

2026

Retirement Plan Limits & Contributions



The Internal Revenue Services has released the 2026 cost-of-living adjustments (COLA) applicable to pension plan contribution limits. In addition to impacting Social Security beneficiaries, retirement contributions and pension plan benefits are required by law to be adjusted annually for COLA increases. The tables below detail new annual limits and contribution amounts.

IRAs	2026	2025
IRA Contribution Limit	\$7,500	\$7,000
IRA Catch-Up Contributions	\$1,100	\$1,000

Traditional IRA AGI Deduction Phase-Out Starting At	2026	2025
Joint Return	\$129,000	\$126,000
Single or Head of Household	\$81,000	\$79,000

SEP	2026	2025
SEP Minimum Compensation	\$800	\$750
SEP Maximum Contribution	\$72,000	\$70,000
SEP Maximum Compensation	\$360,000	\$350,000

SIMPLE Plans	2026	2025
SIMPLE Maximum Contributions	\$17,000	\$16,500
Catch-Up Contributions	\$4,000*	\$3,500

401(k), 403(b), Profit-Sharing Plans, etc.	2026	2025
Annual Compensation	\$360,000	\$350,000
Elective Deferrals	\$24,500	\$23,500
Catch-Up Contributions	\$8,000**	\$7,500
Defined Contribution Limits	\$72,000	\$70,000
ESOP Limits	\$1,455,000 \$290,000	\$1,415,000 \$280,000

Other	2026	2025
HCE Threshold	\$160,000	\$160,000
Defined Benefit Limits	\$290,000	\$280,000
Key Employee	\$235,000	\$230,000
457 Elective Deferrals	\$24,500	\$23,500
Control Employee (Board Member or Officer)	\$145,000	\$140,000
Control Employee (Compensation-Based)	\$290,000	\$285,000
Taxable Wage Base	\$184,500	\$176,100

*Under a change made in SECURE 2.0, a higher catch-up contribution limit applies for employees aged 60, 61, 62 and 63 who participate in SIMPLE plans. For 2026, this higher catch-up contribution limit is \$5,250.

**Under a change made in SECURE 2.0, a higher catch-up contribution limit applies for employees aged 60, 61, 62 and 63 who participate in these plans. For 2026, this higher catch-up contribution limit is \$11,250 instead of \$8,000. However, if you earn more than \$150,000 in the prior calendar year, all catch-up contributions for those ages 50 or older will need to be made to a Roth account in after-tax dollars.

Source: 401(k) limit increases to \$24,500 for 2026, IRA limit increases to \$7,500 | Internal Revenue Service. (2025, November 13). <https://www.irs.gov/newsroom/401k-limit-increases-to-24500-for-2026-ira-limit-increases-to-7500>

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