

401k and Retirement Plan Limits for the Tax Year 2026

On November 13, 2025, the Internal Revenue Service announced that the amount individuals can contribute to their 401k plans in 2026 has increased to \$24,500, up from \$23,500 for 2025. The IRS also issued technical guidance regarding all cost-of-living adjustments affecting dollar limitations for pension plans and other retirement-related items for tax year 2026 in [Notice 2025-67](#). Here are some of the details.

Chart of Select Limits

401k Plan Limits for Year	2026	2025	2024	2023	2022	2021	2020
401k Elective Deferrals	\$24,500	\$23,500	\$23,000	\$22,500	\$20,500	\$19,500	\$19,500
Annual Defined Contribution Limit	\$72,000	\$70,000	\$69,000	\$66,000	\$61,000	\$58,000	\$57,000
Annual Compensation Limit	\$360,000	\$350,000	\$345,000	\$330,000	\$305,000	\$290,000	\$285,000
Catch-Up Contribution Limit (Age 50 and over)	\$8,000	\$7,500	\$7,500	\$7,500	\$6,500	\$6,500	\$6,500
Catch-Up Contribution Limit (Age 60 – 63)	\$11,250	\$11,250	--	--	--	--	--
Roth Catch-Up Wage Threshold for Prior Year	\$150,000	\$145,000	--	--	--	--	--
Highly Compensated Employees	\$160,000	\$160,000	\$155,000	\$150,000	\$135,000	\$130,000	\$130,000
Non-401k Related Limits							
403b/457 Elective Deferrals	\$24,500	\$23,500	\$23,000	\$22,500	\$20,500	\$19,500	\$19,500
SIMPLE Employee Deferrals	\$17,000	\$16,500	\$16,000	\$15,500	\$14,000	\$13,500	\$13,500
SIMPLE Catch-Up Deferral (Age 50 and over)	\$4,000	\$3,500	\$3,500	\$3,500	\$3,000	\$3,000	\$3,000
SIMPLE Catch-Up Deferral (Age 60 – 63)	\$5,250	\$5,250	--	--	--	--	--
SEP Minimum Compensation	\$800	\$750	\$750	\$750	\$650	\$650	\$600
SEP Annual Compensation Limit	\$360,000	\$350,000	\$345,000	\$330,000	\$305,000	\$290,000	\$285,000
Social Security Wage Base	\$184,500	\$176,100	\$168,600	\$160,200	\$147,000	\$142,800	\$137,700

Details on these and other retirement-related cost-of-living adjustments for 2026 are in Notice 2025-67, available on [IRS.gov](https://www.irs.gov).