

The IRS has announced the retirement contribution and deferral limits for 2026. We have listed the amounts for 2025 as well. Retirement plan contributions are only available to individuals with earned income which is generally income that Social Security tax is paid on, such as W-2 wages or self-employed income. November/December of the current year is a good time to review any retirement plans you have by reviewing your year-to-date figures (for 2025) and what you plan to do for the coming year (2026).

#### IMPORTANT UPDATES FOR 2025 & 2026:

##### Enhanced SIMPLE IRA limits for small employers

If your employer has **fewer than 26 employees**, SIMPLE IRA deferral limits increase.

##### Special catch-up rules for ages 60–63

For 401(k), 403(b), 457, and SIMPLE IRA plans, individuals age **60–63** may use a **higher catch-up contribution** during these years.

#### CONTRIBUTION DEADLINES:

Plan Type	Deadline
401(k), 403(b), SIMPLE IRA (employee deferrals)	Must be withheld from pay by <b>December 31</b>
SEP-IRA & SIMPLE IRA (employer contributions / self-employed)	Tax filing deadline, including extensions
Traditional & Roth IRA contributions	<b>April 15</b>

#### RETIREMENT PLAN LIMITS:

##### 401(k) and 403(b) Employee Deferrals

Year	Base Limit	Standard Catch-Up (50+)	Special Catch-Up (Age 60–63)
<b>2026</b>	\$24,500	+\$8,000	+\$11,250
<b>2025</b>	\$23,500	+\$7,500	+\$11,250

##### Example:

Someone age 60–63 in 2025 may defer up to **\$34,750** (\$23,500 + \$11,250).

##### SEP-IRA (Employer or Self-Employed Contributions)

Year	Maximum Contribution
<b>2026</b>	Up to <b>\$72,000</b> (or 25% of compensation; 20% if self-employed)
<b>2025</b>	Up to <b>\$70,000</b> (or same percentage limits as above)

## **SIMPLE IRA Employee Deferrals**

### **Standard SIMPLE IRA Limits**

Year	Base Limit	Standard Catch-Up (50+)	Special Catch-Up (Age 60–63)
2026	\$17,000	+\$4,000	+\$5,250
2025	\$16,500	+\$3,500	+\$5,250

### **Higher SIMPLE IRA Limits — Employers with < 26 Employees**

Year	Base Limit	Standard Catch-Up	Special Catch-Up
2026	\$18,100	+\$3,850	+\$5,250
2025	\$17,600	+\$3,850	+\$5,250

## **Traditional & Roth IRA Contribution Limits**

Year	Base Limit	Catch-Up (50+)
2026	\$7,500	+\$1,100
2025	\$7,000	+\$1,000

### **INCOME LIMITS (AGI PHASE-OUTS):**

#### **Roth IRA Eligibility**

Filing Status	2026 Phase-Out	2025 Phase-Out
Single	\$153k–\$168k	\$150k–\$165k
Married Filing Jointly	\$242k–\$252k	\$236k–\$246k

#### **Deductible IRA (If Contributor Is Covered by an Employer Plan)**

Filing Status	2026 Phase-Out	2025 Phase-Out
Single	\$81k–\$91k	\$79k–\$89k
Married Filing Jointly	\$129k–\$149k	\$126k–\$146k

#### **Deductible IRA (Contributor NOT Covered, Spouse IS)**

Filing Status	2026 Phase-Out	2025 Phase-Out
Married Filing Jointly	\$242k–\$252k	\$236k–\$246k