



Elk River Flag Football Step-by-Step Flag Belt Trimming Guide

1. Measure

Put the belt on the player and tighten it securely. Ensure the flags are positioned directly on the **hips**.

- **Tip:** Have the player move around or jump slightly to make sure the belt settles where it will actually sit during a game.

2. Mark and Tape

Identify where the excess strap needs to be removed. Wrap **duct tape** tightly around that specific area. This provides a clean guide and prevents the woven fabric from immediately unraveling.

3. Cut

Using sharp heavy-duty scissors or a utility knife, cut directly through the **middle of the taped area**.

4. Seal the Edge

- **Tape Method:** Apply a fresh, tight layer of duct tape over the new raw edge.

5. Secure

Tuck any remaining slack into the player's shorts or under the belt itself. Ensure the fit allows for a "two-finger" gap so it is comfortable but won't slide down during a sprint.