

AGE 72-75

- If you were born between July 1, 1949 - December 31, 1950, you should have started taking RMDs from your Traditional IRAs or workplace plans the year you turned 72. If you were born between 1951-1959, you should begin taking RMDs in the year you reach age 73. Those born in 1960 or later begin RMDs at age 75.¹⁰ However, if you continue to work past your applicable RMD age and participate in a qualified plan, your employer's plan may allow you to delay RMDs until the year you retire.
- Your required beginning date is April 1 of the year following the year you reach the applicable age. However, if you wait until April 1st to take your first RMD, you must also take a second RMD by December 31st of the same calendar year. Each subsequent RMD is due by 12/31 of the calendar year.
- Qualified Charitable Distributions (QCDs)(discussed previously) may be used to offset your annual RMD up to the QCD amount or \$108,000 (2025), whichever is less. Any remaining RMD due must still be satisfied, and ordinary income taxes paid.



1. www.irs.gov/pub/irs-drop/n-24-80.pdf
2. IRC Section 72(t)(10) – Eligible federal employees include federal law enforcement officers, custom and border protection officers, federal firefighters, and air traffic controllers
3. www.ssa.gov/pubs/EN-05-10084.pdf
4. www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-tax-on-early-distributions
5. www.ssa.gov/benefits/retirement/planner/agereduction.html
6. www.ssa.gov/pubs/EN-05-10043.pdf
7. www.ssa.gov/pubs/EN-05-10147.pdf
8. www.ssa.gov/benefits/retirement/planner/delayret.html
9. www.irs.gov/pub/irs-pdf/p590b.pdf Qualified Charitable Distributions, March 2024
10. www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds