



Navigating Match Week and SOAP® for Applicants

2026 Main Residency Match®

PRESENTED BY:

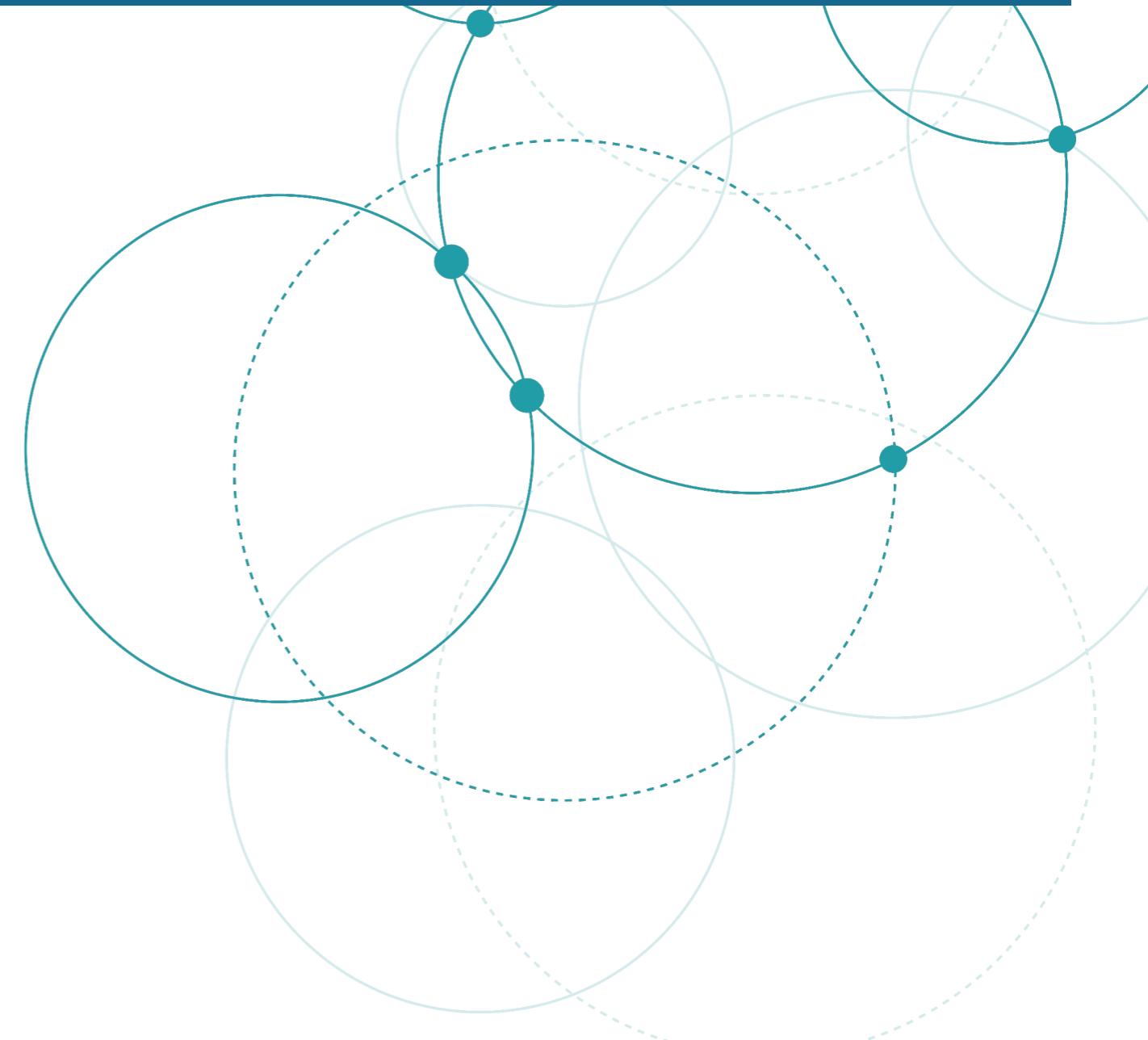
Jeanette L. Calli, MS, Chief of Match Operations, National Resident Matching Program® (NRMP®)

Laurel Constantine, Training Specialist, AAMC Electronic Residency Application Service® (ERAS®)

Jennifer Raab, MS, Senior Learning Experience Designer, ResidencyCAS

Agenda

- **What is SOAP?**
- **SOAP Eligibility and Communications**
- **Match Week and SOAP Schedule**
- **Applying to SOAP Positions**
 - **AAMC's ERAS**
 - **ResidencyCAS**
- **SOAP Offer Rounds**
- **Match Day and Beyond**
- **SOAP Data**
- **Support Resources**



Applicant Participation in the Match

The Rank Order List Certification Deadline and the deadline for applicants to register for the Match and SOAP:

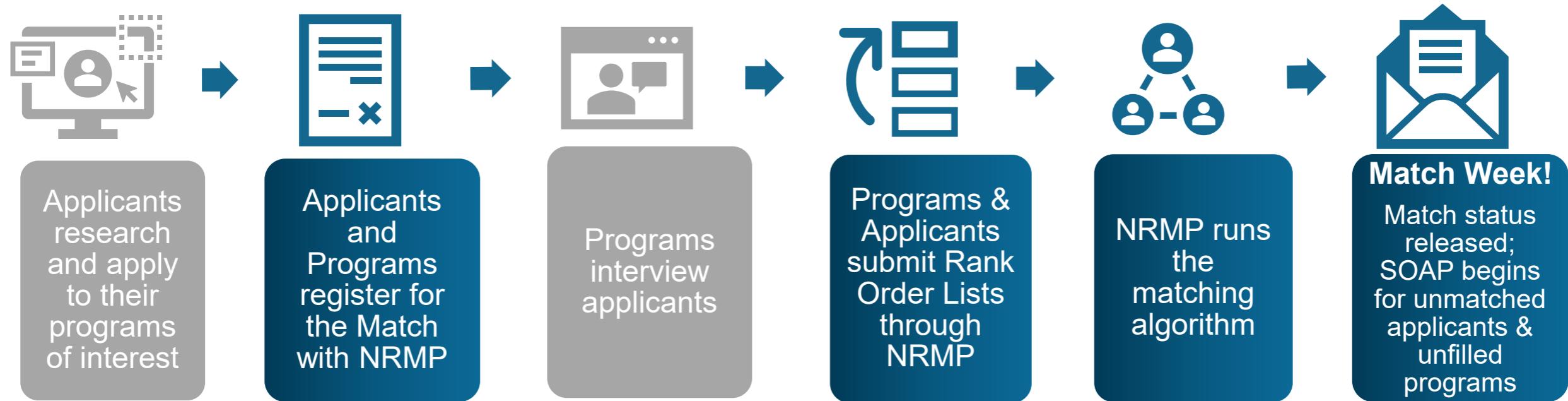
Wednesday, March 4 at 9:00 p.m. Eastern Time

Applicants must:

- Complete the registration process in the NRMP's Registration, Ranking, and Results® (R3®) system
- Electronically sign the Match Participation Agreement
- Pay all Match fees
- Certify your rank order list (if you intend to participate in the Match)
- Be verified as eligible to enter GME by July 1
 - U.S. medical students are verified by their medical schools
 - IMGs are verified by the ECFMG



The Application and Matching Process



What is SOAP?

The Supplemental Offer and Acceptance Program (SOAP) is **not** another Match

Applicants apply to programs using the application service designated by the program

Programs review applications and contact applicants of interest. Programs then create preference lists of applicants in the NRMP's 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

Applicant SOAP Eligibility



**There is no separate
SOAP registration**

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

To participate in SOAP, you must **register by March 4, be
verified as eligible to enter GME on July 1, and be fully
or partially **unmatched****

- How an applicant is verified depends on applicant type:
 - ✓ The ECFMG® verifies credentials of 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) Deadline

Communication During SOAP

SOAP-eligible applicants:

- Can access the *List of Unfilled Programs* in NRMP. The *List* will show only programs for which the applicant is eligible based on their matched status
- Are prohibited from using any means other than the application designated by the program to apply to and contact programs
- Can apply only to unfilled Match-participating programs that are participating in SOAP



Other than submitting the application, you (or your representatives) cannot contact programs until the program initiates contact

SOAP Participation Exception

Fully unmatched SOAP-eligible applicants who want to pursue interests other than clinical residency training may do so provided:

- the position sought is not affiliated with a Match- or SOAP-participating residency program;
- the position does not qualify for training credit in an ACGME-accredited residency program; and
- the applicant does not submit any applications to SOAP-participating programs during Match Week.

2026 Match Week & SOAP Schedule

Monday, March 16

10:00 a.m. ET Applicants learn if they matched, and SOAP-eligible applicants have access to the *List of Unfilled Programs* in the NRMP R3 system
Programs learn if they filled

11:00 a.m. ET SOAP applicants can start preparing and sending applications via the application designated by the program

Tuesday, March 17

8:00 a.m. ET Programs can begin viewing SOAP applications and can contact/interview applicants upon receipt of an application

2026 Match Week & SOAP Schedule

Wednesday, March 18

Programs continue reviewing SOAP applications and interviewing

Thursday, March 19

9:00 a.m. ET

SOAP Offer Rounds Begin

SOAP-ineligible applicants may begin accepting offers from non-SOAP- /non-Match-participating programs

8:00 p.m. ET

SOAP Offer Rounds End

9:00 p.m. ET

SOAP ends

Updated *List of Unfilled Programs* available to applicants

SOAP Begins



Learn if you matched on Monday, March 16 at 10:00 a.m. ET via NRMP's R3 system and courtesy email



Partially-unmatched applicants and couple applicants whose partner did not match will have the city, state, and zip code of their matched program provided in the R3 system



Unmatched or partially unmatched applicants will have access to the *List of Unfilled Programs* under the SOAP tab in **NRMP**. The *List* includes all specialties using all application services
The *List* displays the application service being used by the program



Begin applying to programs in the application service designated by the program at 11:00 a.m. ET

SOAP Unfilled Programs List

The screenshot shows the THE MATCH National Resident Matching Program website. The top navigation bar includes links for Home, Options, ROL, and SOAP, with the SOAP link highlighted by a red box. A red arrow points to the 'Unfilled Programs' link in the dropdown menu. The main content area displays applicant information and match results. The applicant is a Senior in a U.S. Allopathic Medical School, with a Username of 'isekibo', NRMP ID 'N0478930', AAMC ID '23424542', and USMLE ID '5-555-555-5'. The applicant status is 'CERTIFIED', fee status is 'PAID', verification status is 'VERIFIED', and SOAP status is 'SOAP ELIGIBLE'. The match results message states, 'Match Results: We are sorry, you did not match to any position.'

THE MATCH[®]
NATIONAL RESIDENT MATCHING PROGRAM[®]

United States – Registration, Ranking, and Results ©(R3 0)

Match Home Page

Applicant Type: Senior in a U.S. Allopathic Medical School

Username: isekibo

NRMP ID: N0478930

AAMC ID: 23424542

USMLE ID: 5-555-555-5

Applicant Status: CERTIFIED

Fee Status: PAID

Verification Status: VERIFIED

SOAP Status: SOAP ELIGIBLE

Match Results: We are sorry, you did not match to any position.

SOAP Unfilled Programs List

Reproduction is prohibited without the written consent of the NRMP®.					
Specialty	Unfilled Programs	Unfilled Positions	Specialty	Unfilled Programs	Unfilled Positions
Anesthesiology - R	2	4	Pathology-Anatomic and Clinical - C	8	10
Child Neurology - A	1	1	Pediatrics - C	27	80
Child Neurology - C	12	14	Pediatrics - M	1	1
Child Neurology - R	8	8	Pediatrics - P	2	2
Dermatology - A	2	3	Pediatrics/Medical Genetics - C	1	1
Dermatology - C	1	2	Physical Medicine and Rehabilitation - A	1	2
Dermatology - R	3	3	Physical Medicine and Rehabilitation - R	2	6
Emergency Medicine - C	67	217	Psychiatry - C	9	14
Family Medicine - C	176	468	Radiation Oncology - A	20	26
Internal Medicine - C	88	451	Radiation Oncology - C	1	1
Internal Medicine - M	3	10	Radiation Oncology - R	2	2
Internal Medicine - P	46	140	Radiology-Diagnostic - A	1	1
Neurology - C	7	11	Radiology-Diagnostic - C	1	1
Neurology - R	5	5	Radiology-Diagnostic - R	1	1
Obstetrics and Gynecology - C	3	4	Surgery-General - C	3	3
Obstetrics and Gynecology - P	7	10	Surgery-General - P	145	537
Osteopathic Neuromusculoskeletal Medicine - C	2	3	Transitional Year - P	44	218
Osteopathic Neuromusculoskeletal Medicine - R	1	2			

35 specialties found.
 Unfilled Programs: 703
 Unfilled Positions: 2262

Types of Programs in the Match

Categorical	C	Training that is 3-7 years in length, begins in the PGY-1 year, and leads to specialty board certification.
Primary Care Categorical	M	Categorical programs in primary care offered by some <u>Internal Medicine</u> and <u>Pediatrics</u> programs.
Preliminary	P	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.

Applying to Unfilled Programs

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

Each application service will display **ALL** the unfilled programs using that service for SOAP

- Example: An applicant who matched to an advanced Neurology program is only eligible to apply to and accept preliminary positions during SOAP. However, the applicant will be able to see all unfilled Neurology programs in ERAS.



Applicants are responsible for ensuring they apply only to positions for which they are eligible, as shown on the *List of Unfilled Programs*.

Applicants can apply to:

- Different specialties than they previously applied
- Unfilled program(s) to which they previously applied

Application Services

NRMP and the application services are separate organizations with separate systems

ResidencyCAS

- Emergency Medicine
- Combined Emergency Medicine
- Obstetrics and Gynecology

AAMC's Electronic Residency Application Service® (ERAS®)

- All other Main Residency Match-participating specialties



Applying during SOAP

All application services will adhere to the same schedule, number of applications, and costs

- 45 applications to use in each application service for the duration of SOAP
 - Not all services may have 45 unfilled programs during SOAP
- No additional fees to apply during SOAP if the applicant applied to at least one program using that application service for the 2026 season, prior to the start of SOAP

If the applicant did not use a specific application service during the regular season:

- \$99 fee to apply during SOAP

NRMP does not manage the application process for the Match or SOAP

Electronic Residency Application Service® (ERAS®) in NRMP® SOAP®

**Laurel Constantine
ERAS Training Specialist**



The ERAS® Application Process



YOU APPLY

Learners apply to a residency or fellowship program using the MyERAS® application.

WE DELIVER

your application and supporting documents to residency or fellowship programs chosen by applicant.

PROGRAMS RECEIVE

and review applications and other supporting documents.

Services Offered by the ERAS Program



MyERAS Application



DWS



PDWS

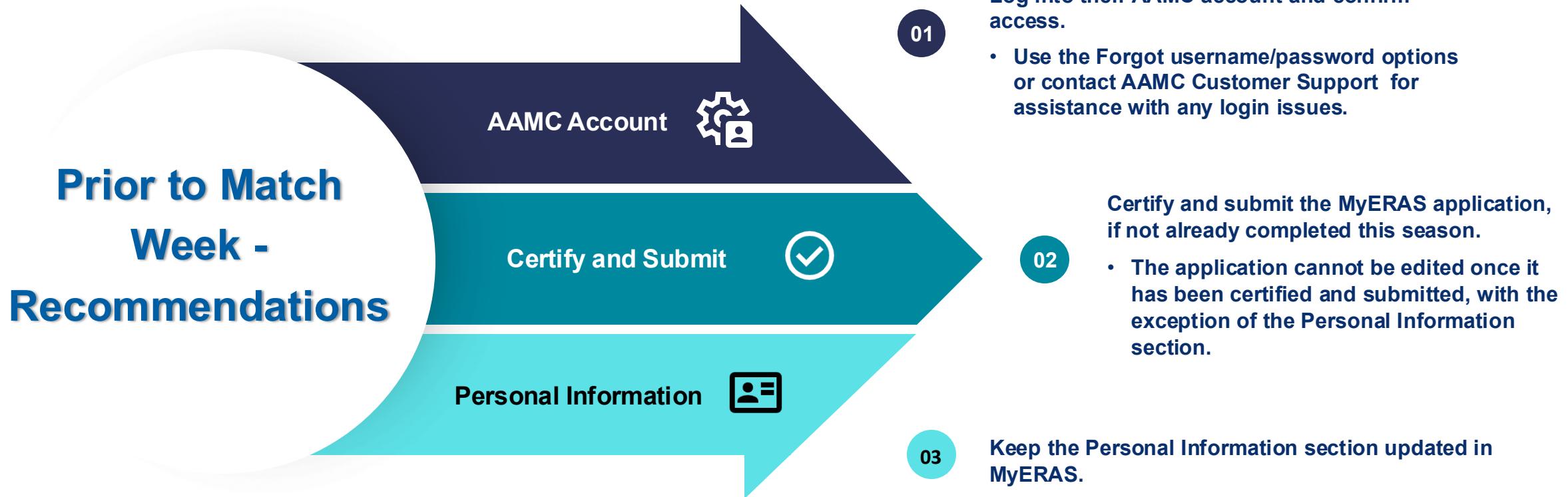


LoRP*

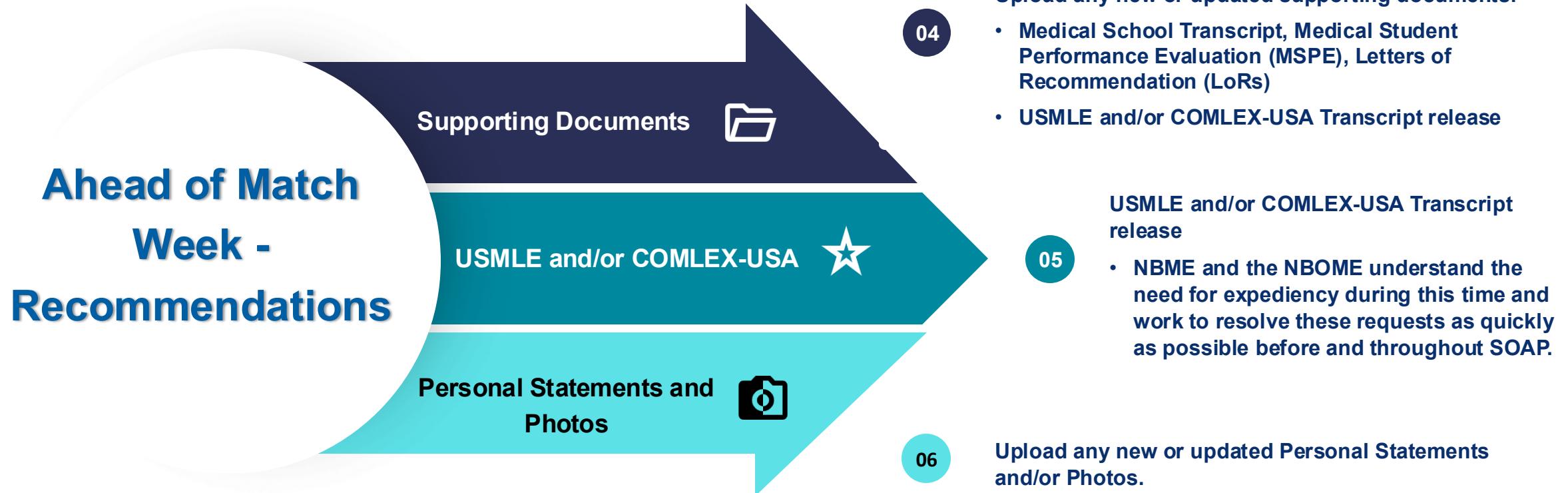
* Beginning with the 2027 ERAS application cycle, the ERAS program will accept applicants' letters of recommendation via the AAMC Letter Writer Portal.



Preparing for SOAP in the MyERAS® Application



Preparing for SOAP in the MyERAS Application Continued



Requirements in MyERAS Application during SOAP

In order to apply to programs in the MyERAS application during SOAP:



01



02

SOAP Eligibility

Applicants must be SOAP-eligible (eligibility is determined by NRMP).

- Applicants may refer to the NRMP Registration, Ranking, and Results® (R3®) system for their match status.

Certified and Submit

The MyERAS application must be Certified and Submitted

- Applicants who sent an application during the 2026 ERAS season, this step is complete.
- Applicants who did not complete this as part of the regular 2026 ERAS season, go to the MyERAS application and certify and submit prior to Match week.



ERAS Fees During SOAP

If an applicant has not applied to at least one residency program before Monday, March 16 at 7:30 a.m. ET and is SOAP-eligible, they will pay the ERAS base fee of \$99 to participate.

01 - No Fee If



02 - Fee If



03 - USMLE or COMLEX - USA



If an applicant applied to at least one residency program by 7:30 a.m. ET Monday March 16, 2026, there is no fee to participate.

- Non-SOAP ERAS Application fees can be found on the ERAS for Applicants website.

If an applicant has not sent their USMLE or COMLEX-USA transcripts during the 2026 ERAS season, a fee of \$80 per transcript type will apply.



ERAS Applications during SOAP



Applicants can apply to a total of 45 ERAS service-participating programs for the entire SOAP process.

- The 45-application limit includes new and previous programs that the applicant applied to during the 2026 ERAS application season.

Applicants cannot withdraw an application after it has been submitted. All applications will count toward the 45-application limit.

Applicants should refer to the NRMP R3 system in between rounds for programs they are eligible for based on their match status.



Applying to Programs in MyERAS Application during SOAP

Please refer to the NRMP's R3 system for programs you are eligible for and check that the NRMP Code matches an eligible program before applying.
Keep in mind the 45-application maximum for the entire SOAP process.



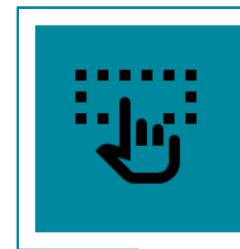
Review the NRMP's List of Unfilled Programs.



Navigate to MyERAS application;
login with your AAMC account.



Search for programs in the
Programs tab.



Select desired training track(s)
and save your programs.



Select the programs you would like
to apply to and choose the
Apply/Preview Invoice option.



Assign documents.



Logging into the MyERAS Application during SOAP

Supplemental Offer and Acceptance Program (SOAP) Eligibility



During Match Week (December 9-25, 2025) unmatched and partially matched applicants may participate in SOAP to try to obtain an unfilled ACGME-accredited residency position.

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, 2025, 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.

If you are fully matched, you may not submit any applications during SOAP, as you are not eligible for any program other than the program to which you were matched. Any applications submitted by fully matched applicants or applicants who did not register for the NRMP Main Residency Match will not be refunded. For more information about participation in SOAP, please go to [ERAS® Program SOAP® Information](#).

If you did not participate in the NRMP Match, you can apply for any open positions on Wednesday, February 25th after 9:00 pm ET.

* Confirm SOAP Participation



I am registered for the NRMP Main Residency Match, have a valid NRMP ID, am not already fully matched, and am participating in SOAP



I am not participating in SOAP

CANCEL

SUBMIT



Logging into the MyERAS Application during SOAP

Dashboard Application ▾ Documents ▾ Programs ▾ Message Center (12) Thal...

Dashboard ERAS 2026 Season - Residency

 **Flora Simmons**
AAMC ID 21196691

Supplemental Offer and Acceptance Program® (SOAP®)

• You are PARTICIPATING in SOAP [Edit](#)

During Match Week, unmatched and partially matched applicants participate in SOAP (Supplemental Offer and Acceptance Program) to try and obtain an ACGME-accredited residency position.

To participate in SOAP, applicants **must be**:

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

SOAP begins Tuesday, December 9th at 9:00 am ET and ends Wednesday, February 25th at 9:00 pm ET.

For more SOAP information please visit the [NRMP website](#). For more information about using MyERAS during SOAP, please visit the [ERAS website](#).

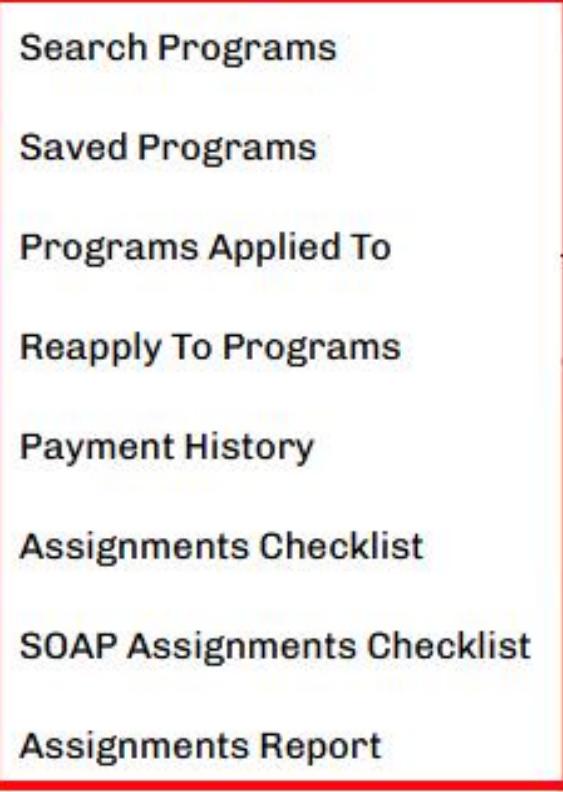
If you need to update your SOAP participation status, you may [update your SOAP participation status here](#).

Dashboard Application ▾ Documents ▾ Programs ▾ Message Center (12) Thalamus Core 

 P®

MAP (Supplemental Offer and Acceptance Program) to try and obtain an ACGME

- Search Programs
- Saved Programs
- Programs Applied To
- Reapply To Programs
- Payment History
- Assignments Checklist
- SOAP Assignments Checklist
- Assignments Report



Searching for Programs during SOAP

Search Programs ERAS 2026 Season - Residency▼ 

Search Programs Select a Specialty Select state Select a Program

Saved Programs Select specialty Select state Select program

Programs Applied To

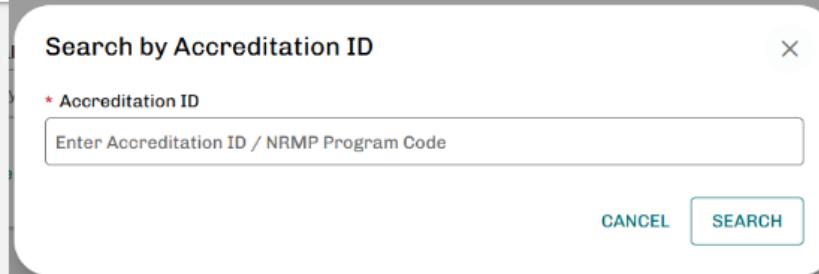
Reapply To Programs

Payment History

Assignments Checklist

SOAP Assignments Checklist

Assignments Report

Search By Accreditation ID  

The modal window for 'Search by Accreditation ID' contains the following fields:

- Accreditation ID** (marked with an asterisk)
- Enter Accreditation ID / NRMP Program Code
- CANCEL
- SEARCH



Saving Programs in MyERAS System during SOAP

Search Programs 1

You have applied to 0 of your 45 SOAP Programs maximum. 2

Anesthesiology
Select Anesthesiology programs may participate in program signaling (5 gold and 10 silver signals). Please visit the [ERAS application webpage](#) for information, guidance, timelines, and resources on completing the ERAS application.

The Association of Anesthesiology Core Program Directors (AACPD) has released [guidance for residency applicants](#), and [guidance regarding licensing examinations for osteopathic students](#) for the 2025-26 residency recruitment season.

The AAMC and Organization of Program Director Associations (OPDA) are collaborating in an effort to increase transparency in the residency application process through the use of a Residency application guide for each specialty. [See guidance here](#) for more details on LoR, away rotations, signals, interview format, and more.

Watch the AAMC-hosted [Anesthesiology Spotlight](#) webinar for helpful advisor and program director insights in this recruitment season.

Posted: July 30, 2025

***Select a Specialty**
Anesthesiology

Select a State
Select state

Select a Program
Select program

Search By Accreditation ID

Filter by Training Type
View All

Filter by Visa Support
View All

Osteopathic Recognition

Application Cycle: September

Eligible for Reapply 3

This icon indicates that a program is eligible for reapply during SOAP. Please navigate to the [Reapply to Programs](#) page to reapply to these programs.



Applying to Programs in MyERAS Application during SOAP

Saved Programs 1

Programs Applied To

Reapply To Programs

Payment History

Assignments Checklist

SOAP Assignments Checklist

Assignments Report

*Select a Specialty

Anesthesiology (3 Saved) x 2

SOAP Programs

- Click the program name to view program information or to manage your training selection(s) for a program.
- Use the menu items in the Action column to assign documents to a program or to delete a program from your Saved Programs list.
- To apply to program(s) or preview an invoice, mark the checkbox(es) to select each program, and then click *Apply/Preview Invoice*.

Non SOAP Programs

- Select *Delete* in the Action column for a program that you want to remove from your Saved Programs list.

You have applied to 0 of your 45 SOAP Programs maximum.

Saved Programs - Anesthesiology

SOAP Programs

 Search

COLLAPSE ROWS 4
 + ADD PROGRAMS APPLY (1 PROGRAMS)

3	Program Name ↑	Specialty ↓	City ↓	State ↓	Actions
<input checked="" type="checkbox"/>	Albany Medical Center Program Osteopathic Recognition Accreditation ID: 0403521167 Residency Explorer Advancedtest123 - Advanced Advanced Updated - Advanced (Osteopathic) - NRMP Program Code: 1414040A9	Anesthesiology	today	California	

Non-SOAP Programs 5

You are SOAP eligible and therefore may only apply to SOAP programs



Residency Explorer™ Tool

Saved Programs - Anesthesiology

SOAP Programs

3

4

	Program Name ↑	Specialty ↓	City ↓↑	State ↓↑	Actions
<input checked="" type="checkbox"/>	Albany Medical Center Program <input type="button" value="i Osteopathic Recognition"/>	Anesthesiology	today	California	<input type="button" value="..."/>

Accreditation ID: 0403521167 [Residency Explorer](#)

Advancedtest123 - Advanced

Advanced Updated - Advanced (Osteopathic) - NRMP Program Code: 1414040A9



Residency Explorer Tool™

Co-sponsored by 9 different National Organizations in the transition to residency, the tool synthesizes data from AAMC (ERAS application and Thalamus Core), ACGME ADS, GME Track (jointly owned by AAMC and AMA), NBME, NBOME and NRMP. The Residency Explorer™ Tool empowers all aspiring physicians to find, explore, and make informed decisions about where to apply to residency.

With more information at their fingertips, applicants can find programs that align with personal and professional needs and interests.

Residency Explorer™
Tool

About Data Help FAQ

Change Specialty: Internal Medicine Go

Explore Programs

Data reflect statistics for the entire program, not a specific track (e.g., preliminary, categorical). Use caution when interpreting results. Data are limited to the previous cycle only and may be based on small sample sizes. Data may not generalize to future cycles. Learn more about appropriate data interpretation and use by reviewing the [Residency Explorer guidance resources](#). Residency programs may periodically update or remove their interview information to maintain accuracy. Before finalizing your application, please check back to ensure you have the most current interview details.

Home My Profile Explore

Refine By: Location

State: CA, CO, NY, VA
Region: CA, CO, NY, VA
Mountains, Pacific
Zip Code

Search Program Name:

Compare Programs

Compare Programs

Which data and characteristics would you like to compare programs on?

Select the program data and characteristic(s) that are most relevant to your program search.

If you have added preferences in the My Profile section, the column "How My Preferences Aligned" will be included in the Comparison excel file.

Program Characteristics	Educational and Research Opportunities
<input type="checkbox"/> Program setting <input type="checkbox"/> Program accreditation status <input type="checkbox"/> Osteopathic Recognition <input type="checkbox"/> Accredited training length <input type="checkbox"/> Prior GME required <input type="checkbox"/> Preliminary positions offered <input type="checkbox"/> Total # of residents in the program <input type="checkbox"/> # of residents in entering cohort <input type="checkbox"/> Participated in ERAS (2024 Cycle) <input type="checkbox"/> Participated in NRMP Main Match (2024 Cycle)	<input type="checkbox"/> Average hours/week in year 1 in program spent in structured didactic activities (e.g., lectures, conferences) <input type="checkbox"/> Special Tracks Available <input type="checkbox"/> Academic or Clinician Educator <input type="checkbox"/> Hospitalist <input type="checkbox"/> Primary Care <input type="checkbox"/> Research Track/Fellowship (non-ACGME accreditation) <input type="checkbox"/> Rural <input type="checkbox"/> Women's Health <input type="checkbox"/> Program Offerings

Select All Clear All

1 to 50 of 125 results for Programs
Sorted by: Compare, Program

City	State	Region
Bakersfield	CA	Pacific
Tulare	CA	Pacific

Compare Programs

Download an Excel file that compares programs on the characteristics you chose.

[Select new set of programs to compare](#)
[Select new set of characteristics on which to compare programs](#)

Download Comparison

Viewing Payment Information in MyERAS Application during SOAP

Payment Information - Invoice

[View Past Invoice](#)

Program Name

Albany Medical Center Program

Specialty

Anesthesiology

[View SOAP Processing Fees and Tax](#)

1

Program Application Fee:	\$0.00
Subtotal:	\$0.00
 ⓘ Tax: Where applicable, will be calculated at checkout.	
Estimated Total:	\$0.00

Note: Applicants are instructed to research program accreditation and participation status, requirements, and deadlines before applying to any program. ERAS will not grant refunds for instances such as applying to programs that are closed or no longer accepting applications.

*Payment Acknowledge

I accept and acknowledge the [ERAS Payment Policy](#).

2

After this transaction you will have 44 programs of your 45 SOAP programs remaining.


CANCELE
CONTINUE

Re-applying to Programs in MyERAS Application during SOAP

Search Programs

Saved Programs

Programs Applied To

Reapply To Programs 1

Payment History

Assignments Checklist

SOAP Assignments Checklist

Assignments Report

• Click a program name to view their program information and to manage your training selections for that program.

• Select *Assign Documents* in the Action column for a program to assign documents to that program.

• To reapply to program,

1. Mark the checkbox for the training(s) you are interested in.
2. A checkbox will appear in the column to the left of the program name. Mark the checkbox for that program.
3. Repeat steps 1-2 as needed for each program you wish to reapply to.
4. Then click *Reapply/Preview Invoice*.

You have applied to 0 of your 45 SOAP Programs maximum.

Search

COLLAPSE ROWS 3

Program Name ↑	Specialty ↓	City ↓	State ↓	Action	
<input checked="" type="checkbox"/> Albany Medical Center Program 2	Osteopathic Recognition	Family Medicine	Albany	New York	⋮

Accreditation ID: 1203521198 [Residency Explorer](#)

Family Medicine - Categorical - NRMP Program Code: 1414120C0

Assigning and Sending Documents in MyERAS Application during SOAP



01

Just like during the regular season, applicants will need to assign documents to programs they apply to.

02

For USMLE and COMLEX-USA transcript requests:

- NBME and the NBOME, understand the need for expediency during this time and work to resolve these requests as quickly as possible before and throughout SOAP.

03

Tip: Applicants can keep track of Transcripts' statuses in the Additional Documents section.



Assigning and Sending Documents in MyERAS Application during SOAP

ERAS

Dashboard Application  Documents  Programs  Message Center (12) Thalamus Core  History

1

Personal Statements ERAS 2026 Season - Residency

Flora Simmons
AAMC ID 21196691

2

Personal Statements

Letters of Recommendation

Additional Documents

+ CREATE NEW

Search

3

EDIT

VIEW / PRINT

ASSIGN

DELETE

Personal statements may be used to personalize your application with any additional information not collected in the application. This statement should reflect your personal perspective and experiences accurately and must be your own work and not the work of another author. You may create as many personal statements as needed, but only one may be assigned to each program. Please review the allowable formatting detailed in the user guide. As a reminder, please only copy and paste plain text into the text editor.

Title Status

All Specialties  Saved - 05/12/2025 

Assigning Personal Statements in MyERAS Application during SOAP

Assign Personal Statement "All Specialties"

X

You are participating in SOAP and therefore may assign documents only to SOAP programs.

SOAP Programs

1	Program Name ↑	Specialty ↓	Training(s) Selected ↓	Status ↑	Assigned Personal Statement
<input type="checkbox"/>	Albany Medical Center Program Osteopathic Recognition	Internal Medicine	Categorical	Applied (Eligible for Reapply)	All Specialties
<input checked="" type="checkbox"/>	Albany Medical Center Program Osteopathic Recognition	Family Medicine	@@ 2026 as Current season Edited NRMP Program Code: 1414120C3 Categorical (Osteopathic)	Applied (Eligible for Reapply)	All Specialties
<input type="checkbox"/>	Albany Medical Center Program Osteopathic Recognition	Anesthesiology	Advancedtest123 (Advanced) Advanced Updated NRMP Program Code: 1414040A9 Advanced	Saved	

2
CANCEL

SAVE

Assigning and Sending Documents in MyERAS Application during SOAP

Personal Statements

1

Letters of Recommendation

Additional Documents

In order for an LoR Author to upload a letter on your behalf, you MUST complete the following steps for **each** LoR that you intend to use during the application season.

1. Click **Add New** to enter and save LoR information.
2. Confirm the LoR entry by marking the associated checkbox and selecting **Only checked** in the Confirm drop down list.
- Note:** You may only edit and/or delete a LoR entry prior to confirming.
3. Select **Download Letter Request** or **Email Letter Request** in the associated Action column to provide your LoR Author with the form.

+ ADD NEW

Search by Name, Title/Dept., or Specialty

CONFIRM

<input type="checkbox"/> LoR Information	Specialty	Letter ID	Status	Actions
<input type="checkbox"/> Professor Albus Dumbledore - example	DC 	12JDA4MKF7	 Imported - 05/12/2025 	
<input type="checkbox"/> Cedric Diggory - MD- PhD		Internal Med	12JDA4MJF6  Imported - 05/12/2025 	
<input type="checkbox"/> Minerva McGonagall - PhD		Emergency Medicine	13JFGGB9E8  Imported - 05/12/2025 	

Assign
Download Letter Request
Email Letter Request

Assigning Letters of Recommendation in MyERAS Application during SOAP

Assign a Letter of Recommendation: Professor Albus Dumbledore - example
Specialty:

You are participating in SOAP and therefore may assign documents only to SOAP programs.

SOAP Programs

<input type="checkbox"/> Program Name ↑	Specialty ↓↑	Training(s) Selected	↓↑	Status ↓↑	LoRs Assigned ↓↑
1 <input type="checkbox"/> Albany Medical Center Program Osteopathic Recognition	Anesthesiology	Advancedtest123 (Advanced) Advanced Updated NRMP Program Code: 1414040A9 Advanced (Osteopathic)	Saved	0	
<input checked="" type="checkbox"/> Albany Medical Center Program Osteopathic Recognition	Family Medicine	@@ 2026 as Current season Edited NRMP Program Code: 1414120C3 Categorical (Osteopathic)	Applied (Eligible for Reapply)	3	



CANCEL

SAVE

Assigning and Sending Documents in MyERAS Application during SOAP

Additional Documents

ERAS 2026 Season - Residency



Flora Simmons
AAMC ID 21196691

Help

Personal Statements

Letters of Recommendation

Additional Documents

1

Document	Status	Actions
USMLE Transcript <small>There is a one-time processing fee of \$80 for USMLE transcripts.</small>	✓ Authorized - 05/12/2025 <small>1</small> View USMLE Requests Status Report	<small>ACTIONS</small> <small>▼</small>
Medical Student Performance Evaluation (MSPE)	✓ Uploaded - 05/12/2025 <small>1</small>	<small>No Action Required</small> <small>1</small>
Medical School Transcript	✓ Uploaded - 05/12/2025 <small>1</small>	<small>No Action Required</small> <small>1</small>
Photo	✓ Uploaded - 05/13/2025 <small>1</small>	<small>ACTIONS</small> <small>^</small>

2

Assign
Upload New Photo

Letters of Recommendation Transfer

During 2026 SOAP, applicants can transfer completed LoRs including Standardized Letters of Evaluation, between the ERAS system and the application system used by Obstetrics and Gynecology (OBGYN) and Emergency Medicine (EM) programs.



1



2

ERAS to OBGYN or EM

- Indicate SOAP eligibility in the MyERAS portal.
- Authorize release of their LoRs from the MyERAS portal to the system used by OBGYN/EM programs.
- Assign the imported LoRs within that system as required by those programs.

OBGYN or EM to ERAS

- Authorize release of their LoRs in that system.
- Indicate SOAP eligibility in the MyERAS portal.
- Assign the imported LoRs within the MyERAS system to their designated SOAP programs.



SOAP® 2026: ERAS® Schedule

MONDAY MARCH 16

7:30 a.m. ET
Applicants: MyERAS® system closes
Programs: PDWS closes

11 a.m. ET
Applicants: MyERAS system opens for SOAP (SOAP applicants have 45 applications starting now through Thursday, at 9 p.m. ET)

TUESDAY MARCH 17

8 a.m. ET
Programs: PDWS opens (Except ACGME residency programs that filled in the Main Residency Match® or elected to not participate in SOAP)

11:30 a.m. ET
Programs: Can begin creating preference list in NRMP® R3® system

WEDNESDAY MARCH 18

All Day
Applicants continue applying to programs

Programs continue reviewing applications in the PDWS and updating preference lists in the NRMP R3 system

THURSDAY MARCH 19

9-11 a.m. ET
NRMP SOAP Round 1

12-2 p.m. ET
NRMP SOAP Round 2

3-5 p.m. ET
NRMP Soap Round 3

6-8 p.m. ET
NRMP SOAP Round 4

9 p.m. ET
SOAP ends; ERAS platform resumes normal operations
Programs: PDWS is open for all programs

NRMP releases unfilled program list to applicants

NRMP releases confidential roster of matched applicants to programs

FRIDAY MARCH 20

Match Day

12 p.m. ET
School ceremonies begin

Applicants: Find out where they matched through the NRMP R3 system and email



Note: Fully matched programs participating in the Main Residency Match will not have access to the PDWS until after SOAP (Thursday, March 19, 9 p.m. ET).

RESIDENCYCAS

CENTRALIZED APPLICATION SERVICE

Welcome & Introduction

SOAP 2026

Preparing for SOAP in ResidencyCAS

Preparing for SOAP with ResidencyCAS

- Used for OB-GYN and Emergency Medicine (including combined programs)
- Supports application submission and document delivery
- Used by applicants and programs
- NRMP governs eligibility, timing, and offers



Account Access & Preparation

Account Access

- Accounts cannot be created independently
- Access is provided by the medical school or student affairs office
- **Applicants may request access at any time if they anticipate potentially participating in SOAP**
- Applications may begin once access is granted
- Applies to all applicants, including IMGs (Obtain access through Intealth/ECFMG)



Dear Stephen,

We are pleased to inform you that UNIVERSITY OF MICHIGAN MEDICAL SCHOOL has invited you to begin your residency application in ResidencyCAS 2024 - 2025. To initiate this process, use your Individual Access Link, which is a secure, confidential link that should not be shared with others:

https://residencycas.liasoncas.com/applicant/login?access_code=t1ewDsPdkC%2Bg9gZmIEiSe1RWhnVciBcjma5Mvfna8Ps%3D

When creating your ResidencyCAS account, you must use the email address to which this message was sent. Otherwise, you won't be able to proceed (you can change your email later). If you have questions or experience difficulty using your link, contact us at (857) 344-0397 or applicantsupport@residencycas.com.

We look forward to supporting you on your journey towards residency.

Best regards,

ResidencyCAS Support Team

SOAP Eligibility & Access

Eligibility

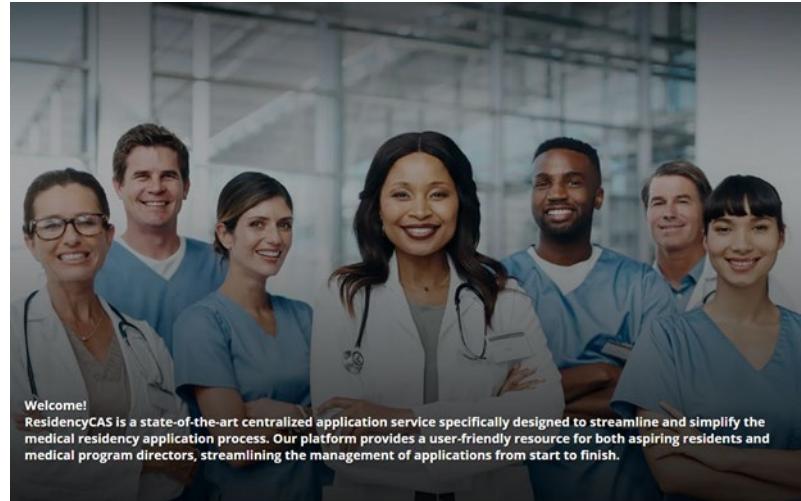
- Determined by NRMP (R3 system)
- ResidencyCAS does not grant eligibility
- Access follows NRMP eligibility

Notification

- Monday, 10:00 a.m. ET: Match results released in R3
- SOAP tab appears for eligible applicants
- List of Unfilled Programs becomes available
- ResidencyCAS programs clearly identified

Before SOAP Opens

- Confirm ResidencyCAS access
- Complete profile information
- **Upload available required documents:** Letters of recommendation, MSPEs, Transcripts, Test scores
- **Do not wait** until Match Week if you are worried about not matching

The image shows the ResidencyCAS sign-in page. The background features a group of diverse healthcare professionals, including doctors and nurses, smiling. The ResidencyCAS logo is at the top right, and the sign-in form is below it. The form includes fields for Email and Password, a 'Forgot Password?' link, and a 'Sign In' button. A note at the bottom right of the page states: "You must obtain an individual access link from your Medical School to create a ResidencyCAS account."

Welcome!

ResidencyCAS is a state-of-the-art centralized application service specifically designed to streamline and simplify the medical residency application process. Our platform provides a user-friendly resource for both aspiring residents and medical program directors, streamlining the management of applications from start to finish.

RESIDENCYCAS
CENTRALIZED APPLICATION SERVICE

Sign In

Email*

Password* [FORGOT PASSWORD?](#)

[SIGN IN](#)

i You must obtain an individual access link from your Medical School to create a ResidencyCAS account

Applying During SOAP

- SOAP-designated programs only
- Add programs and assign documents
- Submit during SOAP windows
- Programs review starting Tuesday, 8:00 a.m. ET

RESIDENCYCAS
CENTRALIZED APPLICATION SERVICE

MY PROGRAMS • 7

RESET

Available

PROGRAMS

Available Programs

Future Programs

Past Programs

STATE

Search

AL

AR

AZ

Programs

Watertown University - Obstetrics and Gynecology

Program Name	Program State	Deadline	Program City	Program Type	Actions
Obstetrics-Gynecology 123456789- SOAP					<input checked="" type="checkbox"/>

Where You'll See Letter Sharing Options

ERAS Letter Release

- ERAS letter release banners appear:
- In “What’s Next” and the “Evaluations” section
- Confirmation required before release
- Seeing a banner does not mean letters are shared

WHAT'S NEXT?

Make sure you receive all ResidencyCAS and program emails. [Review Technical Requirements](#) to safe-list addresses and confirm your setup.

Have you added all the programs you want to apply to? [ADD PROGRAMS](#)

Entering your colleges and universities attended is required for subsequent sections of the application. Enter them early to get a head start! [COLLEGES ATTENDED](#)

Entering your medical school is required for subsequent sections of the application. Enter them early to get a head start! [MEDICAL SCHOOL ATTENDED](#)

If you're participating in SOAP, release your SLOE(s) and recommendations to ERAS® [RELEASE MY LETTERS](#)

Evaluations

In this section, you can request letters of recommendation and a standardized letter of evaluation (SLOE). Before getting started, consider the following:

- All program evaluations must be submitted electronically via the ResidencyCAS evaluator portal, Liaison Letters.
- **Research each program's requirements.** Determine whether your programs have specific requirements regarding evaluator roles or relationships before listing evaluators on your application. Many programs have strict guidelines and completed program evaluations cannot be removed or replaced.
- **Prepare your evaluators.** Once you choose your evaluators, be sure to inform them about the process and that they will be completing the program evaluation through ResidencyCAS's Liaison Letters. We recommend getting their preferred email address and asking that they monitor that inbox for your evaluation request (which will come from noreply@residencycas.org), including any junk or spam folders. Once you enter an evaluator and click Save, an email request will be immediately sent to that individual.

Once you have requested a letter, an email request will automatically be sent to the evaluator on your behalf. Please advise your evaluator to look for this email in their inbox, as well as their spam or junk-mail folder, as emails do occasionally get filtered out.

You may assign your letters to specific programs when requesting an evaluation. You can also assign letters in bulk after finishing your request. Visit the [Applicant Help Center](#) for more information on each type of letter, who and when to request each type of letter, and how to assign evaluations. [VIEW LESS](#)

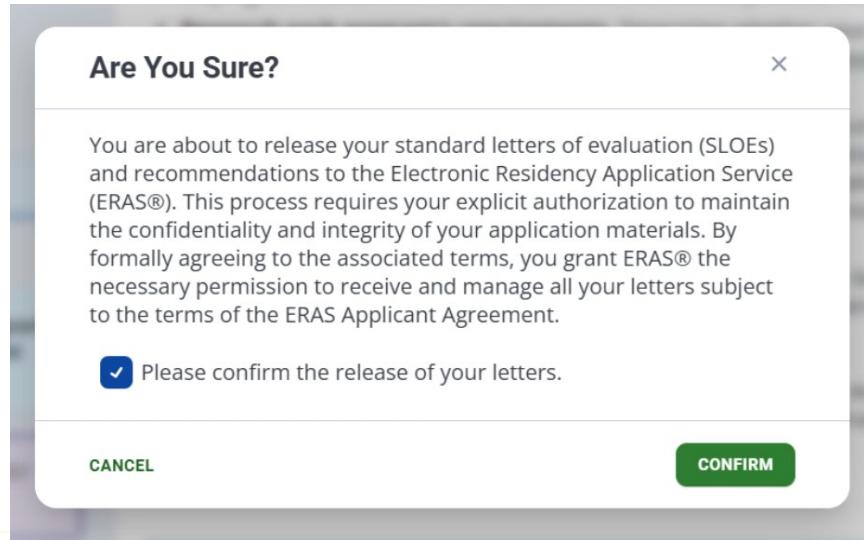
If you're participating in SOAP, release your SLOE(s) and recommendations to ERAS®. [LEARN MORE](#)



Optional Letter Sharing with ERAS

Letters of Recommendation

- Import letters from ERAS into ResidencyCAS
- Optional release of ResidencyCAS letters to ERAS
- Explicit applicant consent required
- Letter sharing and assignment are separate steps
- Sharing letters does not automatically assign them to programs



Application Limits & Fees

Limits & Fees

- Up to 45 SOAP applications total
- Limit applies across specialties
- \$99 one-time fee for new users
- No additional fee for existing ResidencyCAS applicants

Submit My Programs X

Note: Once your application has been submitted, no changes or refunds can be made.

Select All (Hand cursor icon)

Abington Mem Hosp-PA - Obstetrics and Gynecology

Obstetrics-Gynecology 1600220C0 (Checkmark icon)
Deadline: Sep 25, 2024

Akron Gen Med Ctr/NEOMED-OH - Obstetrics and Gynecology

Obstetrics-Gynecology 1542220C0 (Checkmark icon)
Deadline: Sep 25, 2024

Ascension St Alexius-IL - Obstetrics and Gynecology

Obstetrics-Gynecology 2340220C0 (Checkmark icon)
Deadline: Sep 25, 2024

Submit & Pay

FEE WAIVER CODES

No payment is due at this time.

Upon application submission, you will not be able to edit most of your information, including your question answers and completed course work.

I acknowledge that I will not be able to edit my application after submission

What Happens Next & Where to Get Help

After You Apply

- Programs review applications Tuesday morning
- Interviews may be scheduled by phone or video
- Offers and acceptances occur in NRMP R3
- Monitor email closely (including spam folders)
- **Safe-list ResidencyCAS email addresses** to avoid missing time-sensitive messages

After SOAP Ends

- SOAP ends Thursday at 9:00 p.m. ET
- Programs close in ResidencyCAS
- Applicants may contact programs directly

Need Help?

- ResidencyCAS Applicant Help Center
- applicantsupport@residencycas.com
- 617-612-2070

Thank You



Do I need to fill out another application?

Applicants at risk of going unmatched who have applied during the regular season only through ResidencyCAS should:

- Complete an ERAS application in advance of SOAP if they intend to apply to unfilled positions in other specialties

Applicants at risk of going unmatched who have applied during the regular season only through ERAS should:

- Complete a ResidencyCAS application in advance of SOAP if they intend to apply to any unfilled positions in Ob/Gyn, Emergency Medicine, and Combined Emergency Medicine specialties

After Applying

Tuesday, March 17 at 8:00 AM, ET

- Programs can begin reviewing applications and contacting applicants, usually via phone or email
- Applicants (or their representatives) cannot contact programs until a program contacts them in response to their application

Tuesday, March 17 and Wednesday, March 18

- Applicants should be available for communication and interviews



How programs review applications, contact applicants, and conduct interviews is up to the programs

Offer Rounds Thursday, March 19

Round 1**9:00 – 11:00 a.m. ET**

9:00 a.m.

Applicants receive offers

11:00 a.m.

Applicant deadline to accept or reject offers

Round 2**12:00 - 2:00 p.m. ET**

12:00 p.m.

Applicants receive offers

2:00 p.m.

Applicant deadline to accept or reject offers

Round 3**3:00 – 5:00 p.m. ET**

3:00 p.m.

Applicants receive offers

5:00 p.m.

Applicant deadline to accept or reject Round 3 offers

Round 4**6:00 – 8:00 p.m. ET**

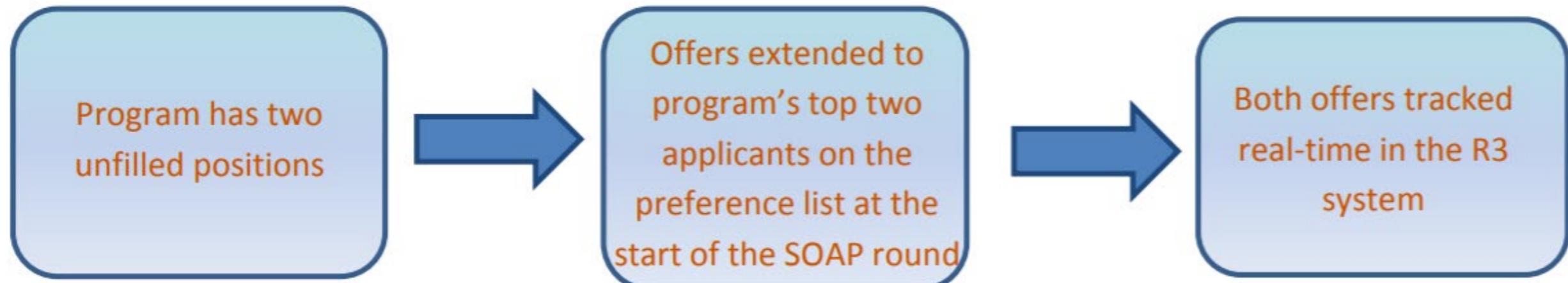
6:00 p.m.

Applicants receive offers

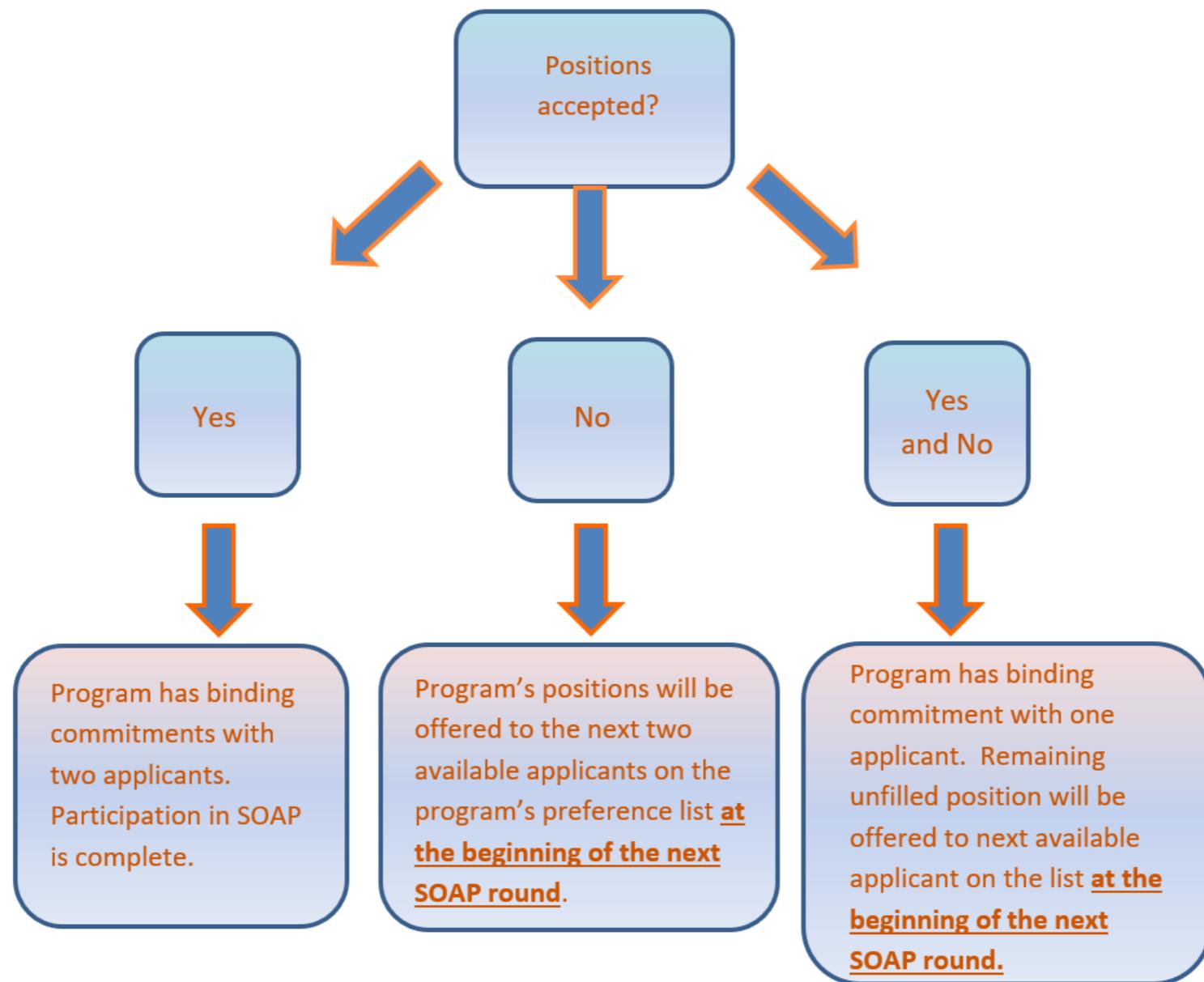
8:00 p.m.

Applicant deadline to accept or reject Round 4 offers

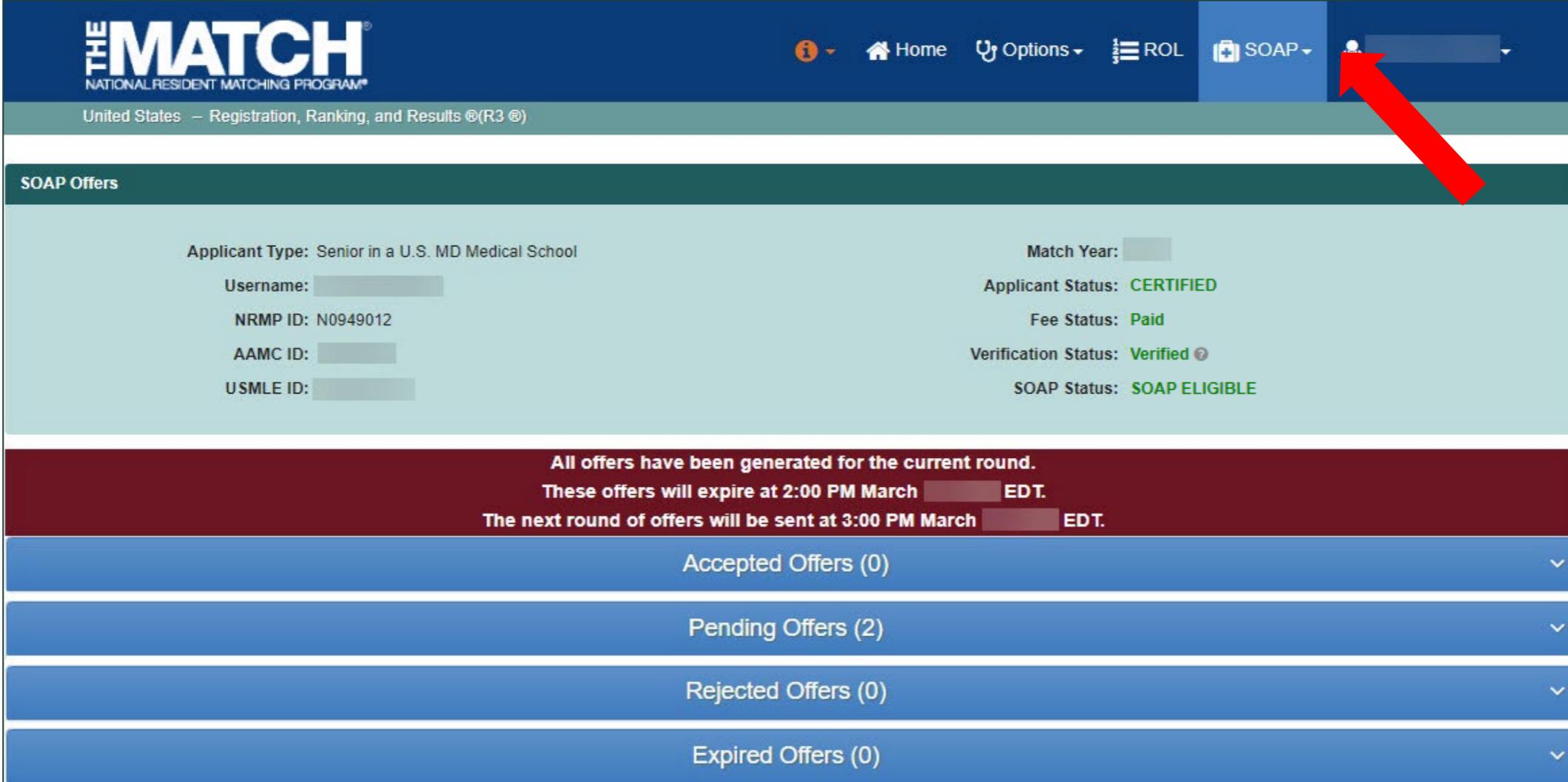
How SOAP Rounds Work



How SOAP Rounds Work



Viewing and Accepting SOAP Offers



The screenshot shows the 'SOAP Offers' section of the The Match platform. At the top, there is a navigation bar with the 'THE MATCH' logo, 'Home', 'Options', 'ROL', 'SOAP', and a user profile icon. A red arrow points to the user profile icon. Below the navigation bar, the text 'United States – Registration, Ranking, and Results ®(R3 ®)' is displayed. The main content area is titled 'SOAP Offers' and contains the following information:

Information	Value
Applicant Type:	Senior in a U.S. MD Medical School
Match Year:	[Redacted]
Username:	[Redacted]
NRMP ID:	N0949012
AAMC ID:	[Redacted]
USMLE ID:	[Redacted]
Applicant Status:	CERTIFIED
Fee Status:	Paid
Verification Status:	Verified <small>?</small>
SOAP Status:	SOAP ELIGIBLE

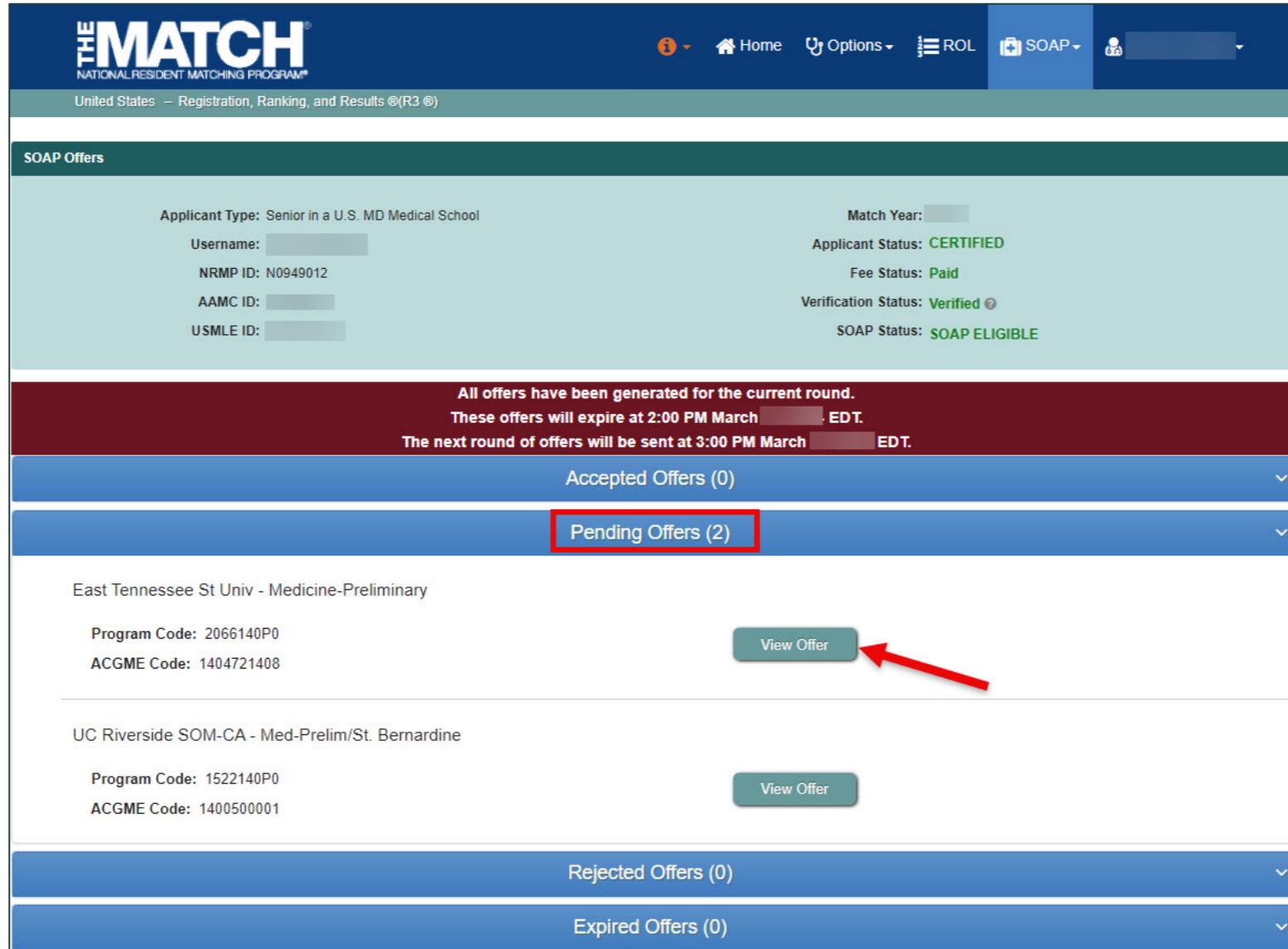
Below this, a red banner displays the following text:

All offers have been generated for the current round.
These offers will expire at 2:00 PM March [Redacted] EDT.
The next round of offers will be sent at 3:00 PM March [Redacted] EDT.

Below the banner, there are four expandable sections:

- Accepted Offers (0)
- Pending Offers (2)
- Rejected Offers (0)
- Expired Offers (0)

Viewing and Accepting SOAP Offers



The screenshot shows the 'SOAP Offers' section of the The Match platform. At the top, there are user profile and navigation icons. Below that, a green header bar displays 'United States – Registration, Ranking, and Results (R3 ®)'. The main content area is titled 'SOAP Offers' and includes the following details:

Applicant Type: Senior in a U.S. MD Medical School	Match Year: [redacted]
Username: [redacted]	Applicant Status: CERTIFIED
NRMP ID: N0949012	Fee Status: Paid
AAMC ID: [redacted]	Verification Status: Verified ⓘ
USMLE ID: [redacted]	SOAP Status: SOAP ELIGIBLE

A red banner at the top of the list area states: 'All offers have been generated for the current round. These offers will expire at 2:00 PM March [redacted] EDT. The next round of offers will be sent at 3:00 PM March [redacted] EDT.'

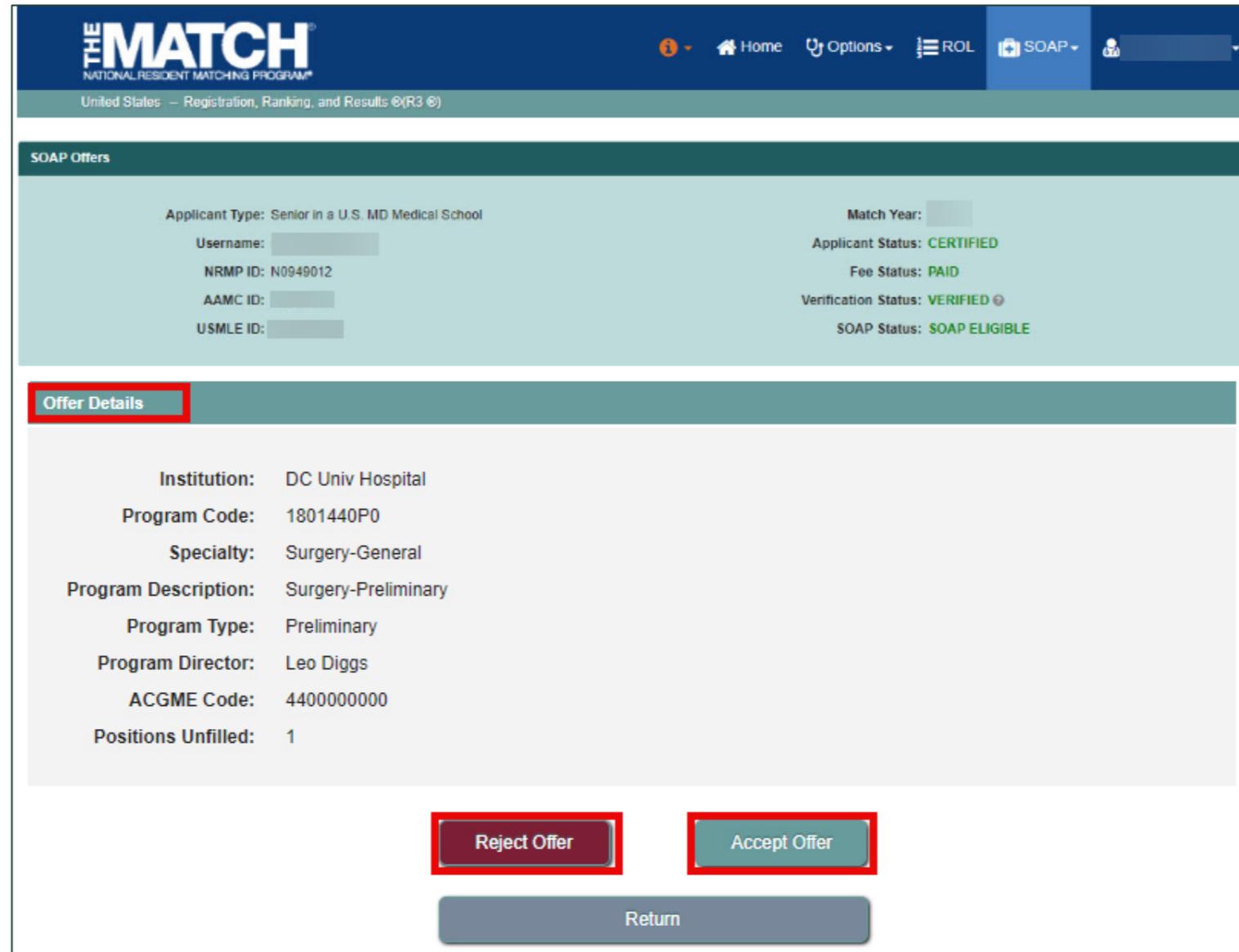
The list of offers is organized into sections:

- Accepted Offers (0)**
- Pending Offers (2)** (This section is highlighted with a red border and has a red arrow pointing to the 'View Offer' button below it.)
- Rejected Offers (0)**
- Expired Offers (0)**

Under the 'Pending Offers (2)' section, there are two entries:

- East Tennessee St Univ - Medicine-Preliminary**
 - Program Code: 2066140P0
 - ACGME Code: 1404721408
 - View Offer** button (with a red arrow pointing to it)
- UC Riverside SOM-CA - Med-Prelim/St. Bernardine**
 - Program Code: 1522140P0
 - ACGME Code: 1400500001
 - View Offer** button

Viewing and Accepting SOAP Offers



The screenshot shows the NRMP website interface for viewing and accepting SOAP offers. The top navigation bar includes links for Home, Options, ROL, SOAP, and user profile. The main content area is titled "SOAP Offers" and displays the following applicant information:

Applicant Type: Senior in a U.S. MD Medical School
Match Year:
Username:
Applicant Status: CERTIFIED
NRMP ID: N0949012
Fee Status: PAID
AAMC ID:
Verification Status: VERIFIED 
USMLE ID:
SOAP Status: SOAP ELIGIBLE

The "Offer Details" section, which is highlighted with a red box, contains the following program information:

Institution: DC Univ Hospital
Program Code: 1801440P0
Specialty: Surgery-General
Program Description: Surgery-Preliminary
Program Type: Preliminary
Program Director: Leo Diggs
ACGME Code: 4400000000
Positions Unfilled: 1

At the bottom of the page are three buttons: "Reject Offer" (highlighted with a red box), "Accept Offer" (highlighted with a red box), and "Return".

Post-SOAP

The 4th and final offer round ends at 8:00 p.m. ET.

SOAP concludes at 9:00 p.m. ET on Thursday, March 19. Applicants can begin contacting programs

All applicants who remain unmatched or partially matched will have access to the *List of Unfilled Programs*, updated with programs that chose not to participate in SOAP

The *List* is dynamic, and programs can update the number of remaining unfilled positions as they are filled

After the release, no additional positions are added to the *List*

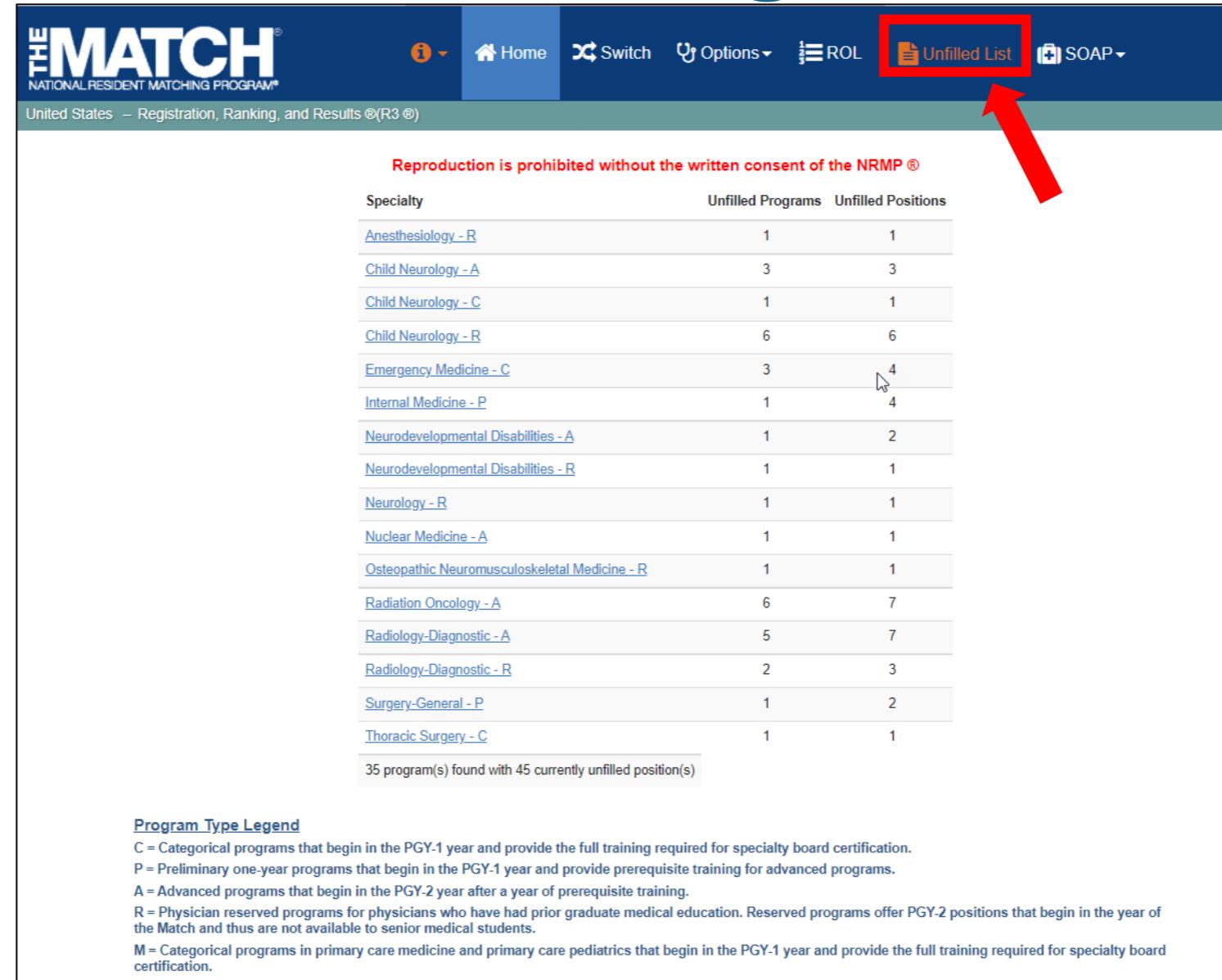
Post-SOAP Unfilled Programs List

The screenshot shows the THE MATCH website interface. At the top, there is a dark blue header with the THE MATCH logo, a navigation bar with links for Home, Options, ROL, Unfilled List (which is highlighted with a red oval), SOAP, and a user profile for Ronald Weasley. Below the header, a green banner displays the text "United States – Registration, Ranking, and Results ®(R3 ®)". The main content area has a dark green header bar with the text "Match Home Page". The user information section shows the following details:

Applicant Type: Senior in a U.S. DO Medical School	Applicant Status: CERTIFIED
Username: rweasley	Fee Status: Paid
NRMP ID: N0603784	Verification Status: Verified ⓘ
AAMC ID: 19988776	SOAP Status: SOAP ELIGIBLE

At the bottom of the main content area, there is a yellow banner with the text "Match Results: We are sorry, you did not match to any position."

Post-SOAP Unfilled Programs List



The screenshot shows the The Match website interface. The top navigation bar includes links for Home, Switch, Options, ROL, Unfilled List (which is highlighted with a red box and a red arrow pointing to it), and SOAP. Below the navigation is a sub-header: "United States – Registration, Ranking, and Results ®(R3 ®)". The main content is titled "Post-SOAP Unfilled Programs List". A red box highlights the "Unfilled List" link in the table header. The table lists specialties and their unfilled programs and positions. A note at the bottom states "35 program(s) found with 45 currently unfilled position(s)". A "Program Type Legend" is provided at the bottom, defining C, P, A, and R categories.

Specialty	Unfilled Programs	Unfilled Positions
Anesthesiology - R	1	1
Child Neurology - A	3	3
Child Neurology - C	1	1
Child Neurology - R	6	6
Emergency Medicine - C	3	4
Internal Medicine - P	1	4
Neurodevelopmental Disabilities - A	1	2
Neurodevelopmental Disabilities - R	1	1
Neurology - R	1	1
Nuclear Medicine - A	1	1
Osteopathic Neuromusculoskeletal Medicine - R	1	1
Radiation Oncology - A	6	7
Radiology-Diagnostic - A	5	7
Radiology-Diagnostic - R	2	3
Surgery-General - P	1	2
Thoracic Surgery - C	1	1

35 program(s) found with 45 currently unfilled position(s)

[Program Type Legend](#)

C = Categorical programs that begin in the PGY-1 year and provide the full training required for specialty board certification.

P = Preliminary one-year programs that begin in the PGY-1 year and provide prerequisite training for advanced programs.

A = Advanced programs that begin in the PGY-2 year after a year of prerequisite training.

R = Physician reserved programs for physicians who have had prior graduate medical education. Reserved programs offer PGY-2 positions that begin in the year of the Match and thus are not available to senior medical students.

M = Categorical programs in primary care medicine and primary care pediatrics that begin in the PGY-1 year and provide the full training required for specialty board certification.

Match Day!

Friday, March 20

12:00 p.m. Medical school Match Day ceremonies.

Applicant Match results available

Advance Data Tables available



2025 Main Residency Match By The Numbers

Positions

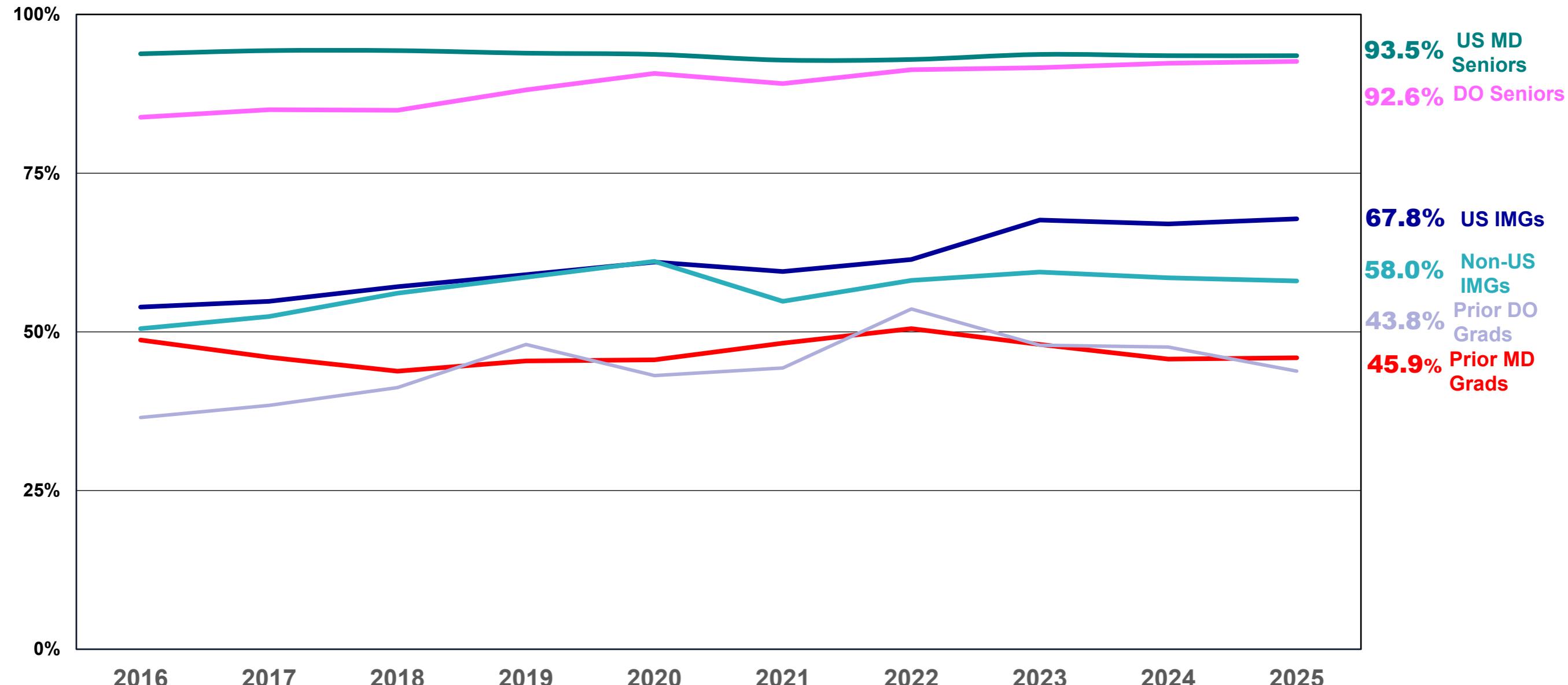
Total Positions:	43,237	↑ 1,734	4.2% from 2024
Positions Filled:	40,764	↑ 1,823	4.7% from 2024
Unfilled Positions:	2,473	↓ 89	3.5% from 2024

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%	

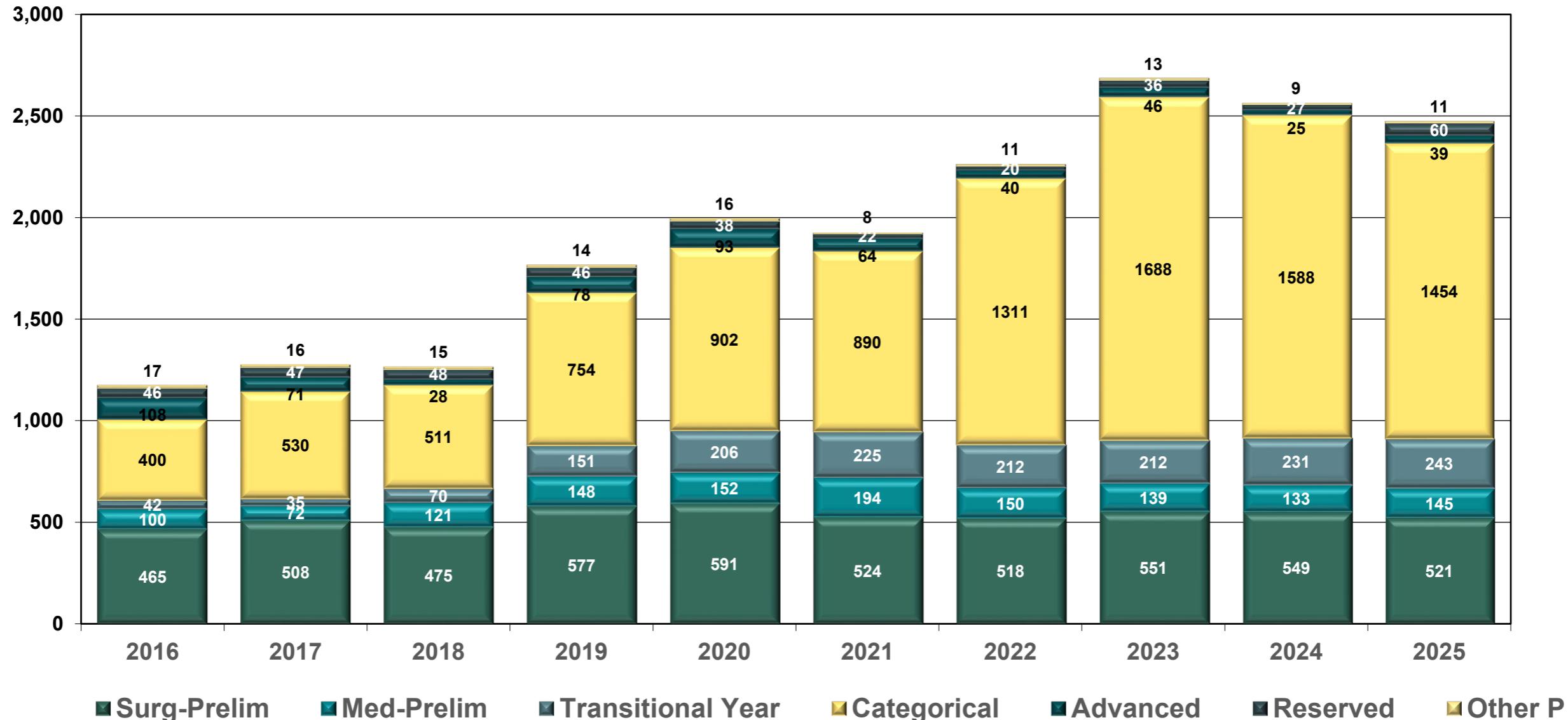
2025 PGY-1 Match Rate by Applicant Type

Overall Match rate = 79.8%



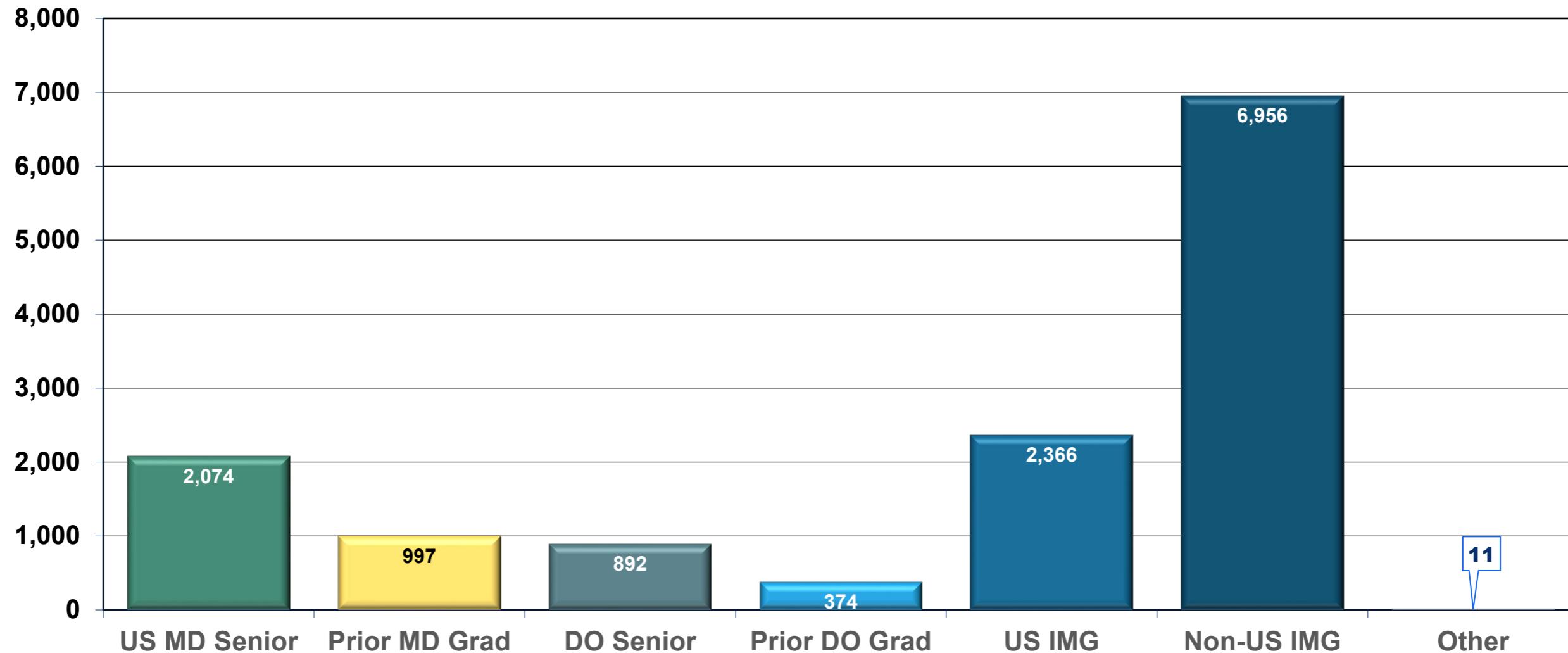
2025 Main Match Unfilled Positions (all)

2,473 Unfilled Positions



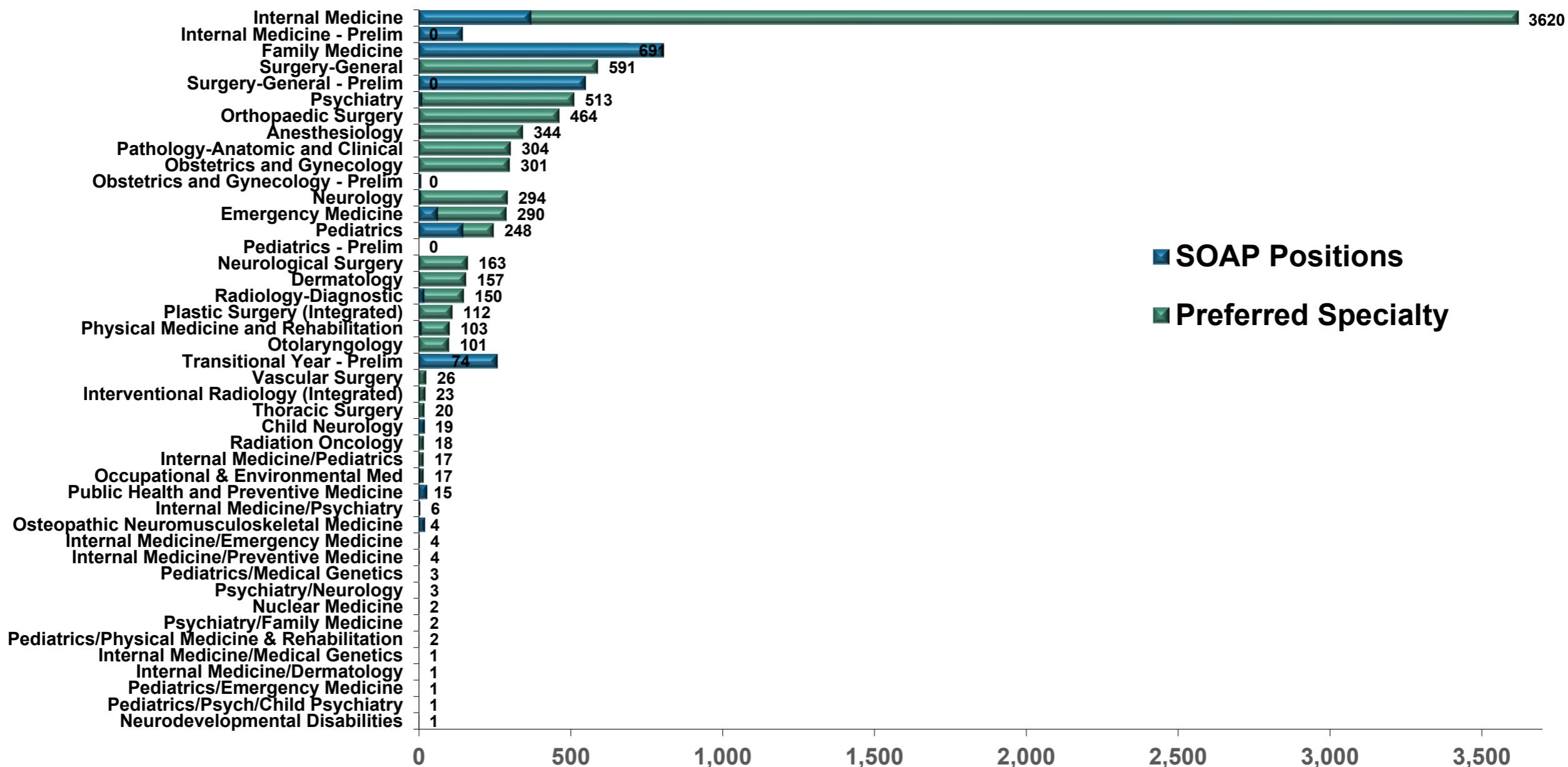
13,670 (10,560 Active) SOAP-Eligible Applicants

502 more than 2024

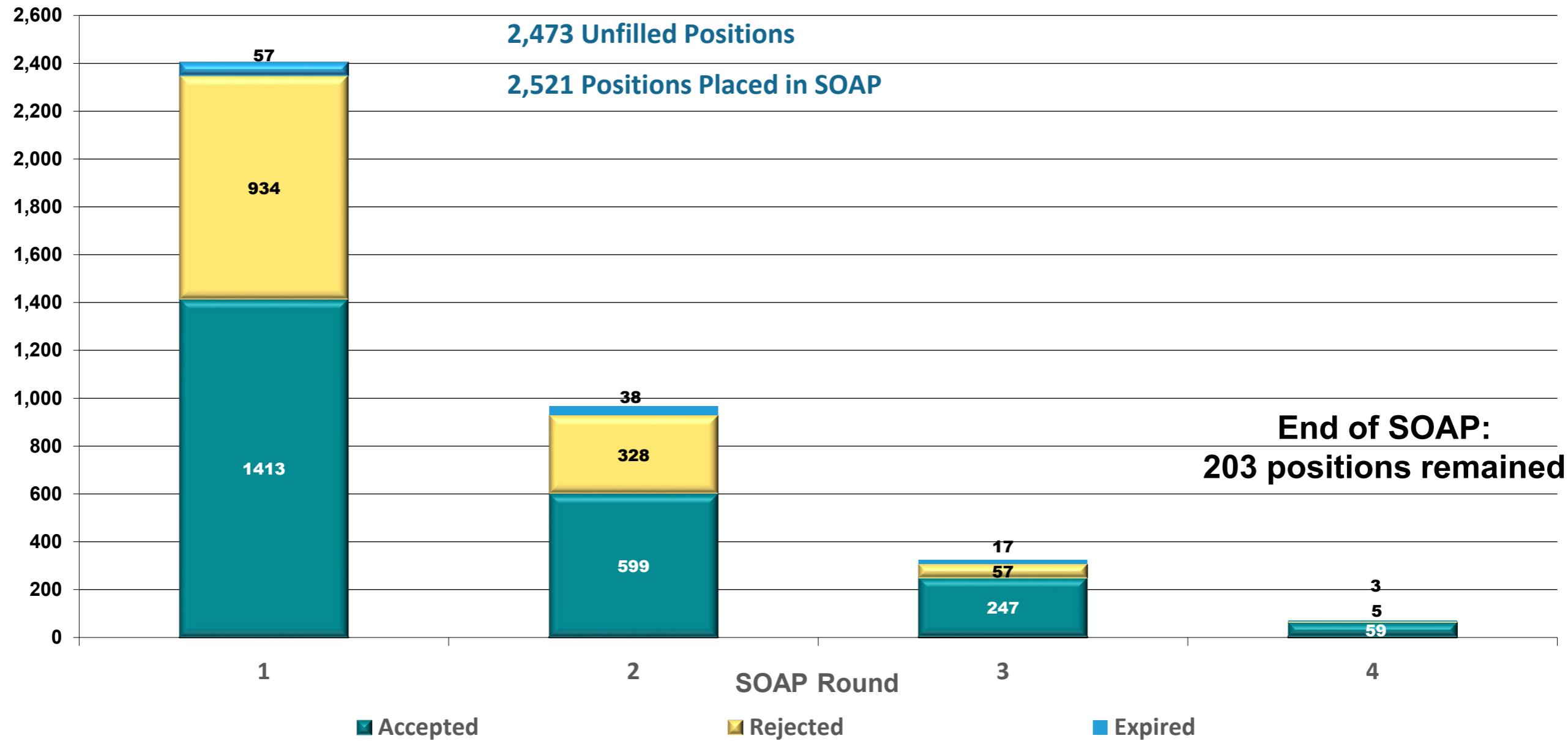


SOAP-eligible applicants include fully-unmatched and partially-matched applicants.

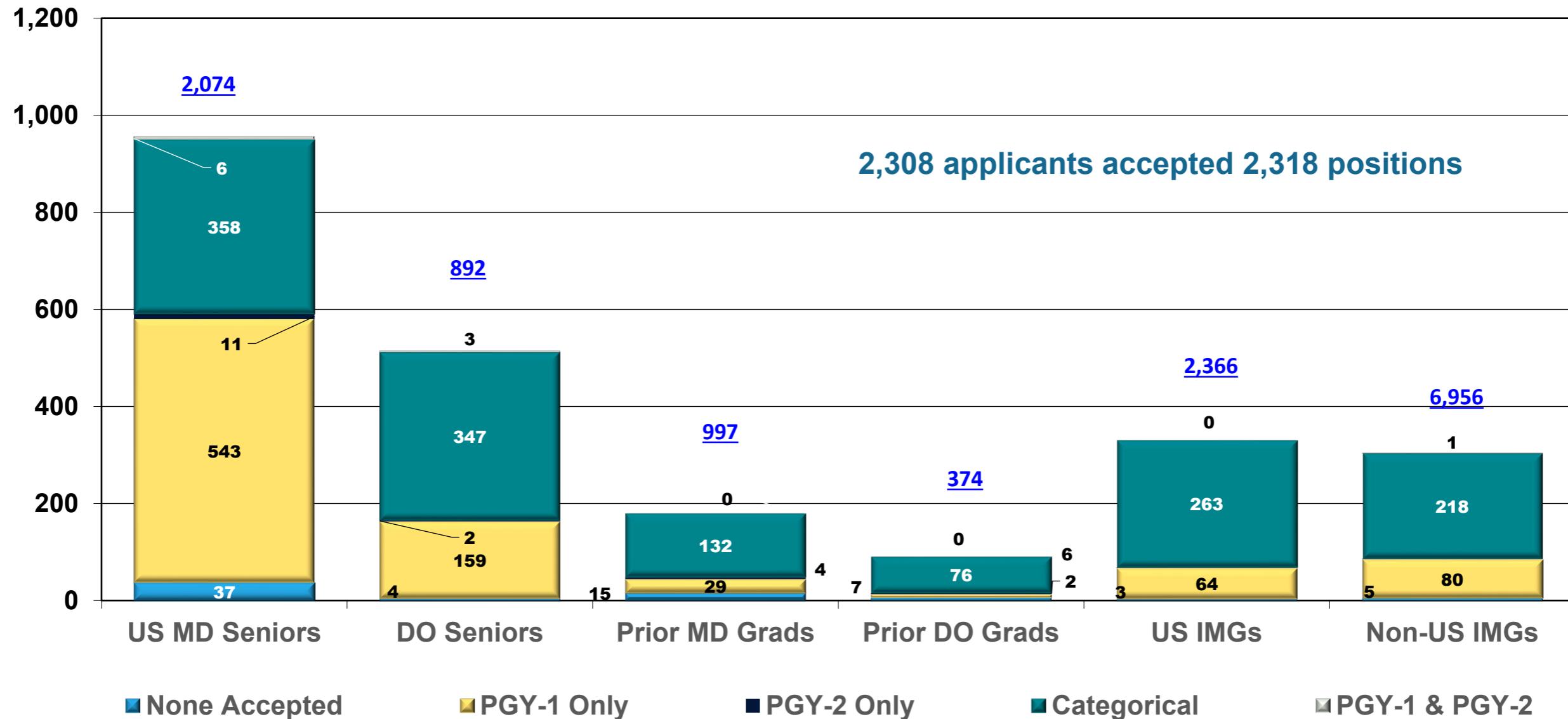
Preferences of Unmatched Applicants: Available SOAP Positions



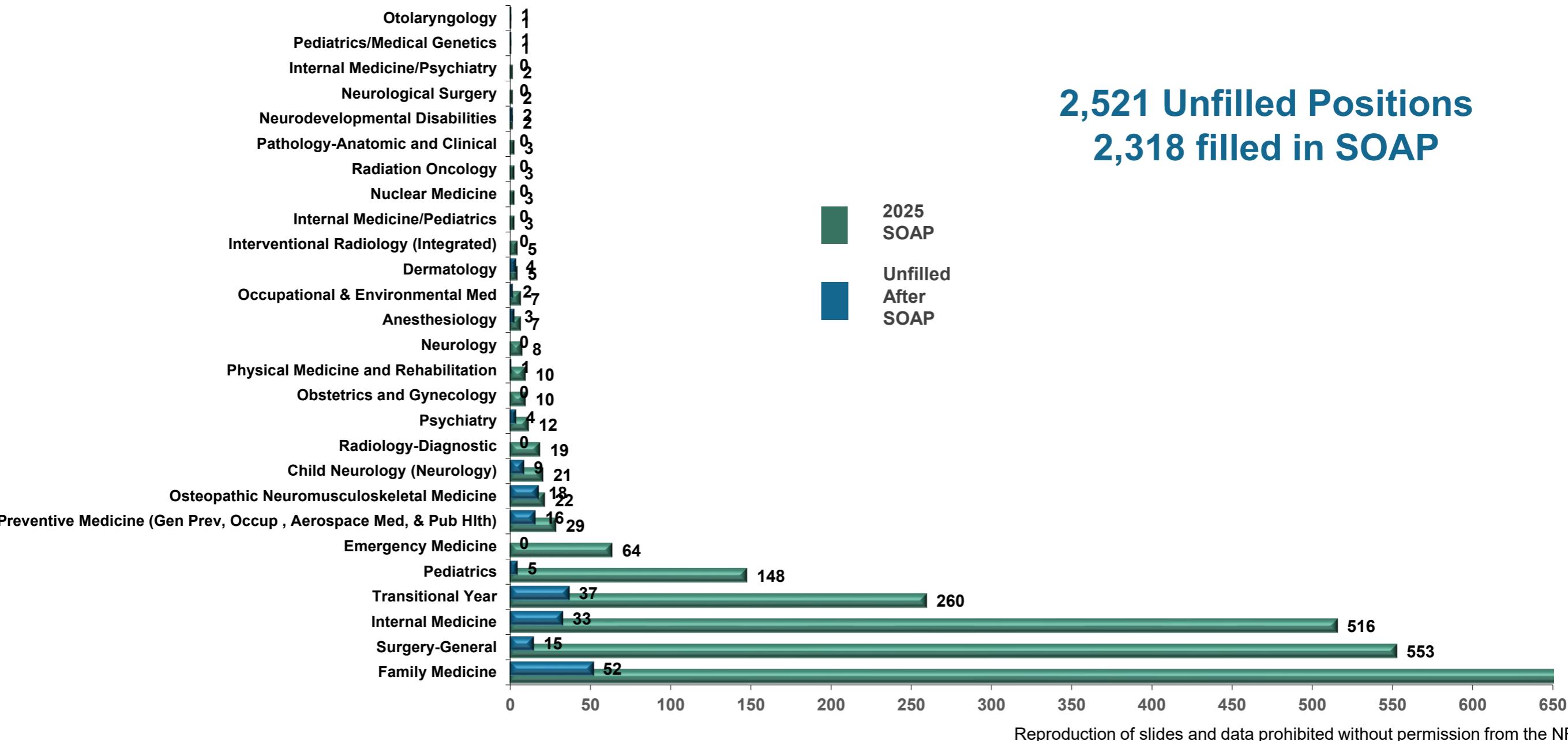
2025 SOAP: Positions Offered & Accepted by Round



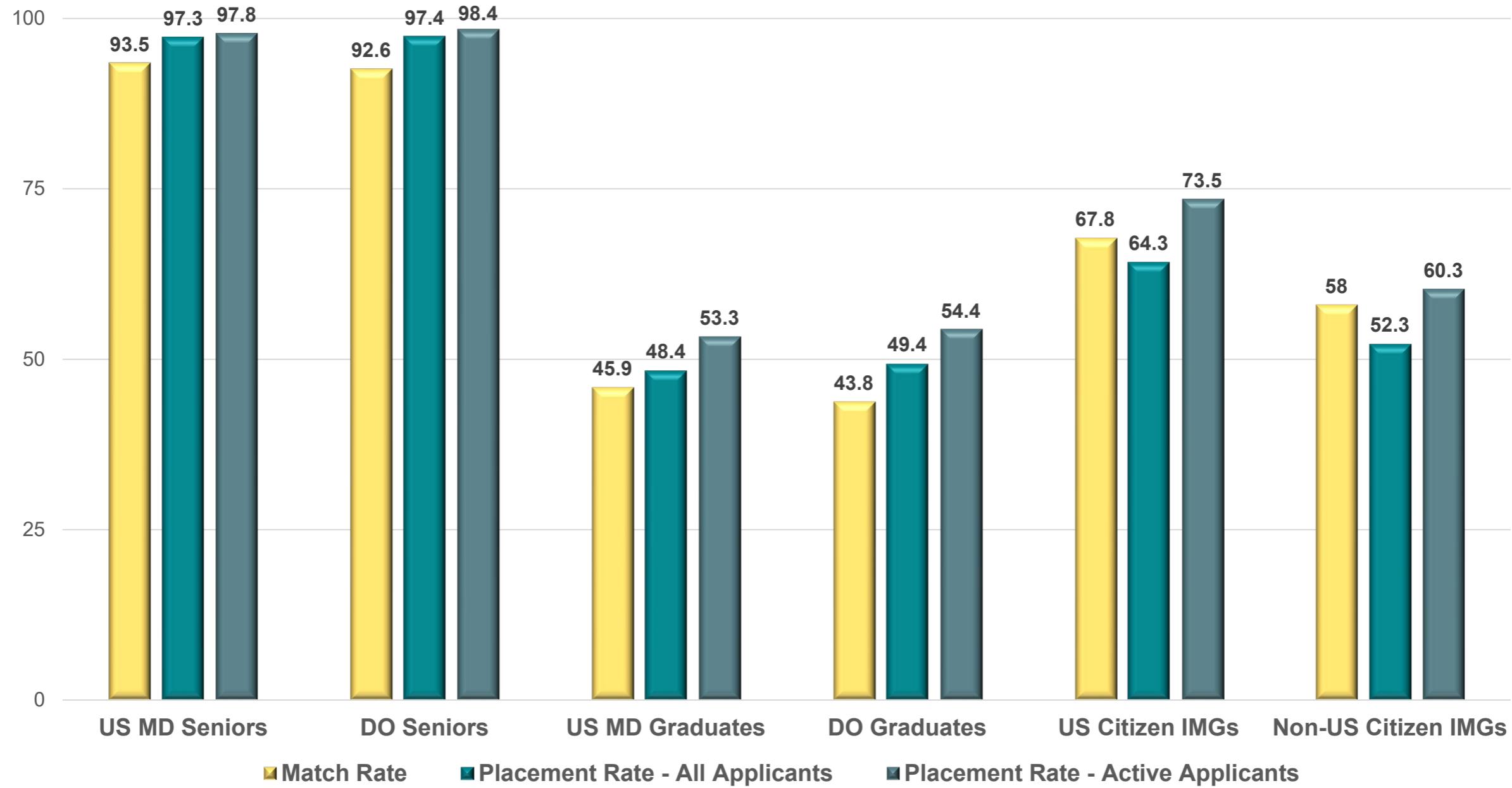
2025 SOAP Positions Offered and Accepted by Applicant and Position Type



2025 SOAP positions: Unfilled After SOAP



2025 Match & Placement Rates by Applicant Type



Need SOAP Assistance?

The Match NRMP	Application Services	Intealth/ECFMG
<p>866-653-6767 support@nrmp.org</p> <p>Questions about:</p> <ul style="list-style-type: none">• SOAP Eligibility and policy• R3 system• Access to the <i>List of Unfilled Programs</i>• Receiving and accepting SOAP offers <p>2026 SOAP Guide for Applicants</p> 	<p>AAMC ERAS Program 202-862-6264 www.aamc.org/contact-eras</p> <p>ResidencyCAS 617-612-2870 applicantsupport@residencycas.com</p> <p>Questions about:</p> <ul style="list-style-type: none">• SOAP Application services• Supporting documents• Applying and re-applying to programs	<p>For IMGs only</p> <p>215-966-3520 eras-support@ecfmg.org</p> <p>Questions about:</p> <ul style="list-style-type: none">• Document processing• 2026 Match eligibility requirements