



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
<b>IRA AGI deduction phase-out ranges when covered by a workplace retirement plan</b>		
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
<b>Roth IRA AGI phase-out ranges</b>		
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.

This material has been prepared by T. Rowe Price Retirement Plan Services, Inc., for general and educational purposes only. This material does not provide fiduciary recommendations concerning investments or investment management. T. Rowe Price Retirement Plan Services, Inc., its affiliates, and its associates do not provide legal or tax advice. Any tax-related discussion contained in this material, including any attachments/links, is not intended or written to be used, and cannot be used, for the purpose of (i) avoiding any tax penalties or (ii) promoting, marketing, or recommending to any other party any transaction or matter addressed herein. Please consult your independent legal counsel and/or professional tax advisor regarding any legal or tax issues raised in this material.

© 2025 T. Rowe Price. All Rights Reserved. T. ROWE PRICE, INVEST WITH CONFIDENCE, the Bighorn Sheep design, and related indicators ([troweprice.com/ip](http://troweprice.com/ip)) are trademarks of T. Rowe Price Group, Inc. All other trademarks are the property of their respective owners.

CCON0229815  
202511-4902662