

Cost of Living Adjustment (COLA) Limits for 2026

IRS Announces 2026 Retirement Plan Limits

The Internal Revenue Service (IRS) recently announced 2026 cost of living adjustments for retirement plans.

Highlights include:

- The elective deferral (contribution) limit for employees who participate in 401(k), 403(b), and most 457 plans will increase from \$23,500 in 2025 to **\$24,500** in 2026.
- The catch-up contribution limit for participants age 50 and over will increase from \$7,500 in 2025 to **\$8,000** in 2026.
- **Please Note:** As a result of SECURE 2.0, a higher catch-up contribution limit applies to participants attaining age 60, 61, 62, or 63 during the calendar year. The higher catch-up contribution limit will remain unchanged at **\$11,250** in 2026.
- The maximum defined contribution limit (total of employee and employer contributions) will increase from \$70,000 in 2025 to **\$72,000** in 2026.
- The annual income limit used to determine a Highly Compensated Employee will remain unchanged at **\$160,000** in 2026.
- The maximum compensation limit will increase from \$350,000 in 2025 to **\$360,000** in 2026.
- The contribution limit for Individual Retirement Accounts (IRAs), including Roth IRAs, will increase from \$7,000 in 2025 to **\$7,500** in 2026.
- The IRA catch-up contribution limit for those age 50 and over will increase from \$1,000 in 2025 to **\$1,100** in 2026.

You may also want to refer to the IRS Press Release for the full announcement and additional information.

<https://www.irs.gov/newsroom/401k-limit-increases-to-24500-for-2026-ira-limit-increases-to-7500>

To change your 401(k) contributions, if you have questions about your current investment elections, or need more information regarding the options in the Trinity Products, LLC 401(k) Plan, please log on to rps.troweprice.com or contact T. Rowe Price at 1-800-354-2351. For 401(k) investment advice, please contact the professional staff at OneDigital Investment Advisors at 314-746-1700.