

Scrum is a process a framework within which you can employ various processes and techniques. Scrum makes clear the relative efficacy of your product management and development practices so that you can improve.

The Scrum framework consists of Scrum Teams and their associated roles, activities, events and rules. Each component within the framework serves a specific purpose and is essential to Scrum's success and usage.

#### Scrum Roles:

1. **Product Owner:** Represents the stakeholders and acts as the voice of the customer. Responsible for defining and prioritizing the product backlog.
2. **Scrum Master:** Facilitates the Scrum process, ensures the team adheres to Scrum principles, and removes any obstacles that impede the team's progress.
3. **Development Team:** Cross-functional group responsible for designing, developing, testing, and delivering increments of a potentially shippable product at the end of each sprint.

#### Scrum Activities:

1. **Product backlog:** The product owner is responsible for determining and managing the sequence of this work and communicating it in the form of a prioritized (or ordered) list known as the product backlog. On new-product development the product backlog items initially are features required to meet the product owner's vision. For ongoing product development, the product backlog might also contain new features, changes to existing features, defects, needing repair, technical improvements, etc.  
Overall the activity of creating and refining product backlog items, estimating them, and prioritizing them is known as grooming.
2. **Sprint Planning:** Timeboxed meeting at the beginning of each sprint where the Product Owner and Development Team collaborate to select and plan the work to be done during the sprint. This includes selecting backlog items, breaking them into tasks, and estimating effort.
3. **Daily Scrum (Daily Stand-up):** Daily 15-minute meeting where Development Team members share updates on what they've done since the last meeting, what they plan to do until the next meeting, and any obstacles they're facing.
4. **Sprint Review:** Meeting at the end of each sprint where the Development Team demonstrates the work completed during the sprint to stakeholders, and the Product Owner decides whether to accept or reject the work.
5. **Sprint Retrospective:** Meeting at the end of each sprint where the Scrum Team reflects on the previous sprint, identifies what went well and what could be improved, and creates action items for implementing those improvements in the next sprint.

#### Time Durations:

1. **Sprint Length:** A fixed time period during which the Development Team works to complete the items selected for that sprint. Typical sprint lengths are 1 to 4 weeks, but the team should choose a duration that works best for them.

2. Sprint Planning: Timeboxed to 8 hours for a 4-week sprint. For shorter sprints, proportionally reduce the time.
3. Daily Scrum: 15 minutes, held at the same time and place every day to synchronize the activity and create a plan for that day.
4. Sprint Review: Typically, 1-2 hours for a 4-week sprint. Adjust for shorter sprints.
5. Sprint Retrospective: Typically, 1-2 hours for a 4-week sprint. Adjust for shorter sprints. In this meeting, the Scrum Team is to inspect itself and create a plan for improvements to be enacted during the subsequent Sprint.

Note: - These are the core elements of Scrum, the methodology is meant to be adaptable. Teams can adjust these time durations and activities based on their unique needs and circumstances. The key is to uphold the core values of transparency, inspection, and adaptation to continuously improve the team's performance.

