A **basketball** is a [spherical](https://en.wikipedia.org/wiki/Sphere) [ball](https://en.wikipedia.org/wiki/Ball) used in [basketball](https://en.wikipedia.org/wiki/Basketball) games. Basketballs usually range in size from very small promotional items that are only a few inches (some centimeters) in diameter to extra large balls nearly 2 feet (60 cm) in diameter used in training exercises. For example, a youth basketball could be 27 inches (69 cm) in circumference, while a [National Collegiate Athletic Association](https://en.wikipedia.org/wiki/National_Collegiate_Athletic_Association) (NCAA) men's ball would be a maximum of 30 inches (76 cm) and an NCAA women's ball would be a maximum of 29 inches (74 cm). The standard for a basketball in the [National Basketball Association](https://en.wikipedia.org/wiki/National_Basketball_Association) (NBA) is 29.5 inches (75 cm) in [circumference](https://en.wikipedia.org/wiki/Circumference) and for the [Women's National Basketball Association](https://en.wikipedia.org/wiki/Women%27s_National_Basketball_Association) (WNBA), a maximum circumference of 29 inches (74 cm). High school and junior leagues normally use NCAA, NBA or WNBA sized balls.