

## Sports Achievements of Youth of Zomin And Yangiabad District

Sharaf Rashidov

Researcher, Jizzakh State Pedagogical University, Uzbekistan

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### ABSTRACT

This article provides a comprehensive analysis of the sports achievements of young people in the Zomin and Yangiobod districts. The research focuses on evaluating the effectiveness of measures undertaken to develop youth sports within the framework of the state-supported "Five Initiatives" program. The article examines the role of kurash and freestyle wrestling in ensuring meaningful leisure time for youth, the significance of the ZOMIN OPEN II international tournament, and the outcomes of local sports organizations' activities. The findings reveal the achievements of young athletes in national and international competitions, the development of sports infrastructure in these regions, and future prospects. Based on the results, practical recommendations have been formulated for further development of youth sports.

**Keywords:** - Youth sports, Zomin district, Yangiobod district, kurash, freestyle wrestling, ZOMIN OPEN, "Five Initiatives," sports infrastructure, international tournament, young athletes, sports achievements, physical education.

### INTRODUCTION

In modern society, one of the most urgent issues is the meaningful and effective organization of young people's leisure time. Due to the rapid development of information technologies and the digital environment, young people are increasingly inclined to spend their time in the virtual world. In such circumstances, physical activity and sports, particularly traditional types such as kurash and freestyle wrestling, play an important role in shaping a healthy lifestyle and engaging young people in active social life. Kurash, as an integral part of the thousand-year-old cultural heritage of the Uzbek people, is one of the essential tools for preserving and developing national identity. This sport not only develops physical strength but also fosters mental endurance, willpower, and self-confidence. Freestyle wrestling, on the other hand,

is recognized internationally and provides young people with opportunities to gain global skills and international experience. Both sports are among the most effective ways to help young people spend their free time usefully and meaningfully, strengthening their physical health while also achieving spiritual and moral development.

Training in kurash and freestyle wrestling develops discipline, a sense of responsibility, and goal-oriented abilities in young people. Regular practice in these sports protects youth from negative influences, including social ills such as drug addiction, alcoholism, and crime. Each training session held in sports halls not only improves physical fitness but also creates a favorable environment for strengthening friendships, fostering team spirit, and developing the ability to demonstrate oneself in a competitive

atmosphere. The pedagogical significance of kurash and freestyle wrestling in organizing young people's leisure time is invaluable. Through these sports, feelings of patriotism, national pride, and love for one's people are nurtured in youth. Opportunities to participate in international competitions allow young people to broaden their worldview, become acquainted with different cultures, and acquire skills in international cooperation. At the same time, sporting achievements increase young people's level of self-awareness and prepare them for future professional careers.

Kurash and freestyle wrestling also play an important role in the social adaptation of youth. Young people engaged in these sports have the opportunity to communicate with peers from different social backgrounds, learn from their life experiences, and contribute to their own personal development. The educational work carried out by coaches and sports pedagogues contributes to the moral development of youth, helps shape correct life perspectives, and supports their growth into useful members of society.

Today, sports are recognized as one of the key factors in social progress. In particular, the development of sports among young people is considered a strategic direction that determines the future of the country. The Law of the Republic of Uzbekistan "On Sports" and Presidential decrees "On measures for the development of physical education and sports" have created the legal foundations for supporting youth sports. Special attention to youth and the field of sports has been given within the framework of the "Five Initiatives" program and the "Year of Active Investments and Social Development" proclaimed by the President. Within these initiatives, priority has been given to developing the intellectual and physical potential of youth, encouraging their active engagement in sports, and creating modern sports infrastructure. The Zomin and Yangiobod districts of Jizzakh region hold a special place on Uzbekistan's sports map. The development of youth sports in these areas and their achievements in national and international competitions highlight new dimensions of the country's sporting potential.

The relevance of this research is determined by the following factors:

**Firstly**, analyzing youth sports at the regional level and scientifically evaluating their achievements has become a demand of the times.

**Secondly**, in achieving the goals set within the

framework of the "Five Initiatives" program, studying and promoting regional experiences is of great importance. The specific characteristics and development trends of youth sports in the Zomin and Yangiobod districts have not been fully studied.

**Thirdly**, it is necessary to assess the effectiveness of sports infrastructure and the system of training specialists in these regions.

**The aim of the research:** to conduct a comprehensive analysis of the sports achievements of young people in the Zomin and Yangiobod districts and to identify the factors influencing their development.

**Research objectives:**

- To conduct a statistical analysis of the achievements of young people in various sports in the Zomin and Yangiobod districts;
- To evaluate the effectiveness of youth sports programs implemented in these districts in accordance with the goals of the "Five Initiatives" program;
- To study the training process of successful young athletes;
- To determine the impact of sports infrastructure and specialist training on achievements;
- To develop recommendations for further development of youth sports and for training internationally competitive athletes within the framework of the "Five Initiatives."

**The object of the research:** the system of youth sports in the Zomin and Yangiobod districts.

**The subject of the research:** the achievements of young athletes from these districts in national and international competitions, as well as the factors influencing them.

In particular, a number of sports events were held in these districts during 2025.

In order to implement the Resolution of the President of the Republic of Uzbekistan dated January 3, 2025, No. PR-1, "On measures to further improve the effectiveness of creating a safe environment in the neighborhoods of the Republic in 2025 and preventing offenses at an early stage", and to ensure meaningful leisure activities for the population, a table tennis competition for boys and girls was held on February 7 in the sports hall of School No. 34, located in the Taraqqiyot neighborhood of Zomin district. More than 30 athletes participated in the event.

In Uzbekistan, active efforts are underway to develop tourism, including the introduction of new

technologies and the improvement of infrastructure. In particular, these issues were discussed today at a roundtable titled “Winter Sports and Tourism Technologies and Services in Central Asia”, organized with the support of the Commercial Section of the Austrian Embassy in Tashkent at the Tourism Committee. The meeting was attended by Deputy Governor of Jizzakh Region S. Shukurullayev and the leadership of the “Zomin Tourist Recreational Zone Directorate” state unitary enterprise. During the event, mutual cooperation meetings were held with Rudolf Lukavski, Austria’s Trade Counselor, on the development of the tourism sector in Jizzakh region.

In accordance with the Presidential Decree of the Republic of Uzbekistan dated January 30, 2025, No. PD-16, a large sports marathon was held on April 5 in Zomin district among women, with the aim of promoting a healthy lifestyle and developing mass sports. The event became an important platform for increasing women’s physical activity, supporting a healthy lifestyle, and further strengthening women’s social participation. The marathon began with morning exercises and walking activities. Together, women demonstrated the importance of increasing physical activity and promoting a healthy lifestyle.

Within the framework of the neighborhood-based work system, many sports events are also being organized. In particular, in Beshkubi neighborhood of Zomin district, the neighborhood stage of the five-stage “5 Initiatives Olympics” is ongoing, aimed at ensuring meaningful leisure time for young people and engaging them in sports. Within this Olympics, various sports and cultural-intellectual events are organized, creating wide opportunities for young people to showcase their talents.

On March 14, 2025, events within the framework of the “5 Initiatives Olympics” continued, and the next stages are planned to be organized at an even higher level. Today, in Chilonzor neighborhood of Zomin district, the neighborhood stage of the “5 Initiatives Olympics” was held in the form of a Street Workout competition among local youth. In this competition, participants demonstrated their physical fitness by performing various exercises. The event was organized to promote a healthy lifestyle among young people, increase their interest in sports, and identify active youth.

One of the district’s most renowned sports events in 2025 took place on May 12–16 at the Sports School in Zomin district, Jizzakh region, which once

again became the venue for a major sporting event. All conditions were created for the international open tournament “ZOMIN OPEN II” in freestyle wrestling, held among adolescents and younger teenagers.

It should be noted that the “ZOMIN OPEN II” international tournament is significant not only in the field of sports but also in showcasing Zomin district’s tourism potential, hospitality, and modern infrastructure. Such major sporting events have a strong positive impact on promoting a healthy lifestyle at the regional and national levels, as well as attracting the younger generation to sports.

The ZOMIN OPEN II international freestyle wrestling tournament, held in Zomin district of Jizzakh region, is a prestigious competition organized in cooperation with the Uzbekistan Wrestling Federation and the Jizzakh regional government. The tournament aims to engage young people in wrestling, nurture a new generation of athletes, improve their skills, strengthen ties of friendship among athletes from different countries, enhance Zomin district’s sporting reputation, and promote wrestling at both national and international levels.

Athletes born between 2010 and 2017 are participating in the competition. They compete in five weight categories, demonstrating their strength, resilience, and technical mastery. The tournament has brought together not only talented wrestlers from various regions of Uzbekistan but also from neighboring countries.

Nearly 400 young athletes under the age of 16 from Kyrgyzstan, Kazakhstan, Tajikistan, as well as the Dagestan region of Russia and all regions of Uzbekistan are taking part in the tournament. The event creates opportunities for young wrestlers to exchange experiences, demonstrate their sporting skills, and strengthen international friendship. Competitions are held in U-15, U-17, U-20, and U-23 age categories, with male and female athletes under 16 also participating. Teams from Uzbekistan’s regions and foreign countries take part. The tournament is organized jointly by the Uzbekistan Wrestling Federation, the Jizzakh regional government, the Zomin district administration, and local sports organizations. The jury includes international referees, representatives of the national federation, and regional sports specialists.

This tournament is of great importance at local, national, and international levels. Locally, it stimulates the development of sports

infrastructure in Zomin district, creates role models for young people, and encourages tourism and economic activity. At the national level, it contributes to the international recognition of Uzbekistan's wrestling school, serves as a platform for identifying and developing young talents, and helps preserve and promote national sporting traditions. Internationally, it supports the development of regional wrestling, strengthens cultural and sports diplomacy, and stands as an important event in the international sports calendar.

The ZOMIN OPEN tournament has become an increasingly significant sports event year after year. In the future, plans include expanding the number of participants and countries involved, raising the tournament's level to make it more prestigious, constructing modern sports facilities, and improving media coverage and broadcasting. This tournament represents an important achievement in the development of sports in Zomin district and strengthens its place in the international sports community as a continuation of Uzbekistan's wrestling traditions.

Another district of Jizzakh region, Yangiobod, has also hosted a number of noteworthy sports events within the framework of our national sport, kurash.

On May 8 of this year, an open tournament in the "National Kurash" category for the "Jizzakh Region Prosecutor's Cup" was held in Yangiobod district, Jizzakh region, among adults. The competition was organized in accordance with the rules of the International Kurash Association (IKA) and the approved regulations, in six weight categories — 60, 66, 73, 81, and 81+ kg. Its aim was to further develop kurash among youth and adults, as well as to nurture the younger generation in the spirit of patriotism, love, and loyalty to the Motherland.

Nearly 100 wrestlers from Tashkent, Sirdarya, Jizzakh, Samarkand, Kashkadarya regions, the city of Tashkent, and neighboring Tajikistan participated in the tournament, testing their strength against one another. In the overall team standings, Jizzakh region took 1st place, Tashkent region took 2nd place, and wrestlers from Samarkand and Kashkadarya regions secured 3rd place.

On August 7, 2025, Yangiobod also hosted sports competitions under the slogan "Energetic Elders". As part of this initiative, a National Kurash tournament was organized in Yangiobod district under the same theme.

In addition, in both districts, within the framework of the "Urgent 90 Days" program, sports competitions were held in schools, educational institutions, and neighborhoods. Such events are among the most effective strategic approaches to ensuring meaningful leisure and engagement of young people.

## CONCLUSION

As a result of the conducted research, a comprehensive analysis of the sports achievements of young people in the Zomin and Yangiobod districts was carried out, and the main factors influencing their development were identified. The results of the study allow us to draw the following conclusions:

Firstly, Zomin and Yangiobod districts occupy a special place on Uzbekistan's sports map, and the achievements of young athletes from these areas in national and international competitions reveal new aspects of the country's sporting potential. The results achieved in kurash and freestyle wrestling indicate promising directions for the development of sports in these regions. The successful organization of the ZOMIN OPEN II international freestyle wrestling tournament has made a significant contribution to Zomin district's recognition on the international sports arena and its transformation into a regional sports hub.

Secondly, the measures implemented within the framework of the "Five Initiatives" program have had an effective impact on involving young people in sports and improving their skills. The state policy aimed at developing the intellectual and physical potential of youth, creating modern sports infrastructure, and improving incentive systems has yielded positive results at the local level. This has become an important factor in ensuring that young people spend their free time meaningfully and are protected from negative influences.

Thirdly, kurash and freestyle wrestling not only provide physical development but also foster in young people a sense of patriotism, national pride, and social responsibility. Through these sports, young people learn to respect their cultural heritage and actively participate in international cooperation. Sports activities help youth develop personal qualities such as discipline, willpower, and the determination needed to achieve goals.

Fourthly, it was found that effective cooperation between local sports organizations, federations, and government bodies is one of the key conditions for the development of youth sports. Training qualified coaches, providing modern sports

facilities, and creating a system to support young talents are necessary for achieving even higher results in the future.

Based on the research results, the following recommendations can be made: firstly, further develop sports infrastructure and equip it with modern technologies; secondly, expand scholarship and incentive programs for young athletes; thirdly, increase the number of international tournaments and exchange programs to create opportunities for young people to gain international experience; fourthly, deepen scientific research in the fields of sports pedagogy and psychology.

In conclusion, the sports achievements of young people in the Zomin and Yangiobod districts represent a promising model for the development of sports in Uzbekistan and make an important contribution to achieving the goals of the "Five Initiatives" program. Implementing this experience in other regions will help further strengthen the country's sporting potential and secure a worthy place on the international sports arena.

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