



C/G | 66

CONNOR McGOVERN

BORN: November 3, 1997 | HT: 6-6 | WT: 318 | 8th year

COLLEGE: Penn State

ACQUIRED: Free Agent (2023)

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FIRST-AND-10

CONNOR McGOVERN re-signed with the Bills on March 10, 2026 on a four year deal to keep him in Buffalo through 2029. McGovern originally entered the NFL as a third round pick (90th overall) of the Cowboys in 2019 out of Penn State and first signed with the Bills in 2023.

SHOUTOUTS

- Has started 78-of-94 career games played in the regular season. Has also started 8-of-10 playoff games played.
- Started all 16 games he played in 2025 and both of the Bills playoff games. Helped James Cook become the first Bill since 1976 to lead the NFL in rushing (1,612 yards).
- Started 16 games at center for the Bills in 2024, leading an offensive line that only allowed an NFL-best 14 sacks this season, fewest by any team since 2009. Earned his first career Pro Bowl nod.
- During his first year in Buffalo, started all 17 regular season games and both of the team's playoff games. Was an integral part of an offensive line that allowed the fewest sacks in the NFL (24).
- Facing off with his old team the Cowboys (12/17/23), helped the Bills rush for 266 yards en route to a 31-10 W.
- Started a career-high 15 games during the 2022 regular season, with 14 games at left guard and one at center.
- In 2021, started six of the 16 games he played.
- Played in 14 games in 2020, starting eight at right guard in place of Zack Martin. Made his first career start playing at right guard at Was. (10/25/20).
- Started 34 of 39 games played in college while with the Nittany Lions. Earned Third-Team All-Big Ten honors.

THE STAMPEDE

Favorite restaurant: Dee Lincoln Prime in Frisco, TX

Favorite gas station snack: Slim Jims

Fun fact: Makes great cookies in addition to his pizzas

IF YOU HAVEN'T HERD

"AS LONG AS NO. 17'S OUT THERE, I'M OUT THERE"

(Signing McGovern has) been one of the best moves made by Bills general Manager Brandon Beane at free agency. After one season spent at guard, McGovern shifted over to replace Mitch Morse at center, and has been the glue of the best offensive line the Bills have had in quarterback Josh Allen's career.

"I love Connor," Allen said. "I feel like I say this about a lot of my teammates, but he's one of my favorite humans on this planet. The stuff that he's battled through throughout the last couple of years. He's toughed out a lot things that nobody even really knows, and got so much respect for him as a football player and as a person. He's just one of the good ones."

McGovern has been taped up and braced up more than once this season, but said he'll be in the lineup as long as Allen is taking the snaps.

"As long as No. 17's out there, I'm out there," McGovern said. "I'd rather die than take me off the field. That's how I've always played the game. We have a great group of guys around me and I want to play for them."

"He is as tough as it gets. I feel like every game, it looks after the game like he can't even move," Joe Brady said of McGovern. "But he doesn't blink, and he's ready to go to practice the next day. He embraces the grittiness and the toughness that it takes to be the offensive lineman. He's an elite communicator, really does a great job just communicating to the guys to the left and right of him, and making sure Josh and everything were in the right play call. (Buffalo News, Jay Skurski, December 26, 2025)

PERSONAL

Son of Maureen and Jim McGovern. Him and his wife, Delaney, have a daughter, Tatum. Has two brothers, AJ and Tyler. Mother, Maureen, played and coached basketball at King's College. Father, Jim, played football at Colgate. Also played basketball and participated in track & field while attending Lake-Lehman High School. Majored in agribusiness management.