



## 218489 - Ruling on participating in long distance running races

---

### the question

Is it permissible to take part in marathons if I do not accept the prize offered and I offer prayer on time during the marathon?

### Detailed answer

Praise be to Allah.

With regard to these races, there are two scenarios:

The first scenario:

There are no haraam elements, meaning that there is no uncovering of the 'awrah and there is no gambling involved in the prizes, meaning that one may participate in the race for free, not in return for paying an entry fee. In that case, there is nothing wrong with participating in the race and accepting prizes.

For more information, please see the answer to question no. [114530](#) .

The second scenario:

The race involves some haraam elements, such as uncovering of the 'awrah, or it involves gambling. That means that the participant pays an entry fee. In that case, it is not permissible to participate in the race or to accept prizes, because simply participating and paying the entry fee is participating and helping them in this sin. Allah, may He be exalted, says (interpretation of the meaning):

*{And cooperate in righteousness and piety, but do not cooperate in sin and transgression. And fear Allah; indeed, Allah is severe in penalty} [al-Maa'idah 5:2].*



Moreover, if the Muslim sees an evil, he is required to object to it and denounce it to the best of his ability, not participate in it.

The Prophet (blessings and peace of Allah be upon him) said: “Whoever among you sees an evil action, then let him change it with his hand [by taking action]; if he cannot, then with his tongue [by speaking out]; and if he cannot, then with his heart [by hating it] – and that is the weakest of faith.” Narrated by Muslim (78).

We ask Allah, may He be exalted, to guide and enable you to do all that is good.

And Allah knows best.