

Laws of Tisha b'Av

Laws of the Seuda HaMafseket

- At this meal, one may not eat more than one cooked item. One should drink less than usual at this meal
- The custom is to sit on the floor and eat bread and a hard-boiled egg with ashes.
- The fast begins at sundown and all restrictions begin at that time.

Laws of Tisha b'Av

- On Tisha B'Av one is not permitted to (1) eat or drink, (2) wash one's body, (3) anoint oneself, (4) wear leather shoes, or (5) engage in marital relations.
- 1. Eating and Drinking: One is not permitted to put any food or drink in one's mouth, even if one spits it out without swallowing. I.e. Brushing one's teeth
- 2. Washing: One is not allowed to wash one's hands or even dip one's finger in water. When one awakens in the morning, one should wash one's hands only up to the knuckles.
- 3. Anointing: One is allowed to anoint oneself for any purpose that is not pleasurable, this includes medical ointments and deodorant.
- 4. Leather Shoes: One may wear any shoe that is not made of leather.

Other Restrictions

- One may not study Torah on Tisha B'Av except for melancholy passages in Torah texts, the laws of mourning and Tisha B'Av, and works of Mussar.
- One may not greet another person with a verbal greeting such as "Hello" or "Good morning." If someone greets you, you may respond in a serious tone.
- One may not sit on a chair until after midday. Until then, one should sit on the floor or a low chair.
- One should not work before midday unless refraining from work will result in a significant and irretrievable loss.

Motzay Tisha b'Av

- We don't end the laws of mourning of the 9 days until midday on the 10th of Av.

- No meat, wine, music or haircuts/shaving

Summary of Tisha b'Av Laws when it falls on Saturday night

