

SPORTS IN ISLAM

PHYSICAL NEEDS

ISLAM is the balanced way of life. Islam prohibits us from neglecting our body or from harming it by overindulgence. Islam requires us to keep a strong and healthy body by:

1. Proper eating and drinking habits.
2. Exercise, Work and Activity.
3. Proper sleep and rest.
4. Cleanliness and personal hygiene.

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PHYSICAL ACTIVITY

1. The Prophet (peace and blessings be upon him) himself prayed for Allah's protection against laziness and incompetence.
2. He stressed regular physical activity and exercise.
3. He sanctioned, horse riding, swimming, archery, spear playing, wrestling, running and playing with dolls (for girls).
4. But it is important to remember that physical fitness is not an end in itself and the body is not venerated.

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FOR RELAXING AND REFRESHING

1. Humour, smiling and joking within the limits of Islamic Law are allowed and encouraged.

2. Hazrat Ali said:

"Minds get tired, as do bodies, so treat them with humour and refresh your minds from time to time, for a tired mind becomes blind."

3. Hazrat Abu Darda said:

"I entertain my heart with something trivial in order to make it stronger in the service of truth."

Accordingly there is no harm in entertaining in order to relax and refresh with some permissible sport or play. However the pursuit of pleasure should not become the goal of life.

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TRAINING FOR JIHAD

One of the paramount purposes of maintaining strength through physical exercises and sports is to prepare Muslims for:

1. Skills.
2. Determination.
3. Competition
4. Discipline.
5. Physical fitness.

That is required at the time of JIHAD, which is to struggle against all forms of evil, corruption, injustice and oppression.

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RESTRICTIONS

1. Use of costumes/uniforms that contravenes the Islamic regulations is not allowed.
2. Exposure of those parts of the body that are required to be covered is not permitted.
3. Mixed sports are prohibited. According to Islamic teachings boys and girls should be separated at about the age of ten.
4. Gambling and betting in sports are completely unlawful.
5. Sports activities should not result in the neglect of religious obligations or worldly responsibilities.
6. Too much time should not be spent in such activities because Islam is against excess in anything.