附件5：

**2022年上海市宜川中学射箭运动员专项素质、心理素质评价标准**

14-16岁男子组

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 指标 | 年龄 | 等级 | | | | | | | | | |
| 一 | | 二 | | 三 | | 四 | | 五 | |
| 标准 | 得分 | 标准 | 得分 | 标准 | 得分 | 标准 | 得分 | 标准 | 得分 |
| 拉弓稳定时间/体重（秒/千克） | 14 | ≤0.708 | 0.8 | ≥0.709 | 2.4 | ≥0.811 | 4.0 | ≥0.914 | 4.6 | ≥1.016 | 8.0 |
| 15 | ≤0.794 | 0.8 | ≥0/795 | 2.4 | ≥0.915 | 4.0 | ≥1.035 | 4.6 | ≥1.154 | 8.0 |
| 16 | ≤0.898 | 0.8 | ≥0.899 | 2.4 | ≥1.020 | 4.0 | ≥1.140 | 4.6 | ≥1.261 | 8.0 |
| 用力感 | 14  15 | ≥0.221 | 0.8 | ≤0.22 | 4.8 | ≤0.17 | 8.0 | ≤0.14 | 9.2 | ≤0.12 | 16 |
| 16 | ≥0.191 | 0.8 | ≤0.19 | 4.8 | ≤0.14 | 8.0 | ≤0.11 | 8.2 | ≤0.09 | 16 |

**14-16岁女子组**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 指标 | 年龄 | 等级 | | | | | | | | | |
| 一 | | 二 | | 三 | | 四 | | 五 | |
| 标准 | 得分 | 标准 | 得分 | 标准 | 得分 | 标准 | 得分 | 标准 | 得分 |
| 拉  弓稳定时间/体重（秒/千克） | 14 | ≤0.594 | 0.5 | ≥0.595 | 1.6 | ≥0.715 | 2.6 | ≥0.835 | 3.6 | ≥0.955 | 5.2 |
| 15  16 | ≤0.804 | 0.5 | ≥0.805 | 1.6 | ≥0.925 | 2.6 | ≥1.045 | 3.6 | ≥1.165 | 5.2 |
| 用力感 | 14  15 | ≥0.231 | 0.1 | ≤0.23 | 0.4 | ≤0.18 | 0.7 | ≤0.15 | 1.0 | ≤0.13 | 1.4 |
| 16 | ≥0.201 | 0.1 | ≤0.20 | 0.4 | ≤0.15 | 0.7 | ≤0.12 | 1.0 | ≤0.10 | 1.4 |