

## Daylight Saving Time 2022

The US will enter Daylight Saving Time (DST) on Sunday 13th March. The UK and Europe don't change hours until Sunday 27th March, while Australia will exit DST on 3rd April.  
The table below shows the time changes over the next few weeks.

US enters DST
Europe enters DST
Australia exits DST

| FX - Rolling Cash |   |   |   |   |
|-------------------|---|---|---|---|
| Instrument        | Trading Hours before 13th March (GMT)   | Trading Hours from 13th March (DST)   | Trading Hours from 27th March (GMT+1)   | Trading Hours from 3rd April (GMT+1)  |
| FX                | Open Sunday 22:05 to Friday 22:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 21:05 to Friday 21:00<br>Daily trading breaks between 21:00 - 21:05 | Open Sunday 22:05 to Friday 22:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 22:05 to Friday 22:00<br>Daily trading breaks between 22:00 - 22:05 |
| Dollar Index      | Open Monday 01:00 to Friday 22:00   | Open Monday 00:00 to Friday 21:00   | Open Monday 01:00 to Friday 22:00   | Open Monday 01:00 to Friday 22:00   |

| Indices - Cash and Futures |   |   |   |   |
|----------------------------|---|---|---|---|
| Instrument                 | Trading Hours before 13th March (GMT)   | Trading Hours from 13th March (DST)   | Trading Hours from 27th March (GMT+1)   | Trading Hours from 3rd April (GMT+1)  |
| Australia 200              | Open Sunday 22:50 to Friday 21:00   | Open Sunday 22:50 to Friday 20:00   | Open Sunday 23:50 to Friday 21:00   | Open Monday 00:50 to Friday 22:00   |
| 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  | 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  | Monday to Friday, 07:00 to 21:00  |
| Germany 40                 | Open Sunday 23:02 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  | Open Sunday 22:02 to Friday 21:00<br>Daily trading breaks between 21:00-22:00                   | Open Sunday 23:02 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  | Open Sunday 23:02 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  |
| Hong Kong                  | Open Monday 01:15 to Friday 20:00<br>Daily trading breaks between 04:00 - 05:00, 08:30 - 09:15  | Open Monday 01:15 to Friday 20:00<br>Daily trading breaks between 04:00 - 05:00, 08:30 - 09:15  | Open Monday 02:15 to Friday 21:00<br>Daily trading breaks between 05:00 - 06:00, 09:30 - 10:15  | Open Monday 02:15 to Friday 21:00<br>Daily trading breaks between 05:00 - 06:00, 09:30 - 10:15  |
| Japan 225                  | Open Sunday 23:30 to Friday 21:15<br>Daily trading break 22:00 - 23:00                          | Open Sunday 22:30 to Friday 20:15<br>Daily trading break 21:00 - 22:00                          | Open Sunday 23:30 to Friday 21:15<br>Daily trading break 22:00 to 23:00                         | Open Sunday 23:30 to Friday 21:15<br>Daily trading break 22:00 to 23:00                         |
| South Africa 40            | Monday to Friday, 06:30 to 15:00  | Monday to Friday, 06:30 to 15:00  | Monday to Friday, 07:30 to 16:00  | Monday to Friday, 07:30 to 16:00  |
| 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  | 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  | Monday to Friday, 07:00 to 21:00  |
| UK100                      | Open Sunday 23:05 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 21:00-22:00                   | Open Sunday 23:05 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  | Open Sunday 23:05 to Friday 21:00<br>Daily trading breaks between 21:15-21:30 & 22:00 to 23:00  |
| US 500                     | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 22:00 to Friday 20:30<br>Daily trading breaks between 21:00 - 22:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 |
| US 2000                    | Open Sunday 23:00 to Friday 21:15<br>Daily trading breaks between 21:15 - 21:30 & 22:00 - 23:00 | Open Sunday 22:00 to Friday 20:15<br>Daily trading breaks between 20:15 - 20:30 & 21:00 - 22:00 | Open Sunday 23:00 to Friday 21:15<br>Daily trading breaks between 21:15 - 21:30 & 22:00 - 23:00 | Open Sunday 23:00 to Friday 21:15<br>Daily trading breaks between 21:15 - 21:30 & 22:00 - 23:00 |
| US Tech 100                | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 22:00 to Friday 20:30<br>Daily trading breaks between 21:00 - 22:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 |
| Wall Street 30             | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 22:00 to Friday 20:30<br>Daily trading breaks between 21:00 - 22:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 | Open Sunday 23:00 to Friday 21:30<br>Daily trading breaks between 22:00 - 23:00                 |

| Indices - Futures Differential |                                       |                                     |                                       |                                      |
|--------------------------------|---------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| Instrument                     | Trading Hours before 13th March (GMT) | Trading Hours from 13th March (DST) | Trading Hours from 27th March (GMT+1) | Trading Hours from 3rd April (GMT+1) |
| US 500 / US 2000               | Monday to Friday, 07:00 to 21:00      | Monday to Friday, 07:00 to 21:00    | Monday to Friday, 07:00 to 21:00      | 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 21:00    | Monday to Friday, 07:00 to 21:00      | 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 21:00    | Monday to Friday, 07:00 to 21:00      | 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 21:00    | Monday to Friday, 07:00 to 21:00      | 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 21:00    | Monday to Friday, 07:00 to 21:00      | 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      | 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      | Monday to Friday, 07:00 to 21:00     |

| Equities - Cash Markets |                                       |                                     |                                       |                                      |
|-------------------------|---------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| Instrument              | Trading Hours before 13th March (GMT) | Trading Hours from 13th March (DST) | Trading Hours from 27th March (GMT+1) | Trading Hours from 3rd April (GMT+1) |
| 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      | Monday to Friday, 08:00 to 16:30     |
| EU 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      | Monday to Friday, 08:00 to 16:30     |
| US Equities             | Monday to Friday, 14:30 to 21:00      | Monday to Friday, 13:30 to 20:00    | Monday to Friday, 14:30 to 21:00      | Monday to Friday, 14:30 to 21:00     |
| AU Equities             | Sunday to Friday, 23:00 to 05:00      | Sunday to Friday, 22:00 to 05:00    | Monday to Friday, 00:00 to 06:00      | Monday to Friday, 01:00 to 07:00     |
| SA Equities             | Monday to Friday, 07:00 to 14:50      | Monday to Friday, 07:00 to 14:50    | Monday to Friday, 08:00 to 15:50      | Monday to Friday, 08:00 to 15:50     |

| Energy - Futures Markets |  |  |  |  |
|--------------------------|--|--|--|--|
| Instrument               | Trading Hours before 13th March (GMT)  | Trading Hours from 13th March (DST)  | Trading Hours from 27th March (GMT+1)  | Trading Hours from 3rd April (GMT+1)   |
| Brent Crude              | Open Monday 01:00 to Friday 21:45<br>Daily trading breaks between 22:00 - 01:00  | Open Monday 00:00 to Friday 20:45<br>Daily trading breaks between 21:00 - 00:00  | Open Monday 01:00 to Friday 21:45<br>Daily trading breaks between 22:00 - 01:00  | Open Monday 01:00 to Friday 21:45<br>Daily trading breaks between 22:00 - 01:00  |
| US Light Crude           | Open Sunday 23:00 to Friday 21:45<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 22:00 to Friday 20:45<br>Daily trading breaks between 21:00 to 22:00 | Open Sunday 23:00 to Friday 21:45<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 23:00 to Friday 21:45<br>Daily trading breaks between 22:00 to 23:00 |

| Metals - Rolling Cash                   |  |  |  |  |
|---|--|--|--|--|
| Instrument                              | Trading Hours before 13th March (GMT)  | Trading Hours from 13th March (DST)  | Trading Hours from 27th March (GMT+1)  | Trading Hours from 3rd April (GMT+1)   |
| Gold                                    | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 22:00 to Friday 20:58<br>Daily trading breaks between 21:00 to 22:00 | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 |
| Silver                                  | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 22:00 to Friday 20:58<br>Daily trading breaks between 21:00 to 22:00 | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 23:00 to Friday 21:58<br>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  | 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  | 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  | Open Monday to Friday, 01:00 to 18:00  |
| Nickel                                  | 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  | 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  | Open Monday to Friday, 01:00 to 18:00  |
| Gold / silver Rolling Spot Differential | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 22:00 to Friday 20:58<br>Daily trading breaks between 21:00 to 22:00 | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 | Open Sunday 23:00 to Friday 21:58<br>Daily trading breaks between 22:00 to 23:00 |

| Bonds - Futures Markets |                                       |                                     |                                       |                                      |
|-------------------------|---------------------------------------|-------------------------------------|---------------------------------------|--------------------------------------|
| Instrument              | Trading Hours before 13th March (GMT) | Trading Hours from 13th March (DST) | Trading Hours from 27th March (GMT+1) | Trading Hours from 3rd April (GMT+1) |
| 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      | 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      | 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      | Monday to Friday, 08:00 to 18:00     |

| Cryptocurrency Rolling Cash |   |   |   |   |
|-----------------------------|---|---|---|---|
| Instrument                  | Trading Hours before 13th March (GMT)   | Trading Hours from 13th March (DST)   | Trading Hours from 27th March (GMT+1)   | Trading Hours from 3rd April (GMT+1)  |
| Bitcoin                     | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 21:05 to Friday 20:00<br>Daily trading breaks between 21:00 - 21:05 | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 |
| Ether                       | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 21:05 to Friday 20:00<br>Daily trading breaks between 21:00 - 21:05 | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 | Open Sunday 22:05 to Friday 21:00<br>Daily trading breaks between 22:00 - 22:05 |



Financial Spread Bets and CFDs are complex instruments and come with a high risk of losing money rapidly due to leverage. 81.3% of retail investor accounts lose money when trading CFDs with this provider. You should consider whether you understand how CFDs work and whether you can afford to take the high risk of losing your money.