

Complete Your 2018 USA Football Tackle (Re)Certification

Rockville Football League is pleased to be participating in Heads Up Football[®], USA Football's player safety program. A comprehensive method to teaching the sport's fundamentals in a progressive, age-based approach, Heads Up Football[®] helps youth football leagues and clubs across the United States ensure a better, safer experience for players, coaches, commissioners and parents.

Use Ctrl+Click to follow links below

1. Already have a USA Football account?
 - Log in and renew here: <https://usafootball.com/dashboard>
2. Need to create a USA Football account for the first time?
 - Register here: <http://usafootball.com/register>

NO LONGER USING PROMO CODES: **You must enter Rockville Football League for Your Organization name during registration or renewal of your Coach Account to receive the discounted Heads Up Football[®] rate on your Coach Membership and so we can track your certification status.**

Enter: Rockville Football League

3. Once logged in, obtain Youth Tackle (Re)Certification by completing the following courses.
 - Fundamentals of Coaching
 - Blocking and Defeating Blocks
 - Basic Football Skills
 - Review sections
 - Shoulder Tackle System
 - Equipment Fitting
 - Heat Preparation and Hydration

- Sudden Cardiac Arrest
- Concussion Recognition and Response
- Conducting Effective Practices

Have questions? Contact the USA Football help desk:

Online: <https://helpdesk.usafootball.com/hc/en-us>

Email: support@usafootball.com

Phone: 1-877-5-FOOTBALL (1-877-536-6822)