

# Summary of the Laws of Tisha B'Av and the 9 days

*Note: This is just a summary of the major laws. Under certain circumstances there may be exceptions. If you have any questions please feel free to call me.*

## **The restrictions of the 3 weeks**- Begins with the Fast of Tammuz (July 19)

1. No weddings.
2. No haircuts.
3. We avoid purchasing especially nice items that would require a *Shehechyanu* blessing.
4. We avoid joyous events with live music.

## **The restrictions of the 9 days**- Begins August 1

1. The custom is to not eat meat or drink wine except on Shabbat.
  - A) Notable exceptions:
    - 1) A person who is unable to eat milk products may eat chicken
    - 2) If a nursing woman's milk will be affected by not eating meat she may eat meat.
2. Laundry- We do not do laundry during this time.
  - A) Notable exceptions:
    - 1) One may wash clothing for young children.
    - 2) It is permissible to wash undergarments.
2. Washing for pleasure- Showering should be done in cooler water than usual for the sake of cleanliness. Therefore, swimming for pleasure is not done during this time period.
3. Shaving- If not shaving does not affect one's livelihood then it should be avoided.

## **The restrictions of Tisha B'Av are:**

1. Eating and drinking
  - A) One who is sick and needs to eat is allowed to eat and drink.
  - B) Washing of body, face and hands
    - 1) Exceptions:
      - a) One can wash off dirt
      - b) After using the bathroom
      - c) The morning Netilat Yadayim may be done up to the knuckles.
      - d) One who is particular and will not feel comfortable until they wash their face may wash their face.
3. Anointing
  - A) Makeup is not used on Tisha B'Av.
4. Marital Relations
5. Wearing Leather shoes
6. Torah study- because the words of the torah bring us joy.
  - A) Exception: sections of Torah that deal with the destruction and mourning such as Eicha, Midrash Eicha, Book of Job, the prophecies of destruction in Jeremiah, the last chapter in Talmud Moed Katan, and the section in Talmud Gittin dealing with the destruction.