

## 10% Early Distribution Penalty Exceptions

Type of Exception	Exception Applies To:		
	Plans and IRAs (Including SEP and SIMPLE IRAs)	IRAs Only (Including SEP and SIMPLE IRAs)	Plans Only
Death	✓		
Disability	✓		
Annuitizing (72(t) - Substantially Equal Periodic Payments)	✓		
Medical Expenses (over 7.5% AGI)	✓		
IRS Levy	✓		
Active Reservists	✓		
Birth or Adoption (\$5,000)	✓		
Terminal Illness	✓		
Federally declared disasters (\$22,000)	✓		
Higher Education Expenses		✓	
First Time Homebuyer (\$10,000)		✓	
Health Insurance if you are Unemployed		✓	
Age 55			✓
Age 50 or 25 years of service for Public Safety Employees			✓
Section 457(b) (governmental) plans			✓
Divorce (QDRO - Qualified Domestic Relations Order)			✓
Phased Retirement Distributions from Federal Plans			✓

### Exceptions effective in 2024:

For both plans and IRAs:

- Domestic abuse (\$10,000) and emergency expenses (\$1,000)

For plans only - Pension-linked savings accounts (\$2,500)

**Exception effective in 2025:** For plans only - Long-term care (\$2,500)