

## Supplemental Offer and Acceptance Program® (SOAP®) 2026 Guide for Residency Applicants

The Match Week Supplemental Offer and Acceptance Program (SOAP) is the process for offering positions that are unfilled after the matching algorithm has been processed to eligible unmatched and partially matched applicants. The National Resident Matching Program® (NRMP®) manages SOAP in the Registration, Ranking, and Results® (R3®) system, and SOAP applications are delivered to unfilled programs through the application service (e.g. ERAS, ResidencyCAS) designated by the residency program.

### Eligibility Criteria

To participate in SOAP, applicants must be:

1. Registered with NRMP for the Main Residency Match®.
2. [Eligible to enter graduate medical education](#) on July 1, 2026, as verified by the applicant's medical school or the Educational Commission for Foreign Medical Graduates (ECFMG™), a member of Intealth™.
3. Unmatched or partially matched on Monday of Match Week.

*There is no separate NRMP registration or fee, but there may be additional application fees if you must use a new application service during SOAP. Applicants do not submit a rank order list.*

An applicant's current verification status is available on the applicant's Home Page in the NRMP's R3 system. SOAP eligibility status will be displayed on Monday, March 16, with the applicant's matched status.

### NRMP's *List of Unfilled Programs*

SOAP-eligible unmatched and partially matched applicants can access the *List of Unfilled Programs* in the NRMP's R3 system under the SOAP tab, which will appear at the start of SOAP. See the [SOAP: Viewing Unfilled Programs](#) support guide for step-by-step instructions. NRMP is the authoritative source for applicant SOAP eligibility. The *List of Unfilled Programs* will show only programs for which the applicant is eligible based on their matched status.



Each application service will display all the unfilled programs using that service for SOAP. Applicants are responsible for ensuring they apply **only** to positions for which they are eligible, as shown on the SOAP *List of Unfilled Programs* in the NRMP's R3 system.

## Application Services

Application services participating in SOAP include:

- AAMC (Association of American Medical Colleges) Electronic Residency Application Service® (ERAS®), providing application services for programs in every Match-participating specialty besides Emergency Medicine, EM Combined, and Obstetrics and Gynecology; and
- ResidencyCAS, providing application services for programs in Emergency Medicine, EM Combined Specialties, and Obstetrics and Gynecology.

The application service each program will require applicants to use for SOAP will be displayed on the *List of Unfilled Programs* released at the start of SOAP and is also available in the [Program Directory](#). Please review the application service the unfilled programs in which you are interested are using before beginning your application.

All application services will adhere to the same schedule, number of applications, and costs to apply during SOAP.

- SOAP-eligible applicants can begin applying to unfilled programs in the program-designated application service on Monday, March 16, at 11 a.m. ET.
- Applicants will have up to 45 applications in each application service. Not all application services may have 45 unfilled programs during SOAP.
- For each application service, if you applied to at least one residency program using that application service for the 2026 application season by Monday, March 16, you will not pay any additional application fees during SOAP. Prior years' applications are not counted toward the current application season.
- If you did not apply to at least one residency program in an application service you wish to use during SOAP by Monday, March 16, and you are eligible for SOAP, you will be charged a fee of \$99 for each new application service you wish to use. Please see the information for each application service you intend to use for a more detailed explanation of fees.
- **New!** For the duration of the SOAP process, ResidencyCAS and the ERAS program will offer a feature that allows applicants to transfer completed Letters of Recommendation (LORs), including Standardized Letters of Evaluation (SLOEs), between the two systems. For detailed guidance on transferring LORs, please refer to the SOAP resources provided by each application service.

### **NRMP does not manage the application service for the Match or SOAP.**

Information and resources to assist applicants with each application service are provided below. All questions about applying to unfilled programs during SOAP must be directed to the individual application service provider.

### **AAMC ERAS® Program**

The AAMC ERAS® program provides resources and information to help applicants, advisors, and unfilled programs prepare for and participate in SOAP. Applicants are encouraged to review the [ERAS Program SOAP Information](#), where they will find:

- The SOAP Schedule
- Pre-SOAP Tasks
- What to Do During SOAP
- SOAP Resources for ERAS Applicants
- SOAP Applicant FAQs

#### Number of Applications Available

Applicants can apply to a total of 45 ERAS-participating programs for the entire SOAP process. The 45-application limit includes all ERAS programs applied to during the SOAP, regardless of whether that applicant applied to the same program during the 2026 ERAS application season. Applicants cannot withdraw an application after it has been submitted. All ERAS applications will count toward the ERAS program 45-application limit.

If you need assistance before or during SOAP, please contact the AAMC Support Center. Call 202-862-6264, Monday – Friday, 8 a.m. to 6 p.m., or any time on [our online contact form](#).

### **ResidencyCAS**

ResidencyCAS provides resources and information to help applicants, advisors, and unfilled programs prepare for and participate in SOAP for programs in Emergency Medicine, EM Combined Specialties, and Obstetrics and Gynecology. Applicants are encouraged to review [ResidencyCAS support](#), where they will find:

- The SOAP Schedule
- Pre-SOAP Tasks
- What to Do During SOAP
- SOAP Resources for ResidencyCAS Applicants
- SOAP Applicant FAQs

#### Number of Applications Available

Applicants can apply to a total of 45 ResidencyCAS participating programs for the entire SOAP process. The 45-application limit includes all ResidencyCAS programs applied to during the SOAP, regardless of whether that applicant applied to the same program during the 2026 ResidencyCAS application season. Applicants cannot withdraw an application after it has been submitted. All ResidencyCAS applications will count toward the ResidencyCAS 45-application limit.

If you need assistance before or during SOAP, please contact ResidencyCAS support at [ResidencyCAS Support](#), or call 617-612-2870.

## Policy Rules for all SOAP-eligible Applicants

- Applicants can only apply to programs on the *List of Unfilled Programs* using the application service or process designated by the program.
- *Applicants and their representatives cannot initiate communication with a program until the program receives an application and contacts either the applicant or the applicant's representative during SOAP.*
  - Applicants who violate this rule will be investigated by the NRMP.
- Applicants are prohibited from copying, posting, or in any way sharing or making publicly available the *List of Unfilled Programs* or any Match information in the R3 system to anyone.
- Positions offered and accepted during SOAP establish a binding commitment between the applicant and the program and will be enforced through the NRMP [Match Participation Agreement](#).
- Offers rejected or expired will not be extended again to the same applicant in future SOAP Offer Rounds.

## SOAP Process and Offer Rounds

SOAP-eligible applicants can view the *List of Unfilled Programs* in the NRMP's R3 system and then apply for unfilled positions for which they are eligible through the application service designated by the program.

- SOAP-eligible applicants will have access to the NRMP's *List of Unfilled Programs* in the R3 system beginning on Monday, March 16, at 10 a.m. ET.
  - **Applicants are responsible for ensuring they apply only to positions for which they are eligible as shown on the NRMP's *List of Unfilled Programs* in the R3 system.**

Programs will initiate contact with applicants in whom they are interested after applications are released to programs.

- It is up to the program when and how they choose to evaluate, contact, and interview SOAP applicants.

Programs will create preference lists in the R3 system, listing applicants in order of preference.

- Applicants do not create preference lists.

Positions are offered to applicants through the R3 system during four SOAP Offer Rounds on Thursday, March 19, with the first round beginning at 9 a.m. ET.

- For each Offer Round, applicants are offered positions based on the program's preference list order and according to the number of unfilled positions remaining in the program.
- Each Offer Round is two hours, during which applicants can accept or reject offers they have received.
- Available applicants can receive multiple offers in any Offer Round.
- Offers not accepted or rejected during each SOAP Offer Round will expire automatically and will not be re-offered to the applicant in subsequent rounds.

Nearly 60% of positions fill in the first SOAP Offer Round and about 80% by the end of the second. Applicants should plan carefully when to use their limited applications.

## SOAP Resources

[SOAP for Applicants](#)

[2026 Match Week and SOAP Schedule](#)

[Viewing Unfilled Programs](#) support guide

[Applicant Policy Pitfalls during SOAP](#) video

## Questions about SOAP?

NRMP partnered with the AAMC's ERAS program and ResidencyCAS to record and release a [\*Navigating Match Week and SOAP for Applicants\*](#) webinar.

The webinar and slide presentation provides an overview of the 2026 Main Residency Match Week and SOAP, including important deadlines, information on how SOAP will work with multiple application services, and policy information. Application service representatives from the AAMC's ERAS and ResidencyCAS each presented on how their service will manage SOAP.

## SOAP Events Timeline



DAY	NRMP	APPLYING
<b>Monday, March 16</b>	<p><b>10 a.m. ET:</b> Applicants learn if they matched (by email and NRMP R3 system). SOAP-eligible unmatched and partially matched applicants have access to the <i>List of Unfilled Programs</i> (under the SOAP tab which will appear in R3 when SOAP begins).</p> <hr/> <p>Reminder: Applicants and their representatives cannot initiate communication with a program until the program receives an application and contacts either the applicant or the applicant's representative during SOAP.</p>	<p><b>10 a.m. ET:</b> Applicants are encouraged to consult their medical schools or advisors for assistance.</p> <hr/> <p><b>11 a.m. ET:</b> SOAP applicants may begin submitting applications. Make sure to assign any necessary documents, including USMLE and/or COMLEX-USA scores.</p>
<b>Tuesday, March 17</b>	<p><b>11:30 a.m. ET:</b> Programs begin creating preference lists in the R3 system. Applicants do not submit a preference or rank order list for SOAP.</p>	<p><b>8 a.m. ET:</b> Unfilled SOAP programs can begin reviewing applications in their designated application service and reaching out to applicants. SOAP applicants can continue to apply to programs with their allotted applications.</p>
<b>Wednesday, March 18</b>		<p>Applicants may continue to apply to programs with any remaining allotted applications. SOAP programs can continue reaching out to applicants.</p>
<b>Thursday, March 19</b>	<p><b>9 a.m. ET:</b> <u>SOAP Offer Round 1 Starts</u> Applicants receive offers and accept or reject offers in the R3 system.</p> <hr/> <p><b>11 a.m. ET:</b> <u>SOAP Offer Round 1 Ends</u> Applicant deadline to accept or reject Round 1 offers. <i>List of Unfilled Programs</i> is updated in the R3 system.</p>	<p><b>9 a.m. ET:</b> Applicants are unable to apply during Offer Rounds.</p> <hr/> <p><b>11 a.m. ET:</b> SOAP applicants can continue to apply to programs with any remaining allotted applications.</p>

DAY	NRMP	APPLYING
<p><b>Thursday, March 19</b></p>	<p><b>12 p.m. ET: SOAP Offer Round 2 Starts</b> Applicants receive offers and accept or reject offers in the R3 system.</p> <hr/> <p><b>2 p.m. ET: SOAP Offer Round 2 Ends</b> Applicant deadline to accept or reject Round 2 offers. <i>List of Unfilled Programs</i> is updated in the R3 system.</p> <hr/> <p><b>3 p.m. ET: SOAP Offer Round 3 Starts</b> Applicants receive offers and accept or reject offers in the R3 system.</p> <hr/> <p><b>5 p.m. ET: SOAP Offer Round 3 Ends</b> Applicant deadline to accept or reject Round 3 offers. <i>List of Unfilled Programs</i> is updated in the R3 system.</p> <hr/> <p><b>6 p.m. ET: SOAP Offer Round 4 Starts</b> Applicants receive offers and accept or reject offers in the R3 system.</p> <hr/> <p><b>8 p.m. ET: SOAP Offer Round 4 Ends</b> Applicant deadline to accept or reject Round 4 offers.</p> <hr/> <p><b>9 p.m. ET: SOAP Ends</b> Post-SOAP <i>List of Unfilled Programs</i> will include all remaining unfilled programs (including those not participating in SOAP). The <i>List</i> is available in the R3 system on the top menu for all unmatched and partially matched applicants, regardless of SOAP eligibility.</p> <p>All unmatched applicants can contact programs directly about remaining unfilled positions.</p>	<p><b>12 p.m. ET:</b> Applicants are unable to apply during Offer Rounds.</p> <hr/> <p><b>2 p.m. ET:</b> SOAP applicants can continue to apply to programs with any remaining allotted applications.</p> <hr/> <p><b>3 p.m. ET:</b> Applicants are unable to apply during Offer Rounds.</p> <hr/> <p><b>5 p.m. ET:</b> SOAP applicants continue to apply to programs with any remaining allotted applications.</p> <hr/> <p><b>9 p.m. ET:</b> All unmatched and partially matched applicants can apply to remaining unfilled programs for which they are eligible.</p>



## Additional Resources

**NRMP:** [Resources](#) | Support: [support@nrmp.org](mailto:support@nrmp.org), 866-653-NRMP (6767), 202-400-2233 | [@TheNRMP](#)

**AAMC ERAS Program:** [Resources](#) | Support : AAMC Support Center, 202-862-6264 | [@ERASinfo](#)

**ResidencyCAS:** [Resources](#) | Support: [ResidencyCAS Support](#), 617-612-2870 | [@LiaisonEDU](#)