

R-1 Main Residency Match Overview for International Medical Graduates (IMG)

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Before the match opens

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

1. Review the [basic eligibility](#) to determine if you are eligible to participate in the R-1 match.
2. Review the [R-1 match timelines](#) for important deadlines and milestones.
3. Review the [program descriptions](#) and requirements for the programs you are interested in applying to.
4. Review the [provincial eligibility criteria](#) for the provinces you want to train in paying attention to the [return of service](#) requirements that the province may have.
5. If you are interested in applying to the provinces of British Columbia, Alberta, or Quebec, you **must** complete a provincial assessment before you can apply through CaRMS.
6. You will be required to have obtained your Medical Identification Number for Canada (MINC) and enter it into your CaRMS application.

RESOURCES:

- [I am an IMG. How can I apply to programs in British Columbia, Alberta and Quebec?](#)
- [How can an applicant get a MINC?](#)
- [How do I tell if my international medical school is recognized in Canada?](#)

Match Opening

ACTION REQUIRED – Register and participate in the match

[On the day the match opens](#), you will be able to [register](#) and participate in the R-1 match. At that time, you will be prompted to accept the applicant contract and pay the [participation fee](#).

If you have already participated in a match through CaRMS Online, you do not need to register. When CaRMS Online opens for the match, [log in](#) using your username and password. You will still be required to ‘participate’ in the match and accept the applicant contract and pay the participation fee before you can continue.

RESOURCES:

- [How do I register for a CaRMS Online account?](#)
- [How do I participate in a match?](#)
- [Why does it say I'm not eligible to participate to a match?](#)
- [What do I enter during registration if I only have one name?](#)
- [If I made a mistake during a previous section during registration, can I go back?](#)

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 ▼ MY DOCUMENTS ▼ MY APPLICATION ▼ MY RESULTS ▼

- **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
☒ Personal Information	☒ Non-Medical Education	☒ physiciansapply.ca transfers	☒ Work
☒ Language Skills	☒ Medical Education	☐ United States Medical Licensing Examination	☐ Scholarly Activities and
☒ Licensure	☒ Undergraduate Clerkship Electives	☐ Language Proficiency	☒ Research
	☐ Postgraduate Training/ Internships	☐ Certifications	☐ Volunteer
	☐ Residency Electives	☐ Situational Judgement Tests	☐ Clinical Practice
	☒ Non Clinical Training		☐ Fellowships
			☒ Publications / Presentations
			☒ Achievements & Interests

- Fill out the sections with a **green checkmark**.
- Only complete the section with the **orange exclamation mark** 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 of Canada at the time of application. [Some exceptions may apply.](#) There are two options to prove your citizenship/legal status.

[OPTION 1: Share your IVP \(Identity Validity Period\) through your CaRMS Online account](#)

[OPTION 2: Upload an accepted proof of citizenship/legal status document to your account](#)

RESOURCES:

- [What is the Identity Validity Period?](#)
- [How do I transfer my Identity Validity Period \(IVP\) from the MCC?](#)
- [How do I know if my verified citizenship/legal status was shared?](#)
- [Who can notarize or certify my Citizenship document?](#)

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	OPTION 1: Obtain it and upload it into your CaRMS account OPTION 2: Have your medical school transfer it to CaRMS
Medical School Transcript	OPTION 1: Transfer it to your CaRMS account from physiciansapply.ca OPTION 2: Obtain it and upload it into your CaRMS account OPTION 3: Have your medical school transfer it to CaRMS
Family Medicine Professional Choices (FMProC) assessment	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. • What programs require the Family Medicine Professional Choices Assessment (FMProC)? • How long is my FMProC test valid? • In what language should I take the FMProC assessment?
Casper assessment	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. • When can I write the Casper test? • How long is my Casper valid? • If I completed the Casper last year, can I still use the results again this year? • In what language should I write the Casper test? • Which programs will see my Casper test score? • How do I ensure my Casper results are sent to CaRMS? • My Casper result has been transferred to my account, but I cannot view the score, why? • Can I re-take the Casper test in the same match cycle?
All other documents	Obtain the document and upload it to your CaRMS account.

RESOURCES:

- [What are the different document statuses in my document tracking section?](#)
- [I have previously participated in a match. Do I need to re-upload my documents?](#)
- [What is a medical school transcript?](#)
- [What is an MSPR?](#)
- [My school does not issue MSPRs. What should I do?](#)
- [Does CaRMS have an MSPR/Dean's letter template that an international school can use?](#)
- [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 I need to create a specific record for my non-medical school transcript if it is included in my medical school transcript?](#)
- [Do documents I upload myself need to be certified or notarized?](#)

Transferring documents from PhysiciansApply:

- [What documents can and cannot be shared/transferred from physiciansapply.ca?](#)
- [How can I tell if my examinations were successfully transferred from physiciansapply?](#)
- [How do I transfer my Medical Council of Canada \(MCC\) examinations in my CaRMS Online account?](#)
- [Why does my MCC exam say "Incomplete Record"?](#)
- [Do I have to re-share my MCC exams if I've previously participated in a match?](#)

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. Programs can request reference documents in the form of a narrative letter of reference, an inline structured reference letter, or an applicant support form.

RESOURCES:

- [What types of reference documents currently exist for the R-1 match?](#)
- [What is a letter of reference?](#)
- [What is a structured reference letter?](#)
- [What is a "formulaire d'appui" or "applicant support" form?](#)
- [How do I create a reference request in CaRMS Online?](#)
- [How do I create a non-discipline specific 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?](#)
- [Can a reference letter from a physician who is also a family member/relative be used?](#)

- [*Can reference materials be submitted using an extra documents placeholder?*](#)
- [*I am an IMG and my referee gave me some reference letters*](#)

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

If your referee sent CaRMS an early letter of reference prior to the match, create a placeholder for the reference and email the REF ID number to 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*](#) if they are in English or French.

For translation of your documents, there are two options:

1. Have your documents translated through the CaRMS translation service. This service is only available for French-to-English or English-to-French translation; or
2. Procure and use your own external translator.

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:

- [*Match fees*](#)
- [*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?*](#)
- [*What documents and scores are automatically assigned to programs?*](#)
- [*How do I mass assign a document to multiple programs?*](#)
- [*Can I make changes to my application after it's submitted?*](#)

- [*I am an IMG but I cannot see the programs I want to apply to in the list of available 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:

- [*I am an IMG but I cannot see the programs I want to apply to in the list of available programs?*](#)
- [*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?*](#)
- [*How do I add a note to a program?*](#)

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.

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.

IMPORTANT: If you choose to withdraw from the R-1 match, you must do so **before** the [rank order submission deadline](#). Submitting a rank order list consists of a legally binding commitment to your match result.

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?](#)
- [How do I withdraw from the match?](#)
- [Can I get a refund?](#)

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?](#)
- [Can CaRMS provide a letter that confirms my match result?](#)

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. All positions not filled in first iteration move 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" sections 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)

To participate in the post match process you must have participated in either the first or second iteration of the R-1 match. 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)