



Responsible Participation

Independent Help & Support

Our Commitment to Responsible Participation

Full Motion Comps wants everyone to enjoy our website, our content, our live draws, our community and, if they choose, entering a few competitions. Participation should always remain enjoyable and affordable.

Your health and wellbeing are more important than entering competitions or spending money with FMC. We never want participation in our competitions to have a negative effect on you or your family.

Taking a Break from FMC

If you feel that your participation is becoming difficult to manage, or you simply want to take a break, please contact us. We will do what we reasonably can to help you restrict or pause your participation with FMC.

FMC support: hello@fullmotioncomps.com

Independent Help & Support

If entering competitions, gambling, or related spending is causing you concern, the following independent organisations provide specialist information, practical tools and support. You can contact them directly and confidentially.

GambleAware

Information, advice, assessment tools and access to support for anyone concerned about gambling-related harm.

<https://www.gambleaware.org/>

GamCare

Free information and support, including the National Gambling Helpline. Support is available 24 hours a day.

<https://www.gamcare.org.uk/>

GAMSTOP / Gamstop Online

A free self-exclusion service for licensed online gambling websites and apps. Please note that registering with GAMSTOP does not automatically restrict access to or participation with Full Motion Comps, so please contact FMC directly if you also want us to help restrict your participation.

<https://www.gamstop.co.uk/>

Gamblers Anonymous UK

Peer support and meetings for people who believe they have a gambling problem and want help to stop.

<https://www.gamblersanonymous.org.uk/>

Please remember: competitions should be entertainment, not a way to solve financial problems or recover money already spent. If participation stops being enjoyable, please stop and seek support.