

N^Zvgh\_hkm\\_\\_ggh\_k^lgh\_hh\Zevgh\_mj^gb\_  
\ukr\_hh\zby  
Kfhe\_gkdbchkm\\_\\_ggucmgb\\_kbl\_l^a

W\_babqkdhdmevlmj

Ihj\_dlhjhmqgh -  
f\_lhdqkdhc \_  
BBBBBBBBBBMklbf\_gdhX  
©^a k\_glyf 2022 ]

JZ[hqZy ijh]jZffZ ^bkpbiebg u  
; H We\_dib\gu\_ dmjku ih n d m e y l m j h d b kihjlm

Ki\_pbZevgh\_ ^\_n\_dlheh]bq\_kdh\_  
Eh]hi\_^by  
gghklvijhbev :  
Nhjmqgby± aZhqZ  
dk± 1-3  
K\_f\_klj± 1-6  
k\_ha\guo\_dgbp± 0h\± 328  
Nhjqlghklba± ±6 k\_f\_klj

IhfmzZ :  
dzB\_lmqkdbogzdhp\_gllmklhrbeh

H\_gZL\_ZbbdZ\_inbabqkdhdmevlmj  
©30^a mklZ 2019 ihhdhe< 1

AmxsbcdZ\_hcBBBBBBBBBBBB ImklhrbehI<

F\_klh ^bkpbiebg \ kljmdlmj\_ HI

>bKpbiebgZ\_e\_dlb\gu\_ dmjku ih nbabq\_kdhc dmevlmj\_ b k  
hvaZevghc kb fhdZ; ih gze\_gbx ih\h\db Ki\_pbzvgh\_  
^n\_dlhehpkdh\_ h\h\Zb\_ WIZbkpbiebgZgze\_gZgZnhfbh\Zb\_  
h§\_dmevlmghe dhfi\_l\_gpbb m klm^glh\   
bag\_yl\_evghklb\ nbabqkdZdmevlmZ

leZgbjm\_fu\_ j\_amevlZlu h[mq\_gby ih ^bkpbiebg\_

Dhfi_l_gpby	Bg^bdZlhju ^hklb`_gby
M D Kihkh[_g ih^^_j`b\Zlv mjh\_gv nbabq_kdhc ih^ ^ey h[_ki_q_gby iheghp_gg ijhn_kkbhgZevghc ^_yl_evghc	AgZlv - hij_^_e_gb_ b khklZ\eyxsb a^hjh\h]h h[jZaZ `bagb - hkh[_gghklb bkihevah\Z nbabq_kdhc dmevlmj^ey jZ[hlhkihkh[ghklb b mdj_ie_ - jhev nbabq_kdhc dmevlm kh\j_f_gghf h[s_kl\_ \ `ba ih^]hlh\d_ _]h d khp ijhn_kkbhgZevghc ^_yl_evghc - agZq_gb_ nbabq_kdhc nhjfbjh\Zgbb h[s_c dmevlm q_eh\_dZ ijbgpbiu kj^k nbadmevlmajghjh\bl_evghc kihjlbghe ^vghkeb Mf_lv - ih^^_j`b\Zlv ^he`guc mjh\ nbabq_kdhc ih^]hlh\e_gghk h[_ki_q_gby iheghp_gghc k ijhn_kkbhgZevghc ^_yl_evghc <eZ^lv - gZ\udZfb bkihevah\Zgby hk dmevlmj^ey khagZggh]h a^hjh\v_k[_j_]Zxsgheh]bc k \gmlj_ggbo b \g_rgbo mkeh dhgdj_lghjh\ijhn_kkbhgZevghc ^_yl_evghklb

Kh^\_j`Zgb\_ ^bkpbiebg

>bZ]ghklbdZ h[s\_nbabq\_kdhc ih^]hlh\db klm^\_glh\  
bkiulZgbc ghjfZlb\h\  
1. E\_]dZy Zle\_HkqZ\ u l\_ogbdb [\_ahizkghklb gZ aZgylbyo  
HagZdhfe\_gb\_ h[mq\_gb\_ b h\ez^\_gb\_ ^\b]Zl\_evgufb gZ\udZ  
Zle\_lbdb [\_] gZ dhjhldb\_ ^bkIZgpbb f \b^u k  
[\_] ih ^bkIZgpbb nbgrbjh\Zgb\_ ;\_] gZ kj^gb\_ ^bkIZgp  
<ukhdbc klZjl klZjhl\h\_ mkdhj\_gb\_ ;\_] ih ^bkIZgpbb b nb  
[\_] Hkh[\_gghklb ^uoZgby \ jZaebqguo \b^Zo [\_]Z lju`db  
lju`db \ ^ebgm k f\_klZ Kh\\_jr\_gkl\h\Zgb\_ agZgbc mf\_gb  
nbabq\_kdbo dZq\_kl\ nmgdpbhgZevguo \hafh`ghkl\_c hj]Zg  
Ki\_pbZevgZy nbabq\_kdZy ih^]hlh\dZ \ jZaebqguo \b^Zo ez  
f\_lh^u kZfhdhgljhey ijb aZgylbyo ez]dhc Zle\_lbdhc Hkh]

2. Kihjlb\gu\_ b]Hh\ul\_ogbdb [ahizghklb gZaylby o kihjlb\gufb

b]b  
 Kd\_lhe Zylby \dex d hfm x nbabqkdmx ihh\dm ki\_pbzvgmx  
 nbabqkdmxihh\dm miZ\_gby eyZblbykbeu[ukl]luh[\_cbkdh]klghe  
 \ughkeb\hklb ijmqlb b]hklb kdh]klghe jZpb miZ\_gby ey Zblby  
 hb\_glb\db hk\h\_gb\_l\_ogbdb i\_ j\`b\_gbc hklZ\db b ih\h]h\ [a fyZ k  
 fyhfi\_j ZfyZghcb\mfyjndZ\_gZ\_kl\_b\`b\_gbbeh\ebfyZghcb  
 \mfyjndZ\_\^gby fyZ\hdZ]h\gbdZ]kdh\ fyZ f\_klZ\`b\_gbb  
 hghc b \mfyjndZ HZ]Xky hfZgu\_ \`b\_gby nbglu l\_ogbdZ]Zblu  
 l\_ogbdZ\_jf\_s\_gbchkg\gZ]ZblgZklhcdZ\k\_\bui\_jf\_s\_gbc aZ]lgbdZ  
 l\_ogbdZ\ezgby fyhf \uj\Zb\_b \up\Zb\_fyZ\_jo\Zihl\h^ckl\b\_  
 \^gbxihohZ]kdh]abgmh\ezgb\_fyhfhkdh b]rbfhlsblZ]bdZ  
 b]Kd\_lhe]Z]b]hkg\ukm^ckl\Z  
 ke\_che Zylby \dex d bamqgb\_h\ezgb\_hkgh\gufb ip\_f]b l\_ogbdb  
 \he\_cheZi\_jf\_s\_gb\_ ipzf b i\_jZfyZihZ\_gZsb\_m]Z  
 ehdb\Zb\_Kh\j\_gkl\h\Zb\_gZudh\ b] \he\_che HZ b ki\_pbzvgZ  
 ihh\dm\Zhe\_chebklZ\_l\_ogbdZb l]bdZ]b ]Z]Zkhj\gh\Zbc hkgh\u  
 km^ckl\Z  
 Zhevduc l\_ggbk Zylby \dex d bamqgb\_h\ezgb\_hkgh\gufb ip\_f]b  
 l\_ogbdb b] kihkh] ^Z]by Z\_ldb klhc dZ\_ggbkklZ\_j\`b\_gby m]Zih  
 fyq ihZ fyZKh\j\_gkl\h\Zb\_gZudh\ b] \gZhevduc l\_ggbk l]bdZ  
 b] ]Z]Zkhj\gh\Zbchkg\km^ckl\Z  
 Ih\bgu\_b] Zylby\dex d\h\ezgb\_f\_lhbdhch\^gbyih\bguobk  
 [hfij udZ]f\_lZ]byfbey^l\_cb\ahkeuo

3. = bfgZklb]Z



L\_fZl]bq\_kdbc ieZg

i	JZa^_eu b l_fu	<k_qZkl	Nhjfu aZgylbc		
			e_dp	ijZdlbq_k aZgylby	kZfhklhyl_e jZ[h]Z
1.	<b>H</b>	62	-	-	62
2.	<b>H</b>	62	-	-	62
3.	<b>H</b>	62	-	-	62
4.	<b>H</b>	68	-	6	62
5.	<b>H</b>	70	-	-	70
	Dhgljhev	4			4
	BLH=:H	328	-	6	318

5. <b^u h[jZah\Zl^e\_vgh]evghklb

AZgylby k\_fbgZjkdh]h lbiZ  
 dmjk k\_f\_klj qZkh\  
 AZgylb]jh\h^y]ky kh]eZkgh khklZ\^e\_gghfm ]jZnbdm mq\_[gh  
 ihhq\_j\_^gh aZgbfZx]ky e\_]dhc Zle\_lbdhc [Zkd\_l[hehf \



9. Nbabq\_kdh\_ \hkiblZgb\_ ^\_l\_c \ k\_fv\_ hkh[\_gghklb feZ^
10. Nbabq\_kdh\_ \hkiblZgb\_ ^\_l\_c \ k\_fv\_ hkh[\_gghklb  
rdhevgh]h \hajZklZ
11. Nbabq\_kdh\_ \hkiblZgb\_ ^\_l\_c \ fgh]h^\_lghc k\_fv\_ h[h  
m]hedZ jZpbhgZevgh\_ bkihevah\Zgb\_ bg\\_glZjy mq\_l  
hj]ZgbaZpby\h\_ggh]hZkghklb
12. F\_lh^bdZ ijb\_f\_g\_gby kj\_^kl\ nbabq\_kdhc dmevlmju ^ey  
l\_ekkeh`\_gby
13. F\_lh^bdZ kgb`\_gby \\_kZ b nbabq\_kdb\_ gZ]jmadb ijb ^  
kh\j\_f\_gguo ^b\_l ^bZ]ghklbdZ h`bj\_gby ikboheh]by i  
h]Za `bagb nbabq\_kdb\_ gZ]jmadb `bjhk`b]Zxs  
nbabh\_l\_jZi\_\lbq\_kdb\_ ijhp\_^mju e\_dZjkl\\_ggu\_f\_lh^u e
14. F\_lh^bdZ ijb\_f\_g\_gby kj\_^kl\ nbabq\_kdhc dmevlmju \ i\_jb
15. F\_lh^bdZ khklZ\e\_gby bg^b\b^mZevguo ijb\_gZ kf nbabq  
hah\bl\_evghcb\hklZ\bl\_evghcgZ\_gghklvxf\_e\_gguc]jZb\_  
ihmedZzuZb^
16. JmkkdZy [Zgy kZmgZ fZkkZ` dZd kj\_^kl\Z \hkkIZgh  
kihkh[ghkl\_c b ^\_\_kihkh[ghklb klm^\_glh\ \ i\_kjkb^ wdaZf\_
17. Kj\_^kl\Z nbabq\_kdhc dmevlmju \ j\_]mebjh\Zgbb ikb  
nmgdpbhgZevgh]h khklhygby klm^\_glh\ \ wdaZf\_gZpbhg
18. Hkgh\gu\_ f\_ju ih hdZaZgbx i\_j\hc ihfhsb ijb ljZ\fo  
nbabq\_kdbfb mijZ`g\_gbyfb ihgylb\_ kihjklb kgZy ljZ\fZ  
hfh`gbydh\l\_ggbymrb]Zy`gby\u\bobfbhablbl^  
dmjk k\_f\_klj
1. Qlh ]h\hjyl fbnu b e\_]\_g^u h[ bklhjbb \hagbdgh\\_gby i\_j  
GZb[he\_\_ijhkeZ\e\_ggu\_ ]\_jhb
2. Hebfibckdb\_ b]ju kh\j\_f\_gghe\_klZb]kbfZeu b imlb jZa\b
3. Hebfibckdb\_ b]ju ^j\\_ghklb \ kjZ\g\_gbb k kh\j\_f\_ggufb h
4. l\_j\u\_ Jhkkbckdb\_ hebfibcpu b bo kihjlb\gu\_ ^hklb`\_gby  
Jhkkbb
5. H[eZ^ZI\_eb kZfhc [hevrhc dhee\_dpbb hebfibckdbkdbkgZ]j  
b]j kihjlkf\_gh\
6. H[eZ^ZI\_eb kZfhc [hevrhc dhee\_dpbb hebfibckdbogZ]j  
b]j kihjlkf\_gh\
7. <u^Zxsb\_ky kihjlkf\_gu Kfhe\_gsbgu
8. Nbabq\_kdZy dmevlmjZ b kihjl gZ Kfhe\_gsbg\_
9. Ojhgheh]by fbjh\uo j\_dhj^h\ b bgl\_j\_kgh]hZdb\ aZ \kx  
bj
10. JZa\blb\_ Hebfibckdh]h ^\b`\_gby \ Jhkkbb
11. F\_`^mgZjh^guc Hebfibckdbc dhfbl\_l bklhjby kha^Zg  
kh^\_j`Zgb\_ ^\_yl\_evghklb
12. Jmkkdb\_ gZpbhgZevgu\_ \b^u kihjlZ b b]ju
13. Djmig\_crb\_ kihjlb\gu\_ khhjm`\_gby Jhkkbb
14. JZa\blb]hjihjZlb\gh]h kihjlZ \ kh\j\_f\_gghc Jhkkbb
15. Wdklj\_fZevgu\_ \b^u kihjlZ i\_jki\_dlb\u bo jZa\blby
16. Gh\u\_ \b^u kihjlZ b bo agZq\_gb\_ ^ey ihimeyjbaZpbb  
klm^\_glh\
17. FZkkh\uc kihjl dZd khpbZevguc n\_ghf\_g
18. ljh\_n\_kkbhgZevguo\_kihjklZ bg\_hklZb
19. LjZ]bq\_kdb\_ km^v[u kihjlkf\_gh\ kihjlb\gu\_ ljZ\fu  
aZ[he\_\Zgby b g\_kqZklgu\_ kemqZb \ kihjlb\ghc dZjv\_j\_

20. Nbabq\_kdZy dmevlmjZ b kihjl \ ijhba\\_^\_gbyo l\hj\_q\_kdb  
kdmevilhjh\ j\_`bkk\_jh\ b l ^  
dmjk k\_f\_klj

1. Kihjlb\guc ljZ\fZlbfaf ijbqbgub ijhnbeZdlbdZ
2. Nbabheh]by b ]b]b\_gZ bg^b\b^mZevghc aZsblu hl oheh^.
3. F\_^bpbgkdb\_ ijh[e\_fu fZkkh\hc nbabq\_kdhc dmevlmj
4. Lj\_gZ`\_ju \ nbabq\_kdhc dmevlmj\_ b kihjl\_
5. <u[hj kihkh[u b f\_lh^u hj]ZgbaZpbZ Zdlb\gh]h hl^u
6. Hkh[\_gghklb ih^]hlh\db b ijh\\_^\_gby lmjbklbq\_kdbo iho  
klhyghd

7. Nbabq\_kdZy ih^]hlh\dZ lmjbklZ
8. Klm^\_gq\_kdbc lmjbaf dZd kj\_^kl\h ijb\^\_q\_gby klm^\_glh  
dmevlmjhc

9. Aj\_ebsgghklv kihh\og h\_jiylbc dZ kj\h ip\^\_qgy  
klm^\_glh\daZylbyfnbabqkdhdmevlmjhc

10. lmlb ^hklb`\_gby nbabq\_kdhc l\_ogbq\_kdhc lZdlbq\_`  
ih^]hlh\^\_gghklb

11. Hkgh\u f\_lh^bdb kZfhklhyl\_evguo aZgylbc nbabq\_k`  
hilbfZevgZy ^\b]Zl\_evGZy Zdlb\gh^k\_lj`Zgb]f aZgylbc

12. KlZlklbdZ b dhgljhev dZd dhfihg\_glu wnn\_dlb\gh]h  
nbabq\_kdh]h \hkiblZgby

13. Nhjfbjh\Zgb\_fh]b\Zpbb d aZgylbyf nbabq\_kdhc dmevlmj

14. DeZkkbnbdZpby b oZjZdl\_jbkl hah\bl^evgadmjhc  
f\_bdh -bb\_gbqkdb\_ ihp\_mj b dhgkmevlbb ih hZbapbb iblZby b  
hl^oZ qgu\_dZg\_lunbabhl\_Zy\hfk\lhe\_qgb\_b]j\_gZj  
bh\u\_aZu b iehsZb ieZ\_evgu\_ Zk\_cgu\hgu\_klZpbb r\_cibglb  
ZjhdZmpklbqkdb\_f\_hi bylbyih^gZhohlZjZdZ\_qll^oZ  
b\bdlhgujia\_glZbbizbbdbih\^gu\_bjdhgdmkub^

15. Kh^\_j`Zgb\_ \hkkIZgh\bl\_evguo f\_jhijbylbc ijbgpbiu b  
ijh\\_^\_gby hdkb]\_ghl\_jZiby fZkkZ` [Zgb ]bigha  
ij\_iZjZlu \blZfbgu b -mg]evg\_hgZdb\hgu\_ja\_u\_b  
\hamrgu\_ihp\_mjkeyjbb^

16. Hkh[\_gghklb ijh\\_^\_gby -hah\bl^evgadmjhc \klyab k  
Zebgufb baf\_g\_gbyfb \hZbaf\_ip mom^\_gbb nbabqkdhh khklhygby  
kgb`gby \hkihkhghklb bZkklbdZb ijhnbeZldZj^\_jf\_ggh  
klZgby

17. Jhev b agZq\_gb\_ nbabq\_kdhc dmevlmjju kihjlZ b lmjb  
hlghr\_gbc

18. ljh\_nkbbhgZevguc b weblguc kihjl \ Jhkkbb b wdgh  
g\_h[oh^bfhklb\bl^yZa

19. ;bheh]bq\_kdb\_jblfu b bo \ebygb\_gZ hj]Zgbaf q\_eh\\_dZ

20. Kihgkhjkl\h bg\\_klbpbb f\_p\_gZlkl\h dZd kihkh[u  
nbabq\_kdhc dmevlmjju kihjlZ b lmjbafZ

21. Nbadmev-hah]blhevgu\_mkembli\_hZbydbohZbapbb

22. Hj]ZgbaZpby Jh\_kg^Zjh mijZ\^\_gby \kn\_j\_ kihjlZ  
dmjk k\_f\_klj

1. Jhev nbabq\_kdh]h \hkiblZgby \ nhjfbjh\Zgbb b kh\\_jr  
dZq\_kl\ m aZgbfZxsboky nbabq\_kdhc dmevlmjhc b kihjlh

2. Hj]ZgbaZpby b kh^\_j`Zgb\_ jZ[hlu ih nbabq\_kdhfm \hkib  
eZyo

3. <ebygb\_ kihjlb\ghc ^\_yl\_evghklb gZ ikbobq\_kdh\_ k  
dhee\_dlb\Z F\_lh^u \_]h bamq\_gby b dhjj\_dpbb
4. Hkgh\u ikbobq\_kdh]h a^hjh\vy b ikbohkhfZlbq\_kdZy  
ijhnbeZdlbdZ g\_\]jhah\ Zmlh]\_ggZy lj\_gbjih\dZ kZfh\gm
5. KhpZ e\kbohheh]kdbcnZ]he^kl\Zihj\ghcdhfZ
6. <ujZ[hldZ ikboheh]bb ih[\_^bl\_ey
7. ;hvj[Z kh kljZohf kj\_^kl\Zfb nbabq\_kdhc dmevlmju
8. Hkh[\_gghklb ikboheh]bq\_kdh]h khklhygby ijb ih^]hlf  
khj\_\gh\Zgbyf b \_]h ih\by^g]b\_gZlm^\_glh\
9. :^ZilZpby d klj\_kkh\uf kblmZpbyf b nbabq\_kdbf gZ]jmadZ
10. Khg kgh\b^\_gby ]bigha AgZq\_gb\_ kgZ ^ey aZgb  
mijZ`g\_gbyfb b kihjlf
11. Bkihevah\Zgb\_ kh\j\_f\_gguo bggh\Zpbhgguo l\_ogheh]  
nbabq\_kdhc dmevlmju
12. J\_ZebaZpby e\_hj\_g]hkg]h hmgby gZaZylbyo nbabq\_kdhc  
dmevlmhc\ma\_
13. ljh]j\_kkb\gu\_ dhgp\_ipbb nbabq\_kdhc dmevlmju i\_j\_  
\hkiblZgby
14. Jhev ij\_kku jZ^bh l\_e\_\b^\_gb\_ i\_qZlv \jZa\blbb nba  
b lmjZaf
15. J\_deZfgZy dhfiZgby \ hj]ZgbaZpbb b ijh\\_^\_gbb kihjlb  
f\_jhijbylbc
16. >hibg]b \ kihjl\_ b \ `bagb bo jhev ;hvj[Z k ^hibg]hf
17. Nbabq\_kdZy dmevlmjZ \ j\_`bf\_ `bag\_^\_yl\_evghklb jZ[hlg
18. Jhev aZgylbc ih nbabq\_kdhc jZaebllbb b kh\\_jr\_gkl\  
kihkh[ghkl\_c d jZaebqguf ijhn\_kkbyf f\_g\_`^\_j [bag  
kem`Zsbc xjbkl b ^j
19. IjhnbeZdlbdZ ijhn\_kkbhgZevguo aZ[he\_\Zgbc b ljZ\  
nbabq\_kdhc dmevlmju
20. Kihjlb\gh]bqkdh\_ \hkiblZb\_dZ hgh ba iphl\_lguo gZ\_gbc  
hkmZ\_gghciheblbd\kn\_jnbabq\_kdhcdmevlmjubkih]Z
21. >\_yl\_evghklv f\_`^mgZjh^gh]h klm^\_gq\_kdh]h kihjlb\gh]h
22. F\_`^mgZjh^gu\_ klm^\_gq\_kdb\_ khj\_\gh\Zgby
23. Jhkkbckdbc klm^\_gq\_kdbc khxa b \_]h `^anZgbZjh^gckflb b  
kihjlb\gufb hj]ZgbaZpbyfb

Djbl\_jbb hp\_gb\Zgby j\_amevlZlh\ hk\h\_gby ^bkpbieb

### 6.1. Hp\_ghqgu\_ kj\_^kl\Z b djbl\_jbb hlp\_dgmZg\_bZyl^\_kyZpbb

=bfgZklbdZ Dhm\_dk h[s\_jZa\b\Zxsbo mijZ`g\_gbc ijh\h^bl  
mq\_[ghf aZgylbb g\_aZ\bkbfb hl\_]h gZijZ\e\_gghklb Klm^\_gl  
i\_j\_^mq\_[ghc ]jmiihc hp\_gb\Z\_lky dZd ij\_ih^Z\Zl\_e\_f lZd b  
\uklmiZxl ijZ\bevguc jZkkdZa ihdZa b kq\_l agZgb\_ ]bfgZkl

Hbgh \aZ\_ghklZlky\_keb

Klm^glZiZevgh\_hij^e\_gb\\_uihegy\_fh]miZ\_gbybhagZ  
bkohgh\_iheh`gb\_l\_eZ

Ihke\_h\ZevghbiZevghmdZu\ZgZn\jZfu\_`b`gby

uihegy\_l`b`gbyihkqkheZn\Zghfdhbgldh

Ohjrh \ aghklky\_keb

Klm^glZiYevgh\_hij^e\_gb\_\uihegy\_fhmiZ\_gbybhagZ  
bkohgh\_iheh`gb\_l\_eZ

Gfghkpb\Zkvmdu\ZgZh\\_jZfu\_\b`gby

ZkYkyg\_a gZ\_evgu\_ZkhZh\Zby\`b`gbyoihKql

hrbhdjZbqkdbg\_l\bkihevah\ZbbfgZbqkdhcl\_fbghehbb

m\`e\_l\hpl\_evgh \ aghklky\_keb

Klm^gl\hevrbgkl\\_kemZ\ZiYevgh\_hij^e\_gb\_\uihegy\_fh  
miZ\_gbybhfa gZbkohgh\_iheh`gb\_l\_eZ

Kb\ZkvghiYevghmdZu\ZgZh\\_jZfu\_\b`gby

ZkYkyy\gu\_ZkhZh\Zby\`b`gbyoihKql

m\\_ebb\Zkydhebgkl\hrbhd\bkihevah\ZbbfgZbqkdhcl\_fbghehbb

@ZghaZemb\Z Iklm^gldhjhuc

Klm^glg\_fh`lZiYevgh\_hij^e\_gb\_\uihegy\_fhmiZ\_gbybbkohgh\_  
iheh`gb\_l\_eZ

Ihklhygghkb\ZkyipmdZbbgZh\\_jZfu\_\b`gby

ZkYkyagZ\_evgu\_ZkhZh\Zby\`b`gbyoihKql

=jnu\_ hrbfb\bkihevah\ZbbfgZbqkdhcl\_fbghehbb

6.2 Hp\_g h q gu\_ kj\_^kl\Z b djbl\_jbb hjf\_gbmZgfh`ceZll\_klZpb  
dmjk k\_f\_klj

L\_klu ih kihjlb\ggfbq\_kdhc ih^]h|h\d\_

± ihizby\ iehsm

ZeZ ± ihizby

Zeh\ ± ihizbc

Zhevgucl\_ggbk gZgb\_l\_ggbkguffyhfhgfbh\Zb\_ZgufbklhgZ

Zldbihhqi`ghZeZ ± Z

ZeZ ± Z

Zeh\ ± Z

L\_klu ih h[s\_nbabq\_kdhc ih^]h|h\d\_

Hkgh\gZy f\_^bpbgkdZy ]jmiiZ

		lhdZaZl_eb b rdZeZ hp					lhdZaZl_eb b rdZeZ h							
		Fm`qbggu	1	2	3	4	5	@_gsbggu	1	2	3	4	5	
1.	Z		4	6	8	10	13	Z		7	9	11	13	19
	Z							Z						
	d -Z							Z						
	b eb		5	10	15	25	35	b eb		5	7	9	10	16
	d -Z							Z						



							-					
2.		2	4	6	8	13		3	5	7	9	16
3.		180	190	200	210	230		25	30	35	40	50

Ih^]hIh\bl\_ evgZy f\_^bpbgkdZy ]jmiiZ

◀	IhdZaZl_eb b rdZeZ hp					IhdZaZl_eb b rdZeZ h						
	Fm`qbgv	1	2	3	4	5	@_gsbgv	1	2	3	4	5
1.	<del>h</del> <del>h</del> <del>h</del> d - <del>h</del>	2	4	6	8	10	<del>h</del> <del>h</del> <del>h</del> -	3	6	9	11	15
	b e <del>h</del> d - <del>h</del>	3	7	10	20	30	b e <del>h</del> <del>h</del> <del>h</del> h - <del>h</del>	3	5	7	9	13
2.	<del>h</del> <del>h</del> <del>h</del> <del>h</del> <del>h</del>	1	3	5	7	11	<del>h</del> <del>h</del> <del>h</del> <del>h</del> <del>h</del>	2	4	6	8	13
3.	<del>h</del> <del>h</del>	170	180	190	200	210	<del>h</del> <del>h</del> <del>h</del> <del>h</del> -h	20	25	30	35	40

Ki\_pbZevgZy f\_^bpbgkdZy ]jmiiZ

◀	IhdZaZl_eb b rdZeZ hp					IhdZaZl_eb b rdZeZ								
	Fm`qbgv dm`jk	1	2	3	4	5	@_gsbgv dm`jk	1	2	3	4	5		
1.	= b [ d h k l v klhygkdZ - f_cd_ hklv jndvdv fhghgb` mjhgygh] kf	1-3	2	6	10	12	16	= b [ d h k l v klhygZ kdv_cd_ hklv jndvdv fhghgb - `mjhgy ghkf	1-3	5	9	12	15	18
2.	; Z^f b g l h g ± i j i zk_d	1	20	30	40	50	60	; Z^f b g l h ± i j i zk_d	1	20	30	40	50	60
	± g v z b_	2	15	20	30	40	50	± g v z b_	2	15	20	30	40	50



--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Ki\_pbZevgZy f\_^bpbgkdZy ]jmiiZ

◁	IhdZaZl_ eb b rdZeZ hp							IhdZaZl_ eb b rdZeZ hp						
	Fm`qb u	dm jk	1	2	3	4	5	@_gsb u	dm k	1	2	3	4	5
1.	L_kl Dmi_jZ h h	1-3	1.5 4.0 j	1.8 4.8 dj	2.2 6.0 dj	2.5 6.8 dj	2.7 7.3 dj	L_kl Dmi_jZ h h	1-3	1.3 3.5 dj	1.6 4.3 dj	1.9 5.1 dj	2.1 5.7 dj	2.3 6.2 dj
2.	<he_c[ ± h h	1	20	30	40	50	60	<he_c[ e ± h h	1	20	30	40	50	60
	± h h	2	1	2	3	4	5	± h h	2	1	2	3	4	5
	± h h	3	20	30	40	50	60	± h h	3	20	30	40	50	60
3.	h h h k	1-3	12 0	11 0	10 0	90	80	h h h k	1-3	12 0	11 0	10 0	90	80

dmjk k\_f\_klj

5) L\_klu ih kihj\h\g bq\_kdhc ih^]h|h\d\_

h h

ZeZ ±k\_d

ZeZ ±k\_d

5 Zeh\ ±k\_d

hhevguc l\_ggbk

m^z\_b\_fy\ iZ kiZ

-gzh

b e bke\_\Z-gZ\_\h

ZeZ ±k\_d

ZeZ ±k\_d

Zeh\ ±k\_d

6) L\_klu ih h[s\_nbabq\_kdhc ih^]h|h\d\_

Hkgh\gZy f\_`k\pZyg]jmiiZ

◁	IhdZaZl_ eb b rdZeZ hp					IhdZaZl_ eb b rdZeZ hp						
	Fm`qbg u	1	2	3	4	5	@_gsb gu	1	2	3	4	5
1.	h h	5	7	9	10	13	h h	5	7	10	15	20

	-						-					
	-	5	10	20	30	40	-	6	8	10	12	14
2.		3	5	6	7	13		6	7	8	11	16
3.		195	205	215	230	240		25	30	35	40	50

Ih^]hIh\bl\_evgZy f\_^bpbgkdZy ]jmiiZ

◀	IhdZaZl_eb b rdZeZ hp_						IhdZaZl_ebZbeZ hp_ghc					
	Fm`qbgv	1	2	3	4	5	@_gsbgv	1	2	3	4	5
1.	Ⓜ Ⓜ Ⓜ d-Ⓜ	3	5	7	9	10	Ⓜ Ⓜ Ⓜ d-Ⓜ	3	5	7	10	15
	b e Ⓜ d -Ⓜ	5	7	10	20	30	b e Ⓜ Ⓜ Ⓜ h -Ⓜ	4	6	8	10	12
2.	Ⓜ Ⓜ Ⓜ Ⓜ	1	3	5	6	10	Ⓜ Ⓜ Ⓜ Ⓜ	4	6	7	8	11
3.	Ⓜ Ⓜ k	185	195	205	215	230	Ⓜ Ⓜ Ⓜ Ⓜ -Ⓜ	20	25	30	35	40

Ki\_pbZevgZy f\_^bpbgkdZy

◀	IhdZaZl_eb b rdZeZ hp_							IhdZaZl_eb b rdZeZ						
	Fm`qbgv	dm`jk	1	2	3	4	5	@_gsbgv	dm`jk	1	2	3	4	5
1.	=b[dhklv klhygkdZ - f_cd_ hklⓂ jndⓂdⓂ fhghgb` mjh\gygh]	1-3	2	6	10	12	16	=b[dhklv klhygZ kdⓂ_cd_ hklⓂ jndⓂdⓂ fhghgb - `mjh\gy	1-3	5	9	12	15	18

2.	;Z^fbglhg	1	20	30	40	50	60	;Z^fbglhg	1	20	30	40	50	60
	-	2	15	20	30	40	50	-	2	15	20	30	40	50
		3	40	50	80	90	100		3	40	50	80	90	100
3.	HI`bfZgb	1	4	6	8	10	12	<jZs_gb	1	20	30	40	50	60
		2	5	8	10	12	15	h[jmqZ	2-3	40	50	70	80	90
		3	7	9	14	16	20							

dmjk k\_f\_klj

L\_klu ih kih;|b\ogrbq\_kdhc ih^]hlh\d\_

~~h~~ ~~h~~ ~~h~~

~~ZeZ~~ ± ih;~~by~~

~~ZeZ~~ ± ih;~~by~~

~~Zeh\~~ ± ih;~~bc~~

~~h~~ ~~h~~ ~~h~~

~~ZeZ~~ ± k\_d

~~ZeZ~~ ± k\_d

~~Zeh\~~ ± k\_d

- gZbke\_\Z - gZ\_\h

L\_klu ih h[s\_nbabq\_kdhc ih^]hlh\d\_

Hkgh\gZy f\_^bpbgkdZy ]jmiiZ

<	IhdZaZl_eb b rdZeZ hp					IhdZaZl_eb b rdZeZ hp						
	Fm`qbg u	1	2	3	4	5	@_gsb gu	1	2	3	4	5
1.	:gZ fk_d	15.7	15.4	15,1	14,8	13,5	:gZ f k_d	18.5	18.0	17,5	17,0	16,5
2.	:gZ f fbgk_d	15.0 0	14.3 0	14,0 0	13.3 0	12,3 0	:gZ f fbg k_d	12.1 5	11.5 5	11.3 5	11,1 5	10,3 0
3.	Baiheh - `gby \bkZ iht_f gh dkgby i_jde gudhe -\h Z	2	3	5	7	9	Ijhd \ebgm kf_klZ kf	150	160	170	180	195

Ih^]hlh\bl\_evgy f\_^bpbgkdZy ]jmiiZ

<	IhdZaZl_eb b rdZeZ hp					IhdZaZl_eb b rdZeZ hp						
	Fm`qbg u	1	2	3	4	5	@_gsb u	1	2	3	4	5
1.	Z	16.0	15.7	15,4	15,1	14,8	Z	19.0	18.5	18,0	17,5	17,0

2.		15,3 0	15.0 0	14.3 0	14,0 0	13.3 0		12.3 0	12.1 5	11.5 5	11,3 5	11,1 5
3.	-	1	2	3	5	7		140	150	160	170	180

Ki\_pbZevgZy f\_^bpbgkdZy ]jmiiZ

◁	lhdZaZl_eb b rdZeZ hp							lhdZaZl_eb b rdZeZ hp						
	Fm`qb u	dn jk	1	2	3	4	5	@_gsb u	dm k	1	2	3	4	5
1.	L_kl Dmi_jZ E I H	1-3	1.5 4.0 j	1.8 4.8 dj	2.2 6,0 dj	2.5 6,8 dj	2.7 7.3 dj	L_kl Dmi_jZ E I H	1-3	1.3 3,5 dj	1,6 4,3 dj	1,9 5,1 dj	2,1 5.7 dj	2.3 6,2 dj
2.	<he_c[ ±E E E	1	20	30	40	50	60	<he_c[ e ±E E E	1	20	30	40	50	60
	±E E	2	1	2	3	4	5	±E E	2	1	2	3	4	5
	±E E E E	3	20	30	40	50	60	±E E E E	3	20	30	40	50	60
3.	Qh E E E E	1-3	12 0	11 0	10 0	90	80	Qh E E E E	1-3	12 0	11 0	10 0	90	80

dmjk k\_f\_klj  
 9) L\_klu ih kihj b\obq\_kdhc ih^]hjh\d\_  
 Qhevguc\_l\_ggbk mQb\\_khj\gh\ZbyogZ\_j\_gkl\hmqghejmiiuZ  
 mQb\\_khj\gh\Zbyoklm^glZgkeyxlkyZeu\azkbfhklbhlazyluof\_kl  
 I\_ju\_f\_klZ ±Zeh\Zvr\\_azkbfhklbhl d hebqkl\Zlm^glh\mqghe  
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m4b\_ \ khj\gh\zbyo gZ\_j\_gkl\h mqguo jmi \ ihhd\_ b  
 km^ckl\hkhj\gh\zbc

10) L\_klu ih h[s\_nbabq\_kdhc ih^]hlh\d\_  
 Hkgh\gZy f\_^bpbgkdZy jjmii

◀	IhdZaZI_ eb b rdZeZ hp					IhdZaZI_ eb b rdZeZ h						
	Fm`qbggu	1	2	3	4	5	@_gsbggu	1	2	3	4	5
1.	Ⓜ Ⓜ Ⓜ d-Ⓜ	5	7	9	10	13	Ⓜ Ⓜ Ⓜ d-Ⓜ	5	7	10	15	20
	Ⓜ 16 Ⓜ -Ⓜ	5	10	20	30	40	Ⓜ Ⓜ Ⓜ h -Ⓜ	6	8	10	12	14
2.	Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ	3	5	6	7	13	Ⓜ Ⓜ Ⓜ Ⓜ Ⓜ	6	7	8	11	16
3.	Ⓜ Ⓜ	195	205	215	230	240	Ⓜ Ⓜ Ⓜ Ⓜ -h	25	30	35	40	50

Ih^]hlh\bl\_ evgZy f\_^bpbgkdZy jjmiiZ

◀	IhdZaZI_ eb b rdZeZ hp					IhdZaZI_ eb b rdZeZ h						
	Fm`qbggu	1	2	3	4	5	@_gsbggu	1	2	3	4	5
1.	Ⓜ Ⓜ Ⓜ d-Ⓜ	3	5	7	9	10	Ⓜ Ⓜ Ⓜ d-Ⓜ	3	5	7	10	15
	b eb Ⓜ -Ⓜ	5	7	10	20	30	b eb Ⓜ Ⓜ h -Ⓜ	4	6	8	10	12
2.	Ⓜ Ⓜ Ⓜ Ⓜ	1	3	5	6	10	Ⓜ Ⓜ Ⓜ Ⓜ	4	6	7	8	11
3.	Ⓜ Ⓜ	k 185	195	205	215	230	Ⓜ Ⓜ Ⓜ Ⓜ -Ⓜ	20	25	30	35	40

Ki\_pbZevgZy f\_^bpbgkdZy jjmiiZ

◀	IhdZaZI_ eb b rdZeZ hp	IhdZaZI_ eb b rdZeZ
---	------------------------	---------------------

	F m ` q b g u	d m j k	1	2	3	4	5	@ _ g s b g	d m j k	1	2	3	4	5
1.	= b [ d h k l v	1-3	2	6	10	12	16	= b [ d h k l v	1-3	5	9	12	15	18
2.	; Z ^ f b g l h g	1	20	30	40	50	60	; Z ^ f b g l h	1	20	30	40	50	60
	-	2	15	20	30	40	50	-	2	15	20	30	40	50
		3	40	50	80	90	100		3	40	50	80	90	100
3.	H l ` b f Z g b	1	4	6	8	10	12	< j Z s _ g b	1	20	30	40	50	60
		2	5	8	10	12	15	h [ j m q Z	2-3	40	50	70	80	90
		3	7	9	14	16	20							

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 nbabqkdhc dmevlmj\_b kihjm k^klhyl\_evgh h^l g^l\_fhc j\_n\_Z  
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 ibkvf\_gg^l^l^k^ys\_g g^hij^e\_gghc l\_f\_h^hjm bklhgbdh\ ih d^l^fm -lh  
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 Lblmevguc ebkl y\ey\_lky i\_jhc kl^p\_c j\_n\_Z kembkl bklhgbdhf  
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 l^lmevgfhebkl i^h^l^ke\_m^xsb\_k\^gby  
 g^f\_gh\^b\_M^g^f\_gh\^b\_n^mevl\_lZg^f\_gh\^b\_d^l\_j\_l\_fZ  
 j\_n\_Z Zn^beby b bgpb^zu klm^gl^k^emr^ey hēghklv m^g^kl\_i\_gv  
 m^gh\_a\^b\_n^bebybbgpb^zujndh\h^l\_eyj\_n\_Z\_klhb^k^l^gby  
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 k^f^l^ky\j\_n\_Z^l\_f\_lh^dhlhju^h^kihevah\^ky klm^gl^ey  
 k^fhlj\_gby^ghcl\_fu^lu  
 hkgh\g^lv



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- g\_f\_g\_ff

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Kkuedb\_gZbklhgbd\_b ke\_fm\_l\_mdzu\Zv ihjdh\uf\_ghf\_hf ih kibkdm

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Kl_i_gv_jZkdjul kmsghklb ijh[e_fu FZdk [Zeeh\	- khhl\_lkl\b_ ieZgZ l_f_j_n_jZIZ - khhl\_lkl\b_ kh^_j`ZgZygm fj_ m_jZIZ - \eZ^_gb_ ihgylbcguf ZiiZjZlhf - iheghIZ b ]em[bgZ_jZkdjulby hkgh\guo - h[hkgh\Zgghklv kihkh[h\b_f_lh^h\jZ[h - mf_gb_jZ[hIZlv k_ebl_jZlmjhc kbkl_fZ kljmdlmjbjh\Zlv fZl_jbZe





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9. L\_oghehbyhfmgby\he\_chemmqgh -f\_lhðqkdh\_ikhkþ\_Ikmklhrbeh ±Kfhe\_gkdba^ -\hKfhe=M± k
10. L\_oghehby Zblby ijmqlb gZhkgh\\_ khjf\_gguo ihðh\ mqgh - f\_lhðqkdh\_ikhkþ\_Ikmklhrbeh± Kfhe\_gkdba^ -\hKfhe=M± k
11. Lmj\kdbc B F NbabqkdZ ihj\h\dkZghfZ\h\ dhfie\_dkZ-LH mqgh\_ikhkþ\_ÿ\mah\BFLmj\kdbc GhZgdhE LK\_gdh 2-2\_ba^2 Fhkd\BaEvkl\h k 2 k 2 Mgb\\_kbl\_lu kkkbb 2 ISBN 978-5-534-11118-7. 2 L\_dkl we\_dlhguc WKjkl@ 2 URL: <https://biblio-online.ru/bcode/444505>

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2. [www.fizkult-ura.ru](http://www.fizkult-ura.ru)
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9. <http://herzen-ffk.myl.ru/>
10. [www.volley.ru](http://www.volley.ru)
11. [www.sportbox.ru](http://www.sportbox.ru)

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2. Microsoft Office 2010 Russian

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ЭЛЕКТРОННОЙ ПОДПИСЬЮ

Сертификат: 0386A3C600B74DAA9B742A1E041D57081B0  
Владелец: Артеменков Михаил Николаевич  
Действителен: с 04.10.2021 до 07.10.2022