

SARDINIA

OPEN CHAMPIONSHIP

JUN, 8 2024

WELCOME ALL ITF TAEKWON-DO MEMBERS FROM ALL THE WORLD!

Dear Grand Masters, Masters, Instructors and Students,
It's a pleasure to invite you to the ITF SARDINIA OPEN that will be held in the beautiful island of Sardinia (Italy) on June 8 of 2024.
The competition is open to kids, juniors, adults and veterans (all belts).
You also have the opportunity to visit natural and historical places of the amazing island.
We hope to see you enjoying this event with all the participants.
All the details bellow.



EMAIL: ITFSARDINIAOPEN@TKDSARDEGNA.COM
INSTAGRAM: ITFSARDINIAOPEN
FACEBOOK: ITF SARDINIA OPEN
WEB SITE: WWW.TKDSARDEGNA.COM

Best regards;
Master Christian Oriolani
Sabum Nim Silvia Farigu
Organizers



LOCATION

AIRPORTS - TRANSFERS - ACCOMODATION



PALASPORT VIA SIENA. CAPOTERRA (CAGLIARI) 09012. **FARIGUORIOLANI**



FLYING TO SARDINIA

- ○ ELMAS AIRPORT: 25 KM FROM CAPOTERRA
- ○ ALGHERO AIRPORT: 260 KM FROM CAPOTERRA
- ○ OLBIA AIRPORT: 284 KM FROM CAPOTERRA

PRIVATE TRANSFER

- **BUS FOR 8 PEOPLES 120€**
 - **BUS FOR 16 PEOPLES 156€**
 - **BUS FOR 30 PEOPLES 300€**
 - **BUS FOR 50 PEOPLES 350€**
- + 20% IVA BETWEEN 9 PM TO 7 AM**

OPTIONS

▪ **PRICE FOR ONE WAY**

1. **FROM CAGLIARI AIRPORT TO CAPOTERRA OR CAPOTERRA TO AIRPORT**
2. **FROM CAGLIARI CITY TO CAPOTERRA OR CAPOTERRA TO CAGLIARI**

FOR BOOKING
ITFSARDINIAOPEN@TKDSARDEGNA.COM

ACCOMODATION

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

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

WE RECOMMEND BOOK SOON POSSIBLE BECAUSE JUNE IT'S HIGH SEASON.

YOU CAN FIND SOME INFO IN WWW.BOOKING.COM



SCHEDULE

JUNE 7/

6 PM TO 8 PM - CONTROL WEIGHT AND REGISTRATION
PALASPORT VIA SIENA. CAPOTERRA 09012. ITALY.

JUNE 8/

7:30 AM - 8:30 AM REGISTRATION

8:30 AM UMPIRE AND COACHES MEETING

9 AM COMPETITION START
BLACK BELT CADETS/JUNIORS/SENIORS

2 PM OPEN CEREMONY + GALA (FEW FINALS)

3 PM ALL COLORS BELTS

8 PM COMPETITION FINISH



REGISTRATION



They will be by WWW.HANDLESPORT.COM website

DEADLINE REGISTRATION:
MAY 31 of 2024



FEES

- o **35€** KIDS UNTIL 9 YEARS OLD INCLUDED (PATTERN & SPARRING)
- o **40€** REST OF COMPETITORS (PATTERN & SPARRING)
- o **20€** TAG TEAM (PER TEAM)
- o **20€** PRE-ARRANGED SPARRING (PER TEAM)
- o **30€** TEAM SPARRING (PER TEAM)
- +5€** OTHER ITF FEDERATIONS PER ITEM

THE INSCRIPTION FEE PAYMENTS WILL BE DURING THE REGISTRATION AT THE PALASPORT VIA SIENA. CAPOTERRA 09012.



UMPIRES



- IMPORTANT: EACH CLUB MUST BRING UMPIRES AT LEAST:**
- **1 UMPIRE (OR 50€) = 1-10 COMPETITORS**
 - **2 UMPIRES (80€) = 11 - 19 COMPETITORS**
 - **Clothes: White t-shirt, Dark blu or black pants, blue Tie, White shoes**

AWARDS



- 1ST, 2ND OR 3RD WILL BE AWARDED IN EACH CATEGORY**
- **CERTIFICATE OF PARTICIPATION**
 - **MEDAL PARTICIPATION TO ALL KIDS UNTIL 9 YEARS OLD**



AGE & BELT DIVISIONS

VETERANS	BORN 1988 AND LESS
SENIORS	BETWEEN 2005/1989
JUNIORS	BETWEEN 2008/2006
PRE-JUNIORS	BETWEEN 2011/2009
TOTS	BORN 2019 OR 2018
CHICK	BORN 2017 OR 2016
DRAGONS	BORN 2015 OR 2014
KIDS	BORN 2013 OR 2012

BELTS PATTERN	WHITE/YELLOW/GREEN/BLU/RED 1 DAN / 2 DAN / 3 DAN / 4-6 DAN / 7 DAN
BELTS SPARRING	10-9 KUP / 8-5 KUP / 4-1 KUP 1-6 DAN / -7 DAN

NEW

SPECIALITIES PATTERNS 1



COLOUR BELT:

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



BLACK BELT:

- PRE-JUNIORS, JUNIORS AND SENIORS: 2 DESIGNATED PATTERNS - QUALIFICATIONS / FINALS

MASTERS:

- 2 PATTERNS. FIRST TONG IL & SECOND SE-JONG



2

PRE-ARRANGED SPARRING

(ITF RULES) TIME FROM 60" UNTIL 75

DIVISIONS:



1. PRE-JUNIORS BLACK BELTS
2. JUNIORS BLACK BELTS
3. ADULTS BLACK BELTS

THEY CAN BE MIXED (FEMALE/MALE)



SPECIALITIES

3

SPARRING



COLOUR BELTS:

- UP TO 11 YEARS OLD
1 X 1;30 MINUTES - QUALIFICATIONS / FINALS
- PRE-JUNIORS, JUNIORS, SENIORS, VETERANS
1 X 2;00 MINUTES - QUALIFICATIONS / FINALS



BLACK BELTS:

- UP TO 11 YEARS OLD 1 X 1;30 MINUTES - QUALIFICATIONS / FINALS
- PRE-JUNIORS, JUNIORS, SENIORS, VETERANS 2 X 2 MINUTES - QUALIFICATIONS / FINALS



SPECIALITIES

SPARRING DIVISIONS

NEW

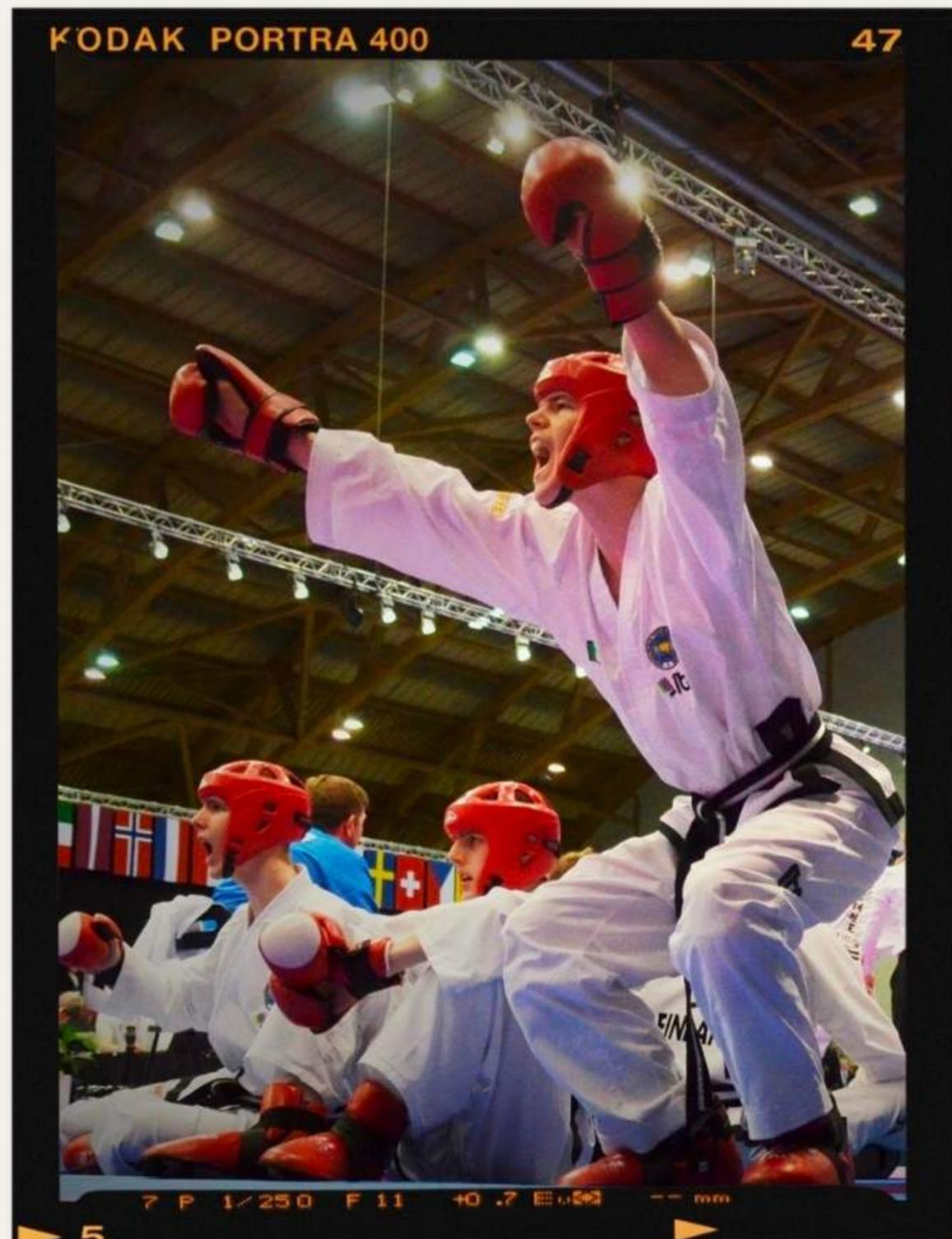


7 DAN	1 CATEGORY
VETERANS MALE	-70/ +70kg
VETERANS FEMALE	-60/ + 60kg
SENIORS MALE	-57/63/69/75/81/87/+87kg
SENIORS FEMALE	-50/55/60/65/70/75/+75 kg
JUNIORS MALE (2008/2006)	-50/55/60/65/70/75/+75kg
JUNIORS FEMALE (2008/2006)	-45/49/53/57/61/65/+65kg
PRE-JUNIOR MALE (2011/2009)	-40/45/50/55/60/65/+65kg
PRE-JUNIOR FEMALE (2011/2009)	-40/44/48/52/56/60/+60kg
TOTS 2018-2019	-110cm/ -120/cm -130cm/ +130cm
CHICKS 2017-2016	-120cm/ -130cm/ -140cm/ +140cm
DRAGONS 2015-2014	-120cm/ -130cm/ -140cm/ -150cm/ +150cm
KIDS 2012-2013	-130cm/ -140cm/ -150cm/ -160cm/ +160cm



If we have a **BIG** category of kids, we will try so separate in Female and Male.
And if necessary, they can be unified by committee

SPECIALITIES



4 TEAM SPARRING *round robin*

Each team must be made of 3 competitors.

DIVISIONS BLU & RED / BLACK BELTS

- Team Juniors - male/female
- Team seniors- male/female
- Team veterans - male/female

RULES

- Round Robin: In a round-robin tournament, **each team spar against every other team** in the group, the WINNERS of each group will fight together in a classical draw (e.g. semifinal -> Final). The other rules follow the official ITF Rules of Competition (team sparring).

 **IF YOU LOVE TO FIGHT!**

SPECIALITIES

NEW

5

TAG TEAM SPARRING

Each team must be made of 2 athletes. Teams can be made up of juniors and/or senior athletes, male and/or female.

DIVISIONS

- Blu & Red belts: Pre-junior/Junior/Seniors/Veterans
- Black belt: Pre-junior/Junior/Seniors/Veterans

Preliminaries and Finals: 1 X 2;00 MINUTES - QUALIFICATIONS / FINALS

RULES

The Tag Team Sparring competition consists of teams made up of two competitors. Competitors may tag in and out **ONLY** with the touch (tag) of the gloves with the other member of the team. The teammate who is resting must be ready for the tag near the coach's corner. All team members **must** spar each round and at least 10 seconds each time (if not, the team is disqualified). Points and warnings are the same as 1vs1 sparring.



EQUIPMENT COACHES, REFEREE, COMPETITORS

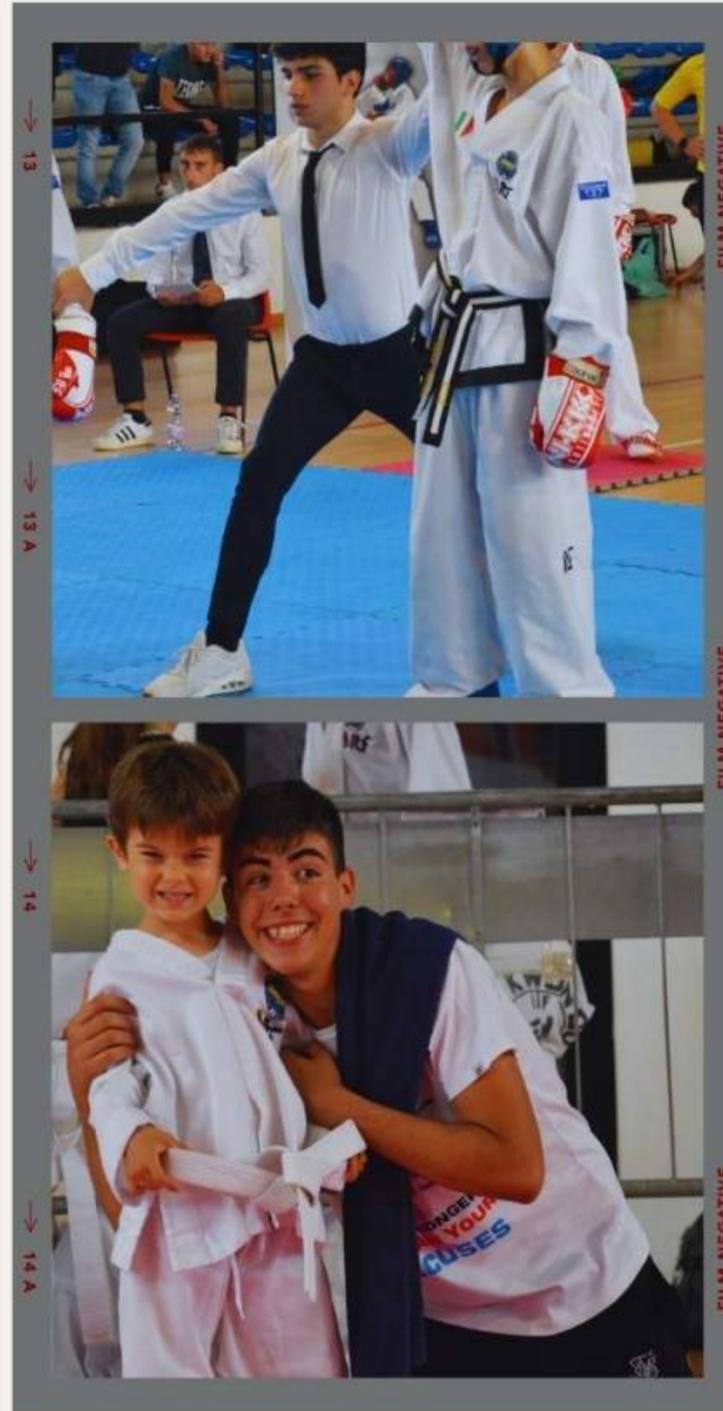
COMPETITORS MANDATORY:

- HEAD GUARDS RED or BLUE (Depending the Draw)
- ITF SPARRING BOOTS
- ITF GLOVES
- GROIN GUARDS (from 12 years old)
- MOUTH GUARDS (from 10 years old)

- Not allowed “Open Hand or Close Boxing Hand” protection.

DOBOK:

- ALL ITF DOBOK (NOT ALLOWED GREY DOBOK)



UMPIRES:

- WHITE SHIRT, DARK BLUE PANTS, BLUE TIE, WHITE SHOES

COACHES:

- TRACKSUIT, SPORT SHOES, TOWEL



LOCATION



SARDINIA IS THE SECOND-LARGEST ISLAND IN THE MEDITERRANEAN SEA (AFTER SICILY AND BEFORE CYPRUS), WITH AN AREA OF 24,100 KM2 (9,305 SQ MI).

But did you know there are many islands of Sardinia that you can also visit?

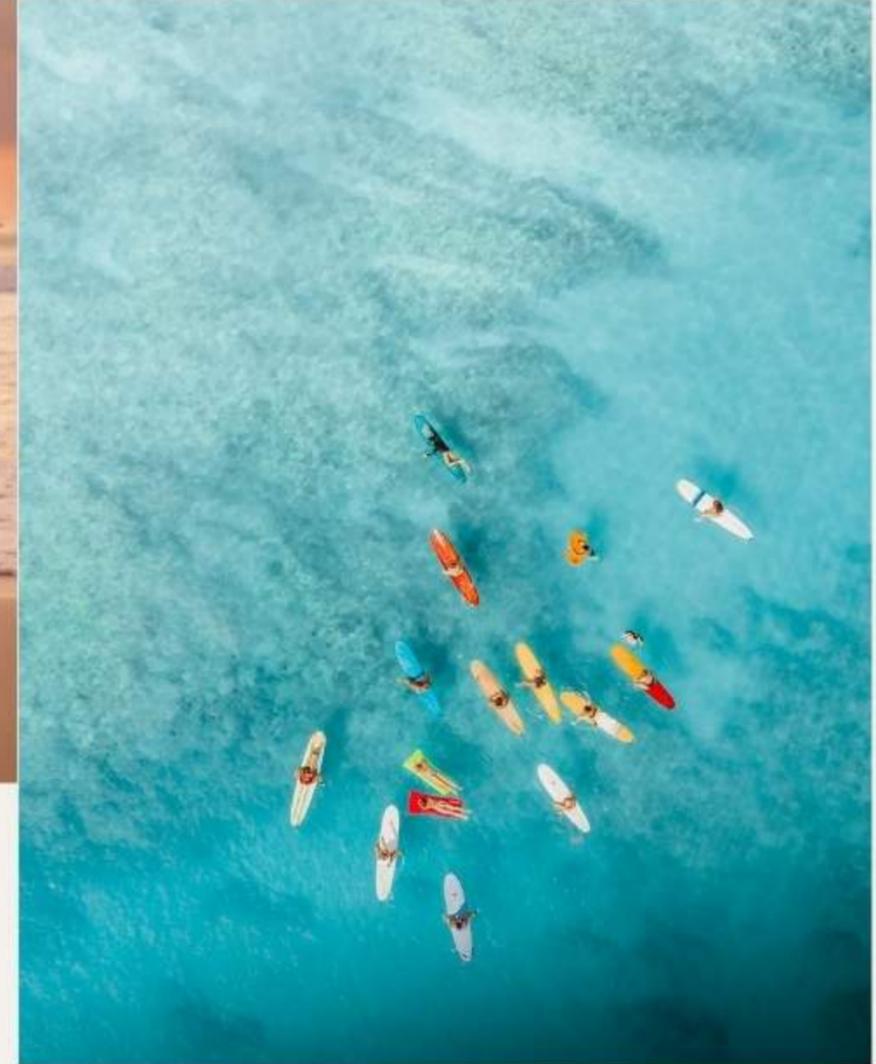
Some of the smaller islands of Sardinia are inhabited – you will find charming, quaint villages: that’s the case of Sant’Antioco and San Pietro islands. Others are completely uninhabited, and natural, pristine and highly protected, and are home to some incredibly interesting sites – that’s the case of Asinara and some of the islands of La Maddalena Archipelago (both are national parks!).

Some have also been the object of political disputes until very recently.

What the islands of Sardinia have in common is a truly breathtaking beauty. Are you curious to find out more about them?

COME TO VISIT!

AFTER COMPETITION



Maybe you like do surf, kitesurf, sup, windsurf, climb..
or maybe you want to relax with your friends in one of many beautiful beaches of
Sardinia?

Everything is possible!

IF YOU ARE INTERESTED IN SOME OF THESE ITEMS, CONTACT US AND WE GIVE YOU
MORE INFORMATION ABOUT EVERYTHING.

REMEMBER, CONTACT US!

ITFSARDINIAOPEN@TKDSARDEGNA.COM





TAE KWON DO

team

SARDEGNA

WWW.TKDSARDEGNA.COM

FARIGUORIOLANI
TEAM

SCUOLA ADELANTE
Scuola di Arti Marziali, Fitness & Benessere
CAPOTERRA

