

When deciding how much to contribute to your IRA account, the table below reflects the annual limits published by the IRS based on the Cost-of-Living Adjustments (COLA).

Traditional and Roth contribution limits		2026	2025	2024
Traditional and Roth IRA Annual contribution		\$7,500	\$7,000	\$7,000
Traditional and Roth IRA annual contribution for ages 50+ Includes catch-up contribution		\$8,600	\$8,000	\$8,000
Traditional IRA deductibility MAGI limits		2026	2025	2024
Single – active participant		\$81,000 – \$91,000	\$79,000 – \$89,000	\$77,000 – \$87,000
Married – active participant filing joint		\$129,000 – \$149,000	\$126,000 – \$146,000	\$123,000 – \$143,000
Married – active participant filing separate		\$0 – \$10,000	\$0 – \$10,000	\$0 – \$10,000
Spouse of active participant		\$242,000 – \$252,000	\$236,000 – \$246,000	\$230,000 – \$240,000
Roth IRA contribution limit MAGI phaseout ranges		2026	2025	2024
Single individual		\$153,000 – \$168,000	\$150,000 – \$165,000	\$146,000 – \$161,000
Married filing joint		\$242,000 – \$252,000	\$236,000 – \$246,000	\$230,000 – \$240,000
Married filing separate		\$0 – \$10,000	\$0 – \$10,000	\$0 – \$10,000
Roth IRA conversion eligibility MAGI requirement		2026	2025	2024
Single individual		All filers are eligible regardless of MAGI	All filers are eligible regardless of MAGI	All filers are eligible regardless of MAGI
Married filing joint				
Married filing separate				
SEP IRA limits		2026	2025	2024
SEP IRA contribution limit - Section 415(c)(1)(A)		\$72,000	\$70,000	\$69,000
Compensation cap - Section 408(k)(3)(C)		\$360,000	\$350,000	\$345,000
Minimum compensation for SEP plan - Section 408(k)(2)(C)		\$800	\$750	\$750
SIMPLE IRA limits		2026	2025	2024
Elective deferral to SIMPLE IRA plan - Section 408(p)(2)(E)		\$17,000	\$16,500	\$16,000
Extra 10% deferral – Applies if: (1) Employees of small employers (25 or fewer) or (2) 26-100 if the employer makes supplemental contributions		\$18,100	\$17,600	N/A
Elective deferral to SIMPLE IRA plan for ages 50+ Includes catch-up - Section 414(v)(2)(B)(ii)		\$21,000	\$20,000	\$19,500
Extra 10% deferral – Applies if: (1) Employees of small employers (25 or fewer) or (2) 26100 if the employer makes supplemental contributions		\$20,850	\$20,350	N/A
Elective deferral to SIMPLE IRA plan for ages 60-63 Includes catch-up - Section 414(v)(2)(B)(ii)		\$22,250	\$21,750	N/A