

# MOBILE BETTING ON YOUR FAVORITE SPORTS?

If you are 21+ and physically present in Maryland it is legal to sports bet  
**BEFORE YOU JOIN THE EXCITEMENT OF SPORTS BETTING CONSIDER THESE TIPS...**

## TIPS for Safe Mobile Sports Betting:

- Only bet through Licensed operators
- Educate yourself on betting terminology, how to read stats, types of bets and odds of winning
- Set limits on wagers, time spent, deposits, and losses
- Want to block gambling sites? Use BetBlocker or GamBan
- Bet what you can afford to lose, for entertainment, not to win money
- Want to self-exclude from mobile betting? The Voluntary Exclusion Program is available
- To make clear decisions, avoid alcohol use while gambling

## Signs of a Gambling Problem:



Always thinking of betting



Chasing losses



Unable to take a break



Lying about gambling



Using gambling to cope



Using more than planned or borrowing money

*If some of these signs apply to you or a loved one, help is available...*

Scan QR Code



maryland alliance for  
**responsible** gambling