

FF license: FF-C Sitfly experienced/Headdown beginner

Name: _____

Dropzone: _____ Number of jumps: _____

Requirements

Minimum 50-100 freestyle jumps.	<input type="checkbox"/>
Satisfy the requirements for the FF-B license.	<input type="checkbox"/>
Video proof mandatory of (inside video or outside video):	<input type="checkbox"/>
<ul style="list-style-type: none"> Sitfly with ease and autonomously stay in place in front of another sitflyer. 	<input type="checkbox"/>
<ul style="list-style-type: none"> Fly backward, fly forward again and demonstrate a powerful stop. 	<input type="checkbox"/>
<ul style="list-style-type: none"> Sitfly foot-to-foot dock with another sitflyer, without losing stability. Any other stable sitfly dock is valid as well, since this will be more difficult to perform than the sitfly foot-to-foot dock. 	<input type="checkbox"/>
<ul style="list-style-type: none"> Fly a fixed slot in front of another sitflyer, without orbiting (zooming) around each other. 	<input type="checkbox"/>
<ul style="list-style-type: none"> Check airspace before break-off. 	<input type="checkbox"/>
Briefed about headdown exit and basic body position.	<input type="checkbox"/>
Briefed about possible actions against backsliding in headdown.	<input type="checkbox"/>
Briefed about transitioning from sitfly to headdown and back.	<input type="checkbox"/>
Briefed about working perpendicular to the line-of-flight.	<input type="checkbox"/>
Briefed about the maximal time the headdown position may be held.	<input type="checkbox"/>

Limitations & permissions

- May sitfly with anyone, regardless of the size of the group.
- May do solo headdown jumps.
- Only solo headdown jumps, or headdown jumps with an FF-E licensee are allowed. In this case the FF-E licensee is responsible for the safety of the jump.
- Headdown jumps with an FF-D licensee are not allowed.
- Jumps in a steep angle (45° or more) and at high-speed (arms/legs closed) are treated in the same way as headdown.

Name + Signature freestyle initiator	Signature licensee
Declares that the licensee fulfills the requirements for this license.	Declares to comply with the limitations and permissions of the license