

2026

# Retirement and tax reference guide

## Retirement

### IRA and Roth contribution limits

Under age 50	\$7,500
Age 50 and over	\$8,600

### Deductibility of IRA contribution (phaseouts)

Covered by retirement plan	MAGI
Single and HOH <sup>1</sup>	\$81,000 - \$91,000
MFJ <sup>2</sup>	\$129,000 - \$149,000
MFS <sup>3</sup>	\$0 - \$10,000

### Not covered by retirement plan

No spouse covered	Unlimited
Spouse covered	\$242,000 - \$252,000

### Roth contribution eligibility

	MAGI
Single and HOH	\$153,000 - \$168,000
MFJ	\$242,000 - \$252,000
MFS	\$0 - \$10,000

### SEP contribution

Up to 25% of compensation	Max \$72,000
Compensation requiring a SEP contribution	\$800

### SIMPLE elective deferral<sup>4</sup>

Under 50	\$17,000
Age 50 and over	\$21,000
Ages 60 - 63 only	\$22,250

### 401(k), 403(b), 457, and SARSEP<sup>4</sup>

Under 50	\$24,500
Age 50 and over	\$32,500
Ages 60 - 63 only	\$35,750

### Defined contribution §415 limit

\$72,000

### Defined benefit §415 limit

\$290,000

### Highly compensated employee

\$160,000

### Compensation limit

\$360,000

### Qualifying longevity annuity contract dollar limit

\$210,000

## 2026 tax brackets

### Single

	Marginal tax rate
\$0 - \$12,400	10%
\$12,401 - \$50,400	12%
\$50,401 - \$105,700	22%
\$105,701 - \$201,775	24%
\$201,776 - \$256,225	32%
\$256,226 - \$640,600	35%
\$640,601 or more	37%

### Married filing jointly (MFJ)

	Marginal tax rate
\$0 - \$24,800	10%
\$24,801 - \$100,800	12%
\$100,801 - \$211,400	22%
\$211,401 - \$403,550	24%
\$403,551 - \$512,450	32%
\$512,451 - \$768,700	35%
\$768,701 or more	37%

### Married filing separately (MFS)

	Marginal tax rate
\$0 - \$12,400	10%
\$12,401 - \$50,400	12%
\$50,401 - \$105,700	22%
\$105,701 - \$201,775	24%
\$201,776 - \$256,225	32%
\$256,226 - \$384,350	35%
\$384,351 or more	37%

### Head of household (HOH)

	Marginal tax rate
\$0 - \$17,700	10%
\$17,701 - \$67,450	12%
\$67,451 - \$105,700	22%
\$105,701 - \$201,775	24%
\$201,776 - \$256,200	32%
\$256,201 - \$640,600	35%
\$640,601 or more	37%

### Estate and trust

	Top marginal tax rate
\$16,001+	37%

<sup>1</sup> HOH - Head of household

<sup>2</sup> MFJ - Married filing jointly

<sup>3</sup> MFS - Married filing single

<sup>4</sup> Starting in 2025, employees aged 60 to 63 years old who participate in one of those work plans have a higher catch-up contribution limit.

## Long-term capital gains/ qualified dividend rates

	0%	15%	20%
Single	\$49,450	\$545,500	\$545,501+
Married filing jointly	\$98,900	\$613,700	\$613,701+
Married filing separately	\$49,450	\$306,850	\$306,851+
Head of household	\$66,200	\$579,600	\$579,601+
Estate and trust	\$3,250	\$15,900	\$15,901+

## Social Security schedules

### Taxability of Social Security benefits

	50% if over <sup>*1</sup>	85% if over <sup>*1</sup>
Single	\$25,000	\$34,000
MFJ	\$32,000	\$44,000

<sup>\*1</sup> Applicable if total of one-half of benefits and all other income is more than listed MAGI amount or if married filing separately and lived with spouse at any time during the year.

### Social Security benefit reductions (based on earnings)

Benefit reduced \$1 for every \$2 of earnings above maximum	\$24,480
In the year of full retirement, benefit reduced \$1 for every \$3—applies only to months prior to full retirement age	\$65,160
At full retirement age	No reduction

### Maximum compensation subject to FICA taxes

OASDI (Social Security) maximum	\$184,500
HI (Medicare) maximum	No limit

## Retirement savings contributions credit (Saver's credit)

	Married filing jointly	Head of household	All other filers
10% tax credit	\$80,500	\$60,375	\$40,250
20% tax credit	\$52,000	\$39,375	\$26,250
50% tax credit	\$48,500	\$36,375	\$24,250

## Uniform lifetime table

This table is used for calculating lifetime required minimum distributions (RMDs) from qualified retirement plans and traditional IRAs for account holders whose spouse is not more than 10 years younger and the sole primary beneficiary.<sup>\*2</sup>

Age	Distribution period	Age	Distribution period
72	27.4	97	7.8
73	26.5	98	7.3
74	25.5	99	6.8
75	24.6	100	6.4
76	23.7	101	6.0
77	22.9	102	5.6
78	22.0	103	5.2
79	21.1	104	4.9
80	20.2	105	4.6
81	19.4	106	4.3
82	18.5	107	4.1
83	17.7	108	3.9
84	16.8	109	3.7
85	16.0	110	3.5
86	15.2	111	3.4
87	14.4	112	3.3
88	13.7	113	3.1
89	12.9	114	3.0
90	12.2	115	2.9
91	11.5	116	2.8
92	10.8	117	2.7
93	10.1	118	2.5
94	9.5	119	2.3
95	8.9	120+	2.0
96	8.4	—	—

<sup>\*2</sup> For retirement plans, for 2024 and later years, RMDs are no longer required from designated Roth accounts.

## Federal estate, gift, and generation skipping transfer tax

Max tax rate	Tax exclusion
40%	\$15M

## Health savings account

Individual coverage <sup>*3</sup>	\$4,400
Family coverage <sup>*3</sup>	\$8,750

<sup>\*3</sup> Persons 55 and older can contribute up to \$1,000 extra to their HSA.



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