**附件2：身体素质评分标准与方法**

**100米、800米**

**一、场地与器材**

塑胶跑道，起跑器。

**二、测评项目与分值**

1、男、女生100米跑各15分；2、男、女生800米跑各15分。

**三、项目测试**

1、测试方法

（1）在塑胶跑道上进行，100米跑可采用蹲踞式起跑。

（2）分组测试，6—8人/组。

（3）每人测试一次，100米测试起跑犯规，可有一次补测机会。

2、评分标准

达标成绩见评分标准。

**男子100米评分标准**

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| --- | --- | --- | --- | --- | --- |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 11″3 | 15 | 12″6 | 9.8 | 13″9 | 4.63 |
| 11″4 | 14.6 | 12″7 | 9.4 | 14″ | 4.23 |
| 11″5 | 14.2 | 12″8 | 9 | 14″1 | 3.83 |
| 11″6 | 13.8 | 12″9 | 8.6 | 14″2 | 3.44 |
| 11″7 | 13.4 | 13″ | 8.2 | 14″3 | 3.04 |
| 11″8 | 13 | 13″1 | 7.81 | 14″4 | 2.65 |
| 11″9 | 12.59 | 13″2 | 7.41 | 14″5 | 2.55 |
| 12″ | 12.19 | 13″3 | 7.01 | 14″6 | 1.86 |
| 12″1 | 11.79 | 13″4 | 6.61 | 14″7 | 1.46 |
| 12″2 | 11.39 | 13″5 | 6.21 | 14″8 | 1.07 |
| 12″3 | 11 | 13″6 | 5.82 | 14″9 | 0.67 |
| 12″4 | 10.6 | 13″7 | 5.42 | 15″ | 0.28 |
| 12″5 | 10.2 | 13″8 | 5.02 |  |  |

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| **女子100米评分标准** | | | | | |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 12″8 | 15 | 15″5 | 9.93 | 18″2 | 4.9 |
| 12″9 | 14.81 | 15″6 | 9.75 | 18″3 | 4.72 |
| 13″ | 14.62 | 15″7 | 9.56 | 18″4 | 4.53 |
| 13″1 | 14.44 | 15″8 | 9.37 | 18″5 | 4.35 |
| 13″2 | 14.25 | 15″9 | 9.19 | 18″6 | 4.16 |
| 13″3 | 14.06 | 16″ | 9 | 18″7 | 3.98 |
| 13″4 | 13.87 | 16″1 | 8.81 | 18″8 | 3.79 |
| 13″5 | 13.68 | 16″2 | 8.63 | 18″9 | 3.61 |
| 13″6 | 13.5 | 16″3 | 8.44 | 19″ | 3.42 |
| 13″7 | 13.31 | 16″4 | 8.25 | 19″1 | 3.23 |
| 13″8 | 13.12 | 16″5 | 8.07 | 19″2 | 3.05 |
| 13″9 | 12.93 | 16″6 | 7.88 | 19″3 | 2.86 |
| 14″ | 12.74 | 16″7 | 7.69 | 19″4 | 2.68 |
| 14″1 | 12.56 | 16″8 | 7.51 | 19″5 | 2.49 |
| 14″2 | 12.37 | 16″9 | 7.32 | 19″6 | 2.31 |
| 14″3 | 12.18 | 17″ | 7.14 | 19″7 | 2.12 |
| 14″4 | 11.99 | 17″1 | 6.95 | 19″8 | 1.94 |
| 14″5 | 11.81 | 17″2 | 6.76 | 19″9 | 1.75 |
| 14″6 | 11.62 | 17″3 | 6.58 | 20″ | 1.57 |
| 14″7 | 11.43 | 17″4 | 6.39 | 20″1 | 1.38 |
| 14″8 | 11.24 | 17″5 | 6.2 | 20″2 | 1.2 |
| 14″9 | 11.06 | 17″6 | 6.02 | 20″3 | 1.02 |
| 15″ | 10.87 | 17″7 | 5.83 | 20″4 | 0.83 |
| 15″1 | 10.68 | 17″8 | 5.65 | 20″5 | 0.65 |
| 15″2 | 10.5 | 17″9 | 5.46 | 20″6 | 0.46 |
| 15″3 | 10.31 | 18″ | 5.28 | 20″7 | 0.28 |
| 15″4 | 10.12 | 18″1 | 5.09 | 20″8 | 0.09 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **男子800米评分标准** | | | | | | | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | | 2′3〞 | 15.00 | 2′26〞79 | 9.90 | 2′50〞73 | 4.80 | | 2′3〞7 | 14.85 | 2′27〞49 | 9.75 | 2′51〞44 | 4.65 | | 2′4〞39 | 14.7 | 2′28〞19 | 9.60 | 2′52〞15 | 4.50 | | 2′5〞09 | 14.55 | 2′28〞89 | 9.45 | 2′52〞85 | 4.35 | | 2′5〞79 | 14.4 | 2′29〞59 | 9.30 | 2′53〞56 | 4.20 | | 2′6〞49 | 14.25 | 2′30〞3 | 9.15 | 2′54〞27 | 4.05 | | 2′7〞19 | 14.10 | 2′31〞 | 9.00 | 2′54〞98 | 3.90 | | 2′7〞88 | 13.95 | 2′31〞7 | 8.85 | 2′55〞68 | 3.75 | | 2′8〞58 | 13.80 | 2′32〞41 | 8.70 | 2′56〞39 | 3.60 | | 2′9〞28 | 13.65 | 2′33〞11 | 8.55 | 2′57〞1 | 3.45 | | 2′9〞98 | 13.50 | 2′33〞81 | 8.40 | 2′57〞81 | 3.30 | | 2′10〞68 | 13.35 | 2′34〞52 | 8.25 | 2′58〞52 | 3.15 | | 2′11〞38 | 13.20 | 2′35〞22 | 8.10 | 2′59〞22 | 3.00 | | 2′12〞08 | 13.05 | 2′35〞92 | 7.95 | 2′59〞93 | 2.85 | | 2′12〞77 | 12.90 | 2′36〞63 | 7.80 | 3′00〞64 | 2.70 | | 2′13〞47 | 12.75 | 2′37〞33 | 7.65 | 3′01〞35 | 2.55 | | 2′14〞17 | 12.60 | 2′38〞04 | 7.50 | 3′02〞06 | 2.40 | | 2′14〞87 | 12.45 | 2′38〞74 | 7.35 | 3′02〞77 | 2.25 | | 2′15〞57 | 12.30 | 2′39〞44 | 7.20 | 3′03〞48 | 2.10 | | 2′16〞27 | 12.15 | 2′40〞15 | 7.05 | 3′04〞19 | 1.95 | | 2′16〞97 | 12.00 | 2′40〞85 | 6.90 | 3′04〞9 | 1.80 | | 2′17〞67 | 11.85 | 2′41〞56 | 6.75 | 3′05〞61 | 1.65 | | 2′18〞37 | 11.70 | 2′42〞26 | 6.60 | 3′06〞32 | 1.50 | | 2′19〞07 | 11.55 | 2′42〞97 | 6.45 | 3′07〞02 | 1.35 | | 2′19〞77 | 11.40 | 2′43〞67 | 6.30 | 3′07〞73 | 1.20 | | 2′20〞47 | 11.25 | 2′44〞38 | 6.15 | 3′08〞45 | 1.05 | | 2′21〞17 | 11.10 | 2′45〞08 | 6.00 | 3′09〞16 | 0.90 | | 2′21〞88 | 10.95 | 2′45〞79 | 5.85 | 3′09〞87 | 0.75 | | 2′22〞58 | 10.80 | 2′46〞5 | 5.70 | 3′10〞58 | 0.60 | | 2′23〞28 | 10.65 | 2′47〞2 | 5.55 | 3′11〞29 | 0.45 | | 2′23〞98 | 10.50 | 2′47〞91 | 5.40 | 3′12〞 | 0.30 | | 2′24〞68 | 10.35 | 2′48〞61 | 5.25 | 3′12〞71 | 0.15 | | 2′25〞38 | 10.20 | 2′49〞32 | 5.10 | 3′13〞43 | 0 | | 2′26〞08 | 10.05 | 2′50〞03 | 4.95 |  |  | |  |  |  |  |  |  | |  |  |  |  |  |  | | **女子800米评分标准** | | | | | | | **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** | | 2′25〞 | 15.00 | 2′57〞28 | 9.90 | 3′29〞78 | 4.80 | | 2′25〞95 | 14.85 | 2′58〞23 | 9.75 | 3′30〞74 | 4.65 | | 2′26〞89 | 14.70 | 2′59〞19 | 9.60 | 3′31〞7 | 4.50 | | 2′27〞84 | 14.55 | 3′00〞14 | 9.45 | 3′32〞66 | 4.35 | | 2′28〞79 | 14.40 | 3′01〞09 | 9.30 | 3′33〞62 | 4.20 | | 2′29〞73 | 14.25 | 3′02〞05 | 9.15 | 3′34〞58 | 4.05 | | 2′30〞68 | 14.10 | 3′03〞 | 9.00 | 3′35〞54 | 3.90 | | 2′31〞63 | 13.95 | 3′03〞95 | 8.55 | 3′36〞5 | 3.75 | | 2′32〞58 | 13.80 | 3′04〞91 | 8.70 | 3′37〞46 | 3.60 | | 2′33〞52 | 13.65 | 3′05〞86 | 8.55 | 3′38〞42 | 3.45 | | 2′34〞47 | 13.50 | 3′06〞82 | 8.40 | 3′39〞38 | 3.30 | | 2′35〞42 | 13.35 | 3′07〞77 | 8.25 | 3′40〞34 | 3.15 | | 2′36〞37 | 13.20 | 3′08〞73 | 8.10 | 3′41〞3 | 3.00 | | 2′37〞32 | 13.05 | 3′09〞68 | 7.95 | 3′42〞27 | 2.85 | | 2′38〞27 | 12.90 | 3′10〞64 | 7.80 | 3′43〞23 | 2.70 | | 2′39〞21 | 12.75 | 3′11〞59 | 7.65 | 3′44〞19 | 2.55 | | 2′40〞16 | 12.60 | 3′12〞55 | 7.50 | 3′45〞15 | 2.40 | | 2′41〞11 | 12.45 | 3′13〞5 | 7.35 | 3′46〞11 | 2.25 | | 2′42〞06 | 12.30 | 3′14〞46 | 7.20 | 3′47〞08 | 2.10 | | 2′43〞01 | 12.15 | 3′15〞42 | 7.05 | 3′48〞04 | 1.95 | | 2′43〞96 | 12.00 | 3′16〞37 | 6.90 | 3′49〞 | 1.80 | | 2′44〞91 | 11.85 | 3′17〞33 | 6.75 | 3′49〞96 | 1.65 | | 2′45〞86 | 11.70 | 3′18〞29 | 6.60 | 3′50〞93 | 1.50 | | 2′46〞81 | 11.55 | 3′19〞24 | 6.45 | 3′51〞89 | 1.35 | | 2′47〞76 | 11.40 | 3′20〞2 | 6.30 | 3′52〞85 | 1.20 | | 2′48〞71 | 11.25 | 3′21〞16 | 6.15 | 3′53〞82 | 1.05 | | 2′49〞67 | 11.10 | 3′22〞11 | 6.00 | 3′54〞78 | 0.90 | | 2′50〞62 | 10.95 | 3′23〞07 | 5.85 | 3′55〞75 | 0.75 | | 2′51〞57 | 10.80 | 3′24〞03 | 5.70 | 3′56〞71 | 0.60 | | 2′52〞52 | 10.65 | 3′24〞99 | 5.55 | 3′57〞69 | 0.45 | | 2′53〞47 | 10.50 | 3′25〞95 | 5.40 | 3′58〞64 | 0.30 | | 2′54〞42 | 10.35 | 3′26〞9 | 5.25 | 3′59〞6 | 0.15 | | 2′55〞38 | 10.20 | 3′27〞86 | 5.10 | 4′00〞57 | 0 | | 2′56〞33 | 10.05 | 3′28〞82 | 4.95 |  |  | | | | | | |
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**立定跳远**

**一、场地与器材**

塑胶跑道，沙坑，钢卷尺。

**二、测评项目与分值**

1、男生立定跳远15分；2、女生立定跳远15分。

**三、项目测试**

1、测试方法

（1）**在塑胶跑道上起跳，落地于沙坑。**

（2）分组循环测试，6人/组。

（3）每人测试3次，取最佳一次成绩。

（4）若前3次都违规无成绩，可有一次补测机会。

2、评分标准

达标成绩见评分标准。

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| --- | --- | --- | --- | --- | --- |
| **男子立定跳远评分标准** | | | | | |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 2.86 | 15 | 2.51 | 9.88 | 2.16 | 4.78 |
| 2.85 | 14.85 | 2.5 | 9.73 | 2.15 | 4.63 |
| 2.84 | 14.71 | 2.49 | 9.58 | 2.14 | 4.49 |
| 2.83 | 14.56 | 2.48 | 9.44 | 2.13 | 4.34 |
| 2.82 | 14.41 | 2.47 | 9.29 | 2.12 | 4.20 |
| 2.81 | 14.27 | 2.46 | 9.15 | 2.11 | 4.05 |
| 2.8 | 14.12 | 2.45 | 9 | 2.1 | 3.91 |
| 2.79 | 13.97 | 2.44 | 8.85 | 2.09 | 3.76 |
| 2.78 | 13.83 | 2.43 | 8.71 | 2.08 | 3.62 |
| 2.77 | 13.68 | 2.42 | 8.56 | 2.07 | 3.47 |
| 2.76 | 13.53 | 2.41 | 8.42 | 2.06 | 3.33 |
| 2.75 | 13.39 | 2.4 | 8.27 | 2.05 | 3.18 |
| 2.74 | 13.24 | 2.39 | 8.13 | 2.04 | 3.04 |
| 2.73 | 13.09 | 2.38 | 7.98 | 2.03 | 2.89 |
| 2.72 | 12.95 | 2.37 | 7.83 | 2.02 | 2.75 |
| 2.71 | 12.8 | 2.36 | 7.69 | 2.01 | 2.60 |
| 2.7 | 12.65 | 2.35 | 7.54 | 2.00 | 2.46 |
| 2.69 | 12.51 | 2.34 | 7.40 | 1.99 | 2.31 |
| 2.68 | 12.36 | 2.33 | 7.25 | 1.98 | 2.17 |
| 2.67 | 12.21 | 2.32 | 7.11 | 1.97 | 2.02 |
| 2.66 | 12.07 | 2.31 | 6.96 | 1.96 | 1.88 |
| 2.65 | 11.92 | 2.30 | 6.81 | 1.95 | 1.74 |
| 2.64 | 11.78 | 2.29 | 6.67 | 1.94 | 1.59 |
| 2.63 | 11.63 | 2.28 | 6.52 | 1.93 | 1.45 |
| 2.62 | 11.48 | 2.27 | 6.38 | 1.92 | 1.30 |
| 2.61 | 11.34 | 2.26 | 6.23 | 1.91 | 1.16 |
| 2.6 | 11.19 | 2.25 | 6.09 | 1.9 | 1.01 |
| 2.59 | 11.04 | 2.24 | 5.94 | 1.89 | 0.87 |
| 2.58 | 10.90 | 2.23 | 5.80 | 1.88 | 0.72 |
| 2.57 | 10.75 | 2.22 | 5.65 | 1.87 | 0.58 |
| 2.56 | 10.61 | 2.21 | 5.51 | 1.86 | 0.43 |
| 2.55 | 10.46 | 2.2 | 5.36 | 1.85 | 0.29 |
| 2.54 | 10.31 | 2.19 | 5.22 | 1.84 | 0.14 |
| 2.53 | 10.17 | 2.18 | 5.07 |  |  |
| 2.52 | 10.02 | 2.17 | 4.92 |  |  |

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| **女子立定跳远评分标准** | | | | | |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 2.4 | 15.00 | 2.04 | 9.52 | 1.68 | 4.76 |
| 2.39 | 14.84 | 2.03 | 9.43 | 1.67 | 4.38 |
| 2.38 | 14.69 | 2.02 | 9.29 | 1.65 | 4.24 |
| 2.37 | 14.53 | 2.01 | 9.14 | 1.64 | 4.11 |
| 2.36 | 14.38 | 2.00 | 9.00 | 1.63 | 3.97 |
| 2.35 | 14.22 | 1.99 | 8.86 | 1.62 | 3.83 |
| 2.34 | 14.07 | 1.98 | 8.71 | 1.61 | 3.70 |
| 2.33 | 13.91 | 1.97 | 8.57 | 1.6 | 3.56 |
| 2.32 | 13.76 | 1.96 | 8.43 | 1.59 | 3.43 |
| 2.31 | 13.61 | 1.95 | 8.28 | 1.58 | 3.30 |
| 2.3 | 13.45 | 1.94 | 8.14 | 1.57 | 3.16 |
| 2.29 | 13.30 | 1.93 | 8.00 | 1.56 | 3.03 |
| 2.28 | 13.15 | 1.92 | 7.85 | 1.55 | 2.89 |
| 2.27 | 13.00 | 1.91 | 7.71 | 1.54 | 2.76 |
| 2.26 | 12.84 | 1.90 | 7.57 | 1.53 | 2.63 |
| 2.25 | 12.69 | 1.89 | 7.43 | 1.52 | 2.49 |
| 2.24 | 12.54 | 1.88 | 7.29 | 1.51 | 2.36 |
| 2.23 | 12.39 | 1.87 | 7.15 | 1.5 | 2.23 |
| 2.22 | 12.24 | 1.86 | 7.01 | 1.49 | 2.09 |
| 2.21 | 12.09 | 1.85 | 6.87 | 1.48 | 1.86 |
| 2.2 | 11.94 | 1.84 | 6.73 | 1.47 | 1.70 |
| 2.19 | 11.79 | 1.83 | 6.59 | 1.46 | 1.57 |
| 2.18 | 11.64 | 1.82 | 6.45 | 1.45 | 1.43 |
| 2.17 | 11.49 | 1.81 | 6.31 | 1.44 | 1.30 |
| 2.16 | 11.34 | 1.8 | 6.17 | 1.43 | 1.17 |
| 2.15 | 11.19 | 1.79 | 6.03 | 1.42 | 1.04 |
| 2.14 | 11.05 | 1.78 | 5.89 | 1.41 | 0.91 |
| 2.13 | 10.90 | 1.77 | 5.75 | 1.40 | 0.78 |
| 2.12 | 10.75 | 1.76 | 5.61 | 1.39 | 0.65 |
| 2.11 | 10.60 | 1.75 | 5.47 | 1.38 | 0.52 |
| 2.1 | 10.42 | 1.74 | 5.34 | 1.37 | 0.39 |
| 2.09 | 10.31 | 1.73 | 5.20 | 1.36 | 0.26 |
| 2.08 | 10.16 | 1.72 | 5.08 | 1.35 | 0.13 |
| 2.07 | 10.02 | 1.71 | 4.92 |  |  |
| 2.06 | 9.88 | 1.7 | 4.79 |  |  |
| 2.05 | 9.72 | 1.69 | 4.68 |  |  |

**原地推铅球**

**一、场地与器材**

铅球区，铅球（**执行男子4Kg、女子3Kg**）、钢卷尺。

**二、测评项目与分值**

1、男生原地推铅球15分； 2、女生原地推铅球15分。

**三、项目测试**

1、测试方法：

（1）在铅球区，采取原地推铅球的方式进行测试。

（2）分组循环测试，6人/组。

（3）每人测试3次，取最佳一次成绩。

（4）若前3次都违规无成绩，可有一次补测机会。

2、评分标准：达标成绩见评分标准。

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| **男子原地推铅球评分标准** | | | | | |
|  | | | | | |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 12.00 | 15.00 | 9.20 | 9.91 | 6.40 | 4.85 |
| 11.90 | 41.82 | 9.10 | 9.72 | 6.30 | 4.67 |
| 11.80 | 14.63 | 9.00 | 9.54 | 6.20 | 4.49 |
| 11.70 | 14.45 | 8.90 | 9.36 | 6.10 | 4.31 |
| 11.60 | 14.27 | 8.80 | 9.18 | 6.00 | 4.13 |
| 11.50 | 14.09 | 8.70 | 9.00 | 5.90 | 3.95 |
| 11.40 | 13.91 | 8.60 | 8.82 | 5.80 | 3.77 |
| 11.30 | 13.72 | 8.50 | 8.64 | 5.70 | 3.59 |
| 11.20 | 13.54 | 8.40 | 8.46 | 5.60 | 3.41 |
| 11.10 | 13.36 | 8.30 | 8.28 | 5.50 | 3.23 |
| 11.00 | 13.18 | 8.20 | 8.10 | 5.40 | 3.05 |
| 10.90 | 12.99 | 8.10 | 7.91 | 5.30 | 2.87 |
| 10.80 | 12.81 | 8.00 | 7.73 | 5.20 | 2.69 |
| 10.70 | 12.63 | 7.90 | 7.55 | 5.10 | 2.51 |
| 10.60 | 12.45 | 7.80 | 7.37 | 5.00 | 2.33 |
| 10.50 | 12.27 | 7.70 | 7.19 | 4.90 | 2.15 |
| 10.40 | 12.08 | 7.60 | 7.01 | 4.80 | 1.97 |
| 10.30 | 11.90 | 7.50 | 6.83 | 4.70 | 1.79 |
| 10.20 | 11.72 | 7.40 | 6.65 | 4.60 | 1.61 |
| 10.10 | 11.54 | 7.30 | 6.47 | 4.50 | 1.43 |
| 10.00 | 11.36 | 7.20 | 6.29 | 4.40 | 1.25 |
| 9.90 | 11.18 | 7.10 | 6.11 | 4.30 | 1.07 |
| 9.80 | 10.99 | 7.00 | 5.93 | 4.20 | 0.90 |
| 9.70 | 10.81 | 6.90 | 5.75 | 4.10 | 0.72 |
| 9.60 | 10.63 | 6.80 | 5.57 | 4.00 | 0.54 |
| 9.50 | 10.45 | 6.70 | 5.39 | 3.90 | 0.36 |
| 9.40 | 10.27 | 6.60 | 5.21 | 3.80 | 0.18 |

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| **女子原地推铅球评分标准** | | | | | |
| **成绩** | **分值** | **成绩** | **分值** | **成绩** | **分值** |
| 9.60 | 15.00 | 7.00 | 9.80 | 4.40 | 4.63 |
| 9.50 | 14.80 | 6.90 | 9.60 | 4.30 | 4.44 |
| 9.40 | 14.60 | 6.80 | 9.40 | 4.20 | 4.24 |
| 9.30 | 14.40 | 6.70 | 9.20 | 4.10 | 4.04 |
| 9.20 | 14.20 | 6.60 | 9.00 | 4.00 | 3.84 |
| 9.10 | 14.00 | 6.50 | 8.80 | 3.90 | 3.65 |
| 9.00 | 13.80 | 6.40 | 8.60 | 3.80 | 3.45 |
| 8.90 | 13.60 | 6.30 | 8.40 | 3.70 | 3.25 |
| 8.80 | 13.39 | 6.20 | 8.20 | 3.60 | 3.05 |
| 8.70 | 13.19 | 6.10 | 8.01 | 3.50 | 2.86 |
| 8.60 | 12.99 | 6.00 | 7.81 | 3.40 | 2.66 |
| 8.50 | 12.79 | 5.90 | 7.61 | 3.30 | 2.46 |
| 8.40 | 12.59 | 5.80 | 7.41 | 3.20 | 2.26 |
| 8.30 | 12.39 | 5.70 | 7.21 | 3.10 | 2.07 |
| 8.20 | 12.19 | 5.60 | 7.01 | 3.00 | 1.87 |
| 8.10 | 11.99 | 5.50 | 6.81 | 2.90 | 1.67 |
| 8.00 | 11.79 | 5.40 | 6.61 | 2.80 | 1.48 |
| 7.90 | 11.59 | 5.30 | 6.42 | 2.70 | 1.28 |
| 7.80 | 11.39 | 5.20 | 6.22 | 2.60 | 1.08 |
| 7.70 | 11.19 | 5.10 | 6.02 | 2.50 | 0.88 |
| 7.60 | 10.99 | 5.00 | 5.82 | 2.40 | 0.69 |
| 7.50 | 10.79 | 4.90 | 5.62 | 2.30 | 0.49 |
| 7.40 | 10.59 | 4.80 | 5.43 | 2.20 | 0.29 |
| 7.30 | 10.40 | 4.70 | 5.23 | 2.10 | 0.10 |
| 7.20 | 10.20 | 4.60 | 5.03 |  |  |
| 7.10 | 10.00 | 4.50 | 4.83 |  |  |