

Both Traditional IRA & Roth IRA Plan Contribution Limits & Deadlines

Tax Year	Maximum Contribution Deferral Limit (if under age 50)	Maximum Contribution Deferral Limit (if over age 50)	Contribution Deadline
2022	\$6,000	\$7,000	4/15/2023
Tax Year	Catch-Up Deferral Limit (Age 50+)		Contribution Deadline
2022	\$1,000		4/15/2023

Simple IRA Plan Contribution Limits & Deadlines

Tax Year	Maximum Contribution Deferral Limit (if under age 50)	Maximum Contribution Deferral Limit (if over age 50)	Contribution Deadline
2022	\$14,000	\$17,000	4/15/2023
Tax Year	Catch-Up Deferral Limit (Age 50+)		Contribution Deadline
2022	\$3,000		4/15/2023

401K, 403B & 457 Plan Contribution Limits & Deadlines

Tax Year	Maximum Employee Contribution (Deferral Limit)	Maximum Employee Contribution (if Age 50+)	Contribution Deadline
2022	\$20,500	\$26,000	Deferred from last paycheck or Dec. 31, 2021
Tax Year	Maximum Catch-up Contribution (Catch-Up Deferral Age 50+ Limit)		Contribution Deadline
2022	\$6,500		Deferred from last paycheck or Dec. 31, 2021
Tax Year	Maximum Employer Contribution (if under age 50)*	Maximum Employer Contribution (if over age 50)*	Contribution Deadline
2022	\$61,000	\$67,500	4/15/2023 (plus extension if needed to 10/15/2023)