

# Enhanced Catch-Up: 2026 IRS Limits

Thanks to SECURE 2.0 individuals ages 60 to 63 are eligible for an enhanced catch-up contribution.

Here's what you need to know!

## To qualify for the enhanced catch-up contributions, participants must:

- Attain age 60, 61, 62, or 63 by the end of the 2026 calendar year
- Already met the maximum 402(g) deferral limit

**Note:** Once a participant turns 64, they revert to the standard 50+ catch-up contribution limit.  
*Ex. John Doe is 63 and turning 64 in 2026. His catch-up contribution is capped at \$8,000.*

## Catch-Up Contribution Limits

401(k), 403(b) & 457 Plans	Ages 50-59; 64+	Ages 60-63
Salary (Elective) Deferrals	\$24,500	\$24,500
Catch-Up Salary (Elective) Deferrals	\$8,000	\$11,250
<b>Total Annual Contribution Limit</b>	<b>\$32,500</b>	<b>\$35,750</b>
SIMPLE IRA	Ages 50-59; 64+	Ages 60-63
Salary (Elective) Deferrals	\$17,000	\$17,000
Catch-Up Salary (Elective) Deferrals	\$4,000	\$5,250
<b>Total Annual Contribution Limit</b>	<b>\$21,000</b>	<b>\$22,250</b>

## Other Limits to Look for:

SECURE 2.0 also includes new provisions regarding Roth contributions for high earners. The IRS rules for this provision were delayed until 2026.

If a participant's wages exceed \$150,000 in the previous year (subject to cost-of-living adjustments), they have to make catch-up contributions on a Roth basis.

Making catch-up contributions on an after-tax Roth basis means paying taxes on your retirement savings now and allowing them to grow tax free in retirement.

**For more details regarding these and other retirement-related cost-of-living adjustments for 2026 visit the [IRS website](#) or contact My Benefits (678)974-3241.**