

Your period of recognised training

May 2020

2014 regulations

If you started your period of recognised training on or before 24 November 2019, you need to meet the requirements within the SRA Training Regulations 2014

[\[solicitors/handbook/introAuthPrac/trainingregs2014/\]](#) .

2019 regulations

If you started on or after 25 November 2019, it is the Authorisation of Individuals Regulations

[\[solicitors/standards-regulations/authorisation-individuals-regulations/\]](#) and the Education, Training and Assessment Provider Regulations [\[solicitors/standards-regulations/education-training-assessment-provider-regulations/\]](#) .

SRA training requirements 2014 and 2019

If you started your period of recognised training on or before 24 November 2019, you will need to meet the requirements within the SRA Training Regulations 2014

[\[solicitors/handbook/introAuthPrac/trainingregs2014/\]](#) . These include the need to gain experience in at least three distinct areas of English and Welsh law (often known as seats). This work must also include both contentious and non-contentious work.

If you started on or after 25 November 2019, it is the Authorisation of Individuals Regulations 2019 [\[solicitors/standards-regulations/authorisation-individuals-regulations/\]](#) and the Education, Training and Assessment Provider Regulations 2019 [\[solicitors/standards-regulations/education-training-assessment-provider-regulations/\]](#) that apply to you. These say you should work in various areas of law, but the three distinct areas are not needed. Your training must still include contentious work.

Character and suitability

We assess character and suitability when you apply for admission to the roll of solicitors.

However, under our regulations [\[solicitors/standards-regulations/authorisation-individuals-regulations/\]](#) , you can have any potential issues checked at any time. Find out more about character and suitability [\[trainees/period-recognised-training/character-and-suitability/\]](#) .

What is a period of recognised training

[\[trainees/period-recognised-training/your-period-recognised-training/what-is-a-period-of-recognised-training/\]](#)

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What you can expect as a trainee

[\[trainees/period-recognised-training/your-period-recognised-training/expect-trainee/\]](#)

[\[trainees/period-recognised-training/your-period-recognised-training/expect-trainee/\]](#)

Your responsibilities

[\[trainees/period-recognised-training/your-period-recognised-training/your-responsibilities/\]](#)

[\[trainees/period-recognised-training/your-period-recognised-training/your-responsibilities/\]](#)

Recognising prior work experience

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Professional Skills Course

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Applying to be a solicitor

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