



Your period of recognised training

September 2021

You can only qualify through this route if you meet our [transitional requirements](https://www.sra.org.uk/become-solicitor/legal-practice-course-route/becoming-solicitor-legal-practice-course-transitional-requirements/). [<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/becoming-solicitor-legal-practice-course-transitional-requirements/>]

If you do not meet these, you will need to qualify under the [SQE](https://www.sra.org.uk/become-solicitor/sqe/) [<https://www.sra.org.uk/become-solicitor/sqe/>].

It is the trainee's responsibility to register their Period of Recognised Training with us. It is the training principal's responsibility to approve the training in mySRA. Find out more in Registering a trainee.

SRA training requirements 2014 and 2019

If your trainees started their period of recognised training on or before 24 November 2019, they need to meet the requirements within the [SRA Training Regulations 2014](https://www.sra.org.uk/solicitors/handbook/introAuthPrac/trainingregs2014/) [<https://www.sra.org.uk/solicitors/handbook/introAuthPrac/trainingregs2014/>]. [Open all \[#\]](#)

[2019 regulations](#)

If you started on or after 25 November 2019, it is the [Authorisation of Individuals Regulations](https://www.sra.org.uk/solicitors/standards-regulations/authorisation-individuals-regulations/) [<https://www.sra.org.uk/solicitors/standards-regulations/authorisation-individuals-regulations/>] and the [Education, Training and Assessment Provider Regulations](https://www.sra.org.uk/solicitors/standards-regulations/education-training-assessment-provider-regulations/) [<https://www.sra.org.uk/solicitors/standards-regulations/education-training-assessment-provider-regulations/>].

These trainees should work in various areas of law, but the three distinct areas are no longer needed. This training must include contentious work

[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. This means they need to gain experience in at least three distinct areas of English and Welsh law (often known as seats). This work needs to include both contentious and non-contentious work.

Character and suitability

We assess character and suitability when you apply for admission to the roll of solicitors. However, under our [regulations](https://www.sra.org.uk/solicitors/standards-regulations/authorisation-individuals-) [<https://www.sra.org.uk/solicitors/standards-regulations/authorisation-individuals->



[regulations/](#)], you can have any potential issues checked at any time. Find out more about [character and suitability](#) [<https://www.sra.org.uk/become-solicitor/character-and-suitability/>].

Register your training

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/your-period-recognised-training/register-my-training/>]

Your responsibilities

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/your-period-recognised-training/your-responsibilities/>]

What is a period of recognised training

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/your-period-recognised-training/prt/>]

Professional Skills Course

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/professional-skills-course/>]

Applying to be a solicitor

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/your-period-recognised-training/applying-solicitor-prt/>]

Recognising prior work experience

[<https://www.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/your-period-recognised-training/recognising-prior-work-experience/>]