



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

Logos at the bottom of the poster include:
- ITF (International Taekwon-Do Federation)
- FITAE (Fédération Internationale Taekwondo Amateur Europeenne)
- ASI (Associazione Sportive Italiane)
- DOLOMIA
- Pam
- PANORAMA LA VITA SPESA AL MEGLIO
- NIGHTYFIST TAEKWON-DO
- ROMA KICKBOXING EXTREME FIGHTERS



NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

Invitation

July 24th, 2019

Dear ITF Members,

In collaboration with the Italian Taekwon-Do Federation FITAE-ITF we invite you to the **5th 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 22nd, 2020 – Juniors, Seniors and Veterans

Sunday February 23rd, 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 17th, 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



NI-KKO ROMA OPEN TAEKWON-DO ITF 2020

Information

Date and Place

The event will be held on:

Saturday February 22nd, 2020 – Juniors, Seniors and Veterans Competition

Sunday February 23rd, 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/AC9zLvTR1w>

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.

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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)*

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* 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

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

- Draws will be online on Thursday February 20th, 2020 from 23.00 pm 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**.

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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!

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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 22nd, 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)

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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

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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
Veterans (36 years and above) Male and Female					
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 green belts
- 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 green belts
- Group 2: blue and red belts
- Group 3: black belts

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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 GRAN CHAMPION PATTERN & SPARRING WINNERS



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

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Competition Program – Sunday February 23rd, 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

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- 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)

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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



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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