34 | 39 | 4 | 9 |
| 33 | 38 | 3 | 8 |
| 32 | 37 | 2 | 7 |
| 31 | 36 | 1 | 6 |
| 30 | 35 |  | 5 |
| 29 | 34 |  | 4 |
| 28 | 33 |  | 3 |
| 27 | 32 |  | 2 |
| 26 | 31 |  | 1 |

**八、专项基础——游泳考试方法和评分标准**

**（一）考试方法**

1．测试项目设100米蝶泳、100米仰泳、100米蛙泳、100米自由泳、50米蝶泳、50米仰泳、50米蛙泳、50米自由泳八项，考生任意选取其中一项进行测试。

2．考试场地、器材应符合《游泳竞赛规则2019—2022》的规定，并且在标准的25米或50米（室内或室外）比赛游泳池进行。

3．考官现场组织抽签。按照抽签结果编排测试分组和道次，并宣布编排秩序。

4．考生游泳服装应符合《游泳竞赛规则2019—2022》的规定。

5．考试应按照《游泳竞赛规则2019—2022》、编排秩序和游泳裁判方法有序进行。

6．自动计时、半自动计时和人工计时均为考试的正式计时方法，其成绩为正式成绩。人工计时时，每道配备三名考官计时，不设终点裁判。按规则规定录取考生最终成绩（①在三块计时表中，有两块计时表计取的成绩相同时，该成绩即为正式成绩；②如果三块计时表计取的成绩都不相同，应以中间的成绩为正式成绩；③如果三块计时表中只有两块正常运行，应以平均成绩为正式成绩）。

7.考生得分以计取的测试成绩在评分标准中所对应的分值为准，若测试成绩在评分标准的两个相邻分值之间，则取其中较低的分值作为其得分。考生犯规，测试成绩则为零分。

8．每个考生只测试一次。

**（二）评分标准**

游泳评分标准详见“表14 100米游泳考试评分标准（25米池）”“表15 100米游泳考试评分标准（50米池）”“表16 50米游泳考试评分标准（25米池）”和“表17 50米游泳考试评分标准（50米池）”。

**表14 100米游泳考试评分标准（25米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **25m池**  **分值** | **100米蝶泳** | | **100米仰泳** | | **100米蛙泳** | | **100米自由泳** | |
| **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |
| 75 | 01:09.00 | 01:18.00 | 01:13.00 | 01:20.00 | 01:18.00 | 01:27.00 | 01:03.00 | 01:11.00 |
| 74 | 01:10.00 | 01:19.00 | 01:14.00 | 01:21.00 | 01:19.00 | 01:28.00 | 01:04.00 | 01:12.00 |
| 73 | 01:11.00 | 01:20.00 | 01:15.00 | 01:22.00 | 01:20.00 | 01:29.00 | 01:05.00 | 01:13.00 |
| 72 | 01:12.00 | 01:21.00 | 01:16.00 | 01:23.00 | 01:21.00 | 01:30.00 | 01:06.00 | 01.14.00 |
| 71 | 01:13.50 | 01:22.50 | 01:17.50 | 01:24.50 | 01:22.50 | 01:31.50 | 01:07.50 | 01:15.50 |
| 70 | 01:15.00 | 01:24.00 | 01:19.00 | 01:26.00 | 01:24.00 | 01:33.00 | 01:09.00 | 01:17.00 |
| 69 | 01:16.50 | 01:25.50 | 01:20.50 | 01:27.50 | 01:25.50 | 01:34.50 | 01:10.50 | 01:18.50 |
| 68 | 01:18.00 | 01:27.00 | 01:22.00 | 01:29.00 | 01:27.00 | 01:36.00 | 01:12.00 | 01:20.00 |
| 67 | 01:19.50 | 01:28.50 | 01:23.50 | 01:30.50 | 01:28.50 | 01:37.50 | 01:13.50 | 01:21.50 |
| 66 | 01:20.50 | 01:30.00 | 01:25.00 | 01:32.00 | 01:30.00 | 01:39.00 | 01:15.00 | 01:23.00 |
| 65 | 01:22.00 | 01:31.50 | 01:26.50 | 01:33.50 | 01:31.50 | 01:40.50 | 01:16.50 | 01:24.50 |
| 64 | 01:24.00 | 01:33.00 | 01:28.00 | 01:35.00 | 01:33.00 | 01:42.00 | 01:18.00 | 01:26.00 |
| 63 | 01:26.00 | 01:35.00 | 01:30.00 | 01:37.00 | 01:35.00 | 01:44.00 | 01:20.00 | 01:28.00 |
| 62 | 01:28.00 | 01:37.00 | 01:32.00 | 01:39.00 | 01:37.00 | 01:46.00 | 01:22.00 | 01:30.00 |
| 61 | 01:30.00 | 01:39.00 | 01:34.00 | 01:41.00 | 01:39.00 | 01:48.00 | 01:24.00 | 01:32.00 |
| 60 | 01:32.00 | 01:41.00 | 01:36.00 | 01:43.00 | 01:41.00 | 01:50.00 | 01:26.00 | 01:34.00 |
| 59 | 01:34.00 | 01:42.00 | 01:38.00 | 01:45.00 | 01:43.00 | 01:52.00 | 01:28.00 | 01:36.00 |
| 58 | 01:38.00 | 01:44.00 | 01:40.00 | 01:47.00 | 01:45.00 | 01:54.00 | 01:30.00 | 01:38.00 |
| 57 | 01:40.00 | 01:46.00 | 01:42.00 | 01:49.00 | 01:47.00 | 01:56.00 | 01:32.00 | 01:40.00 |
| 56 | 01:42.00 | 01:48.00 | 01:44.00 | 01:51.00 | 01:49.00 | 01:58.00 | 01:35.00 | 01:46.00 |
| 55 | 01:44.50 | 01:50.50 | 01:46.00 | 01:53.50 | 01:51.50 | 02:00.50 | 01:37.00 | 01:48.50 |
| 54 | 01:47.00 | 01:53.00 | 01:48.00 | 01:56.00 | 01:54.00 | 02:03.00 | 01:39.50 | 01:51.00 |
| 53 | 01:49.50 | 01:56.50 | 01:50.00 | 01:58.50 | 01:56.50 | 02:05.50 | 01:42.00 | 01:53.50 |
| 52 | 01:52.00 | 01:59.00 | 01:52.00 | 02:01.00 | 01:59.00 | 02:08.00 | 01:44.50 | 01:56.00 |
| 51 | 01:55.00 | 02:01.50 | 01:54.50 | 02:03.50 | 02:01.50 | 02:10.50 | 01:46.00 | 01:58.50 |
| 50 | 01:58.00 | 02:04.00 | 01:57.00 | 02:06.00 | 02:04.00 | 02:13.00 | 01:48.50 | 02:01.00 |
| 49 | 01:01.00 | 02:06.50 | 02:00.00 | 02:09.00 | 02:07.00 | 02:16.00 | 01:51.00 | 02:03.50 |
| 48 | 02:04.00 | 02:09.00 | 02:03.00 | 02:12.50 | 02:10.00 | 02:19.00 | 01:54.00 | 02:06.00 |
| 47 | 02:07.00 | 02:12.00 | 02:06.00 | 02:15.00 | 02:13.00 | 02:22.00 | 01:57.00 | 02:09.00 |
| 46 | 02:10.00 | 02:15.00 | 02:09.00 | 02:18.50 | 02:16.00 | 02:25.00 | 02:00.00 | 02:12.00 |
| 45 | 02:13.00 | 02:18.00 | 02:12.00 | 02:21.00 | 02:19.00 | 02:28.00 | 02:03.00 | 02:15.00 |
| 44 | 02:16.00 | 02:21.00 | 02:15.00 | 02:24.50 | 02:21.00 | 02:31.00 | 02:06.00 | 02:18.00 |
| 43 | 02:19.00 | 02:24.00 | 02:18.00 | 02:27.00 | 02:24.00 | 02:34.00 | 02:09.00 | 02:21.00 |
| 42 | 02:21.00 | 02:26.00 | 02:21.00 | 02:30.00 | 02:27.00 | 02:37.00 | 02:12.00 | 02:24.00 |
| 41 | 02:24.00 | 02:29.00 | 02:24.00 | 02:33.00 | 02:30.00 | 02:40.00 | 02:15.00 | 02:27.00 |
| 40 | 02:27.00 | 02:31.00 | 02:27.00 | 02:36.00 | 02:33.00 | 02:43.00 | 02:18.00 | 02:30.00 |
| 39 | 02:30.00 | 02:34.00 | 02:30.00 | 02:39.00 | 02:36.00 | 02:46.00 | 02:21.00 | 02:33.00 |
| 38 | 02:33.00 | 02:37.00 | 02:33.00 | 02:42.00 | 02:39.00 | 02:49.00 | 02:24.00 | 02:36.00 |
| 37 | 02:36.00 | 02:40.00 | 02:36.00 | 02:45.00 | 02:42.00 | 02:52.00 | 02:27.00 | 02:39.00 |
| 36 | 02:39.00 | 02:43.00 | 02:39.00 | 02:48.00 | 02:45.00 | 02:55.00 | 02:30.00 | 02:42.00 |

**续上表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35 | 02:42.00 | 02:46.00 | 02:42.00 | 02:51.00 | 02:48.00 | 02:58.00 | 02:33.00 | 02:45.00 |
| 34 | 02:45.00 | 02:49.00 | 02:45.00 | 02:54.00 | 02:51.00 | 03:01.00 | 02:36.00 | 02:48.00 |
| 33 | 02:48.00 | 02:52.00 | 02:48.00 | 02:57.00 | 02:54.00 | 03:07.00 | 02:39.00 | 02:51.00 |
| 32 | 02:51.00 | 02:55.00 | 02:51.00 | 03:00.00 | 02:57.00 | 03:10.00 | 02:42.00 | 02:54.00 |
| 31 | 02:55.00 | 02:58.00 | 02:54.00 | 03:03.00 | 03:03.00 | 03:13.00 | 02:48.00 | 02:57.00 |
| 30 | 02:58.00 | 03:01.00 | 02:57.00 | 03:06.00 | 03:06.00 | 03:16.00 | 02:51.00 | 03:00.00 |
| 29 | 03:01.00 | 03:04.00 | 03:00.00 | 03:09.00 | 03:09.00 | 03:19.00 | 02:54.00 | 03:03.00 |
| 28 | 03:04.00 | 03:07.00 | 03:03.00 | 03:12.00 | 03:12.00 | 03:23.00 | 02:57.00 | 03:06.00 |
| 27 | 03:07.00 | 03:10.00 | 03:06.00 | 03:15.00 | 03:15.00 | 03:27.00 | 03:00.00 | 03:09.00 |
| 26 | 03:10.00 | 03:13.00 | 03:09.00 | 03:18.00 | 03:19.00 | 03:31.00 | 03:04.00 | 03:12.00 |
| 25 | 03:13.00 | 03:16.00 | 03:12.00 | 03:21.00 | 03:23.00 | 03:35.00 | 03:08.00 | 03:15.00 |
| 24 | 03:17.00 | 03:20.00 | 03:16.00 | 03:23.00 | 03:27.00 | 03:39.00 | 03:12.00 | 03:18.00 |
| 23 | 03:21.00 | 03:24.00 | 03:20.00 | 03:26.00 | 03:31.00 | 03:43.00 | 03:16.00 | 03:21.00 |
| 22 | 03:25.00 | 03:28.00 | 03:24.00 | 03:30.00 | 03:35.00 | 03:47.00 | 03:20.00 | 03:25.00 |
| 21 | 03:29.00 | 03:32.00 | 03:28.00 | 03:34.00 | 03:39.00 | 03:51.00 | 03:24.00 | 03:29.00 |
| 20 | 03:33.00 | 03:36.00 | 03:32.00 | 03:38.00 | 03:43.00 | 03:55.00 | 03:28.00 | 03:33.00 |
| 19 | 03:37.00 | 03:40.00 | 03:36.00 | 03:42.00 | 03:47.00 | 03:59.00 | 03:32.00 | 03:37.00 |
| 18 | 03:41.00 | 03:44.00 | 03:40.00 | 03:46.00 | 03:51.00 | 04:03.00 | 03:36.00 | 03:41.00 |
| 17 | 03:45.00 | 03:48.00 | 03:44.00 | 03:50.00 | 03:55.00 | 04:07.00 | 03:40.00 | 03:45.00 |
| 16 | 03:49.00 | 03:52.00 | 03:48.00 | 03:54.00 | 03:59.00 | 04:11.00 | 03:44.00 | 03:49.00 |
| 15 | 03:53.00 | 03:56.00 | 03:52.00 | 03:58.00 | 04:03.00 | 04:15.00 | 03:48.00 | 03:53.00 |
| 14 | 03:57.00 | 04:00.00 | 03:56.00 | 04:02.00 | 04:07.00 | 04:19.00 | 03:52.00 | 03:57.00 |
| 13 | 04:01.00 | 04:04.00 | 04:00.00 | 04:06.00 | 04:11.00 | 04:23.00 | 03:56.00 | 04:01.00 |
| 12 | 04:05.00 | 04:08.00 | 04:04.00 | 04:10.00 | 04:15.00 | 04:27.00 | 04:00.00 | 04:05.00 |
| 11 | 04:09.00 | 04:12.00 | 04:08.00 | 04:14.00 | 04:19.00 | 04:31.00 | 04:04.00 | 04:09.00 |
| 10 | 04:13.00 | 04:16.00 | 04:12.00 | 04:18.00 | 04:23.00 | 04:35.00 | 04:08.00 | 04:13.00 |
| 9 | 04:17.00 | 04:20.00 | 04:16.00 | 04:22.00 | 04:27.00 | 04:39.00 | 04:12.00 | 04:17.00 |
| 8 | 04:21.00 | 04:24.00 | 04:20.00 | 04:26.00 | 04:31.00 | 04:42.00 | 04:16.00 | 04:21.00 |
| 7 | 04:25.00 | 04:28.00 | 04:24.00 | 04:30.00 | 04:35.00 | 04:46.00 | 04:20.00 | 04:25.00 |
| 6 | 04:29.00 | 04:32.00 | 04:28.00 | 04:34.00 | 04:39.00 | 04:50.00 | 04:24.00 | 04:29.00 |
| 5 | 04:33.00 | 04:36.00 | 04:32.00 | 04:38.00 | 04:42.00 | 04:54.00 | 04:28.00 | 04:33.00 |
| 4 | 04:37.00 | 04:40.00 | 04:36.00 | 04:42.00 | 04:45.00 | 04:58.00 | 04:32.00 | 04:37.00 |
| 3 | 04:41.00 | 04:44.00 | 04:40.00 | 04:46.00 | 04:49.00 | 05:02.00 | 04:36.00 | 04:41.00 |
| 2 | 04:45.00 | 04:48.00 | 04:44.00 | 04:50.00 | 04:52.00 | 05:06.00 | 04:40.00 | 04:45.00 |
| 1 | 04:48.00 | 04:52.00 | 04:48.00 | 04:54.00 | 04:56.00 | 05:10.00 | 04:44.00 | 04:49.00 |

**表15 100米游泳考试评分标准（50米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **50m池**  **分值** | **100米蝶泳** | | **100米仰泳** | | **100米蛙泳** | | **100米自由泳** | |
| **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |
| 75 | 01:11.00 | 01:20.00 | 01:14.00 | 01:21.00 | 01:20.00 | 01:29.00 | 01:05.00 | 01:13.00 |
| 74 | 01:12.00 | 01:21.00 | 01:15.00 | 01:22.00 | 01:21.00 | 01:30.00 | 01:06.00 | 01:14.00 |
| 73 | 01:13.00 | 01:22.00 | 01:16.00 | 01:23.00 | 01:22.00 | 01:31.00 | 01:07.00 | 01:15.00 |
| 72 | 01:14.00 | 01:23.00 | 01:17.00 | 01:24.00 | 01:23.00 | 01:32.00 | 01:08.00 | 01:16.00 |
| 71 | 01:16.00 | 01:25.00 | 01:19.00 | 01:26.00 | 01:25.00 | 01:34.00 | 01:10.00 | 01:18.00 |
| 70 | 01:18.00 | 01:27.00 | 01:21.00 | 01:28.00 | 01:27.00 | 01:36.00 | 01:12.00 | 01:20.00 |
| 69 | 01:20.00 | 01:29.00 | 01:23.00 | 01:30.00 | 01:29.00 | 01:38.00 | 01:14.00 | 01:22.00 |
| 68 | 01:22.00 | 01:31.00 | 01:25.00 | 01:32.00 | 01:31.00 | 01:40.00 | 01:16.00 | 01:24.00 |
| 67 | 01:24.00 | 01:33.00 | 01:27.00 | 01:34.00 | 01:33.00 | 01:42.00 | 01:18.00 | 01:26.00 |
| 66 | 01:26.00 | 01:35.00 | 01:29.00 | 01:36.00 | 01:35.00 | 01:44.00 | 01:20.00 | 01:28.00 |
| 65 | 01:28.00 | 01:37.00 | 01:31.00 | 01:38.00 | 01:37.00 | 01:46.00 | 01:22.00 | 01:30.00 |
| 64 | 01:30.00 | 01:39.00 | 01:33.00 | 01:40.00 | 01:39.00 | 01:48.00 | 01:24.00 | 01:32.00 |
| 63 | 01:32.00 | 01:41.00 | 01:35.00 | 01:42.00 | 01:41.00 | 01:50.00 | 01:26.00 | 01:34.00 |
| 62 | 01:34.00 | 01:43.00 | 01:37.00 | 01:44.00 | 01:43.00 | 01:52.00 | 01:28.00 | 01:36.00 |
| 61 | 01:36.00 | 01:45.00 | 01:39.00 | 01:46.00 | 01:45.00 | 01:54.00 | 01:30.00 | 01:38.00 |
| 60 | 01:38.00 | 01:47.00 | 01:41.00 | 01:48.00 | 01:47.00 | 01:56.00 | 01:32.00 | 01:40.00 |
| 59 | 01:40.00 | 01:49.00 | 01:43.00 | 01:50.00 | 01:49.00 | 01:58.00 | 01:34.00 | 01:42.00 |
| 58 | 01:42.00 | 01:51.00 | 01:45.00 | 01:52.00 | 01:51.00 | 02:00.00 | 01:36.00 | 01:44.00 |
| 57 | 01:44.00 | 01:53.00 | 01:47.00 | 01:55.00 | 01:53.00 | 02:02.00 | 01:39.00 | 01:46.00 |
| 56 | 01:47.00 | 01:56.00 | 01:50.00 | 01:58.00 | 01:55.00 | 02:05.00 | 01:42.00 | 01:49.00 |
| 55 | 01:50.00 | 02:59.00 | 01:53.00 | 02:01.00 | 01:57.00 | 02:08.00 | 01:45.00 | 01:52.00 |
| 54 | 01:53.00 | 02:02.00 | 01:56.00 | 02:04.00 | 02:00.00 | 02:11.00 | 01:48.00 | 01:55.00 |
| 53 | 01:56.00 | 02:05.00 | 01:59.00 | 02:07.00 | 02:03.00 | 02:14.00 | 01:50.00 | 01:58.00 |
| 52 | 01:59.00 | 02:08.00 | 02:01.00 | 02:10.00 | 02:06.00 | 02:17.00 | 01:53.03 | 02:01.00 |
| 51 | 02:02.00 | 02:11.00 | 02:03.00 | 02:13.00 | 02:09.00 | 02:20.00 | 01:56.00 | 02:04.00 |
| 50 | 02:05.00 | 02:14.00 | 02:06.00 | 02:16.00 | 02:12.00 | 02:23.00 | 01:59.00 | 02:07.00 |
| 49 | 02:08.00 | 02:17.00 | 02:09.00 | 02:19.00 | 02:15.00 | 02:26.00 | 02:02.00 | 02:10.00 |
| 48 | 02:11.00 | 02:20.00 | 02:12.00 | 02:22.00 | 02:18.00 | 02:29.00 | 02:05.00 | 02:13.00 |
| 47 | 02:13.00 | 02:23.00 | 02:15.00 | 02:25.00 | 02:21.00 | 02:32.00 | 02:08.00 | 02:16.00 |
| 46 | 02:16.00 | 02:26.00 | 02:18.00 | 02:28.00 | 02:24.00 | 02:35.00 | 02:11.00 | 02:19.00 |
| 45 | 02:19.00 | 02:29.00 | 02:21.00 | 02:31.00 | 02:27.00 | 02:38.00 | 02:14.00 | 02:22.00 |
| 44 | 02:22.00 | 02:32.00 | 02:24.50 | 02:34.00 | 02:30.00 | 02:42.00 | 02:17.00 | 02:25.00 |
| 43 | 02:25.00 | 02:35.00 | 02:27.00 | 02:37.00 | 02:33.00 | 02:45.00 | 02:20.00 | 02:28.00 |
| 42 | 02:28.00 | 02:38.00 | 02:30.00 | 02:40.00 | 02:36.00 | 02:48.00 | 02:23.00 | 02:31.00 |
| 41 | 02:31.00 | 02:41.00 | 02:33.00 | 02:43.00 | 02:39.00 | 02:51.00 | 02:27.00 | 02:34.00 |
| 40 | 02:33.00 | 02:44.00 | 02:36.00 | 02:46.00 | 02:42.00 | 02:54.00 | 02:30.00 | 02:37.44 |
| 39 | 02:36.00 | 02:47.00 | 02:39.00 | 02:49.00 | 02:45.00 | 02:57.00 | 02:33.00 | 02:40.00 |
| 38 | 02:39.00 | 02:50.00 | 02:42.00 | 02:52.00 | 02:48.00 | 03:00.00 | 02:36.00 | 02:43.00: |
| 37 | 02:42.00 | 02:53.00 | 02:45.00 | 02:55.00 | 02:51.00 | 03:03.00 | 02:39.00 | 02:46.00 |
| 36 | 02:45.00 | 02:56.00 | 02:48.00 | 02:58.00 | 02:54.00 | 03:06.00 | 02:42.00 | 02:49.00 |

**续上表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35 | 02:48.00 | 02:59.00 | 02:51.00 | 03:01.00 | 02:57.00 | 03:09.00 | 02:45.00 | 02:52.00 |
| 34 | 02:51.00 | 03:02.00 | 02:54.00 | 03:04.00 | 03:00.00 | 03:12.00 | 02:48.00 | 02:55.00 |
| 33 | 02:54.00 | 03:05.00 | 02:57.00 | 03:07.00 | 03:03.00 | 03:15.00 | 02:51.00 | 02:58.00 |
| 32 | 02:57.00 | 03:08.00 | 03:00.00 | 03:10.00 | 03:06.00 | 03:18.00 | 02:54.00 | 03:01.00 |
| 31 | 03.00.00 | 03:11.00 | 03:03.00 | 03:13.00 | 03:09.00 | 03:21.00 | 02:57.00 | 03:04.00 |
| 30 | 03:03.00 | 03:14.00 | 03:06.00 | 03:16.00 | 03:12.00 | 03:24.00 | 03:00.00 | 03:07.00 |
| 29 | 03:06.00 | 03:17.00 | 03:09.00 | 03:19.00 | 03:15.00 | 03:28.00 | 03:03.00 | 03:10.00 |
| 28 | 03:09.00 | 03:20.00 | 03:12.00 | 03:22.00 | 03:18.00 | 03:32.00 | 03:06.00 | 03:14.00 |
| 27 | 03:12.00 | 03:23.00 | 03:15.00 | 03:25.00 | 03:22.00 | 03:36.00 | 03:09.00 | 03:17.00 |
| 26 | 03:15.00 | 03:26.00 | 03:18.00 | 03:28.00 | 03:25.00 | 03:40.00 | 03:13.00 | 03:20.00 |
| 25 | 03:18.00 | 03:29.00 | 03.21.00 | 03:31.00 | 03:29.00 | 03:44.00 | 03:17.00 | 03:23.00 |
| 24 | 03:22.00 | 03:32.00 | 03:24.00 | 03:35.00 | 03:33.00 | 03:48.00 | 03:21.00 | 03:26.00 |
| 23 | 03:26.00 | 03.36.00 | 03:27.00 | 03:39.00 | 03:36.00 | 03:52.00 | 03:25.00 | 03:29.00 |
| 22 | 03:30.00 | 03:40.00 | 03:31.00 | 03:43.00 | 03:39.00 | 03:56.00 | 03:29.00 | 03:33.00 |
| 21 | 03:34.00 | 03:44.00 | 03:35.00 | 03:47.00 | 03:43.00 | 04:00.00 | 03:33.00 | 03:37.00 |
| 20 | 03:38.00 | 03:48.00 | 03:39.00 | 03:51.00 | 03:47.00 | 04:04.00 | 03:37.00 | 03:41.00 |
| 19 | 03:42.00 | 03:52.00 | 03:43.00 | 03:55.00 | 03:51.00 | 04:08.00 | 03:41.00 | 03:45.00 |
| 18 | 03:46.00 | 03:56.00 | 03:47.00 | 03:59.00 | 03:55.00 | 04:12.00 | 03:45.00 | 03:49.00 |
| 17 | 03:50.00 | 04:00.00 | 03:51.00 | 04:03.00 | 03:59.00 | 04:16.00 | 03:49.00 | 03:53.00 |
| 16 | 03:54.00 | 04:04.00 | 03:55.00 | 04:07.00 | 04:03.00 | 04:20.00 | 03:53.00 | 03:57.00 |
| 15 | 03:58.00 | 04:08.00 | 03:59.00 | 04:11.00 | 04:07.00 | 04:24.00 | 03:57.00 | 04:01.00 |
| 14 | 04:02.00 | 04:12.00 | 04:03.00 | 04:15.00 | 04:11.00 | 04:28.00 | 04:01.00 | 04:05.00 |
| 13 | 04:06.00 | 04:16.00 | 04:07.00 | 04:19.00 | 04:15.00 | 04:32.00 | 04:05.00 | 04:09.00 |
| 12 | 04:10.00 | 04:20.00 | 04:11.00 | 04:23.00 | 04:19.00 | 04:36.00 | 04:09.00 | 04:13.00 |
| 11 | 04:14.00 | 04:24.00 | 04:15.00 | 04:27.00 | 04:23.00 | 04:40.00 | 04:13.00 | 04:17.00 |
| 10 | 04:18.00 | 04:28.00 | 04:19.00 | 04:31.00 | 04:27.00 | 04:44.00 | 04:17.00 | 04:21.00 |
| 9 | 04:22.00 | 04:32.00 | 04:23.00 | 04:35.00 | 04:31.00 | 04:48.00 | 04:21.00 | 04:25.00 |
| 8 | 04:26.00 | 04:36.00 | 04:27.00 | 04:39.00 | 04:35.00 | 04:52.00 | 04:25.00 | 04:29.00 |
| 7 | 04:30.00 | 04:40.00 | 04:31.00 | 04:43.00 | 04:39.00 | 04:56.00 | 04:29.00 | 04:33.00 |
| 6 | 04:34.00 | 04:44.00 | 04:35.00 | 04:47.00 | 04:43.00 | 05:00.00 | 04:33.00 | 04:37.00 |
| 5 | 04:38.00 | 04:48.00 | 04:39.00 | 04:51.00 | 04:47.00 | 05:04.00 | 04:37.00 | 04:41.00 |
| 4 | 04:42.00 | 04:52.00 | 04:43.00 | 04:55.00 | 04:51.00 | 05:08.00 | 04:41.00 | 04:45.00 |
| 3 | 04:46.00 | 04:56.00 | 04:47.00 | 04:59.00 | 04:55.00 | 05:12.00 | 04:45.00 | 04:49.00 |
| 2 | 04:50.00 | 05:00.00 | 04:51.00 | 05:03.00 | 04:59.00 | 05:16.00 | 04:49.00 | 04:53.00 |
| 1 | 04:54.00 | 05:04.00 | 04:55.00 | 05:07.00 | 05:03.00 | 05:20.00 | 04:53.00 | 04:57.00 |

**表16 50米游泳考试评分标准（25米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **25m池**  **分值** | **50米蝶泳** | | **50米仰泳** | | **50米蛙泳** | | **50米自由泳** | |
| **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |
| 75 | 31.50 | 35.50 | 34.50 | 37.50 | 36.00 | 40.00 | 26.50 | 30.50 |
| 74 | 32.00 | 36.00 | 35.00 | 38.00 | 36.50 | 40.50 | 27.00 | 31.00 |
| 73 | 33.50 | 36.50 | 35.50 | 38.50 | 37.00 | 41.00 | 27.50 | 31.50 |
| 72 | 34.00 | 37.00 | 36.00 | 39.00 | 37.50 | 41.50 | 28.00 | 32.00 |
| 71 | 34.50 | 37.50 | 36.50 | 39.50 | 38.00 | 42.00 | 28.50 | 32.50 |
| 70 | 35.00 | 38.00 | 37.00 | 40.00 | 38.50 | 42.50 | 29.00 | 33.00 |
| 69 | 35.70 | 38.70 | 37.70 | 40.70 | 39.00 | 43.00 | 29.70 | 33.70 |
| 68 | 36.40 | 39.40 | 38.40 | 41.40 | 39.70 | 43.70 | 30.40 | 34.40 |
| 67 | 37.10 | 40.10 | 39.10 | 42.10 | 40.40 | 44.40 | 31.10 | 35.10 |
| 66 | 38.80 | 41.80 | 40.80 | 43.80 | 41.10 | 45.10 | 31.80 | 36.80 |
| 65 | 39.50 | 42.50 | 41.50 | 44.50 | 42.80 | 46.80 | 32.50 | 37.50 |
| 64 | 40.20 | 43.20 | 42.20 | 45.20 | 43.50 | 47.50 | 33.20 | 38.20 |
| 63 | 40.90 | 43.90 | 42.90 | 45.90 | 44.20 | 48.20 | 33.90 | 38.90 |
| 62 | 41.60 | 44.60 | 43.60 | 46.60 | 44.90 | 48.90 | 34.60 | 39.60 |
| 61 | 42.30 | 45.30 | 44.30 | 47.30 | 45.60 | 50.00 | 35.30 | 40.30 |
| 60 | 43.00 | 46.00 | 45.00 | 48.00 | 46.30 | 51.00 | 36.00 | 41.00 |
| 59 | 44.00 | 47.00 | 46.00 | 49.00 | 47.00 | 52.00 | 37.00 | 42.00 |
| 58 | 45.00 | 48.00 | 47.00 | 50.00 | 48.00 | 53.50 | 38.20 | 43.20 |
| 57 | 46.00 | 49.50 | 48.50 | 51.50 | 49.00 | 55.00 | 39.40 | 44.40 |
| 56 | 47.00 | 51.00 | 50.00 | 53.00 | 50.50 | 56.50 | 40.60 | 45.60 |
| 55 | 48.00 | 52.50 | 51.50 | 54.50 | 52.00 | 58.00 | 42.00 | 47.00 |
| 54 | 49.50 | 54.00 | 53.00 | 56.00 | 53.50 | 59.50 | 43.60 | 48.60 |
| 53 | 51.00 | 55.50 | 54.50 | 57.50 | 55.00 | 01:01.35 | 45.20 | 49.20 |
| 52 | 52.50 | 57.00 | 56.00 | 59.00 | 56.50 | 01:02.75 | 46.80 | 50.80 |
| 51 | 54.00 | 58.50 | 57.50 | 01:01.20 | 58.00 | 01:04.20 | 48.40 | 52.40 |
| 50 | 55.50 | 01:00.20 | 59.00 | 01:03.70 | 59.50 | 01:06.70 | 50.20 | 54.20 |
| 49 | 57.00 | 01:02.70 | 01:01.70 | 01:05.30 | 01:01.20 | 01:08.30 | 52.00 | 56.00 |
| 48 | 58.50 | 01:04.30 | 01:03.30 | 01:06.95 | 01:03.70 | 01:09.95 | 53.80 | 58.80 |
| 47 | 01:00.30 | 01:05.95 | 01:04.95 | 01:08.65 | 01:05.30 | 01:11.65 | 55.60 | 01:00.00 |
| 46 | 01:01.95 | 01:07.65 | 01:06.65 | 01:10.40 | 01:06.95 | 01:13.40 | 57.40 | 01:01.65 |
| 45 | 01:03.65 | 01:09.40 | 01:08.40 | 01:12.20 | 01:08.65 | 01:15.20 | 59.20 | 01:03.40 |
| 44 | 01:05.40 | 01:11.20 | 01:10.20 | 01:14.10 | 01:10.40 | 01:17.10 | 01:00.00 | 01:05.20 |
| 43 | 01:07.20 | 01:13.10 | 01:12.10 | 01:16.00 | 01:12.20 | 01:19.00 | 01:01.00 | 01:07.10 |
| 42 | 01:09.10 | 01:15.00 | 01:14.00 | 01:18.00 | 01:14.10 | 01:21.00 | 01:03.00 | 01:09.00 |
| 41 | 01:11.00 | 01:17.00 | 01:16.00 | 01:20.00 | 01:16.00 | 01:23.00 | 01:05.00 | 01:11.00 |
| 40 | 01:13.00 | 01:19.00 | 01:18.00 | 01:22.00 | 01:18.00 | 01:25.00 | 01:07.00 | 01:13.00 |
| 39 | 01:15.00 | 01:21.00 | 01:20.00 | 01:24.00 | 01:20.00 | 01:27.00 | 01:09.00 | 01:15.00 |
| 38 | 01:17.00 | 01:23.00 | 01:22.00 | 01:26.00 | 01:22.00 | 01:29.00 | 01:11.00 | 01:17.00 |
| 37 | 01:19.00 | 01:25.00 | 01:24.00 | 01:28.00 | 01:24.00 | 01:31.00 | 01:13.00 | 01:19.00 |
| 36 | 01:21.00 | 01:27.00 | 01:26.00 | 01:30.50 | 01:26.00 | 01:33.00 | 01:15.00 | 01:21.00 |

**续上表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35 | 01:23.00 | 01:29.50 | 01:28.50 | 01:33.00 | 01:28.00 | 01:35.00 | 01:17.00 | 01:23.00 |
| 34 | 01:25.50 | 01:31.00 | 01:30.00 | 01:35.50 | 01:30.50 | 01:37.50 | 01:19.00 | 01:25.50 |
| 33 | 01:28.00 | 01:33.50 | 01:32.50 | 01:38.00 | 01:33.00 | 01:40.00 | 01:21.00 | 01:28.00 |
| 32 | 01:30.50 | 01:36.00 | 01:35.00 | 01:40.50 | 01:35.50 | 01:42.50 | 01:23.50 | 01:30.50 |
| 31 | 01:33.00 | 01:38.50 | 01:37.50 | 01:43.00 | 01:38.00 | 01:46.00 | 01:26.00 | 01:33.00 |
| 30 | 01:35.50 | 01:41.00 | 01:40.00 | 01:45.50 | 01:40.50 | 01:48.50 | 01:28.50 | 01:35.50 |
| 29 | 01:38.00 | 01:43.50 | 01:42.50 | 01:48.00 | 01:43.00 | 01:51.00 | 01:31.00 | 01:38.00 |
| 28 | 01:40.50 | 01:46.00 | 01:45.00 | 01:50.50 | 01:45.50 | 01:53.50 | 01:33.50 | 01:40.50 |
| 27 | 01:43.00 | 01:48.50 | 01:47.50 | 01:53.00 | 01:48.00 | 01:56.00 | 01:36.00 | 01:43.00 |
| 26 | 01:45.50 | 01:51.00 | 01:50.00 | 01:55.50 | 01:50.50 | 01:58.50 | 01:38.50 | 01:45.50 |
| 25 | 01:48.00 | 01:53.50 | 01:52.50 | 01:58.00 | 01:53.00 | 02:01.00 | 01:41.00 | 01:48.00 |
| 24 | 01:50.50 | 01:56.00 | 01:55.00 | 02:00.50 | 01:55.50 | 02:03.50 | 01:43.50 | 01:50.50 |
| 23 | 01:53.00 | 01:58.50 | 01:57.50 | 02:03.00 | 01:58.00 | 02:06.00 | 01:46.00 | 01:53.00 |
| 22 | 01:55.50 | 02:01.00 | 02:00.00 | 02:05.50 | 02:00.50 | 02:08.50 | 01:48.50 | 01:55.50 |
| 21 | 01:58.00 | 02:03.50 | 02:02.50 | 02:08.00 | 02:03.00 | 02:11.00 | 01:51.00 | 01:58.00 |
| 20 | 02:00.50 | 02:05.00 | 02:04.00 | 02:10.50 | 02:05.50 | 02:13.50 | 01:53.50 | 02:00.50 |
| 19 | 02:03.00 | 02:07.50 | 02:07.50 | 02:13.00 | 02:08.00 | 02:16.00 | 01:56.00 | 02:03.00 |
| 18 | 02:05.50 | 02:10.00 | 02:09.00 | 02:15.50 | 02:10.50 | 02:18.50 | 01:58.50 | 02:05.50 |
| 17 | 02:08.00 | 02:13.00 | 02:12.00 | 02:18.00 | 02:13.00 | 02:21.00 | 02:01.00 | 02:08.00 |
| 16 | 02:10.50 | 02:16.00 | 02:15.00 | 02:21.00 | 02:15.50 | 02:23.50 | 02:03.50 | 02:10.50 |
| 15 | 02:13.00 | 02:19.00 | 02:18.00 | 02:24.00 | 02:18.00 | 02:26.00 | 02:06.00 | 02:13.00 |
| 14 | 02:16.00 | 02:22.00 | 02:22.00 | 02:27.00 | 02:21.00 | 02:29.00 | 02:08.50 | 02:16.00 |
| 13 | 02:19.00 | 02:25.00 | 02:24.00 | 02:30.00 | 02:24.00 | 02:32.00 | 02:11.00 | 02:19.00 |
| 12 | 02:22.00 | 02:28.00 | 02:27.00 | 02:33.00 | 02:27.00 | 02:35.00 | 02:14.00 | 02:22.00 |
| 11 | 02:25.00 | 02:31.00 | 02:30.00 | 02:36.00 | 02:30.00 | 02:38.00 | 02:17.00 | 02:25.00 |
| 10 | 02:28.00 | 02:34.00 | 02:33.00 | 02:39.00 | 02:33.00 | 02:41.00 | 02:20.00 | 02:28.00 |
| 9 | 02:31.00 | 02:37.00 | 02:36.00 | 02:42.00 | 02:36.00 | 02:44.00 | 02:23.00 | 02:31.00 |
| 8 | 02:34.00 | 02:40.00 | 02:40.00 | 02:46.00 | 02:39.00 | 02:47.00 | 02:26.00 | 02:34.00 |
| 7 | 02:37.00 | 02:44.00 | 02:43.00 | 02:50.00 | 02:42.00 | 02:50.00 | 02:29.00 | 02:37.00 |
| 6 | 02:41.00 | 02:48.00 | 02:47.00 | 02:54.00 | 02:46.00 | 02:54.00 | 02:32.00 | 02:41.00 |
| 5 | 02:44.00 | 02:52.00 | 02:51.00 | 02:58.00 | 02:50.00 | 02:59.00 | 02:35.00 | 02:45.00 |
| 4 | 02:48.00 | 02:56.00 | 02:55.00 | 03:02.00 | 02:54.00 | 03:03.00 | 02:39.00 | 02:49.00 |
| 3 | 02:52.00 | 03:00.00 | 02:59.00 | 03:06.00 | 02:58.00 | 03:07.00 | 02:43.00 | 02:53.00 |
| 2 | 02:56.00 | 03:04.00 | 03:03.00 | 03:10.00 | 03:02.00 | 03:11.00 | 02:47.00 | 02:57.00 |
| 1 | 03:00.00 | 03:08.00 | 03:07.00 | 03:14.00 | 03:06.00 | 03:15.00 | 02:51.00 | 03:00.00 |

**表17 50米游泳考试评分标准（50米池）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **50m池**  **分值** | **50米蝶泳** | | **50米仰泳** | | **50米蛙泳** | | **50米自由泳** | |
| **男** | **女** | **男** | **女** | **男** | **女** | **男** | **女** |
| 75 | 32.50 | 36.50 | 35.50 | 38.50 | 37.00 | 41.00 | 27.50 | 31.50 |
| 74 | 33.00 | 37.00 | 36.00 | 39.00 | 37.50 | 41.50 | 28.00 | 32.00 |
| 73 | 33.50 | 37.50 | 36.50 | 39.50 | 38.00 | 42.00 | 28.50 | 32.50 |
| 72 | 34.00 | 38.00 | 37.00 | 40.00 | 38.50 | 42.50 | 29.00 | 33.00 |
| 71 | 34.50 | 38.50 | 37.50 | 40.50 | 39.00 | 43.00 | 29.50 | 33.50 |
| 70 | 35.00 | 39.00 | 38.00 | 41.00 | 39.50 | 43.50 | 30.00 | 34.00 |
| 69 | 35.70 | 39.70 | 38.50 | 41.70 | 40.00 | 44.00 | 30.70 | 34.70 |
| 68 | 36.40 | 40.40 | 39.00 | 42.40 | 40.70 | 44.70 | 31.40 | 35.40 |
| 67 | 37.10 | 41.10 | 39.70 | 43.10 | 41.40 | 45.40 | 32.10 | 36.10 |
| 66 | 37.80 | 42.80 | 40.40 | 44.80 | 42.10 | 46.10 | 32.80 | 39.55 |
| 65 | 38.50 | 43.50 | 41.10 | 45.50 | 43.80 | 46.80 | 33.50 | 40.30 |
| 64 | 39.20 | 44.20 | 42.80 | 46.20 | 44.50 | 47.50 | 34.20 | 41.10 |
| 63 | 39.90 | 44.90 | 43.50 | 46.90 | 45.20 | 48.20 | 34.90 | 41.80 |
| 62 | 40.60 | 45.80 | 44.20 | 47.80 | 45.90 | 48.90 | 35.80 | 42.50 |
| 61 | 41.30 | 46.50 | 44.90 | 48.70 | 46.60 | 49.60 | 36.70 | 43.20 |
| 60 | 42.00 | 47.20 | 45.60 | 49.60 | 47.50 | 50.30 | 37.60 | 43.90 |
| 59 | 43.90 | 47.90 | 46.30 | 50.50 | 48.40 | 51.00 | 38.50 | 44.80 |
| 58 | 44.80 | 48.60 | 47.00 | 51.40 | 49.30 | 51.90 | 39.40 | 45.70 |
| 57 | 45.70 | 49.30 | 48.00 | 52.30 | 50.20 | 52.80 | 40.30 | 46.60 |
| 56 | 46.60 | 50.00 | 49.00 | 53.20 | 51.10 | 53.70 | 41.20 | 47.50 |
| 55 | 47.50 | 51.00 | 50.00 | 54.10 | 52.00 | 54.60 | 42.10 | 48.40 |
| 54 | 48.40 | 52.00 | 51.00 | 55.00 | 53.00 | 55.50 | 43.00 | 49.30 |
| 53 | 49.30 | 53.00 | 52.00 | 56.00 | 54.00 | 56.40 | 44.00 | 50.20 |
| 52 | 50.10 | 54.00 | 53.00 | 57.00 | 55.00 | 57.30 | 45.00 | 51.10 |
| 51 | 51.00 | 55.00 | 54.00 | 58.00 | 56.00 | 58.20 | 46.00 | 52.00 |
| 50 | 52.00 | 56.00 | 55.00 | 59.00 | 57.00 | 59.10 | 47.00 | 53.00 |
| 49 | 53.00 | 57.00 | 56.00 | 01:00.00 | 58.00 | 01:00.00 | 48.00 | 54.00 |
| 48 | 54.00 | 58.00 | 57.00 | 01:01.35 | 59.00 | 01:01.35 | 49.00 | 55.00 |
| 47 | 55.00 | 59.00 | 58.00 | 01:02.75 | 01:00.30 | 01:02.75 | 50.00 | 56.00 |
| 46 | 56.20 | 01:00.30 | 59.00 | 01:04.30 | 01:02.20 | 01:04.30 | 51.00 | 57.00 |
| 45 | 57.10 | 01:02.20 | 01:00.30 | 01:06.20 | 01:04.10 | 01:06.20 | 52.00 | 58.00 |
| 44 | 58.00 | 01:04.10 | 01:02.20 | 01:08.10 | 01:05.95 | 01:08.10 | 53.00 | 59.00 |
| 43 | 59.20 | 01:05.95 | 01:04.10 | 01:09.95 | 01:07.65 | 01:09.95 | 54.00 | 01:00.00 |
| 42 | 01:01.20 | 01:07.65 | 01:05.95 | 01:11.65 | 01:09.40 | 01:11.65 | 55.00 | 01:00.95 |
| 41 | 01:03.00 | 01:09.40 | 01:07.65 | 01:13.40 | 01:11.20 | 01:13.40 | 56.00 | 01:02.65 |
| 40 | 01:04.65 | 01:11.20 | 01:09.40 | 01:15.20 | 01:13.10 | 01:15.20 | 57.00 | 01:04.40 |
| 39 | 01:06.40 | 01:13.10 | 01:11.20 | 01:17.10 | 01:15.00 | 01:17.10 | 58.00 | 01:06.20 |
| 38 | 01:08.20 | 01:15.00 | 01:13.10 | 01:19.00 | 01:17.00 | 01:19.00 | 59.00 | 01:08.10 |
| 37 | 01:10.10 | 01:17.00 | 01:15.00 | 01:21.00 | 01:19.00 | 01:21.00 | 01:00.40 | 01:10.00 |
| 36 | 01:12.00 | 01:19.00 | 01:17.00 | 01:23.00 | 01:21.00 | 01:23.00 | 01:02.20 | 01:12.00 |

**续上表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 35 | 01:14.00 | 01:21.00 | 01:19.00 | 01:25.00 | 01:23.00 | 01:25.00 | 01:04.10 | 01:14.00 |
| 34 | 01:16.00 | 01:25.00 | 01:21.00 | 01:27.00 | 01:25.00 | 01:27.00 | 01:06.00 | 01:16.00 |
| 33 | 01:18.00 | 01:27.00 | 01:23.00 | 01:29.00 | 01:27.00 | 01:29.00 | 01:08.00 | 01:18.00 |
| 32 | 01:20.00 | 01:29.00 | 01:25.00 | 01:31.00 | 01:29.00 | 01:31.00 | 01:10.00 | 01:20.10 |
| 31 | 01:22.00 | 01:31.00 | 01:35.50 | 01:33.00 | 01:31.00 | 01:33.00 | 01:12.00 | 01:22.00 |
| 30 | 01:24.00 | 01:33.00 | 01:38.00 | 01:35.00 | 01:33.00 | 01:35.00 | 01:14.00 | 01:24.00 |
| 29 | 01:26.00 | 01:35.50 | 01:40.50 | 01:37.00 | 01:35.50 | 01:37.00 | 01:16.00 | 01:26.00 |
| 28 | 01:28.00 | 01:38.00 | 01:43.00 | 01:39.50 | 01:38.00 | 01:39.50 | 01:18.00 | 01:28.00 |
| 27 | 01:30.00 | 01:40.50 | 01:45.50 | 01:43.00 | 01:40.50 | 01:42.00 | 01:20.00 | 01:30.50 |
| 26 | 01:32.50 | 01:43.00 | 01:48.00 | 01:46.50 | 01:43.00 | 01:44.50 | 01:22.00 | 01:33.00 |
| 25 | 01:35.00 | 01:45.50 | 01:50.50 | 01:50.00 | 01:45.50 | 01:47.00 | 01:24.00 | 01:35.50 |
| 24 | 01:37.50 | 01:48.00 | 01:53.00 | 01:53.50 | 01:48.00 | 01:49.50 | 01:26.50 | 01:38.00 |
| 23 | 01:40.00 | 01:50.50 | 01:55.50 | 01:57.00 | 01:50.50 | 01:52.00 | 01:29.00 | 01:40.50 |
| 22 | 01:42.50 | 01:53.00 | 01:58.00 | 02:00.50 | 01:53.00 | 01:54.50 | 01:31.50 | 01:43.00 |
| 21 | 01:45.00 | 01:55.50 | 02:00.50 | 02:04.00 | 01:55.50 | 01:57.00 | 01:34.00 | 01:45.50 |
| 20 | 01:47.50 | 01:58.00 | 02:03.00 | 02:07.50 | 01:58.00 | 01:59.50 | 01:36.50 | 01:48.00 |
| 19 | 01:50.00 | 02:00.50 | 02:05.50 | 02:11.00 | 02:00.50 | 02:02.00 | 01:39.00 | 01:50.50 |
| 18 | 01:52.50 | 02:03.00 | 02:08.00 | 02:14.50 | 02:03.00 | 02:04.50 | 01:41.50 | 01:53.00 |
| 17 | 01:55.00 | 02:05.50 | 02:10.50 | 02:18.00 | 02:05.50 | 02:07.00 | 01:44.00 | 01:55.50 |
| 16 | 01:57.50 | 02:08.00 | 02:13.00 | 02:21.50 | 02:08.00 | 02:09.50 | 01:46.50 | 01:58.00 |
| 15 | 02:00.00 | 02:10.50 | 02:16.00 | 02:25.00 | 02:10.50 | 02:12.00 | 01:49.00 | 02:00.50 |
| 14 | 02:02.50 | 02:13.00 | 02:19.00 | 02:28.50 | 02:13.00 | 02:14.50 | 01:51.50 | 02:03.00 |
| 13 | 02:05.00 | 02:16.00 | 02:22.00 | 02:32.00 | 02:16.00 | 02:17.00 | 01:54.00 | 02:05.50 |
| 12 | 02:07.50 | 02:19.00 | 02:25.00 | 02:35.00 | 02:19.00 | 02:20.00 | 01:56.50 | 02:08.00 |
| 11 | 02:10.00 | 02:22.00 | 02:28.00 | 02:38.00 | 02:22.00 | 02:23.00 | 01:59.00 | 02:11.00 |
| 10 | 02:13.00 | 02:25.00 | 02:31.00 | 02:41.00 | 02:25.00 | 02:26.00 | 02:01.50 | 02:14.00 |
| 9 | 02:16.00 | 02:28.00 | 02:34.00 | 02:44.00 | 02:28.00 | 02:29.00 | 02:04.00 | 02:17.00 |
| 8 | 02:19.00 | 02:31.00 | 02:37.00 | 02:47.00 | 02:31.00 | 02:32.00 | 02:07.00 | 02:20.00 |
| 7 | 02:22.00 | 02:34.00 | 02:40.00 | 02:50.00 | 02:34.00 | 02:35.00 | 02:10.00 | 02:23.00 |
| 6 | 02:25.00 | 02:37.00 | 02:43.00 | 02:53.00 | 02:37.00 | 02:38.00 | 02:13.00 | 02:26.00 |
| 5 | 02:28.00 | 02:40.00 | 02:46.00 | 02:56.00 | 02:40.00 | 02:41.00 | 02:16.00 | 02:29.00 |
| 4 | 02:31.00 | 02:43.00 | 02:49.00 | 02:59.00 | 02:43.00 | 02:44.00 | 02:19.00 | 02:32.00 |
| 3 | 02:34.00 | 02:46.00 | 02:52.00 | 03:02.00 | 02:46.00 | 02:47.00 | 02:22.00 | 02:35.00 |
| 2 | 02:37.00 | 02:49.00 | 02:55.00 | 03:05.00 | 02:49.00 | 02:50.00 | 02:25.00 | 02:38.00 |
| 1 | 02:40.00 | 02:52.00 | 02:58.00 | 03:08.00 | 02:52.00 | 02:53.00 | 02:28.00 | 02:41.00 |