**附件一：**

**招聘特勤队员体能测试实施规则**

**（一）100米跑**

场地器材：100米跑道。发令旗一面、口哨一个、秒表若干块（一道一表），使用前校正。

测评方法：测试采用中国田径协会审定的最新田径竞赛规则；如若犯规，成绩为零。采用手动计时。起跑姿势不限。

注意事项：1、不准穿钉鞋；2、第一次抢跑，安排该组重跑；第二次抢跑，违规者，取消成绩。

**（二）男子1000米跑（女子800米跑）**

场地：400米田径场

测评方法：测试采用中国田径协会审定的最新田径竞赛规则。登记成绩以分、秒为单位，不计小数。

注意事项：1、不准穿钉鞋，不得抢跑。

**（三）立定跳远（女）**

场地：跳远场地

测评方法：测试者在起跳线后起跳，不准有预跳（垫步）、助跑，两脚同时离地；其他执行最新田径竞赛规则中跳远项目的规定。每人测试2次，记录最好1次登记成绩。登记成绩以米为单位，取两位小数。

注意事项：1、不准穿钉鞋；2、起跳线至沙坑1.5米。

**（四）引体向上（男）**

场地：器械场地

测评方法：测试者面向单杠，自然站立；起跳，正握杠，身体呈直臂悬垂姿势后，两臂同时用力向上引体，允许摆动；当下颌超过横杠上缘时为完成一次，测试人员记录受试者次数，登记成绩。

**特勤招录体能测评标准（男子）**

|  |  |  |  |
| --- | --- | --- | --- |
| **分值** | **100米** | **1000米** | **引体向上** |
| 100 | 12"00 | 3'05" | 19 |
| 99 |  | 3'06" |  |
| 98 | 12"10 | 3'07" |  |
| 97 |  | 3'08" |  |
| 96 | 12"20 | 3'09" |  |
| 95 |  | 3'10" | 18 |
| 94 | 12"30 | 3'11" |  |
| 93 |  | 3'12" |  |
| 92 | 12"40 | 3'13" |  |
| 91 |  | 3'14" |  |
| 90 | 12"50 | 3'15" | 17 |
| 89 |  | 3'16" |  |
| 88 | 12"60 | 3'17" |  |
| 87 |  | 3'18" |  |
| 86 | 12"70 | 3'19" |  |
| 85 |  | 3'20" | 16 |
| 84 | 12"80 | 3'21" |  |
| 83 |  | 3'22" |  |
| 82 | 12"90 | 3'23" |  |
| 81 |  | 3'24" |  |
| 80 | 13"00 | 3'25" | 15 |
| 79 |  | 3'26" |  |
| 78 | 13"10 | 3'27" |  |
| 77 |  | 3'28" |  |
| 76 | 13"20 | 3'29" |  |
| 75 |  | 3'30" | 14 |
| 74 | 13"30 | 3'31" |  |
| 73 |  | 3'32" |  |
| 72 | 13"40 | 3'33" |  |
| 71 |  | 3'34" |  |
| 70 | 13"50 | 3'35" | 13 |
| 69 |  | 3'36" |  |
| 68 |  | 3'37" |  |
| 67 | 13"60 | 3'38" |  |
| 66 |  | 3'39" |  |
| 65 |  | 3'40" | 12 |
| 64 | 13"70 | 3'41" |  |
| 63 |  | 3'42" |  |
| 62 |  | 3'43" |  |
| 61 | 13"80 | 3'44" |  |
| 60 |  | 3'45" | 11 |
| 59 |  | 3'46" |  |
| 58 | 13"90 | 3'47" |  |
| 57 |  | 3'48" |  |
| 56 |  | 3'49" |  |
| 55 | 14"00 | 3'50" | 10 |
| 54 |  | 3'51" |  |
| 53 |  | 3'52" |  |
| 52 | 14"10 | 3'53" |  |
| 51 |  | 3'54" |  |
| 50 | 14"20 | 3'55" | 9 |
| 49 |  | 3'56" |  |
| 48 | 14"30 | 3'57" |  |
| 47 |  | 3'58" |  |
| 46 | 14"40 | 3'59" |  |
| 45 |  | 4'00" | 8 |
| 44 | 14"50 | 4'01" |  |
| 43 |  | 4'02" |  |
| 42 | 14"60 | 4'03" |  |
| 41 |  | 4'04" |  |
| 40 | 14"70 | 4'05" | 7 |
| 39 |  | 4'06" |  |
| 38 | 14"80 | 4'07" |  |
| 37 |  | 4'08" |  |
| 36 | 14"90 | 4'09" |  |
| 35 |  | 4'10" | 6 |
| 34 | 15"00 | 4'11" |  |
| 33 |  | 4'12" |  |
| 32 | 15"10 | 4'13" |  |
| 31 |  | 4'14" |  |
| 30 | 15"20 | 4'15" | 5 |

**特勤招录体能测评标准（女子）**

|  |  |  |  |
| --- | --- | --- | --- |
| **分值** | **100米** | **800米** | **立定跳远** |
| 100 | 15"50 | 3'20" | 2.02m |
| 99 |  | 3'21" | 2.00m |
| 98 | 15"60 | 3'22" | 1.98m |
| 97 |  | 3'23" | 1.96m |
| 96 | 15"70 | 3'24" | 1.94m |
| 95 |  | 3'25" | 1.92m |
| 94 | 15"80 | 3'26" | 1.90m |
| 93 |  | 3'27" | 1.88m |
| 92 | 15"90 | 3'28" | 1.86m |
| 91 |  | 3'29" | 1.84m |
| 90 | 16"00 | 3'30" | 1.82m |
| 89 | 16"10 | 3'31" | 1.80m |
| 88 | 16"20 | 3'32" | 1.79m |
| 87 | 16"30 | 3'33" | 1.78m |
| 86 | 16"40 | 3'34" | 1.77m |
| 85 | 16"50 | 3'35" | 1.76m |
| 84 | 16"60 | 3'36" | 1.75m |
| 83 | 16"70 | 3'37" | 1.74m |
| 82 | 16"80 | 3'38" | 1.73m |
| 81 | 16"90 | 3'39" | 1.72m |
| 80 | 17"00 | 3'40" | 1.71m |
| 79 | 17"10 | 3'41" | 1.70m |
| 78 | 17"20 | 3'42" | 1.69m |
| 77 | 17"30 | 3'43" | 1.68m |
| 76 | 17"40 | 3'44" | 1.67m |
| 75 | 17"50 | 3'45" | 1.66m |
| 74 | 17"60 | 3'46" | 1.65m |
| 73 | 17"70 | 3'47" | 1.64m |
| 72 | 17"80 | 3'48" | 1.63m |
| 71 | 17"90 | 3'49" | 1.62m |
| 70 | 18"00 | 3'50" | 1.61m |
| 69 | 18"10 | 3'51" | 1.60m |
| 68 | 18"20 | 3'52" | 1.59m |
| 67 | 18"30 | 3'53" | 1.58m |
| 66 | 18"40 | 3'54" | 1.57m |
| 65 | 18"50 | 3'55" | 1.56m |
| 64 | 18"60 | 3'56" | 1.55m |
| 63 | 18"70 | 3'57" | 1.54m |
| 62 | 18"80 | 3'58" | 1.53m |
| 61 | 18"90 | 3'59" | 1.52m |
| 60 | 19"00 | 4'00" | 1.51m |
| 59 | 19"10 | 4'01" | 1.50m |
| 58 | 19"20 | 4'02" | 1.49m |
| 57 | 19"30 | 4'03" | 1.48m |
| 56 | 19"40 | 4'04" | 1.47m |
| 55 | 19"50 | 4'05" | 1.46m |
| 54 | 19"60 | 4'06" | 1.45m |
| 53 | 19"70 | 4'07" | 1.44m |
| 52 | 19"80 | 4'08" | 1.43m |
| 51 | 19"90 | 4'09" | 1.42m |
| 50 | 20"00 | 4'10" | 1.41m |
| 49 |  |  |  |
| 48 | 20"10 | 4'11" | 1.40m |
| 47 |  |  |  |
| 46 | 20"20 | 4'12" | 1.39m |
| 45 |  |  |  |
| 44 | 20"30 | 4'13" | 1.38m |
| 43 |  |  |  |
| 42 | 20"40 | 4'14" | 1.37m |
| 41 |  |  |  |
| 40 | 20"50 | 4'15" | 1.36m |
| 39 |  |  |  |
| 38 | 20"60 | 4'16" | 1.35m |
| 37 |  |  |  |
| 36 | 20"70 | 4'17" | 1.34m |
| 35 |  |  |  |
| 34 | 20"80 | 4'18" | 1.33m |
| 33 |  |  |  |
| 32 | 20"90 | 4'19" | 1.32m |
| 31 |  |  |  |
| 30 | 21"00 | 4'20" | 1.31m |