



2025 LIVONIA 3-WAY SCRIMMAGE MISSION AND GUIDE

Thank you for your continued support and commitment to the Livonia Junior Athletic League and the youth of our community. We are excited to kick off our season with the 3-way scrimmage and foster an environment of a positive season.

For this weekend, please ensure your units keep their focus on teaching, developing, positive attitudes, team work and community. There are no scoreboards, let's have fun and set the tone for a memorable season!

Parking – Due to construction we are limited on parking at Bentley. Please instruct families to utilize the south parking lot at the rec center if there are no spots available at Bentley. This is our overflow parking lot for this season.

Schedule for August 16th, 2025:

Time	Bentley Location	Squad	Match Up
10am – 11am	Main Field #1 N/S	JV	Blue Jays/Orioles (N) & Falcons/Eagles(S)
11am – 12pm	Main Field #1 N/S	JV	Blue Jays/Falcons (N) & Orioles/Eagles (S)
10am – 11am	Back Field #2/#3	Flag	Blue Jays/Orioles (2) & Falcons/Eagles(3)
11am – 12pm	Back Field #2/#3	Flag	Blue Jays/Falcons (2) & Orioles/Eagles (3)

Time	Bentley Location	Squad	Match Up
12:30pm – 1:30pm	Main Field #1 N/S	Varsity	Blue Jays/Orioles (N) & Falcons/Eagles(S)
1:30pm – 2:30pm	Main Field #1 N/S	Varsity	Blue Jays/Falcons (N) & Orioles/Eagles (S)
12:30pm – 1:30pm	Back Field #2/#3	Freshman	Blue Jays/Orioles (2) & Falcons/Eagles(3)
1:30pm – 2:30pm	Back Field #2/#3	Freshman	Blue Jays/Falcons (2) & Orioles/Eagles (3)



Guidelines to ensure parity and provide a blueprint for the day

- NO filming of opposition and no filming from press boxes...if you want to film your team from the back, at ground level, that is allowed.
- Please arrive for stretching and set up by 9:30am for morning games, and 12:30pm for afternoon games. This will allow us to start on time
- Code of Conduct will be enforced. All coaches, participants, and families acknowledge the code of conduct during the registration process. There will be ZERO tolerance for any violations.
- We will have medical personnel on site, walking the grounds. If you need assistance and cannot easily find it, please reach out to the commissioner.
- Each scrimmage length to be 65 minutes with 6 – 10 minute quarters (Freshman/JV) and 4 – 15 minute quarters (Flag/Varsity) running time of play. There will be one minute provided between each quarter, and a 4 minute break at the half. Time will be monitored by the teams playing. Please be sure to START and FINISH on time!

Scrimmage Format – Freshman/JV

Period 1, 10 minutes – Team 1 developmental on offense, Team 2 developmental on defense
 Period 2, 10 minutes – Team 1 on offense, Team 2 on defense for starters (1 minute break after)
 Period 3, 10 minutes – Team 1 on offense, Team 2 on defense for non-starters
 4 Minute HALF
 Period 4, 10 minutes – Team 2 developmental on offense, Team 1 developmental on defense
 Period 5, 10 minutes – Team 2 on offense, Team 1 on defense for starters (1 minute break after)
 Period 6, 10 minutes – Team 2 on offense, Team 1 on defense for non-starters

Scrimmage Format – Flag/Varsity

Quarter 1, 15 minutes – Team 1 on offense, Team 2 on defense for starters (1 minute break after)
 Quarter 2, 15 minutes – Team 1 on offense, Team 2 on defense for non-starters
 4 Minute HALF
 Quarter 3, 15 minutes – Team 2 on offense, Team 1 on defense for starters (1 minute break after)
 Quarter 4, 15 minutes – Team 2 on offense, Team 1 on defense for non-starters

Rules of play

- Offense will have 10-minute (Freshman and JV) and 15-minutes (Flag and Varsity) running clock to get as many plays as they can. Both teams MUST be ready to begin and sound of



air horn to initiate quarter 1 (start of scrimmage). Offense cannot run a no huddle offense and must give defense minimum of 30 seconds to set up after ball is positioned as ready so defensive coaches can teach/position players and substitute.

- Starters are just that, your top 11 players on either offense or defense. It is understood players are being evaluated, but PLEASE do so with the second scrimmage. IF it is needed to situationally evaluate or for injury, please limit this to 2 additional players, and communicate to the other coaches.
- Please try to get players in on both offense and defense. It is also understandable that an offensive starter may have a position on a non-starting defense (2nd string), again, please communicate to the other coaches.
- Per SMYFA rules 5.1.2 we need to keep weight within 10 pounds of the game day MAXIMUM. PLEASE DO NOT CHALLENGE EACH OTHER ON THIS. Game day maximums are:
 - Freshman – 140
 - JV – 170
 - Varsity – 205
 - 14 year old as of 4/30/25 - 155
- Coaches can be in offensive huddle, but ideally 5 yards behind line of scrimmage after huddle is broken. Defensive coaches can also be in their huddle and should be 15 yards setback from line of scrimmage after ball is snapped.
 - Please limit to 2 coaches on field for defense in order to allow pass plays to go unimpeded
 - Coaches can verbally instruct players during the play, but must be physically out of the play
- Coaches must use quick whistle philosophy. We need to protect the players. Offensive coach to whistle play dead to protect quarterbacks, and running backs. Any coach can stop a play if a player is in an unsafe position to avoid injury. In reciprocal, a play should be blown dead if offense gains 20 yards, to stop further gain, and keep scrimmage moving.
- All quarterbacks should be red shirted and off limits from tackling. This means no QB sneaks, and option offense should not be in use. If you are running option plays, take red shirt off your QB for entire scrimmage. Red shirt offers protection.
- Each team is responsible for keeping time and scrimmage on track. Overall scrimmage is limited to 65 minutes each.
- All scrimmages must be finished, unless BOTH sides agree to end early which MUST include a Director from each unit, inclement weather and/or other emergency events.



We have an amazing youth program here in Livonia and we should be proud of it. Remember, today is about the kids and preparing them for the season ahead. Please use positive coaching techniques throughout the scrimmage day and remember, while we are 4 separate units, we are all one Livonia. Directors from all units will be on site to monitor and provide support as needed.

Thank you again for all that you do!

Tina Ascione

LJAL Football/Cheer Commissioner

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