

2026 IRA Contributions & Deductions Guide



IRAs & OTHER ACCOUNTS

Max Contribution Limit Standard¹	Max Catch-Up	Distributions	Contributions	Account Creation Deadline	Contribution Deadline
\$7,500 Traditional IRA	\$8,600	Tax-Deferred	Deductible	4/15/2027	4/15/2027
\$7,500 Roth IRA	\$8,600	Tax-Free	Not Deductible	4/15/2027	4/15/2027
\$24,500 Roth Solo 401(k) - Employee Deferral	\$32,500 (\$35,750 for ages 60-63)	Tax-Free	Not Deductible	12/31/2026	12/31/2026
\$24,500 Solo 401(k) - Employee Deferral	\$32,500 (\$34,750 for ages 60-63)	Tax-Deferred	Deductible	12/31/2026	12/31/2026
\$17,000 SIMPLE IRA	\$21,000 (\$21,750 for ages 60-63)	Tax-Deferred	Deductible	10/01/2026	12/31/2026
\$72,000 SEP IRA	None	Tax-Deferred	Deductible	Employer's Tax-Filing Deadline²	Employer's Tax-Filing Deadline²
\$2,000 CESA	None	Tax-Free	Not Deductible	4/15/2027	4/15/2027
\$4,400 HSA - Single	\$5,400	Tax-Free	Deductible	4/15/2027	4/15/2027
\$8,750 HSA - Family	\$9,750	Tax-Free	Deductible	4/15/2027	4/15/2027

INDIVIDUAL RETIREMENT PLANS

Traditional IRA

If You HAVE a Retirement Plan at Work

2026 Deductible Contribution Limits - Based on Modified Adjusted Gross Income (MAGI)

	Full Deduction	Partial Deduction	No Deduction
Single or Head of Household	Less than or equal to \$81,000	Greater than \$81,000 but less than \$91,000	Greater than or equal to \$91,000
Married Filing Jointly or Qualifying Widow(er)	Less than or equal to \$129,000	Greater than \$129,000 but less than \$149,000	Greater than or equal to \$149,000
Married Filing Separately	-	Less than \$10,000	Greater than or equal to \$10,000

If You DO NOT HAVE a Retirement Plan at Work

2026 Deductible Contribution Limits - Based on Modified Adjusted Gross Income (MAGI)

	Full Deduction	Partial Deduction	No Deduction
Single or Head of Household or Qualifying Widow(er)	Any Amount	-	-
Married Filing Jointly or Separately with a spouse who does not have a plan at work	Any Amount	-	-
Married Filing Jointly with a spouse who has a plan at work	Less than or equal to \$242,000	Greater than \$242,000 but less than \$252,000	Greater than or equal to \$252,000
Married Filing Separately with a spouse who has a plan at work	-	Less than \$10,000	Greater than or equal to \$10,000

Roth IRA

Modified Adjusted Gross Income (MAGI) levels required for contributing to a Roth IRA

	Full Contribution	Partial Contribution	No Contribution
Single, Head of Household, or Married Filing separately and you did not live with your spouse at any time during the year	Less than \$153,000	Greater than or equal to \$153,000 but less than \$168,000	Greater than or equal to \$168,000
Married Filing Jointly or Qualifying Widow(er)	Less than \$242,000	Greater than \$242,000 but less than \$252,000	Greater than or equal to \$252,000
Married Filing Separately and you lived with your spouse at any time during the year	-	Less than \$10,000	Greater than or equal to \$10,000

SMALL BUSINESS RETIREMENT PLANS

SIMPLE IRA	SEP IRA	Solo 401(k)³
Employer must contribute a matching contribution of 1-3% or a 2% non-elective contribution of employee's salary. Employees may contribute through salary deduction.	Employer contributes only up to 25% of employee's salary, up to \$72,000 maximum employer contribution limit. Maximum considered compensation of \$360,000.	Employee can defer up to \$24,500 \$32,500 (if 50 or older) Employer can contribute up to 25% of compensation. Maximum of \$72,000 (\$80,000 for 50+, \$83,250 for 60-63).

OTHER PLANS

CESA

2026 Modified Adjusted Gross Income (MAGI) levels required for contributing to CESA

	Up to the Limit	A Reduced Amount	No Contribution
Single, Head of Household, or Married Filing Separately	Less than \$95,000	Greater than \$95,000 but less than \$110,000	Greater than or equal to \$110,000
Married Filing Jointly	Less than \$190,000	Greater than or equal to \$190,000 but less than \$220,000	Greater than or equal to \$220,000

¹Maximum contribution for all of account holder's IRAs combined - Traditional and Roth.
²2026 account must be established by the employer's tax-filing deadline for the tax-year contributions.
³For the Solo 401(k) Roth component guidelines, visit IRS.gov.