May 2026 F&O Monthly Expiry

The F&O expiry date is one critical day when trades shift. It is the time when either the contracts are settled, rolled over, or reshaped. This often leads to sharp moves, sudden volatility, and increased trading activity.

This is the time when the traders make the call and also set the tone for the future. So, let us explore these dates in the guide over here. But before that ley us understand the concept of monthly expiry here.

What Is F&O Monthly Expiry?

F&O monthly expiry refers to the last trading day of futures and options contracts for a given month. In India, this usually falls on the last Thursday of the month on exchanges like NSE or BSE.

This is the day when all the open positions must be settled or rolled over to the next month. This makes it a key event in the derivatives market.

Why Is Monthly Expiry Important For Traders

Monthly expiry matters for various reasons. While they actually impact trade and markets, there are other reasons to be considered as well. Traders often adjust or close positions, which leads to noticeable market activity. Some of the reasons are:

- Higher volatility is common due to position unwinding and rollover activity.
- Increased trading volumes can create short-term opportunities.
- Option premiums decay rapidly as expiry approaches.
- Institutional activity becomes more visible, influencing trends.
- It helps traders reassess strategies for the next trading cycle.

Expiry Date Rules In F&O

Expiry dates in the F&O segment follow a structured system used at all exchanges in India. This helps traders understand deadlines and contracts clearly. The points to understand here are:

- Monthly expiry usually falls on the last Thursday of the month.

- Weekly experiences are scheduled on specific weekdays depending on the index.
- If the expiry day is a trading holiday, it shifts to the previous trading day.
- Stock derivatives follow the same monthly expiry cycle as indices.
- Commodity expiries vary based on contract specifications and exchange rules.

Recent SEBI Rules And Changes In Expiry

SEBI has introduced several changes to improve market stability and reduce excessive speculation, especially around expiry days. These updates directly affect how traders approach F&O.

- Limiting multiple weekly expiries to reduce overtrading in index options.
- Increasing lot sizes in index derivatives to control retail exposure.
- Stricter margin requirements near expiry to manage risk.
- Tighter monitoring of expiry day manipulation and unusual volumes.
- Rules for non-benchmark index derivatives, including stock weight caps.

These changes aim to make expiry trading more disciplined while reducing sudden, high-risk movements often seen on expiry days.

Options Expiry Dates – May 2026

Date	Contracts
5 May (Tue)	NIFTY 50 Weekly
7 May (Thu)	SENSEX Weekly
12 May (Tue)	NIFTY 50 Weekly
14 May (Thu)	SENSEX Weekly, Crude Oil Options, Crude Oil Mini Options
19 May (Tue)	NIFTY 50 Weekly
21 May (Thu)	SENSEX Weekly

22 May (Fri)	Natural Gas Options, Natural Gas Mini Options, Copper Options
26 May (Tue)	NIFTY 50 Weekly and Monthly, BANKNIFTY, FINNIFTY, NIFTY Midcap Select, NIFTY Next 50, NSE Stock Options, Silver Options, Silver Mini Options
27 May (Wed)	SENSEX Weekly and Monthly, BANKEX, BSE Stock Options, Gold Options
29 May (Fri)	Gold Mini Options

Futures Expiry Dates – May 2026

Date	Contracts
18 May (Mon)	Crude Oil Futures, Crude Oil Mini Futures
26 May (Tue)	Natural Gas Futures and Mini, NIFTY 50, NIFTY Next 50, BANKNIFTY, NIFTY Midcap Select, FINNIFTY, NSE Stock Futures
27 May (Wed)	BSE Stock Futures, SENSEX, BANKEX
29 May (Fri)	Gold Ten Futures, Gold Petal Futures

These dates may shift slightly due to market holidays, so it is always better to confirm the final schedule.

How To Trade During F&O Monthly Expiry

Trading on monthly expiry needs a structured approach. At the same time, those who are willing to trade in F&O should follow a systematic series of steps to ensure there are no lapses. The steps that are needed are:

Step 1: Open And Set Up Your Trading Account

Start by opening a Demat and trading account with a reliable platform like Pocketful. Complete your KYC, activate the F&O segment, and ensure margin availability before expiry week.

Step 2: Identify The Right Contracts

If you are a beginner, then try to focus on liquid indices like NIFTY 50 and BANKNIFTY. These contracts have tighter spreads and better execution, which is important on high volatility days like expiry.

Step 3: Track Open Interest And Price Action

Check where major open interest is built. This helps you understand support and resistance zones and market sentiment before entering a trade.

Step 4: Choose A Clear Strategy

When you plan trades, it is important to plan carefully. You must avoid all sorts of impulse trades or those which you might not understand. This is where you need to do proper analysis based on:

- Option buying for directional moves.
- Spreads like bull call or bear put to manage risk.
- Iron condor if you expect range-bound movement.

Step 5: Define Entry, Target, And Stop Loss

Enter trades only after confirmation. Always set a stop loss and target in advance. This will help you to avoid emotional decisions during fast market moves.

Step 6: Monitor And Exit On Time

Do not wait till the last minute without a plan. Exit or roll over positions based on your strategy. Expiry moves can reverse quickly, so timely execution matters.

Reasons For Volatility During F&O Expiry

Volatility during F&O monthly expiry is not random. It comes from a mix of position adjustments, time decay, and institutional activity. As contracts approach settlement, traders actively close, roll over, or rebalance positions. This creates sharp price movements within a short time frame.

- Position unwinding increases as traders square off expiring contracts.
- Rollover activity shifts positions to the next month, impacting prices.

- Option time decay accelerates, especially for out-of-the-money contracts.
- High open interest at key strike prices leads to sudden breakouts.
- Institutional and algorithmic trades increase volume and speed.
- Short covering or long liquidation can trigger rapid directional moves.

Conclusion

F&O monthly expiry is quite an important date in the calendar. It is when the trades either settle or get pushed ahead. This is an important point that every trader must keep in mind to avoid losses or wrong calls. Also, this day is usually marked by high volatility, making it important to keep track.

But if you are planning to trade in F&O, using a reliable platform like Pocketful can help you execute trades smoothly, track positions easily, and stay up to date on market movements in real time.

FAQs

1. What Is F&O Monthly Expiry?

F&O monthly expiry is the last trading day of futures and options contracts for a given month. On this day, all open positions are either settled or rolled over to the next month.

2. Why Does Volatility Increase On Expiry Day?

Volatility increases due to position unwinding, rollover activity, and rapid option time decay. High trading volumes also contribute to sharp price movements.

3. Can Beginners Trade On Expiry Day?

Beginners can trade, but it is better to use low-risk strategies and avoid high leverage. Expiry day moves can be unpredictable.

4. What Happens If I Do Not Exit My Position Before Expiry?

If you do not exit, your position may be settled automatically. In options, out-of-the-money contracts expire worthless, while in-the-money contracts may be exercised.

5. Which Is Better On Expiry Day: Option Buying Or Selling?

Both can work depending on market conditions. Option buyers benefit from strong moves, while sellers benefit from time decay if the market stays within a range.



