



**NI-KKO**  
*FightingStyle*



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

**PALATORRINO - VIA FIUME GIALLO, 47 ROMA**  
**22/23 FEBRUARY 2020**

**NI-KKO**  
**FIGHTINGSTYLE**  
**ROMA**  
**OPEN**

**ROMA OPEN**

[www.teambosroma.com](http://www.teambosroma.com) / [www.sportdata.org](http://www.sportdata.org) / [www.fitaeitf.com](http://www.fitaeitf.com)



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Invitation

---

July 24<sup>th</sup>, 2019

Dear ITF Members,

In collaboration with the Italian Taekwon-Do Federation FITAE-ITF we invite you to the **5<sup>th</sup> NI-KKO ROMA OPEN TAEKWON-DO ITF 2020** that will be held in Rome, Italy, on **February 22-23, 2020** according to the following daily program:

**Saturday February 22<sup>nd</sup>, 2020 – Juniors, Seniors and Veterans**

**Sunday February 23<sup>rd</sup>, 2020 – Children and Cadets**

Please receive all the necessary information to attend the **NI-KKO ROMA OPEN TAEKWON-DO ITF** event.

Closing of the online registration will be on Monday February 17<sup>th</sup>, 2020 at 23:00pm.

Electronic scoring system and large screens are available to have a professional approach.

We are looking forward to meeting you in the historical city of Rome.

### **EXTREMEFIGHTERS TEAM**

GM Wim Bos  
Master Stefano Minotti  
Master Leandro Iagher  
Sabum Paolo Gentile  
Mrs. Tiziana Mimmocchi

[extremefighters1@gmail.com](mailto:extremefighters1@gmail.com)



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Information

### Date and Place

The event will be held on:

**Saturday February 22<sup>nd</sup>, 2020 – Juniors, Seniors and Veterans Competition**

**Sunday February 23<sup>rd</sup>, 2020 – Children and Cadets Competition**

in the Sports Hall **PALATORRINO** located in Via Fiume Giallo 47, 00144 Rome (Zona Eur-Torrino).

### How to arrive

The venue is easily reachable from the center of Rome by a 20 minutes travel.

**- Arriving at Railway Station TERMINI (center of Rome):**

**by TAXI** (Note: take a regular white taxi)  
36 min (15.5 Km) / 26 min without traffic  
<https://goo.gl/maps/fHBazeUJqhQ2>

**by PUBLIC TRANSPORT:**

Metro B-B1 (dest. Laurentina), get off at Eur Palasport and take bus 777 to Palatorrino (tot. 50 min.)

**- Arriving at Leonardo da Vinci International Airport:**

**by TAXI** (Note: take a regular white taxi)  
17 min (19.5 km)  
<https://goo.gl/maps/AC9zLvcTR1w>

**by PUBLIC TRANSPORT :**

🚶 🚶 FL1 🚶 FC2 🚶 777 (1 h 20 min, not advisable due to three interchanges)

**- Arriving at Ciampino Airport:**

**by TAXI** (Note: take a regular white taxi)  
20 min. (19 km)  
<https://goo.gl/maps/G8JFXHc1HvJ2>

N.B.: Click [HERE](#) to plan your traveling in Rome by public transport.



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Accommodation

Participants may find their own accommodation in the area of the sports hall:

- Sheraton Parco de' Medici Rome Hotel
- Holiday Inn Rome - Eur Parco Dei Medici
- Rome Marriott Park Hotel
- Novotel Roma Eur

In addition, many B&B are available around the venue.

## The Sports Hall PalaTorrino

The Sports Hall [PALATORRINO](#), located in Via Fiume Giallo, 47, 00144 Rome (Zona Eur-Torrino), hosts many national martial arts events.







# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Main Sponsor

---



## Other Sponsors

---



## Competition – ONLY FOR MEMBERS

---

Other ITF Federations may apply requesting permission through the  National Association

Competitors must be in possession and accept the following in order to participate:

- ITF dobok
- To accept the competition rules.
- To accept that the organizers may modify a division and/or category based on the numbers of competitors.
- Medals will be given to 1st, 2nd and one 3rd place winner.
- For other matters, the ITF competition rules will be observed.

### Age Divisions - AGE IS BASED ON BIRTHDAY DATE (not on year of birth)

---

- **Children** (6 - 11 years)
- **Cadets** (12 – 14 years)
- **Juniors** (15 – 17 years)
- **Seniors** (18 - 35 years and above)
- **Veterans** (36 years and above)\*

# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

\* Veterans wishing to compete in the Senior category are allowed to do so but then they cannot compete in the Veterans categories.

## Inscription / Draws/ Payments

Inscription for this event must be done online through [www.sportdata.org](http://www.sportdata.org)

Closing of the online inscription on **Monday February 17th, 2020 at 23.00 pm**

- Draws will be online on Thursday February 20<sup>th</sup>, 2020 from 23.00 pm [www.sportdata.org](http://www.sportdata.org)
- Payments of the competition inscription fees must be done in cash at the weigh in by the person in charge for the team/school
- With the enrollment closed, all registered athletes will have to pay the registration fee even if not attending.

N.B.: Each Club Director is responsible for the correct online registration of his/her athletes. Please check your lists carefully!

## Competition Entry Fees

### Children and Cadets

- 
- Pattern, Sparring and High Jumping Front kick: **35 €**

### Juniors - Seniors - Veterans

- 
- Juniors, Seniors and Veterans - colored belts (Pattern and/or Sparring): **35 €**
  - Juniors, Seniors and Veterans - black belts (Pattern and/or Sparring): **40 €**

## Umpires

Any School/Club/Gym must participate with Umpire(s) according to the following:

- Up to 3 competitors: 0 **Umpire** / More than 3 competitors: 1 **Umpire**

School/Club/Gyms that **do not** participate with a requested Umpire shall pay - **with no exception** - the amount of **75 €** for the missing Umpire.

- Umpire outfit: dark blue or black pants, white shoes. The sponsor NI-KKO SPORT will provide a polo shirt to each Umpire.
- Umpires will be provided with lunch and shall receive compensation based on the role played during the event and only if officiating for **two (2) days**.

# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Coaches

- Coaches outfit: tracksuit, sport shoes, towel.

## Inscription Fees Payment and Weigh In for Juniors, Seniors and Veterans

The Inscription fees payment and weigh in for Juniors, Seniors and Veterans will take place at

***Sports Hall PALATORRINO, Via Fiume Giallo 47, Roma***

Friday 21/02/2020 17.00 - 22.00

Saturday 22/02/2020 07.30 - 08.30



PLEASE NOTE: FOR THE BEST OF THE ORGANIZATION, WE STRONGLY RECOMMEND TO PROCEED FOR REGISTRATION AND WEIGH IN ON FRIDAY (from 17.00 to 22.00 hrs)

N.B.: Competitors **NOT** making the weight might be moved to a different category with an extra penalty fee of € 25,00.

Each Club Director is responsible for the correct Sportdata online registration of his/her athletes. Please check your Sportdata registration carefully!

At weigh in **ALL** Competitors must wear dobok trousers and a T or polo shirt.  
A tolerance of kg. **0,500** is accepted.

## Inscription fees payment, Height measuring for Children and Weigh In for Cadets

The inscription fees payment, Height measuring for Children and Weigh In for Cadets will take place at the Sports Hall Palatorrino at the following settled time:

**Sunday 23/02/2020 from 7.30 am to 9.00 am**

At weight and height measuring **ALL** Competitors must wear dobok trousers and a T or polo shirt.

A tolerance of kg. **0,500** is accepted.

N.B.: Competitors **NOT** making the weight/height might be moved to a different category with an extra penalty fee of € 25,00.

N.B.: Each Club Director is responsible for the correct Sportdata registration of his/her athletes. Please check your lists carefully!



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Sparring Equipment

Competitors must have the following 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).

## Protest

The coach is the only one that might present a protest according the ITF Tournament rules.  
Protest fee: 100 €

## Competition Program – Saturday February 22<sup>nd</sup>, 2020

### COMPETITION ONLY FOR JUNIORS, SENIORS AND VETERANS

#### ALL BELTS AND DIVISIONS

07.30	Opening of the Sports Hall
07.30 - 08.30	Registration and Weigh In (*)
08.00	Umpire meeting
08.45	Participants lining up / Opening and speech
09.00	Competition starts
20.00	Competition ends

(\*) PLEASE NOTE: FOR THE BEST OF THE ORGANIZATION WE STRONGLY RECOMMEND TO PROCEED FOR REGISTRATION AND WEIGH IN ON FRIDAY hrs 17-00-22.00 (see page 7)

# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Divisions/Categories on Saturday 22/02/2020

### Juniors (15-17 yrs) - Seniors (18-35 yrs) - Veterans (+36 yrs)

#### Individual Pattern

##### Categories:

- Male Junior 15-17 years old
- Female Junior 15-17 years old
- Male Senior 18-35 years old
- Female Senior 18-35 years old
- Male Veterans 36 years and above
- Female Veterans 36 years and above

Juniors Individual (15-17 years old ) Male and Female					
White belt/White superior	Competitors choice	from	Saju-Jirugi	to	Chon-Ji
Yellow belt/Yellow superior	Competitors choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitors choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior	Competitors choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitors choice	from	Chon-Ji	to	Choong-Moo
Black I degree	Umpire choice	from	Chon-Ji	to	Ge-Baek
Black II degree	Umpire choice	from	Chon-Ji	to	Ju-Che
Black III degree	Umpire choice	from	Chon-Ji	to	Choi-Yong
Seniors (18-35 years old) Individual Male and Female					
White belt/White superior	Competitors choice	from	Saju-Jirugi	to	Chon-Ji
Yellow belt/Yellow superior	Competitors choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitors choice	from	Chon-Ji	to	Yul-Gok

## NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

Blue belt/Blue superior	Competitors choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitors choice	from	Chon-Ji	to	Choong-Moo
Black I degree	Umpire choice	from	Chon-Ji	to	Ge-Baek
Black II degree	Umpire choice	from	Chon-Ji	to	Ju-Che
Black III degree	Umpire choice	from	Chon-Ji	to	Choi-Yong
Black IV to VI degree	Umpire choice	from	Chon-Ji	to	Moon-Moo
<b>Veterans (36 years and above) Male and Female</b>					
Colored belts - one division from white belt to red belt	Competitors choice	from	Chon-Ji	to	Choong-Moo
Black Belts - one division	Umpire choice	from	Chon-Ji	to	Ge-Baek

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor, he/she will be included in a different category.
- Each bout consists of one pattern only.

### Individual Junior Sparring

- Group 1: white, yellow and greenbelts
- Group 2: blue and red belts
- Group 3: black belts

#### Weight class - Group 1, 2, 3

- Male -45 kg, -50 kg, -56 kg, -62 kg, -68 kg, -75 kg, +75 kg.
- Female - 42 kg, -48 kg, -55 kg, -62 kg, + 62 kg.

#### Duration of round - Group 1 and 2 : 1 x 2 minutes

#### Duration of round - Group 3 : 2 x 2 minutes

### Individual Senior Sparring

- Group 1: white, yellow and greenbelts
- Group 2: blue and red belts
- Group 3: black belts



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Weight class - Group 1, 2, 3

- Male -57 kg, -63 kg, -70 kg, -78 kg, -85 kg, +85 kg.
- Female -50 kg, -56 kg, -62 kg, -68kg, +68 kg

## Duration of round - Group 1 and 2 : 1 x 2 minutes

## Duration of round - Group 3 : 2 x 2 minutes

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor, he/she will be included in a different category.

## Individual Veteran Sparring

- Group 1: white, yellow and greenbelts
- Group 2: blue, red and blackbelts

## Weight classes - Group 1 and/or 2

- Male -70 kg, +70 kg.
- Female -55 kg, +55 kg

## Duration of round - Group 1 and 2 : 1 x 2 minutes

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor, he/she will be included in a different category.

**Attention please:** participation is at your own risk. The organization is not responsible for any injury or other matter, which might happen during the event. We recommend that your competitors be in possession of an insurance, which covers any problem that might occur during traveling and participation to the event.



## **BLACK BELT PATTERN & SPARRING WINNERS**



Only the 1<sup>st</sup> place winners of the JUNIOR & SENIOR BLACK BELT M/F pattern and sparring categories will receive a **big trophy** besides the medal.

# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Competition Program – Sunday February 23<sup>rd</sup>, 2020

### COMPETITION ONLY FOR CHILDREN AND CADETS ALL BELTS AND DIVISIONS

07.30	Opening of the Sports Hall
07.30 – 9.00	Height measuring and Weigh In
08.30	Umpire meeting
09.15	Participants lining up / Opening and speech
09.30	Competition starts
18.00	Competition ends

## Divisions/Categories

### Children (6-11 years) on Sunday 23/02/2020

Individual Pattern / Individual Sparring / High Front Jumping kick / Children

#### Pattern Divisions:

- Pulcini /Chicks 6-7 years old ( one category M/F)
- Draghetti /Dragons 8-9 years old (one category M/F)
- Speranze /Kids 10-11 years old (one category M/F)

White belt/White superior	Competitor free choice	from	Saju-Jirugi	to	Chon-Ji
Yellow belt/Yellow superior	Competitor free choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitor free choice	from	Chon-Ji	to	Yul-Gok
Blue belt /Blu sup.	Competitor free choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red sup.	Competitor free choice	from	Chon-Ji	to	Choong-Moo
Black Belts	Umpire choice	from	Chon-Ji	to	Ge-Baek

# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor he/she will be included in a different category.
- Each bout consists of **one** pattern only.

## Children Individual Continuous Sparring – No punching to the face!

### Individual Sparring - Divisions

- Pulcini /**Chicks** 6-7 years old - Male
- Pulcini /**Chicks** 6-7 years old - Female
- Draghetti /**Dragons** 8-9 years old - Male
- Draghetti /**Dragons** 8-9 years old - Female
- Speranze /**Kids** 10-11 years old - Male
- Speranze /**Kids** 10-11 years old - Female

#### Groups:

- Group 1 white belts, yellow and green belts
- Group 2 blue, red and black belts

#### Height Class:

- Pulcini /Chicks (6-7 years) -125 cm / + 125 cm
- Draghetti /Dragons (8-9 years) -135 cm / + 135 cm
- Speranze /Kids (10-11 years) -145 cm / + 145 cm

#### Duration of round: 1 x 1.30 minutes

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor he/she will be included in a different category.

### Children High Front Jumping Kick - Divisions

- Pulcini /Chicks 6 years old ( one belt category M/F)
- Pulcini /Chicks 7 years old ( one belt category M/F)
- Draghetti /Dragons 8 years old (one belt category M/F)
- Draghetti /Dragons 9 years old (one belt category M/F)
- Speranze /Kids 10 years old (one belt category M/F)
- Speranze /Kids 11 years old (one belt category M/F)



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## Cadets (12-14 years) on Sunday 23/02/2020

Individual Pattern / Individual Sparring / High Front Jumping Kick/Cadets

### Individual Pattern - Cadets

Each bout consists of one pattern only.

Categories:

- Male Cadets 12-14 years old
- Female Cadets 12-14 years old

Cadets (12-14) - Pattern					
White belt/White superior	Competitors choice	from	Saju-Jirugi	to	Chon-Ji
Yellow belt/Yellow superior	Competitors choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitors choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior	Competitors choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitors choice	from	Chon-Ji	to	Choong-Moo
Black I and II degree	Umpire choice	from	Chon-Ji	to	Ge-Baek

### Individual Sparring - Cadets

Age Divisions:

1. Male Cadets 12-14 years old
2. Female Cadets 12-14 years old

### Division Cadets:

- Group 1 white and yellow belts
- Group 2 green and blue belts
- Group 3 red and black belts



# NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

## **Weight Class**

- Male -40kg, -45 kg, -52 kg, -60 kg, +60 kg
- Female -35kg, -40 kg, -45 kg, -50 kg, + 50 kg

**Duration of round: 1 x 2 minutes**

- There must be at least two (2) competitors in any division and/or category.
- In case of only one (1) competitor he/she will be included in a different category.

## **Individual High Front Jumping Kick - Cadets**

### **Age Divisions and categories:**

- Male Cadets / 12-14 years old / one belt and height category
- Female Cadets / 12-14 years old / one belt and height category

We are looking forward to meeting you in Italy, please feel free to ask any question to:

[extremefighters1@gmail.com](mailto:extremefighters1@gmail.com)