

(MAY 2026)

# Program Participation and Quota Information Guide



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## Match Setup

The match setup phase is an essential part of each match for postgraduate offices. It's when you communicate your criteria, the programs that will be participating in the match and the preliminary quota (number of positions), as well as approve program descriptions so they can be published on [carms.ca](https://carms.ca)

## What is a program?

A program is postgraduate medical education training for a set term at a Canadian medical school. The application to residency programs is administered by CaRMS through its platform, CaRMS Online.

In CaRMS Online a program is comprised of the following elements:

|                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Postgraduate medical school</b> | i.e. University of Toronto                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Discipline</b>                  | <p>i.e. Family Medicine, Pediatrics</p> <p>The discipline offered in a school's training program is accredited by the following organizations:</p> <ul style="list-style-type: none"> <li>▪ Royal College of Physicians and Surgeons of Canada,</li> <li>▪ College of Family Physicians of Canada,</li> <li>▪ Collège des médecins du Québec.</li> </ul> <p>Postgraduate users may refer to the discipline at their school as the program.</p> |
| <b>Location/Site</b>               | <p>i.e. Mississauga, Calgary</p> <p>Typically, this is the location where the training will primarily take place. A school may offer a training program at more than one location, so they will have multiple programs in CaRMS Online.</p> <p>Postgraduate users may refer to the location/site as the stream.</p>                                                                                                                            |

An example of a program name is:

**Toronto Metropolitan University / Family Medicine / Mississauga**

However, before a program can participate in a match, it must also include the application stream. The following is an example of a participating program in CaRMS Online:

**Toronto Metropolitan University / Family Medicine / Mississauga / CMG stream**

## Definitions

### Application Stream

The application stream identifies which applicants the program is for (Canadian Medical Graduates, International Medical Graduates, etc.). It may also define the funding source.

A program can have more than one application stream.

Example:

University of Toronto / Family Medicine / Brampton / **CMG Stream**

University of Toronto / Family Medicine / Brampton / **IMG Stream**

The following chart sets out application streams currently available in each match.

| Application streams by match                                                                                                                                                                                                            |     |      |       |      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|-------|------|
| Stream                                                                                                                                                                                                                                  | R-1 | FSRM | FM/ES | SSRM |
| <b>CMG including MOTP/MMTP stream:</b> Graduates of Canadian medical schools only, including military applicants.                                                                                                                       | •   |      |       |      |
| <b>CMG RoS Stream:</b> Graduates of Canadian medical schools only. Matched applicants would have to sign a return of service.                                                                                                           | •   |      |       |      |
| <b>CMG stream:</b> Graduates of Canadian medical schools only, excluding military applicants.                                                                                                                                           | •   |      |       |      |
| <b>Competitive MOH stream:</b> All eligible applicants can apply. Positions are funded by the Ministry of Health.                                                                                                                       |     | •    | •     | •    |
| <b>Competitive NON-MOH ROS Stream:</b> All eligible applicants can apply. Matched applicants would have to sign a return of service agreement with the provincial/territorial government. Positions with a different source of funding. |     | •    | •     | •    |
| <b>Competitive NON-MOH stream:</b> All eligible applicants can apply. Positions with a different source of funding.                                                                                                                     |     | •    | •     | •    |
| <b>Competitive ROS stream:</b> All eligible applicants can apply, excluding military applicants. Positions are outside Quebec.                                                                                                          | •   |      |       |      |
| <b>Competitive stream:</b> All eligible applicants can apply. Positions are outside Quebec.                                                                                                                                             | •   | •    | •     | •    |
| <b>IMG stream:</b> graduates of international medical schools only; including graduates of schools of osteopathic medicine.                                                                                                             | •   |      |       |      |

|                                                                                                                                                                                                                               |   |   |   |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|
| <b>MOTP-MMTP stream:</b> Military applicants only.                                                                                                                                                                            | • |   |   |   |
| <b>Non-MOH stream:</b> Positions with a different source of funding; only for candidates who have not obtained their medical degree in Québec and who have not completed or are not currently completing residency in Quebec. |   | • | • | • |
| <b>Nova Scotian stream for IMG:</b> Graduates of international medical schools only, including graduates of schools of osteopathic medicine, who have a connection to Nova Scotia.                                            | • |   |   |   |
| <b>Particular stream:</b> Positions are in Québec only. Positions reserved for candidates from outside Québec or who are already in the “contingent particulier” in Québec.                                                   |   | • | • | • |
| <b>Regular steam including MOTP/MMTP:</b> Positions are in Québec only. All applicants can apply, including military applicants.                                                                                              | • |   |   |   |
| <b>Regular stream:</b> Positions are in Québec only. Positions reserved for residents currently in the “contingent régulier” in Québec.                                                                                       | • | • | • | • |

## Quota

Quota is the number of allocated positions in a program.

### Example of Program Quota

University of Alberta / Family Medicine / Calgary / CMG Stream - **20 positions**

University of Alberta / Family Medicine / Calgary / IMG Stream - **25 positions**

Your ability to view, edit and approve program quota depends on the role you have been assigned in CaRMS Online.

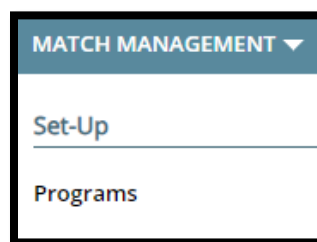
| Quota Permission per Role |                   |               |
|---------------------------|-------------------|---------------|
| Role                      | VIEW & EDIT QUOTA | APPROVE QUOTA |
| Postgraduate Dean         | •                 | •             |
| PGME Coordinator          | •                 | •             |
| Match Coordinator         | •                 |               |
| Program Director          |                   |               |
| Program Administrator     |                   |               |

## Accreditation

The Royal College of Physicians and Surgeons of Canada, College of Family Physicians of Canada and Collège des médecins du Québec are responsible for residency program accreditation in Canada. When participating in a CaRMS match, Postgraduate Medical Education Offices are required to declare the accreditation status of their participating residency programs. CaRMS is not involved in the accreditation process of residency programs.

### How to modify a program's accreditation

1. Log into [CaRMS Online](#) and go to **MATCH MANAGEMENT - Set up – Programs**.



2. Your list of available programs will be displayed. Find the program you wish you update. In the **Accreditation status** drop-down menu, select the appropriate status.

The options are:

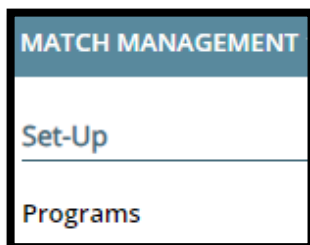
- Accredited
- Accredited through joint institutional agreement
- Notice of intent to withdraw accreditation
- Pending accreditation

Changing the Accreditation status saves automatically and will be displayed on program descriptions.

## Program Management

Only the postgraduate office (PGME Office) users with the roles of Postgraduate Dean and PGME Coordinator can participate and un-participate programs in a match.

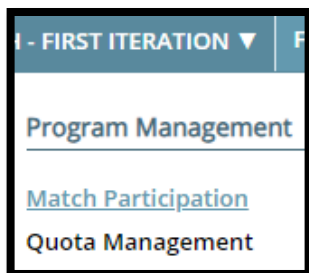
Program management is completed in the following two sections in CaRMS Online:



### **MATCH MANAGEMENT - Set up – Programs**

In this section you can:

- Modify the accreditation status of your programs.
- Request a new program.
- Request permanent deletion of a program.

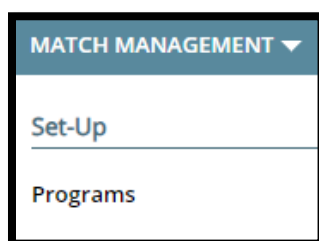


## MATCH MENU – Program Management – Match Participation

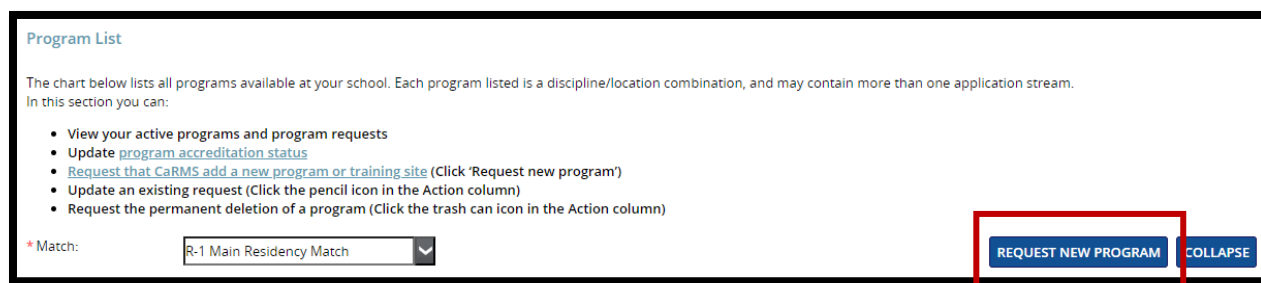
In this section you can participate and un-participate programs in a specified match

### How to request a new program

1. Log into [CaRMS Online](#) and go to **MATCH MANAGEMENT - Set up – Programs.**



2. Click the **REQUEST NEW PROGRAM** button.



3. Complete the request form by:
  - Completing all required fields marked by a red asterisk.
  - Reviewing the Program Director and Program Administrator information to ensure it's accurate.

If this is a new program site, choose **(New Site)** from the **Site** drop-down.

In the **Special instructions** text box, you can include further information to help clarify your request.

**Note:** CaRMS will add the same application stream(s) to your new program that are used in that match for your school. If your new program requires a different application stream, please enter this information in the "Special instructions" text box.

Program

Review

### Add Program

Fill out this form to request a new program. Please consult our [Help article](#) before proceeding.

If you would like to add a new application stream (e.g. IMG stream, a stream with return of service attached, or MOTP/MMTP stream), [email CaRMS](#).

\* Match:

\* Discipline:

\* Accreditation status:

\* Province and Site:

\* Name:

Special Instructions:

### Program Director

\* Email address:

\* Title:

\* First name:

\* Last name:

### \*Program Administrators

Search:

| Name                                                | Email | Action |
|-----------------------------------------------------|-------|--------|
| You need to add at least one program administrator. |       |        |

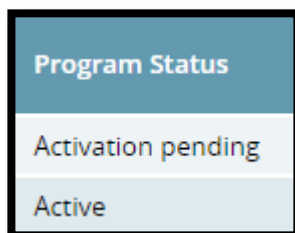
Showing 0 to 0 of 0 entries

- Once the form is complete, click **CONTINUE**.
- An overview of your program request will appear. Review the information and click **CONFIRM** to finalize.

Your program request has now been sent to CaRMS and the requested program will appear in your list of programs, with a program status of "Activation pending".

Once the program is created, you will receive confirmation from CaRMS. If applicable, the new program users will be sent a notification.

## Updating Program Information



You are able to update your requested program information if your program status is set to **Activation pending**. Simply click on the pencil  icon in the Actions column to modify the program information.

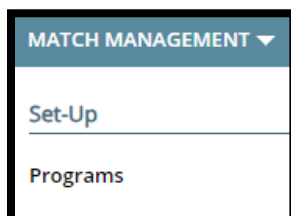
To update the information of an "Active" program, send a request to [communications@carms.ca](mailto:communications@carms.ca).

## How to request a new application stream for your program

Should your program wish to add a new application stream for a match, please send your request to [communications@carms.ca](mailto:communications@carms.ca).

## How to request permanent deletion of a program

1. Log into [CaRMS Online](#) and go to **MATCH MANAGEMENT - Set up – Programs.**



2. You will be presented with a list of all available programs at your school. Click the trash can  icon in the Action column beside the program you wish to remove.
3. Provide a reason for deleting the program and click **SAVE**.

Delete Program

Please check program details before requesting to remove a program.

\* Program:

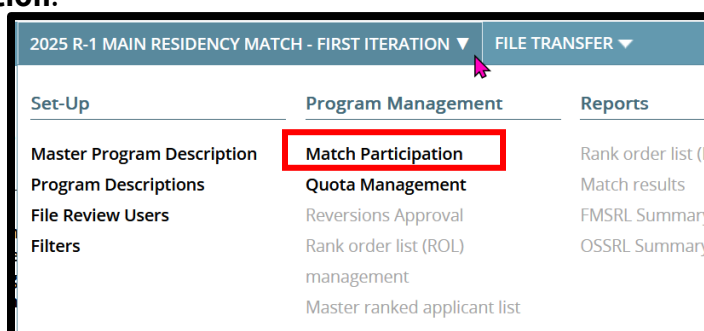
\* Reason:

**SAVE** **CANCEL**

The program will now appear with a program status of **Removal pending**. This program will remain in your list for the entire match year with this status and the program will not be carried over to the following year's match.

## How to participate programs in a match

1. Log into [CaRMS Online](#) and under the match menu, select **Program Management - Match Participation**.



- Your list of available programs will be displayed with the available application streams for that program. Check the applicable box under the application stream to indicate which programs will be available to applicants this match year and uncheck the programs that will not be available. Click **SAVE**.

| Program name                                                                            | CMG RoS Stream           | CMG Stream                          | Competitive RoS Stream | IMG Stream               |
|-----------------------------------------------------------------------------------------|--------------------------|-------------------------------------|------------------------|--------------------------|
| University of British Columbia / Anatomical Pathology and General Pathology / Vancouver |                          | <input checked="" type="checkbox"/> |                        | <input type="checkbox"/> |
| University of British Columbia / Anesthesiology / Vancouver                             |                          | <input type="checkbox"/>            |                        | <input type="checkbox"/> |
| University of British Columbia / Cardiac Surgery / Vancouver                            |                          | <input type="checkbox"/>            |                        | <input type="checkbox"/> |
| University of British Columbia / Dermatology / Vancouver                                | <input type="checkbox"/> | <input type="checkbox"/>            |                        | <input type="checkbox"/> |

If you do not see the application stream you are looking for, contact [communications@carms.ca](mailto:communications@carms.ca).

You can update your participating programs list throughout the match cycle; however, you must ensure that you adhere to the match's [timeline](#).

## Quota

In the first and second iteration of the R-1 Main Residency Match, approximate quota must be entered by PGME offices in CaRMS Online prior to the opening of [Program Selection](#) in order for applicants to be able to select the program. If no quota is entered, applicants will not be able to select that program.

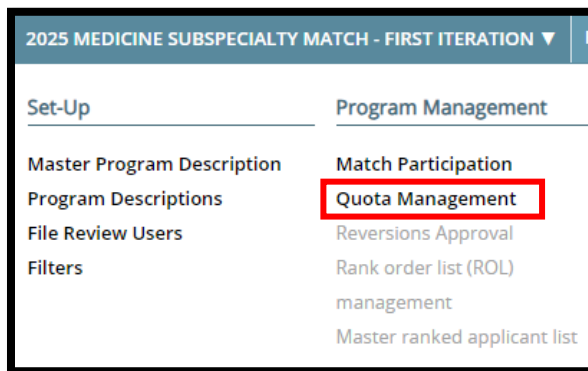
This is not the case in the subspecialty matches (Fall, Spring and FM/ES), where applicants can apply to programs even if no quota has been entered.

Your ability to edit and approve program quota depends on the role you have in CaRMS Online.

| Quota Permission per Role |            |               |
|---------------------------|------------|---------------|
| Role                      | EDIT QUOTA | APPROVE QUOTA |
| Postgraduate Dean         | ●          | ●             |
| PGME Coordinator          | ●          | ●             |
| Match Coordinator         | ●          |               |
| Program Director          |            |               |
| Program Administrator     |            |               |

## How to manage a program's quota

1. Log into [CaRMS Online](#) and go to the match menu and select **Program Management - Quota Management**.



2. Your list of available programs will be displayed. Update individual program quota by choosing the number of positions from the drop-down menu. Click **SAVE**.

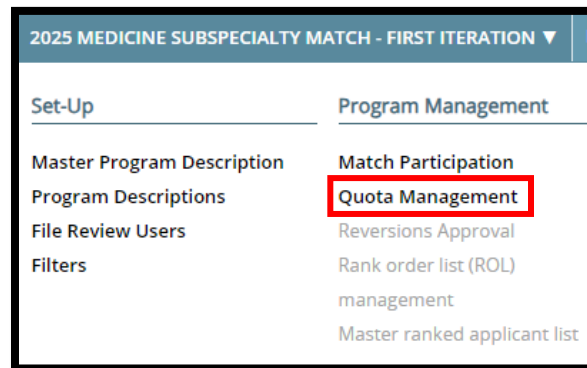
In the subspecialty matches you can enter "Quota Unknown" if the number of available positions has yet to be decided.

|                                                                                         | Quota      |
|-----------------------------------------------------------------------------------------|------------|
| Program name ^                                                                          | CMG Stream |
| University of British Columbia / Anatomical Pathology and General Pathology / Vancouver | 0 ▾        |
| University of British Columbia / Anesthesiology / Vancouver                             | 0 ▾        |
| University of British Columbia / Cardiac Surgery / Vancouver                            | 0 ▾        |
| University of British Columbia / Dermatology / Vancouver                                | 0 ▾        |
| University of British Columbia / Diagnostic Radiology / Vancouver                       | 0 ▾        |
| University of British Columbia / Emergency Medicine / Fraser                            | 0 ▾        |

You can review your content by clicking **QUOTA TOTALS BY DISCIPLINE** and print your list by clicking **PRINT PREVIEW**.

## How to complete quota approval

1. Once the quota approval period is open, log into [CaRMS Online](#) and go to the match menu and select **Program Management - Quota Management**.



2. Your list of available programs will be displayed. Review the quota under each available application stream. To review your quota report, click **QUOTA TOTALS BY DISCIPLINE**.
3. Select **QUOTA APPROVAL** to approve the entered quota.
4. Click on **APPROVE QUOTA** to finalize this step.  
If you need to modify the quota, you can do so from the drop-down menus for each program. If you make a modification, do not forget to click on the **SAVE** button.

## Post-match process (PMP)

The post-match process (PMP) opens for postgraduate offices after the second iteration match day of the R-1 Match, as well as after the FM/ES match. At this time, PGME offices will be able to indicate which programs, if any, they wish to participate in the PMP and the number of positions available. Programs with unfilled positions are not automatically participated - PGME Offices will need to specifically participate a program they wish to be included in the PMP.

## Additional resources

Need additional support? Connect with us through the following methods:

- Check out our self-serve Help Center for:
  - [Program directors and administrators](#)
  - [Postgraduate medical education offices](#)
- Send us a note at [communication@carms.ca](mailto:communication@carms.ca)
- Call us at 1 (877) 227-6742
- Live chat is available from within CaRMS Online during regular business hours.