# Hours of Operation

OANDA’s hours of operation coincide with the global financial markets. Trading is available from Sunday approximately 5 p.m. to Friday 5 p.m., New York time.

If you decide to leave trades open over the weekend:

* You cannot close existing positions or open new positions when markets are closed (but you can place or modify Limit, Stop Loss, Take Profit and Trailing Stop orders).
* Spreads (the difference between the bid price and the ask price) typically widen at 4:00 p.m. Friday, to reflect decreased liquidity in the global markets.  These widened spreads could trigger stop-loss orders or margin closeouts.
* Market prices may significantly change or “gap” when trading resumes on Sunday.  This change could trigger limit orders, which are executed at the current market rate.  For example, if the market rate moves against you, a stop-loss order may be closed at a rate different from your stop-loss rate -- resulting in additional losses.

Ensure that you maintain sufficient margin in your fxTrade account at all times to avoid a margin closeout. To reduce the risk of a margin closeout, reduce or close your overall positions or add more funds to your fxTrade account.  To prevent unwanted order execution, consider widening your take-profits, stop-losses or trailing-stops prior to the weekend.

Listed below are specific instruments with trading hours that differ from those noted above.

http://fxtrade.oanda.ca/wandacache/1x1.gif

**Need help?**   
Our customer service and technical support teams are available 24 hours a day during forex trading hours.

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| **Instrument Name** | **Max Units per Trade** | **Trading Hours (EST)** |
| Gold (XAU) | 1000 | Sun-Thurs: 18:00 - 17:15 (next day), Thurs-Fri: 18:00 - 17:00 (next day) |
| Silver (XAG) | 50000 | Sun-Thurs: 18:00 - 17:15 (next day), Thurs-Fri: 18:00 - 17:00 (next day) |
| Metals | | |

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| **Instrument Name** | **Currency** | **Max Units per Trade** | [MT4](http://fxtrade.oanda.ca/trade-forex/metatrader/)**Lot Size** | **Trading Hours (GMT)** | **Trading Hours (local exchange time)** | **Underlying Futures Exchange** |
| US Wall St 30 (US30/USD) | USD | 100 | 100 | Sun-Thu:  23:00 - 21:14; 21:30 - 22:14 Thu-Fri:  23:00 - 21:14; 21:30 - 21:59 | Sun-Thu:  17:00 - 15:14;  15:30 - 16:14  Thu-Fri: 17:00 - 15:14;  15:30 - 15:59 (Chicago) | CBOT |
| US Nas 100 (NAS100/USD) | USD | 400 | 100 | Sun-Thu:  23:00 - 21:14; 21:30 - 22:14 Thu-Fri:  23:00 - 21:14; 21:30 - 21:59 | Sun-Thu:  17:00 - 15:14;  15:30 - 16:14  Thu-Fri: 17:00 - 15:14;  15:30 - 15:59 (Chicago) | CME |
| US SPX 500 (SPX500/USD) | USD | 800 | 100 | Sun-Thu:  23:00 - 21:14; 21:30 - 22:14 Thu-Fri:  23:00 - 21:14; 21:30 - 21:59 | Sun-Thu:  17:00 - 15:14;  15:30 - 16:14,  Thu-Fri: 17:00 - 15:14;  15:30 - 15:59 (Chicago) | CME |
| UK 100 (UK100/GBP) | GBP | 100 | 100 | Mon-Fri: 08:00 - 20:59 | Mon-Fri: 08:00 - 20:59 (London) | Euronext |
| Germany 30 (DE/EUR) | EUR | 250 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59 (Amsterdam) | EUREX |
| Japan 225 (JPN225/USD) | USD | 100 | 100 | Sun-Thu:  23:00 - 21:14;  21:30 - 22:14 Thu-Fri:  23:00 - 21:14;  21:30 - 21:59 | Sun-Thu:  17:00 - 15:14;  15:30 - 16:14,  Thu-Fri: 17:00 - 15:14;  15:30 - 15:59 (Chicago) | CME |
| Hong Kong 33 (HK33/HKD) | HKD | 400 | 100 | Mon-Fri: 01:15 - 03:59; 05:00 - 08:14 | Mon-Fri: 09:15 - 11:59;  13:00 - 16:14  (Hong Kong) | HKEX |
| NL25 (NL25/EUR) | EUR | 2,000 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59 (Amsterdam) | Euronext |
| France 40 (FR40/EUR) | EUR | 200 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59 (Paris) | Euronext |
| Europe 50 (EU50/EUR) | EUR | 300 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59  (Germany) | EUREX |
| Swiss 20 (CH20/CHF) | CHF | 100 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59  (Switzerland) | EUREX |
| USRuss2000 (US2000/USD) | USD | 1,000 | 100 | Sun-Mon: 22:00 - 21:59 Mon-Fri: 00:00 - 21:59 | Sun-Mon: 18:00 - 17:59, Mon-Fri: 20:00 - 17:59 (New York) | ICE US |
| Index CFDs | | | | | | |

\* Where exchanges' market hours are affected by daylight savings, British summer time, etc., the local exchange times represent OANDA's trading hours.

Note: MT4 lot size only applies to CFD trades placed in a MT4 account.

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| **Instrument Name** | **Currency** | **Max Units per Trade** | [MT4](http://fxtrade.oanda.ca/trade-forex/metatrader/)**Lot Size** | **Trading Hours (GMT)** | **Trading Hours  (local exchange time)** | **Underlying Futures  Exchange** |
| 2Y T-Note (US2Y/USD) | USD | 6,000 | 100 | Sun-Fri:  23:00 - 21:59 | Sun-Fri:  17:00 - 15:59  (Chicago) | CBOT |
| 5Y T-Note (US5Y/USD) | USD | 6,000 | 100 | Sun-Fri:  23:00 - 21:59 | Sun-Fri:  17:00 - 15:59  (Chicago) | CBOT |
| 10Y T-Note (US10Y/USD) | USD | 6,000 | 100 | Sun-Fri:  23:00 - 21:59 | Sun-Fri:  17:00 - 15:59  (Chicago) | CBOT |
| T-Bond (US30Y/USD) | USD | 6,000 | 100 | Sun-Fri:  23:00 - 21:59 | Sun-Fri:  17:00 - 15:59  (Chicago) | CBOT |
| 10Y Bund (DE10YB/EUR) | EUR | 6,000 | 100 | Mon-Fri: 07:00 - 20:59 | Mon-Fri: 08:00 - 21:59  (Germany) | EUREX |
| 10Y Gilt (UK10YB/GBP) | GBP | 6,000 | 100 | Mon-Fri: 07:00 - 16:59 | Mon-Fri: 08:00 - 17:59  (London) | Euronext |
| Treasury CFDs | | | | | | |

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| **Instrument Name** | **Currency** | **Max Units per Trade** | [MT4](http://fxtrade.oanda.ca/trade-forex/metatrader/)**Lot Size** | **Trading Hours (GMT)** | **Trading Hours  (local exchange time)** | **Underlying Futures  Exchange** |
| Brent Oil (BCO/USD) | USD | 10,000 | 100 | Mon-Thu: 01:00 - 22:59 Thu-Fri: 01:00 - 21:59 | Sun - Thu: 20:00 - 17:59 Thu-Fri: 20:00 - 16:59 (New York) | ICE EUROPE |
| Corn (CORN/USD) | USD | 150,000 | 5,000 | Mon-Fri: 00:00 - 12:44;  13:30 - 18:14 | Sun-Fri: 19:00 - 07:44;  08:30 - 13:14 (Chicago) | CBOT |
| Wheat (WHEAT/USD) | USD | 150,000 | 5,000 | Mon-Fri: 00:00 - 12:44;  13:30 - 18:14 | Sun-Fri: 19:00 - 07:44;  08:30 - 13:14 (Chicago) | CBOT |
| Sugar (SUGAR/USD) | USD | 4,000,000 | 40,000 | Mon-Fri: 08:30 - 17:59 | Mon-Fri: 03:30 - 12:59 (New York) | ICE US |
| Soybeans (SOYBN/USD) | USD | 60,000 | 600 | Mon-Fri: 00:00 - 12:44;  13:30 - 18:14 | Sun-Fri: 19:00 - 07:44;  08:30 - 13:14 (Chicago) | CBOT |
| Nat Gas (NATGAS/USD) | USD | 250,000 | 2,500 | Sun-Thu: 23:00 - 22:14 Thu-Fri: 23:00 - 21:59 | Sun-Thu: 18:00 - 17:14 Thu-Fri: 18:00 - 16:59 (New York) | NYMEX |
| West TX Oil (WTICO/USD) | USD | 10,000 | 100 | Sun-Thu: 23:00 - 22:14 Thu-Fri: 23:00 - 21:59 | Sun-Thu: 18:00 - 17:14 Thu-Fri: 18:00 - 16:59 (New York) | NYMEX |
| Copper (XCU/USD) | USD | 250,000 | 2,500 | Sun-Thu: 23:00 - 22:14 Thu-Fri: 23:00 - 21:59 | Sun-Thu: 18:00 - 17:14 Thu-Fri: 18:00 - 16:59 (New York) | NYMEX |
| Commodity CFDs | | | | | | |

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