

## FF license: FF-D Headdown intermediate

Name: \_\_\_\_\_

Dropzone: \_\_\_\_\_ Number of jumps: \_\_\_\_\_

### Requirements

Minimum 100-200 freestyle jumps.	<input type="checkbox"/>
Satisfy the requirements for the FF-C license.	<input type="checkbox"/>
Video proof mandatory of (inside video or outside video):	<input type="checkbox"/>
• Stable headdown exit	<input type="checkbox"/>
• 360° turn left or right	<input type="checkbox"/>
• Transition from headdown to sitfly, while maintaining the fallrate	<input type="checkbox"/>
• Transition from sitfly back to headdown	<input type="checkbox"/>
• Headdown-headdown transition (front flip, back flip or cartwheel)	<input type="checkbox"/>
• Autonomously initiate break-off on the agreed break-off altitude	<input type="checkbox"/>
• Everything should be performed without losing stability	<input type="checkbox"/>
Briefed about flying forward/backward, staying on level, sideslipping left/right.	<input type="checkbox"/>
Briefed about "checking airspace before break-off"	<input type="checkbox"/>

### Limitations & permissions

- May do 2-way headdown jumps with other FF-D licensees.
- To avoid freefall drift it is strongly recommended to work with one headdowner and one sitflyer and changing roles either halfway through the jump, or on the next jump.
- Headdown jumps with FF-C licensees are not allowed. It is allowed for an FF-D licensee to do headdown with an FF-C licensee if the FF-C licensee sitflies the entire jump.
- Headdown jumps with 3 or more FF-D licensees are not allowed. Whenever more than 2 headdowners jump together, those extra people have to be at least FF-E licensees. In this case the FF-E licensees are responsible for the safety of the jump.
- 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