

Introduction to the 2026 Main Residency Match

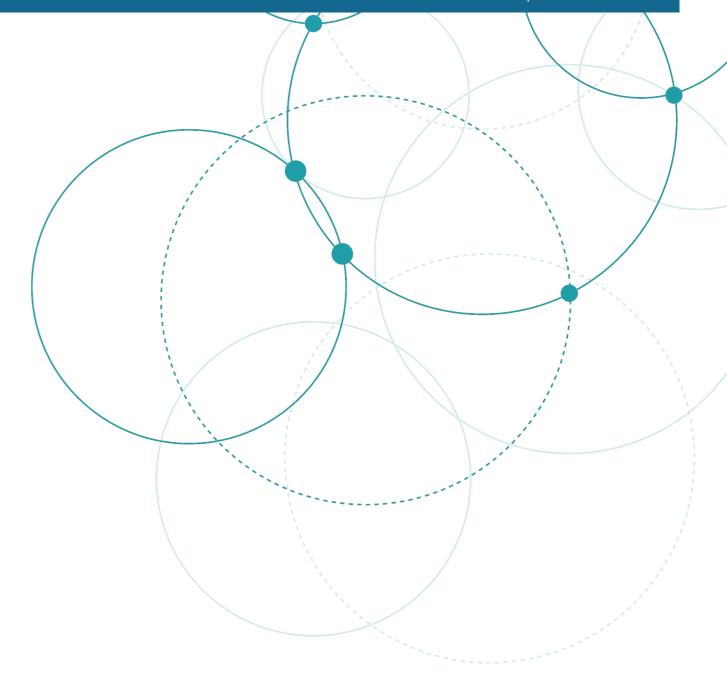
National Resident Matching Program

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Agenda

- 1. About the NRMP
- 2. Applicant Eligibility
- 3. The Matching Process and Timeline
- 4. Registering for the Match
- 5. Match Policies
- 6. Voluntary ROL Lock
- 7. Making the Match
- 8. 2025 Match Outcomes
- 9. Support and Resources



Who We Are

The National Resident Matching Program[®] (NRMP[®]), also known as The Match[®]

- Independent, private not-for-profit organization
- First Match run in 1952
- Incorporated in 1953



The Match was developed at the request of medical students to eliminate problems that plagued the residency recruitment process.

Research on the NRMP algorithm was a basis for awarding the 2012 Nobel Prize in Economic Sciences

The NRMP is governed by a Board of Directors that includes medical school deans, program directors, students, residents, fellows, and a public member.

Why the Match?

Fair

Allows applicants and training programs to consider each other without pressure and to develop rank order lists that reflect their true preferences.

Efficient

Optimizes the choices of applicants and programs, ensuring each achieves the most preferred training choice possible.

Reliable

Eliminates common recruiting problems such as early or exploding offers, and applicants holding onto or reneging on offers in search of better options.

Transparent

Provides applicants, programs, and the medical education community with valuable data about Match outcomes and training preferences to address future recruitment and workforce needs.

NRMP Matching Programs

2025 Main Residency Match®

- 47,208 active applicants
- 6,226 program tracks
- 43,237 PGY-1 and PGY-2 positions
- 94.3% overall position fill rate
- 99.4% position fill rate including the Supplemental Offer and Acceptance Program ® (SOAP ®)

Programs must be ACGME-accredited Includes all specialties except Ophthalmology & Urology

Specialties Matching Service® (SMS®)

22 Fellowship Matches for the 2025 appointment year

- 6,334 programs in 77 subspecialties
- 14,620 positions
- 12,390 positions (84.7%) were filled
- 14,833 applicants participated in at least one SMS Match and 83.5% obtained a position



Applicant Eligibility



Applicants must be registered in the NRMP and verified by March 4th to participate in the Match and SOAP.

There is no separate SOAP registration.

To participate in the Match and SOAP, you must register with NRMP, and be verified as eligible to enter GME on July 1, 2026

- Applicants must fulfill all requirements in time to be verified.
- How an applicant is verified depends on applicant type:
 - ✓ The ECFMG® verifies credentials of International Medical Graduates
 (IMGs)
 - Medical Schools verify eligibility for US MD and DO Seniors and Graduates
- Either the school or the NRMP withdraws applicants whose credentials are not verified by the Rank Order List (ROL) Certification Deadline of March 4th
- Each sponsoring institution (e.g., a teaching hospital) may have additional eligibility requirements

U.S. MD/DO Eligibility Verification

U.S. MD and DO Seniors:

- Eligibility to participate is based on the graduation requirements of the sponsoring medical school
- As sponsored applicants, U.S. seniors cannot withdraw themselves from the Match
- The sponsoring medical school is responsible for withdrawing sponsored applicants, if necessary

U.S. MD and DO Graduates:

- Medical schools verify the credentials of U.S. MD and DO graduates
- As Independent Applicants, U.S. MD and DO graduates can withdraw themselves from the Match

Verification begins when ranking opens on February 2, 2026. Medical schools are notified of their verification responsibility.

IMG Eligibility Verification

IMGs MUST:

- ✓ Meet the medical science examination requirements and the clinical and communication skills requirements for certification by ECFMG[®], a division of Intealth™
- ✓ Have passing results and satisfactory completion of these requirements by the NRMP Rank Order List (ROL) Certification Deadline of March 4, 2026

NRMP conducts weekly data exchanges with ECFMG.

- NRMP provides a list of IMGs who have registered for the Match
- ECFMG verifies whether each IMG has met the Match participation requirements

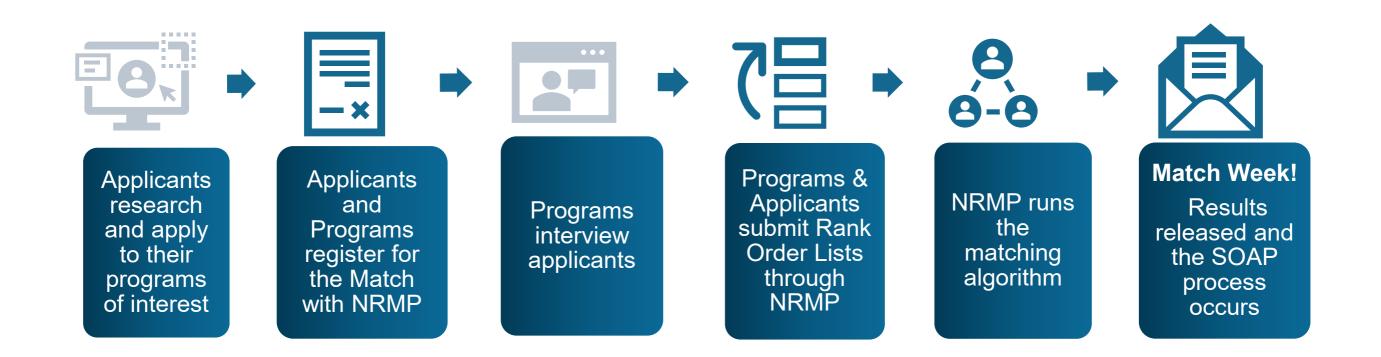
Verification will display to applicants in the NRMP's R3 system beginning October 10, 2025



ECFMG Requirements

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The Application and Matching Process



Applying to Programs

NRMP and the different application services are separate organizations with separate systems.

- The most widely-used application service is the AAMC's Electronic Residency Application Service (ERAS®)
- ResidencyCAS is the application service being used by OB/Gyn and Emergency Medicine programs



- NRMP is the matching service where applicants will register, rank programs, and receive Match results
- NRMP partners with the application services to conduct SOAP

Programs and applicants register for both the application and the NRMP separately



2026 Main Residency Match Calendar

Monday, September 15 12:00 P.M. ET	NRMP Match Registration Opens for Applicants			
Wednesday, September 24	Applications available to programs using ERAS® Application Deadline for ResidencyCAS – programs in Emergency Medicine & Obstetrics-Gynecology			
Wednesday, October 1	Applications available to programs using ResidencyCAS			
Friday, January 30 11:59 P.M. ET	Standard Registration Deadline for Applicants			
Monday, February 2 12:00 P.M. ET	Ranking Opens for applicants and programs			
Wednesday, March 4 9:00 P.M. ET				

2026 Match Week & SOAP

Monday, March 16 10:00 A.M. ET **SOAP Begins**

Program and Applicant Match Status Released



Tuesday, March 17

Programs can review SOAP applications in their preferred application service, interview, and begin creating Preference Lists in NRMP

Thursday, March 19 9:00 A.M. – 9:00 P.M. ET

Four SOAP Offer Rounds

Friday, March 20

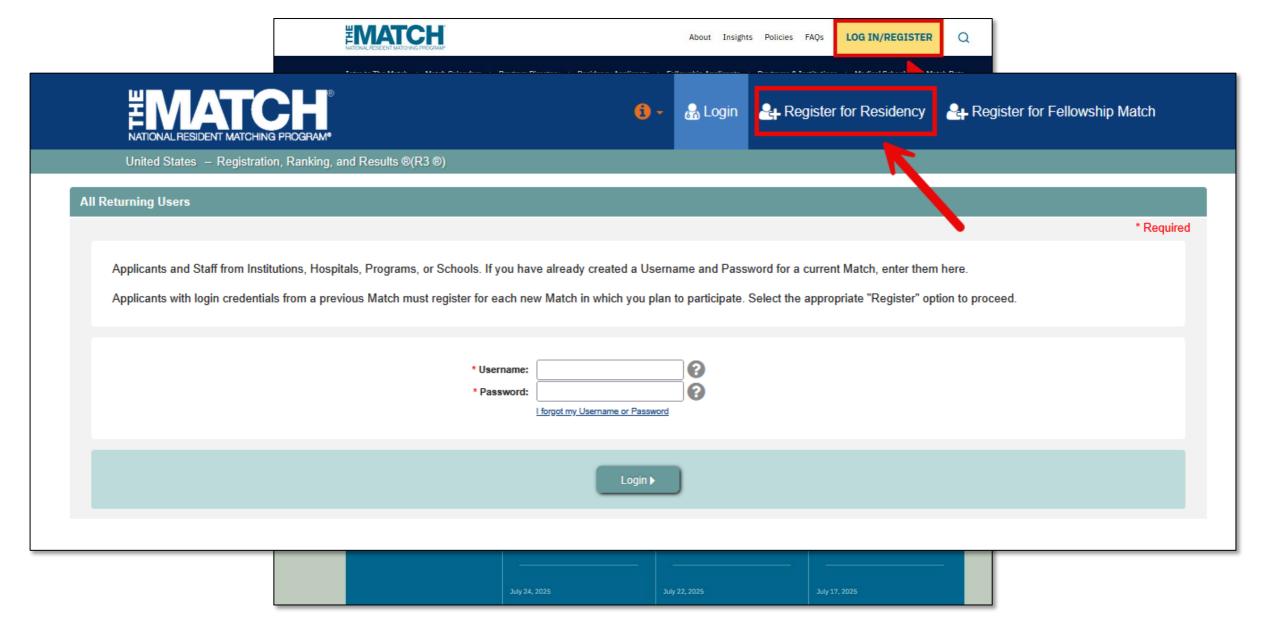
Match Day!

12:00 P.M. ET

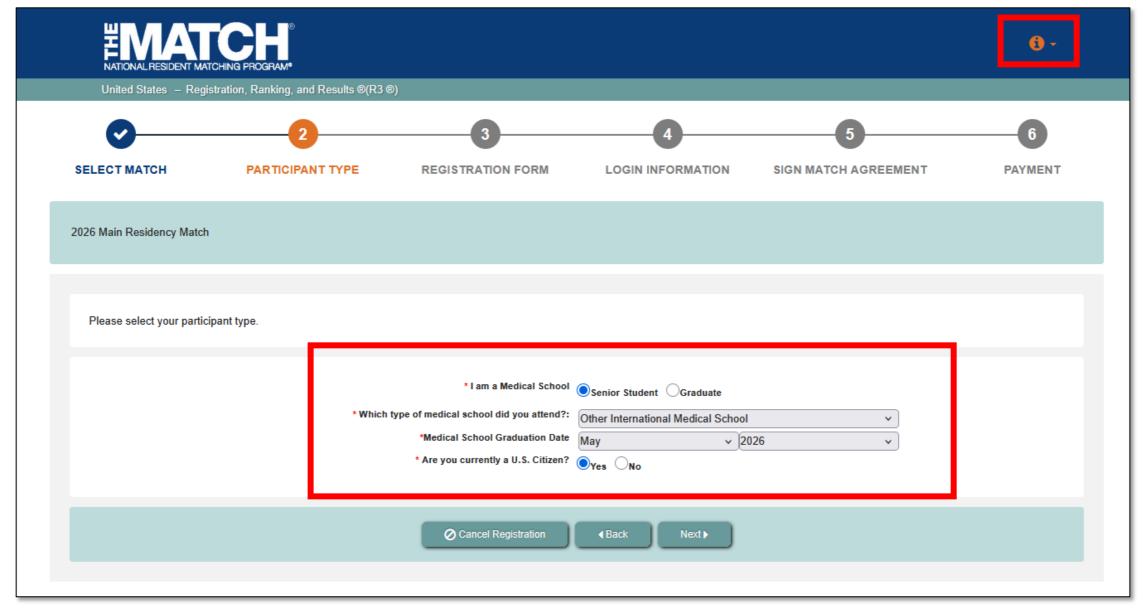
Training Begins

≈ July 1

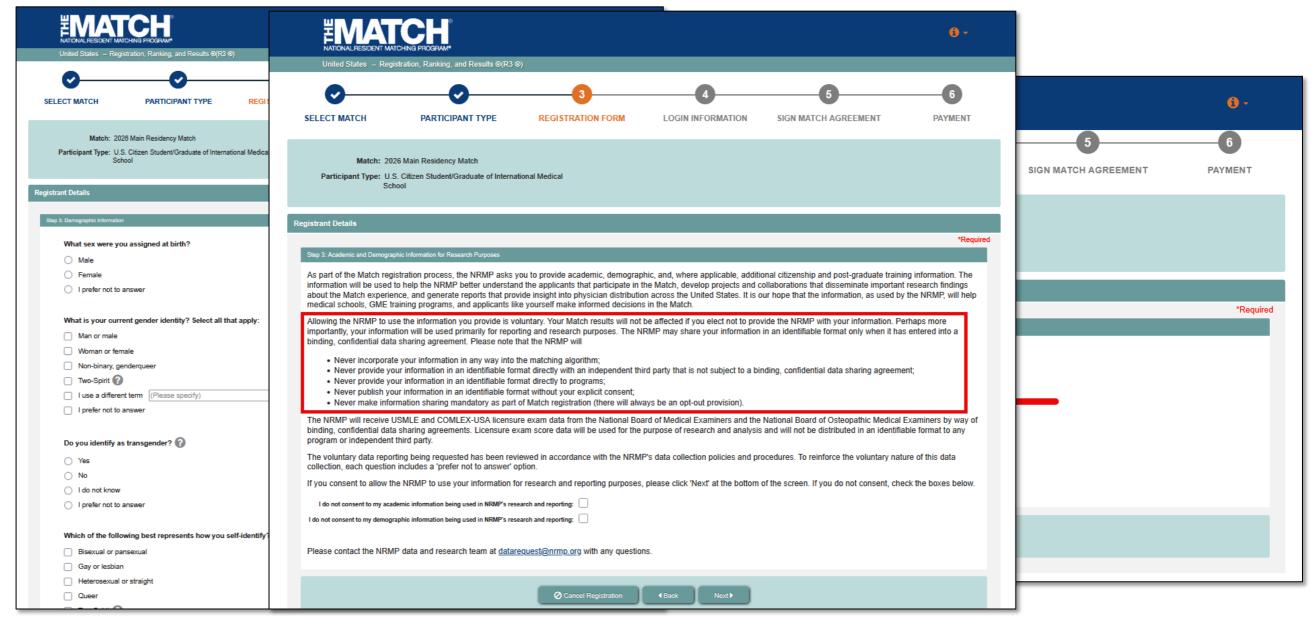
Registering for the Main Residency Match



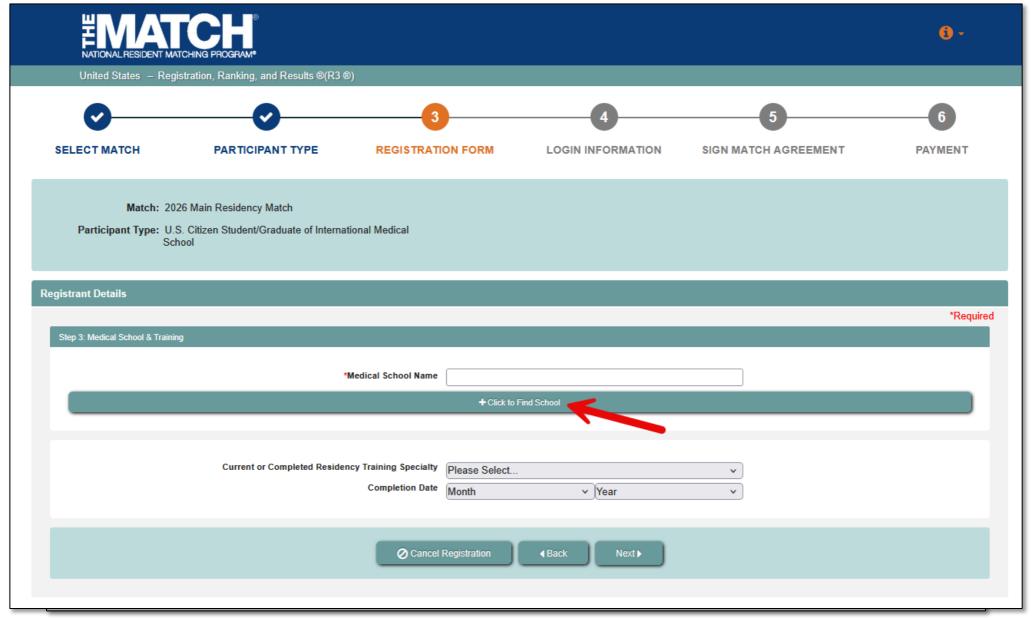
Registration (cont.)



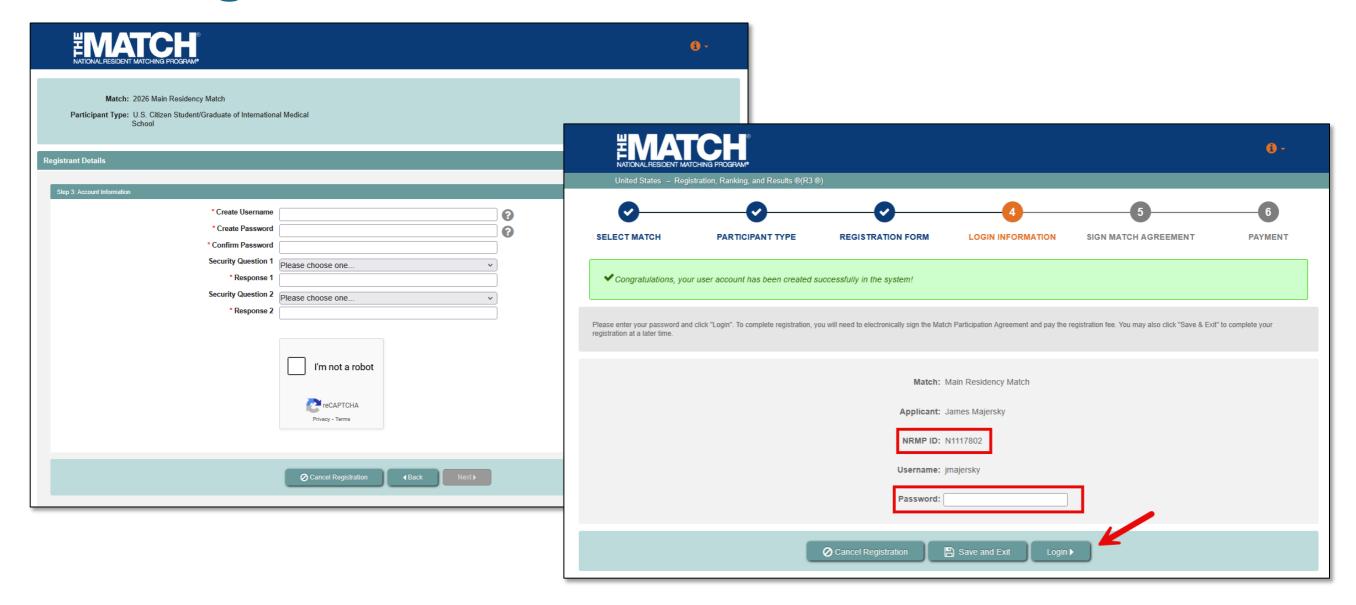
Registration (cont.)



Registration (cont.)



Creating Your Username & Password

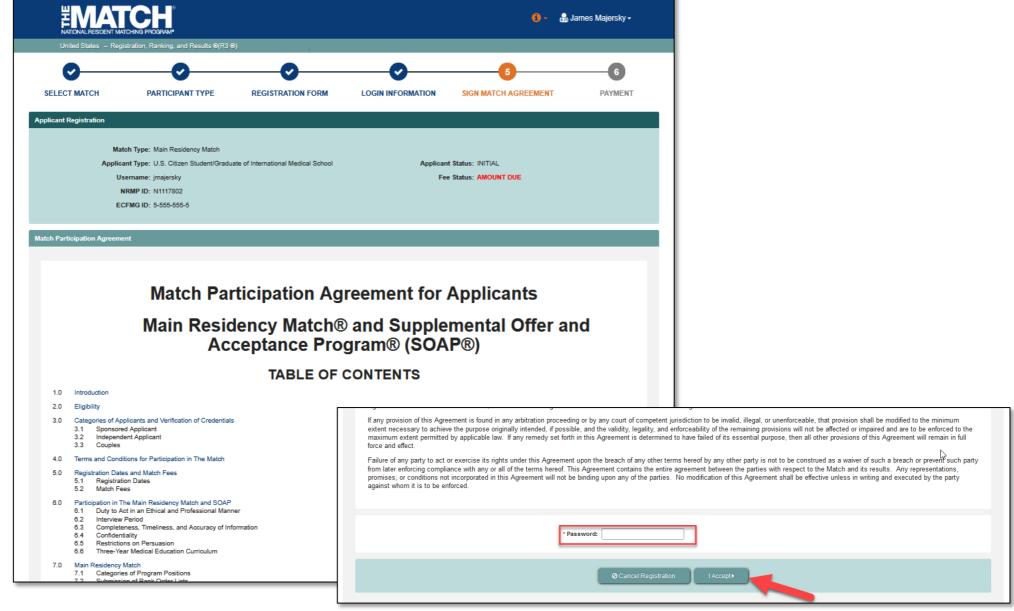


Match Participation Agreement

- Provides the rules governing the matching process
- Different versions for different users
- Important Notices provide highlights of the Match Participation Agreement (MPA)
- All Match participants must electronically sign the MPA as part of the registration process



Match Participation Agreement



NRMP Policy

Outlines participants' unique roles and responsibilities

Establishes a binding commitment to enter training

Prohibits coercive questioning and pressure about ranking

Protects the confidentiality of rank order lists

Incorporates policies and procedures for terminating a binding commitment or investigating and alleged breach of policy

Match policies are central to managing the Match.

Match Fees

Standard Registration Fee: \$70

Includes the listing of up to 20 unique NRMP program codes on the primary rank order list and up to 20 unique NRMP codes on all supplemental rank order lists combined.

Extra Rank Fee: \$30

For each NRMP program code ranked over 20, \$30 per unique program code up to the maximum of 300 ranks.

Late Registration Fee: \$50 (additional after January 30)

Couples' Fee: \$45 per partner.

Length of Rank Order List Fee:

For rank order lists with 100 or more ranks, the following additional charges apply:

100-150 ranks: \$50

151-200 ranks: \$100

201-250 ranks: \$150

251-300 ranks: \$200

Participating as a Couple

Any two applicants can participate in a Match as a couple:

- Allows two applicants to link their rank order lists
- A couple will match to the most preferred pair of programs on their rank order lists
- Applicants must register individually for the same Match
- Once an applicant sends a couple request to the partner, the couple fee is due regardless of whether the request to couple is accepted



Couples in the Match info

Types of Programs in the Match

Categorical	С	Training that is 3-7 years in length, begins in the PGY-1 year, and leads to specialty board certification.
Primary Care Categorical	М	Categorical programs in primary care offered by some Internal Medicine and Pediatrics programs.
Preliminary	Р	Training that is one year in length in transitional, medicine, surgery, or other specialty programs and provides the prerequisite training for advanced programs.
Advanced	A	Training that is 3-4 years in length in specialty programs that begin after one or more years of preliminary training. Advanced positions in the 2026 Match are PGY-2 positions that begin in 2027.
Reserved-Physician	R	Training in specialty programs reserved for physicians with prior graduate medical education and who can enter advanced training in the year of the Match. Reserved-Physician positions in the 2026 Match are PGY-2 positions that begin in 2026.

Program Codes

Every program has a unique 9-11-character code:

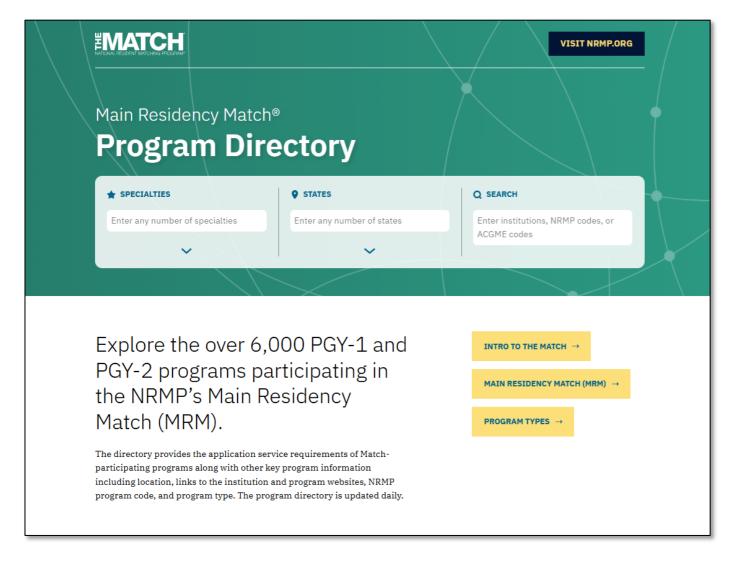
- Characters 1-4: the institution code
- Characters 5-7: the ACGME specialty code
- Character 8: program type letter
- Character 9-11: track number

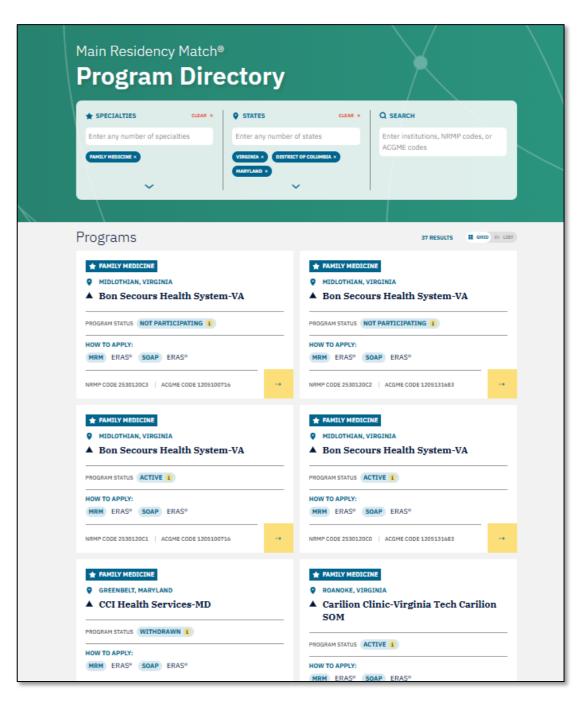
Ex: 1000400C0



Codes can be found in the R3 or public Program Directory. Programs also should provide the NRMP program code to assist you in ranking.

NRMP Program Directory programdirectory.nrmp.org





Voluntary Locking Functionality for Program Rank Order Lists (ROL)

Internal Medicine, Pediatrics, and Vascular Surgery are participating in the pilot



Programs announce their intention to participate in the pilot



Lock could be implemented voluntarily by a program anytime after ranking opens and either before the first post-interview or by Feb.9

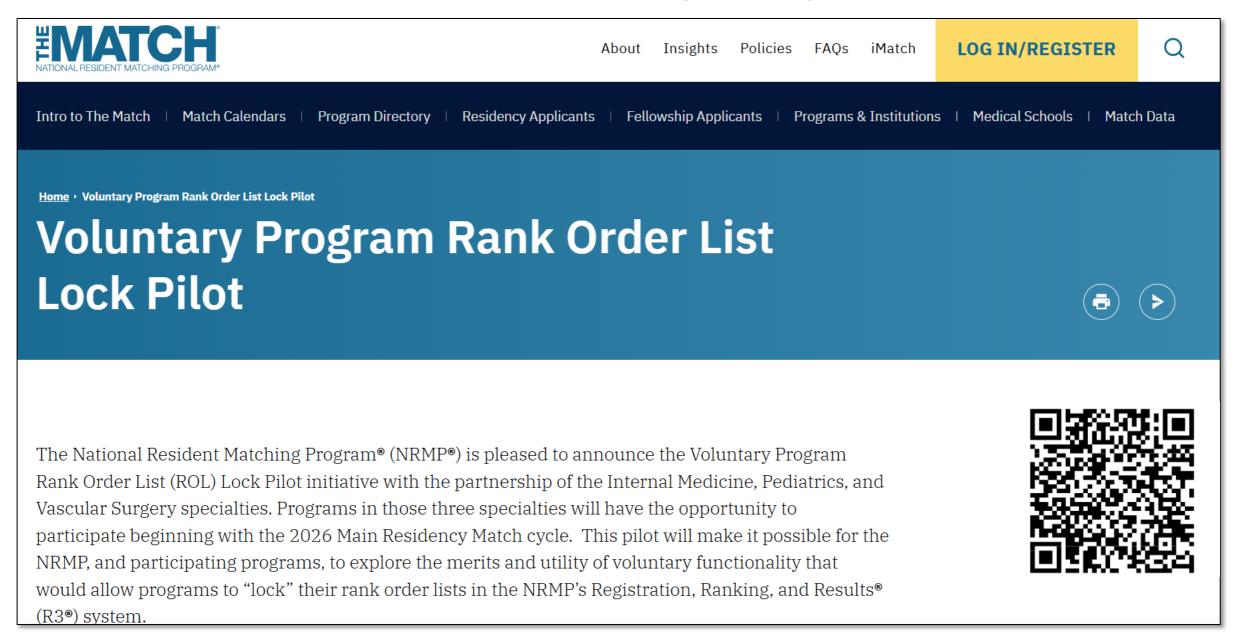


Program's participation and lock status will be indicated to applicants and medical schools in the NRMP's R3 system



ROL must be certified before being locked and once locked, the ROL cannot be changed. Locking is irreversible.

Please check out the website or contact pilot@nrmp.org with additional questions.



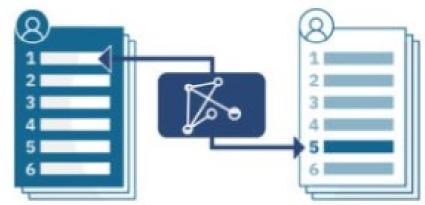
https://www.nrmp.org/voluntary-program-rank-order-list-lock-pilot/

Making the Match

The matching algorithm is applicant proposing - the process begins with an attempt to match an applicant to the program ranked #1 by that applicant



- the program has unfilled positions <u>or</u>
- the program is filled <u>but</u> the applicant is ranked higher than another applicant already matched tentatively to the program





Main Residency Match Week and SOAP

- Match Week is March 16 20, 2026
- Begins at 10:00 a.m. ET on Monday and ends at 12:00 p.m. ET on Friday when applicants and programs learn the results of the Match
- Positions unfilled after the matching algorithm has been processed are offered to eligible applicants through the Supplemental Offer and Acceptance Program® (SOAP®)



What is SOAP?

SOAP is not another Match

Applicants apply to programs using the application designated by the program

Programs review applications, contact applicants of interest, and express preferences with lists of applicants created in the R3 system

Unfilled positions are offered to eligible applicants on the program's preference list in a series of four rounds

Positions offered and accepted constitute a binding commitment under the Match Participation Agreement

2025 Main Residency Match By The Numbers

Positions

Total Positions: 43,237 ↑ 1,734 4.2% from 2024

Positions Filled: 40,764 ↑ 1,823 4.7% from 2024

Unfilled Positions: 2,473 ↓ 89 3.5% from 2024

Applicants

Registered: 52,498 ↑ 2,085 4.1% from 2024

Active: 47,208 ↑ 2,355 5.3% from 2024

Matched PGY-1: 37,667 ↑ 1,683 4.7% from 2024

% Matched to PGY-1: 79.8 ↓ 0.4%

Specialties Filled with Highest Percentage of MD & DO Seniors: Specialties with 30+ positions

	Thoracic Surgery	96.3%
₹	Otolaryngology	95.4%
1	Orthopedic Surgery	92.0%
	Internal Medicine/Pediatrics	91.4%
্ব	Plastic Surgery	90.0%
	Obstetrics and Gynecology	89.6%
	Neurological Surgery	87.9%

Specialties Filled with Highest Percentage of All IMGs: Specialties with 30+ positions

	Internal Medicine	40.3%
	Pathology – Anatomic and Clinical	36.3%
9.	Family Medicine	31.3%
9	Neurology	28.9%

NRMP Main Residency Match – 2025 (2024)

	U.S. Seniors (MD and DO)	U.S. Graduates (MD and DO)	U.S. and Foreign IMGs	All Applicants
Match Rate (algorithm)	93.2% (93.1%)	45.3% (46.2%)	60.8% (61.2%)	79.8% (80.2%)
Placement Rate – <u>All</u> Applicants	97.3% (97.5%)	48.7% (50.1%)	55.7% (55.7%)	79.3% (79.7%)
Placement Rate –Active Applicants	98.0% (98.1%)	53.6% (55.5%)	64.1% (65.3%)	84.2% (85.1%)

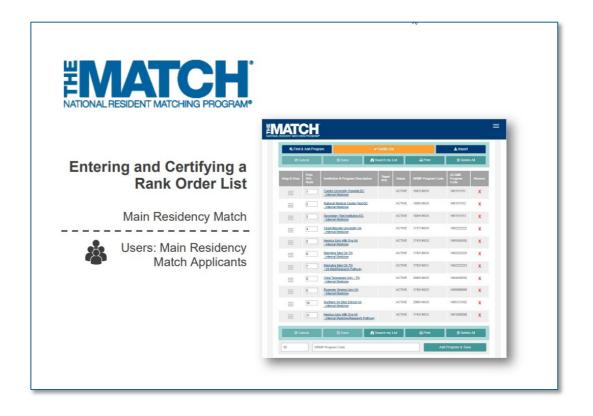
Data Resources

- Charting Outcomes[™]: Characteristics of Applicants Who Match to Their Preferred Specialty
- Charting Outcomes™: Applicant Survey Results, 2025 Main Residency Match®
- Results and Data: 2025 Main Residency Match®



Support Guides & Video Resources





Calendars and Resources

- Match Calendars: general and detailed versions outlining Match milestones and deadlines <u>www.nrmp.org/match-calendars</u>
- Match Checklists, Support Guides, and FAQs: important deadlines, reminders, frequently asked questions, and step-by-step instructions

www.nrmp.org/help

- Residency Applicants: information about registering, couples, ranking, results, and SOAP www.nrmp.org/residency-applicants/
- Policies and Compliance: access to current Match Participation Agreements, Codes of Conduct, Waiver and Violations Policies

www.nrmp.org/policies

Transition to Residency: Conversations Across the Medical Education Continuum

Theme: Changing World. Changing Vision

- October 11-12, 2025
- We will explore how a new administration, shifts in health policy focus and priorities, and changes in the transition to residency landscape may be impacting our collective efforts to educate and train the next cohort of physicians.
- Scan QR code for more details!



Thank You and Good Luck in the Match!



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