



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

extremefighters1@gmail.com PALATORRINO - VIA FIUME GIALLO, 47 ROMA

NI-KKO

FIGHTING STYLE

16-17 MARCH 2024

ROMA OPEN

TAEKWON-DO ITF

ROMA KICKBOXING EXTREME FIGHTERS

ASI ASSOCIAZIONE SPORTIVI ITALIANI

TKD TEKKERS

FITAE ITF

ROMA KICKBOXING EXTREME FIGHTERS

NI-KKO FIGHTING STYLE

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WWW.HANDLESPORT.COM / WWW.FITAE-ITF.COM



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Invitation

September 15th, 2023

Dear ITF members,

In collaboration with the Italian Taekwon-Do Federation FITAE-ITF, we invite you to the **7th NI-KKO ROMA OPEN TAEKWON-DO ITF** which will be held in ***Sports Hall PALATORRINO, Via Fiume Giallo 47, Roma***

on **Saturday March 16th, 2024**, according to the following program

time: 10.00-19.00 Junior and Senior / Veterans / Individual and Team competition



NEW

on **Sunday March 17th, 2024**, according to the following program:

time: 10.00-17.00 Chicks, Dragons, Kids and Pre-Juniors / Individual and Team Competition



NEW

Please receive the necessary information to attend the **7th NI-KKO ROMA OPEN TAEKWON-DO ITF** event.

Closing of the online registration will be on **Wednesday March 13th, 2024, at 23:00pm.**

Electronic scoring system and large screens for black belt competition are available to have a professional approach.

We are looking forward to meeting you in beautiful Rome.

Ni-kkoRoma Open Organization Team

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



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Information

Date and Place

The event will be held on March 16-17, 2024, in the
Sports Hall PALATORRINO, Via Fiume Giallo 47, Roma

How to arrive

The venue can be easily reached 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 2024

Accommodation

Participants may find their own accommodation around the sports hall area:

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

In addition, many B&B are available around the venue (EUR TORRINO area).

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 2024

Main Sponsors



www.nikkosportitf.com



www.tkdtekkers.com

Video shooting and presentation through social media



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Competition

The participation in the Roma Open of clubs or members of other ITF organizations is subject to the favorable opinion of the FITAE-ITF Board of Directors.

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

- ITF dobok
- To accept the competition program
- 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

- **Chicks** (6-7 years old born 2017-2018)
- **Dragons** (8-9 years old born 2015-2016)
- **Kids** (10-11 years old born 2013-2014)
- **Pre-Junior** (12-14 years old born 2010-2011-2012)
- **Juniors** (15-17 years old born 2007-2008-2009)
- **Seniors** (18-35 years old born from 1989 to 2006)
- **Veterans** (36 years and above born 1988 or before) *

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

Inscription / Draws

Inscription for this event must be done online through www.handlesport.com

Closing of the online inscription on **Wednesday 13th March 2024 at 23.00 hrs.**

- Draws will be online on Thursday March 14th, 2024, from 23.00 hrs. www.handlesport.com
- 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!**



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Competition Entry Fees

- Individual € 40
- Pattern Team € 50
- Sparring Team € 50
- 2nd Extra Individual higher sparring category + € 30 (only Junior and/or Senior)



Umpires

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

- Up to 5 competitors: 0 Umpire / More than 5 competitors: **minimum 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, dark blue jacket, tie, white shirt and white shoes.
- Umpires will be provided with drinks, lunch and snacks.
- Umpires shall receive a compensation based on the role played during the event.

ATTENTION

- Any Umpire wishing to officiate must make the inscription together with their team on the platform www.handlesport.com **on or before March 13th, 2024, best if before.**

Coach outfit

- Tracksuit, sport shoes, towel.

Inscription Fee Payments - Weigh In for Juniors, Seniors and Veterans

The inscription fee payments and weigh in **for Juniors, Seniors and Veterans** will take place at

Sports Hall PALATORRINO, Via Fiume Giallo 47, Roma

Friday	15/03/2024	18.00 - 21.00
Saturday	16/03/2024	07.30 - 09.30



PLEASE NOTE: FOR THE BEST OF THE ORGANIZATION, WE STRONGLY RECOMMEND TO PROCEED FOR REGISTRATION AND WEIGH IN ON FRIDAY (from 18.00 to 21.00 hrs)



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

**Each Club Director is responsible for the correct online registration of his/her athletes.
Please check your Handlesport.com 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 Fee Payments - Height measuring for Children and Weigh In for Pre-Junior.

The inscription fee payments, Height measuring for Children and Weigh In for Pre-Junior will take place at the Sports Hall Palatorrino at the following settled time:

Friday	15/03/2024	18.00 - 21.00
Sunday	23/02/2024	07.30 - 09.30

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 may be moved to a different category with an extra penalty fee of € 25,00.

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

The **total** inscription fee of each participating club must be paid in the **Sports Hall PALATORRINO, Via Fiume Giallo 47, Roma** IN CASH on Friday March 15, 2024, from 18.00 to 21.00 or on Saturday March 16, 2024 from 7.30 am to 9.00 am by the club Director.

N.B.: Participating clubs with children and pre-junior only may pay on Sunday 17 from 7.30am to 8.30am

Sparring Equipment - Competitors must have the following equipment:

- Hand and foot gear (color is not important).
- **Red and Blue Head** gear depending the draw.
- **Transparent** mouth guard.
- Groin guard (worn inside the dobok trousers).



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Protest

The coach is the only one authorized to present a protest according to the ITF Tournament rules.

Protest fee: 100 €

Saturday Competition Program

07.30	Opening of the Sports Hall
09.00	Umpire gathering
09.30	Opening speech – Competitors and Coaches lining up
09.45	Competitors ready close to their assigned ring
10.00-13.00	Junior, Senior, Veterans – Colored Belts Individual and Team Competition
14.00-19.00	Junior, Senior, Veterans – Black Belts Individual and Team Competition

Sunday Competition Program

07.30	Opening of the Sports Hall
09.00	Umpire gathering
09.30	Opening speech – Competitors and Coaches lining up
09.45	Chicks, Dragons, Kids and Pre-Juniors competitors ready close to their ring
10.00-17.00	Chicks, Dragons, Kids, Pre-Juniors - Individual and Team Competition

Divisions/Categories - Chicks, Dragons and Kids (6-11 years)

Individual Pattern / Individual Sparring / High Front Jumping kick

Individual Pattern Chicks, Dragons and Kids Divisions:

- **Chicks** (6-7 years old born 2017-2018) – one mixed category Male/Female
- **Dragons** (8-9 years old born 2015-2016) – one mixed category Male/Female
- **Kids** (10-11 years old born 2013-2014) – one mixed category Male/Female



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

White belts/ White belt superior	Competitor free choice		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

- 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 Male and Female Sparring Chicks, Dragons, and Kids Categories

Note: NO punches are allowed to the face in individual Continuous Sparring for Chicks, Dragons, and Kids categories.

- **Chicks** (6-7 years old born 2017-2018)
- **Dragons** (8-9 years old born 2015-2016)
- **Kids** (10-11 years old born 2013-2014)

Groups:

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

Height Class:

- Chicks -125 cm / + 125 cm
- Dragons -135 cm / + 135 cm
- Kids -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 moved to a different category.



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Chicks, Dragons, and Kids High Front Jumping Kick – Divisions

- **Chicks** (6-7 years old born 2017-2018) – one category Male/Female
- **Dragons** (8-9 years old born 2015-2016) – one category Male/Female
- **Kids** (10-11 years old born 2013-2014) – one category Male/Female

Divisions/Categories/Pre-Junior (born 2010/2011/2012)

Individual Pattern / Individual Sparring / High Front Jumping Kick

Individual Male and Female Pre-Junior Pattern Divisions:

Pre-Junior - Pattern					
White belt/White superior	Competitor's choice		Chon-Ji		
Yellow belt/Yellow superior	Competitor's choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitor's choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior	Competitor's choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitor's choice	from	Chon-Ji	to	Choong-Moo
Black I and II degree	Umpire's 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 moved to a different category.
- Each bout consists of one pattern only.

Individual Male and Female Pre-Junior Sparring Categories

Belt Division Pre-Junior:

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



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Weight Class:

Male – Group 1 – White, Yellow and Green Belts

1. Individual Male Pre-Junior Sparring up to 40 kg
2. Individual Male Pre-Junior Sparring over 40 to 48 kg
3. Individual Male Pre-Junior Sparring over 48 to 56 kg
4. Individual Male Pre-Junior Sparring over 56 kg

Male – Group 2 - Blu, Red and Black Belts

- 1) 13171 Individual Male Pre-Junior Sparring up to 40 kg
- 2) 13172 Individual Male Pre-Junior Sparring over 40 to 45 kg
- 3) 13173 Individual Male Pre-Junior Sparring over 45 to 50 kg
- 4) 13174 Individual Male Pre-Junior Sparring over 50 to 55 kg
- 5) 13175 Individual Male Pre-Junior Sparring over 55 to 60 kg
- 6) 13176 Individual Male Pre-Junior Sparring over 60 to 65 kg
- 7) 13177 Individual Male Pre-Junior Sparring over 65 kg

Female – Group 1 – White, Yellow and Green Belts

1. Individual Female Pre-Junior Sparring up to 40 kg
2. Individual Female Pre-Junior Sparring over 40 to 48 kg
3. Individual Female Pre-Junior Sparring over 48 to 56 kg
4. Individual Female Pre-Junior Sparring over 56 kg

Female – Group 2 - Blu, Red and Black Belts

- 1) 23171 Individual Female Pre-Junior Sparring up to 40 kg
- 2) 23172 Individual Female Pre-Junior Sparring over 40 to 44 kg
- 3) 23173 Individual Female Pre-Junior Sparring over 44 to 48 kg
- 4) 23174 Individual Female Pre-Junior Sparring over 48 to 52 kg
- 5) 23175 Individual Female Pre-Junior Sparring over 52 to 56 kg
- 6) 23176 Individual Female Pre-Junior Sparring over 56 to 60 kg
- 7) 23177 Individual Female Pre-Junior Sparring over 60 kg

Duration of round - Group 1: 1 x 2 minutes

Duration of round - Group 2: 2 x 2 minutes



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Individual Male and Female Pattern Divisions Junior, Senior and Veterans:

Junior Individual Male and Female					
White belt/White superior	Competitor's choice		Chon-Ji		
Yellow belt/Yellow superior	Competitor's choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitor's choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior	Competitor's choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitor's choice	from	Chon-Ji	to	Choong-Moo
Black I degree	Umpire's choice	from	Chon-Ji	to	Ge-Baek
Black II – III degree	Umpire's choice	from	Chon-Ji	to	Ju-Che
Senior Male and Female					
White belt/White superior	Competitor's choice		Chon-Ji		
Yellow belt/Yellow superior	Competitor's choice	from	Chon-Ji	to	Do-San
Green belt/Green superior	Competitor's choice	from	Chon-Ji	to	Yul-Gok
Blue belt/Blue superior	Competitor's choice	from	Chon-Ji	to	Toi-Gye
Red belt/Red superior	Competitor's choice	from	Chon-Ji	to	Choong-Moo
Black I degree	Umpire's choice	from	Chon-Ji	to	Ge-Baek
Black II degree	Umpire's choice	from	Chon-Ji	to	Ju-Che
Black III degree	Umpire's choice	from	Chon-Ji	to	Choi-Yong
Black IV to VI degree	Umpire's choice	from	Chon-Ji	to	Moon-Moo
Veteran Male and Female					
Colored belts – one division	Competitor's choice	from	Chon-Ji	to	Choong-Moo
Black Belts - one division.	Competitor's choice	from	Kwang-Gae	to	Moon-Moo



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Individual Male and Female Junior Sparring Categories

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

Weight class

Male – Group 1 white, yellow and green belts

1. Individual Male Junior Sparring up to 50 kg
2. Individual Male Junior Sparring over 50 to 58 kg
3. Individual Male Junior Sparring over 58 to 65 kg
4. Individual Male Junior Sparring over 65 kg

Female – Group 1 white, yellow and green belts

1. Individual Female Junior Sparring up to 45 kg
2. Individual Female Junior Sparring over 45 to 52 kg
3. Individual Female Junior Sparring over 52 to 60 kg
4. Individual Female Junior Sparring over 60 kg

Male – Group 2 blue, red and black belts

- 1) 14171 Individual Male Junior Sparring up to 50 kg
- 2) 14172 Individual Male Junior Sparring over 50 to 55 kg
- 3) 14173 Individual Male Junior Sparring over 55 to 60 kg
- 4) 14174 Individual Male Junior Sparring over 60 to 65 kg
- 5) 14175 Individual Male Junior Sparring over 65 to 70 kg
- 6) 14176 Individual Male Junior Sparring over 70 to 75 kg
- 7) 14177 Individual Male Junior Sparring over 75 kg

Female - Group 2 blue, red and black belts

- 1) 24171 Individual Female Junior Sparring up to 45 kg
- 2) 24172 Individual Female Junior Sparring over 45 to 49 kg
- 3) 24173 Individual Female Junior Sparring over 49 to 53 kg
- 4) 24174 Individual Female Junior Sparring over 53 to 57 kg
- 5) 24175 Individual Female Junior Sparring over 57 to 61 kg
- 6) 24176 Individual Female Junior Sparring over 61 to 65 kg
- 7) 24177 Individual Female Junior Sparring over 65 kg

Duration of round - Group 1: 1 x 2 minutes

Duration of round - Group 2: 2 x 2 minutes



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Individual Male and Female Senior Sparring

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

Weight class

Male – Group 1 and 2

1. Individual Male Senior Sparring up to 60 kg
2. Individual Male Senior Sparring over 60 to 68 kg
3. Individual Male Senior Sparring over 68 to 75 kg
4. Individual Male Senior Sparring over 75

Female - Group 1 and 2

1. Individual Female Senior Sparring up to 50 kg
2. Individual Female Senior Sparring over 50 to 57 kg
3. Individual Female Senior Sparring over 57 to 65 kg
4. Individual Female Senior Sparring over 65 kg

Group 3 – Black Belts

Male

- 1) 15181 Individual Male Senior Sparring up to 57 kg
- 2) 15182 Individual Male Senior Sparring over 57 to 63 kg
- 3) 15183 Individual Male Senior Sparring over 63 to 69 kg
- 4) 15184 Individual Male Senior Sparring over 69 to 75 kg
- 5) 15185 Individual Male Senior Sparring over 75 to 81 kg
- 6) 15186 Individual Male Senior Sparring over 81 to 87 kg
- 7) 15187 Individual Male Senior Sparring over 87 kg

Female

- 1) 25181 Individual Female Senior Sparring up to 50 kg
- 2) 25182 Individual Female Senior Sparring over 50 to 55 kg
- 3) 25183 Individual Female Senior Sparring over 55 to 60 kg
- 4) 25184 Individual Female Senior Sparring over 60 to 65 kg
- 5) 25185 Individual Female Senior Sparring over 65 to 70 kg
- 6) 25186 Individual Female Senior Sparring over 70 to 75 kg
- 7) 25187 Individual Female Senior Sparring over 75 kg

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

Duration of round - Group 3: 2 x 2 minutes



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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.

Individual Male and Female Veteran Sparring

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

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 moved to a different category.

TEAM EVENTS

Team Pattern

Teams are divided into:

- Chicks, Dragons and Kids (one group)
- Pre-Junior
- Junior
- Senior and/or Veterans

A Colored Belt (white to red belts) Team must consist of:

- 5 competitors male and/or female

A Black Belt Team must consist of:

- 5 competitors male and/or female

The performed pattern must be of the lowest rank competitor.



NI-KKO ROMA OPEN TAEKWON-DO ITF 2024

Team Sparring

Teams are divided into:

- Pre-Junior
- Junior
- Senior/Veterans

A colored belt (white to red belts) **Male** team must consist of:

- 3 competitors + 1 reserve optional

A colored belt (white to red belts) **Female** team must consist of:

- 3 competitors + 1 reserve optional

A Black Belt **Male** Team must consist of:

- 3 competitors + 1 reserve optional

A Black Belt **Female** Team must consist of:

- 3 competitors + 1 reserve optional

Other

- Teams consist of any weight
- Each bout has a duration of 2 minutes
- Bout results shall be accumulated to indicate the winner
- It's not allowed to mix age groups

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.

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

extremefighters1@gmail.com