



Navigating Match Week and SOAP® for Medical Schools 2026 Main Residency Match®

PRESENTED BY:

Jeanette L. Calli, Chief of Match Operations, NRMP

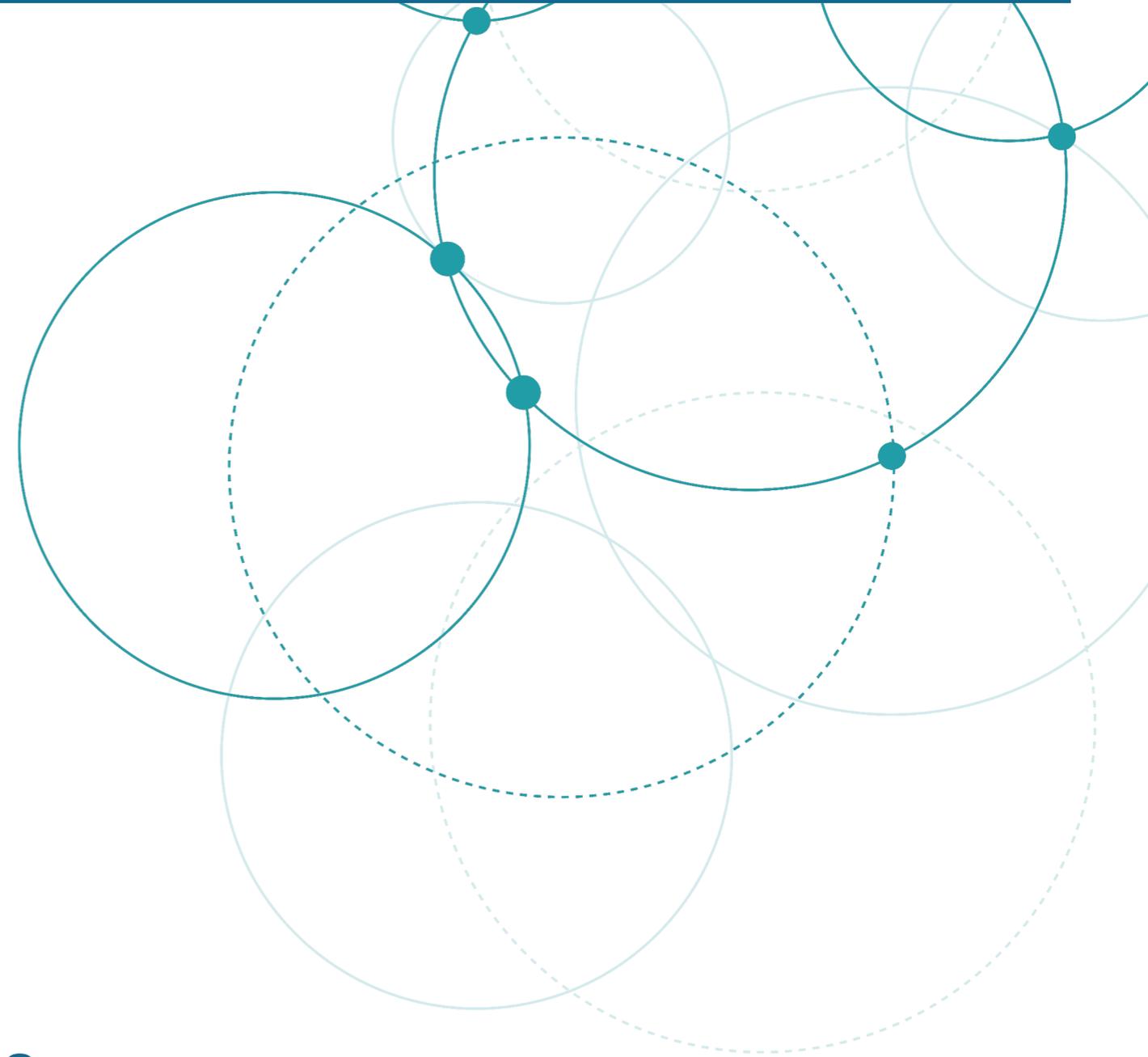
Mike Margitich, VP, CAS Products

Blythe Jonas, Director, ERAS Engagement

February 24, 2026

Agenda

1. Match Calendar
2. Applicant SOAP Eligibility
3. Match Week and SOAP Schedule
4. The Unfilled List and Applying for SOAP Positions
5. Offer Rounds
6. Match Day and Beyond
7. SOAP Policy Recap
8. 2025 SOAP Data
9. Q & A with NRMP, ERAS, & ResidencyCAS



2026 Main Residency Match Calendar

Friday, January 30
11:59 P.M. ET

Standard Registration Deadline for Applicants.
\$50 additional fee for late registration after January 30.

Monday, February 2
12:00 P.M. ET

Ranking Opened for applicants and programs
Schools began verifying eligibility

Wednesday, March 4
9:00 P.M. ET

Rank Order List (ROL) Certification Deadline for applicants and programs
Eligibility verification deadline for schools

March 16 - 20

Match Week and SOAP



Applicant Participation

The Rank Order List Certification Deadline and the deadline for your students and graduates to register for the Match and SOAP:

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

Applicants must:

- Complete the NRMP registration process
- Electronically sign the Match Participation Agreement
- Pay all Match fees
- Certify their rank order list
- Be verified as eligible to enter GME by July 1



What is SOAP?

The Supplemental Offer and Acceptance Program[®] (SOAP[®]) is not another Match

Applicants and Programs find out their matched/filled status in the NRMP's R3[®] system

Applicants apply to programs using the application service (ERAS[®] or ResidencyCAS) designated by the program

Programs review applications and contact applicants of interest. Programs then create preference lists of applicants in the R3 system

Unfilled positions are offered through the R3 system 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, applicants 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

2026 Match Week & SOAP Schedule

Monday, March 16

9:30 a.m. Medical school *Unmatched Applicants* report available (embargoed until 10:00 am ET)

10:00 a.m. **SOAP Begins**

Applicants learn if they matched

SOAP-eligible applicants have access to the *List of Unfilled Programs* in the NRMP R3 system

Programs learn if they filled

SOAP Begins



Applicants learn if they 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 NRMP and ACGME IDs, and the application service being used by the program



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

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.

SOAP Unfilled Programs List



THE MATCH
NATIONAL RESIDENT MATCHING PROGRAM®

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

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

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
- Can apply only to unfilled Match-participating programs that are participating in SOAP
- Are prohibited from using any means other than the application designated by the program to apply to and contact programs



Other than submitting the application, applicants (or their 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.

Application Services

NRMP and the application services are separate organizations with separate systems

- AAMC (Association of American Medical Colleges) Electronic Residency Application Service[®] (ERAS[®]), providing application services for all programs in Match-participating specialties other than Emergency Medicine, Combined Emergency Medicine, and Obstetrics and Gynecology
- ResidencyCAS, providing application services for programs in Emergency Medicine, Combined Emergency Medicine, and Obstetrics and Gynecology



Application Services (cont.)

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

2026 Match Week & SOAP Schedule

Monday, March 16

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

Tuesday, March 17

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

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 Radiology program is only eligible to apply to and accept preliminary positions during SOAP. The applicant will be able to see all unfilled Radiology 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*.

Advising Applicants

Applicants can apply to:

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

Students 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

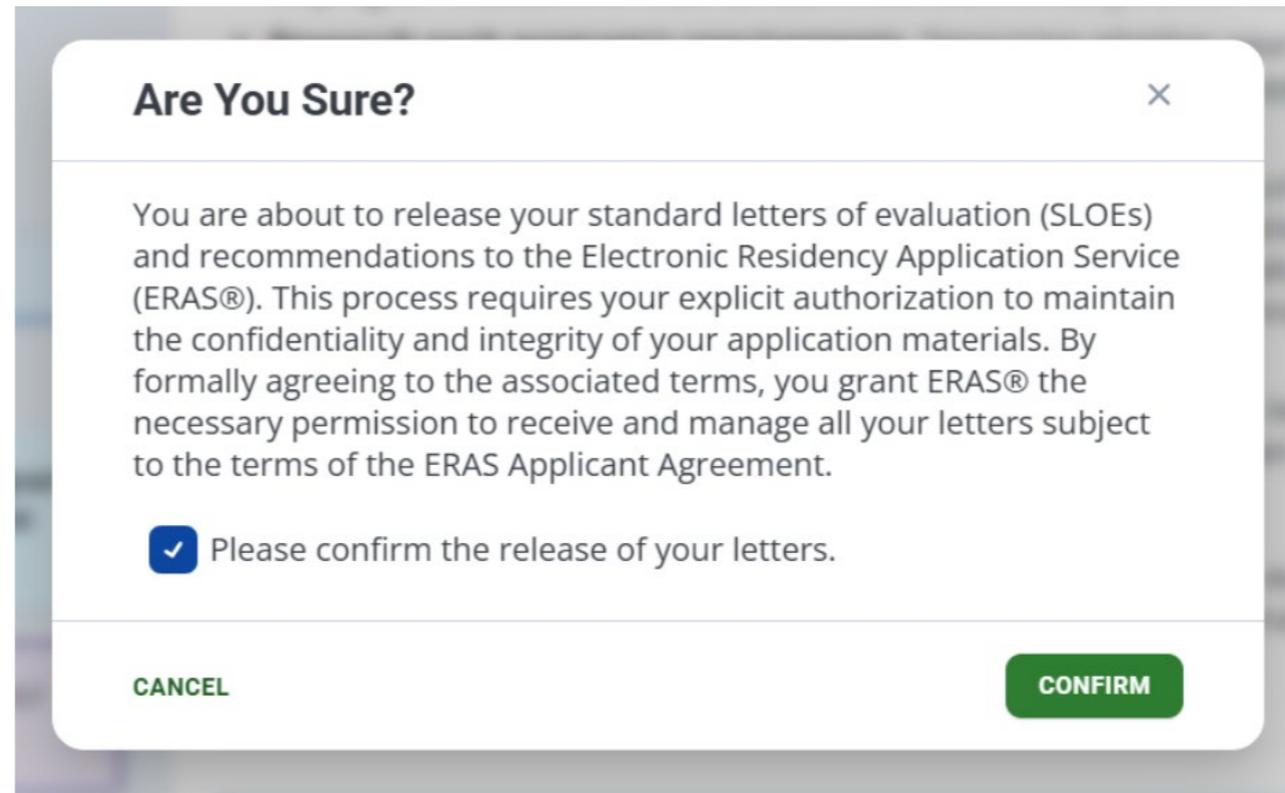
Students at risk of going unmatched who have applied during the regular season only through ERAS should:

- ✓ Complete a ResidencyCAS application in advance of SOAP if they intend to apply to any unfilled positions in Ob/Gyn or Emergency Medicine

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



Are You Sure? ×

You are about to release your standard letters of evaluation (SLOEs) and recommendations to the Electronic Residency Application Service (ERAS®). This process requires your explicit authorization to maintain the confidentiality and integrity of your application materials. By formally agreeing to the associated terms, you grant ERAS® the necessary permission to receive and manage all your letters subject to the terms of the ERAS Applicant Agreement.

Please confirm the release of your letters.

CANCEL **CONFIRM**

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](#)



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.

ERAS LoRs 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.

If you need to update your SOAP participation status, you may [contact ERAS support for assistance](#).

Participating in SOAP and need to send Letters of Recommendation to ResidencyCAS to apply to SOAP programs there? Facilitate sending letters from ERAS to Residency CAS easily.

[Send Letters to ResidencyCAS](#)

Application	Documents	Programs	Resources
Personal Information Complete Biographic Information Complete	Uploaded but Unassigned LoRs 0	Saved Programs 10 Programs Applied to 0	Tools for Residency Applicants Frequently Asked Questions (FAQ's)

Send Letters to ResidencyCAS

Do you consent to have your completed MyERAS letters of recommendation released to Residency CAS so that they are available to you during participation in SOAP?

[CANCEL](#) [SEND LETTERS TO RESIDENCYCAS](#)

Managing Imported Letters in the MyERAS Application

Personal Statements

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"/>	DR. doctor - Hospital Dept.		All	13JEAU2QEG	✔ ResCAS Import - 03/15/2026 ⓘ	⋮
<input type="checkbox"/>	Dr. Doctor - Title and Department	DC	All	12JD4P4ZEE	✔ Imported - 05/27/2025 ⓘ	⋮

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.

8:55 a.m. Program Deadline to certify preference list for Round 1 offers
 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.

11:55 a.m. Program Deadline to modify and re-certify preference list for Round 2 offers
 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.

2:55 p.m. Program Deadline to modify and re-certify preference list for Round 3 offers
 3:00 p.m. Applicants receive offers
 5:00 p.m. Applicant deadline to accept or reject Round 3 offers

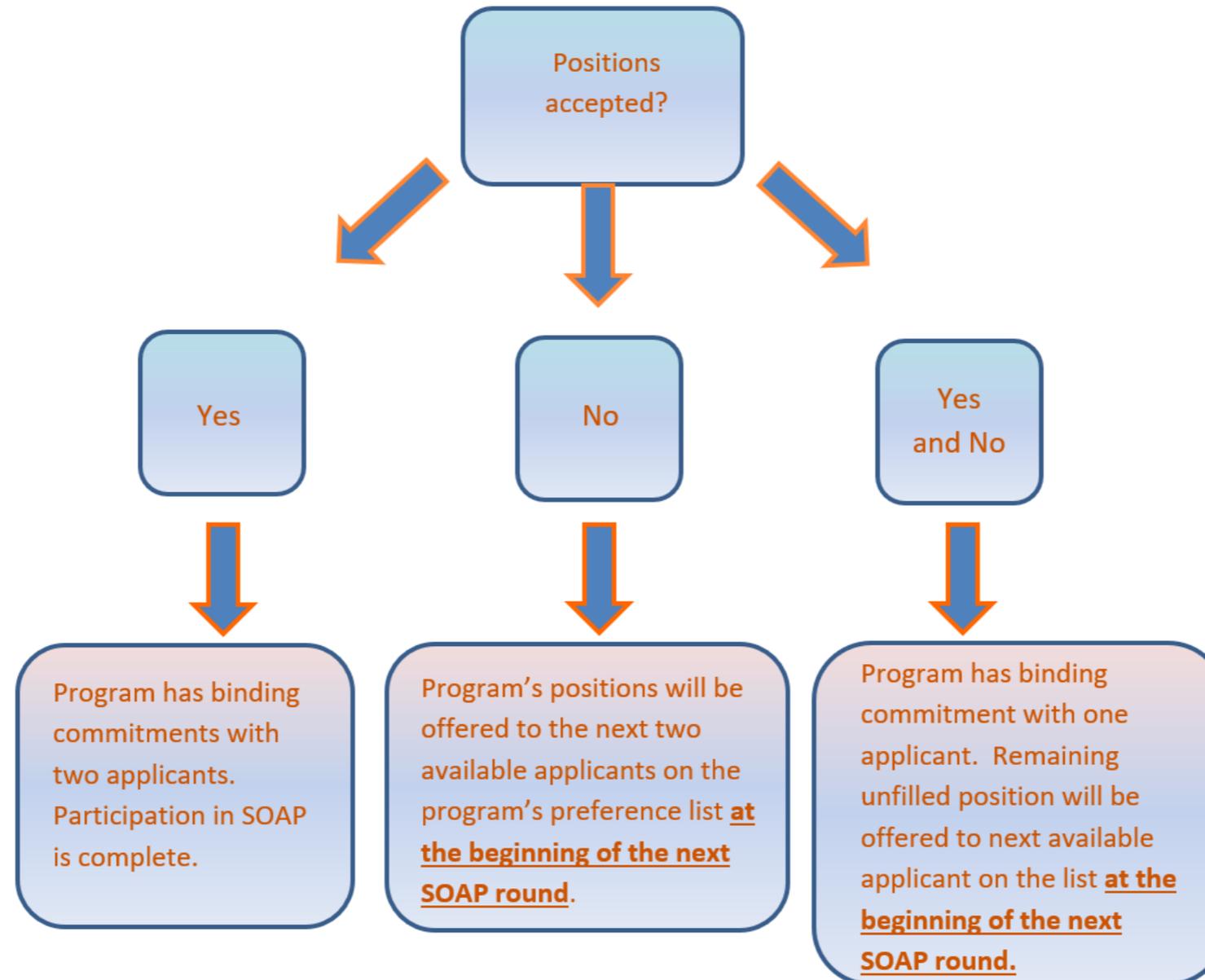
Round 4 6:00 – 8:00 p.m.

5:55 p.m. Program Deadline to modify and re-certify preference list for Round 4 offers
 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



Monitoring Students During SOAP

THE MATCH
NATIONAL RESIDENT MATCHING PROGRAM®

Home Switch Options School SOAP Michelle Carter

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

← Back

SOAP Schools Report

School Name: National School of Medicine and Health Sciences - Test School
School Code: 100

Applicants who have offers pending in current round

AAMC ID	Applicant Name	Institution Name	Program Name	Program Code
33224789	Young, Michelle	Henrico Univ Hlth Sys-VA	Pediatrics	1743320C0
92774826	Blake, Morgan	Henrico Univ Hlth Sys-VA	Pediatrics	1743320C0

Applicants who accepted C positions

AAMC ID	Applicant Name	Institution Name	Program Name	Program Code
23424542	Sekibo, Imani	Capitol University Hospital-DC	Anesthesiology	1802040C0
58746759	Conway, Christopher	Capitol University Hospital-DC	Anesthesiology	1802040C0
40987384	Townsend, Arianna	Capitol University Hospital-DC	Pathology	1802300C0
47675638	Mellon, Eric	Henrico Univ Hlth Sys-VA	Pediatrics	1743320C0
58636588	Brooks, Kelso	Henrico Univ Hlth Sys-VA	Pediatrics	1743320C0

Applicants who accepted PGY1 and PGY2

AAMC ID	Applicant Name	Institution Name	Program Name	Program Code
30477834	Thomas, Deondre	Capitol University Hospital-DC	Anesthesiology	1802040A0

Applicants who accepted PGY1

AAMC ID	Applicant Name	Institution Name	Program Name	Program Code
48656038	Reed, Gabriella	Charlottesville University-VA	Surgery-Preliminary	1737440P1
69093474	Lombardo, Andrew	Charlottesville University-VA	Surgery-Preliminary	1737440P1

Applicants who accepted PGY2

AAMC ID	Applicant Name	Institution Name	Program Name	Program Code
83662840	Perez, Katherine	Capitol University Hospital-DC	Anesthesiology	1802040A0
34867206	Dunbar, Meghan	Capitol University Hospital-DC	Anesthesiology	1802040A0
58960038	Cooke, Claire	Capitol University Hospital-DC	Neurology	1802180A0

Applicants who received offers but did not accept at least one are not displayed on the report.

2026 Match Week & SOAP Schedule

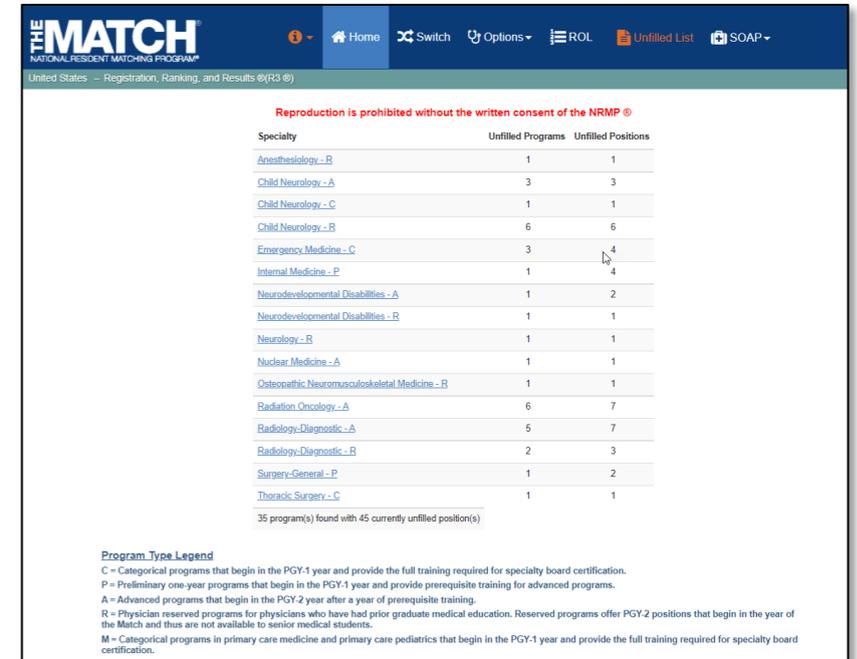
Thursday, March 19

- 8:00 a.m. Confidential *Advance Data Tables* available
Medical school confidential Match results and Match notification letters available
- 9:00 a.m. **SOAP Offer Rounds Begin**
Medical schools can view the *SOAP Schools Report*
SOAP-ineligible applicants may begin accepting offers from non-SOAP-/non-Match-participating programs
- 2:00 p.m. Program *Confidential Roster of Matched Applicants* released
- 8:00 p.m. **SOAP Offer Rounds End**
- 8:30 p.m. Programs can update the number of unfilled positions
- 9:00 p.m. **SOAP ends**
Updated *List of Unfilled Programs* available to applicants

Post-SOAP

All applicants who are unmatched or partially matched will have access to the *List of Unfilled Programs*

Applicants apply to remaining unfilled programs



United States — Registration, Ranking, and Results (RRS) ©

Reproduction is prohibited without the written consent of the NRMP ©

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



SOAP Policies: Schools

During SOAP:

- School officials or other faculty cannot contact the program directors of unfilled programs about an unmatched applicant until the director initiates contact with the applicant
- School officials or other faculty cannot share the *List of Unfilled Programs* with an applicant who is ineligible to receive such information
- School officials or other faculty cannot share the *Unmatched Applicants* report until the designated time on Monday of Match Week

SOAP Policies: Applicants

SOAP-eligible applicants:

- Can access the *List of Unfilled Programs* only for positions for which they are eligible
- Can apply only to unfilled Match-participating programs that are participating in SOAP
- Are responsible for ensuring they apply only to positions for which they are eligible
- Are prohibited from using any means other than the application designated by the program to apply to and contact programs
- Must refrain from communicating with programs until the program contacts the applicant
- Can receive multiple offers in any SOAP round

Positions offered and accepted during SOAP establish a binding commitment

General Resources

- Match Calendars: general and detailed versions outlining Match milestones and deadlines
www.nrmp.org/match-calendars
- Match Checklists, Support Guides, and FAQs: important deadlines, reminders, frequently asked questions, and step-by-step instructions
www.nrmp.org/help
- Policies and Compliance: access to current Match Participation Agreements, Codes of Conduct, Waiver and Violations Policies
www.nrmp.org/policies
- Match Data: access to current *Results and Data*, *Charting Outcomes*[™] reports, and Survey Reports
www.nrmp.org/match-data

2026 SOAP Guide for Applicants



2025 Main Residency Match By The Numbers

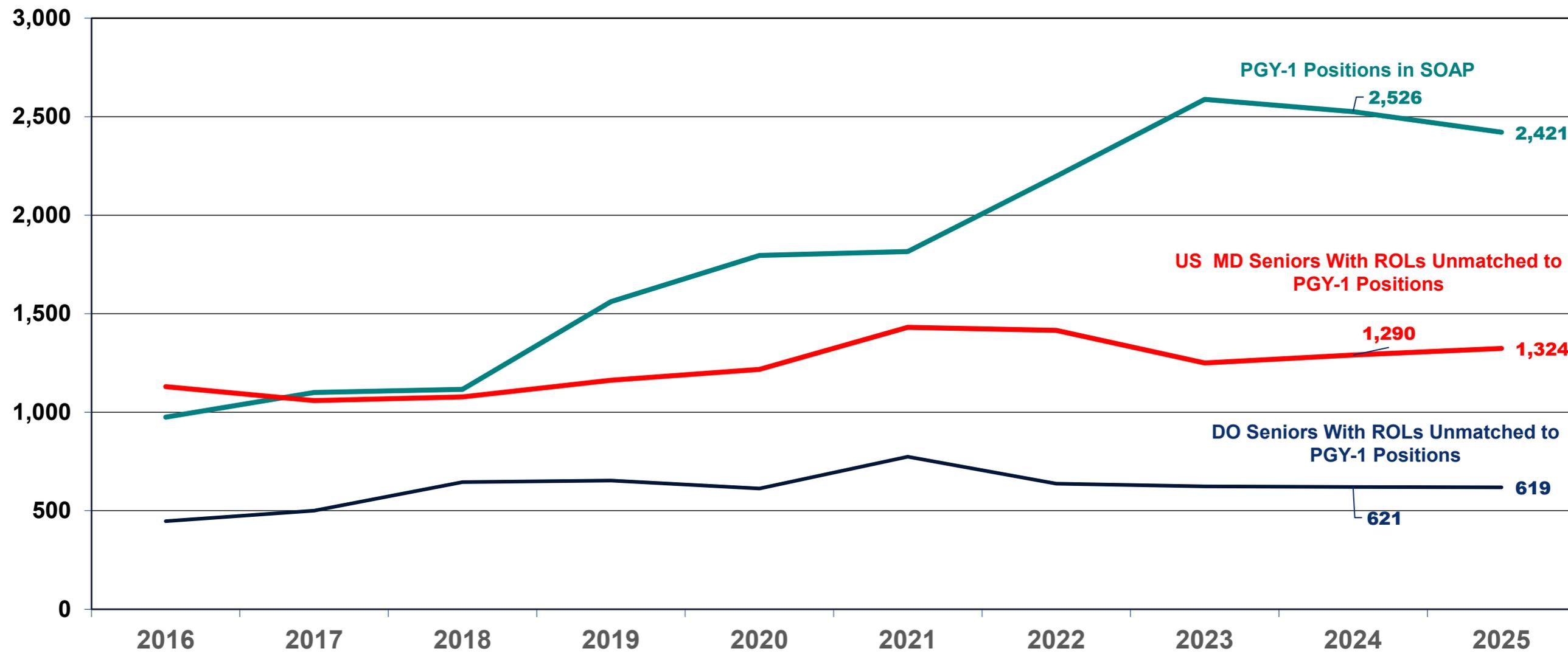
Positions

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

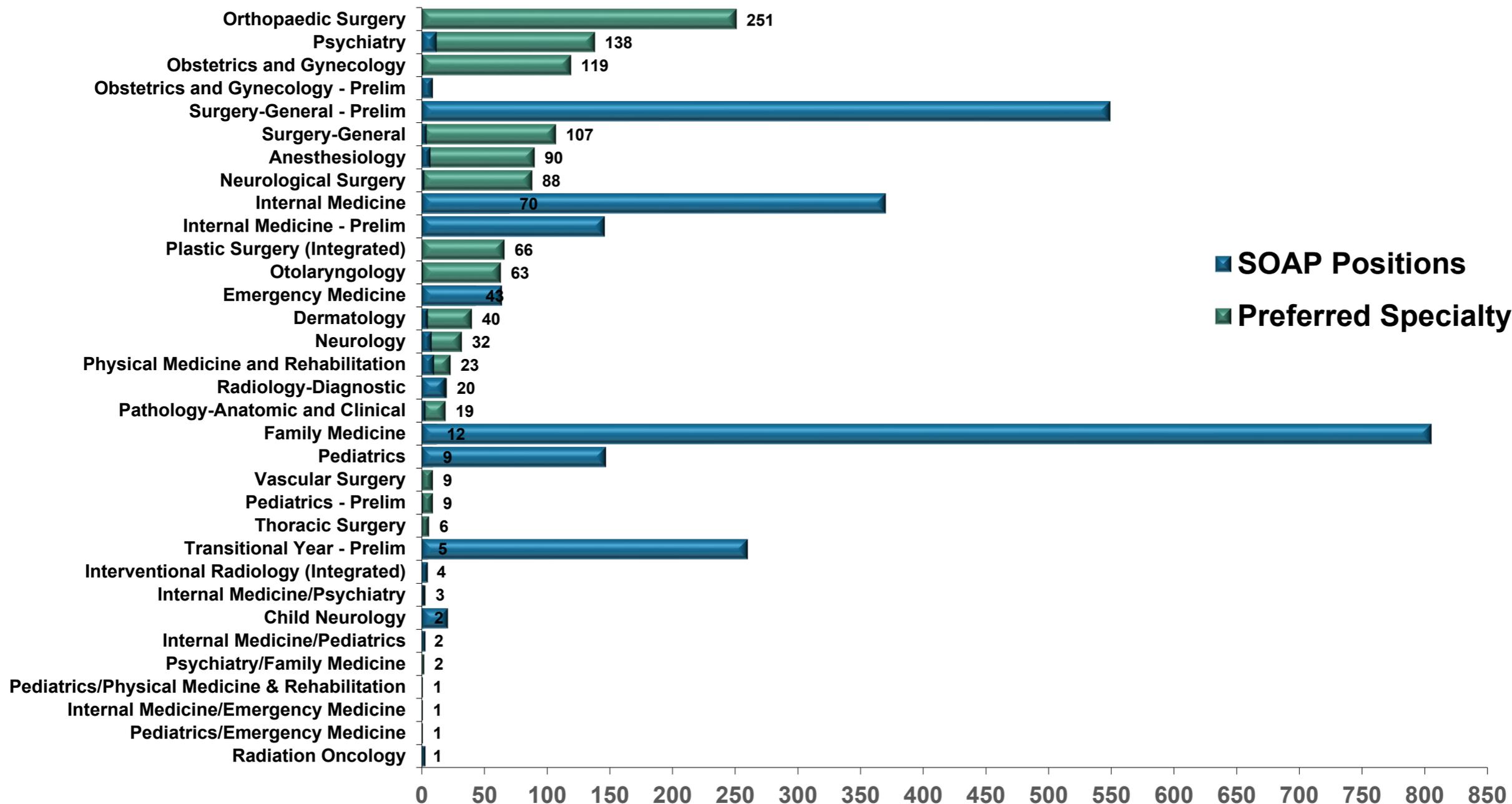
Applicants

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%	

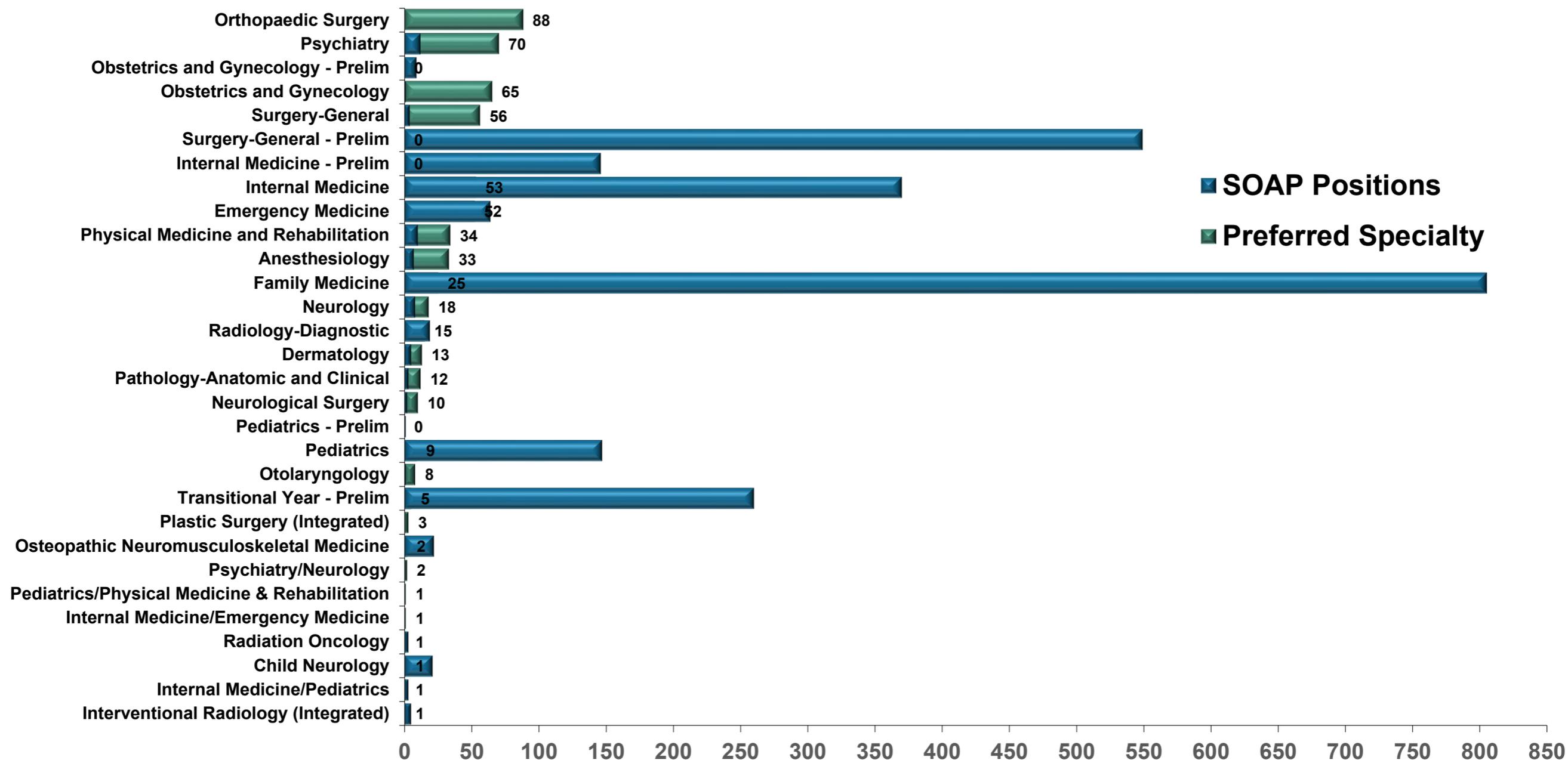
Unmatched U.S. Seniors: 2,421 PGY-1 Positions in SOAP



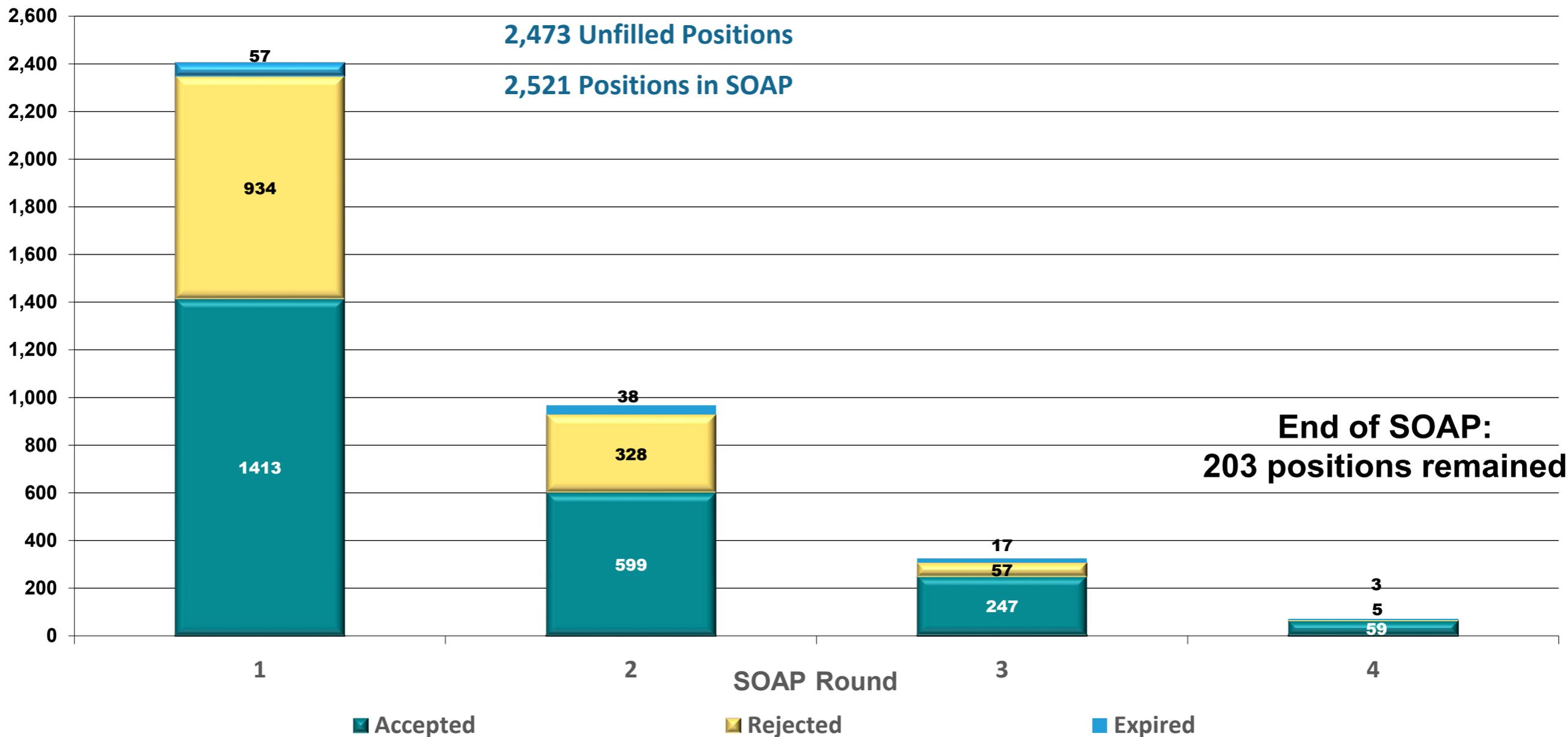
Preferences of Unmatched MD Seniors: Available SOAP Positions



Preferences of Unmatched DO Seniors: Available SOAP Positions



2025 SOAP: Positions Offered & Accepted by Round



Questions?

NRMP	ResidencyCAS	ERAS
866-653-6767 support@nrmp.org	617-612-2870 schoolsupport@residencycas.com	202-862-6264 www.aamc.org/contact-eras

Representatives from each organization are ready to answer your questions.
Please submit your questions in the Q&A box.

The webinar recording and slides will be shared with all NRMP school officials and administrators and will be posted on the NRMP website.