<table>
<thead>
<tr>
<th>Participants under age 50 throughout calendar year</th>
<th>Participants who turn(ed) 50 during 2022 or earlier</th>
</tr>
</thead>
<tbody>
<tr>
<td>$22,500</td>
<td>$30,000</td>
</tr>
</tbody>
</table>

**What counts toward the elective limit?**

- Contributions to the Commonwealth of Virginia 457 Deferred Compensation Plan (DCP) administered by the Virginia Retirement System (VRS)
- Voluntary contributions to the Hybrid 457 component of the Virginia Retirement System Hybrid Retirement Plan (VRS Hybrid)
- Contributions to the VCU Health System 457(b) plan
- Elective deferrals to any other 457(b) plan you participate(d) in during 2023

**Tips:**

- 403(b) and 457(b) elective deferral limits are separate
- The Virginia Retirement System will monitor contributions to its DCP and Hybrid plans to prevent participants from exceeding the deferral limit.
- If you participate(d) in any other 457(b) plan(s) during 2023, it is your responsibility to make sure that your total 457(b) deferrals do not exceed the calendar year limit.
- To maximize opportunities and ease, consider participating in 457(b) savings through one employer rather than through multiple separate employers. VCU, VCU Health System, and MCV Physicians are separate employers.
- 457(b) plans may offer a special Catch Up within 3 years of normal retirement age to allow participants to defer additional amounts. If you are within 3 years of normal retirement age, consult with your HR office if you wish to explore this option.