The league remained in tact for 1953, with the same eight schools fielding football squads. The Timon Tigers won the cup outright after sharing it with Canisius in 1952, dealing the Crusaders their only defeat, 7-0. They allowed only fourteen points to be scored against them, while shutting out five of their opponents. Canisius' defeat at the hands of the Tigers, ended a 22 (21-0-1) game undefeated streak for the Crusaders.

FINAL STANDINGS				
SCHOOL	**W-L**	**W-L**	**PTS**	
Timon	7-0	7-0	131	14
Canisius	6-1	6-1	131	26
Duffy	3-3-1	3-3-1	98	64
St. Josephs	3-4	3-5	67	121
Fallon	2-4-1	2-4-1	51	66
Ryan	2-4-1	2-4-1	25	65
St. Francis	1-4-2	1-4-2	31	68
DeSales	1-5-1	1-5-1	45	145

FINAL LEAGUE SCORING				
NAME	**SCHOOL**	**TDS**	**EPS**	**TOTAL**
K.Hohl	Canisius	7	9	51
Gould	Timon	8	1	49
Battaglia	Duffy	6	8	44
Pfoertner	Fallon	6	3	39
Walentynwicz	Canisius	5	0	30
Ryan	Timon	4	3	27
Dean	Duffy	3	0	18
Auricchio	Timon	2	3	15
Shalala	St. Josephs	2	1	13

Year	1953				Selected All-Catholic By:	
First	Last	Positon	School	Grade	Courier-Express	Buffalo News
Dan	Myska	LE	Canisius	12	x	x
Bob	Thomas	LT	Timon	12	x	x
Bob	Hickey	LG	Canisius	12	x	x
Ivan	Cendese	C	Duffy	12		x
Joe	O'Grady	RG	Fallon	12	x	x
Gene	Gallareny	RT	Timon	12	x	x
Jim	Leo	RE	Duffy	11	x	x
Tom	Ryan	B	Timon	12	x	x
Ken	Hohl	B	Canisius	11	x	x
Al	Pfoertner	B	Fallon	12	x	x
George	Gould	B	Timon	12	x	x
Mike	Senger	C	Timon	12	x	