

Period of recognised training

September 2021

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

A period of recognised training (often known as a training contract) gives individuals supervised experience in legal practice. This is the final stage of the process of qualification as a solicitor where they refine and develop their professional skills they will need to practice.

Trainees can qualify as a solicitor under one of the following set of regulations:

- Trainees that 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://upgrade.sra.org.uk/solicitors/handbook/introAuthPrac/trainingregs2014/) [https://upgrade.sra.org.uk/solicitors/handbook/introAuthPrac/trainingregs2014/].
- For trainees registered with us since 25 November 2019, it is the [Authorisation of Individuals Regulations](https://upgrade.sra.org.uk/solicitors/standards-regulations/authorisation-individuals-regulations/) [https://upgrade.sra.org.uk/solicitors/standards-regulations/authorisation-individuals-regulations/] and the [Education, Training and Assessment Provider Regulations](https://upgrade.sra.org.uk/solicitors/standards-regulations/education-training-assessment-provider-regulations/). [https://upgrade.sra.org.uk/solicitors/standards-regulations/education-training-assessment-provider-regulations/]

For more information, please take a look at our information for [trainees](https://upgrade.sra.org.uk/become-solicitor/) [https://upgrade.sra.org.uk/become-solicitor/] or [authorised training providers](https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/managing-trainees/) [https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/managing-trainees/].