

### Signs of a Problem Sports Gambler:

- ◆ Obsessing with point spreads or “fantasy” scores
- ◆ Unusual interest in obscure games
- ◆ Associating with other sports bettors
- ◆ Frequent borrowing of money from family and friends
- ◆ Having debts, unpaid bills, and financial troubles
- ◆ Desire to bet again to win back losses

**Has your sports betting become a problem?  
Answer these questions to evaluate your  
behavior.**

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
3. During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

**Scoring: If you answered ‘yes’ to one or more of these questions, please call 1-800-BETS OFF, or go online to [www.1800BETSOFF.org](http://www.1800BETSOFF.org) for more information.**

**1-800-BETS OFF**

IOWA GAMBLING TREATMENT PROGRAM

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**[www.1800BETSOFF.org](http://www.1800BETSOFF.org)**

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*Promoting and Protecting the Health of Iowans.*



# SPORTS BETTING



## Has Your Sports Betting Become a Problem?

## Sports Betting

For many people, betting on the outcome of different sports may seem like harmless entertainment, even though it is illegal in Iowa.



Watching the occasional game and placing a few dollars on the outcome can be an enjoyable experience. It's when sports betting begins to take on added importance in a person's life that problems can occur.

Some individuals experiencing problems with sports betting may accumulate debt, experience the loss of significant relationships, become involved in other illegal activities, and even become addicted.

## Who is at risk for developing a problem with sports betting?

Anyone can develop a problem with sports betting; however, specific populations have been identified as at-risk for developing a problem.

**Youth:** Sports betting is becoming more popular and reaching younger audiences. March Madness and fantasy sports make betting on sports attractive to younger audiences.

**Athletes:** Athletes enjoy competition and sports, and feel a need for action and excitement, making sports betting popular among this group. According to the NCAA, 92% of male college athletes reported that they started gambling in high school, or earlier.



**Males:** Various studies show males are more likely to develop a problem with sports betting, in comparison to females.

## Sports Betting Myths

**Sports betting is a game of skill: winning is dependent up knowing the teams and the players, and which ones are more likely to win.**

Having knowledge of the teams and players may give you some advantage, but in any sport outcome there is a degree of chance. How many times have you expected your team to win and they didn't?

**Sports betting is fair: each person betting has a 50/50 chance of winning double their original investment.**

Most sports bets are placed through a 'bookie'— someone who facilitates the gambling by setting the odds and paying out the winnings. However, bookies come with a price. Whether you win or lose, you still pay to play.

**Sports betting is legal.**

Sports betting in Iowa is illegal. Online sites offering booking services are unregulated. The lack of regulation makes it dangerous to place bets on those sites. Also, anyone can be a bookie and since the act of sports betting is illegal in Iowa, there is no law ensuring you will receive any winnings due to you.