



**JUNE 20, 2026**

# Sardinia Open

*Round Robin*

**THE PERFECT  
COMBINATION  
BETWEEN PHYSICAL  
ACTIVITY AND  
VACATION**



**EXTRA  
BONUS**

**TAG TEAM  
PRE-ARRANGED  
PATTERNS  
SPARRING  
TEAMS**

**ROUND ROBIN  
CATEGORIES FOR MASTERS**

**JOIN TO THE GOLDEN SUMMER CAMP TOO. JUNE 20-22**

**INFO: [WWW.FARIGUORIOLANI.COM](http://WWW.FARIGUORIOLANI.COM)  
REGISTRATION: [WWW.HANDLESPORT.COM](http://WWW.HANDLESPORT.COM)**

## LOCATION

- PALASPORT OF CAPOTERRA
- VIA SIENA. CAPOTERRA (CAGLIARI) 09012. ITALY

## SCHEDULE

### JUNE 19

- 7 PM TO 8 PM - REGISTRATIONS
- PALASPORT VIA SIENA. CAPOTERRA 09012. ITALIA.

### JUNE 20

- 7:00 AM - 8:15 AM REGISTRATIONS
- 8:30 AM - UMPIRE AND COACHES MEETING
- 9 AM - BLACK BELTS PRE-JUNIORS, JUNIORS, ADULTS AND VETERANS
- 2 PM OPEN CEREMONY
- 2:30 PM COLOR BELTS
- 7 PM END

# REGISTRATION

## & FEES



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

**DEADLINE REGISTRATION:**

**JUNE 10, 2026**

## FEES

- **35€** UP TO 11 YEARS OLD (INCLUDED) INDIV. PATTERN & SPARRING
- **40€** PRE-JUNIOR, JUNIORS, ADULTS AND VETERANS. INDIV. PATTERN & SPARRING
- **20€** TAG TEAM (PRICE PER TEAM)
- **20€** PRE-ARRANGED SPARRING (PRICE PER TEAM)
- **30€** TEAM PATTERN (PRICE PER TEAM)

## UMPIRES

**IMPORTANT: EACH CLUB MUST BRING UMPIRES AT LEAST:**

- **1 UMPIRE (OR 50€) = 1-10 COMPETITORS**
- **2 UMPIRES (90€) = 11 - 19 COMPETITORS**

## AWARDS

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

**Payment can be Cash during the registration or by bank**

**Bank: Intesa SanPaolo**

**Name: ASD Adelante**

**Iban: IT27F0306909606100000137470**

**Swift/Bic: BCITITMMXXX**



**Please, send a copy of the payment to [info@fariguoriolani.com](mailto:info@fariguoriolani.com)**

# AGES

VETERANI	+36 years old
SENIORS	18-35 years old
JUNIOR	15-17 years old
PRE-JUNIOR	12-14 years old
KIDS	10-11 years old
DRAGONS	8-9 years old
CHICKS	6-7 years old
TOTS	4-5 years old

# BELT DIVISIONS



PATTERNS 	WHITE/YELLOW/GREEN/BLUE/RED 1 DAN / 2 DAN / 3 DAN / 4-6 DAN / 7 DAN
SPARRING 	10-9 KUP / 8-5 KUP / 4-1 KUP 1-6 DAN / -7 DAN

**NEW**

# SPARRING

<b>7 DAN</b>	-70/ +70kg
VETERAN MALE	-70/ +70kg
VETERAN FEMALE	-60/ + 60kg
SENIORS MALE	-57/63/69/75/81/87/+87kg
SENIORS FEMALE	-50/55/60/65/70/75/+75kg
JUNIOR MALE	-50/55/60/65/70/75/+75kg
JUNIOR FEMALE	-45/49/53/57/61/65/+65kg
PRE-JUNIOR MALE	-40/45/50/55/60/65/+65kg
PRE-JUNIOR FEMALE	-40/44/48/52/56/60/+60kg
KIDS 10-11 YEARS OLD	-35/40/45/50/+55kg
DRAGONS 8-9 YEARS OLD	-30/35/40/45/+45kg
CHICKS 6-7 YEARS OLD	-25/30/35/40/+40kg
TOTS 4-5 YEARS OLD	-25/30/35/40/+40kg



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 commitee

## 1 PATTERNS

### COLOUR BELTS ALL AGES & BLACK BELTS UNTIL 11 YEARS INCLUDED:

- 1 OPTIONAL PATTERN APPROPRIATE TO THEIR DEGREE OR ONE IMMEDIATELY BEFORE
- (BLUE, RED, BLACK ONE DIVISION)

### BLACK BELTS:

- PRE-JUNIORS: 2 MANDATORY PATTERNS - QUALIFYING & FINALS
- JUNIORS, SENIORS, VETERANS - 2 MANDATORY PATTERNS **ROUND ROBIN ALL AGAINST ALL**

### MASTERS:

- 2 PATTERNS. TONG IL & SE-JONG

## 2 SPARRING

### COLOR BELTS

- KIDS - UP TO 11 YEARS OLD - 1 X 1;30 MIN - QUALIFYING & FINALS
- PRE-JUNIORS, JUNIORS, SENIORS, VETERANI - 1 X 2;00 MIN - QUALIFYING & FINALS

### CINTURE NERE:

- PRE-JUNIORS 1 X 2;00 MIN - QUALIFYING & FINALS
- JUNIORS, SENIORS, VETERANS - 1 X 2 MIN **ROUND ROBIN ALL AGAINTS ALL**

## 3 TAG TEAM

### DIVISIONS: FEMALE - MALE

- Color Belts: JUNIORS - SENIORS/VETERANS (no weight division)
- Black Belts: PRE JUNIORS - JUNIORS - SENIOR/VETERANS (no weight division)

**TIME:** 1 X 1;30 minuti -QUALIFYING & FINALS

### REGOLE:

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.

## 4 PRE-ARRANGED SPARRING

### DIVISIONS:

- BLACK BELTS
- PRE JUNIORS - JUNIORS/ADULTS

## 5 TEAM PATTERNS

### ONLY FOR COLOR BELTS

- Group A) From IX kup to VII kup - Group B) from VI kup to I Kup

### TEAMS:

- 3 Persons (can be male and female together)
- a) Juniors - b) Seniors

### RULES:

- GROUP A) OPTIONAL PATTERN FROM Chong Ji a Do San.
- GROUP B)OPTIONAL PATTERN FROM Won Hyo a Choong Moo

# 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
- 

## UMPIRES

- WHITE SHIRT, DARK BLUE PANTS, BLUE TIE, WHITE SHOES
- COACHES:
- TRACKSUIT, SPORT SHOES, TOWEL

## COACHES:

- TRACKSUIT, SPORT SHOES, TOWEL

## ARRIVE IN SARDEGNA & SLEEP

### FLIGHT IN SARDEGNA

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

### ACCOMODATION

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

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

[YOU CAN FIND SOME INFO IN WWW.BOOKING.COM](http://WWW.BOOKING.COM)

**AFTER COMPETITION**

**ENJOY**



IF YOU ARE INTERESTED IN SOME  
ACTIVITIES, CONTACT US!  
[INFO@FARIGUORIOLANI.COM](mailto:INFO@FARIGUORIOLANI.COM)



Comitato Provinciale di Cagliari  
Ente di Promozione Sportiva  
Federazione Nazionale del  
Comitato Balneo Pininfino