$$\begin{split} f(n) &= n^2! \prod_{j=0}^{n-1} \frac{j!}{(j+n)!} \\ f(n+1) &= (n+1)^2! \prod_{j=0}^n \frac{j!}{((j+n)!(j+n+1))} \\ &= (n+1)^2! \frac{n!}{(2n+1)!} \prod_{j=0}^n \frac{j!}{(j+n)!} \\ &= (n+1)^2! \frac{n!}{(2n+1)!} (\prod_{j=0}^{n-1} \frac{j!}{(j+n)!}) \frac{n!}{2n!} \\ &= (6!\frac{0!1!2!3!4!5!}{6!7!8!9!10!11!} \end{split}$$