

Responsible Gaming [up-x.cc]

We are committed to promoting responsible gaming and ensuring a safe, enjoyable, and controlled betting environment for all our players. We recognize the potential risks associated with gambling addiction and take proactive steps to safeguard our users from excessive gambling tendencies. Our primary objective is to provide an entertaining and secure platform while preventing minors from engaging in gambling activities.

Maintaining Control While Gambling

Gambling should be viewed as a recreational activity and a fun way to engage with your favorite sports and connect with like-minded individuals. However, responsible gaming requires awareness and discipline. To ensure a balanced gaming experience, every player should keep in mind the following principles:

- Gambling is a form of entertainment, not a way to make money.
- Losing is part of the game - do not chase losses in an attempt to recover them immediately.
- Only bet with funds you can afford to lose and set clear financial boundaries.
- Monitor your gaming habits, including the time and money spent on betting.

Preventing Gambling Addiction

While most players engage in gambling responsibly, a small percentage may develop compulsive gambling habits. Research indicates that only a minor fraction of adults experience gambling addiction, yet we take this matter seriously. We encourage all users to remain mindful of the following:

- Gambling outcomes are based on probability - there are no guaranteed winning strategies.
- Your desire to gamble should stem from personal enjoyment, not financial desperation.
- Betting is not a means to escape personal problems or settle debts.
- Always set a budget and never exceed your financial limits.
- Understand the game rules before participating.

Identifying Gambling Addiction

It can be challenging to differentiate between a harmless passion for gaming and a developing gambling addiction. Self-assessment is a great tool to monitor your gambling habits. If you find yourself answering "yes" to five or more of the following questions, you may need to reconsider your gambling habits:

- Do you feel a strong compulsion to gamble frequently?
- Have your betting amounts consistently increased over time?
- Do you borrow money for gambling?
- Do you often play longer than initially planned?
- Has gambling negatively affected your reputation or relationships?

- Do you feel irritated or restless when unable to gamble?
- Do you use gambling as an escape from stress or problems?
- Do you frequently try to recover losses by betting more?
- Have you unsuccessfully attempted to control your gambling time or expenses?
- Do you hide your gambling activities from family or friends?

For more detailed analysis of the behavior we encourage you to proceed with self-assessment via <https://gamblersanonymous.org/20-questions/>

Tips for Controlling Your Gambling Habits

To maintain a healthy relationship with gambling, consider these best practices:

- Set a predetermined time limit for gambling and stick to it.
- Establish a maximum budget for losses and never exceed it.
- Never borrow money to fund gambling activities.
- Balance gambling with other hobbies and recreational activities.
- Avoid gambling when feeling distressed, anxious, or emotionally unstable.

Setting Limits

To help you stay in control, we offer a self-regulation tool for deposit limits which allow you to establish a cap on the maximum amount you can deposit within a daily, weekly, or monthly timeframe. Once the limit is reached, further deposits will be blocked until the new cycle starts. Any decrease in your limit will take effect immediately, while an increase will be implemented 7 days after your request.

Reality Check

You can set Reality Check alerts throughout your gaming experience to track the duration of your session. When the notification appears, all financial transactions will be paused until you acknowledge it and decide whether to continue or take a break. This feature helps you monitor your time and keep control over your gaming activities.

Cooling Off

We offer a Cooling Off period, which allows you to take a break from gambling for 24 hours, 7 days, or up to 3 months, all customizable through your account settings. During this time, you will not be able to access your account or participate in any gaming activities. You can choose to apply the break to the entire platform, specific game categories (e.g., Slots, Table Games, Poker), and unsubscribe from marketing communications.

Once the selected period ends, your account will automatically reactivate without needing further action from you. This break cannot be shortened.

To clarify the difference between Self-Exclusion and Cooling Off: Self-Exclusion is a long-term measure, blocking access to your account, games, and marketing for at least 1 year, while the Cooling Off period is a short-term option to help you step back and reflect on your gambling habits.

Self-Exclusion

Self-Exclusion offers a way for players to pause their gambling activities for 1, 3, 5, or 10 years, with no possibility of reversing the decision until the chosen period ends. Alternatively, you can request to permanently close your account with no option to reopen it. This option is designed to minimize harmful gambling behavior while providing access to support resources.

To start the self-exclusion process, simply complete the request form in your account settings. You can choose to exclude yourself from all services or specific game types like Slots, Table Games, or Poker. Once your request is submitted, the exclusion will take effect immediately, and you will only regain access to your account after the chosen period expires and you request reactivation in writing.

During the self-exclusion period, you may only withdraw funds that were in your account before the exclusion. Access to other domains under our license will also be restricted. We recommend extending the self-exclusion to other gambling platforms to maintain full control and reduce potential risks.

Seeking Help & Support

If you or someone you know is struggling with gambling addiction, professional assistance is available. Below you can find trusted organizations that offer confidential support:

- [Gambling Therapy](#)
- [GamCare](#)
- [Gamblers Anonymous](#)

We are dedicated to responsible gaming and player well-being. By setting boundaries, staying informed, and seeking support when needed, you can ensure that gambling remains a safe, enjoyable, and responsible activity.