

## Retirement Plan Limits

<b>401(k), 403(b), or 457 Retirement Plan Limits</b>	<b>2022 Calendar Year</b>	<b>2023 Calendar Year</b>	<b>(Age 50+) 2023 Calendar Year</b>
Salary Deferral Limit	\$20,500	<b>\$22,500</b>	<b>\$30,000</b>
Catch-Up Contribution Limit			<b>\$7,500</b>

<b>Traditional or Roth IRA Retirement Plan Limits</b>	<b>2022 Calendar Year</b>	<b>2023 Calendar Year</b>	<b>(Age 50+) 2023 Calendar Year</b>
Contribution Limit	\$6,000	<b>\$6,500</b>	<b>\$7,500</b>
Catch-Up Contribution Limit			<b>\$1,000</b>

Sources:

<https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-ira-contribution-limits>

<https://www.irs.gov/newsroom/401k-limit-increases-to-22500-for-2023-ira-limit-rises-to-6500>