

Retirement Contributions in 2025

January 2025 has brought new contribution limits for retirement plans, providing new opportunities for savers to boost retirement savings.

In 2025, retirement plan contribution limits have increased and SECURE 2.0 has raised catch-up limits, providing eligible participants with a chance to save even more. While IRA contribution limits have stayed the same, there’s still time to help clients make 2024 contributions.

What are the limits for 2025?

- IRA/Roth IRA contribution limit: \$7,000
- IRA/Roth IRA catch-up for those ages 50 and older: \$1,000
- SIMPLE IRA deferral limit: \$16,500
- SIMPLE IRA catch-up for those ages 50 and older: \$3,500
- SIMPLE IRA “super” catch-up for those ages 60-63: \$5,250
- SEP-IRA contribution limit: \$70,000

What are the income limits to deduct IRA contributions?

	2024	2025
Single taxpayers covered by a workplace retirement plan	\$77,000 to \$87,000	\$79,000 to \$89,000
Married Filing Jointly—this applies when the spouse making the IRA contribution is covered by a workplace retirement plan	\$123,000 to \$143,000	\$126,000 to \$146,000
A taxpayer not covered by a workplace retirement plan married to someone who is covered	\$230,000 to \$240,000	\$236,000 to \$246,000
Married Filing Separately—this applies to taxpayers covered by a workplace retirement plan	\$0 to \$10,000	\$0 to \$10,000
SEP-IRA contribution limit	\$69,000	\$70,000

What are the due dates for 2024 contributions?

- IRA: Tax-filing deadline, not including extensions, is April 15, 2025.
- SEP-IRA: Tax-filing deadline including extensions timely filed is October 15, 2025.

¹Deductions for IRA contributions are phased out between the indicated income levels.
Source: Internal Revenue Service. “IR-2024-285, 401(k) limit increases to \$23,500 for 2025, IRA limit remains \$7,000.” IRS.gov, Nov. 1, 2024.

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How can clients make an IRA contribution for last year?

Clients can send their IRA contributions to the IRA custodian prior to the tax-filing deadline (April 15, 2025) and note that it is for a 2024 contribution. Note that if it is a SEP-IRA contribution, the custodian doesn't report the tax year to the IRS—only the contribution year. The taxpayer is responsible for reporting the contribution year.

ACTIONS YOU CAN TAKE RIGHT NOW

- Ensure clients are making the most of their retirement contributions.
- For married clients, take a look at spousal contributions. Could clients save more?
- Review whether a Roth IRA might be a better option for some clients, with tax-free retirement income.

Additional Resources and Links

[Retirement Contributions in 2024](#)

[Power of Tax Deferral Calculator](#)

[2025 Federal Tax Amounts and Limits](#)

For more information about retirement planning,
please contact our Retirement Strategies Group at
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