Rolling your retirement accounts

Permitted rollovers

Roll over from	Roll over to							
	Traditional IRA	Qualified Plan[1] (pretax)	403(b) (pretax)	SEP IRA	SIMPLE IRA	Governmental 457(b)	Roth IRA	Designated Roth Account (401(k), 403(b), or 457(b))
Traditional IRA	YES[2]	YES	YES	YES[2]	YES, after two years[2]	YES[4]	YES[3]	NO
Qualified Plan[1] (pretax)	YES	YES	YES	YES	YES, after two years	YES[4]	YES[3]	YES[3,5]
403(b) (pretax)	YES	YES	YES	YES	YES, after two years	YES[4]	YES[3]	YES[3,5]
Sep IRA	YES[2]	YES	YES	YES[2]	YES, after two years[2]	YES[4]	YES[3]	NO
Simple IRA	YES, after two years[2]	YES, after two years	YES, after two years	YES, after two years[2]	YES[2]	YES, after two years[4]	YES, after two years[3]	NO
Governmental 457(b)	YES	YES	YES	YES	YES, after two years	YES	YES[3]	YES[3,5]
Roth IRA	NO	NO	NO	NO	NO	NO	YES2,[3]	NO
Designated Roth Account (401(k), 403(b), or 457(b))	NO	NO	NO	NO	NO	NO	YES	YES[6]

Blue highlights indicate that a rollover is not permitted. See glossary on back.

[1] Qualified plans include, for example, profit-sharing, 401(k), money purchase, and defined benefit plans
[2] Beginning in 2015, only one indirect rollover in any 12-month period is applicable in aggregate to all taxpayer's IRAs
[3] Must include in income
[4] Must have separate accounts
[5] Must be an in-plan rollover
[6] Any amounts distributed must be rolled over via direct (trustee-to-trustee) transfer to be excluded from income

Glossary

Traditional IRA:

A retirement account established by an individual. This account can be funded by contributions at any age, as long as the individual has earned income or through a rollover from another retirement plan or account. This account is generally funded on a pretax basis through tax-deductible contributions (the deduction is limited by certain income thresholds), but also accepts non-deductible contributions.

Simplified Employee Pension (SEP) IRA:

An IRA-based retirement plan available to small-business owners and their employees. This type of plan is set up and funded by the employer offering the plan (an employee may also contribute to a SEP IRA).

Savings Incentive Match Plan for Employees (SIMPLE) IRA:

An IRA-based retirement plan available to small-business owners (fewer than 100 employees who received at least $5,000 in compensation from the employer in the preceding year) and their employees.
A SIMPLE IRA allows an employee to defer some of their salary on a pretax basis with the employer providing a matching contribution.

Roth IRA:

An IRA variation that allows for tax-free withdrawals after the satisfaction of specific holding period requirements. Roth IRAs are funded with after-tax dollars and can be funded through contributions from the individual (you must have earned income; contributions are not allowed if your income exceeds certain limits) or through a taxable "conversion" of another type of retirement plan or account.

Governmental 457(b):

A retirement plan that is offered to employees of a state or local government. This plan includes pretax contributions from both the employee and the employer.

403(b):

A retirement plan that is offered to employees of tax-exempt employers, such as an educational institution, hospital, or church. Contributions to this type of plan are generally made on a pretax basis by both the employee and the employer. A 403(b) plan funded via an annuity contract may also be referred to as a Tax-Sheltered Annuity (TSA).

Qualified plan:

A term that broadly applies to retirement plans offered by employers to their employees that comply with requirements outlined by the Department of Labor, the Internal Revenue Code, and the Employee Retirement Income Security Act of 1974 (ERISA). These plans include 401(k) plans, profit-sharing plans, money purchase plans, defined benefit plans, and many other variations.

Designated Roth account:

A separate account in certain employer-sponsored qualified plans that holds designated Roth contributions. The amount contributed to a designated Roth account is includible in gross income in the year of the contribution, but eligible distributions from the account (including earnings) are generally tax-free. The employer must separately account for all contributions, gains, and losses to this designated Roth account until this account balance is completely distributed.

Note: The definitions provided above are simplified descriptions and are not intended to describe all aspects of the retirement plans and accounts.

Rollovers and transfers may be subject to differences in features and expenses. Indirect transfers may be subject to taxation and penalties. Consult your tax advisor regarding your situation.

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