Responsible Gaming and Safer App Use

> **OVERVIEW**
>
> Read the RummyGameList 18+ responsible gaming guide: warning signs, practical limits, safer app checks, stopping steps and support options.

Practical steps for keeping play optional, time-limited and separate from essential spending. This page applies whether an App uses free play, virtual items or money features.

Our position and limits

RummyGameList is an information site, not a real-money gaming operator. We cannot open, limit or close an App account, process a refund or verify every external file. This directory does not promise winnings or describe gambling as a way to earn income.

This directory does not accept commission for inclusion or ranking. Separately labelled sponsored download links may appear on the site, but they are kept outside the ranking, coverage and source-verification method.

18+ only

Pages discussing money features, external APK files or adult card-game products are intended for adults aged 18 or over. An 18+ label is a minimum site rule, not proof that a product is permitted in every Indian state or suitable for every adult.

Set limits before opening an App

- Decide a time limit and use a device timer or operator control.
- Never use rent, food, education, health or debt-repayment money.
- Do not borrow, use credit or increase spending to recover an earlier loss.
- Keep play out of work, study, sleep and family time.
- Turn off promotional notifications and payment shortcuts when they increase impulsive use.

Warning signs that mean it is time to stop

- Hiding time or spending from family or friends.
- Feeling unable to stop after a planned limit.
- Chasing losses or increasing stakes after frustration.
- Missing sleep, work, study, bills or relationships because of play.
- Feeling anxious, distressed or desperate about money or an account.

The World Health Organization notes that gambling-related harm can include financial distress, relationship breakdown and mental-health harm. A person does not need a diagnosis before taking a break or asking for help.

How to stop or reduce access

- Close the App and remove saved payment methods.
- Use any available cool-off, time-limit, spending-limit or self-exclusion control.
- Ask the named operator to close or restrict the account through its verified support channel.
- Uninstall the App and block marketing notifications, messages and email.
- Tell a trusted person and seek qualified mental-health or financial support if the behaviour or losses feel difficult to control.

If you are in immediate danger or thinking about harming yourself, contact local emergency services now. RummyGameList is not a crisis or clinical service.

India’s current online-gaming framework

The Promotion and Regulation of Online Gaming Act, 2025 created a national framework that prohibits online money games and their promotion and payment facilitation. The Promotion and Regulation of Online Gaming Rules, 2026 came into force on 1 May 2026 and describe user-safety measures including age controls, time limits, reporting, grievance handling and counselling support.

Read our dated India online gaming status guide for the legal framework, official sources and the limits of this summary.

Sources and review cycle

- MeitY — Promotion and Regulation of Online Gaming Rules, 2026
- World Health Organization — Gambling fact sheet

Review cycle: this page is reviewed every 90 days and earlier when MeitY publishes a material rule, direction or user-safety update. Last reviewed: 24 August 2026 .

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