

JUNE 7, 2026



FO
FARIGUORIOLANI
TEAM

SPORT PALACE OF CAPOTERRA
09012. CAGLIARI. ITALY



FARIGUORIOLANI

WWW.FARIGUORIOLANI.COM





Sardinia Open

JUNE, 7 2025

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



LOCATION

AIRPORTS - TRANSFERS -
ACCOMODATION

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

& FEES



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:

- 1 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
CHICKS	6-7 Years Old
TOTS	4-5 Years Old

BELTS DIVISIONS

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

SPARRING DIVISIONS

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	-50/55/60/65/70/75/+75kg
JUNIORS 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	-130cm/ -140cm/ -150cm/ -160cm/ +160cm
DRAGONS	-120cm/ -130cm/ -140cm/ -150cm/ +150cm
CHICKS	-120cm/ -130cm/ -140cm/ +140cm
TOTS	-110cm/ -120/cm -130cm/ +130cm

NEW



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

PATTERNS

1

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

MASTERS:

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



SPARRING

2

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

Each team must be made of 2 athletes.

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

AFTER COMPETITION



ENJOY



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

