

2026 SOAP: Monday, March 16 – Thursday, March 19

Applicant Checklist: ERAS® Tasks for Supplemental Offer and Acceptance Program® (SOAP®)

Pre-SOAP Tasks

Meet National Resident Matching Program® (NRMP®) eligibility criteria for Supplemental Offer and Acceptance Program® (SOAP®) participation:

- Registered for the Main Residency Match®.
- Eligible to enter graduate medical education (GME) on July 1, 2026 as verified by medical school or the Educational Commission for Foreign Medical Graduates (ECFMG).
- Unmatched or partially unmatched on **Monday, March 16**.

Optional tasks:

- Certify and submit your MyERAS® application.
- Update your Personal Information in the MyERAS system as needed and add your NRMP ID if you have not already done so.
- Update or add a new personal statement(s) or Letters of Recommendation (LoRs).

Monday, March 16

7:30 a.m. — 10:59 a.m. ET — MyERAS® application is closed.

10 a.m. ET — SOAP begins. Learn from the NRMP (by email and Registration, Ranking, and Results®, or R3®, system) whether you're fully matched, partially matched, or unmatched.

11 a.m. ET — Start preparing your applications in MyERAS system.

11 a.m. ET — Begin applying to programs. Please note, the 45-application maximum begins on **Monday, March 16** at **11 a.m. ET** and ends on **Thursday, March 19 at 9 p.m. ET**.

Assign supporting documents, including board transcripts, in MyERAS system.

Confirm SOAP Participation:

- **Once you log into the MyERAS system, you will be prompted to confirm your SOAP participation.**
- If you ARE participating in SOAP; select “I am registered for the NRMP Main Residency Match and am participating in SOAP.”
- If you ARE NOT participating in SOAP; select “I am not participating in SOAP.”
 - **Applicants who are not participating in SOAP will not be able to take action in the MyERAS system.**

REMEMBER:

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- You may reapply to programs you applied to during the 2026 ERAS® season as well as apply to new programs. Please note, the program must be participating in SOAP and have unfilled positions that you are eligible for.
- You are not required to apply to the full 45 programs allowed during SOAP; however, any remaining applications will not carry over after SOAP ends.
- Please refer to the NRMP R3 system for the list of programs you are eligible for in-between rounds and use the MyERAS Program Search filters for specific tracks and/or NRMP Program codes.

ERAS FEES During SOAP:

- If you applied to at least one residency program by 7:30 a.m. ET on Monday, March 16, you will not pay any application fees during SOAP.
- If you did not apply to at least one residency program through the ERAS system by Monday, March 16 at 7:30 a.m. ET and you are SOAP-eligible, you will be charged a fee of \$99. If you have not sent your USMLE or COMLEX-USA transcripts, a fee of \$80 per transcript will apply.

Tuesday, March 17

8 a.m. ET — Programs participating in SOAP that did not fill in the Main Residency Match can begin reviewing applications and contact applicants once their applications are received.

During SOAP do not contact programs unless the program initiates contact with you.

The NRMP stipulates that programs must initiate communication with you.

Wednesday, March 18

All Day — Programs participating in SOAP continue to review applications.

Apply to remaining programs within your 45-application maximum

Thursday, March 19

9-11 a.m. ET — SOAP Round 1 (Applicants are unable to apply to programs during round.)

11:05-1:55 p.m. ET — (Applicants can apply to programs.)

Apply to remaining programs within your 45-application maximum.

12-2 p.m. ET — SOAP Round 2 (Applicants are unable to apply to programs during round.)

2:05-2:55 p.m. ET — (Applicants can apply to programs.)

Apply to remaining programs within your 45-application maximum.

3-5 p.m. ET — SOAP Round 3 (Applicants are unable to apply to programs during round.)

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5:05-5:55 p.m. ET — (Applicants can apply to programs.)

Apply to remaining programs within your 45-application maximum.

6-8 p.m. ET — SOAP Round 4 (Applicants can apply to programs during this round.)

Apply to remaining programs within your 45-application maximum.

9 p.m. ET — SOAP ends. MyERAS system in regular season mode.