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X-RAY · XAU/USD (GOLD SPOT) · JULY 29, 2026

Gold Levels Held.

We published the floor and the ceiling. Gold hit both in one FOMC session.

XAU/USD ~$4,070 · Session $3,996–$4,114 · Published support $3,996–$4,009 (Strong) · Published resistance $4,106–$4,116 (Moderate)

Sherif Saad · Regime Intelligence · Not financial advice

00 EXECUTIVE SUMMARY

Before the open, the XAU/USD Call for Action tab showed two zones that mattered:

- **Support · $3,996.32–$4,009.79 · Strong** (swing · prior-day low)
- **Resistance · $4,105.60–$4,116.43 · Moderate** (swing)

Gold opened at $4,023, flushed to a low of **$3,996.32** — inch perfect from the bottom of the published support band — rallied **$118** into the published resistance band, printed a high of **$4,114.04**, and got rejected. Failed follow-through fired on the 4-hour chart. Price sits near **$4,070**, green on the day but back inside the map.

That is the headline. Here is why it is worth an article and not a tweet:

The **Regime**, **Trend & control**, **Momentum & oscillators**, and **Mom & vol** tabs all tell the same story from different angles — an intraday recovery into published supply, inside a daily/weekly stress envelope that has not cleared. The June series proved the engine finds levels before price. Today proved it again on a live FOMC session.

MY STANCE IN ONE SENTENCE

Trade the published band until a **daily close** breaks it — above $4,116 opens the path to $4,168+; below $3,996 reopens the slide toward $3,976 and $3,955.

01 THE TAPE — WHAT ACTUALLY HAPPENED

Phase	Price	Read
Open	$4,023.58	Above support — overnight bid intact
Morning flush	Broke $4,043	Prior support (11 rejections) failed on 4h — sellers took control
Floor	$3,996.32	Tagged published Strong zone low · held
Recovery	Broke $4,017.84	Prior resistance reclaimed — short cover + dip buyers
Ceiling	$4,114.04	Into published Moderate resistance · rejected
Signal	Failed follow-through	4h score 107/100 · buyers lost control at the band
Now	$4,070.11	Mid-band · +1.03% · below resistance, above support

Gold closed green. Good. That does **not** mean the ceiling failed. It means you can have a +1% day and still lose the argument at the level that was published before you entered.

02 THE PUBLISHED MAP — BREAK ABOVE VS BREACH BELOW

The only place in this piece where the level story lives — daily closes, not intraday wicks.

This is the section that matters for trading the update. These levels were **live on the platform** before the session. The market came to them. What happens next is conditional on **daily closes**, not intraday wicks.

Floor · $3,996.32–$4,009.79 · Strong

Engine scored it **82/100 strength · 93.0 structural score · 11 zone tests · prior-day low**.

Today's low **$3,996.32** validated the band. A wick to the bottom and a close at $4,070 are not the same thing — the zone did its job intraday.

If the floor holds (daily closes stay above $3,996): Gold remains in a **$3,996–$4,116 negotiation range**. The Strong label earns respect until a closing break. Inside the band I expect two-way trade — dips toward $4,004–$3,996 find buyers again, rallies toward $4,106–$4,116 find sellers again. That is Scenario 1 until proven otherwise.

If the floor breaks (daily close below $3,996): The Strong support zone **failed on a closing basis**— not a dip to buy, a structural break to respect. The engine's next shelves, in order:

Target	Zone	Score	Distance from $4,070
1	$3,976–$3,983	81 · prior-week low	−2.3%
2	$3,955–$3,962	95 · prior-month low	−2.8%
3	$3,910–$3,930	June series target · still live	−4.0%

A floor breach also likely **confirms FRAGILE pending**on the daily and weekly — Crisis deepens, rallies get sold faster, and the June bearish continuation thesis is back in the driver's seat. I would not stand in front of that path hoping for a heroic bid at round numbers.

Ceiling · $4,105.60–$4,116.43 · Moderate

Engine scored it **Moderate** — overlaps the 50/200-day SMA cluster ($4,103–$4,132). Moderate means: expect supply, not necessarily a permanent cap.

Today's high **$4,114.04** landed inside the band. Failed follow-through fired. The rejection is live.

If the ceiling holds (daily closes stay below $4,116): Rallies remain **relief moves inside a Crisis daily regime** — tradeable on shorter horizons, not evidence of a structural turn. The burden of proof stays with bulls. I fade strength into $4,106–$4,116 unless I see a closing break with follow-through.

If the ceiling breaks (daily close above $4,116.43, held next session): That is the first daily-scale signal the $3,996 low was a turn, not a stop-run. The path opens in stages:

Stage	Level	Why it matters
1	$4,116–$4,168	Published band cleared → prior-week high zone ($4,168–$4,176 · score 93 · 9 tests)
2	$4,168–$4,176	Next structural resistance · PWH cluster
3	$4,187–$4,195	July swing shelf · score 85

For the break to **stick**, I need more than price: daily CSS dropping below ~45%, FRAGILE pending **cancelling** without confirming, and ideally US10Y de-escalating from Fragile. Price alone through $4,116 without those is a fakeout candidate — I have seen enough of those in gold this year.

BOTTOM LINE ON THE MAP

We published $3,996–$4,009 and $4,106–$4,116. Gold traded $3,996–$4,114. Until a daily close exits that rectangle, the map **is** the trade.

03 TREND & CONTROL — WHO HAS THE UPPER HAND?

The CFA Trend & control card reads ADX (trend strength), DI+/DI− (directional control), and Hurst (persistence). As of 29 Jul 20:08 UTC:

TF	ADX	DI+ / DI−	Tag	Readout
15m	38.4	30.6 / 19.2	Random walk	No clear edge despite strong ADX — persistence not confirmed
1h	25.5	38.1 / 14.1	Random walk	DI+ leads but structure is random-walk, not trend
4h	16.7	29.7 / 20.0	No trend	Levels matter more than direction

TF	ADX	DI+ / DI–	Tag	Readout
1d	32.0	17.0 / 22.5	Random walk	DI– slightly ahead · no confirmed daily trend
1w	28.3	15.1 / 24.0	Trend established	Sellers in control · established downtrend

The 4-hour read is the honest one for today: **no trend — levels matter more than direction.** That is exactly what the tape showed — a level-driven session, not a clean directional trend day. Morning breakdown at $4,043. Floor at published PDL. Squeeze into published resistance. Rejection. Range.

The weekly is the gravity well: **sellers in control, established trend.**Every bounce — including today's $118 recovery — is happening against that backdrop. Intraday DI+ leadership on 15m/1h is real for scalps; it is not the same as the weekly trend structure.

Do not let a green daily candle convince you the weekly downtrend ended. The only timeframe with a confirmed directional trend tag is **weekly bearish**.

04 MOMENTUM & OSCILLATORS — THE BOUNCE HAD FUEL, THE CEILING HAD MOMENTUM TOO

RSI, SMI, and MACD across five timeframes — same CFA card, same JSON the app renders.

TF	RSI(14)	SMI vs signal	MACD hist	Takeaway
15m	58 · neutral · flat	40 vs 53 · below signal	+3.18 · shrinking (was +5.08)	Recovery losing steam into the close
1h	59 · neutral · ↓ from 74	47 vs 31 · above signal	+7.08 · expanding	Momentum peaked before the $4,114 test
4h	55 · neutral · rising	−32 vs −47 · recovering	+0.85 · flipped positive	Bounce energy — but SMI still negative
1d	43 · neutral · falling	−19 vs −14 · below signal	+4.09 · shrinking	Bear-market rally character on the daily
1w	37 · neutral · falling	−75 vs −72 · deeply bearish	−74.56 · improving but negative	Weekly momentum still damaged

The tell is on the **1-hour**: RSI rolled from **73.5 to 59.0** into the resistance test. Momentum was already fading as price hit the published band. That is not coincidence — it is oscillators confirming what the levels already showed.

On the 4-hour, MACD histogram flipped positive on the bounce (+0.85, from −2.47). Bullish in isolation. But SMI is still **−32** — recovery, not reversal. The daily and weekly oscillators agree: this move has **not** repaired the longer-horizon momentum damage from the June breakdown.

How I use this with the levels: Oscillators gave energy for the rally **from** $3,996. They did not give permission through $4,116. When 1h RSI rolls over into a published Moderate resistance band, I listen.

05 MOM & VOL TAB — CALM SURFACE, HOT MEMORY

The Vol & Mom tab splits into realized volatility ranks and momentum percentile ranks. Snapshot as of 29 Jul 20:08 UTC:

TF	Vol rank	Vol trend	Mom bucket	Short / Med / Long mom rank
15m	0.2% · suppressed	Falling	Diverging	42% / 6% / —
1h	0.6% · suppressed	Stable	Diverging	47% / 9% / 99%
4h	0.7% · suppressed	Falling	Diverging	43% / 8% / 100%
1d ★	7.7% · suppressed	Falling	Diverging	75% / 5% / 13%
1w	3.8% · suppressed	Falling	Diverging	50% / 6% / 62%

1. Momentum is diverging on every timeframe.

Short-horizon mom heated up on 1h/4h (long rank near 99–100th percentile) while daily medium/long mom is dead (5% / 13%). That is the mechanical fingerprint of a **squeeze into overhead supply** — fast money chasing a bounce, structural money not confirming a new leg. It rhymes with the failed follow-through at $4,114.

2. Realized vol ranks look calm; long-horizon vol memory does not.

Intraday vol ranks sit at 0.2–0.7% (suppressed — the surface looks quiet). But **long RV rank is 99–100th percentile**on every TF. Gold remembers June. Today's session was violent in range ($118 round trip) even if the vol rank says "suppressed" because we are comparing to an already-elevated history.

Daily vol-z (+0.79) reads "within normal range." Intraday vol-z (~1.5 on 15m/1h/4h) reads "moderately elevated versus typical." Translation: **the FOMC-day churn is showing up on shorter horizons even when the daily bucket looks tame.**

GKYZ vol ratio on the daily: **0.72** (below 1 — short-horizon realized running cooler than longer windows). That fits the story: compression after the storm, not the all-clear.

PROCESS RULE

Do not sell options because vol rank says suppressed. Long RV at the 99th percentile is the engine telling you this asset **knows how to move**. Size accordingly inside the published band.

06 REGIME READ — CALM INTRADAY, CRISIS DAILY

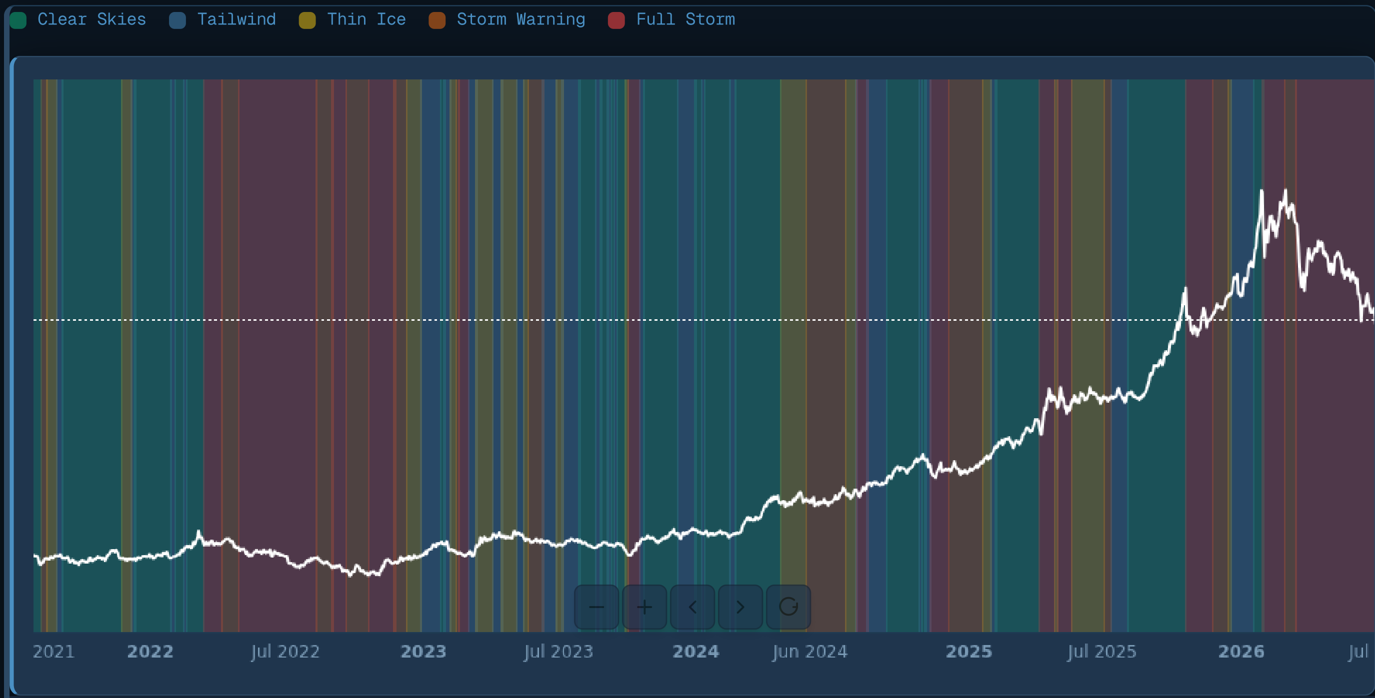
TF	Regime	CSS	Trend z	EWS	Pending
15m	Calm	11.7%	−1.94	Off	—
1h	Calm	14.2%	−1.45	Active	—
4h	Calm	13.7%	−1.92	Active	—
1d ★	Crisis	52.6%	−2.04	Off	Fragile
1w	Crisis	63.8%	−2.25	Off	Fragile

TAS 0.60 · modal Calm · structure BUILDING_RISK · synthetic FRAGILE

The intraday Calm labels explain the bounce. The daily/weekly Crisis labels explain the rejection. EWS active on 1h and 4h is the bridge — calm surface, stress building underneath. Same pattern as June when the label read Thin Ice at 84%

CSS. Different label. Same physics.

Still below the **50/100/200 daily average stack** since 5 June. Today's rally tested that cluster from below and stopped at the published resistance confluence. Challenged, not invalidated.



XAU/USD · Daily regime history

Generated by Regime Intelligence engine · five-state legend on chart 29 July 2026

Calm on 15m, Crisis on 1d — what do the labels actually mean?

Clear Skies through Full Storm: CSS percentiles, why timeframes disagree, and how FRAGILE pending fits the map. The reference piece for every regime table in this article.

Read Market Regime Explained →

07 MACRO — FOMC DAY, LEVELS LED

Asset	1d regime	CSS	Gold read
DXY	Calm	25.3%	Dollar quiet — not forcing gold either way
US10Y	Fragile	60.5%	Real-rate headwind persists
FXI Risk-Off	Crisis	74.0%	Safe-haven bid — helps explain the $3,996 hold

Macro sequenced around the levels: morning flush was technical ($4,043 break), midday floor was structural + haven bid (PDL + FXI Risk-Off Crisis), afternoon squeeze was event-covering into published resistance, late rejection was **levels beating headlines**.

Read the FOMC outlook piece for policy. Read this piece for the gold map. They intersect but are not the same article.

08 FAILED FOLLOW-THROUGH — WHY THE CEILING STUCK

FAILED_FOLLOW_HIGH · 4H · 107/100

Impulse: 2.0× typical up-range · Signal: upper wick 1.46× typical · Level: **$4,114.04**

Buyers had momentum after $3,996. They pushed through the afternoon extreme. They could not hold it at the published band. The engine flagged control shift **at the zone** — not five dollars above it, not on the FOMC headline an hour later.

That matters because it separates a level-driven rejection from a generic "Fed sold gold" narrative. The high was in before the market fully digested the statement.

09 RECOMMENDED ACTIONS

Trading the published map

- **Inside $3,996–$4,116:** two-way market. Respect both bands. Do not force direction from one green day.
- **Into $4,106–$4,116:** resistance is live — failed follow-through already fired. Do not chase longs after the rejection signal.
- **Into $3,996–$4,009:** support is validated — but a wick is not a break. Do not short blindly into Strong support without a **closing** break below $3,996.

If you are still running the June bearish thesis

Today's rejection at the published ceiling supports it. Today's hold at the published floor challenges the "straight line down" version. Net: **cautiously bearish above $4,116 only on a close; neutral inside the band; aggressively bearish below $3,996 on a close.**

What I would avoid

1. Calling a V-bottom because gold closed +1%.
2. Ignoring weekly Trend & control ("sellers · established trend") because 15m reads random walk.
3. Selling vol because the vol rank says suppressed while long RV sits at the 99th percentile.

10 AUTHOR READ

Four timestamps in the gold series. Four confirmations. June gave us the 200-day break, the $4,000 floor, the swing resistance. July 29 gave us the **published band on a live FOMC day** — low at $3,996.32, high at $4,114.04, both inside the levels we shipped before the open.

The tabs agree with the tape. Trend & control on 4h: levels over direction. Weekly: sellers established. Oscillators: 1h momentum rolled over into the band. Mom & vol: diverging — squeeze energy, no structural confirmation. Regime: Calm intraday, Crisis daily, FRAGILE pending.

I am not bullish. I am not blindly bearish either. I am **map-first**:

- Close above **$4,116** → reassess bearish continuation; target **$4,168–$4,176**, then $4,187+. Need regime cooperation, not just price.

- Close below **$3,996** → bearish continuation live; target **$3,976**, then **$3,955**, then the June zone near **$3,910–$3,930**.
- Inside the band → trade the range or stand aside. The engine did its job today. Now it waits for a **close** to pick the next leg.

11 WHAT TO WATCH

1. **Daily close vs $4,116** — ceiling break or hold. Everything bullish starts here.
2. **Daily close vs $3,996** — floor break or hold. Everything bearish starts here.
3. **FRAGILE pending on 1d/1w** — confirms or clears with the level break.
4. **1h RSI / MACD into resistance**— momentum fade into the band was today's tell; watch for repeat.
5. **Thursday PCE** — second vol event; size inside the band, do not abandon the map for one print.

12 ONE-LINE CLOSE

We published $3,996 support and $4,110 resistance. Gold hit both, got rejected at the top, and sits mid-band — break above $4,116 targets $4,168+, break below $3,996 targets $3,976 and $3,955. Trade the map until a daily close says otherwise.

See the live XAU/USD read →

Regime Intelligence · Engine data as of 29 July 2026 · Not financial advice.

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Gold Levels Held.
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Gold hit both in one session.

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