

## 10 Rules for Responsible Gaming

1. If you choose to gamble, do so for entertainment purposes.
  - If your gambling is no longer an enjoyable activity then ask yourself why you are still playing.
2. Treat the money you lose as the cost of your entertainment.
  - Treat any winnings as a bonus.
3. Set a dollar limit and stick to it.
  - Decide before you go not only what you can afford to lose, but how much you want to spend. Do not change your mind.
4. Set a time limit and stick to it.
  - Decide how much of your time you want to allow for gambling. Stop gambling when you reach the time limit whether you are winning or losing.
5. Expect to lose.
  - The odds are that you will lose.
6. Make it a private rule not to gamble on credit.
  - Do not borrow money to gamble.
7. Create balance in your life.
  - Gambling should not interfere with or be a substitute for friends, family, work or other worthwhile activities.
8. Avoid "chasing" lost money.
  - Chances are the more you try to recoup your losses the larger your losses will be.

9. Don't gamble as a way to cope with emotional or physical pain.
  - Gambling for reasons other than entertainment can lead to problems.
10. Become educated about the warning signs of problem gambling.
  - The more you know, the better choices you can make

## PGCB iGaming Self-Exclusion Program

**If you find that your gambling behavior has become a problem, the PGCB's iGaming Self-Exclusion Program may be better suited for your needs. Learn more about the iGaming Self-Exclusion Program by visiting the PGCB's website, [www.gamingcontrolboard.pa.gov](http://www.gamingcontrolboard.pa.gov).**



**Website:**  
[www.gamingcontrolboard.pa.gov](http://www.gamingcontrolboard.pa.gov)

**E-mail:**  
[problemgambling@pa.gov](mailto:problemgambling@pa.gov)

**Address:**  
Pennsylvania Gaming Control Board  
P.O. Box 69060  
Harrisburg, PA 17106-9060  
Attn: Office of Compulsive and Problem Gambling



**Self-  
IMPOSED  
LIMITS**

i G A M I N G



Pennsylvania Gaming Control Board  
Office of Compulsive and Problem Gambling

# Self- IMPOSED LIMITS

*Some individuals may find that using self-imposed limits helps to keep their online gambling behavior at a responsible level. A registered player may select one or more limits or may suspend their registered iGaming account for a certain period of time. Registered players can select a limit or suspension by logging into their account and selecting which limit(s) best fit their need.*

**Registered players can choose to limit their iGaming play by selecting one of the following limits:**

## **Deposit limit**

This limit will be offered on a daily, weekly and monthly basis and will specify the maximum amount of money a registered player may deposit into his registered iGaming account during the selected period of time.

## **Spend limit**

This limit will be offered on a daily, weekly or monthly basis and will specify the maximum amount of money a registered player can wager for the selected period of time. A registered player will be unable to participate in iGaming when the limit on the amount wagered has been reached for the selected period of time.

## **Wager limit**

This limits the maximum amount of any single wager on any interactive game. A registered player will be unable to wager an amount greater than the selected limit amount on an interactive game.

## **Daily time-based limit**

This limit specifies the maximum amount of time, in hours, a registered player may engage in iGaming on a daily basis. The registered player will be unable to participate in iGaming for the rest of the day when the selected hourly limit has been reached. If a time-based limit is reached during play, the registered player will be permitted to complete any round of play, or active or prepaid tournament.

## **Temporary Suspension**

A complete suspension of the iGaming account for any number of selected hours or days. While a registered player's iGaming account is suspended, the registered player may not change gaming controls until the suspension expires. The registered player will continue to have access to the iGaming account and is permitted to withdraw funds from the iGaming account upon proper application to each iGaming entity.

**If you have specific questions regarding enrolling in a self-imposed limit, please see the contact information listed on each iGaming website.**



For information on gambling disorder treatment options, call

**1-800-GAMBLER**