

100x Free Learning Series

MARKET MECHANICS

How Futures Works

Contracts, leverage, tick sizes, and the difference between minis and micros.

BOOK A CALL

This document will give you the map. A call gives you the plan.

Stop guessing your way through it. Book a call with the 100x team and we will show you exactly where you are, what is costing you, and what to do next.

100xtrading.org

The futures market is a centralised exchange where standardised contracts are traded. It is one of the most liquid and transparent financial markets in the world, widely used by both institutions and professional traders.

*Futures allow you to trade a **single asset or index** — such as indices, commodities or bonds — rather than a currency pair.*

*Price movement is driven by **order flow, liquidity and institutional activity**.*

Futures are popular because they offer:

High liquidity

Tight spreads

Centralised pricing (no broker manipulation)

Access to leverage

However, these same factors are why most traders lose money.

*Inside 100x, traders are taught that futures are not "easier" — they are simply **more structured**. Without discipline and risk control, accounts can be lost quickly.*

WHAT YOU ARE TRADING

In futures, you are trading contracts based on an underlying asset. Examples include:

Indices (e.g. NASDAQ, S&P 500)

Commodities (e.g. Gold, Silver, Oil)

When you trade a futures contract, you are controlling a **large notional value** with a **small amount of capital (margin)**.

That difference is leverage.

Leverage allows you to control a large position with a small amount of capital, and it is built into the structure of contracts in futures.

TICK SIZE AND CONTRACT VALUE

Each contract has:

A fixed tick size — a tick is the minimum increment price can move

A defined value per tick — how much money that movement is worth

How tick sizes are measured, for example:

Tick size = **0.25 points**

Contract multiplier = **\$50**

Tick value = **\$12.50 per tick**

If ES moves from 5000.00 → 5000.25 = **1 tick = \$12.50**

MINIS AND MICROS

*In the futures market you have two types of contracts tradeable: **micros and minis**.*

Micros are fractional in contract size compared to minis (1 mini = 10 micros) and the markets are traded on slightly different charts, for example ES vs MES, or NQ vs MNQ.

Essentially, micros are just smaller contract size amounts being traded.

It is recommended when beginning to trade micros.

Take The Next Step

Contracts, ticks and leverage are the mechanics. Sizing them against a real account without blowing it is the part that decides whether you are still trading in twelve months.

You can keep piecing this together on your own for the next two years, or you can get it structured properly by traders who do this every day. That decision is the difference between most traders and the ones who make it work.

Book your call with the 100x team now.

100xtrading.org

100x Mentorship • Futures • ICT & SMC • Structured execution