

## Catechism Lesson 4: Sports, recreation, proper use of animals in sports, and hunting

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1. Any sport or recreation that is not sinful is good, as long as modesty, honesty, good sportsmanship, and non-idolization are maintained. *“Do what thou hast a mind, but not in sin or proud speech.”* (Ecclesiasticus 32:16)
2. Any sport that has a high probability of causing permanent disability or death is sinful and thus not allowed. Hence good sports that cause harm (such as boxing, mixed martial arts, and football) must be regulated so that as a general rule they do not cause permanent disability or death.
3. Lifting weights for strength or to stay in shape is good. However, lifting weights to pump up the body into a gross, unnatural, and extremely abnormal form (such as most bodybuilders) is sinful vanity.
4. The natural law bans women from physically aggressive sports, from sports that would deform their feminine body by making it muscle bound, from competing with men,<sup>1</sup> and from all professional level sports.

Some sports that women are banned from playing are football, soccer, rugby, boxing, wrestling, martial arts, car racing, basketball, baseball, softball, volleyball, polo, water polo, hockey, field hockey, competitive weightlifting, and bullfighting. However, women can learn martial arts for self-defense.

Some sports that women are allowed to play, but not in professional competitions and as long as they are modestly dressed, are golf, tennis, shooting, skating, skiing, sledding, gymnastics, swimming, ping-pong, bowling, and bow and arrow and gun shooting.

Women can play certain sports with men that are not part of an official competition, such as tennis, croquet, golf, and badminton.

5. It is the heresy of feminism for women to be sports announcers, interviewers, coaches and trainers of men, or for women to enter men’s locker rooms.
6. I believe that the use of animals in sports is not intrinsically evil and thus good as long as the animals are not tortured or do not greatly endanger the lives of humans. While humans can deserve to be tortured, animals can never deserve to be tortured.

Examples of a good use of animals in sports are horseracing in which whipping the horse is allowed since this is not torture; polo; rodeo; bull riding in which electric prods to get the bull out of the pen are allowed because this is not torture; bullfighting in which the bull is not maimed or killed and hence consists of the bullfighter evading the bull and scoring points by hitting the bull with a stick and in which the bulls’ horns must be cut so as to not permanently harm the bullfighter; and hunting of animals and fishing in which the kill is made as painless as possible. Examples of an evil use of animals in sports are animals fighting one another, such as cock fighting and dog fighting; and running bulls in the street among the people because it greatly endangers the lives of the people.

7. It is a natural law that hunting is good if done for food, clothing, medicine, to limit animal populations, to eliminate dangerous predators, and as long as it does not threaten the extermination of a species.

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<sup>1</sup> Women can play certain sports with men that are not part of an official competition, such as tennis, croquet, golf, and badminton.

*For the glory of God; in honor of the Blessed Virgin Mary, St. Michael, St. Joseph, Ss. Joachim and Anne, St. John the Baptist, the other angels and saints; and for the salvation of men*

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**Mary's Little Remnant**

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