

# MIDLANDS ADULT LEAGUE

## RAMADAN GUIDANCE 2025/26

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### Information on Ramaḍān

Ramaḍān is the 9th month of the Islamic calendar and **is considered one of the most spiritual times of the year for Muslims**. It signifies the time during which the Qur'an was initially revealed and is the holy month of fasting, alms giving and prayer. This article provides an overview of the month and helps raise awareness for hockey clubs and leagues to ensure they understand the needs of Muslim players, coaches and officials during this important sacred month, Ramaḍān.

The Islamic calendar follows the phases of the moon, commonly known as the lunar cycle. As a result, the month of Ramaḍān falls approximately 10 days earlier each year when compared to the Gregorian calendar. By following the lunar calendar and verified sightings of the new moon the exact start and end dates can vary between communities. The Ramaḍān start date for 2026 is expected to begin on Tuesday 17th February, following the sighting of the moon over Makkah however this will vary from country to country. Lasting for 30 days, Ramaḍān will approximately end on Wednesday 18th March, with the celebratory days of Eid al-Fitr starting on Wednesday 18th or Thursday 19th March accordingly.

The Census 2021 results showed that there are 3.9 million Muslims in England and Wales, which represents 6.5% of the total population. Ramaḍān provides an opportunity for many Muslims for deep spiritual focus and reflection as well as gatherings with friends, family and community. Charitable giving and gifting are also key features of the month.

### Be aware of individual differences

Many Muslims find that Ramaḍān is a time where their usual spiritual practice increases, whilst other Muslims find Ramaḍān is a time to connect more with their faith than they do at other times of the year. Be aware of everyone's differences. Some Muslims who may not be particularly observant during the rest of the year may observe the rituals of Ramaḍān.

Equally do not assume that someone will be fasting during Ramaḍān. Some Muslims will have an exemption from fasting and these include, but are not limited to, children, people with long term health conditions or illness, older people, and women who are menstruating, pregnant or breast feeding.

### **Sawm – is the name for Fasting and one of the Five Pillars of Islam.**

Most Muslims observing Ramaḍān will fast and abide by the obligations that between dawn and sunset, they must not eat or drink (including water), smoke or have sexual relationships. Ramaḍān is about developing and improving self-control. It is usual to wake early before dawn to have a meal – **Suhoor** – before starting to fast at the break of dawn. The fast is broken at sunset – **Iftar** – and traditionally this is done by eating dates and drinking water before having a meal. Fasting during Ramaḍān is considered to be a means of attaining piety, self-control, God consciousness and appreciation for the vast bounties of life. It is an investment for the afterlife, providing significant rewards when done with pure intentions.

**Laylat-al-Qadr** is otherwise known as the Night of Power, considered to be the Islamic calendar's most sanctified eve. Muslims are encouraged to increase their reflection and prayer in particular for this night. This night falls within Ramaḍān's final 10 days, which are the holiest of the entire month.

### Eid al-Fitr

Eid al-Fitr, meaning 'Festival of Breaking the Fast', is the important holiday that follows the month of Ramaḍān. Celebrated for up to three days, Eid al-Fitr does not begin until the sighting of the moon, although it is expected to start on Wednesday 18th or Thursday 19th March 2026. It is a time for giving charity to the poor, congregational prayer, great feasts, the giving of gifts to children and spending time with those dearest to you.

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### Appropriate greetings

Below is a selection of common greetings you can use to share your well wishes with your Muslim hockey colleagues during Ramaḍān and Eid-ul-Fitr:

- 'Ramaḍān Mubarak' – meaning 'Blessed Ramaḍān '
- 'Ramaḍān Kareem' – meaning 'Noble Ramaḍān ' or 'Have a generous Ramaḍān'
- 'Kul 'am wa enta bi-khair' – meaning 'May every year find you in good health' or 'I wish you well on this occasion every year'
- 'Eid Mubarak' – meaning 'Blessed Eid'