

Forex Session & Rollover Clock Cheat Sheet

Half of all 'the EA traded at the wrong time' problems are clock problems: server time is not your time, sessions are not when you think, and the rollover is a daily ambush. Pin this sheet next to the terminal and convert once, in ink.

1. Your three clocks

Clock	Your offset
Your local time	
Broker server time (from Market Watch header) vs your local	
GMT/UTC vs your local	
Does your broker shift for US/EU daylight saving? (dates this year)	

2. The sessions (approximate, London time — convert to server time)

Session	Character	Watch out for
Sydney / Tokyo	Thinner, range-prone; JPY crosses active	Wide spreads in the first hour; gold drifts
London open (08:00)	The day's first real range on EUR/GBP pairs	Fake first moves; spread normalises after minutes
London–New York overlap	Deepest liquidity of the day	US data at 13:30/15:00 London reprices everything
New York afternoon	Liquidity fades; moves tire	EAs entering late chase exhausted moves
Rollover (17:00 New York)	Swap applied; spreads spike violently for minutes	Night scalpers: this is inside your working window — measure your broker's spike

3. Weekly traps

- ☐ Monday open: weekend gaps; let the first hour settle before trusting signals.
- ☐ Friday New York afternoon: liquidity leaves early; many EAs should have a Friday rule — check yours exists.
- ☐ Month-end and holidays: bank holidays in London or New York quietly halve the market; your calendar, not your EA, usually knows first.
- ☐ Daylight-saving changeover weeks (March/April, October/November): server offsets shift; EA session inputs written in server time survive, ones written from memory do not.

The clock rule: every time-based setting in every EA you run should be written in broker server time, on this sheet, verified against the Market Watch clock today — not remembered from when you set it up.

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