



REGISTRATION - [WWW.HANDLESPORT.COM](http://WWW.HANDLESPORT.COM)



## DEAR G. MASTERS, MASTERS AND INSTRUCTORS

IT'S A PLEASURE TO INVITE YOU TO THE ITF SARDINIA OPEN THAT WILL BE HELD IN THE BEAUTIFUL ISLAND OF SARDINIA (ITALY) ON MAY 30-31 2020.

THE COMPETITION IS OPEN TO KIDS, JUNIORS, ADULTS AND VETERANS (ALL BELTS).

YOU ALSO HAVE THE OPPORTUNITY TO VISIT NATURAL AND HISTORICAL PLACES OF THIS BEAUTIFUL ISLAND. WE HOPE TO SEE YOU ENJOYING THIS EVENT WITH ALL THE PARTICIPANTS. ALL THE DETAILS BELOW.

BEST REGARDS

**SILVIA FARIGU - CHRISTIAN ORIOLANI -**

### ORGANIZERS

WEB SITE: [WWW.TKDSARDEGNA.COM](http://WWW.TKDSARDEGNA.COM)

EMAIL: [ITFSARDINIAOPEN@TKDSARDEGNA.COM](mailto:ITFSARDINIAOPEN@TKDSARDEGNA.COM)

INSTAGRAM: [TKDSARDEGNATEAM](https://www.instagram.com/TKDSARDEGNATEAM)

FACEBOOK: [ITF SARDINIA OPEN](https://www.facebook.com/ITF_SARDINIA_OPEN)

***FARIGUORIOLANITEAM***



LOCATION: "PALASPORT" VIA SIENA. CAPOTERRA (CAGLIARI) 09012. ITALY

HOW ARRIVE TO SARDINIA:

- AIRPORTS

- ELMAS AIRPORT: 25 KM TO CAPOTERRA
- ALGHERO AIRPORT: 260 KM
- OLBIA AIRPORT: 284 KM

- PRIVATE TRANSFER

MR. STEFANO SCALAS –

▪ FROM ELMAS AIRPORT TO CAGLIARI:

- €20 (1-3 PERSON)
- €30 (UNTIL 8 PERSONS)  
(NIGHT SCHEDULE + 20%)

▪ FROM CAGLIARI CENTER OR AIRPORT TO CAPOTERRA:

- €35 (1-3 PERSON)
- €45 (UNTIL 8 PERSONS)  
(NIGHT SCHEDULE + 20%)

TELEPHONE: WHATSAPP CONTACT +39 329 615 8988

WEBSITE: [WWW.SARDINIADRIVER.COM](http://WWW.SARDINIADRIVER.COM)

- TAXI

- FROM ELMAS AIRPORT TO CAGLIARI €15/€20 (15 MINUTES APROX)
- FROM CAGLIARI TO CAPOTERRA €40/€50 (35 MINUTES APROX)

- TRAIN

- FROM ELMAS AIRPOR TO CAGLIARI €1,30 (12 MINUTES APROX)

[WWW.TRENITALIA.COM](http://WWW.TRENITALIA.COM)

- BUS

- BUS ARST N° 130 – STAZIONE ARST – PIAZZA MATTEOTTI TO CAPOTERRA (CLOSE TO THE PALASPORT) €1,90 (20 MIN APROX)
- AUTOLINEE BAIRE – PIAZZA MATTEOTTI TO CAPOTERRA (CLOSE TO THE PALASPORT) €5,20 (40 MINUTES APROX)

[HTTPS://WWW.TOURBAIRE.IT](https://WWW.TOURBAIRE.IT)

## **ACCOMODATION**

YOU CAN FIND DIFFERENT SOLUTIONS BOTH IN CAPOTERRA (CLOSE TO THE STADIUM) AND IN CAGLIARI, LIKE HOTEL , BED AND BREAKFAST, APARTMENTS.

WE ARE HAPPY TO HELP YOU TO FIND THE BEST OPTION FOR YOU AND YOUR TEAM HERE IN SARDINIA.

MORE DETAILS SOON.

## **REGISTRATION**

- [WWW.HANDLESPORT.COM](http://WWW.HANDLESPORT.COM)

## **DEADLINE REGISTRATION: MAY 25 2020 –**

ALL ERRORS MADE IN THE APPLICATION (AFTER MAY 25) WHICH WILL LEAD TO A CHANGE THE COMPETITOR DIVISION OF WILL ONLY BE CORRECTED AFTER A FINE PAYMENT OF 10€.

## **FEES**

- TAEKWON-DO ITF
  - o 20€ KIDS UNTIL 9 YEARS OLD INCLUDED (PATTERN & SPARRING)
  - o 25€ COLOURS BELTS FROM 10 YEARS OLD INCLUDED
  - o 30€ BLACK BELT CADETES/JUNIOR/SENIOR (1 OR 2 SPECIALITIES)
  - o 40€ BLACK BELT JUNIOR/SENIOR (3 OR MORE SPECIALITIES)

## **AWARDS**

- 1ST, 2ND OR 3RD WILL BE AWARDED IN EACH CATEGORY

## **TOUR**

- THE TOUR WILL BE ON SUNDAY AND ANOTHER ONE ON MONDAY. WILL UPDATE THE DETAILS SOON.

# SCHEDULE

## MAY 29 2020 -

- 6 PM TO 9 PM - REGISTRATION

## MAY 30 2020 -

- 7:30 AM - 9:30 AM REGISTRATION

## MAY 31 2020 -

- 7:30 AM - 8:30 AM REGISTRATION
- 8 AM UMPIRE AND COACHES MEETING
- 9 AM COMPETITION START
  - o 9 AM BLACK BELT CADETES/JUNIOR/SENIOR (ALL SPECIALITIES)
  - o 1 PM OPEN CEREMONY
  - o 1:30 PM COLOUR BELTS (KIDS/CADETES/JUNIOR/SENIORS)
  - o 5 PM COMPETITION FINISH



# TAEKWON-DO ITF RULES

SPECIALITIES: PATTERN - SPARRING - TRADITIONAL SPARRING – POWER/SPECIAL TECHNIQUES –  
TEAM PATTERN - TEAM SPARRING –

## PATTERN

- AGE 4-5 YEARS OLD / 6-7 / 8-9 / 10-11 / 12-13 / 14-17 / 18-35 / +36
- BELTS 10-9 KUP / 8-5 KUP / 4-1 KUP / 1 DAN / 2 DAN / 3 DAN / 4-6 DAN

### COLOUR BELT:

- 1 OPTIONAL PATTERN APPROPRIATE TO THEIR DEGREE OR ONE IMMEDIATELY BEFORE

### BLACK BELT:

CADETS, JUNIORS AND SENIORS 1 DESIGNATED PATTERNS  
FINALS: 2 DESIGNATED PATTERN

## SPARRING

### COLOUR BELTS:

- JUNIOR, SENIOR, VETERANS 1 X 2;00 MINUTES (QUALIFICATIONS AND FINALS)
- UP TO 13 YEARS OLD 1 X 1;30 MINUTES (QUALIFICATIONS AND FINALS)

### BLACK BELTS:

- JUNIOR, SENIOR, VETERAN 2 X 2 MINUTES (QUALIFICATIONS AND FINALS)
- UP TO 13 YEARS OLD 1 X 1;30 MINUTES (QUALIFICATIONS AND FINALS)

### CATEGORIES:

BELT: 10-9 KUP / 8-5 KUP / 4-1 KUP / BLACK BELT

- SENIOR/VETERANS MALE: 57 KG, 63 KG, 70 KG, 78 KG, 85 KG, +85 KG
- SENIOR/VETERANS FEMALE: 50 KG, 56 KG, 62 KG, 68 KG, 75 KG, +75 KG
- JUNIOR MALE 50 KG, 56 KG, 62 KG, 68 KG, 75 KG, +75 KG
- JUNIOR FEMALE: 45 KG, 50 KG, 55 KG, 60 KG, 65 KG, +65 KG
- CADETES MALE -40kg, -45 kg, -52 kg, -60 kg, +60 kg  
-35kg, -40 kg, -45 kg, -50 kg, + 50 kg
- KIDS HEIGHT: - 110 – 120 -130 – 140 -150 - 160 - 170 – OVER 170 CM

IF NECESSARY ORGANIZATION CAN AMALGAMATE DIVISIONS WITHOUT SUFFICIENT ENTRANTS

## TEAM PATTERN

- 3 COMPETITORS PER TEAM (CAN BE MIX, FEMALE AND MALE)
- 2 CATEGORIES JUNIOR AND SENIOR
- 1 OPTIONAL PATTERN – HWANG GAE/PO EUN/GEBAEK

## TEAM SPARRING

- 3 COMPETITORS PER TEAM - 14-17 YEARS OLD BLACK BELT
  - 2 CATEGORIES MALE / FEMALE
- 3 COMPETITORS PER TEAM FROM 18 YEARS, BLACK BELT
  - 2 CATEGORIES MALE / FEMALE

## PRE-ARRANGED FREE SPARRING

- FROM 14 YEARS OLD BLACK BELT.
- CAN BE MIX (FEMALE, MALE)
- TIME: FROM 60 SECONDS UNTIL 75 SECONDS

## SPECIAL TECHNIQUES

- DIVISIONS: JUNIOR MALE – JUNIOR FEMALE – SENIOR MALE – SENIOR FEMALE – VETERANS MALE – VETERANS FEMALE
- 1 TECHNIQUE FOR CLASSIFICATION JUNIOR MALE/FEMALE
  - AFTER QUALIFICATION 1) TWIMYO NOPI CHAGI 2) TWIMYO DOLLYO CHAGI 3) TWIO DOLMYO YOP CHA JIRUGI
- 1 TECHNIQUE FOR CLASSIFICATION SENIORS/VETERANS MALE/FEMALE
  - AFTER QUALIFICATION 1) TWIMYO NOPI CHAGI 2) TWIMYO DOLLYO CHAGI 3) TWIO DOLMYO YOP CHA JIRUGI 5) TWIMYO BANDAE DOLLYO CHAGI 5) TWIMYO NOPI YOP CHA JIRUGI

## POWER TECHNIQUES

- BLACK BELTS DIVISIONS: JUNIOR MALE – JUNIOR FEMALE – SENIOR MALE – SENIOR FEMALE – VETERANS MALE – VETERANS FEMALE
- 1 TECHNIQUE FOR CLASSIFICATION JUNIOR MALE/FEMALE
  - AFTER QUALIFICATION 1) SONKAL TAERIGI 2) YOP CHAGI 3) DOLLYO CHAGI
- 1 TECHNIQUE FOR CLASSIFICATION SENIORS/VETERANS MALE/FEMALE
  - AFTER QUALIFICATION 1) SONKAL TAERIGI 2) AP JOOMUK JIRUGI 3) YOP CHA JIRUGI 4) DOLLYO CHAGI 5) TWIMYO BANDAE DOLLYO CHAGI

## SPARRING EQUIPMENT:

- HAND AND FOOT GEAR (COLOR IS NOT IMPORTANT)
- **RED** AND **BLUE** HEAD GEAR DEPENDING ON THE DRAW
- TRANSPARENT MOUTH GUARD
- GROIN GUARD (WORN INSIDE THE DOBOK TROUSERS).

## TKD UMPIRES

EACH CLUB MUST BRING UMPIRES AT LEAST:

- 1 UMPIRE (OR 50€) = 1-7 COMPETITORS
  - 2 UMPIRES (100€) = 8 - 19 COMPETITORS
  - 3 UMPIRES (OR 150€) = MORE 20 COMPETITORS
- WHITE SHIRT, DARK BLUE OR BLACK PANTS, BLUE TIE, WHITE SHOES

## COACHES

- COACHES OUTFIT: TRACKSUIT, SPORT SHOES, TOWEL

## PROTEST (AMENDMENT)

- AT THE ITF SARDINIA OPEN PROTEST FEE WILL BE €100

## LIABILITY

- 1- HOST AND ORGANIZER TAKE OVER NO LIABILITY THEIR OWN CHILDREN AND JUNIOR TO AGE 18 NEED A DECLARATION OF CONSENT.**
- 2- ALL COMPETITORS MUST HAVE THEIR OWN LIABILITY INSURANCE. PRESS MATERIAL MADE BY THE ITF SARDINIA OPEN & BJJ OPEN ORGANIZATION OR INDIVIDUALS APPOINTED BY THE ORGANIZING COMMITTEE CAN BE PUBLICLY USED.**
- 3- BEING PRESENT AS COMPETITOR, COACH OR UMPIRE AT THIS COMPETITION MEANS THAT YOU AGREE WITH THESE RULES. WE HIGHLY RECOMMEND COMPETITORS TO BRING THEIR IDENTIFICATION PAPERS TO THE TOURNAMENT AS, IN CASE OF INJURY.**

FOR MORE DETAILS OR INFORMATION ABOUT THE CHAMPIONSHIPS PLEASE CONTACT OUR SECRETARY BY E-MAIL: [itfsardiniaopen@tkdsardegna.com](mailto:itfsardiniaopen@tkdsardegna.com)

WE ARE LOOKING FORWARD TO MEETING YOU IN ITALY, BEST REGARDS.

SILVIA FARIGU & CHRISTIAN ORIOLANI

