



Prisoners in Israeli custody

**Firing rubber bullets
at prisoners is "becoming
another routine form of
violence in Israeli prisons."**

– Muhannad Abu Ghosh,
Physicians for Human Rights Israel,
to The Associated Press

When Repression Becomes Routine

Issue 05

About this file

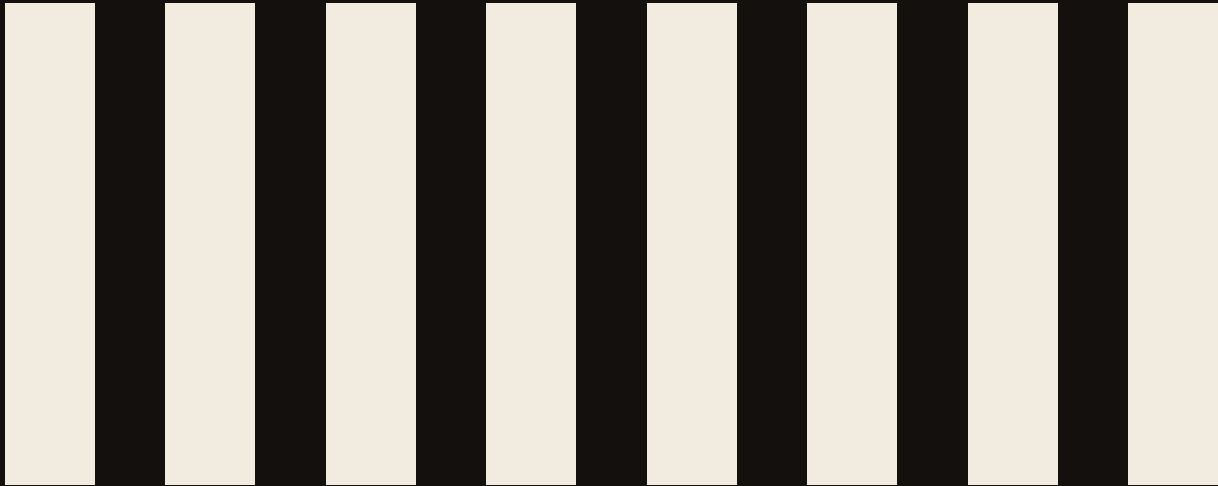
Qayd is a weekly newsletter on Palestinian prisoners in Israeli custody.

Issue 05, “When Repression Becomes Routine,” was published on social media as eight cards on Oct. 19, 2026.

This file brings the eight cards together, with more detail than the cards had room for. Each section opens with the card as it was published, with a small image of the card in the margin, followed by the witnesses’ fuller accounts.

After the cards come the quote page published with the issue and material from the same week that did not fit on the cards.

Sources and links are at the end of the file, with the story of the quote page, followed by notes on what we published.



Issue

Eight cards

5

When Repression Becomes Routine

In April, an Israel Prison Service unit entered a crowded cell at Naqab (Ketzio) prison that held about 40 prisoners. One of them was shot in the leg with a rubber bullet, and he says he went 15 days without proper treatment. Physicians for Human Rights Israel and the Public Committee Against Torture in Israel have documented more than twenty rubber-bullet shootings of prisoners since the start of the war. Two months after the organizations wrote to it in August, the Prison Service's legal department replied that there was no basis for a blanket halt, Haaretz reported.

■ This issue describes rubber-bullet injuries.

8 cards

This issue reflects information available before publication on Oct. 19, 2026.

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of 8

When Repression Becomes Routine

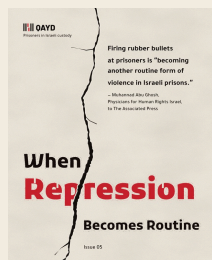
Firing rubber bullets at prisoners is “becoming another routine form of violence in Israeli prisons.”

— Muhannad Abu Ghosh, Physicians for Human Rights Israel, to The Associated Press

IN DETAIL

The statement is from Muhannad Abu Ghosh of Physicians for Human Rights Israel, in an Associated Press report published by The Times of Israel on Oct. 15, 2026. His organization and the Public Committee Against Torture in Israel say they have documented 22 cases of inmates being shot with rubber bullets.

The AP said it did not independently confirm the 22 shootings. It reviewed files provided by Physicians for Human Rights Israel, including statements inmates gave to their lawyers and medical reports, and spoke with two former inmates who said they had been shot.



The card as published

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of 8

Source

Haaretz 2026 ↗

A former prisoner at Naqab (Ketziot) prison

“What were we punished for? We were wounded for no reason at all. We don’t know why they shot at us.”

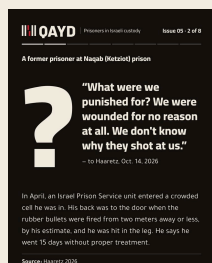
— to Haaretz, Oct. 14, 2026

In April, an Israel Prison Service unit entered a crowded cell he was in. His back was to the door when the rubber bullets were fired from two meters away or less, by his estimate, and he was hit in the leg. He says he went 15 days without proper treatment.

IN DETAIL

He was released from Naqab (Ketziot) in recent months and spoke to Haaretz. He was shot with a rubber bullet in April and had surgery only upon his release, Haaretz reported.

The incident began, Haaretz reported, when the wing’s management ordered prisoners who were in the yard to enter a crowded cell that held about 40 prisoners. Ten minutes later, a Prison Service unit entered the cell.



The card as published

The prisoners were packed one on top of another in a corner, on their knees, with their hands on their heads, he said. His back was to the door. He suddenly heard shots and felt pain in his left leg. At the same moment, he heard prisoners screaming in pain. He estimated that the shots came from close range, no more than two meters away.

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Sources

PHRI 2026 [↗](#); PCATI 2026 [↗](#); Haaretz 2026 [↗](#); Associated Press 2026 [↗](#)

What the two organizations documented

Documented by Physicians for Human Rights Israel and the Public Committee Against Torture in Israel

More than twenty

rubber-bullet shootings of prisoners since the start of the war, most of them from late 2025 and the first half of 2026.

Physicians for Human Rights Israel and the Public Committee Against Torture in Israel documented them at Ofer, Ganot, Naqab (Ketziot), Gilboa and Nitzan prisons.

IN DETAIL

Haaretz reported that Physicians for Human Rights Israel and the Public Committee Against Torture in Israel documented 21 rubber-bullet shooting incidents. The Associated Press reported that the two organizations documented 22 cases of inmates being shot. The reason for the difference is unclear. According to the AP, “One of these inmates is Israeli; the rest are Palestinian.”

One case appears in a document from the Prison Service’s medical center. A prisoner was hospitalized at Soroka after being hit by a rubber bullet at Naqab (Ketziot) in July. He underwent surgery for internal fixation of a fracture in his left shinbone, Haaretz reported.

The medical file of a prisoner from Megiddo prison shows he was shot in October of last year, Haaretz reported, causing bleeding in his right thigh. In February, he fell on the same thigh when guards broke into his cell. He was found to have a fractured pelvis and to need a full hip replacement. The medical record provided by the Prison Service says the fracture was caused by his fall.



The card as published

4 of 8

Sources

PHRI 2026 א; PCATI 2026 א; Israel
Prison Service 2026 א; Haaretz
2026 א

What the rules permit, and where the shots were fired

Prison Service rules as read by Physicians for Human Rights Israel and the Public Committee Against Torture in Israel, and where the shots were fired

What the rules permit: a few cases, such as an escape or attempted escape; violence against a guard or another person; a prisoner trying to break through doors.

Where the shots were fired, from the two organizations' August letter: cells; isolation wings; the yard; the waiting room for lawyer visits.

In the letter, the two organizations called for an end to firing rubber bullets at prisoners, especially at close range and in enclosed spaces.

IN DETAIL

In August, the Public Committee Against Torture in Israel and Physicians for Human Rights Israel wrote to three officials: the attorney general, the Prison Service commissioner and the service's legal adviser at the time, Haaretz reported. According to the AP, the letter urged the Prison Service to end behavior the organizations called "widespread" and "unlawful."

The organizations argue that the way rubber bullets are used goes beyond Prison Service orders on the possession and use of weapons. Under those orders, a guard may fire only in a few scenarios. Sari Bashi, executive director of the Public Committee Against Torture in Israel, told the AP that Israel's prison regulations allow guards to use weapons only when facing imminent risk.

According to the testimonies, Haaretz reported, the shots were fired at close range, sometimes in the yard or while prisoners waited for a lawyer, and often without any riot beforehand. In one case documented by Physicians for Human Rights Israel, a prisoner at Ofer who had not been treated for scabies refused to go from the yard back into his cell until he was given medication. In response, according to the organization, he was shot and a Taser was used on his head.



The card as published

5 of 8

Sources

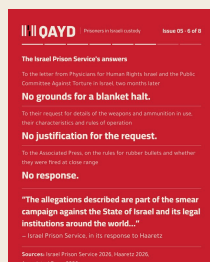
PCATI 2026 ↗; Haaretz 2026 ↗



The card as published

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Sources

Israel Prison Service 2026 ↗;
Haaretz 2026 ↗; Associated Press
2026 ↗

The card as published

Complaints of guard violence

“In the complaints filed in recent years, we have not seen any case in which anyone was brought to trial.”

— Merav Ben Ze'ev, head of the legal department at the Public Committee Against Torture in Israel, to Haaretz

Prisoners are “very afraid of filing complaints about guard violence,” Ben Ze'ev says, and no one has an incentive to complain.

IN DETAIL

Merav Ben Ze'ev, a lawyer who heads the legal department at the Public Committee Against Torture in Israel, told Haaretz that although the phenomenon is widespread, it is hard to persuade prisoners to file complaints about it.

The Israel Prison Service's answers

“The allegations described are part of the smear campaign against the State of Israel and its legal institutions around the world...”

— Israel Prison Service, in its response to Haaretz

To the letter from Physicians for Human Rights Israel and the Public Committee Against Torture in Israel, two months later: No grounds for a blanket halt.

To their request for details of the weapons and ammunition in use, their characteristics and rules of operation: No justification for the request.

To the Associated Press, on the rules for rubber bullets and whether they were fired at close range: No response.

IN DETAIL

The Prison Service's legal department answered the August letter from Physicians for Human Rights Israel and the Public Committee Against Torture in Israel only two months later, Haaretz reported. It said there was no basis for ordering a blanket halt to the use of these means. It also said there was no

justification for the organizations' demand for details of the means and ammunition in use, their characteristics and their rules of operation.

In the Prison Service's reply, Haaretz reported, decisions to use "less lethal" means are made according to operational need, after an assessment of the level of threat, the characteristics of the scene and the danger posed.

The AP reported that the service's legal adviser, responding to the August letter, said it saw no reason to stop using rubber bullets in "measured" and "appropriate" ways. The reply said the Prison Service is committed to the safety of its prisoners.

The Prison Service did not respond to the AP's request for comment on the rules governing the use of rubber bullets, or on whether rubber bullets have been fired at close range.

In its statement to Haaretz, the Prison Service also said it acts toward security detainees in accordance with the law and under constant judicial review. All detainees in its custody, it said, are held in accordance with the law and receive the rights and treatment the law requires.

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Sources

Haaretz 2026 [↗](#); Palestinian Prisoners' Society 2026 [↗](#); Arab48 2026 [↗](#)

Also this week

Minors in isolation · Bushra al-Tawil · Rasem Obeidat

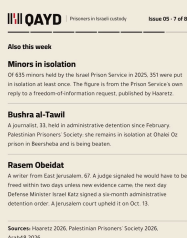
Minors in isolation: Of 635 minors held by the Israel Prison Service in 2025, 351 were put in isolation at least once. The figure is from the Prison Service's own reply to a freedom-of-information request, published by Haaretz.

Bushra al-Tawil: A journalist, 33, held in administrative detention since February. Palestinian Prisoners' Society: she remains in isolation at Ohalei Oz prison in Beersheba and is being beaten.

Rasem Obeidat: A writer from East Jerusalem, 67. A judge signaled he would have to be freed within two days unless new evidence came; the next day Defense Minister Israel Katz signed a six-month administrative detention order. A Jerusalem court upheld it on Oct. 13.

IN DETAIL

More than half of the minors held in Prison Service facilities in 2025, the vast majority of them Palestinian, were held in isolation at least once, Haaretz reported. The figures come from the Prison Service's reply to a freedom-of-information request filed by the Public Committee Against Torture in Israel and



The card as published

Parents Against Child Detention. The youngest were five boys aged 13 to 14. Isolation usually lasted seven consecutive days, and sometimes two weeks.

Isolation was used 666 times, and 154 minors were isolated more than once. Ninety-two percent of the minors placed in isolation had not been sentenced.

Under the Prison Service commissioner's order, isolation means holding a prisoner in a cell without other prisoners and without the possibility of leaving it, including for a daily walk in the open air. The order makes no distinction between adults and minors. The UN Committee on the Rights of the Child prohibits holding children in isolation, Haaretz noted.

The Prison Service told Haaretz that nothing in the data indicates that minors were held in isolation because of scabies.

Israeli forces arrested Bushra al-Tawil, a journalist, on Feb. 5, 2026, at the Ein Sinya military checkpoint near Ramallah, according to the Committee to Protect Journalists. On Feb. 12, she received a four-month administrative detention order. On June 11, her lawyer from the Palestinian Prisoners' Society told the committee that the Ofer Military Court had extended it by four more months.

She is from al-Bireh and had been released in January 2025 in a prisoner exchange, WAFA reported. Palestinian prisoner institutions describe her as the daughter of administrative detainee Jamal al-Tawil.

Her isolation began at Damon prison and continued at Neve Tirza, then at Ohalei Oz in Beersheba, according to Palestinian prisoner institutions. On Oct. 7, they said she had been moved to Ohalei Oz after 46 days of continuous isolation, and that a lawyer from the Commission of Detainees' and Ex-Detainees' Affairs had asked many times to visit her before being told of the transfer.

On Oct. 12, the Palestinian Prisoners' Society said her administrative detention had been renewed for another four months. It said, citing information from a visit, that the Prison Service continues to isolate her and to subject her to beatings and abuse. On Oct. 18, the society said she remains in isolation at Ohalei Oz.

Rasem Obeidat, 67, a father of four from Jabal al-Mukabbir, is a correspondent and senior commentator for the newspaper Al-Quds, Haaretz reported. He was arrested at his home on Sept. 27, 2026, according to the Wadi Hilweh Information Center.

Police asked to extend his detention by eight days on suspicion of conspiracy and membership in a terrorist organization, Haaretz reported. A Jerusalem Magistrate's Court judge found reasonable suspicion but extended it by only three days.

He appealed to the District Court and, on the judge's advice, withdrew the appeal. During that hearing, the judge hinted to police that unless they submitted new evidence, they would have to release him within two days. The next day, instead of filing another request to extend his detention, Defense Minister Israel Katz signed a six-month administrative detention order, according to Haaretz.

On Oct. 13, the Jerusalem District Court heard the request to approve the order. Part of the hearing was held with only one side present, as Shin Bet officials showed the judge classified evidence, Haaretz reported. The court upheld the six-month order with no indictment filed against him, Arab48 reported. He was being held at the Moscobiyeh interrogation center in West Jerusalem, the Wadi Hilweh Information Center said that day.

Haim Hadiya, his lawyer in the administrative proceeding, said the liberty of an elderly man with complex health problems, a father and a grandfather of 12, was being taken away with a stroke of the pen and without admissible evidence. His family said he has diabetes and is not receiving the medical treatment he needs in detention.

8 of 8

Not an order, a request.

Send this to one person you know.

ولا بدّ للقيد أن ينكسر

And the shackle must break.

Not an order, a request.

Share it on your page too, if you can.



The card as published

“Al-Aqsa Mosque: have you come
to visit it,
**or come to bid it farewell
before it is lost?”**

Abd al-Rahim Mahmoud · Anabta · 1935

||| QAYD



Appendix



From the same week



What did not fit on the cards

Material from the same week that the eight cards had no room for, with its sources.

3 items

This issue reflects information available before publication on Oct. 19, 2026.

1 of 3

Sources

Commission of Detainees' and Ex-Detainees' Affairs, Oct. 5, 2026 ↗
 WAFA, citing the Commission, Oct. 14, 2026 ↗

Damon prison

Two women held at Damon prison describe gas and stun grenades inside their rooms on Oct. 7, according to the Commission of Detainees' and Ex-Detainees' Affairs.

IN DETAIL

On Oct. 14, the Commission said two women held at Damon, Basmala Saad, 20, and Israa Ahmad Hoji, 31, have scabies. Saad has been held since March 13, 2026. Saad told a Commission lawyer that the scabies had caused blisters and swelling on her legs and that the medication she received did not help. She said she has been held in solitary confinement since her room was raided on Oct. 7.

The two women described repeated raids on the rooms, gas and stun grenades used inside the rooms on Oct. 7, and scarce food of poor quality, according to the Commission.

On Oct. 5, the Commission published the account of Maha al-Rifai, 55, from Anata, held in pretrial detention since Feb. 11, 2026. She told a Commission lawyer that her room at Damon is severely overcrowded and that three women have to sleep on the floor. She said scabies had torn at the bodies of the women in the room. She said she and other women prisoners were subjected to a raid inside the wing, in which she was beaten and pushed and fell to her knees.

2 of 3

Source

Palestinian Prisoners' Media Office,
 Oct. 11 and Oct. 14, 2026 ↗

Gaza

Two accounts from the Palestinian Prisoners' Media Office. No second source for either had been found by press time.

IN DETAIL

Mohammed Ramadan, a prisoner from Gaza held at Nafha prison, was arrested during the 2014 war, on July 24, 2014, and sentenced to 12 years, the Palestinian Prisoners' Media Office reported on Oct. 11, 2026. He was due for release on July 25, 2026. As soon as his sentence ended, the office said, Israel transferred his file to administrative detention. Since the start of the war on Gaza, no lawyer has been able to visit him and his

family has lost contact with him, according to the office. What news reaches them comes through prisoners released from Nafha.

On the evening of Oct. 14, 2026, Israel released seven prisoners from Gaza, the office reported. Among them was Khalil Mohammed al-Masri, 44, from Khan Younis. He had been missing for about three years, and his family believed he had been killed in the first days of the war. The family was told of his release and of his arrival at Nasser Hospital in Khan Younis, the office said.

3 of 3

Sources

HaMoked, October 2026 ↗;
Palestinian Prisoners' Society, Oct.
13, 2026 ↗

The numbers

As of October 2026, Israel holds 9,265 “security” detainees, according to HaMoked, which relies on Prison Service data.

IN DETAIL

As of October 2026, HaMoked reports, Israel holds 1,509 prisoners serving sentences, 3,236 detainees not yet convicted and 3,101 administrative detainees, held without trial. It also holds 1,419 people classified as “unlawful combatants.”

On Oct. 13, 2026, the Palestinian Prisoners' Society said Israeli authorities had re-arrested, summoned and interrogated about 80 prisoners freed in previous exchange deals.

Sources

Sources are listed by section. The numbers beside each source are the items in this file that rest on it. The links work when clicked.

05

1, 3, 4, 6

The eight cards

The Associated Press, via The Times of Israel — Sam Mednick on rubber-bullet shootings of Palestinian inmates (Muhannad Abu Ghosh; Sari Bashi; the Prison Service's legal adviser) · Oct. 15, 2026
timesofisrael.com/rights-groups-report-dangerous-surge-in-use-of-rubber-bullets-on-palestinian-inmates/

2, 3, 4, 5, 6

Haaretz — Hagar Shezaf on rubber-bullet shootings in Israeli prisons, the August letter and the Prison Service's reply (in Hebrew) · Oct. 14, 2026
haaretz.co.il/news/politics/2026-10-14/ty-article/.premium/000001a1-3897-d217-a5ab-7ed76f100000

7

Haaretz — Amira Hass on minors held in isolation in 2025 (in Hebrew) · Oct. 15, 2026
haaretz.co.il/news/politics/2026-10-15/ty-article/.premium/000001a1-3e88-d253-a9e1-fea877930000

7

Palestinian Prisoners' Society, on Telegram — Bushra al-Tawil's administrative detention renewed; isolation at Ohalei Oz (in Arabic) · Oct. 12, 2026
t.me/ppsmo/8471

7

Palestinian Prisoners' Society, on Telegram — Bushra al-Tawil still in isolation at Ohalei Oz (in Arabic) · Oct. 18, 2026
t.me/ppsmo/8479

7

Addameer — Palestinian prisoner institutions on Bushra al-Tawil's transfer to Ohalei Oz (in Arabic) · Oct. 7, 2026
addameer.ps/ar/news/5765

7

Palestinian Prisoners' Society — Palestinian prisoner institutions on Bushra al-Tawil (in Arabic) · Sept. 20, 2026
ppsmo.ps/home/studies/18501?culture=ar-SA

7

WAFA — Journalist Bushra al-Tawil arrested at a military checkpoint north of Ramallah (in Arabic) · Feb. 6, 2026
wafa.ps/news/2026/2/6/141728-الاحتلال-يعتقل-صحفية-وصحفي-على-حاجز-عسكري-شمال-رام-الله

7

Committee to Protect Journalists — Bushra Taweel
cpj.org/data/people/bushra-taweel/

7

Haaretz — Nir Hasson on the administrative detention order for Rasem Obeidat (in Hebrew) · Oct. 13, 2026
haaretz.co.il/news/politics/2026-10-13/ty-article/.premium/000001a1-361e-d610-a5bb-373fcbff0000

7

Arab48 — Court upholds Rasem Obeidat's administrative detention (in Arabic) · Oct. 13, 2026
arab48.com/فلسطينيات/أخبار/2026/10/13/يُثبت-الاعتقال-الإداري-بحق-الكاتب-المقدسراسم-عبيدات

7

Wadi Hilweh Information Center — Hearing on Rasem Obeidat's administrative detention (in Arabic) · Oct. 13, 2026
silwanic.net/article/news/80079/ar

+

Appendix

What did not fit on the cards

1

Commission of Detainees' and Ex-Detainees' Affairs — Maha al-Rifai on conditions at Damon prison (in Arabic) · Oct. 5, 2026
cda.gov.ps/index.php/ar/ar-news/alasyrt-almrydt-mha-alfay-skabyws-nhsh-ajsadna-wn-any-jra-alahmal-altby-fy-aldamwn

1

WAFA, citing the Commission — Two women prisoners at Damon in poor health (in Arabic) · Oct. 14, 2026
wafa.ps/news/2026/10/14/هيئة-الأسرى-أسيرتان-تعاينان-ظروفا-صحية-صعبة

2

Palestinian Prisoners' Media Office — Mohammed Ramadan: a 12-year sentence ends, administrative detention begins (in Arabic) · Oct. 11, 2026
asramedia.ps/?p=72742

2

Palestinian Prisoners' Media Office — Seven prisoners from Gaza released, among them Khalil al-Masri (in Arabic) · Oct. 14, 2026
asramedia.ps/?p=72866

3

HaMoked — Prisoners in numbers (in Hebrew) · October 2026
hamoked.org.il/prisoners-charts.php

3 **Palestinian Prisoners' Society** — Freed prisoners re-arrested after the exchange deals (in Arabic) · Oct. 13, 2026
 ppsmo.ps/home/news/18518?culture=ar-SA

12

Quote page

Abd al-Rahim Mahmoud

"Al-Aqsa Mosque: have you come to visit it, or come to bid it farewell before it is lost?"

In the summer of 1935, Prince Saud bin Abdulaziz, later King of Saudi Arabia, passed through Anabta, near Tulkarm, on a visit to Palestine. A 22-year-old poet from the town recited a poem of welcome, then put this question to him.

Thirteen years later came the Nakba, and the poet was killed in the battle of al-Shajara in 1948.

Aldiwan — Abd al-Rahim Mahmoud, "Najm al-Su'ud," 1935 (in Arabic)

alldiwan.net/poem111653.html

Interactive Encyclopedia of the Palestine Question — Context: Prince Saud's 1935 visit and the poem at Anabta

palquest.org/en/node/14589

Notes

We edit published posts only to correct factual errors. Anything that needs explaining is noted here.

Notes on what we published

More than twenty, 21 or 22? Haaretz reported that Physicians for Human Rights Israel and the Public Committee Against Torture in Israel documented 21 shooting incidents; the Associated Press reported 22. The reason for the difference is unclear.

The August letter and the Prison Service's reply. By press time, no published text of the August letter from Physicians for Human Rights Israel and the Public Committee Against Torture in Israel, or of the Prison Service's reply, had been found on the Public Committee's website; the website of Physicians for Human Rights Israel could not be opened. What is reported here comes from Haaretz and the Associated Press, and is attributed to each.

Method and images

On method. Every sentence in this file rests on a published source we read before the issue was published; the sources and links are on the preceding pages. Where two sources differ on a number or a date, we note the discrepancy where it arises rather than choose between them. A serious event reported by only one source is attributed to that source in the same sentence.

On the images. This issue has no photographs. The images in this file are the cards as published, and the quote page.

Contact. qaydps@gmail.com · qaydps.netlify.app · Legal information (Impressum) is on the website.

And the shackle must break.

وَلَا يَسْتَلْقِي
أَنْ يَنْكَسِرَ

Not an order, a request.

**Send this to
one person
you know.**

Share it on your page too, if you can.

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