

Medical School Checklist:

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

Pre-SOAP Tasks

- Update and upload MSPEs and medical school transcripts, if necessary.
- If you or your staff wish to be available to communicate with programs, please tell your students to list your school and contact information in their personal statements in the MyERAS® system.

Remind students about the National Resident Matching Program® (NRMP®) eligibility criteria for 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 their MyERAS application if they have not already done so during the regular application season.
- Keep Personal Information (e.g., NRMP ID) updated in MyERAS system.
- Upload new Letters of Recommendation.
- Update or add a new personal statement(s).

Monday, March 16

7:30 a.m.-10:59 a.m. ET — MyERAS system is closed

- **10 a.m. ET** — SOAP begins. Students learn from the NRMP (by email and R3 system) whether they're fully matched, SOAP-eligible unmatched, or partially matched.

11 a.m. ET — SOAP applicants can start preparing applications in the MyERAS system

- **11 a.m. ET** — Students 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.

Students SOAP Participation Confirmation:

- **Once Students log into the MyERAS system, they will be prompted to confirm their SOAP participation.**
- If students **ARE** participating in SOAP; they will select "I am registered for the NRMP Main Residency Match and am participating in SOAP."
- If students **ARE NOT** participating in SOAP; they will select "I am not participating in SOAP."
 - **Students who are not participating in SOAP will not be able to take action in the MyERAS system.**

REMEMBER:

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

- Students may reapply to programs they 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 students are eligible for.
- Students are not required to apply to the full 45 programs allowed during SOAP; however, any remaining applications will not carry over after SOAP ends.
- Students should refer to the NRMP Registration, Ranking, and Results® (R3®) system for the list of programs they 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:

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

REMEMBER:

- During SOAP, students may not contact programs unless the program initiates contact.

The NRMP stipulates that programs must initiate communication with students.

Wednesday, March 18

All Day — SOAP applicants continue to apply to programs, and programs participating in SOAP continue to review applications.

Thursday, March 19

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

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

- Students apply to remaining programs within 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.)

- Students apply to remaining programs within 45-application maximum.

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

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

- Students apply to remaining programs within 45-application maximum.

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

6-9 p.m. ET — SOAP Round 4 (Applicants can apply to programs during this round.)

REMEMBER:

- Students can apply to remaining programs within 45-application maximum.

9 p.m. ET — SOAP ends.