



The Supplemental Offer and Acceptance Program (SOAP) is a process managed by the National Residency Matching Program (NRMP®) to facilitate the matching of unfilled residency positions during Match Week. It is available to eligible applicants who are unmatched or partially matched. This guide provides an overview of the steps applicants at risk of not matching need to take before and during SOAP.

Phase 1: Pre-Match Preparation

To maximize chances of success in SOAP, applicants should begin preparing well in advance.

1. Verifying Eligibility

- Applicants should make sure they meet the eligibility criteria to begin Graduate Medical Education (GME) by July 1, 2026.
- Applicants should obtain verification of their eligibility from their Dean's office or ECFMG (IMGs).
- Applicants should complete the NRMP registration process **by Wednesday, March 4, 2026 at 9:00 p.m. Eastern Time. (Standard deadline January 30)**

2. Preparing for SOAP (If applied only through ResidencyCAS),

All applicants should:

- Request an ERAS token from their Dean's office or the ECFMG.
- Download a PDF of their ResidencyCAS application for reference.
- Consider starting/filling an ERAS application through MyERAS.
- Be aware of additional required information in ERAS:
 - Geographic preferences
 - Impactful experience section (to reflect on challenges or hardships)



High risk applicants of not matching should in addition,

- Transfer information (activities, personal statement, etc.) into their ERAS application.
- Request their MSPE and transcript to be uploaded by their Dean's office.
- Request USMLE/COMLEX transcripts from NBME/NBOME.
- Request Letters of Recommendation (LORs) if they desire new letters.

Phase 2: Match Week SOAP Process (March 16–20, 2026)

Check Match Status (March 16)

- If applicant did not match, take immediate action:

1. If applying to unfilled categorical or preliminary OBGYN positions

- Use ResidencyCAS to submit applications
- May select up to 45 programs if spots available (which do not count against MyERAS 45-application limit)
- May add/modify LORs

2. If applying to other specialties and have not submitted MyERAS application during regular season

- Create MyERAS application if have not already done so
- Use ResidencyCAS application for reference/copying and pasting
- Update personal statement to reflect specialty applying to
- Request MSPE and transcript to be uploaded by Dean's office/ECFMG
- Sign release for LORs in ResidencyCAS to go to ERAS
- Request additional LORs if necessary.
- Request USMLE/COMLEX transcripts from NBME/NBOME.
- Select up to 45 programs
- Pay \$99 application fee to ERAS

Phase 3: Post-SOAP Considerations

- If received an offer, follow the SOAP acceptance guidelines.



- If did not receive an offer, explore Post-Match options or preliminary year positions.

For further information, please visit:

[https://help.liaisonedu.com/ResidencyCAS Applicant Help Center/SOAP](https://help.liaisonedu.com/ResidencyCAS_Applicant_Help_Center/SOAP)

<https://www.nrmp.org/residency-applicants/soap/>

For any questions regarding the Match or SOAP, please contact the NRMP at
866-653-6767

support@nrmp.org

For any specific OBGYN questions please contact transitionfeedback@apgo.org