



RENT INCREASE GUIDE FOR KINGSTON RENTALS



A [rent increase](#) guideline is the maximum percentage a landlord can increase rent annually for existing tenants. This guideline is established by the Ontario provincial government through the Ministry of Municipal Affairs and Housing and is based on inflation, capped at 2.5%. For 2026, the guideline is set at 2.1%.

It applies to most rental units first occupied for residential purposes on or before November 15, 2018. Rental units first occupied after November 15, 2018 are generally exempt from the guideline, which means landlords are not limited by the annual percentage increase, though they must still follow legal notice and timing requirements.

The same guideline applies uniformly across Ontario, including [Kingston](#). Municipal governments do not set separate rent increase limits. Most residential tenancies governed by the Residential Tenancies Act, 2006 must follow this cap unless exempt.

What are the Rules Around Rent Increases?

A regulated rent control framework applies to Kingston with the following key rules:

- **Annual Limit:** Rent can only be increased by the provincial guideline for most units
- **Frequency:** Increases are permitted once every 12 months
- **Notice Requirement:** Landlords must provide at least 90 days written notice using the Notice of Rent Increase (Form N1).



- **Applies to Sitting Tenants:** Protects existing tenants, not new ones
- **Vacancy Decontrol:** When a tenant vacates, landlords can set a new rent at the market rate
- **Above-Guideline Increases:** Landlords may apply to the Landlord and Tenant Board for higher increases due to capital expenditures, tax increases, or security upgrades

How is Rent Increase Calculated?

Rent increases are calculated by applying the annual guideline percentage to the current lawful rent.

Formula:

$\text{New Rent} = \text{Current Rent} \times (1 + \text{Guideline \%})$

Example:

- Current rent: \$2,000
- Guideline: 2.5%
- Increase: \$50
- New rent: \$2,050

The lawful rent reflects the actual payable rent under the lease. It excludes temporary discounts. The calculated increase must comply with timing and notice requirements to be valid.



When does the Rent Increase Guideline Not Apply?

The rent increase guideline does not apply in the following cases:

- **Newer Units:** Rental units first occupied after November 15, 2018, are exempt from rent control
- **New Tenancies:** Upon vacancy, landlords may reset rent without restriction
- **Approved Above Guideline Increases:** Authorised by the Landlord and Tenant Board
- **Certain Housing Types:** Some care homes or specialized tenancies fall outside standard rules

Even where the guideline does not apply, landlords must still follow 12-month timing and 90-day notice requirements.