```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Basketball Center</title>
  <style>
    body {
      font-family: Arial, sans-serif;
    }
    form {
      max-width: 400px;
      margin: 20px auto;
    }
    label, input, textarea {
      display: block;
      margin-bottom: 10px;
    }
  </style>
</head>
<body>

<!-- Local Video -->
<video width="640" height="360" controls>
  <source src="path/to/your/local/video.mp4" type="video/mp4">
  Your browser does not support the video tag.
</video>

<!-- Contact Form -->
```

```html
<form action="submit_form.php" method="post">
  <label for="name">Name:</label>
  <input type="text" id="name" name="name" required>

  <label for="email">Email:</label>
  <input type="email" id="email" name="email" required>

  <label for="message">Message:</label>
  <textarea id="message" name="message" rows="4" required></textarea>

  <input type="submit" value="Submit">
</form>

</body>
</html>
```