Updated 4/14/19

| 1A | | 2A | | 3A | | 4A | |
|------------------------|-------------|---------------------------|-------------|---------------------------|-------------|---------------------|-------------|
| <u>Conference</u> | Team Berths | <u>Conference</u> | Team Berths | <u>Conference</u> | Team Berths | <u>Conference</u> | Team Berths |
| Albemarle Athletic | 1 | Central Carolina | 5 | Big 8 | 3 | CAP 7 | 3 |
| Atlantic | 0 | Coastal 8 | 2 | Big East | 3 | Central Piedmont | 3 |
| Carolina | 2 | East Central | 3 | Big South | 4 | Eastern Carolina | 1 |
| Central Tar Heel | 2 | Eastern Carolina | 2 | Coastal | 2 | I-Meck | 3 |
| Coastal 8 | 1 | Eastern Plains | 3 | Eastern Carolina | 2 | Metro | 2 |
| Coastal Plains | 2 | Mid-State | 2 | Greater Neuse | 2 | Mideastern | 1 |
| Independent | 1 | Mountain Six | 3 | Mid-Piedmont | 3 | Northern Athletic | 3 |
| Mountain Valley | 2 | Mountain Valley | 2 | Mid-State Athletic | 3 | Northwestern | 1 |
| North Central Athletic | 3 | Northeastern Coastal | 1 | Mideastern | 2 | Patriot Athletic | 1 |
| Northern Carolina | 1 | Northern Carolina | 1 | North Piedmont | 2 | Sandhills Athletic | 3 |
| Northwest | 2 | Northwestern Foothills | 3 | Northwestern | 3 | So Meck 7 | 2 |
| PAC 7 | 3 | PAC 7 | 2 | Patriot Athletic | 2 | South Wake Athletic | 3 |
| Smoky Mountain | 4 | Rocky River | 2 | Piedmont Triad | 2 | Southwestern | 3 |
| Southern Piedmont | 3 | South Fork Athletic | 4 | South Piedmont | 3 | Triangle | 3 |
| Tar Roanoke | 1 | Southwestern Athletic | 3 | Southern Carolina | 3 | | |
| Three Rivers | 1 | Three Rivers | 3 | Tri-County | 3 | | |
| Western Highlands | 1 | Western Highlands | 1 | Western Mountain Athletic | 4 | | |
| Yadkin Valley | 4 | Western Piedmont Athletic | 2 | | | • | |