



Policy Corner – April 2026

Requesting a Waiver or Deferral of Match Results

The 2026 Main Residency Match has concluded, and as matched applicants and programs pivot toward onboarding activities, we wish to call out a few policy reminders. In addition to positions matched through the Main Residency Match, all matched positions offered and accepted through the Supplemental Offer and Acceptance Program (SOAP) constitute a binding commitment. If, for any reason, an applicant or program cannot or will not honor the binding commitment, a waiver or deferral must be obtained from the NRMP.

Here are some key elements regarding the [NRMP's policies](#) on waivers and deferrals:

- Neither applicants nor programs may release each other from a binding commitment. A waiver or deferral of the binding commitment may be requested only from the NRMP.
- A deferral is not a waiver. A deferral allows for a delayed start to training to the next appointment year and requires mutual agreement between the applicant and program.
- Applicants cannot apply, interview, or accept another position until granted a waiver/deferral, even if a waiver/deferral has been requested.
- Programs cannot discuss, interview for, or offer the matched position to others until a waiver/deferral is granted.
- Waivers may be requested for unanticipated serious and extreme hardship, applicant change of specialty, applicant ineligibility, applicant visa issues, or program closure/loss of accreditation. Waivers based on change of specialty apply only to applicants with an advanced position that begins the year after the Match or those with a fellowship position.
- If a waiver is not granted, the applicant and program are expected to honor the binding commitment.

For more information and to review a copy of the Waiver/Deferral Policy, please visit the [NRMP policies](#) page on the NRMP website. Questions regarding the Match Waiver and Deferral Policy or other NRMP policies should be sent to policy@nrmp.org. We are happy to provide whatever assistance and support you need.