

Maximum Benefit and Contribution Limits 2020–2026

LIMITATION	2026	2025	2024	2023	2022	2021	2020
IRAs	\$7,500	\$7,000	\$7,000	\$6,500	\$6,000	\$6,000	\$6,000
Catch-up Contributions for IRAs	\$1,100	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000	\$1,000
401(k) / 403(b) / 457(b) Plan and SAR-SEP IRA Elective Deferrals	\$24,500	\$23,500	\$23,000	\$22,500	\$20,500	\$19,500	\$19,500
Age 50 Catch-up Contributions for 401(k) / 403(b) / Government 457(b) Plans and SAR-SEP IRAs	\$8,000	\$7,500	\$7,500	\$7,500	\$6,500	\$6,500	\$6,500
Age 60 - 63 Catch-up Contributions for 401(k) / 403(b) / Government 457(b) Plans and SAR-SEP IRAs	\$11,250	\$11,250	—	—	—	—	—
Income threshold mandating age-based catch-up contributions that should be designated as Roth defined contribution deferrals	\$150,000	\$145,000	—	—	—	—	—
Defined Benefit Plans	\$290,000	\$280,000	\$275,000	\$265,000	\$245,000	\$230,000	\$230,000
Defined Contribution Plans and SEP IRAs	\$72,000	\$70,000	\$69,000	\$66,000	\$61,000	\$58,000	\$57,000
Annual Compensation Limits	\$360,000	\$350,000	\$345,000	\$330,000	\$305,000	\$290,000	\$285,000
Highly Compensated Employee	\$160,000	\$160,000	\$155,000	\$150,000	\$135,000	\$130,000	\$130,000
SIMPLE IRA Elective Deferrals	\$17,000	\$16,500	\$16,000	\$15,500	\$14,000	\$13,500	\$13,500
Age 50 Catch-up Contributions for SIMPLE IRAs	\$4,000	\$3,500	\$3,500	\$3,500	\$3,000	\$3,000	\$3,000
Age 60 - 63 Catch-up Contributions for SIMPLE IRAs	\$5,250	\$5,250	—	—	—	—	—
Key Employee Threshold	\$235,000	\$230,000	\$220,000	\$215,000	\$200,000	\$185,000	\$185,000
SEP Minimum Compensation	\$800	\$750	\$750	\$750	\$650	\$650	\$600
Income Subject to Social Security ¹	\$184,500	\$176,100	\$168,600	\$160,200	\$147,000	\$142,800	\$137,700

Source: IRS Notice IR-2025-111, Nov. 13, 2025 <https://www.irs.gov/newsroom/401k-limit-increases-to-24500-for-2026-ira-limit-increases-to-7500>

¹ Social Security Administration: <https://www.ssa.gov/news/en/cola/factsheets/2026.html>

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