Getta Grip

The product Getta Grip is a sticky beeswax and is not classified as an adhesive by NFHS and shall be allowed. This product may be used as long as it is not used in excessive amounts.

Rule 3.3.5 Competitors shall not wear or use any device or foreign substance to aid in speed, buoyancy or body compression. The following may be used within the stated conditions.

A. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove it).

B. Adhesives are not allowed for swimmers or divers.