

OFFICIAL 1V1 PANNA CHAMP RULES

PANNA

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Match Duration

- Each match lasts 3 minutes (continuous clock).
- No stoppage time unless deemed necessary by the official.
- The player with the highest total score at the end of 3 minutes wins.

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Scoring System

- Goal = 1 point
- Panna = 1 point
- Goals and PANNA are equal in value.
- The player with the most total points wins the match.

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Starting the Game

- Players begin back-to-back in the center of the arena.
- The ball is placed between the two players.
- On the official's signal, players turn and compete for possession.
- All starts are controlled by the official.

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What is a PANNA?

- A PANNA is when a player intentionally plays the ball through the opponent's legs while in control of the ball.
- The official has the final decision on whether a PANNA is valid.

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PANNA Validity

A PANNA is NOT valid if:

- The ball hits the arena wall/side before passing through the legs.
- The ball is forced through after being trapped or locked between the opponent's legs.
- The attacking player does not have clear possession and intent.

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Ball Out of Play

- If the ball leaves the arena, the official immediately throws in a new ball.
- The restart goes to the player who did NOT kick the ball out.
- Play restarts from each player's own goal area. (must be touching the their goal)
- Restarts must be immediate—no delays.

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Goals & Restart After Scoring

The ball must fully enter the goal to count.

After a goal:

- The player who conceded the goal restarts play by taking the ball from inside their goal.
- The opponent must retreat to and touch their own goal before re-engaging.

All scoring decisions are final.

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Player Conduct & Respect

- Players must show respect before each match (handshake or similar gesture).
- No taunting, arguing, or disrespect toward opponents or officials.
- Officials' decisions are final and non-negotiable.

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Fouls & Discipline

- Fouls include pushing, holding, tripping, charging, or dangerous play.
- Each player is allowed two warnings per match.
- After two warnings, each additional foul awards 1 point to the opponent.
- Serious or dangerous fouls may result in immediate disqualification.

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Timidity & Stalling

- Timidity, inactivity, or deliberate stalling is not allowed.
- Players are expected to attack, use skill, and actively compete.
- Officials may penalize players who fail to engage in active play.

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Honor System & Self-Scoring

- PANNA CHAMP operates on an honor system.
- Players are responsible for keeping their own score (goals and PANNAS).
- Honest scoring and integrity are expected at all times.
- Officials may step in if clarification or correction is needed.

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Equipment & Attire

- Proper sports footwear required (no metal cleats).
- Shin guards are mandatory.
- All jewelry or unsafe accessories must be removed.
- Players must wear matching or clearly identifiable shirts
- (pinnies provided if needed).