

# GENERAL INFORMATIONS

*Dear Friends, Masters and instructors*

*We would like to welcome you in Sardinia to Cagliari and to the*

**XIX ITF SENIOR, X JUNIOR, II VETERAN  
EUROPEAN TAEKWON-DO CHAMPIONSHIPS 2008  
and ITF EUROPE CUP 2008  
from the 3<sup>th</sup> to 7<sup>th</sup> july 2008**

[www.itftaekwondo.it](http://www.itftaekwondo.it)

[www.csain.it](http://www.csain.it)



**INO # 144**

Cagliari is a very picturesque City of 200.000 people overlooking one of the most beautiful and crystal clear seas in the world.



It is situated in the south of Sardinia, one of Italy's largest islands and famous for its warm hospitality and excellent cuisine.

# The Beaches



The Fenicoteri is a big attraction of Cagliari

**The Nuraghi**



**Cagliari's Town Hall  
and the Cathedral**

# General Informations about the European Championships

## 1. EVENTS

- The X Junior, XIX Senior & II Veteran ITF Taekwon-do European Championship 2008;
- The ITF-Europe Cup 2008.

## 2. CHAMPIONSHIP DATES

- July 3, 4, 5, 6 2008 European Championship (4 days);
- July 6, 7 ITF-Europe Cup (2 days).

The tournament takes place at the “PALAROCKEFELLER” Cagliari –via Rockefeller.

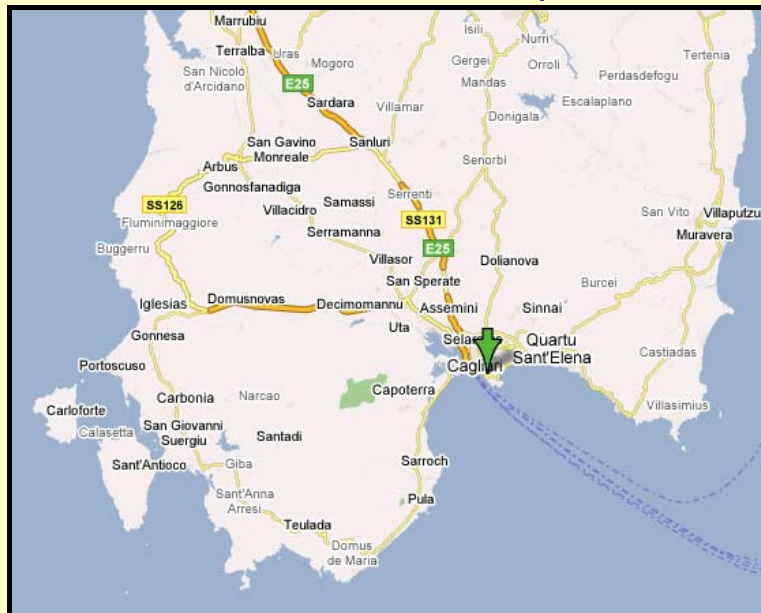


3500 seats



## 3. VENUE AND HALL

### South Sardinia Maps



How to get to Cagliari from “Elmas airport”

Cagliari is far from Elmas Airport only about 10 km. You can get to hotel or to the PalaRockefeller by bus, by taxi or by renting a car at the airport exit.

- **Obviously the Organizing Committee will organize INO, ISD and National Organisation’s transfer by own buses**



Map next to Palarockfeller

**4.  
GUESTS**

- ALL ITF Members.

**5.  
COMPETITORS**

- The competitors must be at least 18 years old during the Championship for the European Senior Championship;
- The juniors have to be between 13 and 17 years of age during the European Junior Championship. (the year of birth is not considered);
- Competitors must present their ITF black belt degree card and national passport at the weighting;
- Every competitor, his/her Team members, VIP's , Umpires and Doctors have to send two passport photos, as fast as possible, latest on 2008-04-25. Without actual photo there is no way of participate at the Tournament.

**6.  
COMPETITORS  
VETERAN**

- ONLY BLACK BELTS 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> ITF-DAN;
- The competitors participating in the 2<sup>st</sup> Veteran Taekwon-do Championship must be 36-46 years old (Silver class), 47-57 (Gold class) or 58 years old and above (Platinum Class).

<p style="text-align: center;"><b>7. CATEGORIES OF MATCH VETERAN</b></p>	<ul style="list-style-type: none"> <li>• Competition consists of pattern, sparring, power and special technique;</li> <li>• Pattern: 1 optional;</li> <li>• Sparring: only two rounds each one minute;</li> <li>• power test: 1 optional (ap-joomuk jirugi, sonkal taerigi, yop cha jirugi, dollyo chagi, bandae dollyo chagi);</li> <li>• special technique: 1 optional (twimyo nopi ap cha busigi, twimyo dollyo chagi, twimyo bandae dollyo chagi).</li> </ul>
<p style="text-align: center;"><b>8. DIVISION OF MATCH JUNIOR, SENIOR AND VETERAN</b></p> <p>The Championship is divided into Junior, Senior and Veteran European Championship.</p>	<p>Team Match:</p> <ul style="list-style-type: none"> <li>• Sparring and Pattern: Team will consist of five (5) regular competitors, <u>not necessarily chosen out of the individual competitors</u>; the vary same five (5) must compete in the team events;</li> <li>• One competitor in reserve is allowed for Sparring;</li> <li>• Power and Special Technique: Male: Five regular competitors and one competitor in reserve;</li> <li>• Female: Three regular competitors and one competitor in reserve.</li> </ul> <p>Individual Match:</p> <ul style="list-style-type: none"> <li>• For Junior Championships (Third degree and below);</li> <li>• For Senior Championships (Fifth degree and below);</li> <li>• For Veteran Championships (Seventh degree and below).</li> </ul>
<p style="text-align: center;"><b>9. UMPIRES</b></p>	<ul style="list-style-type: none"> <li>• Every participating Country has to provide as many Umpires as possible, to guarantee an efficient organisation of the Tournament;</li> <li>• In the Tournament food and drinks will be provided for All the Umpires;</li> <li>• Every Person which holds a 2 degree Black belt and higher can become an umpire;</li> <li>• The organizing committee will pay only the Umpires that will be very professional in the Tournament;</li> <li>• Umpires must attend the empire meeting on Wednesday, July 2, 2008 at 18:00 hrs in the Umpires/Meeting Hall.</li> </ul>
<p style="text-align: center;"><b>10. COACHES</b></p>	<ul style="list-style-type: none"> <li>• For individual and team matches, only one coach is allowed in the square. He/She must wear a tracksuit and gymnastic shoes. Only one coach is allowed to present an official protest. A maximum of four coaches per country is allowed to participate;</li> <li>• Coaches must attend the Coaches meeting on Wednesday, July 2, 2008 at 19:30 hrs in the Coaches/Meeting Hall.</li> </ul>
<p style="text-align: center;"><b>11. TOURNAMENT RULES</b></p>	<p>The official ITF competition rules will apply for pattern, sparring, power and special technique competitions.</p> <ol style="list-style-type: none"> <li>a. Competition is divided into team match (Male and Female) and individual match.</li> <li>b. Competition consists of pattern, sparring, power and special technique.</li> </ol>

	<p>For more informations see the <b><i>ITF Tournaments Rules</i></b> in the website: <a href="http://www.itftaekwondo.it">www.itftaekwondo.it</a></p>
<p><b>12. SYSTEM OF TOURNAMENT</b></p>	<p>a. Competition will be decided by the pyramid tournament system;  b. The individual matches are divided as following;  c. Individual competitors may participate in one or all of the categories;  d. For the Sparring Match, Every Country should name <u>as many competitors</u> per weight class as possible.</p>
<p><b>13. COMPETITORS</b></p>	<ul style="list-style-type: none"> <li>• All Competitors must show medical certificates from their doctor, certifying that they are physically and mentally fit to compete in the Championship;</li> <li>• All competitors must be in possession of a blue and red pair of “safe T” equipment (other colors will not be allowed);</li> <li>• It is the <u>participants responsibility to have full insurance coverage</u> for all eventualities;</li> <li>• ITF-TAEKWON-DO ITALIA Choi Jung Hwa Organization and the organizing committee will not be responsible for any injury or loss of participants before, during and after the Championship;</li> <li>• If any competitor is found to fail in a doping test , due to a medical examination, the ITF Committee will disqualify the competitor from competition and the Championship. Further disciplinary action may be taken against the competitor by the ITF Disciplinary Committee at a later date.</li> </ul>
<p><b>14. COMPETITORS DRESS CODE</b></p>	<ul style="list-style-type: none"> <li>• Only the competitors who wear the official ITF Dobok will be allowed to access the competition;</li> <li>• If the competitors want to have the Country’s name on Dobok, they are able to print it on the back under the Tree;</li> <li>• The competitor’s Number should be below the belt on the back of the Dobok Jacket;</li> <li>• Sponsorship logos may be on the right side of the chest at a recommended size of 10cm x 10cm;</li> <li>• National Flag may be granted to be stitched to the right sleeve on the side approximately 2cm below the shoulder seam.</li> </ul>
<p><b>15. AWARDS FOR PARTICIPANTS</b></p>	<ul style="list-style-type: none"> <li>• All participants will receive a certificate of participation signed by the ITF President and President of the Organizing Committee;</li> <li>• Finalist of specified divisions and categories will receive Diplomas and Medals;</li> <li>• Officials, Coaches and Judges will receive Medals.</li> </ul>
<p><b>16. CEREMONIES</b></p>	<p>For the opening and closing ceremonies, the Participants can wear the ITF Dobok or training-suit of their nation.  No participants in the parade are permitted to carry cameras, banners, flags etc. on the field during the opening/closing Ceremonies.</p>

# The 19<sup>th</sup> Senior European Championship

<b><u>PATTERN</u></b>	<b><u>MALE</u></b>	
	• TEAM	one designated, one optional
	• INDIVIDUAL	one designated, one optional
	<b><u>FEMALE</u></b>	
	• TEAM	one designated, one optional
	• INDIVIDUAL	one designated, one optional

<b><u>SPARRING</u></b>	<b>MALE</b>	54kg & Under	54Kg - 63kg	63Kg – 70Kg	70Kg - 80kg	80kg & Over
	<b>FEMALE</b>	52kg & Under	52Kg - 58kg	58Kg – 63Kg	63Kg - 70kg	70kg & Over

<b><u>POWER</u></b>	<b>The tournament Committee will decide quantity of boards for Power Test and size, height and distance for Special Technique. The following are just an example:</b>		
	<b>MALE</b>	Ap joomuk Jirugi	5 boards
		Sonkal Taerigi	6 boards
		Yop Cha Jirugi	7 boards
		Dollyo Chagi	6 boards
		Bandae Dollyo Chagi	6 boards
	<b>FEMALE</b>	Sonkal Taerigi	4 boards
		Yop Cha Jirugi	4 boards
		Dollyo Chagi	4 boards

<b><u>SPECIAL TECHNIQUE</u></b>	<b>MALE</b>	Twimyo nopi ap cha Busigi	280 cm
		Twimyo dollyo chagi	250 cm
		Twimyo nomo yop cha jirugi	320 cm
		Twio dolmyo yop cha jirugi	240 cm
		Twimyo bandae dollyo chagi	240 cm
	<b>FEMALE</b>	Twimyo nopi ap cha Busigi	220 cm
		Twimyo dollyo chagi	220 cm
		Twimyo nomo yop cha jirugi	180 cm

# The 10<sup>th</sup> Junior European Championship

<b><u>PATTERN</u></b>	<b><u>MALE</u></b>	
	• TEAM	one designated, one optional
	• INDIVIDUAL	one designated, one optional
	<b><u>FEMALE</u></b>	
	• TEAM	one designated, one optional
	• INDIVIDUAL	one designated, one optional

<b><u>SPARRING</u></b>	<b>MALE</b>	52kg & Under	52Kg - 58kg	58Kg – 63Kg	63Kg - 70kg	70kg & Over
	<b>FEMALE</b>	42kg & Under	42Kg - 48kg	48Kg – 53Kg	53Kg - 60kg	60kg & Over

<b><u>POWER</u></b>	<b>The tournament Committee will decide quantity of boards for Power Test and size, height and distance for Special Technique. The following are just an example:</b>		
	<b>MALE</b>	Sonkal Taerigi	3 boards
		Yop Cha Jirugi	5boards
		Dollyo Chagi	4 boards
		Bandae Dollyo Chagi	3 boards
	<b>FEMALE</b>	Sonkal Taerigi	3 boards
		Yop Cha Jirugi	4 boards
		Dollyo Chagi	4 boards

<b><u>SPECIAL TECHNIQUE</u></b>	<b>MALE</b>	Twimyo nopi ap cha Busigi	260 cm
		Twimyo dollyo chagi	230 cm
		Twimyo nomo yop cha jirugi	300 cm
		Twio dolmyo yop cha jirugi	220 cm
		Twimyo bandae dollyo chagi	220 cm
	<b>FEMALE</b>	Twimyo nopi ap cha Busigi	200 cm
		Twimyo dollyo chagi	200 cm
		Twimyo nomo yop cha jirugi	160 cm

<p><b>17. NATIONAL ANTHEM AND NATIONAL FLAG</b></p>	<p>Every participating country will provide the national anthem/flag</p>
<p><b>18. PASSPORT AND VISAS</b></p>	<ul style="list-style-type: none"> <li>• A <u>valid passport/ identity document</u> is required for all person entering the Italy. Visitors of some nationalities must obtain a visa prior to arrival.</li> <li>• Countries in need of a visa must send the list of names, passport # and dates of birth of their participants to the ITF-TAEKWON-DO ITALIA Choi Jung Hwa Organization, <b>AS SOON AS POSSIBLE and not later then <u>APRIL 25<sup>th</sup> 2008</u></b></li> </ul>
<p><b>19. LIABILITY AND INSURANCE</b></p>	<ul style="list-style-type: none"> <li>• Participants must have insurance against medical expenses, accidents and loss of personal belongings.</li> <li>• The organisers can in no way be held responsible.</li> <li>• The competitors must fill in a form to free the organiser of responsibilities.</li> </ul>
<p><b>20. LANGUAGE</b></p>	<p>English will be the official language of the European Championships</p>
<p><b>21. OFFICIAL WEBSITE</b></p>	<p>The official website of the European Championships 2008 is: <a href="http://www.itftaekwondo.it">www.itftaekwondo.it</a></p>