



2025 Retirement Plan Dollar Limits

In 2025, certain retirement plans and benefit plans will be subject to new limitations due to cost-of-living adjustments by the IRS and the Social Security Administration.

Below are the limits for both 2024 and 2025:

Account Types		2024 Limit	2025 Limit
IRA	Traditional and Roth IRA contribution limit	\$7,000	\$7,000
	Catch-up limit for individuals age 50 and older	\$1,000	\$1,000
SIMPLE IRA	Elective deferral limit	\$16,000	\$16,500
	Catch-up limit for individuals age 50 and older	\$3,500	\$3,500
	Maximum employer match (\$1 for \$1 match on the first 3% of employee compensation deferred).	\$15,500	\$15,500
	Maximum employer non-elective contribution (2% of employee's compensation, up to \$330k in 2023/\$345k in 2024)	\$6,600	\$6,600
	Catch-up deferral is also matched by employer if individual is age 50 or older.	\$3,850	\$3,850
SEP IRA	Maximum SEP contribution	\$68,000	\$70,000
	SEP compensation exclusion	\$750	\$750
401(k), SARSEP, 403(b), and Governmental 457(b)	Elective deferral limit	\$23,000	\$23,500
	Catch-up limit for individuals age 50 and older	\$7,500	\$7,500
	Higher catch-up limit (age 60-63)	N/A	\$11,250
	Highly compensated employee limit (no requirement for 5% owner)	\$155,000	\$160,000
Profit Sharing, 401(k), and Money Purchase Pension	Defined contribution limit (415(c) limit)	\$69,000	\$70,000
	Top-heavy plan key employee compensation limit	\$215,000	\$230,000
Profit Sharing, 401(k), SEP, & Money Purchase Pension	Employee annual compensation limit	\$345,000	\$350,000
Modified Adjusted Gross Income (MAGI) phase-out ranges			
Traditional IRA deduction when taxpayer is covered by retirement plan at work			
Filing status		2024 Limit	2025 Limit
Single or head of household		\$77,000-\$87,000	\$79,000-\$89,000
Married filing jointly		\$123,000-\$143,000	\$126,000-\$146,000
Married filing jointly for non-covered spouse with a spouse who is an active participant		\$231,000-\$241,000	\$236,000-\$246,000
MAGI phase-out ranges for Roth IRA annual contributions			
Filing status		2024	2025
Single or head of household		\$146,000-\$161,000	\$150,000-\$165,000
Married filing jointly		\$230,000-\$240,000	\$236,000-\$246,000

Social Security		2024	2025
Social Security taxable wage base		\$167,700	\$174,600
Maximum earnings for individuals under normal retirement age before Social Security benefits are reduced. One dollar in benefits will be withheld for every \$2 in earnings above the limit.		\$22,320 (\$1,860/mo)	\$23,160 (\$1,930/mo)
Maximum Social Security benefit at Social Security full retirement age		\$3,627	\$3,739
529/Gift Tax Exclusion			
Filing status		2024	2025
Single or head of household		\$18,000	\$19,000
Married filing jointly		\$36,000	\$38,000
Health Savings Accounts (HSAs)		2024	2025
Maximum contribution limit	Single	\$4,150	\$4,250
	Family	\$8,300	\$8,750
	Catch-Up (age 55 by the end of the year)	\$1,000	\$1,000
Minimum annual deductible for High Single Deductible Health Plan (HDHP)	Single	\$1,600	\$1,650
	Family	\$3,200	\$3,300
HDHP maximum out-of-pocket expenses	Single	\$8,050	\$8,300
	Family	\$16,100	\$16,600

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