

Learning the facts about sports betting can help you have a lower-risk, more enjoyable experience. Whether you are a rookie or a veteran of sports betting, here are some tips that you can build into your game plan:

- **Pick a safe website to place your bet** - There are many websites available for sports betting, all of which would love to have you on their team. Find a website operated by a company you trust and one that offers account tools to help you manage your gambling experience.
- **Learn the rules of play** - There are many ways to bet on many different sports. For instance, you might notice that the odds or "line" is changing dramatically for the game you are looking to bet on. Before you react to this and make your bets, learn how and why this happens.
- **Make logical vs emotional bets** - Your love for the team, the energy of the crowd or the excitement of a game may influence you to make bets that aren't based on the odds. While it's great to support your favorite team, make sure you're betting with your head and not just your heart.
- **A sober bet is a safer bet** - Betting on sporting events can often occur while enjoying a few cold ones and while this might be part of the fun for you, gambling while intoxicated can result in unintended losses.
- **Stick to your budget** - Features such as live in-play betting can quickly result in spending more money than planned. As with any form of gambling, make a game plan for how much money you want to spend and stick with it. If you lose that money, take a break and close your sports betting App for today.

# Want more info?

Visit an  
**Informed Gambling  
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The Gambling Helpline is free,  
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**1-800-463-1554**



# Sports Betting

**INFORMED GAMBLING**

November 2022

# Sports Knowledge

There is a misconception that having knowledge of a specific sport or a team will make you a successful sports bettor. People who know a lot about sports can use their knowledge to their advantage. The challenge is, oddsmakers know a lot too. They have access to statistics others don't and sophisticated systems for generating odds.

While betting on your favorite team can make a game more exciting to watch, remember that it's less about betting for or against one team and more about betting for or against the posted odds. Understanding the sport is great, but you need to be informed about what you are really betting on.



# Common Ways to Bet

In Manitoba, sports betting is offered at retail through Lotto Spots and online at PlayNow.com. Just like other forms of gambling, it's a good idea to understand sports betting before you place a bet. Here are a few key concepts to know:

- **Parlay** - A bet on a minimum of two outcomes up to as many as allowed by that game. All your predictions must be correct to win.
- **Single Event** - A bet on a single outcome and only one correct prediction is required to win. This can include "Live In-Play Betting" as well.
- **Money line** - A bet on which team will win. It doesn't matter what the final score is, only who wins.
- **Spread betting** - A bet on which team will beat the spread, an assigned number which handicaps one team and favors another. The favorite "takes" points from the final score and the underdog "gives" points.
- **Over/Under bets** - A bet made based on the combined final score between both teams.
- **Outright betting** - A bet on the outcome of a series of matches such as an entire season or tournament.
- **Proposition bets** - A bet made on a very specific outcome of a match, not related to the final score.

# Online Tools

If you play online, PlayNow.com has information and tools that can help you manage your play so you can keep enjoying the game.

**Account History** - If you're wanting to keep track of your play, you have access to your Account History where you can view all transactions for the past 6 months. The transactions can be filtered so they can show certain gameplay, payments or both.

Also, under My Account at the bottom of the home page look for:

**Weekly deposit limit** - Within any seven-day period, you will only be able to deposit up to the total amount which you selected. You can decrease your Weekly Deposit Limit at any time. Decreasing your limit happens immediately.

**Voluntary short-term account lockout** - Allows you to temporarily restrict your access to PlayNow.com for anywhere from 24 hours to 14 days - you will be unable to access all games as well as all account management features. When that time is up you can return.

**Voluntary Self-Exclusion (VSE)** - If you are looking for a more permanent timeout, visit the Support & Exclusion tab on informedgambling.ca. VSE is a way to help people honour their decision to take a break from gambling.