

2022 IRS Rules for IRA Required Minimum Distributions (RMD) & Retirement Plans

Required Minimum Distributions, or RMDs, are minimum amounts that many retirement plans and IRA account owners must generally withdraw annually after they reach age 72. Account owners can delay taking their first RMD until April 1 following the later of the calendar year, they reach age 72 or, in a workplace retirement plan, retire. RMDs are taxable income and may be subject to penalties if not timely taken.

Traditional IRA account holders are required to begin taking distributions at age 72, even if they're still working. Account holders reaching age 72 in 2022 must take their first RMD by April 1, 2023, and the second RMD by December 31, 2023, and each year thereafter.

Retirement Plans: In 401(k), 403(b) and 457(b) plans; profit-sharing and other defined contribution plans; and defined benefit plans, the first RMD is due by April 1 of the later of the year they reach age 72, or the participant is no longer employed (if allowed by the plan). A 5% owner of the employer must begin taking RMDs at age 72.

RMD Calculation: You can use the [AARP RMD Calculator](#) to determine your required minimum distribution for 2021.

50% Penalty: If you don't take your RMD, you may have to pay a 50% excise on the amount not distributed.

Visit the [IRS RMD](#) update to learn more.