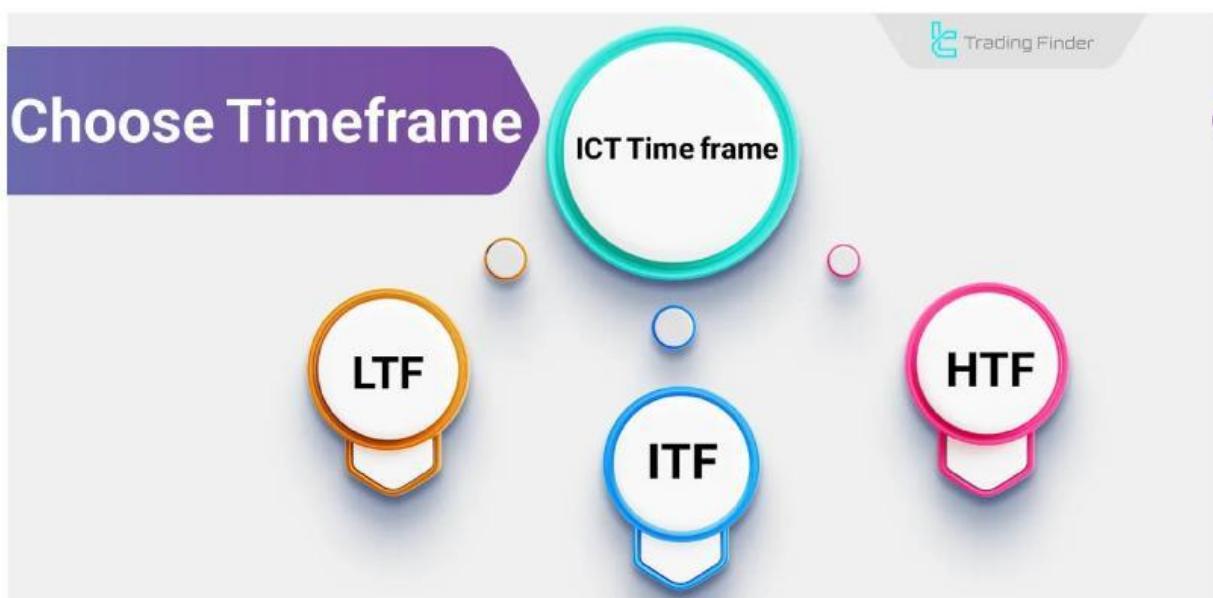


## Choose Timeframe in ICT - Right Timeframes for Swing, Position, and Scalping

Market analysis using the **ICT style** follows a **multi-timeframe approach**. In this type of analysis, the **market structure and price direction are identified from higher timeframes (HTF)**, and **key reversal points** are detected on **lower timeframes (LTF)**.



Optimal Timeframes for Various ICT-Based Trading Strategies

## What Is a Timeframe?

A timeframe is the time interval each candlestick represents on the chart. Each timeframe displays price movement over a specific period.

In financial markets, any time span can be used as a timeframe, but generally, certain timeframes are more widely used in markets like the [Forex Market](#), including:

- ⚡ 5-Minute Timeframe (M5)
- ⚡ 15-Minute Timeframe (M15)
- ⚡ 1-Hour Timeframe (H1)
- ⚡ 4-Hour Timeframe (H4)
- ⚡ Daily Timeframe (Daily)
- ⚡ Weekly Timeframe (Weekly)
- ⚡ Monthly Timeframe (Monthly)

## Optimal ICT Timeframe Selection

In ICT, market analysis is conducted using the [Top-Down Analysis](#) method. ICT timeframes are categorized into three types:

- ⚡ **Higher Timeframe (HTF):** Used to determine the overall trend direction;
- ⚡ **Intermediate Timeframe (ITF):** Applied to confirm the market structure;
- ⚡ **Lower Timeframe (LTF):** Used to identify precise trade entry points.

The choice of ICT timeframe **directly correlates with the trading strategy**. For example, the **Daily** timeframe is the lowest for **position trading**, whereas the **H4** timeframe is the highest used for **day trading**.

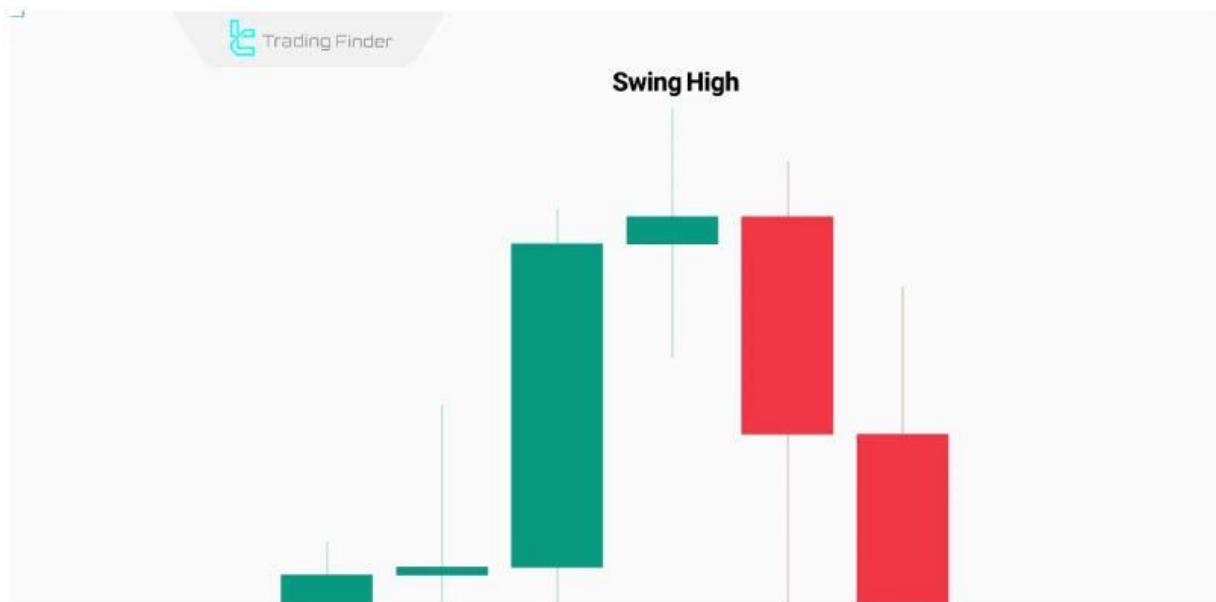
## Position Trading

**Position trading** involves long-term trades that may last for weeks or even months. In the ICT style, it's recommended to use **three specific timeframes**:

- ⚡ **Monthly** as the **Higher Timeframe (HTF)**
- ⚡ **Weekly** as the **Intermediate Timeframe (ITF)**
- ⚡ **Daily** as the **Lower Timeframe (LTF)**

## Monthly Timeframe (Monthly)

Monthly timeframe is used to identify the **overall market trend** and detect **key levels** such as **swing highs and swing lows**.



Identifying swing highs and lows on the monthly chart of the NASDAQ index

## Weekly Timeframe (Weekly)

Weekly time frame in Position trading is used to detect **directional changes** by identifying ICT concepts such as **market structure shifts** and validating patterns recognized on lower timeframes.



Detecting market structure shifts on the weekly NASDAQ index chart

## Daily Timeframe (Daily)

Daily intervals are used to identify **entry points** using ICT concepts like **Fair Value Gap (FVG)**.



Detecting the fair value gap as a trade entry point on the daily NASDAQ index chart

## Swing Trading

**Swing trading** consists of trades that typically last a few days to a few weeks. In the ICT style, the recommended timeframes are:

- ↳ **Daily as the Higher Timeframe (HTF)**
- ↳ **4-Hour (H4) as the Intermediate Timeframe (ITF)**
- ↳ **1-Hour (H1) as the Lower Timeframe (LTF)**

## Daily Timeframe (Daily)

Daily timeframe in Swing trading is used to detect the **weekly trend** and define **key levels** such as **swing highs and swing lows**.



Determining the weekly direction on the daily Dow Jones chart

#### 4-Hour Timeframe (H4)

4-hour intervals identify directional shifts or key level breaks using ICT concepts like **Change in State Delivery (CISD)**.



Identifying CISD in the 4-hour Dow Jones index chart

#### 1-Hour Timeframe (H1)

1-hour timeframe is used to detect **potential trade entry points** based on ICT concepts like **Change in State Delivery (CISD) in Swing trading**.



Detecting a fair value gap as an entry point in the 1-hour Dow Jones index chart

## Day Trading

**Day trades** typically last for several hours and are closed by the end of the trading day. In ICT day trading, it's common to use:

- ◆ **1-Hour (H1)** as the **Higher Timeframe (HTF)**
- ◆ **15-Minute (M15)** as the **Intermediate Timeframe (ITF)**
- ◆ **5-Minute (M5)** as the **Lower Timeframe (LTf)**

### 1-Hour Timeframe (H1)

1-hour intervals help to identify the **daily bias** and major **support/resistance levels** of the primary trend.



## 15-Minute Timeframe (M15)

M15 timeframe is used to identify **directional shifts** or **key level breaks** using ICT concepts.



Detecting market structure shift in the 15-minute chart of gold spot price

## 5-Minute Timeframe (M5)

A 5-minute timeframe helps to identify **entry points**, **stop-loss levels**, and ICT patterns such as **liquidity grabs in Day trading**.



## Scalping

**Scalping** involves short-term trades that last a few seconds to a few minutes. The goal is to execute numerous trades with small profits.

The recommended ICT timeframes for scalping are:

- ⚡ **1-Hour (H1)** as the **Higher Timeframe (HTF)**
- ⚡ **5-Minute (M5)** as the **Intermediate Timeframe (ITF)**
- ⚡ **1-Minute (M1)** as the **Lower Timeframe (LTF)**

### 1-Hour Timeframe (H1)

1-hour intervals help to identify the **short-term market trend** and **daily support/resistance levels** in scalping style.

ICT Timeframe Selection Training | Top-Down Market Analysis



Detecting overall trend on the 1-hour AUD/USD chart

## 5-Minute Timeframe (M5)

5-minute timeframe detects **key level breaks** and signals for **continuation or reversal** of price direction.



Identifying market structure shift on the 5-minute AUD/USD chart

## 1-Minute Timeframe (M1)

1-minute intervals allow for **quick entries and exits** using ICT patterns.



### You May Like :



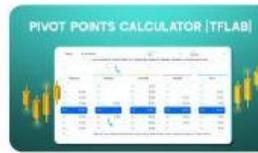
Earnings Calendar  
Tool; View EPS of  
US & World...



Connecting  
TradingView to  
Telegram Channe...



Crypto Market  
Watch Bot [Mini  
App] for Telegram...



Forex Pivot Points  
Calculator Tool;  
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## Conclusion

The **multi-timeframe approach** in ICT enables traders to analyze **key levels on higher timeframes (HTF)** and execute **precise entries on lower timeframes (LTF)**.

This method is built on detecting **hidden liquidity** in higher timeframes and precise order management in lower ones.

### source:

#### 1.our website link :

<https://tradingfinder.com/education/forex/ict-time-frame/>

#### 2.all Education :

<https://tradingfinder.com/education/forex/>

#### 3.TradingFinder Support Team (Telegram):

<https://t.me/TFLABS>



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