体能测评的标准

1.男子组

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| 项目 | | 标准 | | | |
|  |  | | 30岁（含）以下 | | 31岁（含）以上 |
| 10米×4往返跑 | | ≤13″1 | | ≤13″4 | |
| 1000米跑 | | ≤4′25″ | | ≤4′35″ | |
| 纵跳摸高 | | ≥265厘米 | | | |

2.女子组

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| 项目 | | | 标准 | |
|  |  | | 30岁（含）以下 | 31岁（含）以上 |
| 10米×4往返跑 | | ≤14″1 | | ≤14″4 |
| 800米跑 | | ≤4′20″ | | ≤4′30″ |
| 纵跳摸高 | | ≥230厘米 | | |