## The Truth About the Death Cross: What Every Trader Should Know

May 7, 2025

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# Welcome! I'm John Rowland, CMT

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## What is the Death Cross?

- Definition: 50-day MA crosses below 200-day MA
- Viewed as a bearish trend signal
- Common on daily charts (also used on weekly/monthly)
- Lagging indicator that confirms price weakness after a downtrend has started

## **Historical Context**

- When has the Death Cross worked with the Broader Market
- Successful signals:
  - 2000 Dot-Com Bust
  - 2008 Financial Crisis
  - 2022 Bear Market
- False signals:
  - <sub>o</sub> 2011 (quick recovery)
  - 2018 (sharp rebound)
  - 2020 (COVID whipsaw)

## **Trading Applications**

- Risk management: trim long exposure
- Look for failed rallies to short
- · Combine with:
  - 。 RSI < 50 or MACD < 0
  - Bearish market breadth
  - Rising VIX or macro risk
- Look for confluences Avoid trading it in isolation

## Practical Conclusions for Traders

- Not a stand-alone sell signal Best used with trend filters (ADX, MACD) and macro context.
- 2. **Useful for risk adjustment** Lower exposure or tighter stops when it triggers.
- 3. Combine with market breadth, volume, and volatility (VIX) Validates the strength of the bear move.
- **4. Look for rejections near the 50-day or 200-day MA** Excellent entries for trend-following shorts if confluence exists.

## Trading Concepts Around the Death Cross

#### ▶ 1. Short Setup After Death Cross

- Entry: After a rally toward the 50-day or 200-day MA is rejected.
- Stop: Above the rejected moving average or recent swing high.
- Target: Previous support or measured move from the prior top.

#### ▶ 2. Fade False Signals

- Not all death crosses lead to large declines (whipsaws are common).
- Combine with trend indicators (e.g., ADX < 20 = weak trend, avoid signal).</li>
- Confirm with volume, RSI divergence, or broader market breadth.

#### ▶ 3. Death Cross + MACD or RSI Confirmation

- Use MACD cross below zero line or RSI breaking below 50 to confirm breakdown.
- Acts as a multi-indicator confirmation system.

#### ▶ 4. Event-Driven Enhancements

• Watch for macro catalysts (rate hikes, earnings season) that coincide with or follow a death cross for volatility exploitation.

## Common Mistakes

- Overreliance on lagging signals
- Ignoring broader trend/macro backdrop (earnings)
- Failure to use stop losses

## **Key Takeaways**

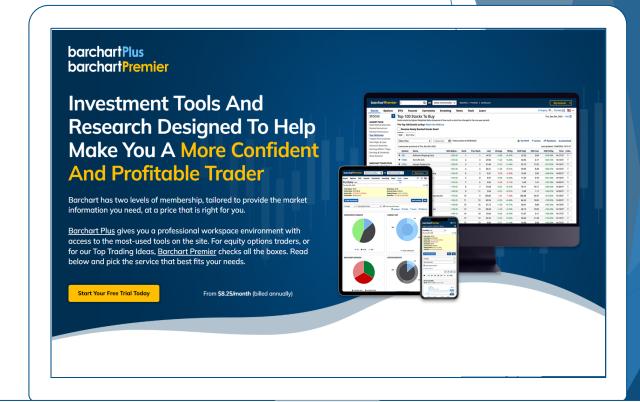
- Death Cross = signal of a downtrend, not always a crash
- History shows mixed results—context is key
- Combine with other technical tools for better success
- Risk management is paramount

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