North Carolina Rent Control Laws: Caps, Exemptions and Local Rules

Summary for landlords and property managers. Last reviewed October 29, 2026. Full guide: https://www.generationadvisory.com/laws/north-carolina-rent-control-laws

North Carolina bars cities and counties from regulating the amount of rent on private property. There is no statewide cap on increases.

Key points

- Counties and cities may not enact or enforce any ordinance that regulates the amount of rent for private residential or commercial property.
- There is no statewide limit on rent increases.
- Generally, North Carolina has no separate rent increase notice statute, so rent stays fixed during a lease term unless the lease allows a change, and a month-to-month change in practice needs at least the 7 day notice used to end that tenancy.

North Carolina at a glance

Rule	North Carolina	Law
Rent control status	Counties and cities may not enact or enforce any ordinance that regulates the amount of rent for private residential or commercial property.	N.C. General Statutes section 42-14.1
Statewide cap on increases	There is no statewide limit on rent increases.	N.C. General Statutes section 42-14.1
Notice before a rent increase	Generally, North Carolina has no separate rent increase notice statute, so rent stays fixed during a lease term unless the lease allows a change, and a month-to-month change in practice needs at least the 7 day notice used to end that tenancy.	N.C. General Statutes Chapter 42 (notice to quit)

Mistakes to avoid

- Assuming a unit is exempt without checking the exemption rules and any notice the exemption requires.
- Following state rules and missing a stricter city ordinance.
- Raising rent in the middle of a fixed term when the lease does not allow it.
- Giving less notice than the increase requires.

Verify current law

Laws named in this summary:

- N.C. General Statutes section 42-14.1
- N.C. General Statutes Chapter 42 (notice to quit)

Official sources:

- North Carolina General Assembly: General Statutes: https://www.ncleg.gov/Laws/GeneralStatutes
- North Carolina Judicial Branch: https://www.nccourts.gov/

> General information, not legal advice. Check current law and talk to a North Carolina attorney before you act. Last reviewed October 29, 2026.