

- 01 Yomiuri Giants (1947 - present).** Tokyo Kyojin Gun (1935-1946)
- 02 Hanshin Tigers (1961 - present).** Osaka Tigers (1935 - 9/24/1940), Hanshin Gun (9/25/1940 - 1944), Osaka Tigers (1946-1960)
- 03 Chunichi Dragons (1954 - present).** Nagoya Gun (1936-1943), Sangyo (1944), Chubu Nihon (1946), Chubu Nihon Dragons (1947), Chunichi Dragons (1948-1950), Nagoya Dragons (1951-1953)
- 04 Orix Buffaloes (2005 - present).** Hankyu Gun (1936-1946), Hankyu Braves (1947-1988), Orix Braves (1989-1990), Orix BlueWave (1991-2004) * merged with Kintetsu Buffaloes
- 09 Fukuoka SoftBank Hawks (2005 - present).** Nankai Gun (1938 - 5/31/1944), Kinki Nippon Gun (6/1/1944 - 1945), Kinki Great Ring (1946 - 5/31/1947), Nankai Hawks (6/1/1947 - 1988), Fukuoka Daiei Hawks (1989-2004)
- 10 Hokkaido Nippon Ham Fighters (2004 - present).** Senators (1946), Tokyu Flyers (1947), Kyuei Flyers (1948), Tokyu Flyers (1949-1953), Toei Flyers (1954-1972), Nittaku Home Flyers (1973), Nippon Ham Fighters (1974-2003)
- 12 Chiba Lotte Marines (1992 - present).** Mainichi Orions (1950-1957) * absorbed Daiei Unions prior to start of 1958 season, Mainichi Daiei Orions (1959-1963), Tokyo Orions (1964-1968), Lotte Orions (1969-1991)
- 13 Yokohama DeNA BayStars (2012 - present).** Taiyo Whales (1950-1952 * then merged with Shochiku Robins), Taiyo Shochiku Robins (1953), Yosho Robins (1954), Taiyo Whales (1955-1977), Yokohama BayStars (1978-2011)
- 14 Saitama Seibu Lions (2008 - present).** Nishitetsu Clippers (1950) * merged with Central League's Nishinippon Pirates prior to start of 1951 season, Nishitetsu Lions (1951-1972), Taiheiyō Club Lions (1973-1976), Crown Lighter Lions (1977-1978), Seibu Lions (1979-2007)
- 16 Hiroshima Toyo Carp (1968 - present).** Hiroshima Carp (1950-1967)
- 17 Tokyo Yakult Swallows (2006 - present).** Kokutetsu Swallows (1950 - 5/9/1965), Sankei Swallows (5/10/1965 to end of season), Sankei Atoms (1966-1968), Atoms (1969), Yakult Atoms (1970-1973), Yakult Swallows (1974-2005)
- 20 Tohoku Rakuten Golden Eagles (2005 – present) * formed from former Orix and Kintetsu players following those teams' merger**
- 05 Dai Tokyo Gun (1936-1937), Lion Gun (1937-1940), Asahi Gun (1941-1945), Pacific (1946), Taiyo Robins [太陽] (1947), Taiyo Robins [大陽] (1948-1949), Shochiku Robins (1950-1952) * merged with Taiyo Whales to form Taiyo Shochiku Whales
- 06 Tokyo Senators (1936 - 10/16/1940), Tsubasa Gun (10/17/1940 - end of 1940 season) * when merged with Nagoya Kinshachi Gun to form Taiyo Gun)
- 07 Nagoya Kinshachi Gun (1936-1940 when merged with Tsubasa Gun to form Taiyo Gun)
- 08 Taiyo Gun (1941-1942), Nishitetsu Gun (1943),
- 11 Gold Star (1946), Kinbosh Stars (1947-1948) * Prior to start of 1948, merged with Otsuka Athletics of Japan's National League), Daiei Stars (1949-1956 * merged with Takahashi Unions prior to 1947 season), Daiei Unions (1957) * absorbed by Mainichi Orions prior to start of 1958 season
- 15 Kintetsu Pearls (1949-1958), Kintetsu Buffalo (1959-1961), Kintetsu Buffaloes (1962-1998), Osaka Kintetsu Buffaloes (1999-2004) * Merged with Orix BlueWave to form Orix Buffaloes
- 18 Nishinippon Pirates (1950) * merged with Pacific League's Nishitetsu Clippers to form Nishitetsu Lions
- 19 Takahashi Unions (1954), Tombo Unions (1955), Takahashi Unions (1956) * merged with Daiei Stars prior to 1957 season)
- 21 Korakuen Eagles (1937), Eagles (1938 - 10/5/1940), Kurowashi Gun (10/6/1944 - 9/11/1942), Yamato Gun (9/12/1942 - 1943)