**12″举重（挺举）。**

⑴场地及动作要求按举重运动最新竞赛规则执行。

⑵评分标准：

挺举评分标准表（男子）

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数、成绩、级别 | 49公斤级 | 55公斤级 | 61公斤级 | 67公斤级 | 73公斤级 | 81公斤级 | 89公斤级 | 96公斤级 | 102公斤级102+公斤级 |  |
| 100 | 70 | 80 | 85 | 90 | 95 | 100 | 105 | 110 | 120 | 130 |
| 99 | 68 | 78 | 83 | 88 | 93 | 98 | 103 | 108 | 118 | 128 |
| 98 | 66 | 76 | 81 | 86 | 91 | 96 | 101 | 106 | 116 | 126 |
| 97 | 64 | 74 | 79 | 84 | 89 | 94 | 99 | 104 | 114 | 124 |
| 96 | 62 | 72 | 77 | 82 | 87 | 92 | 97 | 102 | 112 | 122 |
| 95 | 60 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 110 | 120 |
| 94 | 58 | 68 | 73 | 78 | 83 | 88 | 93 | 98 | 108 | 118 |
| 93 | 56 | 66 | 71 | 76 | 81 | 86 | 91 | 96 | 106 | 116 |
| 92 | 54 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 104 | 114 |
| 91 | 52 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 102 | 112 |
| 90 | 50 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 100 | 110 |
| 89 | 48 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 98 | 108 |
| 88 | 46 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 96 | 106 |
| 87 | 44 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 94 | 104 |
| 86 | 42 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 92 | 102 |
| 85 | 40 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 90 | 100 |
| 84 | 38 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 88 | 98 |
| 83 | 36 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 86 | 96 |
| 82 | 34 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 84 | 94 |
| 81 | 32 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 82 | 92 |
| 80 | 30 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 80 | 90 |
| 79 | 28 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 78 | 88 |
| 78 | 26 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 76 | 86 |
| 77 | 24 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 74 | 84 |
| 76 | 22 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 72 | 82 |
| 75 | 20 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 70 | 80 |
| 74 |  | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 68 | 78 |
| 73 |  | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 66 | 76 |
| 72 |  | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 64 | 74 |
| 71 |  | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 62 | 72 |
| 70 |  | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 60 | 70 |
| 69 |  |  | 23 | 28 | 33 | 38 | 43 | 48 | 58 | 68 |
| 68 |  |  | 21 | 26 | 31 | 36 | 41 | 46 | 56 | 66 |
| 67 |  |  |  | 24 | 29 | 34 | 39 | 44 | 54 | 64 |
| 66 |  |  |  | 22 | 27 | 32 | 37 | 42 | 52 | 62 |
| 65 |  |  |  | 20 | 25 | 30 | 35 | 40 | 50 | 60 |
| 64 |  |  |  |  | 23 | 28 | 33 | 38 | 48 | 58 |
| 63 |  |  |  |  | 21 | 26 | 31 | 36 | 46 | 56 |
| 62 |  |  |  |  |  | 24 | 29 | 34 | 44 | 54 |
| 61 |  |  |  |  |  | 22 | 27 | 32 | 42 | 52 |
| 60 |  |  |  |  |  | 20 | 25 | 30 | 40 | 50 |
| 59 |  |  |  |  |  |  | 23 | 28 | 38 | 48 |
| 58 |  |  |  |  |  |  | 21 | 26 | 36 | 46 |
| 57 |  |  |  |  |  |  |  | 24 | 34 | 44 |
| 56 |  |  |  |  |  |  |  | 22 | 32 | 42 |
| 55 |  |  |  |  |  |  |  | 20 | 30 | 40 |
| 54 |  |  |  |  |  |  |  |  | 28 | 38 |
| 53 |  |  |  |  |  |  |  |  | 26 | 36 |
| 52 |  |  |  |  |  |  |  |  | 24 | 34 |
| 51 |  |  |  |  |  |  |  |  | 22 | 32 |
| 50 |  |  |  |  |  |  |  |  | 20 | 30 |
| 49 |  |  |  |  |  |  |  |  |  | 28 |
| 48 |  |  |  |  |  |  |  |  |  | 26 |
| 47 |  |  |  |  |  |  |  |  |  | 24 |
| 46 |  |  |  |  |  |  |  |  |  | 22 |
| 45 |  |  |  |  |  |  |  |  |  | 20 |

挺举评分标准表（女子）

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 分数、成绩、级别 | 45公斤级 | 49公斤级 | 55公斤级 | 59公斤级 | 64公斤级 | 71公斤级 | 76公斤级 | 81公斤级 | 87公斤级 | 87+公斤级 |
| 100 | 58 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 |
| 99 | 56 | 63 | 68 | 73 | 78 | 83 | 88 | 93 | 98 | 103 |
| 98 | 54 | 61 | 66 | 71 | 76 | 81 | 86 | 91 | 96 | 101 |
| 97 | 52 | 59 | 64 | 69 | 74 | 79 | 84 | 89 | 94 | 99 |
| 96 | 50 | 57 | 62 | 67 | 72 | 77 | 82 | 87 | 92 | 97 |
| 95 | 48 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 |
| 94 | 46 | 53 | 58 | 63 | 68 | 73 | 78 | 83 | 88 | 93 |
| 93 | 44 | 51 | 56 | 61 | 66 | 71 | 76 | 81 | 86 | 91 |
| 92 | 42 | 49 | 54 | 59 | 64 | 69 | 74 | 79 | 84 | 89 |
| 91 | 40 | 47 | 52 | 57 | 62 | 67 | 72 | 77 | 82 | 87 |
| 90 | 38 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 |
| 89 | 36 | 43 | 48 | 53 | 58 | 63 | 68 | 73 | 78 | 83 |
| 88 | 34 | 41 | 46 | 51 | 56 | 61 | 66 | 71 | 76 | 81 |
| 87 | 32 | 39 | 44 | 49 | 54 | 59 | 64 | 69 | 74 | 79 |
| 86 | 30 | 37 | 42 | 47 | 52 | 57 | 62 | 67 | 72 | 77 |
| 85 | 28 | 35 | 40 | 45 | 50 | 55 | 60 | 65 | 70 | 75 |
| 84 | 26 | 33 | 38 | 43 | 48 | 53 | 58 | 63 | 68 | 73 |
| 83 | 24 | 31 | 36 | 41 | 46 | 51 | 56 | 61 | 66 | 71 |
| 82 | 22 | 29 | 34 | 39 | 44 | 49 | 54 | 59 | 64 | 69 |
| 81 | 20 | 27 | 32 | 37 | 42 | 47 | 52 | 57 | 62 | 67 |
| 80 | 18 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
| 79 | 16 | 23 | 28 | 33 | 38 | 43 | 48 | 53 | 58 | 63 |
| 78 |  | 21 | 26 | 31 | 36 | 41 | 46 | 51 | 56 | 61 |
| 77 |  | 19 | 24 | 29 | 34 | 39 | 44 | 49 | 54 | 59 |
| 76 |  | 17 | 22 | 27 | 32 | 37 | 42 | 47 | 52 | 57 |
| 75 |  | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 |
| 74 |  |  | 18 | 23 | 28 | 33 | 38 | 43 | 48 | 53 |
| 73 |  |  | 16 | 21 | 26 | 31 | 36 | 41 | 46 | 51 |
| 72 |  |  |  | 19 | 24 | 29 | 34 | 39 | 44 | 49 |
| 71 |  |  |  | 17 | 22 | 27 | 32 | 37 | 42 | 47 |
| 70 |  |  |  | 15 | 20 | 25 | 30 | 35 | 40 | 45 |
| 69 |  |  |  |  | 18 | 23 | 28 | 33 | 38 | 43 |
| 68 |  |  |  |  | 16 | 21 | 26 | 31 | 36 | 41 |
| 67 |  |  |  |  |  | 19 | 24 | 29 | 34 | 39 |
| 66 |  |  |  |  |  | 17 | 22 | 27 | 32 | 37 |
| 65 |  |  |  |  |  | 15 | 20 | 25 | 30 | 35 |
| 64 |  |  |  |  |  |  | 18 | 23 | 28 | 33 |
| 63 |  |  |  |  |  |  | 16 | 21 | 26 | 31 |
| 62 |  |  |  |  |  |  |  | 19 | 24 | 29 |
| 61 |  |  |  |  |  |  |  | 17 | 22 | 27 |
| 60 |  |  |  |  |  |  |  | 15 | 20 | 25 |
| 59 |  |  |  |  |  |  |  |  | 18 | 23 |
| 58 |  |  |  |  |  |  |  |  | 16 | 21 |
| 57 |  |  |  |  |  |  |  |  |  | 19 |
| 56 |  |  |  |  |  |  |  |  |  | 17 |
| 55 |  |  |  |  |  |  |  |  |  | 15 |