

| Year | 11-Man | 8-Man |
|------|---|--------------------------------------|
| 2018 | Phillipsburg Panthers (Undefeated in League Play) | Hill City Ringnecks |
| 2017 | Phillipsburg Panthers (Undefeated in League Play) | Hill City Ringnecks |
| 2016 | Phillipsburg Panthers (Undefeated in League Play) | Hill City Ringnecks |
| 2015 | Norton Bluejays | Trego Golden Eagles |
| 2014 | Norton Bluejays (Undefeated in League Play) | Hill City Ringnecks |
| 2013 | Phillipsburg Panthers (Undefeated in League Play) | Stockton Tigers |
| 2012 | Norton Bluejays | Trego Golden Eagles |
| 2011 | Plainville Cardinals (Undefeated in League Play) | Osborne Bulldogs |
| 2010 | Norton Bluejays (Undefeated in League Play) | Osborne Bulldogs |
| 2009 | Smith Center Redman | Undefeated in League Play |
| 2008 | Smith Center Redman | Undefeated in League Play |
| 2007 | Smith Center Redman | Undefeated in League Play |
| 2006 | Smith Center Redman | Undefeated in League Play |
| 2005 | Smith Center Redman | Undefeated in League Play |
| 2004 | Smith Center Redman | Undefeated in League Play |
| 2003 | Norton Bluejays & Phillipsburg Panthers | |
| 2002 | Norton Bluejays | Undefeated in League Play |
| 2001 | Smith Center Redman | |
| 2000 | Smith Center Redman & Phillipsburg Panthers | Both Teams Undefeated in League Play |
| 1999 | Smith Center Redman | |
| 1998 | Smith Center Redman | Undefeated in League Play |
| 1997 | Smith Center Redman | |
| 1996 | Smith Center Redmen & Norton Bluejays | S. C. beat Norton 30-28 in districts |
| 1995 | Stockton Tigers & Smith Center Redmen & Norton Bluejays | |
| 1994 | Smith Center Redman | |
| 1993 | Stockton Tigers | |
| 1992 | Phillipsburg Panthers | |
| 1991 | Plainville Cardinals | |
| 1990 | Norton Bluejays & Osborne Bulldogs | |
| 1989 | Norton Bluejays | |
| 1988 | Victoria Knights | Undefeated in League Play |
| 1987 | Smith Center Redman | |
| 1986 | Smith Center Redman beat 4A champion Norton 32-31 | Undefeated in League Play |
| 1985 | Norton Bluejays | Undefeated in League Play |
| 1984 | Plainville Cardinals | |
| 1983 | Osborne Bulldogs | Undefeated in League Play |
| 1982 | Norton Bluejays | |

| | | |
|------|---|--------------------------------|
| 1981 | Plainville Cardinals & Victoria Knights | |
| 1980 | Plainville Cardinals | |
| 1979 | Smith Center Redmen & Stockton Tigers | |
| 1978 | Trego Golden Eagles | |
| 1977 | Trego Golden Eagles | |
| 1976 | Osborne Bulldogs | Undefeated in League Play |
| 1975 | Trego Golden Eagles | |
| 1974 | Trego Golden Eagles | |
| 1973 | Plainville Cardinals | |
| 1972 | Plainville Cardinals | |
| 1971 | Stockton Tigers | Undefeated in League Play |
| 1970 | Hill City Ringnecks & Stockton Tigers | |
| 1969 | Trego Golden Eagles | |
| 1968 | Trego Golden Eagles | |
| 1967 | Stockton Tigers | |
| 1966 | Stockton Tigers | |
| 1965 | Trego Golden Eagles | |
| 1964 | Trego Golden Eagles | |
| 1963 | Plainville Cardinals, Phillipsburg Panthers, Trego Golden Eagles Tri-Champs | |
| 1962 | Phillipsburg Panthers | |
| 1961 | Phillipsburg Panthers | |
| 1960 | Phillipsburg Panthers | |
| 1959 | Plainville Cardinals | |
| 1958 | Trego Golden Eagles | |
| 1957 | Phillipsburg Panthers | |
| 1956 | Trego Golden Eagles | |
| 1955 | Plainville Cardinals & Palco Roosters & Hill City Ringnecks | All Finished 4-1 in Conference |
| 1954 | Plainville Cardinals | |
| 1953 | Plainville Cardinals | Undefeated in League Play |
| 1952 | Plainville Cardinals & Palco Roosters | |
| 1951 | Plainville Cardinals & Trego Golden Eagles | |
| 1950 | Plainville Cardinals & Stockton Tigers | |
| 1949 | Downs Dragons | |
| 1948 | Downs Dragons & Stockton Tigers | |
| 1947 | Downs Dragons | Undefeated in League Play |
| 1946 | Hill City Ringnecks | Undefeated in League Play |