

## R-1 Main Residency Match Overview for current year Canadian Medical Graduates (CMG)

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## Before the match opens

### ACTION REQUIRED – Review deadlines, program descriptions, provincial criteria

1. Review the [R-1 match timelines](#) for important deadlines and milestones.
2. Review the [program descriptions](#) and requirements for the programs you are interested in applying to.
3. Review the [provincial eligibility criteria](#) for the provinces you want to train in.
4. You will be required to have obtained your Medical Identification Number for Canada (MINC) and enter it into your CaRMS application. Confirm with your undergraduate office if they will be providing you with a MINC number. If you did not receive a MINC during medical school, you will need to contact the Medical Council of Canada.

### RESOURCES:

- [How can an applicant get a MINC?](#)

## Match Opening

Current year Canadian Medical Graduates (CMG) do not need to register for the R-1 match. Your undergraduate office will send CaRMS a list of their students that are expected to graduate the year that they would typically start residency. This allows CaRMS to create the accounts ahead of time.

### ACTION REQUIRED – Participate in the match

[On the day the match opens](#), you will receive an email with your login details and further instructions on how to complete the activation of your account. Once your account is activated, you can log in and participate in the R-1 match. At that time, you will be prompted to accept the applicant contract and pay the [participation fee](#).

### RESOURCES:

- [How do I participate in a match?](#)

## Application Period

Once you have participated in the R-1 match, you can begin working on your applications. When you [log into CaRMS Online](#) you will be presented with four sections:



- **MY INFORMATION:** This is where you enter your personal information, set the language of your application, fill in your education, training, and related experience.
- **MY DOCUMENTS:** This is where you will request reference documents, submit translation requests, create your inline personal letters, and upload your application documents.

- **MY APPLICATION:** This is where you will apply to programs and complete and submit your Rank Order Lists.
- **MY RESULTS:** This is where you will access your match results on match day.

## My Information

### ACTION REQUIRED – Complete the My Information section

Complete your application by filling in the MY INFORMATION section:

MY INFORMATION ▼	MY DOCUMENTS ▼	MY APPLICATION ▼	MY RESULTS ▼
Profile	Education	Examinations	Experience
<input checked="" type="checkbox"/> Personal Information	<input checked="" type="checkbox"/> Non-Medical Education	<input type="checkbox"/> physiciansapply.ca transfers	<input checked="" type="checkbox"/> Work
<input checked="" type="checkbox"/> Language Skills	<input checked="" type="checkbox"/> Medical Education	<input type="checkbox"/> United States Medical Licensing Examination	<input checked="" type="checkbox"/> Scholarly Activities and Research
<input checked="" type="checkbox"/> Licensure	<input checked="" type="checkbox"/> Undergraduate Clerkship Electives	<input type="checkbox"/> Language Proficiency	<input checked="" type="checkbox"/> Volunteer
	<input type="checkbox"/> Postgraduate Training/ Internships	<input type="checkbox"/> Certifications	<input type="checkbox"/> Clinical Practice
	<input type="checkbox"/> Residency Electives	<input type="checkbox"/> Situational Judgement Tests	<input type="checkbox"/> Fellowships
	<input checked="" type="checkbox"/> Non Clinical Training		<input checked="" type="checkbox"/> Publications / Presentations
			<input checked="" type="checkbox"/> Achievements & Interests

- Fill out the sections with a **green checkmark**.
- You do not have to complete the sections with the **red X** if you are a current Canadian medical graduate because you are not expected to have this information.
- Fill out the sections with the **orange exclamation mark**, only if it is relevant to you.

**Note:** Even if some of this information is duplicated in your CV/Resume, you are still required to fill it in your MY INFORMATION section.

### RESOURCES:

- [How do I create a bilingual account/application?](#)
- Help Center articles - [Filling out your information](#)

### ACTION REQUIRED – Prove your citizenship/legal status

All applicants applying to the R-1 Main Residency Match must be a Canadian citizen or permanent resident at the time of application. There are two options to prove your citizenship/legal status. The two options for sharing your citizenship status can be found on the [R-1 Summary of citizenship requirements](#).

### RESOURCES:

- [I am a Canadian Medical Graduate. How do I obtain my Identity Validity Period \(IVP\)?](#)

## My Documents

### ACTION REQUIRED - Upload your documents

[Upload your application documents](#). You can find the list of required documents in each [program description](#) and in the [provincial eligibility criteria](#).

**NOTE:** You **must** create personal letters in the 'Documents - Personal letter' section. Do not upload them to your account as an 'Extra Document'.

Document Type	Submission Method
MSPR	Your undergraduate office will transfer this to CaRMS. You cannot upload the MSPR to your account.
Medical Transcript	OPTION 1: Your undergraduate office transfers it to CaRMS. OPTION 2: You obtain your transcript and upload it yourself.
<a href="#">Family Medicine Professional Choices (FMProC) assessment</a>	Your score will be sent directly to CaRMS and uploaded to your account two (2) business days before the application deadline. You will receive an email confirmation from CaRMS when the score has been uploaded.
<a href="#">Casper assessment</a>	Your score will be sent directly to CaRMS and uploaded to your account approximately five (5) business days before the application deadline. You will receive an email confirmation from CaRMS when the score has been uploaded.
All other documents	Obtain the document and upload it to your account.

### RESOURCES:

- [How do I add/upload a document?](#)
- [How do I add a personal letter?](#)
- [What are the instructions for uploading my photo?](#)
- [Can I upload a personal letter as an extra document?](#)
- [I can't find a specific document type in the Add Documents section. How can I add it?](#)
- [Should I include a CV with my application even if it contains the same information as my account's "My Information" section?](#)
- [Do documents I upload myself need to be certified or notarized?](#)

### ACTION REQUIRED - Complete your reference requests

Submit your reference requests to your referees directly in CaRMS Online. Once submitted, your referee will receive an email from CaRMS with instructions on how to complete the reference request.

**NOTE:** Review the program description to determine which [type of reference](#) the program requires.

### RESOURCES:

- [What types of reference documents currently exist for the R-1 match?](#)

- [\*How do I create a reference request in CaRMS Online?\*](#)
- [\*How do I create a non-discipline specific reference request in CaRMS Online?\*](#)
- [\*What do I do if I selected the wrong reference document type when creating a reference request in CaRMS Online?\*](#)
- [\*Can I delete a letter of reference?\*](#)
- [\*If I made a mistake in one of the reference request fields, do I have to make a new request?\*](#)

**ACTION REQUIRED (if applicable) – Upload your early letters of reference**

If you received early letters of reference prior to the match, create a placeholder for the reference and email the REF ID number to [documents@carms.ca](mailto:documents@carms.ca)

**ACTION REQUIRED (if applicable) – Translate your documents**

If you are applying to **both** English and French programs, you will require a translation of your MSPR and references. [Medical transcripts do not have to be translated.](#)

For translation of your documents, there are two options.

OPTION 1: Have your documents translated through the CaRMS translation service; or

OPTION 2: Procure and use your own external translator.

**IMPORTANT:** Before submitting your MSPR for translation, confirm that it is in its final version. CaRMS cannot replace a document that has already been sent for translation.

Be mindful to follow the [translation request deadlines](#) if you decide to use the CaRMS translation service. If you go with your own translator, you have until the application deadline in which to upload the translation to your account.

**RESOURCES:**

- [\*How do I submit a document for translation?\*](#)
- [\*Can I use a translation service outside of CaRMS?\*](#)
- [\*How can I cancel a translation request?\*](#)
- [\*What are the translation fees?\*](#)
- [\*Why can't I select my document to request a translation?\*](#)
- [\*Does CaRMS guarantee the quality of the translation?\*](#)

## My Application

**ACTION REQUIRED – Apply to programs and assign your documents**

Begin applying to programs when the [program selection](#) period opens in CaRMS Online.

Step 1: Choose the programs to which you are applying; then

Step 2: Assign the required documents to each program.

**RESOURCES:**

- [\*How do I select and apply to programs?\*](#)
- [\*Can I apply to multiple program sites?\*](#)
- [\*How do I assign documents to the programs I've applied to?\*](#)

- [\*Can I make changes to my application after it's submitted?\*](#)
- [\*How do I mass assign a document to multiple programs?\*](#)
- [\*Can I unassign a document that I have assigned to a program?\*](#)
- [\*How can I print or review my application?\*](#)
- [\*Can I assign reference documents to programs even if the referee has not yet submitted it?\*](#)

### **ACTION REQUIRED – Submit your applications**

Submit your applications to the programs you are applying to by the [application deadline](#). Documents and applications that are submitted after the application deadline will appear as 'late' to programs.

**TIP:** We strongly recommend that you submit your application well before the [application deadline](#) to allow time for review and avoid any last minute delays. There are no extensions to the application deadline.

### **RESOURCES:**

- [\*How do I know I'm done submitting my applications to programs?\*](#)
- [\*Can I remove a program that I no longer want to apply to?\*](#)
- [\*Is there a limit on how many programs to which I can apply?\*](#)

Once file review period commences:

- [\*How do I assign a document after the opening of File Review?\*](#)
- [\*What changes can I make after file review has started?\*](#)
- [\*Can I make changes to my application after it's submitted?\*](#)
- [\*Can I still assign reference documents after the application deadline?\*](#)
- [\*Will the program\(s\) get a notification if a document is assigned after the beginning of the file review period?\*](#)

## **File Review and Interview Period**

### **ACTION REQUIRED – Attend program interviews**

Review the Interview Offer Status section within your CaRMS Online account. The interview offer status tool in CaRMS Online is not an interview scheduling tool. It simply indicates whether you have been selected for an interview.

If you have been selected for an interview by a program, you will receive an email from the program confirming the details of the interview.

Participate in the interviews you were invited to. Interviews will be conducted virtually for the 2026 match cycle.

### **RESOURCES:**

- [\*When can I begin checking my account for updates on my interview offer status?\*](#)
- [\*I have been waitlisted by a program, when will I know whether or not I will be selected for an interview?\*](#)
- [\*When a program doesn't select me for an interview, will they inform me as to why?\*](#)

- [\*I haven't received an interview status yet, should I contact the program\(s\)?\*](#)
- [\*How long will it take for the programs to contact me after I have been selected for interview?\*](#)
- [\*How does the interview process work for applicants?\*](#)
- [\*What are my rights as an applicant during the interview process?\*](#)

## Ranking Period

### ACTION REQUIRED – Create and submit your rank order lists

Create and submit your rank order lists (ROL) by the [rank order submission deadline](#). This deadline is **final** and no modifications can be made after the deadline.

#### Best practices when ranking programs:

- Rank the programs in your preferred order.
- Rank only programs where you are willing to match.
- There is no obligation to rank a program after an interview.
- Any previous conversations with programs regarding mutual interest are not official, nor binding.
- Listing a residency program on your submitted rank order list establishes a **legal binding commitment** to your match result.

**TIP:** We recommend printing or taking a screenshot of your rank order list because once the deadline has passed, you will no longer have access to it. You will only regain access to it on Match Day.

#### RESOURCES:

- [\*How does ranking work?\*](#)
- [\*Algorithm FAQs: Strategy & Best Practices\*](#)
- [\*Should I submit a rank order list if I didn't get invited for any interviews?\*](#)
- [\*Should I rank a program if I'm not sure I want to train there?\*](#)
- [\*How do I submit a rank order list?\*](#)
- [\*Can I make changes to a submitted rank order list?\*](#)

#### Ranking as a couple

- [\*What is couples ranking?\*](#)
- [\*Couples ranking example\*](#)
- [\*How the algorithm works for couples\*](#)

## Match Results

### ACTION REQUIRED – Access your match results

On [match day](#) at 12:00 noon ET, log into your CaRMS Online account and access your match results. The program you matched to must contact you within thirty (30) days.

#### RESOURCES:

- [\*How do I access my match results?\*](#)



- [\*How does CaRMS audit the match results?\*](#)
- [\*How it works: the Match Algorithm\*](#)
- [\*What happens after the match?\*](#)

## R-1 Second Iteration

If you don't match in the first iteration you can participate in the second iteration of the match anytime after 12:00 (noon) ET on first iteration match day. Unfilled positions from the first iteration get moved to second iteration.

Note that some positions can become competitive meaning that all applicants (i.e. CMG, IMG) can apply.

### **ACTION REQUIRED – Participate in the match**

[Log into CaRMS Online](#) to register for the R-1 second iteration. Your application information and documents from the first iteration remain in your account and you can update or add content within the "My Information" section as well as make updates or add to your documents.

### **RESOURCES:**

- [\*How do I participate in a match?\*](#)
- [\*What are the differences between the first and second iteration of R-1?\*](#)
- [\*In the R-1 main residency match, will any unused program credits from the first iteration be carried over to the second iteration?\*](#)
- [\*In the R-1 main residency match, what fees are involved for the second iteration?\*](#)

### **ACTION REQUIRED – Review the deadline and program descriptions**

Review the [R-1 second iteration match timelines](#) for important deadlines and milestones.

### **ACTION REQUIRED – Apply to programs and assign your documents**

Complete and submit your applications to the programs you are applying to by the [application deadline](#). Documents and applications that are submitted after the application deadline will appear as 'late' to programs.

**INTERVIEWS:** Due to the second iteration's condensed timeline, there is no official interview period. However, programs can still decide to conduct interviews virtually. Keep in mind that programs may not update your Interview Offer Status prior to reaching out to you to schedule your interview.

### **ACTION REQUIRED – Create and submit your rank order lists**

Create and submit your rank order lists (ROL) by the [rank order submission deadline](#). This deadline is **final** and no modifications can be made after the deadline.

**TIP:** We recommend printing or taking a screenshot of your rank order list before the ROL deadline. Once the deadline has passed, you will no longer have access to your ROL. You will only regain access to it on Match Day.

### ACTION REQUIRED – Access your match results

On [match day](#) at 12:00 noon ET, log into your CaRMS Online account and access your match results. The program you matched to must contact you within thirty (30) days.

## Post Match Process (PMP)

If you don't match in the second iteration you can participate in the post-match process (PMP). This process allows unmatched applicants to apply to programs that are still considering applications.

Please note that programs are not obligated to participate in this process and available positions can be added or removed at any time. There is no cost for the post-match process as no ranking or matching services are provided.

### RESOURCES:

- [What is the post-match process?](#)
- [R-1 Main Residency Match \(Post-match process\) timeline](#)
- [PMP Program description directory](#)
- [I am participating in the post-match process \(PMP\) but am unable to see Quebec programs when I search for them in the Applications to programs section. Why would this be?](#)
- [I am participating in the post-match process \(PMP\) but there is no quota indicated in the program description for the programs I want to apply to. Can I still apply?](#)

## Still need assistance during the match?

- Review [carms.ca](#)
- Review articles in the [Help Center](#)
- CaRMS client services is available Monday to Friday from 9:00 to 17:00 (ET)
  - by phone (1-877-227-6742)
  - by chat (CaRMS Online)
  - by email ([help@carms.ca](mailto:help@carms.ca))