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SPORT PALACE OF CAPOTERRA 09012. CAGLIARI. ITALY



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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 7 of 2025.

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.

> Best regards; Master Christian Oriolani Sabum Nim Silvia Farigu









PALASPORT VIA SIENA. CAPOTERRA (CAGLIARI) 09012. ITALY

FLYING TO SARDINIA

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

PRIVATE TRANSFER

- CAGLIARI CAPOTERRA (2 ways)
- AIRPORT CAPOTERRA (2 ways)
- AIRPORT CAGLIARI (2 ways)

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



Contact info@fariguoriolani.com





SCHEDULE

JUNE 6/

10-12 AM - 6 PM TO 8 PM - CONTROL WEIGHT AND REGISTRATION

PALASPORT VIA SIENA. CAPOTERRA 09012. ITALY.

JUNE 7/

7:00 AM - 8:15 AM REGISTRATION

8:30 AM UMPIRE AND COACHES MEETING

9 AM COMPETITION START BLACK BELTS CADETS/JUNIORS/SENIORS

3 PM ALL COLORS BELTS BLACK BELTS UNDER 11 YEARS OLD INCL.

> 6 PM CEREMONY OF SARDINIA CHAMPIONSHIP & GOLDEN SUMMER CAMP

GALA ARGENTINA VS ITALY (TEAM SPARRING)

REGISTRATION

WWW.HANDLESPORT.COM website

DEADLINE REGISTRATION: MAY 31 of 2025

FEES

- 35€ KIDS UP TO 11 YEARS OLD INCLUDED
- 40€ JUNIOR, SENIORS, VETERANS (only color belts) CADETS (all belts)
- 45€ BLACK BELTS (Junior, Seniors, Veterans)
- 10€ TAG TEAM (per team)
 - +10€ OTHER ITF FEDERATIONS PER ITEM

UMPIRES

IMPORTANT: EACH CLUB MUST BRING UMPIRES AT LEAST:

- I UMPIRE (OR 50€) = 1-10 COMPETITORS
 - 2 UMPIRES (90€) = 11 19 COMPETITORS
 - Clothes: White t-shirt, Dark blu or black pants, blue Tie, White shoes

AWARDS

1ST, 2ND AND TWO 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

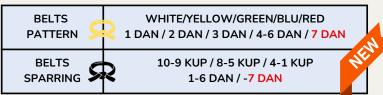
Please, send a copy of the payment to info@fariguoriolani.com

AGES, CATEGORIES & PATTERNS/SPARRING DIVISIONS



VETERANS	+36 Years Old
SENIORS	18-35 Years Old
JUNIORS	15-17 Years Old
PRE-JUNIORS	12-14 Years Old
KIDS	10-11 Years Old
DRAGONS	8-9 Years Old
СНІСКЅ	6-7 Years Old
тотѕ	4-5 Years Old

BELTS DIVISIONS



SPARRING DIVISIONS

1 CATEGORY
-70/ +70kg
-60/ + 60kg
-57/63/69/75/81/87/+87kg
-50/55/60/65/70/75/+75 kg
-50/55/60/65/70/75/+75kg
-45/49/53/57/61/65/+65kg
-40/45/50/55/60/65/+65kg
-40/44/48/52/56/60/+60kg
-130cm/ -140cm/ -150cm/ -160cm/ +160cm
-120cm/ -130cm/ -140cm/ -150cm/ +150cm
-120cm/ -130cm/ -140cm/ +140cm
-110cm/ -120/cm -130cm/ +130cm





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



(EXCEPTION FOR KIDS & TAG TEAM)

PATTERNS

COLOUR BELTS ALL AGES - BLACK BELTS UNTIL 11 YEARS INCLUDED:

 <u>1 OPTIONAL PATTERN</u> APPROPRIATE TO THEIR DEGREE OR ONE IMMEDIATELY BEFORE (BLUE, RED, BLACK ONE DIVISION)

BLACK BELTS:

- PRE-JUNIORS: 2 DESIGNATED PATTERN (1 OF THE DEGREE AND 2 BETWEEN ALL) OUALIFICATIONS AND FINALS.
- JUNIORS, SENIORS, VETERANS 2 DESIGNATED PATTERNS ROUND ROBIN ALL AGAINST ALL

MASTERS:

2 PATTERNS. FIRST TONG IL & SECOND SE-JONG



COLOUR BELTS

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

BLACK BELTS:

- PRE-JUNIORS 1 X 2:00 MINUTES QUALIFICATIONS / FINALS
- JUNIORS, SENIORS, VETERANS 1 X 2 MINUTES ROUND ROBIN ALL AGAINST ALL

TAG TEAM SPARRING 3

DIVISIONS

- Black belts divisions
 - a) Junior b) Seniors/Veterans
- Female/Male .

Preliminaries and Finals: 1 X 1;30 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

UMPIRES:

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

COACHES:

• TRACKSUIT, SPORT SHOES, TOWEL



ENJOY

IF YOU ARE IN TIVITIES INFO@FAR

IF YOU ARE INTERESTED IN SOME AC TIVITIES, **CONTACT US!** INFO@FARIGUORIOLANI.COM

