

Full School name	Football Division
Benedictine College Preparatory	I
Bishop Ireton High School	I
Bishop O'Connell High School	I
Catholic High School	I
Collegiate School	I
Episcopal High School	I
Flint Hill School	I
Fork Union Military Academy	I
Norfolk Academy	I
The Potomac School	I
St. Christopher's School	I
Saint John Paul the Great Catholic High School	I
St. Paul VI Catholic High School	I
St. Stephen's and St. Agnes School	I
Trinity Episcopal School	I
Woodberry Forest School	I
Atlantic Shores Christian School	II
Blue Ridge School	II
Christchurch School	II
Fishburne Military School	II

Full School name	Football Division
Fredericksburg Christian School	II
Hargrave Military Academy	II
Nansemond-Suffolk Academy	II
Norfolk Christian Schools	II
North Cross School	II
St. Anne's-Belfield School	II
Fuqua School	III
Isle of Wight Academy	III
Life Christian Academy	III
Massanutten Military Academy	III
Portsmouth Christian School	III
Roanoke Catholic School	III
Saint Michael the Archangel Catholic High School	III