

2021-2025

Northeastern Coastal 2A/3A

Camden County
 Hertford County
 Holmes
 Manteo
 Northeastern
 Pasquotank
Currituck County (3A)
First Flight (3A)

Coastal Plains 1A/2A

East Carteret
Jones Senior (1A)
Lejeune (1A)
Northside-Pinetown (1A)
Pamlico County (1A)
Southside (1A)

Eastern Plains 2A

Ayden-Grifton
 Farmville Central
 Greene Central
 North Pitt
 SouthWest Edgecombe
 Washington
 West Craven

Waccamaw 1A/2A

South Columbus
 Heide Trask
 Whiteville
East Columbus (1A)
Pender (1A)
West Columbus (1A)

East Central 2A

East Duplin
 James Kenan
 Kinston
 North Lenoir
 South Lenoir
 Southwest Onslow
 Wallace-Rose Hill

Southeastern Athletic 2A

Clinton
 East Bladen
 Fairmont
 Midway
 Red Springs
 St. Pauls
 West Bladen

Neuse 6 2A

Beddingfield
 Eastern Wayne
 Goldsboro
 North Johnston
 Princeton
 Spring Creek

Super Six 1A/2A

Franklin Academy
 NCSSM
 Raleigh Charter
 Research Triangle
East Wake Academy (1A)
Falls Lake Academy (1A)

The Big East 2A/3A

Bunn
 Louisburg
 Nash Central
 Roanoke Rapids
Franklinton (3A)
Northern Nash (3A)
Rocky Mount (3A)
Southern Nash (3A)

Northern Lakes Athletic 2A/3A

Granville Central
 South Granville
 J.F. Webb
Carrboro (3A)
Durham School of the Arts (3A)
Southern Durham (3A)
Vance County (3A)

Mid-Carolina 1A/2A

Bartlett Yancey
 Cummings
 Graham
 Jordan-Matthews
 Seaforth
Chatham Central (1A)
North Moore (1A)

2021-2025

Piedmont Athletic 1A/2A

Providence Grove
 Randleman
 SW Randolph
 Trinity
 Wheatmore
Eastern Randolph (1A)
Uwharrie Charter (1A)

Mid-State 2A

McMichael
 Morehead
 North Forsyth
 Reidsville
 T.W. Andrews
 Walkertown
 West Stokes

Rocky River 2A/3A

Anson
 Forest Hills
 Monroe
 West Stanly
Central Academy (3A)
Parkwood (3A)

Central Carolina 1A/2A

East Davidson
 Lexington
 Salisbury
 West Davidson
North Rowan (1A)
South Davidson (1A)
Thomasville (1A)

Yadkin Valley 1A/2A

Jay M. Robinson
 Mount Pleasant
 North Stanly
Albemarle (1A)
Gray Stone Day (1A)
South Stanly (1A)
Union Academy (1A)

Foothills 2A

East Surry
 Forbush
 North Surry
 North Wilkes
 Surry Central
 West Wilkes
 Wilkes Central

Catawba Shores Athletic 1A/2A

Community School of Davidson
 Lincoln Charter
 Pine Lake Prep
Christ the King (1A)
Langtree Charter (1A)
Mountain Island Charter (1A)

Southern Piedmont 1A/2A

Burns
 East Gaston
 Shelby
Bessemer City (1A)
Cherryville (1A)
Highland Tech (1A)
Thomas Jefferson (1A)

Mountain Foothills 7 2A

Brevard
 Chase
 East Rutherford
 Hendersonville
 Patton
 Polk
 R-S Central

Western Highlands 1A/2A

Madison
 Owen
Avery (1A)
Draughn (1A)
Mitchell (1A)
Mountain Heritage (1A)
Rosman (1A)

Catawba Valley Athletic 2A

Bandys
 Bunker Hill
 East Burke
 Lincolnton
 Maiden
 Newton-Conover
 West Caldwell
 West Lincoln

Football Only Conference A

Community School of Davidson
 Pine Lake Prep
Bishop McGuinness (1A)
Carver (1A)
Christ the King (1A)
Mountain Island Charter (1A)
Winston-Salem Prep (1A)