```mathematica
δ_{i_,j_} := If[i == j, 1, 0];
gRules_{s_,i_,j_} :=
  {g_{iβ_} :> δ_{iβ} + T^s g_{i+1,β} + (1 - T^s) g_{j+1,β},
   g_{jβ_} :> δ_{jβ} + g_{i+1,β}, g_{α_,i} :> T^{-s} (g_{α,i+1} - δ_{α,i+1}),
   g_{α_j} :> g_{α,j+1} - (1 - T^s) g_{αi} - δ_{α,j+1}}
```