ICT Macro Times - Comprehensive Guide

ICT Macro Times refer to **short time intervals** during which the algorithm seeks liquidity to fill **Fair Value Gaps (FVG)** and address **price imbalances**. The

Macros are brief instructions followed by trading algorithms to locate **liquidity, inefficiencies**, and **imbalances** in the market.

Macros typically occur in **20-minute intervals**, focusing primarily on the first 20 minutes of the New York session's trading hours. These events happen during the **London session**, **New York's morning**, **noon**, and **evening** sessions.

ICT Macro Times in EST and GMT

The table below provides ICT strategy Macro Times in both **EST** and **GMT** to eliminate confusion regardless of your time zone:

ICT Macros	EST Time	GMT Time
London Macro	02:33 AM to 03:00 AM	06:33 AM – 07:00 AM
London Macro	04:03 AM to 04:30 AM	08:03 AM – 08:30 AM

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New-York AM Macro	08:50 AM to 09:10 AM	12:50 PM – 01:10 PM
New-York AM Macro	09:50 AM to 10:10 AM	01:50 PM – 02:10 PM
New-York AM Macro	10:50 AM to 11:10 AM	02:50 PM – 03:10 PM
New York Lunch Macro	11:50 AM to 12:10 PM	03:50 PM – 04:10 PM
New York PM Macro	01:10 PM to 01:40 PM	05:10 PM – 05:40 PM
New York Last Hour Macro	03:15 PM to 03:45 PM	07:15 PM – 07:45 PM

Best Timeframe for ICT Macros

Given that **ICT Macros** involve short periods, lower timeframes are better suited for trading these setups:

- Use the **15-minute timeframe** to determine direction and identify liquidity or price imbalances;
- For trade execution, switch to shorter timeframes like **5-minute, 3-minute, or 1-minute charts.**

Best Time to Trade ICT Macros

The **New York AM Macro** is considered the best time to trade, as it encompasses the volatility of the New York market and its overlap with the London session. Additionally, most news releases occur during this time.

The **New York AM Macro (09:50 - 10:10 EST)** is ideal for stock futures or indices since the New York stock market opens during this period.

Key Macro Periods for Trading:

- **09:50 - 10:10 EST:** Offers the potential for Silver Bullet setups and targets liquidity after stop hunts;
- **10:50 - 11:10 EST:** A favorable time to target liquidity;

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- **11:50 - 12:10 EST:** Useful for liquidity targeting, particularly if earlier macros haven't cleared liquidity;
- Avoid trading during the **lunch hour (12:00 - 1:30 PM EST.)**

Impact of Daylight-Saving Time on ICT Macros

In the United States, Daylight Saving Time (DST) shifts the clock one hour forward in spring and one hour back to standard time in fall.

- If your country doesn't follow DST, ICT Macro times may shift by one hour locally;
- If your country follows DST, no adjustment is needed.

To avoid confusion, following **New York local time** as the baseline is recommended.

Best Currency Pairs for ICT Macros

The ICT Macro strategy was initially developed and tested by Michael Huddleston (ICT) on indices like NASDAQ (**NQ Futures**) and E-mini (**S&P 500**), and it proved highly effective.

Over time, traders began applying the ICT Macro strategy to forex markets and metals, achieving excellent results.

Today, ICT Macros are effective in trading major currency pairs like**GBP/USD** and **EUR/USD** and precious metals like **XAU/USD** (Gold).

How to Trade ICT Macros?

ICT Macro Times are not standalone trading strategies but can complement your existing strategy to maximize profitability.

For example, combining ICT Macros with the**Market Maker Buy/Sell Model (MMXM), Silver Bullet setup (which can be used with its indicator),** or **Fair Value Gaps (FVG)** can enhance your approach.

Core Objectives

The primary goal when trading macros is to identify **Liquidity Pools, Inefficiencies,** and **Imbalances** in the market, which provide opportunities to execute high-probability setups.

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- Focus on price movements from **imbalances** towards **liquidity** within macro timeframes;
- Look for Fair Value Gaps (**FVG**) during macro periods (e.g., 09:50 - 10:10 EST) to identify trade entries and target liquidity pools.



Enter on Return to FVG in ICT Macro Time

Types of Liquidity for ICT Macros

ICT Macros can target various types of liquidity, including:

- **Previous Day High/Low Liquidity (PDHL/PDLL):** Targets the highest or lowest price from the previous trading day;
- **Previous Session High/Low Liquidity:** Focuses on the extremes of the prior trading session;
- **15-Minute Chart High/Low Liquidity:** Targets established highs or lows on a 15-minute chart;
- **Previous Week High/Low Liquidity:** Tracks the highest or lowest price from the prior week;
- **Opening Gaps (NWOG/Old Week):** Trades involving gaps from the opening of the current or prior week;
- **Relative Equal Highs or Lows:** Targets liquidity around equal highs or lows on the chart.

ICT Macros Indicator

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The **ICT Macros Kill Zones Indicator**, designed by [TFLab], highlights and categorizes ICT Macros for platforms like MetaTrader 4, MetaTrader 5, and TradingView.

It is highly beneficial for identifying and practicing ICT Macros. Use the links below to access the indicator:

- ICT Macros for MetaTrader 4
- ICT Macros for MetaTrader 5
- ICT Macros for TradingView

source:

1. our website link:
https://tradingfinder.com/education/forex/ict-macro-times-based-strategy/

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