|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| VFS kontrolnormatīvi (BMX riteņbraukšana) | | | | | | | | | | |
| Grupas kvalifikācija | Audzēkņu vecums | 20m sprints no vietas (sek.) | Tāllekšana no vietas (m) | | Pievilkšanās pie stieņa (reizes) | Vēdera prese (1 min.) | Atspiešanās no zemes (reizes) | 3x vardīte no vietas ar abām kājām (m) | Atspole 10x 10m (sek.) | 3km kross (min.) |
| vīr./siev. | vīr./siev. | | vīr./siev. | vīr./siev. | vīr./siev. | vīr./siev. | vīr./siev. | vīr./siev. |
| SSG | 6 – 10 | 5.20 / 5.40 | 1.40 / 1.25 | | 1 / - | 10 / 8 | 10 / 6 | - | 33.0 / 34.0 | - |
| MT-1 | 7 – 11 | 5.20 / 5.40 | 1.40 / 1.25 | | 1 / - | 10 / 8 | 10 / 6 | 1.5 / 1.5 | 33.0 / 34.0 | - |
| MT-2 | 8 – 12 | 5.00 / 5.20 | 1.55 / 1.35 | | 2 / - | 15 / 12 | 12 / 8 | 2.0 / 2.0 | 32.0 / 33.0 | - |
| MT-3 | 9 – 13 | 4.80 / 4.90 | 1.65 / 1.45 | | 3 / - | 20 / 15 | 14 / 10 | 2.5 / 2.25 | 31.0 / 32.0 | 15.30 / 15.30 |
| MT-4 | 10 – 14 | 4.60 / 4.70 | 1.80 / 1.50 | | 4 / - | 25 / 20 | 16 / 12 | 3.0 / 2.5 | 30.0 / 31.0 | 14.30 / 15.00 |
| MT-5 | 11 – 15 | 4.50 / 4.60 | 2.00 / 1.55 | | 5 / - | 30 / 25 | 18 / 14 | 4.0 / 3.0 | 29.5 / 30.0 | 13.30 / 14.30 |
| MT-6 | 12 – 16 | 4.20 / 4.30 | 2.20 / 1.65 | | 6 / - | 35 / 30 | 20 / 12 | 4.5 / 3.5 | 29.0 / 29.5 | 13.15 / 14.15 |
| MT-7 | 13 – 17 | 4.05 / 4.15 | 2.35 / 1.70 | | 7 / - | 40 / 35 | 20 / 12 | 5.0 / 4.0 | 28.5 / 29.0 | 13.30 / 14.00 |
| SMP-1 | 14 – 18 | 3.55 / 3.65 | 2.50 / 1.80 | | 8 / - | 45 / 40 | 22 / 14 | 5.5 / 4.5 | 28.0 / 28.5 | 12.30 / 13/30 |
| SMP-2 | 15 – 19 | 3.50 / 3.60 | 2.10 / 1.85 | | 9 / - | 50 / 45 | 24 / 16 | 6.0 / 5.0 | 27.5 / 28.0 | 12.00 / 13.00 |
| SMP-3 | 16 – 20 | 3.40 / 3.50 | 2.20 / 1.90 | | 10 / - | 55 / 50 | 26 / 18 | 6.5 / 5.5 | 27.0 / 27.5 | 11.30 / 12.30 |
| ASM | 17 – 25 | 3.35 / 3.45 | 2.30 / 2.00 | | 12 / - | 55 / 50 | 28 / 18 | 6.5 / 5.5 | 27.0 / 27.5 | 11.30 / 12.30 |
|  |  |  |  | |  |  |  |  |  |  |
| Kontrolnormatīvi tiek uzskatīti par izpildītiem, ja izpildīti: | | | | | |  |  |  |  |  |
| 50% | MT-1, MT-2, MT3 | |  | |  |  |  |  |  |  |
| 60% | MT-3, MT-4 | |  | |  | | | | |  |
| 70% | MT-5, MT-6 | |  | |  |  |  |  |  |  |
| 80% | MT-7, SMP-1, SMP-2, SMP-3 | | |  | | | |  |  | |