Oregon 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/oregon-rent-control-laws

Oregon was the first state to cap rent increases statewide. Most increases are limited to 7 percent plus inflation, never more than 10 percent, while cities and counties are barred from adopting their own rent control.

Key points

- Oregon caps most residential rent increases at 7 percent plus the consumer price index, or 10 percent, whichever is lower, in any 12 month period. The Department of Administrative Services publishes the limit for the next calendar year by September 30.
- No increase is allowed in the first year of a tenancy, and units whose first certificate of occupancy is less than 15 years old, plus some regulated affordable housing, are exempt from the cap; an unlawful increase can cost three months' rent plus damages.
- After the first year, a landlord must give at least 90 days of written notice that states the amount of the increase, the new rent and the date it starts.
- For a week to week tenancy, the notice period is seven days.

Oregon at a glance

Rule	Oregon	Law
Rent control status	Oregon caps most residential rent increases at 7 percent plus the consumer price index, or 10 percent, whichever is lower, in any 12 month period. The Department of Administrative Services publishes the limit for the next calendar year by September 30.	ORS 90.323 and ORS 90.324
Statewide cap on increases	No increase is allowed in the first year of a tenancy, and units whose first certificate of occupancy is less than 15 years old, plus some regulated affordable housing, are exempt from the cap; an unlawful increase can cost three months' rent plus damages.	ORS 90.323
Notice before a rent increase	After the first year, a landlord must give at least 90 days of written notice that states the amount of the increase, the new rent and the date it starts.	ORS 90.323

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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:

- ORS 90.323 and ORS 90.324
- ORS 90.323
- ORS 91.225
- Local ordinances

Official sources:

- Oregon Revised Statutes, chapter 90 (Oregon State Legislature): https://www.oregonlegislature.gov/bills_laws/ors/ors090.html
- Oregon Revised Statutes, chapter 105 (Oregon State Legislature): https://www.oregonlegislature.gov/bills_laws/ors/ors105.html
- Oregon Revised Statutes, chapter 91 (Oregon State Legislature): https://www.oregonlegislature.gov/bills_laws/ors/ors091.html
- Oregon Judicial Department: https://www.courts.oregon.gov/

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