

# How to monitor carry forward concessional contributions



## 1 July 2025

You may make concessional contributions that are greater than the annual cap if you are eligible to utilise unused concessional contribution cap from the previous five financial years. This could help you manage tax and save more for retirement.

### What are concessional contributions?

There are many ways you can contribute to superannuation. Commonly contributions are categorised as concessional or non-concessional. Concessional contributions (CCs) include:

- contributions made for you by your employer (eg Superannuation Guarantee and salary sacrifice super contributions), and
- personal contributions that you claim as a personal tax deduction.

CCs (within your cap – see below) are taxed at the concessional rate of up to 15% (or up to 30% if your income<sup>1</sup> from certain sources exceeds \$250,000) within your super fund. However, additional tax and penalties may apply for contributions made above your cap. Non-concessional contributions include those made with after-tax money, such as your take home pay, or funds in your bank account. A different cap applies to non-concessional contributions. See [ato.gov.au](https://ato.gov.au)

### What are catch-up contributions?

Caps apply to limit the contributions you can make to superannuation without having to pay additional tax and other penalties. Concessional contributions count towards the annual CC cap (\$30,000<sup>2</sup> for 2025/26). If you don't fully utilise your CC cap in the five previous financial years you can 'carry forward' the unused cap amount, and you may be eligible to make 'catch up' concessional contributions in the current financial year. For example, for the 2025/26 financial year, you may be eligible to utilise the unused cap amounts from 2020/21 to 2024/25. The annual CC cap for 2020/21 was \$25,000, for 2021/22 to 2023/24 was \$27,500 and for 2024/25 was \$30,000.

### Who is eligible?

To be eligible to make catch up CCs, you need to:

- have a total 'total super balance'<sup>3</sup> at 30 June prior below \$500,000 (eg at 30 June 2025 for the 2025/26 financial year)
- be eligible to make super contributions (up to age 75<sup>4</sup>), and
- to claim a tax deduction for personal super contributions, the contribution is received by the super fund before you turn 67, otherwise you need to have met the work test in the financial year you're making the contribution or be eligible for the work test exemption.

You can only carry forward unused CCs for five financial years, after which they expire.

<sup>1</sup> Income for this purpose includes taxable income, reportable fringe benefits, total net investment losses, net amount on which family trust distribution tax has been paid and low tax contributions (concessional contributions that are within your concessional cap).

<sup>2</sup> Cap may be indexed in future years.

<sup>3</sup> Total super balance includes the total of all amounts you hold in super accumulation and pension accounts, in-transit rollovers, and if you have a self-managed super fund, it may also include your share of the outstanding balance of a limited recourse borrowing arrangement. The total is reduced by personal injury or structured settlement contributions made to super.

<sup>4</sup> Super contributions can be received by the super fund up to 28 days following the end of the month you turn 75.

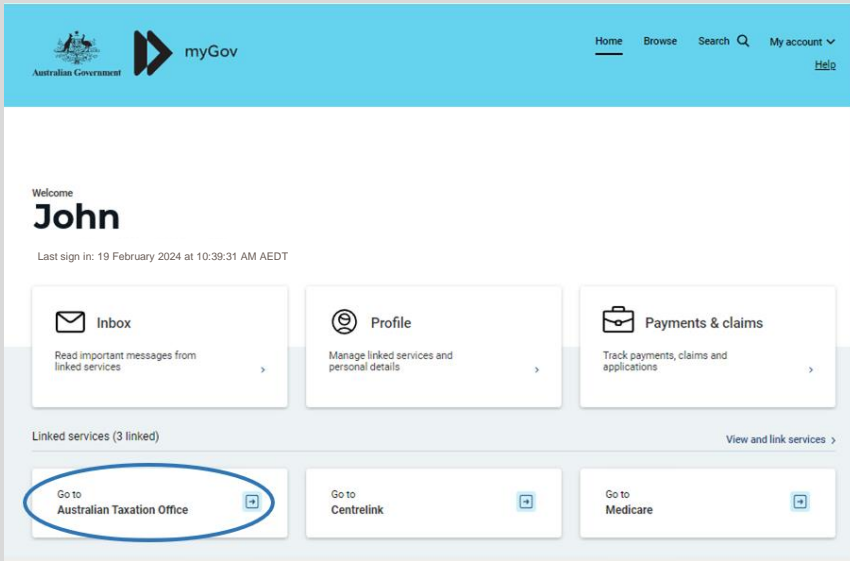
# How to monitor carry forward concessional contributions

## How to access carry forward CC details on myGov

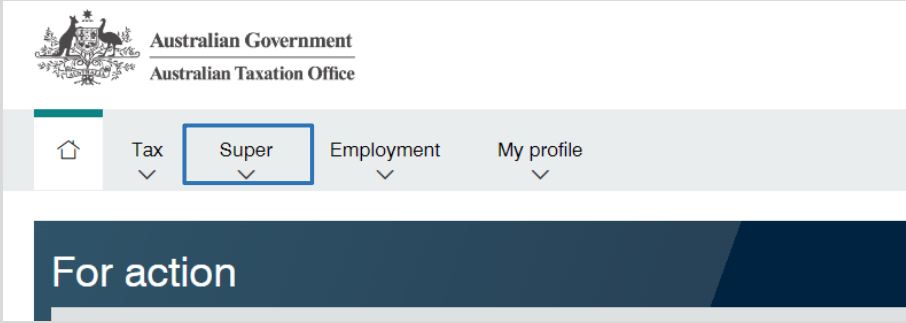
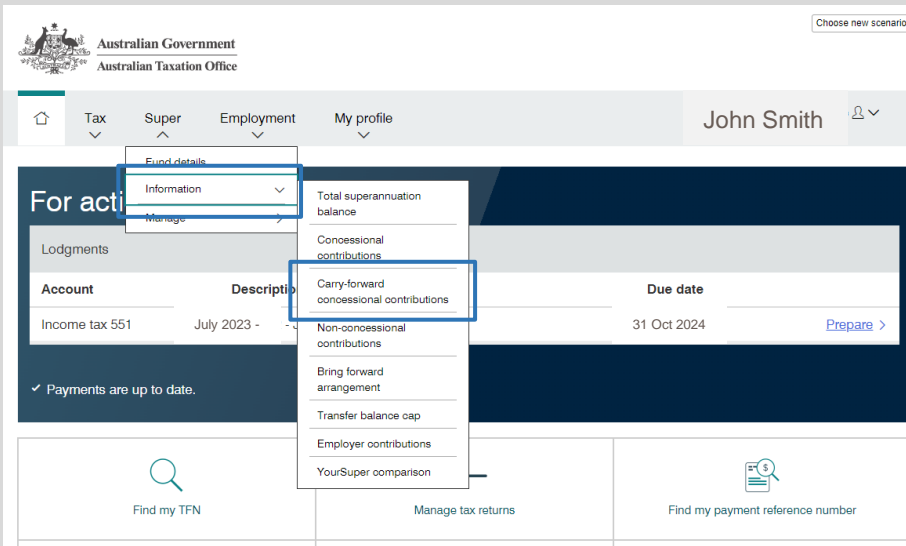
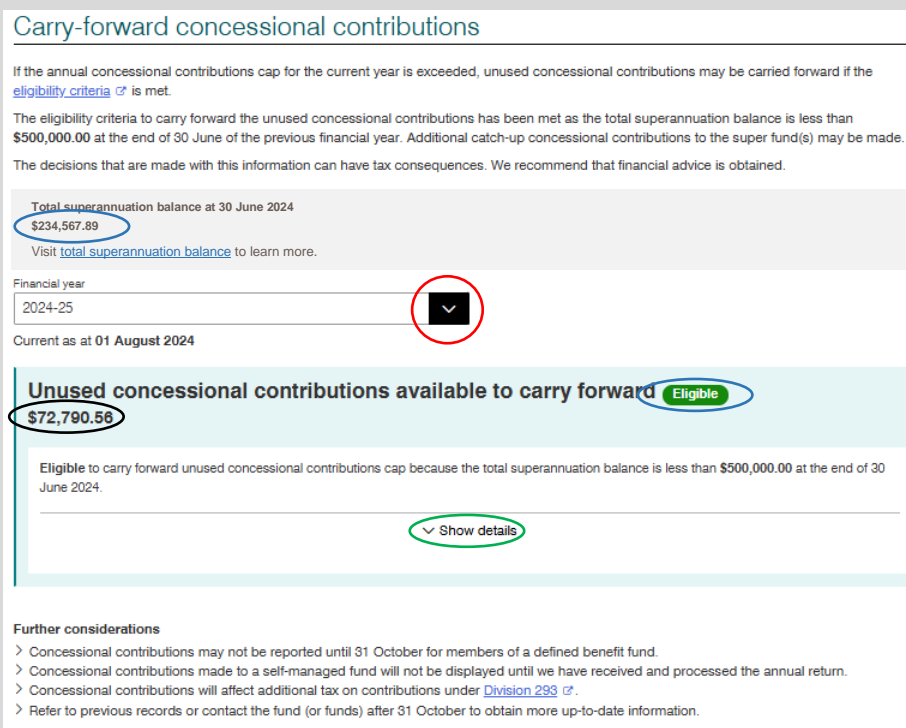
There are a few ways you can monitor your available carry forward CCs. This includes:

- keeping detailed records of all the contributions you and others (such as your employer) have made to your super accounts for the last five financial years
- contacting your super funds to check what contributions have been received to your account in the past (including the accounts you may have closed), and
- checking your details on myGov.

The following pages explain the steps to access your carry forward CC information through myGov. However, there may be a delay before your super fund reports details about your contributions to the ATO. It is recommended that you refer to your super fund records rather than only relying on the information in myGov as additional tax may apply if the CC cap is exceeded.

Steps	Details
1. Login to your myGov account by visiting <a href="https://my.gov.au">my.gov.au</a>	<p><b>Don't have a myGov account?</b></p> <p>Use the link below and follow the steps.</p> <p><a href="#">Click here</a> for instructions on how to create a myGov account or visit: <a href="https://my.gov.au/en/about/help/mygov-website/create-mygov-account">my.gov.au/en/about/help/mygov-website/create-mygov-account</a></p>
2. Select the ATO service	 <p><b>Haven't linked the ATO to your myGov account?</b></p> <p>Use the link below and follow the steps.</p> <p><a href="#">Click here</a> for instructions on how to link the ATO to myGov or visit: <a href="https://my.gov.au/en/about/help/mygov-website/link-services-to-your-account/link-the-australian-taxation-office">my.gov.au/en/about/help/mygov-website/link-services-to-your-account/link-the-australian-taxation-office</a></p>

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Steps	Details
3. Select the 'Super' tab	 <p>The screenshot shows the ATO website with the 'Super' tab highlighted in the navigation menu. The 'For action' section is visible below the navigation bar.</p>
4. Click the 'Information' option. Then select 'Carry forward concessional contributions'	 <p>The screenshot shows the ATO website with the 'Information' dropdown menu open. The 'Carry forward concessional contributions' option is highlighted. The 'For action' section is visible below the navigation bar.</p>
5. Use the arrow (red circle) to reveal a drop-down list to select a financial year.  Your TSB as at the 30 June prior to the relevant financial year is displayed, and if you're eligible to make catch up CCs (blue ovals)  Your unused CCs available to carry forward is displayed (black oval)  Click on 'show details' (green oval) to reveal how this figure was calculated in more detail (ie actual CCs and unused amounts for each financial year)  Information will be provided based on the data held by the ATO	 <p>The screenshot shows the 'Carry-forward concessional contributions' page. The total superannuation balance at 30 June 2024 is \$234,567.89. The financial year is set to 2024-25. The unused concessional contributions available to carry forward is \$72,790.56, marked as 'Eligible'. A 'Show details' link is available to view more information.</p> <p><b>Carry-forward concessional contributions</b></p> <p>If the annual concessional contributions cap for the current year is exceeded, unused concessional contributions may be carried forward if the <a href="#">eligibility criteria</a> is met.</p> <p>The eligibility criteria to carry forward the unused concessional contributions has been met as the total superannuation balance is less than \$500,000.00 at the end of 30 June of the previous financial year. Additional catch-up concessional contributions to the super fund(s) may be made.</p> <p>The decisions that are made with this information can have tax consequences. We recommend that financial advice is obtained.</p> <p>Total superannuation balance at 30 June 2024 \$234,567.89 Visit <a href="#">total superannuation balance</a> to learn more.</p> <p>Financial year 2024-25 Current as at 01 August 2024</p> <p><b>Unused concessional contributions available to carry forward</b> Eligible \$72,790.56</p> <p>Eligible to carry forward unused concessional contributions cap because the total superannuation balance is less than \$500,000.00 at the end of 30 June 2024.</p> <p><a href="#">Show details</a></p> <p><b>Further considerations</b></p> <ul style="list-style-type: none"><li>&gt; Concessional contributions may not be reported until 31 October for members of a defined benefit fund.</li><li>&gt; Concessional contributions made to a self-managed fund will not be displayed until we have received and processed the annual return.</li><li>&gt; Concessional contributions will affect additional tax on contributions under <a href="#">Division 293</a>.</li><li>&gt; Refer to previous records or contact the fund (or funds) after 31 October to obtain more up-to-date information.</li></ul>

# How to monitor carry forward concessional contributions

Steps

6. After clicking on ‘show details’, data for the financial year selected is displayed that shows total carry forward amounts available (black oval) and total CCs (green oval) reported, and also reported amounts from each financial year.

The information shown reflects the information that the ATO has received from your super funds to that point. If there is a delay in any of your funds reporting to the ATO, or there has been an error in reporting, the information displayed will not be accurate. It is recommended that you refer to your super fund records rather than only relying on the information in myGov.

Details

Total superannuation balance at 30 June 2024  
\$234,567.89  
[Visit total superannuation balance](#) to learn more.

Financial year  
2024-25  
Current as at 01 August 2024

Unused concessional contributions available to carry forward Eligible  
\$72,790.56

Eligible to carry forward unused concessional contributions cap because the total superannuation balance is less than \$500,000.00 at the end of 30 June 2024.

2024-25 financial year

Description	Amount
Total carry-forward concessional contributions cap ⓘ	\$132,500.00
Concessional contributions ⓘ	\$59,709.44
Unused concessional contributions cap available to carry forward ⓘ	\$72,790.56

Previous financial years

[Key definitions ⓘ](#)

Financial year	Concessional contributions cap	Concessional contributions	Unused concessional contributions cap
01/07/2023 - 30/06/2024	\$27,500.00	\$10,866.96	\$16,633.04
01/07/2022 - 30/06/2023	\$27,500.00	\$10,943.36	\$16,556.64
01/07/2021 - 30/06/2022	\$27,500.00	\$10,931.62	\$16,568.38
01/07/2020 - 30/06/2021	\$25,000.00	\$13,602.50	\$11,397.50
01/07/2019 - 30/06/2020	\$25,000.00	\$13,365.00	\$11,635.00

^ Hide details

## Next steps

Contribution rules and eligibility criteria for catch up CCs are complex. This guide is not designed to provide comprehensive information about how the rules work or apply to you. It is important that you speak with your financial adviser, your registered tax agent and visit the [ato.gov.au](https://ato.gov.au) for more information.

### Important information and disclaimer

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