



T.RowePrice

T. Rowe Price Retirement Plan Services, Inc.

# Retirement plan limits



# Introduction

## Retirement plan limits

How much can retirement savers contribute? This guide compares the 2025- and 2026-dollar limits on certain benefits and contributions for retirement plans and IRAs.

Additional compliance and fiduciary resources are available:

[Compliance resources](#)



# Qualified and 457(b) plans

## 401(k), 403(b), profit sharing, and other qualified plans

	2025 Amount	2026 Amount
Annual compensation limit	\$350,000	\$360,000
Annual additions limit for defined contribution plans	70,000	72,000
Elective deferral dollar limit <sup>1</sup>	23,500	24,500
Catch-up contribution limit	7,500	8,000
Higher catch-up contribution limit for individuals ages 60–63	11,250	11,250
Roth catch-up wage threshold	150,000	---

<sup>1</sup>Includes pretax and Roth contributions.

<sup>2</sup>Governmental 457(b) plan limit includes elective deferrals (pretax and Roth contributions) and employer contributions. Tax-exempt 457(b) plan limit includes elective deferrals (pretax contributions only) and employer contributions

## 457(b) plans

	2025 Amount	2026 Amount
Deferral dollar limit <sup>2</sup>	\$23,500	\$24,500
Catch-up contribution limit (governmental 457(b) plans only)	7,500	8,000
Higher catch-up contribution limit for individuals ages 60–63	11,250	11,250
Roth catch-up wage threshold	150,000	---

# SEP and SIMPLE plans

## SEP plans

	2025 Amount	2026 Amount
Annual compensation limit	\$350,000	\$360,000
Annual additions limit	70,000	72,000
Compensation limit for SEP participant exclusion	750	800
Elective deferral dollar limit for SAR-SEPs (includes pretax contributions only)	23,500	24,500
SAR-SEP catch-up contribution limit	7,500	8,000
Higher catch-up contribution limit for individuals ages 60–63	11,250	11,250

## SIMPLE plans

	2025 Amount	2026 Amount
Elective deferral limit for SIMPLE plans	\$16,500	\$17,000
Catch-up contribution limit for SIMPLE plans	3,500	4,000
Higher catch-up contribution limit for individuals ages 60–63	5,250	5,250

# Other plan limits

	2025 Amount	2026 Amount
Highly compensated employee definition limitation <sup>1</sup>	\$160,000	\$160,000
Officer compensation limit for Key Employee definition	230,000	235,000
Annual benefit limit for defined benefit plans	280,000	290,000
Dollar amounts for lengthening distribution period for ESOPs:		
a. account balance over . . .	1,415,000	1,455,000
b. one additional year for each . . .	280,000	290,000
Social Security taxable wage base	176,100	184,500
Pension-linked emergency savings account limit	2,500	2,600
Limitation for eligible distributions to victims of domestic abuse	10,300	10,500

<sup>1</sup>The compensation limit applies to look-back years which begin in the year indicated.

# IRAs

## Traditional and Roth IRAs

	2025 Amount	2026 Amount
IRA contribution limit	\$7,000	\$7,500
IRA catch-up contribution limit	1,000	1,100

## AGI deduction phase-out ranges

	2025 Amount	2026 Amount
IRA AGI deduction phase-out ranges when covered by a workplace retirement plan		
Single or Head of Household	\$79,000- 89,000	\$81,000- 91,000
Married Filing Jointly or Qualifying Widower	126,000- 146,000	129,000- 149,000
Married Filing Separately*	0–10,000	0–10,000
Roth IRA AGI phase-out ranges		
Single or Head of Household	150,000– 165,000	153,000– 168,000
Married Filing Jointly or Qualifying Widower	236,000– 246,000	242,000– 252,000
Married Filing Separately*	0–10,000	0–10,000

\*If you file separately and did not live with your spouse at any time during the year, your IRA phase-out range is determined under the “Single” filing status.

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