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## SCIENTIFIC RESEARCH



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### MORPHOLOGICAL CHARACTERISTICS OF COMPETITIVE FEMALE BASKETBALL PLAYERS

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#### Abstract

The aim of this study was to compare anthropometric characteristics, body composition and somatotype of elite female basketball players in relation to their playing position and competition level. The subjects ( $N = 133$ ) ( $22.3 \pm 4.2$  yrs) were athletes of the A1 ( $N = 70$ ) and A2 ( $N = 63$ ) National League ( $23.6 \pm 4.6$  and  $20.8 \pm 3.2$  yrs, respectively) and were classified as “guards” ( $N = 60$ ), “forwards” ( $N = 51$ ) and “centres” ( $N = 22$ ). Body composition indexes and somatotype components were estimated based on selected anthropometric measurements. The results revealed significant effect of the competition level on body height, body composition indexes (except fat free mass), endomorphy and ectomorphy. With regard to playing position significant differences were found in body height and mass, BMI, percent body fat, fat mass and fat free mass, endomorphy and mesomorphy. These findings describe the somatomorphic profile of elite Greek female basketball players and provide useful guidance towards better selection, training and diet in these athletes.

Key words: Basketball, Females, Anthropometry, Body composition, Somatotype.

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