

THE CAP 8-POINT SETUP GATE CHECKLIST

Every setup must clear all 8 gates before an entry is valid.

01 HTF STRUCTURE ALIGNED

BOS / CHoCH

Higher-timeframe bias confirmed (BOS or CHoCH on H4 / Daily).

☐

→ No counter-trend entries unless a full CHoCH is locked on H4 or higher.

02 SESSION GATE OPEN

KILLZONE

Trade is placed inside a valid killzone — London (02:00–05:00 EST), NY (08:00–11:00 EST), or London Close.

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→ Outside of killzones, statistical edge collapses. Wait for the clock.

03 REGIME APPROVED

REGIME

Current market regime classified: Bull · Bear · Range · Blow-off Top.

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→ Setup must belong to the active regime's playbook. No cross-regime trades.

04 LIQUIDITY SWEEP

BSL / SSL

A significant buy-side (BSL) or sell-side (SSL) liquidity pool has been taken ahead of the move.

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→ A stop-hunt or sweep must precede the reversal. No sweep = no setup.

05 PRICE IN OTE ZONE

0.618–0.705

Price is retracing into the Optimal Trade Entry corridor: 0.618–0.705 Fibonacci retracement.

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→ Entries outside the OTE window carry higher slippage and lower expectancy.

06 CVD ALIGNED

CVD

Cumulative Volume Delta confirms your intended direction. No opposing CVD divergence against the trade.

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→ Divergence = smart money distribution. If CVD fights price, the setup is invalid.

07 OI CONFIRMS

OPEN INT

Open Interest is contracting on the counter-move or expanding in your direction. No wick-trap signal.

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→ OI spike on low momentum = liquidation wick incoming. Stand aside until OI normalises.

08 ENTRY TRIGGER FIRED

TRIGGER

A confirmed lower-timeframe trigger is present: M1/M5 CHoCH, BOS, FVG fill, or OB reaction.

☐

→ No anticipation. No intuition. Wait for the mechanism — then execute immediately.

8 / 8

6–7 / 8

< 6 / 8

EXECUTE

Full confluence. Enter immediately.

CAUTION

Reduce size 50%. Missing gate noted.

ABORT

Do not enter. Wait for next qualified setup.