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## The repute of recreational sports activity in Islam Implications from the Holy Qur'an and the Sunnah of the Prophet

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### Abstract:

*This studies aims to explore the importance of leisure sports activities exercise in Islam, uncover its virtues, significance, and the varieties of sports accredited by Islam. This exploration is based totally on the noble Qur'anic verses and the honorable Prophetic Hadiths, which include the observe of: racing or running, archery, swimming, and equestrian sports (horseback using), and the way those practices adhere to the legal constraints installed by using Islam. The key findings of this have a look at screen that the Prophet Muhammad (peace be upon him) valued leisure sports activities exercise, authorized its engagement, and endorsed schooling in numerous types of sports activities, consequently raising their importance. Additionally, sports were held in high esteem in the Islamic community. It has been hooked up that the Prophet Muhammad (peace be upon him) in my opinion engaged in sports activities sports and organized races to beautify humans's motivation closer to working towards sports activities and getting to know its capabilities.*

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## Introduction:

The practice of sports is one of the human activities that dates returned to historical times. Some sports were aimed at strengthening the body, others had been related to each day training in fight and warfare, whilst others served as a method of enjoyment and rest. However, the evolution of sports into huge establishments, with billions of greenbacks invested by way of nations, the status quo of personal golf equipment, federations, neighborhood and global competitions, and the introduction of different broadcasting channels, has transformed sports activities from a practice into a business agency on each country wide and international levels. Some countries now allocate significant portions in their budgets for global participation at the fee of essential public services.

Islam emphasizes the development of both the coronary heart and the body, ensuring that neither factor is ignored or prioritized over the alternative. There is a specific balance between the spirit and the frame, among striving and diligence, and among endeavor and play. Islam holds sports activities in high regard as it encompasses each bodily and non secular blessings, maintaining a harmonious stability that stops one aspect from overshadowing the other. This stability reflects the herbal moderation that God has instilled in humans and which Islam has chosen as its route and exercise. Recreational education in a Muslim's lifestyles takes on mental, non secular, and fabric dimensions. The aim of this range is to combat the monotony of lifestyles, stimulate mental and religious properly-being through sports and remembrance of God, thereby improving effective strength in Islamic life and contributing to the improvement of an Islamic character with numerous stories that contribute to holistic non-public development.

Sports hold a noble region in Islam, with the Prophet Muhammad (peace be upon him) and his companions putting high-quality significance on it. They built a civilization that illuminated the sector, dispelling the darkness of lack of awareness and backwardness. The Prophet Muhammad (peace be upon him) set a dwelling instance and served as a version for humanity. He could pray drastically till his ft swelled, showing steadfastness in truth, and engaged in numerous sports activities sports of his time.

It is obvious that leisure sports activities preserve substantial popularity in Islam. Those who observe the primary sources of Islam (the Qur'an and the Prophetic Sunnah) will locate ample evidence highlighting the significance of sports activities for mental alleviation and encouraging its exercise. Therefore, this study aims to analyze the idea of leisure sports activities in Islam by means of studying Qur'anic verses and Hadiths. The research addresses the subsequent questions: Are there indicators inside the Qur'an and Hadiths that highlight the significance of recreational sports in Islam? To explore this trouble, the study will examine the subsequent elements:

1. General standards associated with leisure sports activities interest.
2. The significance of sports activities in Islam for bodily fitness.
3. .Types of sports activities practiced in the course of the early Islamic period.
4. Regulations governing recreational sports in the Islamic community.

## **Conclusion.**

### **General Concepts Regarding Recreational Sports Activities:**

Physical sports in trendy, and leisure sports activities especially, are enormous social behaviors in individuals' each day lives. They complement tradition and schooling, playing a crucial role in character improvement by using presenting a wide variety of abilities and large reviews that permit model to 1's society. In cutting-edge societies, leisure sports activities keep a unique place. Engaging in sports is taken into consideration tremendously vital throughout all segments of society, irrespective of gender, fame, or age, for developing and enhancing personality, providing amusement, strengthening muscular tissues, enhancing social relationships, assuaging strain and emotional tensions, and maintaining bodily fitness.

### **1-1 Definition of Sport :**

1-1-1 In Linguistic Terms: In linguistic phrases, "game" refers to the education of an man or woman's body and mind to gather novel traits and support both the thoughts or frame. The time period is derived from the verb "rāḍa." According to the "Qamus al-Muḥīt": "... And 'rāḍa' the colt manner to tame it. Thus, 'rā'id' method one that tames, and 'irtāḍa' the colt manner it has grow to be tamed." (Abadi, 1997: p831)

1-1-2 In Technical Terms: The definitions of "game" range depending on the meant reason. While some individuals or researchers accomplice it with strength of will and ethical refinement, others link it to the enforcement of non secular responsibilities as interpreted with the aid of Muslim scholars. There are people who generalize its meaning to embody all or maximum physical and mental activities, although sports activities are usually associated with games. (Younes, 2003:p 21)

1-1-3 Procedural Definition of Sport: Sport is a set of activities carried out by people both by myself or in agencies with the motive of bodily development, training, attractive time productively, and behavioral refinement. The Prophet emphasized the significance of sports that toughen and maintain a healthy body, including bodily schooling which contributes to sound physical development.

## **1-2 Definition of Physical and Sports Activity:**

2-1 Definition of Activity: Activity is an educational way regarding directed practices that fulfill individual desires and motivations via preparing the facilities encountered in day by day life. (al-Khuli & al-Humaimi, 1990:p 29)

### **2-2 Definition of Physical Activity:**

2-2-1 Literary Definition: The time period "bodily hobby" is used to describe the overall and overall variety of human movement, in addition to education, activation, and exercise, in evaluation to laziness, weakness, and inertia.

2-2-2 Anthropological Definition: In its broadest experience, physical interest encompasses all styles of physical exertion accomplished with the aid of people using their our bodies typically. It is more of an anthropological concept than a social one, because it complements and purifies numerous cultural, psychological, and social aspects of human beings.

2-2-3 Larson's Definition: Some students, which includes Larson, have taken into consideration physical pastime to be the number one pastime encompassing various forms and influences of human physical subculture. Larson viewed bodily interest as historically evolving and awesome from other modifications like bodily training and physical culture, which are terms still used these days but with different connotations. (al-Khuli, 1996:p 22)

From these definitions, it's miles clean that bodily activity consists of diverse moves and physical actions undertaken by means of people of their every day lives. It is an anthropological idea rather than simply a social one. Over time, special subcategories have emerged from this large concept of physical activity, consisting of physical way of life and bodily schooling. Thus, bodily activity is a term representing the collective actions and bodily sports executed by using human beings for the duration of history.

## **1-3 The Concept of Recreation:**

Linguistic dictionaries suggest that the term "undertaking" originates from the aggregate of two components: "Re" that means "to go back" and "advent" which means "to construct," which together deliver the literal which means of "recreating" or renewing. This metaphorical that means refers to the renewal and refreshment done through accomplishing leisure activities. Kraus posits that pastime encompasses those factors of pastime and stories that stem from an man or woman's will to attain private

joy and satisfaction at some stage in entertainment time, chosen and acquired in line with various non-public and social values.

#### **1-4 The Concept of Physical Recreational Sport:**

Sport is intently associated with activity, and recreation is perhaps the oldest social machine associated with recreation, potentially one of the earliest instructional systems connected with it. Sport has usually served as a source of satisfaction, entertainment, and leisure interest utilized by individuals in their unfastened time. Recreation pioneer Brightbill believes that the function of leisure establishments and enjoyment activities in current society has substantially multiplied, specifically concerning physical and sports activities activities. This is evident within the distribution of character and group participation based totally on unique considerations together with age, options, and skill degrees. (al-Khuli, 1996:p 152)

#### **2- The Importance of Sport in Islamic Religion:**

Human beings have been created with a widespread body and a transparent spirit, with the body being grounded and the spirit accomplishing toward the heavens. Thus, there is a want to take care of each aspects. Muslims have sought to refine their our bodies and enlighten their minds at the same time as cultivating their morals and purifying their souls. Islam has consequently emphasised electricity. The Prophet Muhammad (peace be upon him) said: “The sturdy believer is better and greater beloved to Allah than the weak believer, despite the fact that there is right in each.” This Hadith is said by way of Muslim. (ibn Muslim al-Qushayri , 1991:p 2052)

The Quran additionally commands the pursuit of energy in numerous verses, establishing pointers and values for its use. The Quran praises energy while it's far applied within the bounds of Sharia, with manipulate and course for reform. For example, Allah says concerning Talut: “Allah has chosen him over you and improved him abundantly in understanding and stature. Allah grants His sovereignty to whom He wills. Allah is All-Encompassing, All-Knowing” (Surah Al-Baqarah 2:247). Additionally, Allah praised strength in the context of Prophet Musa: “One of them said, ‘O my father, rent him. Indeed, the great one you can rent is the robust, the truthful’” (Surah Al-Qasas 28:26). The Quran also condemns the usage of strength for oppression and tyranny: “When you spot them, their bodies please you, and if they communicate, you listen to their speech. They are like pieces of timber propped up. They assume each shout is towards them. They are the enemy, so watch out for them” (Surah Al-Munafiqoon 63:4). This suggests that physical electricity should be directed accurately and used for suitable.

There is a misconception amongst a few that sports activities and play are distractions that lead Muslims faraway from worship and remembrance, diminishing their recognize among people or inflicting doubt about their understanding, conduct, and piety. However, this false impression contradicts the comprehensive nature of faith, which goals to adjust all components of lifestyles, and it's miles inconsistent with Islamic schooling, which seeks to develop a Muslim bodily, mentally, emotionally, spiritually, socially, and morally. Islam encourages the pursuit of strength, and considering the fact that sports are an effective means to reinforce and refine the body, they're deemed religiously useful supplied they adhere to Islamic hints, free from corruption, bias, enmity, and any transgression of Sharia.

The Prophet Muhammad (peace be upon him) made exceptions for sure sports from being taken into consideration mere play, inclusive of physical sports. He said: "Everything no longer related to the remembrance of Allah is frivolous and useless, except for 4 activities: taking walks between two dreams, training one's horse, gambling with one's own family, and gaining knowledge of swimming." Thus, swimming and horse training are seen as acceptable sports for Muslims. The Prophet himself raced horses and even raced together with his spouse Aisha, who on occasion gained. He also greeted young people playing sports activities and prayed for them. Moreover, the importance of bodily education is underscored with the aid of the advice of Caliph Umar ibn al-Khattab, who informed to "train your children swimming, archery, and horse driving." The Prophet Muhammad (peace be upon him) additionally advocated archery as a recreation: "Shoot, O sons of Isma'il, for your father changed into a shooter." (ibn Husam al-Din, 1985:p211).

### 3- Types of Sports in Early Islam:

Among the maximum outstanding styles of sports practiced throughout the time of the Prophet Muhammad (peace be upon him) are:

#### 3-1 Racing or Running:

Running was a game that involved tough competitors to decide who turned into quicker or greater enduring. Notable times encompass:

**The Race with Aisha:** A narration by way of Abu Saleh al-Antaki from Abu Ishaq al-Fazari, who suggested that Aisha raced the Prophet Muhammad (peace be upon him) and won to start with. However, when she carried meat, he won the race and remarked that this race was in reaction to the previous one. (ibn Muhammad, & al-Layadi.2022:p 187)



**The Race with Salma:** Narrated with the aid of Salma bin Akwa, who, all through the return from the Battle of Dhul-Qard, raced with the Prophet Muhammad (peace be upon him) and controlled to overcome him in a competitive race, demonstrating the Prophet's encouragement of such physical contests. (ibn Muslim al-Qushayri al-Nisaburi.2006:p 876)

**The Race with Abdullah and Ubaidullah:** Reported by means of Jareer, describing how the Prophet Muhammad (peace be upon him) organized races amongst his companions, profitable the winners with prizes and affectionately engaging with them(ibn al-Ash'ath.1996:p 261)

**The Advice on Walking:** From Jabir bin Abdullah, who said that the Prophet Muhammad (peace be upon him) recommended using mild running (nasalan) to ease lengthy walks, displaying that mild physical exercise may be beneficial and much less tiring. (ibn Khuzaymah..1980:p 141)

Through these Hadiths, it's miles obvious that the Prophet Muhammad (peace be upon him) and his companions engaged in those sports to refresh themselves, enhance temper, and beautify bodily abilities, thereby contributing positively to their standard properly-being and demonstrating the mixing of physical exercise within Islamic teachings.

### 3-2 Archery:

Archery is considered one of the greatest fight abilities, each in ancient and current instances, though its strategies have developed. Therefore, it received considerable interest from Muslims and others. Mastery and getting to know of archery have been distinguished and critical developments amongst them, as indicated by using some prophetic hadiths. It is narrated from Uqbah ibn Nafi (may Allah be thrilled with him) that he heard the Messenger of Allah (peace be upon him) reciting from the pulpit: "Prepare for them whatever strength you may... Indeed, electricity is in archery, certainly, electricity is in archery, indeed, power is in archery" (repeated 3 instances). This indicates the significance of archery in Islam and emphasizes the want to study it, as the Prophet (peace be upon him) harassed and repeated 3 times: "Indeed, strength is in archery." He endorsed the practice of archery and defined the act of going for walks between two goals set contrary each different for taking pictures as if it had been jogging in a lawn from the gardens of Paradise, due to its remarkable distinctive feature, or due to the fact it is a manner to Paradise whilst aiming to bolster oneself and prepare for jihad inside the cause of Allah. The Companions (may additionally Allah be pleased with them) had been eager on archery and taught it to their children. (Ibn Majah.2006:p 940)

In another hadith, it's far narrated from Uqbah ibn Aamir that the Messenger of Allah (peace be upon him) said: "Whoever learns archery after which abandons it is not from us, or has disobeyed" (stated through Muslim). This indicates the distinctive feature of mastering archery and that a believer should maintain it and no longer abandon it. Archery is a bodily sport that contributes to forming a warrior young people as part of the message of the righteous caliph Umar ibn al-Khattab, who despatched it to the regions to be implemented. It became a popular game among the Arabs, and Islam got here and encouraged it.(ibn Kathir .2000:p 307)

The frame benefits from archery in numerous methods, which includes:

- Integrated muscular organization functioning.
- Coordination of the important muscular machine with motion and stillness.
- Regulation of better fearful centers.
- Control of the nerve pathways to body elements.
- Coordination of eye nerves with goal place, whether or not transferring or desk bound.
- Ability to decide spatial, temporal, and distance relationships, particularly if the goal is transferring. (al-Rouqi ,2008:p 16-17)

From the above, it's far clear that working towards archery has many advantages, including its powerful impact on individual in phrases of area and physical coordination and movement. It conjures up braveness, stability, robust will, persistence, endurance, and manage of stillness and movement, in addition to frame concord.

### **3-3 Swimming:**

Swimming is one of the oldest sports practiced with the aid of humans, and Islam accredited and encouraged its exercise and studying, urging Muslim kids to examine it. It is said that the Arabs in ancient Arabia practiced swimming in water amassed from floods and rain. The prophetic biography mentions that the Prophet (peace be upon him), as a infant, practiced swimming in his maternal uncle's garden. He commanded Muslims to study swimming, as inside the hadith: "Learn swimming and educate it in your children." Sad ibn Ubadah (may additionally Allah be thrilled with him) become nicknamed "al-Kamil" because he excelled in writing, archery, and swimming. The Messenger of Allah (peace be upon him) called Abdullah ibn Zubayr "the deliver." There are many hadiths from the Prophet emphasizing the significance of swimming and encouraging its getting to know. For instance, al-Tabarani stated the Prophet (peace be upon him) as pronouncing: "Everything that isn't the remembrance of Allah is idle or useless except for 4 matters: taking walks between the two goals (for archery), schooling one's horse, gambling with one's circle of relatives, and coaching



swimming.” The rightly guided caliphs additionally emphasized training swimming as a part of physical schooling. The Prophet (peace be upon him) counted it among rights, because of its vast blessings, particularly for supporting the faith. Swimming has a top notch benefit for the frame, similarly to utilizing the advantages of seas and rivers and being vital for sea voyages and similar activities. It is usually recommended when intended for obedience to Allah, especially in subjects of struggle and naval expeditions. The Companions also paid interest to getting to know it. Umar ibn al-Khattab wrote to Abu Ubaydah ibn al-Jarrah (may Allah be pleased with them both): "Teach your boys swimming and your fighters archery." ( Ayyash,1995:p forty four) The purified Sunnah emphasizes the importance of swimming in phrases and exercise, as inside the pronouncing of the Prophet (peace be upon him): “The right of a father over his infant is to train him writing, swimming, and archery, and now not to provide him with some thing however pure (halal)” (reported by using Ahmad, the three compilers, and authenticated through Ibn Hibban). (al-Tirmidhi,2015:p 348) From this hadith, researchers look that our Prophet emphasised training this recreation, as it got here after mastering writing, indicating the function and contribution of sports activities in schooling. It is vital to avoid prohibitions in this recreation, such as uncovering the non-public elements and endangering oneself, and no longer neglecting responsibilities because of swimming.

### **3-4 Horsemanship (Riding Horses):**

The Arabs of vintage had been deeply inquisitive about horsemanship and horses, documenting their enthusiasm thru super poetry, fierce battles, searching expeditions, and racing competitions. Islam accepted and valued horsemanship and horses as a way of combat, travel, and migration. They are a signal of beauty created with the aid of Allah, and no kingdom that has recognised them has ever been without them. The legitimacy of this recreation is mounted via the Quran and prophetic Sunnah. Allah says within the Quran: "And prepare against them whatever you are able of energy and of steeds of battle, via which you could terrify the enemy of Allah and your enemy and others except them whom you do no longer know but whom Allah is aware of. And anything you spend within the purpose of Allah might be repaid to you in complete, and you will now not be wronged" (Quran eight:60). This verse commands believers to put together horses for fighting in His cause. (ibn al-Arabi,2002:p 421)

Some prophetic hadiths additionally mention the virtue of riding horses and the first rate advantages it gives. Urwah al-Barqi narrated that the Prophet (peace be upon him) said: “Horses are tied with goodness until the Day of Judgment.” (ibn Abi Shaybah,1997:p 221)

The Prophet (peace be upon him) additionally allowed horse racing. Ibn Umar (can also Allah be pleased with him) stated: "The Prophet (peace be upon him) raced horses that have been prepared from the location of al-Hufayya to the Thaniyyah of al-Wada', and raced between horses that had not been prepared from Thaniyyah to the Mosque of Banu Zurayq, and I changed into among folks that raced with him." It is agreed upon. Abu Huraira (may additionally Allah be pleased with him) also narrated that the Prophet (peace be upon him) said: "There is not any racing except with a hoof, a spear, or a horse" (pronounced by way of Ahmad, the 3 compilers, and authenticated by means of Ibn Hibban). (al-Asqalani,2002:p 337)

From the aforementioned hadiths, it could be seen that horse riding or horsemanship existed in the course of the time of the Prophet (peace be upon him) in various forms. Islam advocated working towards beneficial sports activities and turned into passionate about them, guiding the Companions to engage in them. Horsemanship is taken into consideration one of the oldest sports known to man, with benefits extending beyond physical health to mental and mental nicely-being. It combines physical and mental abilities and calls for a high degree of consider and cooperation between the rider and the horse.

### 3-5 Wrestling:

Horsemanship became not the handiest Arab recreation, as commonly believed. The pre-Islamic Arabs practiced diverse kinds of sports, which includes wrestling. Among the types of wrestling had been: "al-Shaghbah," wherein one makes use of their leg to try to overthrow the opponent, and "al-Hadhah," which entails overcoming and mounting the opponent till they surrender. The legitimacy of this sport is showed thru prophetic hadiths. It is said that the Prophet (peace be upon him) wrestled with some of the children of Quraysh earlier than and after Islam. He wrestled with Rukanah ibn `Abd Yazid ibn Hashim or three instances before his conversion to Islam. Rukanah, recognised for his electricity, said: "O Muhammad, in case you defeat me, I will consider in you." The Prophet (peace be upon him) defeated him three times, prompting Rukanah to say, "I endure witness that this is not human electricity," and he converted to Islam. (Sa'ati,1982:p 71)

It is also narrated from Abu Ja`a long way ibn Muhammad ibn Ali ibn Rukanah that Rukanah wrestled with the Prophet (peace be upon him) and was defeated. Ibn al-Qayyim stated that Rukanah changed into one of the strongest guys, and while the Prophet (peace be upon him) defeated him, he found out that the Prophet turned into supported with the aid of divine electricity. This is why Rukanah said, "No one has ever thrown me to the ground besides via divine useful resource." The Prophet's wrestling aimed to illustrate his prophetic symptoms and the power and charm

bestowed upon him by using Allah. (al-Jawziyyah ,1991:p 21) . It is narrated from Samurah ibn Jundub (can also Allah be pleased with him) that the Prophet (peace be upon him) used to study the young guys of the Ansar every yr. If one reached adulthood, he might enlist him. One year, Samurah changed into rejected after being enlisted. Samurah said, “O Messenger of Allah, you everyday a young guy and rejected me, even though if he had wrestled with me, I could have defeated him!” The Prophet (peace be upon him) then stated, “Go ahead and battle with him.” Samurah wrestled him and received, and became then popular into the army. (Mustafa,1990:p 211)

From this, researchers see that early Muslims were involved with wrestling, as shown by the noted hadiths. This sport become approved but inside the limits of Islamic law, ensuring it does not reason harm or involve forbidden movements. If there is no danger, harm, or exposure of private elements, it's far permissible.

#### **4- Regulations for Recreational Activities within the Islamic Society:**

Each society has its unique characteristics, stemming from various sources, the maximum critical being the religion practiced by that society. Often, many customs, traditions, and norms shape based on this religion, turning into an quintessential a part of the society's identity. Thus, contributors of the society practice, undertake, and guard these customs.

Therefore, one cannot see society in isolation from its unique characteristics, nor can one ignore them once they align with the social phenomena it encompasses. Often, a society's beliefs play a position in defining its specialty. There is an interactive procedure between the society's beliefs and the leisure sports practiced for the duration of leisure time. Recreational activities are a social phenomenon stimulated, like different social phenomena, via the society's values, ideals, standards, ideas, customs, and traditions. Often, the usual leisure activities in society are derived from or stimulated by these elements. (al-Tabarani,1985:p 211)

Thus, it is critical to consider the society's area of expertise whilst dealing with leisure sports in any community, specially whilst making plans leisure activities, designing applications, or creating centers for these activities. Numerous research emphasize the importance of respecting every society's distinctiveness and keeping off conflicts with it during making plans.

When we keep in mind the values of the network for which we are making plans leisure programs and take these under consideration whilst designing recreational centers and activities, and when we bear in mind the triumphing customs, values, and

norms inside the community, we ensure whole fulfillment and attain maximum effectiveness inside the investment productiveness of these applications and sports. Otherwise, it'd be not anything more than a waste of monetary and human resources with out accomplishing even the minimum level of fulfillment. Therefore, it isn't sudden that many leisure packages and activities deliberate in the Islamic international fail. This is often due to the literal adoption of fashions overseas to our Islamic societies, with out considering the specificities of the groups from which those recreational applications were adapted or into which they had been brought. A recreational application that succeeds in a single community may additionally fail in every other, and vice versa, due to differences in ideological foundations and cultural backgrounds of the groups worried. This necessitates organising preferred regulations and specific standards to assess whether or not those sports and programs are appropriate for the network. To ensure that endeavor fulfills its comprehensive function in the Muslim community, several fashionable legal and ethical pointers must be discovered:

**1.Adherence to General Ethics:** This includes avoiding anger, foul language, dishonesty, incitement to hostility and enmity, and harming others.

**2.Diversity in Recreation:** Ensure that no unmarried aspect of undertaking is emphasized on the cost of others.

**3Public Health and Hygiene:** Maintain widespread fitness and cleanliness in all leisure practices.

**4.Avoid Excessive Spending:** Prevent overspending on leisure elements and ensure fair allocation of sources.

**5.Avoid Imitation:** Refrain from adopting recreational styles from different cultures that don't align with network values. (al-Azdi al-Sijistani,1996:p 261)

Researchers can look at that adherence to those guidelines directly contributes to the achievement of recreational programs inside the Muslim community, as it respects the specific traits of these societies. This ends in achieving the expected results from recreational packages, having a superb effect on each people and the community at huge, promoting stability in individual and communal life, and moving closer to more integration within the Muslim network. It additionally facilitates gain the intended dreams of mutual exhortation to reality and patience.

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## Conclusion:

In end, our in-depth study at the significance of recreational sports activities in Islam has sincerely tested this significance through numerous Quranic verses and prophetic traditions. The Prophet Muhammad (peace be upon him) confirmed large interest in physical activities due to their benefits for Muslims' bodies and lives. Our exploration of the significance of physical workout in Islam famous that the Prophet engaged in numerous leisure sports such as racing, wrestling, archery, swimming, and horseback using. These sports supplied psychological comfort and could lead to many other beneficial leisure practices, furnished they adhere to Islamic prison tips.

Based on the statistics accrued and the conclusions drawn, the subsequent suggestions and tips for future research are proposed:

- Researchers, specifically within the subject of sports activities, must look at the lifestyles of the Prophet Muhammad (peace be upon him) and his companions.
- Islam does now not approve of practicing sports activities to the extent that it causes forget about of religious and national obligations.
- Islam encourages engaging in useful bodily activities and considers them among virtuous deeds.
- Recreational activities should be permissible in Islam and must now not battle with its trendy concepts and regulations.
- These activities should contribute to the higher desires of the Islamic nation.
- Recreational activities ought to serve the overall welfare of individuals and society.
- These sports need to address particular desires of the united states.

It is really worth noting that this studies can function a foundation for in addition studies exploring the ordinary recreational strategies in current Muslim societies and their adherence to Islamic suggestions for recreational bodily activities.

This is what I actually have concluded. If I am correct, it is completely from Allah, and if I am improper, it's miles from myself and the satan. Allah knows high-quality. May Allah ship blessings upon our Prophet Muhammad and his circle of relatives and partners.



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