HAVE A GAME PLAN®

Bet responsibly."



Set a budget and stick to it.

Responsible gaming means enjoying sports betting as a fun and leisurely activity, by playing for limited amounts of time—both in frequency and duration—and with a predetermined budget. You can establish your own limits by developing a set of personal guidelines to determine when and how much to gamble.



Keep it social: play with friends, family and colleagues.

Sports betting is a form of entertainment. Responsible gaming means keeping sports betting social and ensuring it remains entertaining.



Be informed: learn the details of the games you're playing.

Utilize resources provided by sports betting operators on the games you're playing and your odds of winning.



Play with trusted licensed, regulated operators.

State licensed and regulated sportsbook operators are committed to responsible gaming practices and ensuring that their staff are properly trained on responsible gaming policies. Illegal and unregulated sportsbook operators do not have any responsible gaming measures in place, placing consumers at heightened risk.

