

Olympic Panna Rules 2025

Section 1 - General Provisions

Article 1.1 - Nature of the Game

Panna played as a team is a soccer based competition focused on the execution of a “panna” or “nutmeg.” The game is played on a reduced playing area with compact goals and a futsal-style ball. The primary objective being to play the ball between an opponent’s legs without giving them possession.

Article 1.2 - Authority

These rules govern all official Olympic Panna matches and shall be interpreted and enforced by consensus among participating players. All participants are responsible for fair play and using competitive integrity to resolve disputes.

Section 2 - Rules

Section 2.1 - Playing Environment and Duration

Article 2.1.1 - Playing Field Specifications

The match shall be conducted on a rectangular playing area with the following requirements:

- Length: 30ft - 60ft
- Width: 20ft - 40ft
- Boundaries: Clearly marked corners

Article 2.1.2 - Goal Specifications

Goals shall be positioned at each end of the playing field with the following requirements:

- Width: 2.5 ft - 4ft
- Height: 1.8 ft - 2.8ft
- Positioning: Centered on each end line

Article 2.1.3 - Ball Specifications

The official match ball shall be a Size 4, Low Bounce, Futsal ball.

Section 2.1.4 - Match Structure

Article 2.1.4.1 - Regulation Time

Each match shall consist of five (5) minutes of continuous play unless terminated earlier by a successful panna.

Article 2.1.4.2 - Overtime

When required under Article 3.4.2, overtime shall consist of exactly two (2) minutes of play.

Article 2.1.4.3 - Timekeeping

Official time shall be kept by a timer with an audible alarm.

Section 2.1.5 - Boundary and Restart Procedures

Article 2.1.5.1 Ball out of Play

The ball is considered out of play in the following situations.

- a. During Match Commencement
- b. During an Out of Bounds Restart
- c. Immediately following a Physical Violation
- d. During a Goal Restart

The ball shall be restarted according to the following procedures.

Article 2.1.5.1.1 - Match Commencement

At the start of each match and the beginning of any overtime period:

- a. The ball shall be placed at the center of the field.
- b. Each player must position themselves on their respective defensive endline.
- c. Play commences upon mutual agreement between teams. Note: Both teams may attempt to play the ball once play commences.

Article 2.1.5.1.2 - Out of Bounds Restart

When the ball wholly crosses any boundary line of the playing area without resulting in a goal:

- a. Possession shall be awarded to the team that did not last touch the ball before it went out of play.
- b. The ball shall be placed at the feet of the receiving team at the exact point where it crossed the boundary line.
- c. Opposing players must be at least 5 feet away from the player receiving the ball.
- d. Play resumes when the receiving player deliberately plays the ball.

Article 2.1.5.1.3 - Physical Violations

After a Physical Violation as defined in Article 2.3.1:

- a. Possession shall be awarded to the fouled team
- b. The ball shall be placed at the feet of the receiving team at the exact point of infraction.
- c. Opposing players must be at least 5 feet away from the player receiving the ball.
- d. Play resumes when the receiving team deliberately plays the ball.

Article 2.1.5.1.4 - Goal Restart

Following each goal scored as defined in Article 2.2.3:

- a. Possession shall be awarded to the team that conceded the goal.
- b. The ball shall be placed at the halfway point between the center of the playing area and the conceding team's end line.

- c. All scoring players must return to their own half of the field before play may resume.
- d. Play resumes when the defending team deliberately plays the ball.

Section 2.2 - Match Objectives and Scoring

Article 2.2.1 - Primary Victory Condition

The first team to successfully execute a valid panna shall immediately be declared the winner of the match regardless of time elapsed or goals scored.

Article 2.2.2 - Definition of a Valid Panna

For a panna to be considered valid, all of the following criteria must be satisfied:

- a. The ball must be deliberately played by an attacking player
- b. The ball must pass completely through the legs of an opposing player
- c. The defending player must not establish control of the ball

Article 2.2.3 - Definition of a Valid Goal

For a goal to be considered valid, all of the following criteria must be satisfied:

- a. The shot resulting in the goal must be taken from the attacking half of the playing area.
- b. The shot resulting in the goal must not have been from a restart procedure.
- c. The ball must undeniably advance beyond the endline within the goal boundaries.
- d. The ball must not cause damage to the net or move it substantially from its position.

Article 2.2.4 - Secondary Victory Conditions

In the event that no valid panna is executed within the prescribed time limits, the following hierarchy of victory conditions shall apply:

Article 2.2.4.1 - Goal Differential

The team having scored the greater number of goals at the expiration of regulation time shall be declared the winner.

Article 2.2.4.2 - Tied Score

If the teams have scored an equal number of goals at the end of regulation time, an additional two (2) minute overtime period shall be played.

Article 2.2.4.3 - Sudden Death

If the score remains tied at the end of overtime, the first team to score a goal shall be declared the winner.

Section 2.3 - Conduct

Article 2.3.1 - Physical Violation Definitions

The following physical actions constitute fouls and are prohibited.

- a. Slide Tackling (minor): Any attempt to win possession without remaining on your feet

- b. Charging (minor): Running into or body-checking an opponent
- c. Physical Contact (minor): Deliberate pushing, holding, striking, or impeding an opponent
- d. Ball Handling (minor): Any attempt to play the ball with the hands or arms.
- e. Unsportsmanlike Conduct (minor): Any tactics resulting in disproportionate exclusion of a player.
- f. Dangerous Play (major): Any activity that endangers the safety of any player.
- g. Goal Interference (major): Any violation or manipulation of equipment that prevents the scoring of an imminent goal.
- h. Rule Abuse (major): Any attempt to undermine the spirit of the game through the interpretation or enforcement of rules.

Section 2.3.2 - Physical Violation Penalties

Article 2.3.2.1 - Minor Penalties

Minor penalties as designated in Article 2.3.1 shall be penalized in the following way per player:

- a. First and Second Offense: Warning and a Physical Violation Restart as specified in Article 2.1.5.1.3.
- b. Third and Over Offense: Goal awarded to the fouled team and a Goal Awarded Restart as specified in Article 2.1.5.1.4.

Article 2.3.2.2 - Major Penalties

Major penalties as designated in Article 2.3.1 shall be penalized in the following manner per player:

- a. First and Second Offense: Goal awarded to the fouled team and a Goal Awarded Restart as specified in Article 2.1.5.1.4.
- b. Third and Over Offense: Immediate forfeiture of the current match.

Article 2.3.3 - Time Wasting Violations

The following actions constitute time wasting and are prohibited:

- a. Ball Removal: Deliberately kicking, throwing, or otherwise directing the ball away from the playing area
- b. Passive Play: Failing to make reasonable attempts to execute panna or score goals.
- c. Delaying Restart: Failing to put the ball in play in a timely manner, or failing to be in the necessary position to restart play in a timely manner.

Article 2.3.4 - Time Wasting Penalties

Time Wasting Violations as specified in Article 2.3.3 shall be penalized in the following manner:

- Additional time shall be added to the match equal to any non-negligible delay
- Excessive delay shall result in a Goal Awarded restart as specified in Article 2.1.7.1.4 with the fouled team gaining possession. No goal is awarded.

Section 3 - Event Format

Article 3.1 - Team Structure

Each team shall consist of two (2) players who must be present on the field of play simultaneously while the ball is in play.

Article 3.2 - Match Series

The event shall be played as a best of five (5) series.

Article 3.3 Violation Carry-Over

The number of Violations performed by a player shall not carry over into additional matches.

Article 3.4 - Medal Scoring

The first team to win a series shall be awarded the gold medal in the event. The opposing team shall be awarded the silver medal.