

## Daylight Saving Time 2022

The UK will be entering GMT as the clocks fall back an hour when Daylight Saving Time ends on Sunday 30th October.

The US will exit DST a week later on Sunday 6th November. This will affect the trading times of some markets over the coming weeks, please find the details of the time changes attached.

### FX - Rolling Cash

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
FX	Open Sunday 22:05 to Friday 22:00	Open Sunday 21:05 to Friday 21:00	Open Sunday 22:05 to Friday 22:00
	Daily trading breaks between 22:00 - 22:05	Daily trading breaks between 21:00 - 21:05	Daily trading breaks between 22:00 - 22:05
FX - AUD, NZD pairs	Open Sunday 22:05 to Friday 21:55	Open Sunday 21:05 to Friday 20:55	Open Sunday 22:05 to Friday 21:55
	Daily trading breaks between 21:55 - 22:05	Daily trading breaks between 20:55 - 21:05	Daily trading breaks between 21:55 - 22:05
Dollar Index (Future)	Open Monday 01:00 to Friday 22:00	Open Monday 00:00 to Friday 21:00	Open Monday 01:00 to Friday 22:00

### Indices - Cash and Futures

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
Australia 200	Open Sunday 23:50 to Friday 21:00	Open Sunday 22:50 to Friday 20:00	Open Sunday 22:50 to Friday 21:00
	Daily trading breaks between 06:30 - 07:10 & 21:00 - 23:50	Daily trading breaks between 05:30 - 06:10 & 20:00 - 22:50	Daily trading breaks between 05:30 - 06:10 & 21:00 - 22:50
Euro Stoxx 50	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
France 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Germany 40	Open Sunday 23:02 to Friday 21:00	Open Sunday 22:02 to Friday 21:00	Open Sunday 23:02 to Friday 21:00
	Daily trading breaks between 21:15-21:30 & 22:00 to 23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00 to 23:00
Hong Kong	Open Monday 02:15 to Friday 20:00	Open Monday 01:15 to Friday 19:00	Open Monday 01:15 to Friday 19:00
	Daily trading breaks between 05:00 - 06:00 , 09:30 - 10:15	Daily trading breaks between 04:00 - 05:00 , 08:30 - 09:15	Daily trading breaks between 04:00 - 05:00 , 08:30 - 09:15
Japan 225	Open Sunday 23:30 to Friday 21:15	Open Sunday 22:30 to Friday 20:15	Open Sunday 23:30 to Friday 21:15
	Daily trading break 22:00 to 23:00	Daily trading break 21:00 - 22:00	Daily trading break 22:00 - 23:00
South Africa 40	Monday to Friday, 07:32 to 16:30	Monday to Friday, 06:32 to 15:30	Monday to Friday, 06:32 to 15:30
Spain 35	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30
Switzerland 20	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
UK100	Open Sunday 23:05 to Friday 21:00	Open Sunday 22:05 to Friday 21:00	Open Sunday 23:05 to Friday 21:00
	Daily trading breaks between 21:15-21:30 & 22:00 to 23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00 to 23:00
US 500	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00 - 23:00	Daily trading breaks between 21:00 - 22:00	Daily trading breaks between 22:00 - 23:00
US 2000	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00 - 23:00	Daily trading breaks between 21:00 - 22:00	Daily trading breaks between 21:15 - 21:30 & 22:00 - 23:00
US Tech 100	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00 - 23:00	Daily trading breaks between 21:00 - 22:00	Daily trading breaks between 22:00 - 23:00
Wall Street 30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00 -23:00	Daily trading breaks between 21:00 -22:00	Daily trading breaks between 22:00 -23:00

### Indices - Futures Differential

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
US 500 / US 2000	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
Wall Street 30 / US Tech 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
Germany 40 / UK 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
Germany 40 / France 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
UK 100 / Euro Stoxx 50	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
Wall Street 30 / Germany 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00
Wall Street 30 / UK 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00

### Equities - Cash Markets

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
UK Equities	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30
EU Equities	Monday to Friday, 08:01 to 16:30	Monday to Friday, 08:01 to 16:30	Monday to Friday, 08:01 to 16:30
Denmark Equities	Monday to Friday 08:02 to 15:55	Monday to Friday 08:02 to 15:55	Monday to Friday 08:02 to 15:55
US Equities	Monday to Friday, 14:31 to 21:00	Monday to Friday, 13:31 to 20:00	Monday to Friday, 14:31 to 21:00
AU Equities	Monday to Friday, 00:00 to 06:00	Sunday to Friday, 23:00 to 05:00	Sunday to Friday, 23:00 to 05:00
SA Equities	Monday to Friday, 08:00 to 15:50	Monday to Friday, 07:00 to 14:50	Monday to Friday, 07:00 to 14:50

### Energy - Futures Markets

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
Brent Crude	Open Monday 01:00 to Friday 21:45	Open Monday 00:00 to Friday 20:45	Open Monday 01:00 to Friday 21:45
	Daily trading breaks between 22:00 - 01:00	Daily trading breaks between 21:00 - 00:00	Daily trading breaks between 22:00 - 01:00
US Light Crude	Open Sunday 23:00 to Friday 21:45	Open Sunday 22:00 to Friday 20:45	Open Sunday 23:00 to Friday 21:45
	Daily trading breaks between 22:00 to 23:00	Daily trading breaks between 21:00 to 22:00	Daily trading breaks between 22:00 to 23:00

### Metals - Rolling Cash

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
Gold	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00 to 23:00	Daily trading breaks between 21:00 to 22:00	Daily trading breaks between 22:00 to 23:00
Silver	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00 to 23:00	Daily trading breaks between 21:00 to 22:00	Daily trading breaks between 22:00 to 23:00
Aluminium	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Copper	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Lead	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Zinc	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Gold /Silver Rolling Spot Differential	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00 to 23:00	Daily trading breaks between 21:00 to 22:00	Daily trading breaks between 22:00 to 23:00

### Bonds - Futures Markets

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
BOBL	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Bund	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
UK Long Gilt	Monday to Friday, 08:00 to 18:00	Monday to Friday, 08:00 to 18:00	Monday to Friday, 08:00 to 18:00

### Cryptocurrency Rolling Cash

Instrument	Trading Hours before 30th October	Trading Hours from 30th October	Trading Hours from 6th November
Bitcoin	Open Sunday 22:05 to Friday 21:00	Open Sunday 21:05 to Friday 20:00	Open Sunday 22:05 to Friday 21:00
	Daily trading breaks between 22:00 - 22:05	Daily trading breaks between 21:00 - 21:05	Daily trading breaks between 22:00 - 22:05
Ether	Open Sunday 22:05 to Friday 21:00	Open Sunday 21:05 to Friday 20:00	Open Sunday 22:05 to Friday 21:00
	Daily trading breaks between 22:00 - 22:05	Daily trading breaks between 21:00 - 21:05	Daily trading breaks between 22:00 - 22:05



Financial Spread and CFDs are complex instruments and come with a high risk of losing money rapidly due to leverage. **81.7%** of retail investor accounts lose money when trading CFDs with this provider.

You should consider whether you understand how CFDs and whether you can afford to take the high risk of losing your money.