



# HOW TO SET SPORTS BETTING LIMITS ON YOUR DEVICES



## WHAT ARE RESPONSIBLE BETTING FEATURES?

With many sportsbooks offering the ability to place bets online or on your cell phone, more and more people are placing sports bets digitally. And along with the new digital landscape has come the development of apps and in-app features that help bettors set limits on the amount of money they bet and the time they play. There are stand-alone apps and responsible gambling features that are built into betting apps.

## SPORTS BETTING & THE NEED

Now that betting on sports is as easy as pressing a button on your phone, along with that has come the ability to place bets quickly, which can lead to placing bets more frequently and potentially result in developing a problem with gambling. Responsible gambling apps can help bettors easily and set limits.

## HOW DO RESPONSIBLE BETTING FEATURES AND APPS WORK?

Every app has their own system and quirks, but most allow the user to set their own limits on how much money they spend or the amount of time they spend gaming. When those limits are exceeded, the user is prevented from accessing the app or making bets for a set amount of time.

## TOOLS TO SET LIMITS

Setting limits is an important responsible gambling tool, and many apps offer features that will let you set limits for yourself. Apps can help:

- Set limits on how much money you can lose
- Set limits on how much money you can bet
- Limit how much money you put into a betting account
- Put a cap on how long you can play in a session or day
- Remind you to take a break

## WHAT DO I DO IF I AM CONCERNED ABOUT A PROBLEM WITH GAMBLING?

If you think you or someone you know is at risk, call the free Problem Gambling Helpline at 1-800-589-9966 or visit [PauseBeforeYouPlay.org](https://PauseBeforeYouPlay.org). There you can:

- ⏸ **Take the quiz** to see if you're at risk for problem gambling
- ⏸ **Find free resources** for responsible betting
- ⏸ **Get help** from free and accessible locations