

Fully Comprehensive Individual Pokemon Analysis List

This document is excessively large, and organized with headers. Please find the table of contents on the left.

Hello everyone! This is my full, comprehensive analysis of individual mons for Pokemon Scarlet and Violet VGC. I intend to do as many mons as possible but with regulations constantly changing, not all of these analyses are guaranteed to be up to date. I would pay attention to each of the important calcs listed in each spread to see if it is still up to date or not. Most of these are smogon styled analysis and I will go as deep into them as possible.

Below is a quick guide to the viability rankings:

Pluses and minuses (C-, A+, etc) are used liberally throughout the document. They are not given examples here, as they should be self explanatory: Slight steps up/down from the initial rating.

S: Phenomenal in every way. Usable on pretty much every team archetype, and very common picks that one must expect to fight multiple of in many battles. (*Flutter Mane, Incineroar, Calyrex-S*)

A: Superb. Excellent mons that have a home on many teams. Not quite as splashable as S, but still common enough to warrant seeing 2-3 per team. (*Zacian, Urshifu-Rapid, Raging Bolt*)

B: Strong mons that are slightly more niche, and usually don't have a place on every team, but are still important threats to look out for. (*Landorus-T, Dragonite, Terapagos*)

C: More niche picks that are useful, but generally only fit 1-2 team archetypes. Usually won't be found together, and have a few notable weaknesses. (*Pelipper, Gallade, Smeargle*)

(Most Pokemon are about here in terms of viability, expect your favorites to be bad)

D: Mons that are not amazing, and generally outclassed by better picks, but may have a slight niche on some teams. Have significant weaknesses that make serious play hard with them. (*Brute Bonnet, Iron Moth, Scizor*)

F: Mons that are explicitly bad, with no real reason to use them, either due to extremely low power, being highly outclassed, or both. (*Hariyama, Zekrom, Vespiqueen*).

NOTE: *These rankings are written for mostly serious tournaments in mind, though I am generous with many rankings. On Showdown or in-game ladder, so many mons are fun, off-meta picks with a cool surprise factor that you sadly just can't justify in serious play. If you're not one to care about serious play, then ignore these rankings and feel free to grab a set for your favorite shitmon and go wild.*

Analysis Layout

Each analysis is structured as follows:

Importable Showdown Set

Brief **Overview** of the mon in question and its role on a team

EV Explanation

Moveset Explanation and Options

Tera Type Explanation and Options

Item Explanation and Options

Ability Explanation and Options

(**NOTE**: Ability is not included on the majority of mons as they only have one viable ability, and thus there is no explaining to do)

Options for **Partners** and teammates

Checks & Counters to deal with the mon in question

Final Notes mentioning anything else worthwhile

Some other notes to consider while reading:

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I am not the most qualified individual to be making these statements. The breadth of my accomplishments peaks at 6-2-1 (the guy didn't show up and I don't like to count it as a win) at the 2024 Charlotte Regionals. While I do play and analyze an absurd amount of VGC, take everything I say with a grain of salt, especially if you were to compare my word to someone like [Jamie Boyt](#) who is a 3x Regional Champion and makes similar analysis like this. While I certainly consider myself above average, frequently in the Top 500 VGC *Showdown!* ladder and in the top 1000 Masterball ladder on cart, I am not the definitive source on any of this.

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Everything here is written with the assumption that one at least has a baseline knowledge of VGC.

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I craft the overwhelming majority of these sets myself, but EVs not made by me will be accredited per analysis.

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These analyses are quite wordy. The current average words per mon is **787**, so be ready to read.

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List of Resources Used

Since I can't remember everything ever, I need to draw upon sites for sources while crafting. Below is my list of sources I use, and occasionally take sets from.

<https://calc.pokemonshowdown.com/>

<https://play.pokemonshowdown.com/teambuilder>

<https://www.smogon.com/forums/threads/vgc-regulation-f-speed-tiers.3737294/>

<https://www.smogon.com/dex/sv/formats/vgc24-regulation-f/>

<https://www.smogon.com/forums/threads/vgc-2024-regulation-f-viability-rankings.3735769/>

<https://www.pikalytics.com/>

<https://munchstats.com/>

<https://labmaus.net>

<https://chat.openai.com/> (for advice on wording and structuring)

https://bulbapedia.bulbagarden.net/wiki/Main_Page

<https://www.pkmn.help/offense/>

[Lofi Hip Hop Beats to Study and Relax To](#) (because how else would I work on a project so big?)

#003 VENUSAUR: D

Venusaur @ Focus Sash/Life Orb/Wide Lens

Ability: Chlorophyll

Level: 50

Tera Type: **Fire**/**Ghost**

EVs: 252 SpA / 4 SpD / 252 Spe

Modest/Timid Nature

IVs: 0 Atk

- Sludge Bomb/Earth Power/Weather Ball/Tera Blast
- Sleep Powder
- Leaf Storm/Energy Ball/Sludge Bomb
- Protect

Overview

Venusaur, with access to Chlorophyll and Sleep Powder is a useful addition to many sun teams that could use additional speed control or support. Sleep Powder is particularly useful with set up sweepers one might find on a sun team, such as Calm Mind Raging Bolt or Swords Dance Groudon.

EVs

While I played around with the thought of a bulky spread for Venusaur, it genuinely has such mediocre bulk it can't be EV'd to survive anything it might want to, and I can't lose too much speed without losing the Scarf Urshifu matchup (to ensure it can't U-Turn away). Overall, it kind of needs to be a glass cannon for it to actually make an impact on the field. Modest vs Timid is up to you.

Moveset

Venusaur has a good amount of moves to play around with. Sleep Powder is the only reason why Venusaur is worth your time to begin with. Fast Sleep Powders are part of what made Venusaur so good back in SwSh (along with Dynamax, hence why it is not good now). Protect is super important especially if you're Focus Sash. Sludge Bomb is pretty common, it hits most Ogerpon variants pretty

hard and I especially appreciate the Poison chance. Earth Power lacks stab, but it is a far better offensive type, and hits Steels and Fires that would otherwise wall you. Weather Ball has some utility in the Sun, as it gets boosted up to a nice 100 BP in the sun, and again, deals with Steel types you'd otherwise hate. After that comes your choice of Grass stab, Leaf Storm is more likely to pick up an OHKO but Energy Ball is more spamable. Leaf Storm is generally the better option though as you don't plan on attacking as much as much. I would only use Tera Blast with Tera Ghost. I ran into Tera Blast Tera Ghost once on the ladder and it stuck with me. It has a slight chance to OHKO Flutter Mane (124 HP / 4 SpD).

Tera Type

Tera Ghost is best utilized on Focus Sash sets, it stops priority Fake Out and Extreme Speed from breaking your Sash, but is just generally a good Tera Type. Tera Fire boosts Weather Ball if you choose to use it as well as stopping your own Fire weakness.

Item

Focus Sash is generally a good pick on any glass cannon. I find it about as useful as I do the extra damage from Life Orb, it comes down to the user's preference. Wide Lens is another nice tool that helps patch up the low accuracy from Leaf Storm and Sleep Powder. Importantly, almost no mon uses Wide Lens meaning that you don't have to fight for it with other mons (such as Walking Wake wanting Life Orb more)

Partners

Venusaur is obviously a Chlorophyll sweeper. Sun teams really only need one Chlorophyll user and if Venusaur is your choice, then so be it. It can form a really nice Fire-Water-Grass core with Walking Wake and Torkoal/Incineroar (depending on if you're playing a restricted meta or not). Similar to how Rillaboom can Fake Out to give teammates set up opportunities, Venusaur can Sleep Powder to do the same. Consider a partner with a strong set up option- Swords Dance Ogerpon-Hearthflame and Calm Mind Raging Bolt are two phenomenal picks that any Venusaur would feel honored to be next to due to their usefulness in the sun.

Checks & Counters

As a weather sweeper, expect the usual. Any mon that can disrupt Venusaur's weather is scary, think Ninetails-A, Kyogre, Rain Dance Tornadus, etc. Incineroar is a common pick that walls you hard, and unless you get a good predict, it will live on Earth Power and KO back easily with Flare Blitz. Variants without Sludge Bomb often struggle against Ogerpon (all forms) and Rillaboom, which is why I implore most people to use Sludge Bomb on the majority of sets.

Final Notes

Generally, not a very good mon. 252+ SpA Venusaur hits 167 SpA. That's less than Raging Bolt's 0+ SpA hitting a final stat of 172. Poison/Grass is widely considered one of the worst types as well, so much just completely walls it. It has serious Gen 1 stat syndrome, where every stat is completely mediocre, ranging from 80-100, so it's sadly not good at anything. The only real draw here to Venusaur is Sleep Powder, which Hisuian-Lilligant does far better- as it actually can deal damage alongside setting foes to Sleep. I would only use Venusaur if you particularly like him or don't own Legends: Arceus on cartridge and want to use the team ingame.

April 2024, Regulation F/G

#006 CHARIZARD: F

Charizard @ Life Orb/Choice Scarf/Expert Belt

Ability: Solar Power

Level: 50

Tera Type: Stellar/Grass/Ground

EVs: 4 HP / 4 Def / 244 SpA / 4 SpD / 252 Spe

Timid Nature

IVs: 0 Atk

- Heat Wave/Flamethrower
- Solar Beam
- Scorching Sands/Air Slash
- Protect/Overheat

Overview

Thanks to the incredible power of G-Max Wildfire and the general dominance of Groudon teams, Charizard– wait, this is the wrong script. *Abem.*

Charizard falls flat in every conceivable way, outclassed by the new wave of pokemon that get a SpA boost in the sun without taking tons of chip damage.

EVs

We're pretty frail, and shockingly slow, so we need to play into our strengths. The best way to do that is by going hard into SpA and Spe, with just a little leftover to ensure optimal boosting from Solar Power.

Moveset

Our primary Fire STAB is important, especially given the power boost under the sun. Heat Wave is excellent spread, though Wide Guard usage is quite high, it can make Choiced sets relatively easy to deal with. Flamethrower is extremely spammable, and a more reliable choice, though it does leave you wanting some power. Solar Beam is extremely useful coverage, dealing with Water, Ground, and Rock types that threaten you offensively and defensively. Scorching Sands, though a little weak, is always useful in a Miraidon metagame, and is nice to deal with common defensive tera Poison. Air Slash is also STAB, though between Fire and Grass we hit most every mon that Flying would want to. Protect is mandatory on Life Orb sets. For Scarfed variants, you can pretty much load anything for the final pick. Overheat is the recommended option for a one-time nuke option, useful to compensate for our relatively low SpA, and is nice to deal with bulkier restricteds like Zamazenta-C or Terapagos, who might hope to live one of your Flamethrowers.

Tera Type

On Life Orb variants, Tera Stellar is an excellent option due to our frailty and wide breadth of spread moves. Tera Grass is the more traditional option that allows for boosting of Solar Power, as well as stopping your Water and Electric weaknesses, with a nice Spore immunity to boot. Ground is another option that should really only be used on variants containing Scorching Sands. Not only does it boost the power of the move, but it also provides nice defensive utility, dealing with your Electric and Rock weaknesses.

Item

Life Orb compounds with Solar Power to make Charizard actually hit pretty hard, though the chip damage from both Life Orb and Solar Power can be overwhelming, hence the optionality of Expert Belt if you feel as though Charizard is dying too quickly. Scarf is an excellent option that fixes most of our speed issues, pairing with Solar Power to give you an effective +1/+1 to SpA and Spe, and most games you don't need to click more than Flamethrower to get as much as you'd be able to get out of Charizard anyways.

Partners

Obviously, for Charizard to do literally anything, we'll need him under the sun. Given that we can't really function in Trick Room, we can scratch off Torkoal. Manual setters Tornadus and Whimsicott are both excellent. Tornadus, though having some type overlap, is generally considered the better setter, thanks to its overall stats. Whimsicott still provides excellent partnership, and has better type synergy being part of a FWG core. Both provide Tailwind and Sunny Day though, which are the most important parts.

Looking to manual setters, we're offered both Groudon and Koraidon. Both are completely usable and offer different synergies. Groudon provides a great way to deal with Electric types, and can offer some much needed bulkiness in the face of Charizard's frailty. Koraidon provides a Water and Rock resistance (and aside from the novelty of seeing the two lizards together) works nicely as a second fast partner that works on HO teams to quickly overrun opponents.

As for non-setters, Raging Bolt is an excellent partner, dealing with your Water weakness while also being a great benefactor of the sun, useful when partnered with Groudon.

Checks & Counters

Water types are generally weakened by the Sun- at least enough to not have to worry about them as much as you might usually have to- meaning

#035 CLEFAIRY: B

Clefairy @ Eviolite

Level: 50

Tera Type: Water/Ghost/Grass

Calm Nature

Ability: Friend Guard

EVs: 248 HP / 148 Def / 108 SpD / 4 Spe

- Follow Me
- Thunder Wave/Helping Hand/Life Dew
- Helping Hand/Life Dew/Encore
- Protect/Life Dew

Overview

Clefairy- with its unique access to Friend Guard, great typing, and the always welcome Follow Me, stands as one of the best support tools in any restricted metagame.

EVs

The HP and defenses are specifically optimized to gain the maximum boosts from Eviolite and maximum recovery from Life Dew. 248/148 Def allows us to live a Heavy Slam from 252+ Iron Hands specifically, though we also have good odds to live the same from a 252+ Groudon. We're guaranteed to live a 252+ Tera Water Surging Strikes from *non* Mystic Water Urshifu-R, and we live a 252+ Surging Strikes from Mystic Water Urshifu-R. We live at least one 252+ Glacial Lance from Calyrex-I. Specially, we're guaranteed to live a 252+ Sludge Bomb from Landorus-I. We live a 252 Flash Cannon from Dialga (252+ all but 6/3% of the time). We're 3HKO by 252+ Focus Sash Calyrex-S, and 2HKO by Life Orb/Specs.

4 Spe was leftover, and can help outspeed opposing Clefairy who are 0 or minus Spe.

Moveset

Clefairy suffers heavily from four-moveslot-syndrome and because of that, it's important to experiment with many kinds of Clefairy to see which set of moves fits your team the best.

Follow Me is mandatory, even with Life Dew and Friend Guard, the general utility of keeping attacks off your Partner is too important to ignore. Thunder Wave is excellent for its ability to disrupt opposing threats that you can tank, such as Calyrex-S who is almost completely neutered by a Thunder Wave. Helping Hand is always excellent, especially with the wide range of restricted partners that appreciate the help on spread moves. Life Dew outweighs Heal Pulse as the ability to keep both Clefairy and your partner alive is far better than healing just the partner a lot, given our expected spamming of Follow Me. Encore is nice utility against TR teams, as it can shutdown setters by forcing them to undo TR the following turn, and is nice to stop set-up mons like Swords Dance Groudon or Nasty Plot Calyrex-S. Protect is always powerful, though if you feel that Life Dew can sustain you enough, then it can be used in place of it.

Tera Type

Tera Water is the most obvious, not only stopping our Steel weakness, but being an excellent defensive type overall. Tera Ghost is a nice option to ensure we can't be Fake Out'd as well as still being a very strong defensive type on its own. Tera Grass is one final option that, just like every other mon in Reg G, is great for its ability to discount Spore and Rage Powder on Amoonguss.

Item

Eviolite should hopefully be obvious. Without it, we're far too frail to be of any value, and Clefable doesn't get access to Friend Guard, making us lose our niche.

Partners

Clefairy is an excellent partner for most any viable restricted, but especially those that often set up and appreciate Follow Me redirection and longevity. Bulky set ups, like Terapagos or Zamazenta-C greatly appreciate the redirection to allow them to set up easier, as well as Friend Guard making them seemingly more unkillable. Frail restricteds such as Calyrex-S or Koraidon appreciate the redirection and to keep them safe and Friend Guard to make them a little less vulnerable to common 4x attacks. Non-restricted partners include similar offensive mons such as Raging Bolt or Ursaluna-BM, as well as frail picks like Urshifu-S.

Checks & Counters

Due to our naturally low Def, it's difficult to invest out of strong physical attacks, such as Calyrex-I's Glacial Lance, Urshifu-R's Surging Strikes in the Rain/Mystic Water, or any mon after set-up, such as Swords Dance Koraidon or Groudon.

Due to our pitiful attack, it's not worth even having one to deal chip damage with, and thus Taunt mons can shut us down very quickly. Whimsicott and Tornadus on the Prankster end, as well as others like Incineroar or Flutter Mane that aren't priority. Fake Out users like the aforementioned Incineroar can often force you to Tera or Protect as well, creating opportunities for a mon like Urshifu to Follow Up, or to target down your restricted partner while unable to redirect or Life Dew.

Final Notes

One of the better support tools in Regulation G. Though even with Eviolite its stats leave a little bit to be desired, Friend Guard is such an amazing ability, and in conjunction with Follow Me, a Clefairy piloted correctly can make already powerful restricteds nigh impossible to remove without a direct answer.

#101-H ELECTRODE-HISUI: F

Electrode-Hisui @ Focus Sash/Choice Specs

Ability: Static

Level: 50

Tera Type: **Ghost**

EVs: 4 HP / 252 SpA / 252 Spe

Timid Nature

IVs: 0 Atk

- Taunt/Leaf Storm/Foul Play/Thunderbolt
- Volt Switch
- Electroweb/Thunder Wave
- Protect/Leaf Storm/Tera Blast

Overview

Electrode-H isn't the amazing upgrade that Electrode dreamt of, and realistically is still a very bad mon. The only thing it has going for it is its speed.

EVs

It's not worth it to invest in bulk when even with 252 HP it gets cleaned by so many mons. You're far better off just going with a glass cannon set. With 252+ it can outspeed Choice Scarf Urshifu-Rapid, which is more than enough for me. 150+ also means you speed tie with Calyrex-S and are faster than Zacian-C.

Moveset

Volt Switch is an absolute must have. Since this thing is so fast and frail, we more than often rely on it coming in, hitting a Volt Switch, and making way for another mon. Speed Control is also important when you're as fast as Electrode is, and we can use either Electroweb or Thunderwave. Electroweb can't be Taunted and hits both foes, but Thunder Wave cripples foes even after they switch out. Taunt is super useful, especially given how fast you are, but Leaf Storm is really great coverage as well, and can heavily chunk a lot of mons like Landorus-I ($\frac{1}{8}$ to OHKO). Thunderbolt is nice to be a slightly stronger Electric move that doesn't force you out like Volt Switch. Foul Play is another interesting option that can be used to chunk strong, slow physical attackers, and importantly supports Intimidate partners that might otherwise be scared of Defiant users. It also notably destroys the Calyrexes who otherwise severely threaten you. On Sash Sets, Protect is absolutely necessary. Otherwise, you can just slot in another coverage move.

Tera Type

Since you're so fast, you want to stop Fake Out and Extreme Speed from breaking your Sash, hence, Ghost is the best type. It also provides some decent offensive coverage with Tera Blast, hitting Flutter Mane and Calyrex-I.

Item

In order to take advantage of our Glass Cannon spread fully, we want Focus Sash for that guaranteed survival. Choice Specs however is great to give an otherwise rather weak mon a very nice offensive boost.

Partners

In order to make sure that no other mons can go before you, priority blockers like Indeedee-F and Farigiraf are very useful partners, particularly on Sash sets, as they ensure you don't rely on Tera to stop a Fake Out or Extreme Speed. Slower set up mons like Swords Dance Groudon or Iron Defense Kommo-O also heavily benefit from Electroweb spam, as it means they can invest far more into their bulk and still go first after 1-2 Electrowebs.

Checks & Counters

Obviously, even with Farig or Indeedee on the team, you can't expect to be next to them 100% of the time, and therefore Fake Out and other priority is a very easy way to stop Electrode. Electric/Grass is a pretty mediocre offensive type as well, being entirely walled by any Grass or Dragon type, so common picks like Rillaboom, Amoonguss, and Raging Bolt completely shut it down.

Final Notes

With poor typing, offenses, bulk, movepool, and ability, the only thing really going for it is its speed, which even in that category, it's outclassed as a "mon that is bad at everything except being fast" by Regieleki, who is better in every capacity, including speed. Even then, Regieleki is not a good mon. Generally, in every sense of the word, Electrode is bad. If you for any reason think you need an Electrode, use Regieleki instead.

April 2024, Regulation F/G

#125 ELECTABUZZ: C-

[Alex Underhill's 12th Place NAIC Team](#)

Electabuzz @ Eviolite

Ability: Static/Vital Spirit

Level: 50

Tera Type: **Ghost**

EVs: 252 HP / 180 Def / 76 SpD

Bold Nature

- Follow Me

- Taunt
- Feint/Thunder Wave
- Volt Switch/Electroweb

Overview

In generation nine, Electabuzz regained access to Follow Me and along with two useful abilities and a decent support pool, Electabuzz is a niche supportive option for certain teams.

EVs

The EVs are pretty generic, just balancing the two defenses. Static variants generally prefer slightly more Def investment, so as to ensure that you can constantly take hits on the physical side to ensure constant paralysis chance.

Moveset

Follow Me is one of the best moves in the game, and is integral to our utility as a supportive tool. From here, you have a little wiggle room with your arsenal. Not only can you redirect Spore on Vital Spirit variants, but all variants have the unique ability to redirect Thunder Waves from Flutter Mane and Grimmsnarl completely unharmed. Feint is incredibly useful in a restricted meta, as it importantly shuts down Wide Guard, allowing partners like Kyogre or Calyrex-I to freely spam their spread moves in the face of threats like Mienshao or Pelipper. Taunt is excellent utility and can easily shut down Trick Room setters, and non-prankster status users, such as Incineroar, who we naturally outspeed, as well as some slower set up users, like Calm Mind Raging Bolt or Swords Dance Groudon. Thunder Wave is excellent speed control, and though Ground is quite a common Tera type right now, there are many mons such as Flutter Mane, Chien-Pao, or Calyrex-S who are almost completely shut down by a well timed Paralysis that practically are never Tera Ground. For our singular attacking move, it doesn't need to do any damage, just some support. Volt Switch is quite nice as it allows us to pivot out easily, especially if we are Vital Spirit, pivoting out easily after tanking a Spore before bringing in another valuable mon in its place. Electroweb is more speed control valuable if you go without Thunder Wave though it is subject to Wide Guard.

Tera Type

Tera Ghost is not only an excellent defensive type on its own, but provides an incredibly useful immunity to Fake Out, letting us go without fear of using a key supportive move like Follow Me or Taunt in front of a Fake Out user such as Iron Hands.

Item

Eviolite is the main reason as to why Electabuzz should even be considered. Without it, you'd see Electivire with Citrus Berry or Safety Goggles, but Eviolite allows for pretty surprising bulk on an otherwise unevolved mon. There is no reason to use any other item, as the bulk of Eviolite outweighs the usefulness of something like the aforementioned Citrus Berry/Safety Goggles.

Ability

Vital Spirit is the most common choice, as the ability to redirect Spores from Amoonguss while staying awake is incredibly powerful, nullifying the mushroom's biggest selling point. Static is another intriguing ability as since we'll spend many turns clicking Follow Me, it allows us to scare out physical attackers like Urshifu-R (Urshifu-R especially thanks to the multi-hit nature of Surging Strikes), Rillaboom, and could scare would-be Fake Outs from Incineroar. Both are solid options, though I do think the guaranteed value of stopping sleep versus a chance to paralyze a target is more important.

Partners

Thanks to Feint breaking Wide Guard, Electabuzz is an excellent supportive tool for restricteds with spread attacks, Calyrex-I, Kyogre, Groudon, Terapagos, and Calyrex-S are the major ones, though it's also nice utility when paired with some mons such as Sandsear Storm Landorus-I or Dazzling Gleam Flutter Mane. Follow Me is always helpful, and is especially useful when combined with restricteds that already appreciate Feint support, such as Calyrex-I to allow it to set TR or Terapagos to allow it to set-up with Calm Mind or Rock Polish. Taunt is also excellent with restricteds vulnerable to status, particularly fast restricteds and physical attackers, such as Koraidon vulnerable to Thunder Wave or Calyrex-I vulnerable to Will-O-Wisp. Calyrex-S is excellent too, though typically Indeedee-F fulfills the role of redirection for him.

Checks & Counters

As previously mentioned, due to the rise of Miraidon, Tera Ground is getting teched on mons that would normally have no reason to run it, such as Chi-Yu or Farigiraf. Mons like Ting-Lu and Landorus-I are up in usage, and in general, most teams are packing some way to deal with Electric types. This makes our life just a touch harder than it should be, though the crisis can easily be averted with a restricted partner like Calyrex-I or Kyogre to threaten out these mons. We can't cover for both Fake Out and Prankster Taunt users, meaning that using Tera Ghost leaves us vulnerable to be shut down by Taunt Whimsicott or Tornadus, whereas Tera Dark would leave us vulnerable to Fake Out from Incineroar or Iron Hands. Typically we'd patch this with a corresponding item (either Covert Cloak or Mental Herb) but we're too reliant on Eviolite to have staying power.

Final Notes

While niche and peculiar in many ways, Electabuzz is functionally, almost a perfect partner for Calyrex-I and a less perfect partner for many other restricteds. Thanks to the edges in typing and movepool granted over Magmar (as well as not being horrendously ugly), Electabuzz actually has a solid niche in Regulation G VGC.

#128: TAUROS: F

Tauros @ Life Orb

Ability: Sheer Force

Level: 50

Tera Type: Ghost/Fairy/Stellar

EVs: 36 HP / 196 Atk / 4 Def / 76 SpD / 196 Spe

Jolly Nature

- Body Slam
- Close Combat/Iron Head
- Rock Slide/Tera Blast
- Protect

Overview

A good ability and great coverage sadly can't save Tauros-Kanto from being one of the many mediocre Normal types to be left by the wayside as the power creep goes on.

EVs

You are guaranteed to be faster than the most popular Ogerpon spread (188 Spe) as well as guaranteed to survive a Flutter Mane Moonblast (60 Specs), as well as an Urshifu Mystic Water Surging Strikes (156+). There is exactly enough Atk leftover to OHKO the most common Flutter Mane spread with Iron Head (116 HP / 204 Def)

Moveset

Body Slam is our best option due to the Sheer Force boost bringing it up to a nice 110 BP, there's no other move that is worth even thinking about in this situation.

From here, Tauros actually gets a really wide range of coverage moves and I've only picked what I believe to be the best, there's a ton more variation to be had in his movepool. Close Combat is great coverage, and goes hand in hand with Normal in order to dispatch Steels and Rocks that otherwise wall you. Iron Head is especially nice to deal with Flutter, given that we're guaranteed to live at least 1 Moonblast from the most popular spread despite being slower than her. Rock Slide is Sheer Force boosted and is very easily spamable, though Tera Blast is really handy coverage and plays more directly into what you need to hit. Importantly, Tera Ghost Tera Blast does not OHKO Flutter Mane due to lacking the Sheer Force boost like Iron Head. Tera Fairy is also a nice option to hit back against Fighting types that otherwise terrify you.

Tera Type

Ghost and Fairy are both Fighting resists that offer the best Tera Blast coverage. I would say they are about equally as good for different reasons, it ultimately depends on the team. Tera Stellar is here also because why not. It's Tauros for god's sake, make it Tera Bug for all I care. Since we have a lot of coverage, it makes sense, I think.

Item

Since we are Sheer Force, we are completely free of the recoil from Life Orb, and can reap the 1.3x benefit with no downside. That alone automatically makes it better than the vast majority of any other

item, and we really need that boost. To put it in perspective- without Life Orb, Tauros has only a 50% chance to OHKO Kingambit with Close Combat. It really needs a boost over something like Clear Amulet or Covert Cloak.

Partners

Like most shitmons, you'll want to surround Tauros with the best of the best in order to help pull its dead weight. Chien-Pao is a great option to make Tauros hit much harder with its attacks, but any Prankster Tailwind user such as Whimsicott is automatically a good option as it helps Tauros outspeed some of the major threats like Chien-Pao or Flutter Mane.

Checks & Counters

Incineroar makes this poor sap do less than 50% with Close Combat due to general bulk and Intimidate. Tauros can't afford to use Clear Amulet due to needing the power from Life Orb, so beware of any Intimidate user. Max Attack Rillaboom also has very high odds to OHKO you with a Wood Hammer, and you don't come close to OHKOing it, so be wary. In general, you should be afraid of any physical attacker that can easily overwhelm you while eating your hits.

Final Notes

Gumshoos has more Atk than Tauros. *Shellos* has more HP than Tauros. 110 is actually a pretty nice speed tier, so I won't knock it there. Normal is a double edged sword in the way that it hits so many mons for neutral yet none super effectively. Normal mons like both Ursalunas rely on those extremely high powered moves like Blood Moon and Guts Facade to mitigate the need to hit super effectively. At only 100 Atk, Tauros is just too underwhelming in every capacity to really make a name for itself in Regulation G.

April 2024, Regulation F/G

#132 DITTO: D+

[Justin Burns 7th Place NAIC](#)

Ditto @ Choice Scarf

Ability: Imposter

Level: 50

Tera Type: [Water](#)/[Fairy](#)/Steel

EVs: 252 HP / 252 Def / 4 SpD

Relaxed Nature

- Transform

Overview

Ditto is quite a niche tool, copying the mon that your opponent is facing. While normally a terrible mon, in a metagame where the two best restricted mons are both weak to their own type, Ditto automatically patches 2 different restricted matchups for teams that require it.

EVs

The only stat that Ditto doesn't copy with Imposter is HP, hence we have Max HP. You can also use 252 SpD, but generally since physical moves are stronger than special, we invest more heavily into it.

Moveset

Transform is the only move Ditto learns.

Tera Type

Ditto does not copy your opponent's Tera Type, hence you can choose from the three best defensive types to be generally prepared for anything.

Item

Ditto's entire niche is transforming and outspeeding your opponent, so you need Choice Scarf.

Partners

Generally, Ditto works best on... not a lot of teams. It's very small niche exists solely as a fix for bad matchups on other teams. Rain teams are a good option for Ditto as they in particular struggle with Miraidon and Koraidon. Bulkier teams that find themselves being run down by HO teams also work well with Ditto, as it can do quite well against Calyrex-S by nature of being faster and being able to OHKO with its own Astral Barrage.

Checks and Counters

Opposing Tailwind means that even with Choice Scarf, Ditto isn't as fast as the mon it's copying, and is effectively useless. Common Scarfers like Urshifu-R or Annihilape end up in a speed tie with Ditto,

and it comes back to luck again. Additionally, Ditto might find itself in a situation where it can't hit the mon it copies. Leads like Urshifu/Tornadus effectively shut down Ditto by nature of it not being able to really threaten either of the two back.

Final Notes

Honestly, Ditto is one of the weirder mons. Its entire existence is a gimmick and its usefulness is relative to which mons are meta- though I don't expect mons like Miraidon, Koraidon, or Calyrex-S to fall out of usage anytime soon, so expect Ditto to stick around as one of many weird picks necessitated by the rise of restricteds.

April 2024, Regulation F/G

#145-G ZAPDOS-GALAR: B+

Zapdos-Galar @ Choice Scarf

Ability: Defiant

Level: 50

Tera Type: Steel/[Flying](#)/[Ghost](#)

EVs: 252 Atk / 4 SpD / 252 Spe

Adamant/Jolly Nature

- Brave Bird
- Close Combat
- U-turn
- Knock Off/Tera Blast

Overview

While oftentimes overlooked in favor of the far more popular Fighting type options of Urshifu or Iron Hands, Zapdos-Galar is a phenomenal anti-meta Flying type with unique access to Brave Bird amongst a sea of Dragonites and Landorus-Ts that require Tera Blast for their physical Flying STAB. Defiant is an extremely useful ability that allows us to turn the tables on meta-staple Incineroar and easily sweep.

EVs

Due to our great natural speed stat of 100 in combination with Choice Scarf, we can safely opt for Adamant over Jolly. Scarf Adamant hits 228 Spe, faster than Jolly 135s (Chien-Pao, Flutter Mane, Korai/Miraidon) Scarf Urshifu-R, and many others. The jump to Jolly brings us up to 250, of which the only notable benchmarks in between 228 and 250 are +1 Ogerpon (assuming Teal Embody Aspect) or Booster Speed Iron Crown. Not that these are insignificant, but the extra damage is more handy than these two mons to me.

It's not particularly worth investing in any bulk though. Despite this, Zapdos-G has some insane natural bulk, and there is a surprising number of hits we live off only 4 SpD. Some key ones to note are a 252 Iron Bundle Freeze Dry (76-90) and a 160+ Raging Bolt Thunderclap (83-99).

Moveset

We don't particularly care about the Def/SpD drops or recoil from Brave Bird or Close Combat, and even if we did the damage is too high to give up on them. U-Turn is pretty critical as since we're guaranteed to be faster than most things and we'll want the ability to pivot out easily in case we inadvertently bring Zapdos into a bad matchup, or if the occasional Roar/Whirlwind from some defensive teams brings us in. Then you have some variety. Tera Blast is nice with Ghost or Steel to deal with some Fairies or Ghosts and Psychics respectively. Knock Off is great utility, and helps deal with Ghosts and Psychics without needing Tera, though importantly it can't hit Flutter Mane.

Tera Type

Tera Flying is a great option to boost your Brave Birds to insane heights while keeping your useful immunities and resists. Tera Steel is a more neutral defensive option that stops your Fairy and Ice weakness, as well as giving you the mildly useful Tera Blast Steel to hit back against Fairies. Tera Ghost is a nice defensive option that gives you Tera Blast Ghost which is phenomenal with Fighting STAB, as well as preventing Fake Outs from shutting you down.

Item

100 Speed is in an awkward spot that makes us an amazing Choice Scarfer, and a sort of mediocre everything else, meaning we'll need them in that role with that item.

Partners

Due to our own great natural speed, anti-priority mons such as Farigiraf, Indeedee, or Upper Hand Okidogi all work excellently to keep Zapdos-G the fastest mon on the field. You own priority users such as Incineroar or Chien-Pao are also both great partners due to their ability to dispatch opposing Priority users before they can get their move off. Chien-Pao especially is an excellent partner due to its Sword of Ruin ability boosting our attacks to blinding new heights

Checks & Counters

Virtually all variants of Booster Speed Flutter Mane will outspeed and OHKO you, so always be ready to switch if you see its Booster Spe trigger. Any Ghost type can be scary depending on what your coverage is and bulky mons like Gholdengo or Primarina can easily tank a hit and chunk you heavily back. Fake Out users like Rillaboom or Iron Hands that don't trigger your Defiant like Incineroar will also very easily combo you with their partner and double down to KO you before you can do anything.

Final Notes

With great stat distribution, an excellent offensive typing, and a very potent movepool for the role it needs to fill, Zapdos-Galar is an amazing offensive mon that fits many teams that don't need an Urshifu. Urshifu is of course, a better pick than Zapdos-G, mostly due to its broken Ability and better type synergy with other popular mons (Fire/Water/Grass cores) but in general, Zapdos-G is a really good pick regardless.

April 2024, Regulation F/G

#146 MOLTRES: C+

[Moltres + Zapdos Balance Core](#)

Moltres @ Citrus Berry/Safety Goggles

Ability: Flame Body

Level: 50

Tera Type: [Dragon](#)/[Grass](#)

EVs: 244 HP / 116 Def / 4 SpA / 100 SpD / 44 Spe

Bold Nature

IVs: 0 Atk

- Hurricane

- Tailwind/Will-O-Wisp
- Helping Hand
- U-Turn/Protect

Overview

While almost always overlooked in favor of Incineroar, the vastly superior Citrus Berry wielding Fire type support mon, thanks to its great ability and unique typing, Moltres manages to make an interesting name for itself.

EVs

The Def is built to guarantee you live a 76+ Ogerpon-W Ivy Cudgel. Thanks to Citrus Berry, we're also guaranteed to live a 252+ Scarf Urshifu Surging Strike, and we have great odds to live a 156+ Mystic Water Surging Strikes as well.

The SpD was made to ensure that we live a Thunderbolt from 100+ Raging Bolt, but also has numerous other boons. 252+ Tera Fairy Choice Specs Flutter Mane has a minimal chance to 2HKO with Moonblast, and the common 60 Specs/116+ Flutter is a 3HKO with Tera Fairy Moonblast.

The Spe puts us at 116 which ensures that we're faster than most all Rillabooms, letting us chunk it severely with Hurricane before it can U-Turn out.

4 was leftover and put into SpA, though it doesn't affect any of our calcs.

Moveset

Hurricane, while unreliable, is necessary to enjoy the guaranteed OHKO against Urshifu, so we'll be using it here instead of Air Slash. Tailwind is a great option if your team is lacking in Speed control, but Will-O-Wisp is a great option on top of Flame Body to really dole out those burns to key targets like Urshifu (who is immune to most other kinds of damage mitigation via crits) or Rillaboom. Helping Hand is a move I find very useful on Moltres, as due to its nice defensive type, it can safely sit on the field a lot and just continuously Helping Hand. U-Turn is a nice option as you're mildly slow, which allows you to eat hits from speed demons like Flutter Mane and Chien Pao before U-Turning into someone much frailer. Protect is another nice option though, and I can see it being especially useful if you don't feel the need to pivot a lot.

Tera Type

Our three weaknesses in order of importance are Water tied with Electric, followed far behind by Rock. It's because of this that Dragon wins out as our best type, a great neutral type that stops both Water and Electric, as well as keeping your handy Grass and Fire resists. Grass also resists both Water and Electric, but is nicely immune to Spore as well. Generally Dragon is the better option unless you have a particularly noticeable Amoonguss weakness on your team.

Item

Without Citrus Berry, we aren't guaranteed to survive a Surging Strike from Urshifu-R, so it's important we have it to keep us alive. Despite this, due to Flame Body activating in between hits of Surging Strikes on top of having a roughly 50% to activate before the final hit of Surging Strikes, it's only a kind of unsafe bet to go without Citrus Berry and rely on Flame Body proccing. Importantly, one shouldn't be using Safety Goggles and Tera Grass.

Partners

Any mon with the ability to redirect and subsequently eat incoming Water and Electric attacks are particularly useful for Moltres. Gastrodon threatens out Electric Types and redirects Water attacks automatically. Ogerpon-T slightly outclassed Ogerpon-W by nature of it resisting both Water and Electric opposed to Ogerpon-W's neutrality to Electric and immunity to Water. A bulkier Scarf Urshifu-R is a great option for a partner as well, as it benefits from the Tailwind but isn't reliant on it due to Scarf.

Checks & Counters

Urshifu-Rapid in the Rain is a relatively common place to find Urshifu-R, and there, its Surging Strikes are too strong to be able to eat 1 thanks to Citrus Berry, so you'll need to be especially careful in that situation, but just don't bring Moltres against Rain to begin with. The Intimidate trio of Arcanine-Hiusi, Incineroar, and Landorus-T are particularly strong at dealing with Moltres. Landorus-T and Arcanine-H are both offensive threats, scaring you off with Rock Slide or Head Smash. Incineroar can Knock Off your Citrus Berry, which allows Urshifu-R to easily OHKO you.

Final Notes

Generally, not as good as Incineroar. Most teams that might think they have a niche for Moltres are just better with Incineroar. Flame Body is physical damage mitigation sometimes, whereas Intimidate is physical damage mitigation all the time. Obviously that's an extremely simplified way of looking at it, but more often than not, it is at least partially true. If your team needs the role compression of Incineroar with speed control however, consider Moltres as a unique option instead.

April 2024, Regulation F/G

#149 DRAGONITE: B+

Dragonite @ Choice Band/Assault Vest

Ability: Inner Focus

Level: 50

Tera Type: Normal/Flying

EVs: 188 HP / 252 Atk / 4 Def / 12 SpD / 52 Spe

Adamant Nature

- Extreme Speed
- Outrage/Thunder Punch
- Stomping Tantrum/Low Kick
- Ice Spinner/Tera Blast/Aerial Ace

Overview

With amazing attack, bulk, and low speed mitigated by a powerful Extreme Speed, Dragonite manages to stay viable even so many years after its release.

EVs

52 Spe is put in order to be faster than 4 Spe Rillaboom, the rest is put into attack. 252+ puts us at an even number making our Choice Band give us an optimal boost.

Moveset

Extreme Speed is necessary to let Dragonite do what it does best. Outrage, especially with Choice Band, is extremely powerful, though unpredictable and potentially a waste in such a Fairy common meta. Thunder Punch is nice coverage that helps hit bulky waters such as Tera Water Ogerpon-W or

Bulky Urshifu-R. Stomping Tantrum is your most important coverage move, notably hitting the Steels and Rocks that stop your Extreme Speed. Low Kick is an alternative option that can hit opposing Normals hard as well, such as Ursaluna or Porygon2. Ice Spinner is not only amazing coverage, especially with Stomping Tantrum or Thunder Punch, but has great utility in removing Psychic Terrain that would otherwise disrupt your priority spamming antics. Tera Blast Flying is a unique and high powered option that allows you to offensively decimate bulky Grasses like bulky Rillaboom or Amoonguss variants. Aerial Ace is weaker, but doesn't rely on Tera as much.

In general, Dragonite has a ton of amazing coverage moves, and there are many others not mentioned here, such as Fire Punch or Iron Head that are worth your time as well.

Tera Type

Tera Normal is the obvious choice, allowing us to spam even higher powered Extreme Speeds. Flying should only be used with Tera Blast, as otherwise it's redundant.

Item

Choice Band is great as we'll spend much of our time spamming either Extreme Speed or Outrage, decimating those on the field as much as possible. Assault Vest is a more niche option that allows us to stick around a little longer, sacrificing power for the ability to pivot between different moves.

Partners

Chien-Pao, with its Sword of Ruin is assuredly the most potent partner for Dragonite. It boosts its Extreme Speeds to a remarkable damage level. Offensive support mons like Rillaboom or Incineroar are also great, any Fake Out user is nice to help let Dragonite get an extra turn of offense. You'll want to support Dragonite with mons that can deal with Flutter Mane, such as Entei or Sash Urshifu-S.

Checks & Counters

Indeedee-F, Farigiraf, Tsareena, and any mon that can stop your Extreme Speeds are a major threat. Flutter Mane is a major counter to you, immune to your Extreme Speeds and able to offensively destroy you with Moonblast or Dazzling Gleam. Bulky Dragons such as Miraidon or Raging Bolt that can tank your attacks and KO back with Draco Meteor are also quite scary. IronPress users such as Registeel or Zamazenta can easily wall you after even just one Iron Defense.

Final Notes

With an ability that stops the most common mon in the game, Incineroar, and an attack stat that is still top-of-the-line even after so many years- when many of its Gen 1-3 compatriots have fallen out of viability, Dragonite combined with Chien-Pao is truly a force to be reckoned with, and is a staple of Hyper Offense even in Regulation G.

May 2024, Regulation G

#186 POLITOED: C-

Politoed @ Citrus Berry/Rocky Helmet

Ability: Drizzle

Level: 50

Tera Type: **Grass**/**Dragon**

EVs: 164 HP / 228 Def / 12 / SpA / 100 SpD / 4 Spe

Bold Nature

IVs: 0 Atk

- Muddy Water/Weather Ball/Surf
- Helping Hand/Hypnosis/Haze/Encore
- Icy Wind/Ice Beam
- Protect/Helping Hand/Encore

Overview

Politoed is one of three mons (two non-restricted) that can set rain via its ability, Drizzle.

Automatically, this gives it a niche on Rain teams, though it is outclassed in many ways by Pelipper.

EVs

This set has some really sweet calcs. It's built specifically to deal with Rillaboom, and is calced specifically to live a Max Atk Grassy Glide. It also lives a Max Atk Ogerpon Grassy Glide too.

Additionally, it lives a Horn Leech from a lightly invested Ogerpon as well, less than a 50% to kill at 72 Atk. It also is guaranteed to survive a Flutter Mane Thunderbolt/Energy Ball from full as well. For

those more concerned about Rillaboom, a Bold 52 HP / 228 Def / 12 SpA / 52 SpD / 164 Spe outspeeds the most common Rillaboom spread while still surviving Grassy Glide, this does however, sacrifice a lot of your bulk.

Moveset

For STAB, it's between Weather Ball and Muddy Water. Muddy Water accuracy drops are very nice, but Weather Ball gives slightly more power and can flip the matchup on Grass Type Chlorophyll sweepers against sun teams. Surf is a more unique option only to be used on teams with Ogerpon-W, as it can heal it pre-tera due to Water Absorb. Common Rain staples like Assault Vest Archaludon and Bulky Urshifu-Rapid take nothing (less than 10%) from it too, meaning that you aren't punished too much in other situations for attacking with it. From there, Icy Wind is a good tool to drop speed, and I would seriously recommend you only use Ice Beam in its stead if you find yourself really needing the extra coverage, the speed control is important to have. You have your choice of utility moves, Helping Hand is the best, but the others are all also cool. Haze and Encore helps you take down set up mons like Registeel and SD Ogerpon, whereas Hypnosis can be a game winner or a get-out-of-jail-free card in would-be losses.

Tera Type

Tera Dragon is a better mono-type, but Grass has the same resists and provides useful Spore/Powder immunity. It should be noted that Grass' Fire weakness isn't as important as you're in the Rain majority of the time Politoed is on the field.

Item

Sitrus Berry is the most consistent item for Politoed, our spread is very bulky and one wants to keep it alive as long as possible to ensure it can continue to be annoying through stuff like Icy Wind and Encore. Rocky Helmet provides similar defensive utility and is an especially nice switch-in to Urshifu-Rapid.

Partners

Obviously being a Rain setter Politoed should be partnered with those that take advantage of the rain. Archaludon, Urshifu-Rapid, Basculegion, Amoonguss, and so on. Politoed really should never be on

the same team as Pelipper. Occasionally, one might find utility for Politoed and Tornadus to be next to each other, but generally, you only want one weather setter per team. Politoed, setting with an ability rather than a move, functions best on harder rain teams where 2-3+ members benefit from rain, as opposed to a team with just an Urshifu-R that would prefer the optionality of Rain Dance Tornadus.

Checks & Counters

Ogerpon-Wellspring is Politoed's biggest nightmare. Extensively popular on all sorts of teams and overall very strong. It walls you completely and smacks you back hard. Generally, this is why Pelipper is preferred over Politoed in ScVi, the Wellspring matchup is far too common and far too loseable. Other tough bulky grass types like Rillaboom and Amoonguss threaten it as well. Raging Bolt variants with Thunderbolt are quite tricky. Many variants only carry either Thunderbolt or Thunderclap. Those with Thunderclap only aren't actually a major threat as you can safely sit in front of them and use your status moves, potentially even baiting a Thunderclap or two. Thunderbolt variants however, are quite scary. Of course, being a Weather setter means that more often than not one of your biggest fears are opposing weather setters, Torkoal, Tyranitar, Groudon, despite all being weak to your Water, can mitigate the damage either through Sun or the SpD boost from Sand.

Final Notes

Politoed is pretty badly outclassed by Pelipper. The Flying type, Wide Guard, and Tailwind do so much for it it's hard to make a case for Politoed. With Icy Wind it can carve some use if you particularly like it, however. I don't think rain is the best archetype right now, but with Archaludon it certainly shot up from Reg E. Most teams don't really want/need the hard setting anyways, they much rather the support of Rain Dance Tornadus with its Tailwind, Taunt, and Rain Dance that doesn't bottleneck your team into being rain. Despite all this though, Drizzle is really great utility, and you are bulkier than Pelipper, so there is some very little niche to using him if your team doesn't need Tailwind.

March 2024, Regulation F

#197 UMBREON: D+

[Umbreon + Groudon Sun Sample](#)

[Los Angeles 2024 3rd Place](#)

Umbreon @ Leftovers/Sitrus Berry

Ability: Inner Focus

Level: 50

Tera Type: Poison/Fairy

EVs: 172 HP / 204 Def / 4 SpA / 124 SpD / 4 Spe

Impish Nature

IVs: 0 Atk

- Foul Play
- Moonlight
- Yawn/Thunder Wave/Snarl/Roar
- Taunt/Snarl/Helping Hand

Overview

STAB Foul Play, various disruption tools, and access to Moonlight make Umbreon a niche supportive tool on sun teams in restricted metas, for its ability to deal with Calyrex-S handily.

EVs

172 HP / 204+ Def allows us to live a 252+ Urshifu Close Combat, a 252+ Calyrex-I Close Combat, a -1 252 Koraidon Collision Course, and a 252+ Chien-Pao Sacred Sword. You live a +1 188+ Zamazenta-C Body Press and a 252+ Mienshao Close Combat.

4 Spe is one point faster than 36 Spe Incin.

The rest was dumped into SpD. You live up to 72 Specs (252+ Spe Boost or 136+ SpA Boost)

Moonblast from Flutter Mane. You're 4HKO by Calyrex-S Draining Kiss, and you live a Life Orb 252 Tera Blast Fairy/Fighting from the same.

The HP is divisible by 16, optimizing it for Leftovers and Sitrus recovery.

Moveset

Moonlight is the special niche here, not only is it reliable healing, but it's boosted in the sunlight, meaning you can easily heal off massive hits and continue to take them next to a well placed Groudon or Koraidon. Foul Play is great for the ability to massively chunk mons like Calyrex-S (93% to OHKO), Calyrex-I (73-86), and physical set-up sweepers such as Swords Dance Ogerpon or Bulk Up Annihilape. Umbreon has the ability to spread status through either Thunder Wave- great speed control- or Yawn- which often forces switches. Snarl helps our "spammability", IE, our ability to sit on the field eating hits and being annoying, opposed to something like Thunder Wave which you can only use so many times before it becomes unclickable. Roar is another option that can shut down mons like IronPress Zamazenta or Nasty Plot Gholdengo before they can run away with a game. Taunt is a useful option that can stop opposing mons such as Tornadus or Whimsicott from setting up manual Rain/Snow in order to disrupt your healing from Moonlight. Snarl is still amazing, so it's an option for this slot too. Helping Hand is the support classic, and makes Umbreon itself a little more passive, it's particularly great on Groudon sun variants opposed to Koraidon as the spread of Precipice Blades appreciates the boost more than Koraidon's single targeting moves.

Tera Type

Poison is the best Tera for any Dark type mon, it stops all of our weaknesses while still threatening Psychic types that would otherwise knock us out due to our Foul Play, stopping Fighting, U-Turn, and Fairy all at once is impressive. Fairy is a generally good defensive option that is a better type than Poison and still stops two of our weaknesses, though is less specific to our needs.

Item

Unlike our rival disruptive Dark type in Incineroar, we'll be wanting to sit on the field and be annoying as long as possible, instead of pivoting constantly, making Leftovers the better option. Though, due to the shorter nature of games overall, it is still arguable in Sitrus Berry's favor.

Partners

Our main niche is Moonlight, so we want sun setters. Ninetails is pretty bad, so for non-restricteds we're left with Torkoal, Sunny Day Tornadus, and Sunny Day Whimsicott. Out of these three, due to Umbreon's low speed, Trick Room Torkoal is probably the best partner. In restricted metas (typically

the only times Umbreon is good) Groudon is 100% the way to go over Koraidon. Umbreon/Groudon is a super bulky core, and quite difficult to break through, especially with consistent healing from Moonlight. Helping Hand is also useful with Precipice Blades due to the power of spread moves. Umbreon has a slightly better matchup into Groudon's checks opposed to Koraidon, where generally Umbreon isn't terribly threatened by the likes of Rillaboom or Ogerpon-W, where as it does have trouble with Flutter Mane, meaning it's easier for Flutter Mane to run through Koraidon teams. The opposite is also true, where Groudon is able to smack mons like Zacian-C or Flutter Mane whereas Koraidon can't deal with either of those particularly well depending on their sets.

Checks & Counters

Choice Band variants of Urshifu are faster and OHKO you quickly, oftentimes forcing a tera or a switch. Mienshao is in a similar boat, and oftentimes is found next to Calyrex-S that you so proudly counter. Speaking of Mienshao, faster Fake Out users such as Rillaboom or Mienshao can seriously stop you in your tracks. Tera Fairy Flutter Mane is also quite common and boosted to crazy heights in the sun that you yourself rely on, meaning that oftentimes Flutter Mane is a major threat to us.

Final Notes

Umbreon, in general, is outclassed by Incineroar. It has a better ability, has more utility moves, and has better typing. Due to the high power of Flare Blitz- especially in the sun- and your surprisingly good base Atk, Incineroar is quite strong when it wants to be. Umbreon on the other hand, winds up being extremely passive. Despite this, it has a miniscule niche due to a little more bulk, and Moonlight, a nice tool in the sun.

Umbreon is one of those fan favorite mons that everyone wants to be good, right up there with Scizor and Electivire. Personally, I always preferred Vaporeon in terms of Eeveelutions, but I digress. If you're a fan of Umbreon, don't try to use it outside of the sun, that's its only niche.

May 2024, Regulation G

#235 SMEARGLE: C-

[Wolfe Glick Smeargle TR](#) and [Adjacent Video](#)

Smeargle @ Focus Sash

Level: 50

Ability: Moody

EVs: 68 HP / 4 Atk / 60 Def / 124 SpD / 252 Spe

Tera Type: **Grass**/**Ghost**

Jolly Nature

- Spore
- Follow Me
- Fake Out
- Wide Guard/Burning Bulwark

Spread by [Jesusuuus](#)

Overview

Not many mons *literally* get access to any move they could possibly want, making Smeargle a unique jack-of-all trades that has role compression unlike anything else in the meta.

EVs

While it may seem counterintuitive to use Smeargle with a Focus Sash a bulk investment, those specific Def and SpD are to live an Urshifu-R Surging Strike after Tera Water, and a Tachyon Cutter from Iron Crown respectively. Speed is then maxed out. Smeargle is so frail that this spread should still consistently be brought down to Focus Sash, while still maintaining Max Spe, as we don't really have a need for any Atk.

Moveset

This is the most generalized Smeargle composition, Spore is super important as due to our high base speed we can consistently use it first. Fake Out and Follow Me are just general great utility moves. Wide Guard is especially important due to our Normal type as it allows us to shut down Calyrex-S extremely easily. Burning Bulwark is a more niche option that can be used to punish Fake Out users like Rillaboom or Iron Hands that would otherwise attempt to shut you down.

NOTE: It's an important clarification that realistically you can use any set of moves on Smeargle you want if you feel it fits the role you need on your team. Other viable moves like Tailwind, Trick Room,

Nuzzle, and so on are completely usable. Even weirder ones like Salt Cure or Destiny Bond are fun to toy around with and have their niche uses.

Tera Type

Tera Grass is our best, as not only does it deal with Urshifu-S, but also prevents Spore from shutting down our support. Ghost is a nice option to stop Fake Out.

Item

We are unfortunately far too frail to want anything other than Focus Sash, even with the special investment to live specific multi-hits.

Partners

Generally, as an all around support mon, Smeargle fits with plenty of mons depending on the role that you're having him fill. He functions as a Trick Room setter with Trick Room mons. A Tailwind setter with Tailwind mons, a redirector or healer for set-up mons, and so on. Unlike other mons, where you look at partners to support them, you look at what mons Smeargle can support.

Thanks to being one of the only good Moody users, Smeargle is part of a devastatingly evil combo featuring Muk-Alola, where Smeargle can pass Moody to Muk, wherein it spams Minimize and can freely boost its stats. While I don't condone anyone using this strategy, it is one of Smeargle's main niches.

Checks & Counters

The vast majority of Smeargle's only attacks are weak moves like Nuzzle or Fake Out, and hence Taunt will completely invalidate most of them. Safety Goggles users such as Incineroar or Farigiraf can completely shut down your main niche in Spore, as well as the legions of Grass types; Rillaboom, Amoonguss, etc- not to mention the even more that are Tera Grass; Iron Hands, Raging Bolt, etc etc forever. Be weary of them, especially in CTS where nothing is guaranteed.

Final Notes

In general, Smeargle is a "jack of all trades master of none" situation. While it can do basically everything, it ends up being outclassed by mons like Incineroar or Amoonguss, due to more fitting stats, typing, or ability. Though, despite this, due to learning every move, it can compress the role of

multiple mons extremely well. Normal typing and access to Wide Guard give it a niche against dealing with Calyrex-S. Consider using Smeargle if you need to stretch your roles very thin.

May 2024, Regulation G

#248 TYRANITAR: C+

Tyranitar @ Assault Vest

Level: 50

Ability: Sand Stream

EVs: 236 HP / 204 Atk / 4 Def / 52 SpD / 12 Spe

Tera Type: Flying/Fairy/Grass/Psychic/Bug(lmao)

Adamant/Careful Nature

- Rock Slide
- Assurance/Lash Out
- Low Kick/Ice Punch/Thunder Punch
- Tera Blast

Overview

While not the monster it historically has been, Tyranitar is the only good mon that can set Sand via its ability (sorry Hippowdon) and therefore automatically has a niche via enabling Sand teams without being bottlenecked by Hippowdon. It has phenomenal bulk, and great offenses, though is held back by a mediocre type and needs to be placed in a weak archetype.

EVs

Nature wise, Careful gives you some ridiculous damage calcs. Only being 2HKO'd by Specs Flutter 13% of the time. It's guaranteed to live a 252+ Lando-I Earth Power but is only a 50% to be 2HKO by 252 Lando-I Earth Power. Other, less prevalent special attackers get eaten, for example Heatran's Flash Cannon being a 3HKO and respectively getting smacked back with Low Kick. Speaking of, Adamant is a less important choice imo, but lets you pick up some 2HKOs you might not otherwise.

Moveset

Rock Slide is an obvious mandatory, along with Tera Blast to patch up his coverage. Your Dark Stab can vary. Lash Out is more guaranteed damage, and useful against the endless Incineroars around, but Assurance can do mind-boggling damage if you double into a target with a faster partner. Your Flex slot varies, and can be whatever your team needs it to deal with. Low Kick helps with the aforementioned Steel matchup. It's a firm 2HKO on Heatran and a 70% to OHKO Max HP Gambit. It of course brings Pao Down to sash but Rock Slide also does that- it's there for Wide Guard matchups. It's also 83% to OHKO Booster Speed Roaring Moon. Ice Punch and Thunder Punch are more situational options. Ice Punch patches up the Lando Matchup, and also does OHKOs non-multiscale Dragonite. Adamant Variants also 2HKO non-max HP Rillaboom. Thunder Punch can alleviate the Water matchup, dealing with Waterpon after it Teras as well as Miltoic and Bulky Pelipper.

Tera Type

Psychic and Flying are both great to alleviate your ground/fighting/both weaknesses, and help you play into tier staples Urshifu and newly strong again Annihilape. Again, it can vary what you want specifically. Flying helps you take on Ogerpon, Rillaboom, and Amoongus (Amoongus notably without making contact like Ice Punch would have you do. Psychic is less useful, but allows you to beat Amoongus still, Iron Hands, and importantly Glimmora without procing Toxic Debris. Tera Bug is shockingly not a bad pick. It remarkably blocks your Fighting, Ground, and Grass weakness. It hits Dark types without needing Low Kick in your Flex slot. Despite Grass having the Powder Immunity niche, Bug has an important advantage in the Landorus-I matchup, where he could turn around and Sludge Bomb you right after a Tera Grass, whereas Bug cannot do that.

Item

Assault Vest is more or less an obvious choice, just by nature that Tyranitar doesn't really need anything else. It's one of the few cases where a mon would rather have a fourth coverage option over Protect. Assault Vest helps bolster its already boosted SpD from the Sandstorm and allows it to keep that boost if it needs to Tera outside of its admittedly really bad typing.

Partners

Being a Sand Setter, you should really only use Tyranitar on a team with at least 1-2 Sand abusers. These abusers don't have to be as explicit as something like Sand Rush Lycanroc, but consider adding an extra steel type or so. Excadrill is still an amazing partner after all these years, and together they're pretty decent. Sand Veil + Bright Powder/Leftovers Garchomp is an interesting strategy I've played on ladder and I don't exactly hate it, but it is pretty gimmicky and not inherently as strong as Snow Articulo. Snow Veil Articulo did win a huge event though, so who am I to judge. Sand Rush Lycanroc is not really a real pick right now, but if you like him then I won't stop you from using him. Sand and Psypam actually go very well together, as Psychic Terrain ensures that your Sand Rush user is the fastest thing on the field and no priority can stop it, specifically, this is important for Excadrill who often uses Focus Sash and does not want it broken by Fake Out or Extreme Speed; Because of this, consider IndeeDee. Japanese Sand is a strategy from XY that involved Tyranitar, Excadrill, Aegislash, and a ground-immune Dragon (usually mega Salamence). While some of these are gone, Gholdengo fulfills a similar role excellently, and one should consider it on their Tyranitar teams.

Checks & Counters

Landorus-I is the most popular and most common answer to your antics. Unlike Flutter Mane who typically loses a lot of her SpA to bulk up, Lando-I can commonly be found with a 252+ Glass Cannon set that will overpower even your Assault Vest in the sand. Due to the pitfalls of Rock defensively, Tyranitar will often find itself Teraing more games than any other member of the team due to the necessity of Tera Blast coverage.

Final Notes

Overall, Tyranitar isn't exactly slept on, but I will say that it has some sleeper utility with Excadrill's return. Unfortunately though, Sand is a pretty bad archetype right now by nature of simply being worse than other archetypes. You have far less mons that take advantage of it, and the ones that do are less good (look at Excadrill or Lycanroc vs. Urshifu-Rapid and Archaludon) and because of that I can't rate Tyranitar too highly.

April 2024, Regulation F/G

#250 HO-OH: C-

[Choice Band HO Core](#)

[Calm Mind Set-Up Core](#)

Ho-Oh @ Clear Amulet

Ability: Regenerator

Level: 50

Tera Type: Grass/Dragon

EVs: 252 HP / 196 Atk / 60 SpD

Jolly Nature

- Sacred Fire
- Brave Bird
- Roost/Whirlwind/Tailwind
- Protect

Ho-Oh @ Leftovers/Sitrus Berry

Ability: Pressure

Level: 50

Tera Type: Grass

EVs: 84 HP / 148 Def / 20 SpA / 12 SpD / 244 Spe

Timid Nature

IVs: 0 Atk

- Heat Wave
- Hurricane
- Calm Mind
- Protect

Overview

Ho-Oh is quite niche, and while there are generally better restricteds, with Regenerator, a good defensive type and access to Roost, Ho-Oh is an excellent choice for anti-meta defensive cores.

EVs

Choice Band: EVs are pretty simple here, just enough SpD to bring it up even with our Def and a ton of HP to keep us alive as long as possible.

Calm Mind: The Spe benchmark is the same, faster than the most common Ogerpon Spread. After that, the defenses were balanced with the boosting SpD in mind. HP is optimized for Leftovers recovery, and SpA and SpD are optimized for Calm Mind boosts.

Moveset

Clear Amulet: Ho-Oh doesn't need much more than what it gets, because thankfully, that isn't too much. Sacred Fire is very reliable and 50% chance to burn is incredibly in a metagame full of

Calm Mind: This set is simple enough. Calm Mind is an idea because we have great SpD and good SpA, along with access to Heat Wave for the useful spread option. Protect is for obvious reasons, and Heat Wave and Hurricane are our strongest special STAB.

Tera Type

Dragon is our best defensive type, no questions, but Grass provides a nice spore immunity along with similar resists. Due to this Spore/Powder immunity, Grass is the required type on Calm Mind variants, but offensive CA variants are able to flex around a little more.

Item

Clear Amulet: Due to our relative inability to deal with Incineroar, we heavily rely on Clear Amulet so that we aren't totally floored by Intimidate and Parting Shot spam.

Calm Mind: Since our goal is to effectively sit on the field from Turn 1 to victory (hopefully your victory) we'll want Leftovers to sustain us as much as possible during this endeavor.

Partners

Clear Amulet: We'll want to surround Ho-Oh with bulky mons that help make an excellent core, and one of the big ones is Ting-Lu, not only making Ho-Oh even harder to kill, but as a physical attacker, we're unaffected by Vessel of Ruin. Ho-Oh also deals with Grass types that Ting-Lu is typically scared of, whereas Ting-Lu can deal with Rock types that threaten Ho-Oh. Raging Bolt is another excellent bulky pick that can deal with Water and Flying types that the aforementioned duo can't deal with too

well. Though you can't rely entirely on bulky mons, so be sure to support Ho-Oh with powerful offensive picks like an offensively oriented Ogerpon or Urshifu to help balance out the team.

Calm Mind: We'll be wanting to make sure we can get as many Calm Minds up as we can, hence you'll find the usual suspects for a setup mon's support pool. Ogerpon-W and Amoonguss are great options for their ability to deal with Waters as well as redirecting attacks so you can freely Calm Mind. Iron Hands is a great Fake Out user again, due to its ability to deal with Water types such as Urshifu-R that threaten Ho-Oh normally. Other Fake Out users like Incineroar and Rillaboom work great as well.

Checks & Counters

Without a proper answer on your team, TornUrshifu HO cores can very quickly hit the field and overpower you with Surging Strikes in the Rain. Miraidon is quite a common restricted as well, and it is oftentimes accompanied by mons like Iron Hands, Iron Boulder, or Iron Bundle that absolutely demolish Ho-Oh. Generally speaking, any physically dense HO team that can outspeed and overpower you.

Final Notes

While not as outwardly strong as some other team archetypes, I believe that bulky Ho-Oh cores with Ting-Lu and Raging Bolt will become one of the more popular team types as the format further develops.

April 2024, Regulation F/G

#257 BLAZIKEN: F

[Blaziken HO Sample](#)

Blaziken @ Life Orb

Ability: Speed Boost

Level: 50

Tera Type: [Flying](#)/[Ghost](#)/[Stellar](#)

EVs: 252 Atk / 4 SpD / 252 Spe

Adamant Nature

- Flare Blitz

- Close Combat
- Brave Bird/Stone Edge/Shadow Claw
- Protect

Overview

Blaziken, like many starters from before generation 6, is totally and utterly unusable without its beloved Mega Stone. Though Speed Boost makes for an interesting mon at first glance, there are far far better sweepers that don't need to wait a turn to do their thing.

EVs

Blaziken is just too frail to want to do anything other than a generic glass cannon spread. Adamant is chosen over Jolly as we're boosting our Spe anyways.

Moveset

Flare Blitz and Close Combat are our hard hitting STAB moves, nothing else comes close to their BP. Protect is an absolute must in order to accumulate Speed Boost boosts. From there, you have a decent choice of some coverage moves. Brave Bird deals with opposing Fighting types, Stone Edge deals with Flying types, and Shadow Claw is for Ghosts and Psychics. Generally, it comes down to whichever you feel your team struggles to hit.

Tera Type

Ghost is nice to stop Fake Out and Extreme Speed from ruining our high Speed, and also boosts Shadow Claw. Flying stops Ground moves and boosts the power of Brave Bird. Stellar is nice due to our wide range of coverage and likely short Life Span.

Item

Since we rely on Flare Blitz for high damage, we can't use Focus Sash as the recoil from Flare Blitz would break it. Life Orb is our next best option to boost all our attacks while still letting us Protect to set up with Speed Boost.

Partners

Fake Out and redirection users such as Follow Me Indeedee-F or Fake Out Rillaboom are great partners that allow Blaziken to more easily accumulate speed boosts. Anti-Priority mons like the

aforementioned Indeedee-F as well as Farigiraf are great partners to ensure that our high speed can't be countered by priority. Chien-Pao is another excellent partner due to its ability to boost our Atk to even further heights.

Checks & Counters

Urshifu-R is the biggest one, faster than you and able to break through your Protect with Surging Strikes for an easy OHKO. Opposing Tailwind teams will oftentimes end up being faster than you after Tailwind goes up, and can then outspeed and OHKO you even after one turn of Speed Boost. Icy Wind users such as Flutter Mane and Iron Bundle are key threats to you as well due to their ability to slow down your Speed Boost steamroll. Iron Bundle in general is a threat as it both boosts its own speed, but can easily threaten an OHKO on you.

Final Notes

Overall, terrible. There are infinitely better Fire and Fighting types that one should realistically be using instead of Blaziken. Unless of course you love Blaziken with all your heart. In that case, go play BSS, a metagame I have no knowledge of.

May 2024, Regulation G

#284 MASQUERAIN: F

Masquerain @ Focus Sash

Ability: Intimidate

Level: 50

Tera Type: Ghost/Water/Steel

EVs: 252 SpA / 4 SpD / 252 Spe

Modest Nature

IVs: 0 Atk

- Quiver Dance

- Protect

- Hydro Pump/Surf/Ice Beam/Tera Blast

- Hurricane

Overview

Masquerain is one of those Pokemon you keep in your party, collecting XP waiting for its super cool and powerful 2nd evolution. “Hydreigon evolved in his 60s, and that was totally worthwhile” you say, unbeknownst to the horrors that await you: that is, just how utterly pathetic Masquerain is.

EVs

Masquerain is too pathetically slow, too utterly frail, and so offensively futile that it can’t use any spread but a generic 252 / 252 Spread. Abysmal stats.

Moveset

Aside from Quiver Dance, you super need Protect. Set up mons like this are often a big target of double-targeting (to ensure your opponent can remove it in 1 turn) and therefore Protect is important to mitigate that. Hydro Pump and Ice Beam are both great coverage options that hit different things. Hydro Pump is probably the better type but since you already have the low accuracy Hurricane, you might want Ice Beam for consistency.

Tera Type

Water is both a great Tera Type and a super useful boost to your defenses. Tera Ghost helps block the Fake Out that would hurt your set up as well as Extreme Speeds that would break your Sash. Steel is an all-purpose defensive type that has the utility of Steel Tera Blast being important coverage for him specifically. I wouldn’t use Tera Blast without Tera Steel, though. Surf is a unique idea while next to Ogerpon-W that allows you to hit both foes while healing your Ogerpon.

Item

It needs Focus Sash, I’m pretty sure even with Max HP this thing would crumble to a Flutter Mane Moonblast in no time, so don’t use anything but Sash.

Partners

It is absolutely crucial that you surround Masquerain with nothing but the absolute utmost of meta picks because it’s so utterly useless. The Incineroar, Urshifu-R, and Rillaboom core is pretty much on a need-to-have basis for Masquerain. Consider Ogerpon-W and Amoonguss as well, as with Follow Me and Rage Powder they help Masquerain get up the Quiver Dances it so desperately needs.

Checks & Counters

Any mon that can breathe a physical attack near this thing will cause it to spontaneously combust.

After 2-3 Quiver Dances you can more or less take a few special hits that would otherwise threaten you (assuming you're not down to your Sash already) but generally most even neutral hits will devastate this thing. Taunting it also neuters it, as it can't afford to run Mental Herb due to its reliance on Sash.

Final Notes

DO NOT USE! Use Volcarona. It is better in literally every conceivable way. Better stats, typing, movepool, the only place Masquerain is better is Ability in a vacuum, as Flame Body is important on Quiver Dance Volc to stop physical attacks once you get your SpD high. Masquerain should never be used on a team with the intention of winning once it hits the field. It is dead weight in every sense of the word.

April 2024, Regulation F/G

#279 PELIPPER: B-

[Patrick Connor NAIC Champion Team](#)

Pelipper @ Focus Sash

Ability: Drizzle

Level 50:

Tera Type: Ghost/Ground

EVs: 252 SpA / 4 SpD / 252 Spe

Timid Nature

- Hurricane
- Tailwind/Protect/Helping Hand
- Wide Guard
- Weather Ball/Muddy Water

Overview

In a metagame terrorized by Incineroar, Chi-Yu, and Ogerpon-H, Pelipper's Drizzle and unique set of supportive tools gives it a powerful place on restricted teams with Fire-weak restricteds such as Zamazenta-C or Calyrex-I.

EVs

Pelipper has really bad bulk, and while you certainly can invest in it defensively, you lose out on a ton of important Speed, and there are still many moves you can't invest out of, such as Electro Drift from Miraidon or Ogerpon-C's Ivy Cudgel. Our final stat is 128, which puts us faster than slow Urshifu-R (76), fast Rillaboom (172), and most Enteis (52). Max Spe also still puts us slower than Koraidon, allowing us to set up weather. Something alternate like Modest 60 HP / 4 Def / 252 SpA / 4 SpD / 188 Spe is the fastest you can be while still underspeeding Groudon, and can still be used with Focus Sash to dodge moves from Iron Hands, Miraidon, Raging Bolt, Ogerpon-C, and many others.

Moveset

Hurricane is a phenomenal move on Pelipper, being unable to miss in the rain. Its high BP and Confusion chance make up for Peli's low SpA, allowing you to smack Grass and Fightings like non-Corner Ogerpon, Rillaboom, Koraidon, and many others. Wide Guard is one of Peli's main niches, importantly allowing you to stave off restricteds such as Groudon, the Calyrexes, and Kyogre. For our offensive Water move, it's between Muddy Water and Weather Ball. Weather Ball is very strong, and gets boosted up to a crazy 150 BP in the rain, and can flip the matchup on certain teams, such as becoming a Fire type move to deal with Chlorophyll users in the Sun, like Lilligant-Hisui. Muddy Water provides some spread utility, and accuracy drops are always nice. Finally you have some wiggle room with your last spot. Tailwind is great on non-TR teams with mons like Rillaboom, Urshifu-R, and Zamazenta-C to help provide a speed advantage where you might otherwise not have on your team. Protect and Helping Hand are more TR oriented- but still usable outside it- picks that assume you already have some form of Speed control. Protect is always useful, and Helping Hand is especially nice with partners like Calyrex-I or Terapagos as it can boost the power of spread moves that you'll be spending the vast majority of turns clicking.

Tera Type

Ghost is an excellent pick to stop Fake Out, Extreme Speed, and any other Normal or Fighting moves from breaking your Focus Sash, but just by nature of being a great defensive type in general. Ground is an alternative if you particularly struggle with Electric types as it gives you a very useful Electric immunity.

Item

Pelipper's bulk is mediocre at best and bad at worse, but in reality, it's somewhere in between. Focus Sash mitigates the need to invest in its already poor bulk and allows us to instead worry about getting our guaranteed 1-2 turns on the field regardless. Due the high volume of Electric attacks from Miraidon, Raging Bolt, Iron Hands and others, there are plenty of moves that we can't EV our way into living, so Focus Sash makes sense to ensure we can regardless.

Partners

Pelipper works excellently with two main restricteds: Zamazenta-C and Calyrex-I.

Zamazenta-C is an excellent partner as it's extremely prone to common spread moves, being weak to Groudon's Precipice Blades, and while it can eat one or two after an Iron Defense, it cannot boost its way out of a Calyrex-S Astral Barrage or a Kyogre Water Spout. One of the only mons that can deal with Zamazenta is Choice Scarf Chi-Yu more than often forcing it to Tera just to be able to Body Press it back, and even then it can easily Tera Ghost. Some Ogerpon-H variants with Focus Energy can also attempt to crit through your Iron Defenses, and Pelipper deals with it easily.

Calyrex-I is the second option, as it is also very weak to Chi-Yu, even with High Horsepower. While Calyrex-I is oftentimes supported by Fake Out users and redirection users, Chi-Yu has easy ways around both of them, being able to Tera Ghost or being able to use a spread Heat Wave to heavily chunk Calyrex-I, again, forcing it to Tera. Incineroar, who oftentimes loves to work in Calyrex-I's TR is also heavily threatened by Pelipper.

Ground coverage, from any source, is an excellent choice for Pelipper, dealing with the Electrics and Steels that threaten Pelipper. Landorus-I is a great choice, with its Sandsear Storm being unable to miss in the rain. On slower teams, Ursaluna-BM is an excellent partner, oftentimes its Ground coverage is appreciated too by Calyrex-I, who struggles to deal with Steel types. Urshifu-R is another offensive

partner that while still scared of Raging Bolt and Miraidon, can threaten Steel and Rock types that would otherwise force Pelipper out, and its Surging Strikes in the Rain are monstrously powerful. Any Grass type loves the ability to sit on the field without being too scared of Chi-Yu or Incineroar, so picks like Rillaboom, Ogerpon-T, and the many Tera Grass mons enjoy being on a team with Pelipper.

Checks & Counters

Miraidon, mentioned many times throughout this analysis already, is the most prevalent answer to Pelipper. Resisting both of its STABs and being able to easily KO back with Electro Drift, or even a weaker move like Volt Switch makes Miraidon a major threat to look out for. Funnily enough, there's not one, but two Electric/Dragon mons to look out for, ~~Zekrom~~ Raging Bolt is another mon that you'll need to be careful of, especially with Thunderclap neutralizing any speed boost from Tailwind. Iron Hands is the last meta-relevant Electric type to look out for, and while it doesn't resist both of your STABs, it can still very easily bring you down to Sash with Wild Charge. Archaludon, while fallen out of style since Regulation F, can still make an appearance, and is a mon that Pelipper heavily struggles to deal with due to the same reasons as mentioned above.

Final Notes

While Peli held a firm niche throughout previous regulations as the only (good) Rain setter, it's interestingly being used now on non-hard rain teams, where the members appreciate the defensive Fire resists and Wide Guard utility more than they do anything else, giving Pelipper a strong place on any team that finds itself losing to Chi-Yu and the Sun. I highly recommend Pelipper on most any team that uses a Fire-weak restricted.

#297 HARIYAMA: F

[Hariyama Calyrex-S Psyspam Core](#)

Hariyama @ Citrus Berry

Ability: Thick Fat

Level: 50

Tera Type: Steel/Dark

EVs: 252 HP / 204 Atk / 20 Def / 28 SpD

IVs: 0 Spe

Brave Nature

- Close Combat/Drain Punch
- Wide Guard
- Fake Out
- Heavy Slam/Thunder Punch/Knock Off

Overview

While generally outclassed by Iron Hands, in a metagame dominated by the likes of Water Spout Kyogre and Astral Barrage Calyrex, Wide Guard gives Hariyama a unique niche over its distant grandchild Iron Hands.

EVs

The HP and SpD are guaranteed to live a Dazzling Gleam from a Flutter Mane (60 Specs) and you'll OHKO back with Heavy Slam. You're also guaranteed to OHKO Incineroar (252/100) with Close Combat. Thunder Punch will 2HKO 0 Bulk Urshifu-R as well. Chien-Pao.

Brave with 0 Spe IVs underspeeds Kingambit, Registeel, and Ting-Lu.

Moveset

Fake Out is super important and is great utility. Wide Guard is another really important tool that allows you to counter common restricteds such as Groudon's Precipice Blades, Kyogre's Water Spout/Origin Pulse, and the Calyrex's signature moves. Close Combat is nice bonus damage, but Drain Punch is especially useful to sustain yourself, even if you already have Sitrus Berry. You have a ton of great options for coverage. Heavy Slam is the obvious one, but Knock Off is nice offensively as well to deal with the Calyrexes. Thunder Punch is niche but can hit Urshifu-R for solid damage.

Tera Type

Steel is the best defensive option, no questions asked. It deals with your Psychic, Fairy, and Flying weaknesses, making it universally strong. Dark is an alternative option that boosts your Knock Off and gives you a better answer against Psyspam by virtue of an immunity rather than a resistance.

Partners

Wide Guard is especially useful on teams that are weak to the aforementioned list of restricteds with spread moves. Psyspam teams that are prone to Astral Barrage from Calyrex-S are thankful they have a way to stave off the Ghost type moves that would clean house otherwise. This is certainly your best application, but any team weak to a mon like Kyogre or Caly-I appreciates the support.

Checks & Counters

While pretty bulky even by today's standards, Hariyama realistically crumbles in front of most supereffective attacks. Zacian-C Play Rough, Flutter Mane Moonblast, and is even 2HKO by Bleakwind Storm from 0 SpA Tornadus.

Final Notes

In almost every conceivable way, a worse Mienshao. Mienshao has better stats (for the role it is filling). Mienshao just functions better, faster, stronger, and has a better ability. Any situation that you think you want to use Hariyama in, you actually want either Mienshao- or Iron Hands. While Mienshao is slightly a sidegrade due to being significantly frailer, Iron Hands is essentially a direct upgrade from Hariyama, effectively killing it from usage altogether. Unless you really like Hariyama and hate Iron Hands (why and how?) just use Mienshao.

April 2024, Regulation F/G

#302 SABLEYE: C-

Sableye @ Light Clay/Rocky Helmet/Sitrus Berry/Safety Goggles

Ability: Prankster

Level: 50

Tera Type: [Poison](#)/Steel

EVs: 252 HP / 28 Def / 228 SpD

Bold Nature

IVs: 0 Atk

- Foul Play

- Will-O-Wisp

- Reflect/Taunt/Quash/Encore
- Light Screen/Fake Out/Encore

Overview

With the coveted Prankster, despite a lack of reliable speed control, a massive movepool of disruption tools, a perfect defensive typing, and surprisingly solid defenses make Sableye a niche but powerful offensive support.

EVs

252/228+ is exactly enough to guaranteed to live a 252 Choice Specs Calyrex-S Astral Barrage. The rest is put into Def.

Moveset

Foul Play is an excellent offensive move, not only making us not reliant on our low Atk to deal damage, but by way of OHKOing Calyrex-S, heavily chunking Calyrex-I, and doing about 50% to Farigiraf. Will-O-Wisp is incredibly useful when Prankster, meaning that no matter how fast the opposing attacker is, you are guaranteed (85%) to get at least one burn off, very useful against HO teams with mons like Urshifu-R, and restricteds such as Koraidon and Groudon. Screens variants holding Light Clay obviously need Light Screen and Reflect in those last two slots. Other variants have more room for variation. Prankster Taunt is always useful, though not as valued with how common Indeedee-F and Farigiraf are. Quash is super useful and can stop fast Iron Defense users such as Zamazenta-C from boosting before you attack them, allowing to pack on damage easier. Quash can also thwart fast pivots such as U-Turn on Urshifu or fast Rillaboom who think they are safe to U-Turn in front of a threat because they are faster. Prankster Encore is incredibly powerful and I would argue is almost a necessity on non-screen variants due to its use in stopping support mons, Fake Out users, and set-up mons. Sableye, being the original Prankster, has access to tons more unique and niche status moves that aren't listed here due to their niche utility. Gravity is an excellent choice on Groudon and Kyogre Teams as it can boost the accuracy of their signature spread moves. Snarl is a very spamable move that essentially makes Sableye the perfect counter to Calyrex-S. Due to the high volume of Choice item users, Torment

is a niche, albeit incredibly useful when needed move that can effectively shut down all Choice users for a turn, such as Urshifu-R or Miraidon.

Tera Type

Dark/Ghost is basically the perfect type as a disruptive mon. You're immune to both Prankster Taunt and Fake Out, so you won't often find yourself terastalizing. Poison and Steel are the two best types though, Poison stopping our Fairy weakness while importantly keeping a nice Fighting resist. Steel also stops our Fairy weakness, and while less directly deals with our weaknesses, it is a better defensive type overall.

Item

Light Clay is great on Screens sets, allowing your Light Screen/Reflect to last basically the entire game. Rocky Helmet is nice utility on non-screen variants, punishing physical attackers. Citrus Berry and Safety Goggles are nice utility, both allowing for longer field time, either through HP or through negation of Amoonguss' antics.

Partners

Screens variants are great partners for set-up mons, and those of which there are many. Swords Dance Groudon and Koraidon, Nasty Plot Chi-Yu and Calyrex-S, Iron Defense Zamazenta, and so on. Zamazenta's ability to deal with Fairy types is especially nice given it's our only weakness. Frail mons in general are also great picks, allowing them to invest heavily into attack and Spe without needing to bulk up, so mons like Urshifu, Chi-Yu, and Flutter Mane are all great partners. Kyogre specifically is useful as the Screens cause you to take less damage, resulting in higher-powered Water Spouts- the same can be said for Torkoal.

Non-screen variants generally can fit on any offensive teams that appreciate support. Will-O-Wisp is useful for physically frail and specially bulky mons such as Flutter Mane or Indeedee-F that struggle to deal with mons like Ogerpon or Urshifu.

Checks & Counters

While slightly dropped in usage, Flutter Mane is still everywhere, and still a monster that can deal with you very quickly if left untouched, as we can't EV our way out of being OHKO'd by Dazzling Gleam.

Other Fairy types, while less common, are also threats, such as Zacian. Due to the prevalence of Calyrex-S, Dark types and Tera Dark is becoming a common theme on teams, with many having 2 or more Dark types, all the more difficult for Sableye to get its status moves off. Special attackers in general aren't prone to Will-O-Wisp make for scary foes that you can't shut down yourself, so monsters like the aforementioned Flutter Mane, Raging Bolt, or Kyogre are scary.

Final Notes

While generally not as good as Incineroar, Iron Jugulis, or any other Dark type support tool, Sableye still holds a strong niche as one of the few Prankster mons, and its ability to dodge both Fake Out and Prankster Taunts is always something to keep in mind.

#314 ILLUMISE: F

Illumise @ Covert Cloak/Focus Sash

Ability: Prankster

Level: 50

Tera Type: [Ghost](#)/[Water](#)

EVs: 252 HP / 220 Def / 36 SpD OR 4 Def / 252 SpA / 252 Spe

Careful Nature

IVs: 0 Atk

- Tailwind
- Helping Hand/Thunder Wave
- Encore/Sunny Day/Rain Dance
- Struggle Bug/U-Turn

Overview

Despite access to the coveted Prankster + Tailwind combo, Illumise is entirely outclassed by superior Prankster support mons Whimsicott and Tornadus-I.

EVs

The EVs are a generic defensive spread meant to maximize the number of hits we can take, as we'll want to sit on the field for as long as possible and be annoying as much as we can. Due to Prankster, we don't need any Spe investment.

The other option is to go for Focus Sash with a full Speed set to guarantee we live at least one hit.

Moveset

Tailwind is our biggest niche, and hence it's needed on every set. Encore is also especially important to shut down set up mons like Zamazenta-C, and other support mons, such as Cresselia setting Trick Room, or Tornadus setting Tailwind. Helping Hand is great support especially in restricted metas where powerful spread moves are flying left and right. Thunder Wave is a more disruptive option that allows Illumise to stand out from Whimsicott and Tornadus by easily spreading status, completely crippling mons like Flutter Mane or Scarf Urshifu-R. Struggle Bug is another spamable move that can allow specially frail partners to survive easier, easily neutering mons like Flutter Mane and Calyrex-S. U-Turn is a great pivoting option. Sunny Day and Rain Dance are weather setting options that allow us to cosplay Tornadus-I and helps open us up to fitting on more teams.

Tera Type

Water is our best generally defensive type, though Ghost has the added utility of stopping Fake Out if you're not using Covert Cloak.

Item

Covert Cloak is especially useful in order to be less reliant on Tera Ghost to stop Fake Outs, though Focus Sash is nice given our natural frailty.

Partners

In general, Illumise supports offensive mons that like offensive support, simple enough. Illumise fits well with mons like Urshifu-R or slower Flutter Manes who love Tailwind support. Struggle Bug is especially useful for your specially frail picks such as Incineroar or Urshifu who's threats can be neutralized relatively easily after 1-2 Struggle Bugs. Encore is useful disruption that allows for easier set-up, locking mons like Calyrex-I into setting Trick Room repeatedly and allowing set-up partners such as Iron Defense Zamazenta or Swords Dance Groudon. Sunny Day and Rain Dance are great tools for pseudo-weather teams, or hard weather teams that need an additional setter, so traditional weather abusers all fit here. Urshifu-R, who is aforementioned a good partner, Archaludon and

Basculion on the Rain side, or Hisuian-Lilligant, Flutter Mane (any Protosynthesis mon really) or Ogerpon-H on the Sun side.

Checks & Counters

Dark types such as Incineroar, Iron Jugulis, and Urshifu-S are all immune to your status moves due to Prankster, making it difficult to punish or disrupt them. Prankster Whimsicott and Tornadus are both faster than you, meaning you're prone to being taunted. Even with Focus Sash you're still vulnerable to Urshifu-R Surging Strikes.

Final Notes

Please, just use another Prankster. Whimsicott has great typing and access to Encore and Tailwind, Tornadus has great offensive potential with Bleakwind Storm, hell even Sableye has a niche over this thing thanks to Screens. Just please, do not use Illumise.

#356 DUSCLOPS: C-

Dusclops @ Eviolite

Ability: Pressure/Frisk

Level: 50

Tera Type: Dark/**Fairy**

EVs: 252 HP / 156 Def / 100 SpD

Sassy Nature

IVs: 0 Atk

- Trick Room

- Night Shade/Pain Split

- Will-O-Wisp/Pain Split

- Helping Hand

Overview

While not the staple that it was in Sword and Shield, Dusclops still manages to cement an interesting niche for itself as one of the bulkiest mons in the Regulation G meta.

EVs

The EVs are just generically balanced between Def and SpD. Due to the overwhelming bulk from Eviolite, you can live a ton of amazing hits. Including but not limited to:

- 252+ Choice Specs Flutter Mane Shadow Ball
- 252+ Urshifu-S Wicked Blow
- 252+ Tera Dark Kingambit Kowtow Cleave & 196+ Tera Dark Black Glasses Kingambit Kowtow Cleave
- +2 100+ Gholdengo Shadow Ball & 252+ Gholdengo Shadow Ball

Among others.

Moveset

Setting Trick Room is one of the most important roles that Dusclops fills due to its low speed. Due to our low Spa, Night Shade is the best offensive move over something like Shadow Ball. Importantly, while not able to hit Normal types, it is able to hit Dark types neutrally, though it can't hit Ghost types supereffectively. Pain Split is a unique option that loses you on a lot of damage but gives you more healing. Pain Split can also certainly be used over any other support moveslot. Will-O-Wisp is a great utility option that allows us to neutralize otherwise scary threats like Kingambit or Chien-Pao. Helping Hand is an important option in restricted metas in order to help our restricted TR sweeper do its thing easier.

Tera Type

Tera Dark not only stops your Ghost and Dark weakness, but also prevents Pranksters like Whimsicott from Taunting you and shutting down your Trick Room antics. Tera Fairy stops your Dark weakness and is in general a more reliable defensive type opposed to Dark.

Item

Eviolite is necessary to give Dusclops its incredible bulk. While the stats/value of an item are similar enough with some mons (Such as Kingambit being better than Eviolite Bisharp) due to the similarity in stats between Dusclops and Dusknoir, there is no item with as much value as Eviolite.

Ability

If you're playing on-cart ladder, then Frisk is a great ability that can counteract the unpredictability of closed team sheet formats. In real OTS tournaments however, you'll want to opt for Pressure instead, as there's no reason to reveal an opponent's item when you can already see it on the sheet.

Partners

Obviously, being primarily a Trick Room setter, you'll want to be using it with Trick Room mons. During Sword and Shield, (according to Pikalytics) 80% of Dusclops were partnered with Calyrex-I, and it's as strong as ever. Helping Hand boosted Glacial Lances are devilishly strong and can easily cleave through teams without an Ice resist. Ursaluna-BM is another phenomenal partner due to its ability to boost Hyper Voice spam.

Checks & Counters

Incineroar, Okidogi, Roaring Moon, and any Knock Off user can remove your Eviolite and very quickly cripple you. Incineroar in general is terrifying due to its immunity to your Burns and powerful Knock Offs. While you are guaranteed to live at least one, if you don't dispatch Flutter Mane quickly, it can easily knock you out with Shadow Ball. Kingambit and Urshifu-S, while able to be Will-O-Wisp'd, can play Sucker Punch mind games against you and chunk you severely if you miss a prediction against them in TR.

Final Notes

While generally dropped to the wayside since SwSh due to the outstanding utility of Cresselia's Lunar Blessing, Farigiraf's Armor Tail, and Indeedee's Psychic Terrain, Dusclops holds a solid niche for himself due to access to Will-O-Wisp and its Ghost typing.

April 2024, Regulation F/G

#370 LUVDISC: Z--

Luvdisc does not deserve a spread or an analysis.

Luvdisc is the single worst "Pokemon" usable in the game.

Never ever under no circumstances in serious nor unserious play are you to use Luvdisc.

Good day.

April 2024, All Regulations

#423 GASTRODON: C

Gastrodon @ Leftovers/Sitrus Berry/Agua Berry

Ability: Storm Drain

Level: 50

Tera Type: Poison/Fire

EVs: 172 HP / 172 Def / 108 SpA / 52 SpD / 4 Spe

Modest Nature

IVs: 0 Atk

- Earth Power
- Ice Beam/Muddy Water/Tera Blast
- Recover/Yawn
- Protect

Overview

Gastrodon is the only good mon with Storm Drain, meaning that there is always reason to use it in a meta with Kyogre and Urshifu-R, among other dominant Water types. Its bulk is less noticeable than it was years ago, but it still holds this niche.

EVs

These EVs are built for Earth Power to 2HKO the most common Incineroar spread and then the bulk is balanced to be even while optimizing HP recovered from Leftovers and Sitrus Berry. The bulk is generic, and not calcd for any one hit in mind.

Moveset

Earth Power is a must have, Ground is a phenomenal offensive type and does major chip to common mons that can't scratch you. Zacian-C, Incineroar, Miraidon are sitting ducks for your Earth Power. Protect is also very important as with Grasses like Rillaboom and Ogerpon sometimes 2 to a team, it's very important you're able to make openings for your partner and bait these two with Protect. Recover is really important for Leftovers sets, but if you're Sitrus Berry, I see a lot of utility with Yawn, effectively forcing a switch on the Yawnee. From there, you have your second offensive move. Ice Beam is really nice, as Ground/Ice is super difficult to resist (with effectively no relevant mon resisting both,

bar maybe Araquanid). Muddy Water is another very useful tool that while not as offensively potent as Ice Beam, has amazing utility with accuracy drops, and spread moves are always handy to have. Tera Blast is a final, unique option to really sock it to the Rillabooms and Ogerpons that threaten you otherwise.

Tera Type

With only one weakness to Tera out of, our options are pretty clear cut. Fire is in my opinion, the best option. Not only does it stop your Grass weakness, but it has one less weakness of its own due to Storm Drain making you immune to Water moves. Tera Poison also has its uses however, specifically being the matchup against Ogerpon-W, whom your Tera Poison Blast would be far stronger against than Tera Fire. At the same time however, this makes you lose the Amoonguss matchup, so choose depending on which of the two your team seems to be weaker to. If you're not using Tera Blast however, Fire is the way to go.

Item

Gastrodon plans to sit on the field for a very long time, and thus Leftovers are its go to. Leftovers are great as they are far less sought after than Sitrus, giving your team more flexibility. Despite this, Sitrus' burst healing opens you up to attacking more or even dropping Recover altogether, so there is some use to running it. Aguav is another option if both Leftovers and Sitrus Berry are occupied on your team.

Partners

Due to its phenomenal ability in Storm Drain, Gastrodon enables a lot of Pokemon to run wild in ways they couldn't otherwise. Think of a mon that is weak to Water. Gastrodon is a good partner for that mon. Incineroar can freely spam disruption moves like Snarl or Knock Off without having to fear an Ogerpon-Wellspring Ivy Cudgel. Landorus-T can easily spam its coverage moves without being afraid of Scarf Urshifu outspeeding and using Surging Strikes.

Checks & Counters

Any grass type threatens Gastrodon severely. While Ground/Water is a phenomenal defensive type in a vacuum, two of the best mons in the game right now, Rillaboom and Ogerpon, severely threaten you

out, so inherently, you are scared of a lot of matchups. Despite sitting at a nice clean 0.000036% usage, Propeller Tail Barraskewda thrashes your Fire weak partner and ignores Storm Drain. The same can be said for Inteleon's Snipe Shot. While this doesn't matter virtually ever, be weary on low ladder where these strategies aren't as uncommon as they should be.

Final Notes

Due to niche access to a phenomenal ability (unless you're willing to use Lumineon), Gastrodon is one of the most useful and strong Pokemon in a meta dominated by Urshifu-Rapid and Kyogre, whether together or separate. Tera Fire Gastrodon is really difficult for most of the relevant mons to break through without being threatened by Gastrodon's STAB themselves. The only reason this mon is C+ is because Grass types are just too common that you too often find yourself having to Tera or switch out. In a meta where Ogerpon and Rillaboom are not mainstays, then Gastrodon is a go-to pick, but otherwise, it still holds a useful niche for itself.

April 2024, Regulation F/G

#424 AMBIPOM: F

Ambipom @ Focus Sash

Ability: Technician

Level: 50

Tera Type: **Ghost**

EVs: 252 Atk / 4 SpD / 252 Spe

Jolly Nature

- Fake Out
- Double Hit/U-Turn
- Taunt/Helping Hand/Triple Axel
- Protect

Overview

Despite having some nice utility in moves like Fake Out and Helping Hand, Ambipom is too frail and not quite useful enough to be any good in 2024.

EVs

We're really too frail to want to bulk up to anything, so glass cannon it is. We're faster than a lot of important mons, such as 196 Spe Flutter, 252+ Tornadus, and 252+ Ogerpon

Moveset

Fake Out is nice utility, and can be really decent chip thanks to Technician and STAB. Double Hit is our best stab move at effectively 105 BP. U-Turn is an additional pivoting option that can be useful to cycle Fake Outs. Taunt is great, especially given our speed and lack of Priority, meaning we can still taunt Farigiraf and Indeedee. Helping Hand is nice support especially in a restricted meta thanks to the wide variety of spread moves such as Kyogre's Water Spout or Calyrex-S' Astral Barrage. Triple Axel is great coverage, and boosts up to an insanely strong 180 BP.

Protect is Protect, and is a key part of most Focus Sash movesets.

Tera Type

Ghost is our best option, due to it playing directly into our weaknesses and stopping Extreme Speeds and other Fake Outs from breaking our Focus Sash.

Item

Due to our frailty, Focus Sash makes the most sense, not many other items would work as well as they do on Ambipom.

Partners

Ambipom has nice utility on HO teams as a fast, offensive support user, being able to Fake Out and Taunt to create openings for offensive mons like Calyrex-S, Flutter Mane, Chi-Yu, and so on.

Generally, he fills in for Incineroar in these teams if one feels as though Incin has bad type synergy with their team- such as already having a Chi-Yu.

Checks & Counters

Choice Scarf Urshifu-R will outspeed and easily break through your Sash with Surging Strikes. Ghost types are almost impossible to hit depending on your moveset. Incineroar, and other various dark types will also be immune to your Taunts and effectively stop you from really doing anything to them,

forcing you out. Anti-priority mons such as Farigiraf or Tsareena can completely stop you from doing your Fake Outs, shutting down a major part of your use.

Final Notes

Another mon that sadly falls into the category of “use Incineroar instead”. Fake Out alone isn’t enough to justify use in Regulation G, and it needs to do more to stand out from mons like Iron Hands or Rillaboom, and that it simply cannot do.

May 2024, Regulation G

#460 ABOMASNOW: F

[Totally NOT Nikhil Reddy's Utrecht Special Event Team with Abomasnow instead of Ninteails-A](#)

Abomasnow @ Light Clay/Covert Cloak

Ability: Snow Warning

Level: 50

Tera Type: [Dragon](#)/[Water](#)/[Ghost](#)

EVs: 244 HP / 132 Def / 4 SpA / 92 SpD / 44 Spe

Calm Nature

IVs: 0 Atk

- Aurora Veil

- Helping Hand

- Icy Wind

- Giga Drain

Overview

For the period Regulations A-D, Abomasnow stood as a uniquely powerful Snow Setter, able to set up Snow and Aurora Veil, enabling the likes of Chien-Pao and Baxcalibur to run wild. Now that Ninetails-Alola has joined the fray, there is basically no reason to use Abomasnow over A9T.

EVs

The Speed is to be faster than 36 Spe Incineroar, along with mons such as Kingambit, Registeel, Iron Hands and more, though it puts you slower than every weather setter other than Torkoal (assuming Pelipper is at least 12 Spe)

Under Snow and Veil:

You're guaranteed to live a 4 Atk Incin Flare Blitz. You're also guaranteed to live a 252+ Choice Band Urshifu Close Combat and a 252+ Koraidon Collision Course and Flare Blitz. You're also guaranteed to live a Collision Course -> U-Turn from the same. If you manage to get Snow and Veil up in front of a Torkoal, you live a Charcoal 252+ Heat Wave. You also have over 60% odds to live a 78+ Ogerpon-H Ivy Cudgel.

In Snow but not Veil:

You're guaranteed to live a 252+ Close Combat from Urshifu. Dazzling Gleam is a 3HKO from the most popular Flutter Mane (60 Specs) and Moonblast is a 2HKO. Def has been optimized for the Snow boost.

Moveset

Aurora Veil is our big draw here, so of course we need it. Even if Abomasnow itself sucks, the Aurora Veil + Auto Snow is an incredible tool. Icy Wind acts as functional speed control to help us sit on the field and be annoying. Helping Hand is similar, especially with Blizzard spammers like Kyurem-W or Articuno to maximize spread damage. Giga Drain is our damage option that allows us to hit for solid chip, doing over half to both Urshifu-R and Ursaluna-BM.

Tera Type

Water is our first and most direct course of action, stopping both our Fire and Steel weakness. Dragon, while only stopping Fire, is a better type that allows us to more potently take on Ogerpon, making us not immediately vulnerable to its Grass coverage after we Tera. Ghost is a nice option that blocks our Fighting weakness, as well as Fake Out, in certain scenarios where Aurora Veil is our wincon.

Item

Light Clay is definitely the best to maximize the amount of time that Aurora Veil stays up, especially in situations where our Snow goes down but we need to keep Veil up. Despite this, there is some minor niche to be had from running Covert Cloak, especially if you find your games not running past the 5 turn mark often.

Partners

“Snow Abuser” is a pretty clear cut category of mons, so you don’t have to look particularly hard to find answers for your teammates. Articuno is the Utrecht winning classic, for good reason. It works nicely due to Snow Cloak and guaranteed Blizzards, among other, more niche options such as Frosslass and Glaceon. During restricted metas, Kyurem-W is a great partner as well, allowing for similar, higher-powered hijinx. Baxcalibur is a snow classic, able to easily set up with Swords Dance and boost Speed with Scale Shot. Boosting Atk with Fire moves and immunity to burn means Incineroar can’t directly counter you.

Checks & Counters

Manual weather setters such as Tornadus and Whimsicott can easily disrupt you before you manage to get Veil up, threatening you and your teammates. While Rain teams don’t scare you offensively as much as they do disruptively, Sun teams not only stop your veil, but terrify you and your Ice type teammates.

Final Notes

All of this is fine and dandy, so why F? Ninetails-Alola (respectfully) stole Abomasnow’s job and banged his wife. Grass/Ice is miles inferior to Fairy/Ice, and Ninetails has a far nicer utility movepool with moves like Encore and Hypnosis and better stats in general. There is realistically no reason to use Abomasnow when A9T exists.

April 2024, Regulation F/G

#464 RHYPERIOR: F

[Rhyperior TR Dis-Quake Core Sample](#)

Rhyperior @ Clear Amulet

Ability: Solid Rock

Level: 50

Tera Type: **Grass**/**Dragon**

EVs: 180 HP / 156 Atk / 20 Def / 148 SpD

IVs: 0 Spe

Brave Nature

- High Horsepower/Earthquake
- Rock Slide
- Heavy Slam/Heat Crash/Tera Blast
- Protect

Rhyperior @ Assault Vest

Ability: Lightning Rod

Level: 50

Tera Type: **Fairy**/**Grass**

EVSs: 252 HP / 252 Atk / 4 SpD

IVs: 0 Spe

Brave Nature

- High Horsepower/Earthquake
- Rock Slide
- Heavy Slam
- Heat Crash/Tera Blast/Rock Wrecker

Overview

One of the old guards of Trick Room, Rhyperior is worse than Ursaluna in almost every way. Almost.

EVs

The HP and SpD is to be 2HKO by 60 Choice Specs Flutter Mane Dazzling Gleam, and has high odds to live a Tera Fairy Moonblast from the same. We're guaranteed to live an Icy Wind -> Freeze Dry combo from 252 Iron Bundle, and Hydro Pump only OHKO us 80% of the time*.

Clear Amulet: The Attack will OHKO Flutter Mane with Heavy Slam, 2HKO Incineroar with Rock Slide, and OHKO 0 HP / 4 Def Miraidon with High Horsepower.

The HP and Def is enough to live a 252+ Rillaboom Grassy Glide, and will live a Miracle Seed 252+ Grassy Glide all but 6% of the time.

0- Spe hits 40 Spe, which is slower than both Ursalunas and 27 IV Amoonguss.

Assault Vest: A generic bulky spread, since AV does most of the heavy lifting for our bulk, we can safely go all in on Attack.

Moveset

Clear Amulet: High Horsepower is our strongest single target Ground move, though when paired with various Ground immune mons, Earthquake has a nice niche as well. Rock Slide is great STAB and a useful spread move. Heavy Slam and Heat Crash are both super useful coverage options, given our crazy high weight. Heavy Slam deals with Flutter Mane specifically, though is nice to hit other mons such as Calyrex-I or the legions of Tera Fairy users. Heat Crash helps hit Grass and Ice types like Rillaboom and Chien-Pao. Tera Blast is a nice option specifically with Grass to deal with Ground and Water mons that also threaten us. Tera Blast isn't that great with Tera Dragon, as it's not an amazing offensive type.

Assault Vest: Since we don't need Protect, we have more maneuverability in terms of coverage. Heavy Slam is our most important one, so it's for sure a must have. Rock Wrecker is a niche "remove button" to delete one mon you don't like, but it leaves you incredibly vulnerable.

Tera Type

Clear Amulet: Tera Grass deals with both our 4x Grass weakness, our 4x Water weakness, and our Ground weakness, making it likely our best type. It also provides a super useful spore immunity, important in TR. Dragon is a better all around defensive type, and allows us to keep our Electric and Fire resistance.

Assault Vest: Tera Fairy specifically stops your Fighting weakness, but also turns you into a Fairy type with Lightning Rod, making you completely wall two staples, Raging Bolt and Miraidon. And Zekrom but he's disgustingly bad.

Item

Clear Amulet: With Incineroar at a whopping 60% usage as of Indianapolis 2024, Clear Amulet is more than important, despite our type advantage against the cat. While Life Orb or Choice Band are great damage boosters, 140 Atk is plenty high and Clear Amulet is important to sustain.

Assault Vest: Assault Vest helps boost our low SpD and due to our naturally insane HP, we can start to reliably tank more hits.

Partners

Trick Room setters, Farigiraf, Indeedee, Cresselia, and so on, are all great picks. Cresselia specifically is great due to levitate, allowing for Earthquake as opposed to High Horsepower as our Ground STAB. The priority blockers of Farig and Indeedee are both great to better our matchup against would-be answers Aqua Jet Urshifu-R and Grassy Glide Rillaboom.

Checks and Counters

Urshifu-R and Rillaboom are two incredibly common mons that pose an insanely high threat to you, in both the way you can't hit them, and they can annihilate you, oftentimes forcing you to Tera just to deal with them. Ursaluna, while faster than you, will win the 1v1 in TR due to you being generally unable to hit it, again, without Tera. Any mons that can indirectly attack you by shutting down TR are also important, such as Imprison Farigiraf, or Taunters like Whimsicott or Tornadus.

Final Notes

In general, Rhyperior is outclassed by Ursaluna. While slightly slower, it's not slower than any other TR mons that Ursaluna isn't, and generally, I see very little reason to use Rhyperior. It's certainly not terrible, but without Dynamax to aid with Solid Rock + Weakness Policy, it simply cannot cut it in an Ursaluna world.

May 2024, Regulation G

#479-H ROTOM-HEAT: C+

[Terapagos + Rotom-H Core Sample](#)

Rotom @ Citrus Berry

Ability: Levitate

Level: 50

Tera Type: [Dragon](#)/[Water](#)

EVs: 244 HP / 148 Def / 12 SpA / 92 SpD / 12 Spe

Calm Nature

IVs: 0 Atk

- Overheat

- Thunderbolt/Volt Switch/Electroweb

- Will-O-Wisp
- Protect

Overview

Rotom-H is one of many Rotom forms, and the second best right behind Rotom-Wash. It offers great bulk to a team, and can easily be very annoying via Electroweb.

EVs

12 Spe specifically hits 108 which is faster than a lot of the more bulky mons that rely on priority. 4 Spe Rillaboom, 96 Spe Raging Bolt, 52 Spe Dragonite, and 0 Spe Indee-dee, among others. HP is then optimized for Citrus Berry recovery and EVs are balanced defensively. 12 SpA specifically ensures that you OHKO 0 Def Tornadus after a Fake Out from a partner.

Moveset

Moveset is pretty obvious. Overheat is great stab and since you don't plan on attacking too much, it's nice to have a move higher in BP with no downside other than accuracy. Thunderbolt vs Volt Switch is up to you. I personally prefer Volt Switch as the pivoting option is always great, especially with how slow you are, but Thunderbolt helps ensure you can use Electric STAB without being forced out. Electroweb is nice support, even if you won't particularly notice its effects until the next turn due to your low speed. Will-O-Wisp is a key part of Rotom's toolkit, and is one of the best disruption tools in the game. Protect is obvious.

Tera Type

Since Rock type moves are basically nonexistent in the current meta, we're really only concerned about our Water weakness. That is to say, Water and Dragon are our best types. While Grass certainly exists, it puts you at risk of too many Fire moves from mons like Incineroar and Ogerpon-H that you can't burn your way out of. Water is a better neutral type than Dragon, but Dragon completely shuts down Ogerpon, the choice is yours, though I prefer Dragon.

Item

In order to maximize bulk and the time you can sit on the field being generally annoying, we want

Sitrus Berry. I don't expect you to be sitting there long enough for Leftovers to be as useful, but it is certainly another option if your Sitrus Berry is occupied on your team.

Partners

You'll want to partner Rotom with slower, more physically weak mons that benefit from speed control and physical damage reduction. While niche, a slow, Swords Dance Ogerpon-W is a great option. Embody Aspect gives it a great SpD boost while your Will-O-Wisp helps with its Def. Electroweb allows it to go heavily into its bulk and Atk as you negate its speed issue. Any mon in a similar position to this will be great. Calm Mind users like Flutter Mane, Terapagos, and Raging Bolt are all great options.

Checks & Counters

Urshifu-Rapid and Ogerpon-Wellspring are both extremely common mons (with a combined usage rate of about 66% are pretty stressful to have to deal with. With Fake Out/Redirection support you can usually safely Will-O-Wisp them, but it's dangerous to keep him out in situations other than that.

Final Notes

Rotom has an excellent matchup against Paonite cores due to its high physical bulk and effectively free Will-O-Wisp against the targets. Rotom also completely walls most variants of Calyrex-I as they don't usually have coverage other than High Horsepower and Heavy Slam.

I went 6-3 with Rotom-H at the 2024 Charlotte Regionals. Rotom-H specifically has an amazing matchup into Chientei/Paonite cores that were dominant at the start of Reg F when the tournament took place. My team was built specifically around dealing with these cores (using Urshifu-S with Sucker Punch, Ogerpon-Cornerstone for the Normal resist, and Gholdengo for the immunity) and the amazing matchup was a big reason as to why so many of my games were completely free. I sadly did not Day 2, but I am still quite proud and Rotom-H will always hold an important spot in my heart because of this. Rotom probably only has 1-2 generations of viability left given current power creep, so if you're a fan, I would use it while you can.

#534 CONKELDURR: D

Conkeldurr @ Flame Orb

Ability: Guts

Level: 50

Tera Type: Steel/**Fire**/Dark

EVs: 252 HP / 12 Atk / 4 Def / 236 SpD / 4 Spe

Adamant Nature

- Mach Punch
- Close Combat/Drain Punch/Knock Off/Ice Punch
- Knock Off/Ice Punch/Bulk Up
- Detect

Conkeldurr @ Assault Vest

Ability: Iron Fist/Sheer Force

Level: 50

Tera Type: Steel/Dark

EVs: 252 HP / 148 Atk / 12 Def / 92 SpD / 4 Spe

Adamant Nature

- Mach Punch
- Close Combat/Drain Punch
- Knock Off/Ice Punch/Thunder Punch/Rock Slide/Tera Blast
- Knock Off/Ice Punch/Thunder Punch/Rock Slide/Tera Blast

Overview

Conkeldurr is one of the many slow, bulky, mono-fighting mons. It holds a miniscule niche as a worse Iron Hands with access to Mach Punch.

EVs

Due to the guaranteed +1 from Guts, you can pretty safely drop his Attack investment super low and still pick up a lot of important damage. This spread is EV'd specifically in order to live a 252 Flutter Mane Moonblast (even without Assault Vest) and still has a majority chance to OHKO Incineroar. Guts Burned 12+ Attack is noticeably higher than a 252+ (267 Atk vs 211 Atk, effectively a 195 base stat vs a 140- Conk's original- base stat assuming 252+ Atk). The Assault Vest set can actually live a 60 Moonblast from Flutter Mane (the most common spread).

Moveset

Guts: Mach Punch and Detect are really important to your core strategy, Detect gives you that free turn to get safely Burned, and Mach Punch alleviates your speed issues. Close Combat vs Drain Punch comes down to preference. Personally, I like the bonus damage of Close Combat, but the sustain from Drain Punch is especially useful when you're taking chip every turn from Flame Orb. Conk doesn't really have an amazing coverage pool, the elemental punches fall really weak in the current meta when most mons are carrying moves over 100. Knock Off and Ice Punch are the most competent for this limited set, however. Knock Off especially helps as you can really only take a big hit from Flutter Mane when it doesn't have specs. Ice Punch has amazing coverage and hits a ton of the relevant meta right now. Bulk Up is another interesting option that with good team support, can make you effectively unkillable physically. In the Mach Punch/Close Combat set you can use another coverage move if you choose Bulk Up, as I think with enough boosts Mach Punch works as your sole fighting STAB and you don't need Drain Punch/Close Combat. Despite this, I wouldn't drop those moves unless you choose the Bulk Up variant.

Assault Vest Iron Fist: This set saw some minor usage back in SwSh and personally I actually like it more than Guts Flame Orb. Iron Fist boosts two of your most important moves, Mach Punch and Drain Punch to new heights, as well as helping patch the middling damage from Ice/Thunder Punch. Looking at Conk, one would really think he'd get something like Iron Head or Heavy Slam, but instead you're stuck with Hard Press (which you'd be hard pressed to find a reason to use). We can patch this up with Tera Steel Tera Blast, don't use Tera Blast with any other Tera Types though, as you

have real coverage moves that do better (Tera Dark Tera Blast < Knock Off, etc). Rock Slide is another super useful spread move and can help deal with pesky Flying types that would otherwise threaten you, as well as hitting Fire types relatively hard.

Tera Type

The Tera types generally apply the same to both sets. While I briefly considered Stellar on the AV set, I don't think it would be as good as I like to pretend Stellar is, though you're welcome to try it. Steel and Fire are general defensive types to aid with your Fairy matchup specifically. Steel is the better type and it also stops your Psychic weakness, but Fire has the nice add-on of being Burn immune (hence why you shouldn't use it on Guts). Dark on the other hand, is specifically for your Psychic matchup. It boosts your Knock Off too, which is especially helpful.

Item

Guts + Flame Orb is obvious, it boosts your Atk to levels beyond what you could normally achieve while saving you a ton of investment, all at the cost of slight chip damage each turn. Assault Vest is another option that plays into Iron Fist + Drain Punch specifically, since you can reliably heal so much more through the boosted Drain Punch, you don't need Detect to help sustain you.

Ability

Assault Vest: For AV, there is actually some reason to consider Sheer Force vs Iron Fist. While Iron Fist seems significantly better, Sheer Force actually boosts some of your moves more than Iron Fist at the cost of the minor secondary effects. With Iron Fist (1.2x) Thunder Punch gets boosted to 90 BP, whereas Sheer Force (1.3x) boosts it up to 97.5, though you lose the Paralysis chance. Generally both have their ups and downs and Iron Fist is typically better solely for boosting Drain Punch and Mach Punch, but sets that find themselves using their coverage moves more, it's to be considered.

Partners

Being as slow as it is, Conkeldurr should function really well in Trick Room, this allows you to not have to rely on Mach Punch as much in order to deal heavy damage quickly, and it also works well with Bulk Up sets, as you can Bulk Up to boost your Def before you take an incoming hit. Farigiraf is an amazing Trick Room setter, and should be considered, but Sinistcha I believe has great use here as well.

Unlike Cresselia's Lunar Blessing, Sinistcha's Life Dew heals you while not removing your Burn. Sinistcha can also Rage Powder to help you Bulk Up, and set TR. For this reason, I think Sinistcha edges out as the best TR setter. If you have other reasons not to use Sini/use Farig, Amoonguss is another great partner. The healing from Pollen Puff is significantly more than Life Dew and while it can't set TR, it can still Rage Powder damage away. It doesn't have to be in TR though, many fat offense teams don't mind the slow, bulky, strength of Conkeldurr, especially with Amoonguss support. Rillaboom is another great partner for Bulk Up Guts variants as Fake Out can allow it to Bulk Up, and the Grassy Terrain helps offset the Burn chip. Chien-Pao is a friend of all physical attackers with priority, boosting your Mach Punches to new heights, especially useful on Sheer Force variants that are using an unboosted Mach Punch.

Checks & Counters

Right off the bat, Tornadus is a major threat. With Taunt to shut down your TR setter and Bleakwind Storm to threaten you, he's a major deal, hence why Rock Slide is a useful move to have in many situations. Flutter Mane is also scary to Guts variants specifically, as it can't live a Moonblast from every Flutter set, unlike AV who can live most of them. While not especially common these days, Landorus-T crushes non-Ice Punch variants as unlike Incineroar, you can't especially chunk it after your Intimidate. Opposing Farigiraf can also be quite scary if you're not carrying Knock Off, as it can shut down your TR, and stop your Mach Punches. Conkeldurr, by nature of its poor mono-Fighting type, can be answered by a lot of mons.

Final Notes

Conkeldurr has a lot going for it on paper, great attack, a solid movepool (for what it needs to do anyways) and a good set of three viable abilities. Why D rank then? I can't give it any higher than D when Iron Hands exists. Iron Hands is functionally a better Conkeldurr in every way. Better typing, movepool, and in restricted metas, a better ability due to its amazing partnership with Miraidon. Functionally, there is no reason to use Assault Vest Conkeldurr when Assault Vest Iron Hands is exactly the same, unless the team really *really* needs Mach Punch, which hey, it might. Mono-Fighting

is also a difficult type to justify in a meta where so many mons easily resist you and hit back brutally, Flutter Mane is so common that by virtue of its existence alone, Conk becomes worse.

April 2024, Regulation F/G

#628 BRAVIARY: F

Braviary @ Choice Scarf

Ability: Defiant

Level: 50

Tera Type: **Ghost**

EVs: 4 HP / 252 Atk / 252 Spe

Jolly Nature

- Brave Bird
- Tera Blast
- Close Combat
- U-turn

Overview

With the most common dual-typing of Normal/Flying- a poor one at that- mediocre speed and average bulk, Braviary finds it near impossible to carve a niche for itself in Regulation F and onwards.

EVs

Braviary manages to carve out the most minute of minute niches, in that 252+ with Choice Scarf manages to be exactly one point faster than the most popular Urshifu-R Choice Scarf set (212 Adamant). It can also OHKO with Brave Bird, so that's something intriguing at the very least. It can also OHKO up to 252 HP / 28 Def Rillaboom with Brave Bird, which is another very common mon. Thanks to Defiant, we have almost a 85% chance to OHKO Incineroar with Close Combat at +1. We're faster than Max Speed Ogerpon and can OHKO up to 252 HP / 176 Def (or equivalent). Other than OHKOing the Grass mons though, there's nothing interesting to be had here.

Moveset

U-Turn is nice as we're so fast we'll want to switch out in order to bring in a usable Pokemon in Braviary's stead. Brave Bird is our best STAB option- Double Edge isn't worth the slot- and Close Combat hits the Steels and Rocks that Brave Bird can't. Tera Blast Ghost deals with Flutter Mane and Gholdengo, among other Psychics such as the Calyrexes or Iron Crown.

Tera Type

Tera Ghost not only stops Fake Out to ensure that we're usually going first (as Urshifu-R is oftentimes partnered with Rillaboom or Incineroar), as well as being the optimal coverage type to go along with Flying/Fighting. Tera Ghost is also great on a Normal mon as the likelihood of your opponent going for a Ghost move into the slot is virtually none, OTS or not.

Item

We need Choice Scarf to create any semblance of a niche for ourselves, so it has to be used here.

Partners

You'll want to surround Braviary with a team of nothing but the best of the best to ensure that it does not drag an already weak team down. The FWG of Urshifu-R, Rillaboom, and Incin greatly appreciates the Flying coverage, and thus it's not a terrible idea to use Braviary alongside these three.

Checks & Counters

Raging Bolt and Miraidon are the two most important mons to worry about for Braviary, as Raging Bolt will dispatch you with Thunderclap, and Miraidon will eat your hits regardless. Gholdengo is specifically troublesome as it more than not forces you to Tera in order to deal with it. Chien-Pao will either Tera Ghost out of a Close Combat or live via Focus Sash, and then easily OHKO you back with Icicle Crash. Additionally, the majority of Choice Scarfers that go for full glass cannon sets will completely outspeed and OHKO you (such as Urshifu-R that go for any more than 212 Spe).

Final Notes

This all seems dandy, so why F? With Defiant it creates a niche against Incin, it can be faster than and OHKO the most popular Urshifu spread, and has 2 great immunities in Ghost and Ground. Why is Braviary F? Because in every way, it is a worse version of Zapdos-Galar. Zapdos-G has better stats,

movepool, typing, and the same niche as a fast flying type with Defiant. Genuinely, there is no reason to use Braviary when Zapdos-G exists. In fact, Braviary's entire role is just a Zapdos-G clone.

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#628-H BRAVIARY-HISUI: D-

Braviary-Hisui @ Leftovers/Life Orb

Ability: Tinted Lens

Level: 50

Tera Type: Flying/Steel/Fairy

EVs: 60 HP / 180 Def / 12 SpA / 20 SpD / 236 Spe

Timid Nature

IVs: 0 Atk

- Esper Wing

- Hurricane

- Calm Mind

- Protect

Overview

With unique access to a high powered (relative to Flame Charge or Trailblaze anyways) Spe boosting move, Tinted Lens and STAB that can chunk a lot of relevant mons, Braviary-H manages to be a unique albeit generally not worth the effort set-up sweeper for Reg F.

EVs

The Speed puts us at 189 after a boost, faster than Adamant Chien Pao, 196 (124+) Spe Flutter Mane, and max Speed Ogerpon, among others. The SpD ensures we survive a Shadow Ball from 60 Specs (116+ nonspecs) Flutter at +1, and we're guaranteed to live a Thunderclap from 100+ Raging Bolt without the Calm Mind. The Def guarantees we live a Sucker Punch from Jolly Chien-Pao as well. The rest is put into SpA. Despite the low SpA, due to the high power of Hurricane, your great natural SpA, as well as the Calm Minds, you are surprisingly strong with only 12 SpA.

Moveset

Esper Wing is a must have, as it's our Spe boosting STAB move. Hurricane is there in order to hit hard, a lot of teams aren't packing excessive Flying resists due to the lack of strong Flying type offensive mons, so it's very easy to spam unresisted. Calm Mind is important for set up as we find we're just a little too weak without it, and Protect is Protect.

Tera Type

Tera Flying is an option to make your Hurricanes really pack a punch, though after about 2 Calm Minds, you won't particularly need it. Tera Steel is our best neutral defensive option, stopping our Ice and Rock weakness while keeping us neutral to Ghost, Dark, and Electric. Fairy is a neutral type that deals with our Dark weakness, and is generally strong otherwise.

Item

Life Orb is an option to pack your damage on even harder, and it makes you less reliant on Calm Mind for early OHKOs, and is necessary for a guaranteed OHKO on some particularly bulky Assault Vest variants of Rillaboom. Leftovers is a nice passive option that improves your survivability, especially considering how bulky we plan on becoming specially.

Partners

Like all set up sweepers, we'll need someone that can help support us via redirection or damage mitigation. Amoonguss has great physical bulk to help ensure it can redirect and deal with all the incoming Physical attacks that will be constantly targeting you. Intimidate users Landorus-T and Incineroar are both great options as well. Landorus-T weakens the incoming physical attacks that threaten Braviary-H, and offensively threatens the Steel types that you struggle to hit with its Ground type moves. Incineroar is exactly the same, but also has Fake Out to help Braviary get Calm Mind/Esper Wings out easier. Farigiraf is an important partner too as though there's some type overlap, it prevents priority attacks from negating your constant Spe boosts.

Checks & Counters

Incineroar is typically carrying either Knock Off or Taunt, both of which threaten Braviary severely. Kingambit is another scary mon as not only does it completely wall us, but can severely threaten us

with Sucker Punch. Weather teams with speed boosting abilities like Swift Swim Basculion can overwhelm Braviary-H quickly before it manages to get its own boosts up. In general, HO teams in general threaten Braviary.

Final Notes

While Tinted Lens and constant Speed boosts may make Braviary-H seem like a strong mon, it falls short for many reasons. It takes at the very least, two turns to set up given it needs both a Calm Mind and an Esper Wing to set up the majority of the time. Psychic/Flying is also a very mediocre offensive type, and while it can hit a lot of relevant mons such as Urshifu and Amoonguss, there are even more that it just cannot do anything against, virtually every Steel and Dark type completely shut it down. Despite this, it does have the aforementioned Tinted Lens and relatively easy Speed boosts so there is a unique place for it on some teams that struggle to dispatch Rillabooms and Amoongusses.

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#637 VOLCARONA: B-

[Volcarona + Grimmsnarl + Landorus-T Core Sample](#)

Volcarona @ Leftovers/Safety Goggles

Level: 50

Ability: Flame Body

EVs: 252 HP / 68 Def / 36 SpA / 12 SpD / 140 Spe

IVs: 0 Atk

Tera Type: **Fairy**/Water/Grass/Dragon

Modest Nature

- Heat Wave/Flamethrower
- Tera Blast/Giga Drain
- Quiver Dance

- Protect

Spread by [LovelyLuna](#)

Overview

Volcarona is an underrated and often overlooked set up sweeper in Reg F. Quiver Dance can completely shut down some of the tier's best mons and Bug/Fire is a surprisingly good defensive type.

EVs

The Def EVs are invested in order to live an Ogerpon-W Ivy Cudgel. The SpD is to ensure you can survive 2 Booster SpA Flutter Mane Dazzling Gleams at +1 SpD. Speed makes sure you're faster than unboosted Iron Bundle at +1, and the rest are put into SpA. This set is incredibly reliant on Quiver Dance, but unfortunately there's really no other way to slice it for Volcarona.

Moveset

Quiver Dance is obvious, it's what the entire set is built around. Protect is super important too. From here, we'll need a Fire STAB option. Flamethrower gets an OHKO on Amoonguss (244 HP / 84 SpD) and has about a 1/8% chance to OHKO Assault Vest Rillaboom (252 HP / 60 SpD). Heat Wave is far better for sweeping potential, but your Amoonguss matchup can seriously hurt from losing it. Generally Heat Wave is more consistent. Tera Blast is nice coverage and should really only be used with Tera Fairy or Tera Water. Giga Drain is really nice for sustainability and hits especially hard with Tera Grass support.

Tera Type

Fairy is an amazing neutral defensive type and especially useful coverage to have with Tera Blast. Tera Water is another nice neutral defensive type, particularly useful for the Water resistance, as well as more useful coverage with Tera Blast. Tera Grass again, for the Water resist, but also importantly has a Powder resist, preventing Amoonguss from shutting your sweep down with Spore. It should go without saying, but don't use Tera Grass with Tera Blast. Tera Dragon is a final defensive option that once more, is for the Water resist. Tera Dragon is a pretty bad Tera Blast type, so be sure not to use it with Tera Blast.

Item

Volc is going to sit on the field as long as possible, from the start to the end of the game, so we'll want to use Leftovers to keep him alive for as long as possible. Safety Goggles is a potential option that can help with your Amoonguss matchup if you're not Tera Grass, and if you feel that Giga Drain is getting you enough healing.

Partners

Volcarona will very much struggle to deal with Fire types unless using Tera Water, and hence mons like Urshifu-R and Ogerpon-W have great synergy. Ogerpon-W specifically is a great partner due to the Follow Me support allowing Volc to easily Quiver Dance. Any redirection user is also great support, Ogerpon, Amoonguss, and Clefairy are all great partners. Screen Setters like Grimmsnarl and Ninetails-Alola are important partners as well to help let you take hits before your bulk is maxed out specially. Intimidate mons like Incineroar and Landorus-T are great options as they help mitigate physical damage that you're typically vulnerable to while you bulk up specially via Quiver Dance. Landorus-T specifically is an excellent partner as it both Intimidates and hits back against Fire types that typically wall you.

Checks & Counters

Any Fire type can very quickly shut Volcarona down, depending on its moveset. Incineroar, Gouging Fire, and Chi-Yu are all major threats that can easily sit on you and whittle you down. Snarl variants of Incineroar and Raging Bolt are especially scary as not only do they resist many of your moves (depending on your Tera Blast type), but they can spam Snarl quite safely to shut you down.

Final Notes

Volcarona is an extremely underrated pick in the current meta. Fire is a great offensive type and combined with your choice of Tera Blast or Giga Drain you can very easily smash through a team unresisted with support from a screen setter or Follow Me user. Some of the meta's top threats like Flutter Mane, Raging Bolt, and Landorus-I, as well as a slew of legendaries cannot touch you after 1-2 Quiver Dances, and thus Volcarona is a great, albeit niche set up option for many teams.

#638 COBALION: F

Cobalion @ Clear Amulet

Ability: Justified

Level: 50

Tera Type: **Fairy**/Ghost/**Grass**

EVs: 132 HP / 4 Atk / 100 Def / 52 SpD / 220 Spe

Impish Nature

- Iron Defense
- Body Press
- Heavy Slam/Iron Head
- Protect

Overview

Though not the worst of the Swords of Justice, Cobalion is effectively worse than Zamazenta-Crowned in every conceivable way.

EVs

220 Spe puts us faster than 188 Spe Ogerpon, 252 Landorus-I, and 252 Chi-Yu, among others.

We're guaranteed to survive a 252 Mystic Water Kyogre Origin Pulse, and up to a 68 SpA full health Water Spout. We're guaranteed to live a 252 Specs Flutter Mane Moonblast, and a Tera Fairy Dazzling Gleam from the same. We also live the same from a 252+ Sash Flutter Mane, though it's basically impossible for us to live any of these from any Booster SpA variant, so beware.

Heavy Slam is guaranteed to OHKO Flutter Mane.

+0 Def:

We're guaranteed to OHKO 252/4 Chi-Yu with Body Press.

The Def allows us to live a 252+ Close Combat from Urshifu, and a Tera Water Surging Strikes in the Rain all but 6% of the time. We're also guaranteed to survive a Body Press from +1 252+ Zamazenta.

We OHKO 0 bulk Ogerpon-C all but 6% of the time. We also survive a double-target 252+ Groudon Precipice Blades, and live a single-target on a coin flip.

At +2 (After 1 Iron Defense):

With Body Press, we're guaranteed to OHKO 252/252+ Incineroar, 252/252+ Ogerpon-C, and we have a 2HKO on every other 252 HP Ogerpon form. Any Calc that we would live from +0, we live at +2, IE Swords Dance Urshifu, Swords Dance Groudon, +2 (not +3, assuming after it's switched out once) Zamazenta Body Press, etc.

Moveset

Body Press + Iron Defense combo is a particularly excellent one in a primarily physical Incineroar dominated metagame, making us not only able to boost our offense and defense at the same time, but allowing us to be effectively immune to Intimidate since we're attacking through our Def. Heavy Slam and Iron Head are our best options for coverage to deal with Fairies resisting Body Press. Heavy Slam nets the OHKO on Flutter Mane, but Iron Head has far higher damage numbers against heavy legendaries, like Calyrex-I. Protect is important for sustainability.

Tera Type

Fairy is likely our best, being not only an incredible defensive type in general, but it stops our Fighting weakness. Tera Ghost is similar, though it does lose us some utility in effectively walling Dark types. Tera Grass is an alternative that deals with our Ground weakness and has a nice Spore immunity to stop Amoonguss from shutting us down.

Item

Since we plan on sitting on the field from the start to the end, the sustainability of Leftovers outweighs the burst healing from a berry.

Partners

We want to surround Cobalion with partners that allow it to freely get up 1-2 Iron Defenses. Incineroar is excellent utility, providing damage mitigation before your Iron Defenses get set up, and Snarl to keep you safe on the SpD side after your Def is through the roof. Fake Out is incredibly useful to create opportunities for you to Iron Defense as well. Rillaboom provides similar offensive support with Fake Out, and threatens Ground types that otherwise worry Cobalion. Grassy Terrain also is great healing either with Leftovers or in case you get Knocked Off. Amoonguss provides useful healing through Pollen Puff, and full-scale redirection via Rage Powder. Ogerpon also provides similar utility,

and both mons are incredibly useful for their ability to redirect and tank incoming Spores that otherwise shut Cobalion down. Ogerpon-C is particularly useful for its ability to handle Flying and Fire types that Cobalion really can't.

Checks & Counters

Without proper support, you will get heavily shut down by Amoonguss, who not only eats your attacks, but will easily Spore you back and stop your sweeping attempt altogether. Fast, specially attacking mons that can hit you super effectively such as Scarf Chi-Yu, Landorus-I, or the stray Torkoal are all threats to be on the lookout for.

Final Notes

Use Zamazenta! One might think there is some utility in Cobalion functioning similarly to Zamazenta-C but not being restricted gives it some merit, but A) A game long set-up mon is exactly the kind of role you want your restricted to play, and B) Zamazenta-C does the job so much better that it's worth the restricted slot, even disregarding the previous point.

Cobalion is certainly one of the mons of all time, and it just doesn't do enough uniquely to make it worthwhile.

#641-I TORNADUS-I: A-

Tornadus @ Covert Cloak/Mental Herb/Rocky Helmet

Ability: Prankster

Level: 50

Tera Type: Dark/Steel/Ghost

EVs: 252 HP / 180 Def / 44 SpA / 20 SpD / 12 Spe

Calm Nature

IVs: 0 Atk

- Bleakwind Storm

- Tailwind

- Taunt/Rain Dance/Sunny Day/Icy Wind

- Rain Dance/Sunny Day/Protect

Tornadus @ Focus Sash

Ability: Prankster

Level: 50

Tera Type: Ghost/Ground

EVs: 4 Def / 252 SpA / 252 Spe

Timid Nature

IVs: 0 Atk

- Bleakwind Storm

- Tailwind

- Taunt/Sunny Day/Rain Dance/Icy Wind

- Protect

Overview

Undisputedly the best Tailwind setter in Regulation G, Tornadus is a staple on offensive teams, for its ability to easily disrupt the field with Bleakwind Storms, Taunts, and Weather Control.

EVs

Bulky: 12 Spe is chosen to outspeed opposing 4 Spe Tornadus, which between it and 0 Spe makes up about $\frac{1}{3}$ of all Tornadus. After 252 HP, defenses are simply balanced to be equal to each other.

Focus Sash: To take advantage of our naturally nice speed and SpA, we invest heavily in both of them, relying on the Focus Sash to keep us alive instead.

Moveset

Bulky: Bleakwind Storm is an absolute must have, it's an incredible offensive tool, both by way of its incredible matchup into the meta- threatening picks like Amoonguss, Rillaboom, and Urshifu, but by way of its high power and incredibly annoying chance of a Spe drop.

Tailwind is of course key, Prankster Tailwind is one of the most continuously important parts of VGC, it has and always will be. It's a major part of Tornadus' usage, and every single Tornadus needs to have it.

From here, you have a solid amount of wiggle room. Despite the uprising in Dark types and anti-priority mons, Prankster Taunt is always useful, and can easily shut down most set-up mons, Trick Room setters, and opposing support picks that aren't running Mental Herb. Sunny Day/Rain Dance

are excellent weather control, which is always useful, allowing Tornadus to guarantee a hit with Bleakwind Storm in Rain, and boost the power of common partners' attacks, such as Urshifu-R's Surging Strikes. Sunny Day is also useful with the surge of Protosynthesis mons that also work as excellent partners, such as Flutter Mane and Raging Bolt. Icy Wind exists as an alternative for mid-speed teams that find themselves being outpaced by HO Tailwind teams, or HO teams that desire more speed control in the face of Taunt. Protect is excellent as always, especially on Focus Sash variants (where I'd argue it's necessary) versus Taunt on some bulkier versions that may not find much value in Protecting.

Tera Type

Tera Ghost pairs excellently with both Focus Sash and Mental Herb, giving you an immunity to Fake Out in situations where you can't fit Covert Cloak. Tera Dark on the other hand, is excellent with Covert Cloak, to avoid Prankster Taunts from opposing Torn or Whimsicott. Tera Steel is an excellent neutral option for particularly bulky variants that don't feel the need for either Dark or Ghost.

Ground is an alternative option on Focus Sash variants to help counter its biggest answer in Miraidon and Raging Bolt.

Item

Covert Cloak was practically built for Tornadus. It has the bulk (with investment) to withstand a good amount of hits, and with Covert Cloak you provide immunity to your otherwise biggest weakness in Fake Out. Mental Herb is a different option for teams that find themselves wanting a more reliable answer against Whimsicott and opposing Torn if you already have a reliable enough Incin check, such as a Defiant mon. Rocky Helmet is a solid neutral option that is better on particularly bulky variants who can punish Fake Outs without feeling too hurt by the resulting flinches. Focus Sash is the second most reliable item in my opinion (after Covert Cloak) and is excellent to take a more offensive role with Tornadus, easily able to spam Bleakwind Storms from a relatively high SpA plus max investment.

Partners

Tornadus works excellently on many, many teams. Thanks to Tailwind, Tornadus is a key part of the vast majority of both offensive, hyper offensive, and balance teams, so mons such as Urshifu-R, Flutter

Mane, Ogerpon-C or Ogerpon-H, or Terapagos are all excellent choices. Its weather control allows for sun/rain enablees, such as Urshifu-R and Rillaboom in the rain, or Raging Bolt and Walking Wake in the sun. Taunt is excellent for the aforementioned offensive archetypes that struggle to deal with Tailwind, as well as mid-speed teams that are outpaced by HO tailwind, so mons like non-Scarf Urshifu-R and Booster SpA Flutter Mane are excellent choices.

#644 ZEKROM: F

Zekrom @ Life Orb/Clear Amulet

Ability: Teravolt

Level: 50

Tera Type: Grass/Water

EVs: 44 HP / 236 Atk / 12 Def / 36 SpD / 180 Spe

Jolly Nature

- Bolt Strike
- Breaking Swipe/Tera Blast
- Dragon Dance
- Protect

Overview

A pitiful excuse for a restricted. Has little to no niche with Miraidon, who is functionally better in every single way.

EVs

The Speed is built to be faster than Scarf Urshifu-R at +1, and is faster than a litany of threats such as Flutter Mane (124+) and Chien-Pao (252+).

The Attack is guaranteed to OHKO Flutter Mane (116/204) without Life Orb at neutral Atk. You're also guaranteed to OHKO Urshifu-R (60/44) with Bolt Strike at -1 Life Orb.

Moveset

Our one set up tool is Dragon Dance, and due to our middling Speed tier, we'll want a consistent tool to be able to patch it and sweep teams. Protect is pretty important as well though with proper team

support it isn't as necessary and you may find use for another coverage move there. Breaking Swipe is good spread damage as well as useful utility for Attack drops. Tera Blast is a nice option with Tera Grass especially in order to hit back against Ground types that otherwise wall you. Bolt Strike, while low in accuracy, is too high in power to give up for Fusion Bolt.

The single exception of course is in a double-restricted meta, where Fusion Bolt and Fusion Flare make for a fun albeit bad gimmick team.

Tera Type

Grass is a great defensive option that allows us to resist Ground, as well as stop incoming Spores and Rage Powders that would otherwise shut down our ability to sweep. Water is a better defensive option that is all around good but less specific to our needs.

Item

Life Orb is great for consistency, and combined with 1-2 Dragon Dances it makes you seriously strong. Despite this, Clear Amulet is generally preferred as it stops Intimidate, Parting Shot, and Icy Wind that would otherwise severely stop you. Generally it depends on how your team is structured

Partners

Redirection is extremely important for our purposes. Ogerpon-W is an excellent partner as it can redirect and tank Ice and Ground moves that severely threaten you allowing you to more easily Dragon Dance. Offensively, Ogerpon-W also allows you to deal with mons like Landorus-I and Ursaluna-BM that scare you out. Since we're boosting our Speed, opposing speed control be it Trick Room or Tailwind is quite scary to our endgame, and so we appreciate mons like Whimsicott and Incineroar that can Taunt and shut down adversaries like Cresselia and Farigiraf. If you opt to use Tera Blast over Breaking Swipe, Whimsicott and Grimmsnarl have a niche ability to set up Misty Terrain, not only preventing us from being Burned or Slept, but weakening opposing Dragon moves from the likes of Raging Bolt or Miraidon that otherwise threaten us.

Checks & Counters

Opposing Taunt users such as the aforementioned Whimsicott and Incineroar are easily able to shut down our Dragon Dances. Landorus-T specifically can Intimidate you, outspeed you with its Choice

Scarf, and threaten massive damage with Stomping Tantrum. Bulky Grass Types like Rillaboom, Amoonguss, and Ogerpon-T or Ogerpon-H may not hit you offensively, but can very easily sit on your Bolt Strikes and chip you down. Some Rillaboos also carry High Horsepower, so be careful if you see it in the OTS.

Final Notes

Generally, completely and utterly unusable in terms of restricteds. One of the worst restricteds to use in both single and double restricted metas. Its stats are mediocre compared to other restricteds, and importantly, it's type is shared by two of the best mons in the format, Raging Bolt and Miraidon. . More often than not, Zekrom falls under the "DO NOT USE" category. Zekrom importantly has terrible matchups against opposing restrictions. With the exception of Kyogre, we struggle to deal with mons like Groundon, Calyrex-I, Zacian-C, and more. It has no niche, and no viable reason to be used.

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#655 DELPHOX: F

[Delphox PsySun Sample](#)

Delphox @ Focus Sash/Choice Specs

Ability: Blaze

Level 50

Tera Type: Grass/Fairy/Fighting

EVs: 4 Def / 252 SpA / 252 Spe

Timid Nature

IVs: 0 Atk

- Heat Wave/Overheat

- Expanding Force

- Focus Blast/Grass Knot/Dazzling Gleam

- Protect/Grass Knot

Overview

~~Use Amarouge~~ Delphox, despite having an interesting type combo and access to Expanding Force, there are simply better mons for the job.

EVs

We're really frail, so it's not really worth trying to bulk Delphox up to live any hits we might want to. Our speed is 171, putting us above 188 Spe Ogerpon, as well as Max Spe Chi-Yu and Landorus.

Moveset

Expanding Force is our biggest tool, so for sure we'll want to use that. Heat Wave is great fire coverage but if you feel you're too easily walled by Wide Guards, then Overheat is a nice single-target delete button. As for coverage, Grass Knot is really nice, especially with Tera Grass. It has just under 90% to OHKO Groudon, and is guaranteed against Ursaluna-BM. Focus Blast is nice to deal with Dark types that otherwise wall you, such as Urshifu-S or Chi-Yu, and can be boosted even further through Tera Fighting. Dazzling Gleam is a final coverage option, I recommend only using it if you have Overheat as you don't want three spread moves. Fairy is in general a nice type to have, and has similar utility to Focus Blast in dealing with Dark types. If you're Sash, then obviously Protect is the last option, on Specs variants though, I'd say Grass Knot is the most important option if you didn't have it already.

Tera Type

Tera Grass deals with both our Ground and Water weakness, and allows us to better deal with Amoonguss if it tries to Spore us, it also boosts our Grass Knot. Fairy is a nice option that stops our Dark weakness, as well as boosting Dazzling Gleam, and is a great defensive type in general. Tera Fighting also stops our Dark weakness and boosts Focus Blast, though Fighting is not a very good defensive type.

Item

Sash is a great choice as not only are we super frail, but it has great synergy with our ability Blaze, our Sash allowing us to live into Blaze range and launch off high powered Heat Waves/Overheats. Choice Specs is an alternative that while leaving us more vulnerable, makes us far stronger.

Partners

Indeedee-F is an excellent partner, mainly due to its ability to set Psychic Terrain that Delphox needs for Expanding Force to work, but additionally for its ability to redirect attacks away from it and leave it less vulnerable. Sun setters, Koraidon, Groudon, Torkoal, etc are all valued via their ability to make Delphox less vulnerable to Water mons (we have good odds to live a 252+ Surging Strikes in the Sun). Other redirectors such as Amoonguss and Ogerpon are also great partners to increase our longevity. Ogerpon-H specifically is a nice partner on sun teams as its Ivy Cudgels in the sun are a force to be reckoned with. Tailwind setters are very useful to help bring our above average speed even higher, so Whimsicott, Iron Jugulis, and Tornadus are all great partners.

Checks & Counters

Mons that can remove our terrain all seriously threaten us and leave us floundering and weak. Rillaboom and Miraidon are quite common, so be prepared to pivot Indeedee in and out. Ice Spinner Chien-Pao, while not as common as Icicle Crash, is easily able to live a hit from via its Sash, and then remove the terrain, threatening Sucker Punch after. Scarfers that you'd normally outspeed are also quite threatening to you, such as Chi-Yu or Urshifu-R, oftentimes forcing a Tera or switch on your end. Slower, bulky mons that live hits can easily chunk you back, such as Ursaluna-BM or High Horsepower Calyrex-I.

Final Notes

Strictly worse than Armarouge. In virtually every way, Delphox is outclassed. Armarouge has better stats, ability, and movepool. There's realistically no reason to use Delphox when Armarouge is available to you. The only slight niche that Delphox might have over Armarouge, Speed, isn't needed when oftentimes you find Armarouge in Trick Room, and if not, it can boost its speed with Weak Amor. Do not use!

#700 SYLVEON: D

Sylveon @ Choice Specs/Throat Spray/Leftovers

Ability: Pixilate

Level: 50

Tera Type: Steel/**Fairy**/**Fire**

EVs: 228 HP / 124 Def / 152 SpA / 4 SpD

Modest Nature

IVs: 0 Atk

- Hyper Voice
- Tera Blast/Moonblast
- Psyshock/Shadow Ball/Calm Mind
- Hyper Beam/Detect

Overview

Sylveon is a slow, bulky, Fairy type, which is quite a unique archetype for Fairy. Pixilate allows it to spam Hyper Voice as a stronger alternative to Dazzling Gleam, and on Hard TR teams it can shockingly hold its own.

EVs

The EVs are made specifically to OHKO the most common Calm Mind Raging Bolt set (188/68) with Tera Blast/Moonblast at +1 (either through Choice Specs or Throat Spray). From there, bulk is generically optimized. With a phenomenal natural SpD, basically all of it went into Def. Despite 60 base Spe being pretty poor, it's just average enough where with 108 Spe investment, we can be faster than 252+ 135 Spe (Chien-Pao, Flutter, Korai/Mirai) under Tailwind. This means that with a slightly less bulky set of 124 HP / 124 Def / 152+ SpA / 108 Spe, we can partner with a Tailwinder to make our Hyper Voices extremely fast.

Moveset

Due to Pixilate, you won't actually see many Fairy moves on Sylveon. Hyper Voice is a must have as it fulfills Sylveon's primary role of just sitting there and spamming Hyper Voice unimpeded. To make sure we aren't completely locked out of a Fairy move via Wide Guard, we need a single target Fairy move. Moonblast is the obvious choice off the bat, but Tera Blast is usable here, again via Pixilate. It is technically stronger than Moonblast, though if you opt for Tera Fairy, then Tera Fairy Moonblast does more than Tera Fairy Tera Blast due to weird interactions between Pixilate, STAB, and Tera. From there, we need some coverage. While Fairy is an incredibly spamable type, we do need something else.

Psyshock is a great answer as it smacks a lot of Poison types very hard, particularly Amoonguss (who is almost always physically invested to deal with Urshifu-R). Shadow Ball is another option that plays less directly into your weaknesses, but still hits mons like Flutter Mane or Gholdengo, and heavily chunks restricteds like Calyrex-S (whom it OHKO's) and Calyrex-I (90% to 2HKO at +1). Calm Mind is useful set-up on some TR teams with proper support, though prioritize it with Leftovers, as otherwise you have no way to boost your SpA. The final slot depends on your item choice. Obviously we don't want Detect and Choice Specs, but the final slot is extremely limited, being an Eeveelution and all. The best option I could reasonably surmise was Hyper Beam. Hyper Beam under Pixilate hits 180 BP, effectively functioning as a delete button for a lot of mons at the cost of your next turn. While risky, this gives you the ability to OHKO meta threats like Assault Vest Raging Bolt or SpD Incineroar that other mons cannot. Despite this crazy damage, it is very gimmicky, and with Protect and redirection being all too common, it is a major risk- hence why bulky AV mons like aforementioned Raging Bolt are great targets.

Tera Type

Tera Steel is the most obvious for pretty much every Fairy type. Not only does it counter both of your weaknesses, but it gives you access to Tera Steel Tera Blast, allowing you to chunk opposing Fairies that you typically rely on your partner to deal with. Tera Fairy is another nice option particularly on Choice Specs sets that want to come out swinging, similar to Dazzling Gleam Flutter Mane. Tera Fire is another tool, less defensively potent than Tera Steel but gives you access to the better offensive type of Fire, hitting back Steels which would otherwise wall you.

Item

Choice Specs offers instant damage, and the vast majority of situations you'll be in you can assume to be clicking Hyper Voice repeatedly. Despite this, the optionality of Throat Spray is very nice, considering it still gives you the +1, just after a turn. It depends on whether you prefer instant damage or long-term safety. For a bulky mon like Sylveon, generally Throat Spray is better, but there are situations in which Choice Specs is better. Leftovers is a unique option that can be slotted in on Calm

Mind variants, as the healing is more valuable than the attack boosting as we'll be doing that anyways through Calm Mind.

Partners

If you opt for the traditional, bulky set, then obviously a Trick Room setter is great. The generic ones all work here, Cresselia, Farigiraf, and Sinistcha are all great due to their useful type matchup with Sylveon as well as the healing support that Cress and Sinistcha specifically have access to. Faster sets however, benefit specifically from Prankster Tailwind users, Whimsicott and Tornadus are both great options for teammates with the more unique, speedy Sylveon set.

Checks & Counters

With miniscule coverage that heavily relies on Tera, you'll find Sylveon being walled by many mons depending on your Tera type. Namely, it struggles hard to hit Fire Types such as Torkoal, Entei, and Ogerpon-H. Tera Steel and Fire are also quite common Teras, meaning that many mons will naturally be able to Tera out of your Hyper Voice/Tera Blast. Many teams intrinsically carry ways of dealing with Flutter Mane, and those same counters apply to Sylveon. Wide Guard is becoming more common on picks like Gallade, Iron Valiant, and Pelipper, and it completely shuts down most Choice Specs variants. Despite the high investment, your Def is still quite below average for a "bulky" mon, and you can easily be overwhelmed by high powered attacks like Tera Water Surging Strikes from Urshifu-R. Snarl mons like Raging Bolt and Incineroar (with redirection) can Snarl you down into nothingness and effectively neuter your offensive presence.

Final Notes

Sylveon has great SpD and a very useful ability, and with a great offensive type and powerful spread move, it can cleanly sit on the field and eat special hits and spam Hyper Voices. Despite this, it is held back by its poor Def, and its intrinsic similarities to Flutter Mane- many teams are carrying ways to deal with multi-target Fairy moves expecting to deal with Flutter, so what's another one to deal with anyways. Overall outclassed by Flutter Mane, but holds a minute niche on hard TR teams that need Fairy coverage inside of TR.

#706-H GOODRA-HISUI: C-

Goodra-Hisui @ Leftovers

Ability: Shell Armor

Level: 50

Tera Type: [Water](#)/[Ghost](#)/[Fairy](#)/[Grass](#)/[Flying](#)

EVs: 228 HP / 4 Atk / 20 Def / 236 SpD / 20 Spe

Careful Nature

- Heavy Slam
- Acid Armor/Curse
- Body Press
- Life Dew/Protect

Overview

Goodra-Hisuian is one of the many IronPress sweepers fighting for the spot of “2nd Best IronPresser” right behind Registeel. Due to Shell Armor and its unique typing, there is certainly at least *some* reason to use it over Registeel.

EVs

This is a generic defensive spread, and has no calcs specifically in mind other than to live hits. The reason why SpD is so high despite the IronPress set is because you’re boosting your Def so high with Acid Armor/Curse it doesn’t matter as much. 20 Speed is there to creep the majority of Incineroars who you otherwise speed-tie with. Many Incins tend to use 4-12 Spe to creep 0 speed Incins, so we’re gonna do the same.

Moveset

Heavy Slam is a must, Goodra-H is a particularly heavy mon at 331 lbs (about double the average weight of 150 lbs). It’s there to deal with Flutter Mane and just function as an additional attack for when you’re against a Fighting resist. Protect is always super nice, any mon loves Protect. Despite this, depending on what team support you have, Life Dew might also be useful to keep yourself alive especially if you have good redirection. Acid Armor is the Iron Defense replacement, as much as I’d like to use Shelter for its signature move- Acid Armor is technically better because it has more PP (though

It's doubtful that you'll use more than 16 Acid Armors a game). Curse is an alternative option that can be used if you find yourself Heavy Slamming more than Body Pressing.

Tera Type

Goodra-H has a lot of Tera types to choose from. Tera Water is the amazing defensive type it always has been, and it's a great neutral option. Tera Ghost is another really great option that more directly answers your Fighting type weakness, the same can be said about Fairy. Flying is a type that exactly counters your Ground and Fighting weaknesses, which can be pretty useful. Grass stops your ground weakness and stops Spore specifically, which is important on any set-up mon to ensure that you can't be shut down.

Item

Since you plan on keeping Goodra-H on the field for a long time, the Leftovers actually outweigh the healing of Sitrus Berry.

Partners

Goodra-H, like all set-up sweepers, needs redirection support. The usual suspects are all here, Amoonguss, Ogerpon-W, and Rillaboom. Goodra particularly enjoys the extra healing from Rillaboom's Grassy Terrain as well as Amoonguss' Pollen Puff. Grimmsnarl is one particularly strong partner, as the Light Screen helps patch up your SpD after a few Acid Armors, as well as your Def before you get an Acid Armor off, which is especially important for mons like Scarf Urshifu that would otherwise OHKO you off the bat with Close Combat.

Checks and Counters

On the surface, with a good partner, this mon seems unkillable. An easy Def boost, insane natural SpD, great defensive typing all behind screens. Worst of all, due to Shell Armor, Urshifu can't crit through its defense boosts. Despite this, there are a few answers. Taunt fits on a lot of common mons like Incineroar and Tornadus, stopping both its defense as well as its partners Screens and redirection. Non-Tera Grass variants also succumb quite quickly to Spore Amoonguss and can reliably be whittled down by chip over time. After one Def boost, usually Goodra-H will have lower SpD than Def and should be attacked from that side instead.

Final Notes

Generally, H-Goodra is considered worse than Registeel and Kommo-O in the IronPressers department, but it holds a decent niche due to its Dragon type and Shell Armor, meaning Urshifu can't crit through it, and it does not have to Tera out of Fire moves. While Registeel is almost universally better, if your team is already weak to Urshifu-Rapid specifically, consider Goodra-H. (It's also very cute)

April 2024, Regulation F/G

#727 INCINEROAR: S

[Incineroar + Calm Mind Flutter](#)

[AV Incineroar Sun HO](#)

Incineroar @ Citrus Berry/Safety Goggles/Figy Berry

Ability: Intimidate

Level: 50

Tera Type: [Poison](#)/[Grass](#)/[Water](#)/[Fairy](#)

EVs: 236 HP / 4 Atk / 100 Def / 156 SpD / 12 Spe

Careful Nature

- Flare Blitz/Knock Off
- Fake Out
- Parting Shot/U-Turn
- Knock Off/Taunt/Snarl/Will-O-Wisp/Helping Hand

Incineroar @ Assault Vest

Ability: Intimidate

Level: 50

Tera Type: [Dragon](#)/[Grass](#)/[Water](#)/[Fairy](#)

EVs: 228 HP / 4 Atk / 188 Def / 44 SpD / 44 Spe

Impish Nature

- Flare Blitz/Knock Off
- Fake Out
- U-Turn

- Knock Off/Snarl

Overview

Colloquially known by casuals and pros alike as “The King of VGC”, Incineroar hits the field still as the uncontested best offensive support mon for the 3rd generation in a row.

EVs

Standard: Since the dawn of time, this has been the tried and true Incineroar spread, somehow, managing to still live every hit it needs to even from new threats each generation.

Specially, It lives a 252 Life Orb Sandsear Storm from Landorus I, and a 252+ Choice Specs Moonblast from Flutter Mane.

On the physical side, it can survive 252+ Surging Strikes from non-Mystic Water Urshifu-R 93% of the time. It is guaranteed to barely live a 252+ Groudon Precipice Blades as well as other major hits from Restricteds, such as Calyrex-I Close Combat.

12 Spe is chosen to creep the two most popular spreads that are 0 and 4 Spe each.

Assault Vest: Since our AV covers most of our SpD issues, we can go harder into Def.

Physically, This spread can live a 252+ Mystic Water Surging Strikes from Urshifu-R 93% of the time.

It also lives a 252 Collision Course from Koraidon 93% of the time. You’re guaranteed to live a +1 252+ Body Press from Zamazenta.

Specially however, is where these calcs really start to shine. 252+ Specs Flutter Mane is not even a guaranteed 2HKO, being a 3HKO 85% of the time. It’s also guaranteed to live a 116+ (252 Timid) Landorus-I Earth Power. 56% HP is the benchmark to live a 252+ Mystic Water Water Spout Kyogre in the Rain. You can also live a 252+ Life Orb Ursaluna-BM Earth Power. You have minimal chance (~1%) to be 2HKO by 196+ +1 Ursaluna-BM Hyper Voice, and you’re likely to be 4HKO, and you’re guaranteed

44 Spe is likely to be faster than basically every other Incineroar that you would run into, only about 20% of Incineroars being faster than you according to *MunchStats*.

Moveset

Standard: Flare Blitz, Fake Out, Pivot. These three moves essentially must be on every single Incineroar, it's very difficult to make a case for using Incineroar without one of these, though certain exceptions for Flare Blitz can be made Knock Off on rain teams where the power would be weakened. Fake Out is part of what makes Incineroar so insanely powerful, Intimidate + Fake Out is just that great of a combo. Flare Blitz, due to our great natural Atk and huge BP can smack targets surprisingly hard, and is nothing to be underestimated. Our Pivot move is super important for Intimidate cycling, Incineroar's main duty. Parting Shot is the go-to in Gen 9 due to the SpA mitigation on top of Intimidate's Atk reduction, though U-Turn is an option that is immune to Clear Amulet, keeping momentum against restricteds like Calyrex-I or Groudon.

Your flex slot is where variety really starts to shine; this is what people mean when they say that Incineroar has every possible tool he'd want in his toolkit. Knock Off is not only great STAB damage, but insanely useful utility, against mons like Amoonguss- removing Citrus Berry or Rocky Helmet, or the Choice Scarf from mons like Urshifu-R. Taunt is really great on teams weak to TR as it's a viable option to shut down setters, and unlike other top Taunt users Tornadus and Whimsicott, Incineroar is able to bypass anti-priority tech like Psychic Terrain or Armor Tail. Snarl is more great SpA mitigation that works hand-in-hand with Intimidate as it means your partner isn't vulnerable from one side that Intimidate isn't dealing with. Will-O-Wisp is great disruption, and is the only way to mitigate damage from Urshifu's signature moves due to them always being critical, and is one of the only reliable mons that can spread burns. Helping Hand is slightly less useful, as it's more along the lines of general support opposed to offensive disruption, but is still always a great move, especially in restricted formats.

Assault Vest: The same as above applies, though we're limited to only using attacking moves in this case.

Tera Type

Due to our insane versatility and already amazing defensive typing, Incineroar can make use of basically every single Tera type in the game. Evidence:

Fire: Grants powerful Flare Blitz boosts for surprise KOs and gives us a Fairy resistance to better deal with Flutter Mane.

Water: Is an amazing all around defensive type, specifically stopping our Water weakness, but generally just being useful.

Grass: Stops Powder moves, an easy way of shutting us down, and halts both our Water and Ground weakness.

Electric: X

Ice: X

Fighting: Can be used as a surprise “gotcha” against opposing Incineroars with Close Combat in Closed Team Sheet formats.

Poison: Stops your Fairy and Fighting weakness, though notably keeps our Ground weakness.

Ground: Can be used as a surprise “gotcha” against opposing Incineroars with Tera Blast in Closed Team Sheet formats.

Flying: Stops our Fighting and Ground weakness, and isn’t worried about attacks from Ice types due to our Fire coverage.

Psychic: Deals with our Fighting weakness while keeping our Psychic resist, specifically counters Mienshao.

Bug: Stops our Fighting and Ground weakness, though notably keeps our Rock weakness.

Rock: X

Ghost: Stops Fake Out from opposing Incineroars and faster Fake Out users such as Rillaboom, stops our Fighting weakness, and is all around a great defensive type.

Dark: Boosts our Knock Offs and removes our more common Water and Ground weaknesses.

Dragon: Deals with our Water weakness without making us open to damage from Ogerpon or its partners.

Steel: Has bad synergy with our weaknesses, but is still an all around great defensive type, with a useful Fairy resist.

Fairy: Stops our Fighting weakness, and is an all around amazing defensive type.

Normal: Removes most of our weaknesses while keeping our Ghost resist.

So not every type (and yeah, some are total stretches), but 15/18 is better than basically any other mon, plus it can use Tera Bug viably, which is funny. Generally, Water, Grass, Dragon, and Fairy are your best all around types, though. Poison is useful on non-AV variants to help with the Flutter matchup. Since Grass and Safety Goggles have some utility overlap, I don’t typically like to use both together, though it has seen some success before.

Item

Standard: Citrus Berry is our go-to, specifically allowing us to deal with Urshifu-R Surging Strikes due to Citrus activating during the attack. Safety Goggles is Incin’s next most reliable item, and is especially useful as Amoonguss is often EV’d specifically to live a Flare Blitz and shut us down with Spore. Figy Berry is another option for slightly more HP, and has the added utility of confusing Trick Gholdengo when Tricked.

AV: Since we can disrupt and pivot via attacking moves like U-Turn and Snarl, AV seems like an obvious choice. The massive SpD boost means we can load up on Def and Spe, two EVs that normally take the wayside compared to SpD. Though AV is a very sought after item, and mons like Rillaboom or Raging Bolt typically desire it more than Incineroar does.

Partners

Incineroar works insanely well on so many different kinds of team archetypes, there's a reason it's won Worlds *every time* it's been legal. Incineroar offers amazing offensive support, and can be there for any mon. Will-O-Wisp and Intimidate help physically frail mons such as Flutter Mane and Calyrex-S, though Snarl and Parting Shot can mitigate SpD for specially frailer picks like non-AV Rillaboom and Urshifu. SpD mitigation is also greatly appreciated for IronPress users Zamazenta-C or Registeel, as they're already practically immortal on the physical side. All this damage mitigation as well as Fake Out is amazing utility for set-up partners in general such as the aforementioned IronPress users, but also for Swords Dance Groudon or Koraidon, Calm Mind Flutter Mane, and so on. Taunt is great on teams weak to Trick Room and Psyspam, and especially appreciated due to our Dark typing that deals with Psychic types often found on these archetypes. Helping Hand is great for spread-move restricteds such as Calyrex-S' Astral Barrage or Groudon's Precipice Blades. Our Fire type is also excellent as it allows us to partner with mons like Rillaboom/Amoonguss/Ogerpon and Urshifu-R/Walking Wake/Iron Bundle for an excellent Fire/Water/Grass core, that is incredible both offensively and defensively, with the trio of Incineroar, Urshifu-R, and Rillaboom being an incredibly key component of the best balance teams in Reg F and Reg G.

Checks & Counters

Clear Amulet is one of the single most common items on physical restricteds like Groudon or Calyrex-I due to the sheer overwhelming power of Incineroar. Clear Amulet mons not only stop your Intimidate, but are immune to Parting Shot, and stop you from switching out altogether. Another common item is Covert Cloak, used on mons like Tornadus and Whimsicott netting them immunity to your Fake Out and allowing Tailwind or other supportive utility to activate freely on their side. Tera Ghost is also quite common on these mons that aren't holding Covert Cloak, and so there's

Zamazenta-C is a very common restricted that is effectively immune to your Intimidate- by virtue of typically attacking through its defense stat- and one that can hit you back very hard due to Body Press, after easily tanking a Flare Blitz. Choice Band Urshifu-S' Close Combat and Mystic Water Urshifu-R can OHKO the non-AV set quite handily, and neither are particularly hurt by Intimidate due to the guaranteed critical hits bypassing the Atk drop. Rillaboom, as common as Incin, is almost always faster and can stop your Fake Out with their Fake Out.

Final Notes

Due to a near-perfect movepool, ability, stats, and typing quadfecta, Incineroar is unquestionably the most potent offensive support and disruption mon in the game. The ability to tank hits easily due to no shortage of damage mitigation moves, disrupt the field with offensive support options, and pivot in and out to cycle Intimidates and Fake Outs make Incineroar a necessary tool for players to learn to use for all regulations of VGC, past and likely future.

Notably, Clear Amulet is wildly popular in Regulation G due to the high usage of Incineroar, and the fact that one mon can force multiple restricteds to completely change items should be more than enough proof that Incineroar is absolutely incredible.

May 2024, Regulation G

#730 PRIMARINA: C+

[Zacian + Primarina FWG](#)

Primarina @ Leftovers/Life Orb

Ability: Liquid Voice

Level: 50

Tera Type: **Grass**/Steel

EVs: 164 HP / 92 Def / 196 SpA / 12 SpD / 44 Spe

Modest Nature

IVs: 0 Atk

- Hyper Voice

- Moonblast

- Calm Mind

- Protect

Overview

With Tapu Fini nowhere to be seen this gen, we rely on the only other Calm Mind-using Water/Fairy, who while not quite as strong, is still quite a good addition to many teams.

EVs

The Speed is at 86, meant to be faster than the vast majority of Incineroars, but is faster than mons like Iron Hands or Ursaluna.

164 HP / 92 Def allows us to live a 252+ Grassy Glide from AV Rillaboom.

From there, the rest is dumped into as much SpA as we can while keeping it even (to ensure we maximize the Calm Mind Boost) and the final bit is put into SpD, also keeping it even.

Moveset

Hyper Voice, due to our ability Liquid Voice, now becomes a Water move, giving us a no-drawback spread Water move. Moonblast is preferred over Dazzling Gleam to make sure that we can't be shut down entirely by Wide Guard. Calm Mind is for boosting and Protect is for longevity.

Tera Type

Grass stops our Grass and Electric weakness, and importantly stops our Spore weakness meaning Amoonguss can't stop us from setting up. Steel stops our Grass and Poison weakness, and is in general a better defensive mono-type than Grass.

Item

Leftovers is very important to ensure that we're sustained throughout 1-2 Calm Minds, we'll be taking quite a bit of chip and even with healing support from mons like Rillaboom or Amoonguss isn't always enough. Despite this, the damage from Life Orb is astounding, and if you feel as though you are getting that healing from other sources, feel free to give it a go.

Partners

Primarina has phenomenal synergy with the three top grass types, Rillaboom, Amoonguss, and Ogerpon. Amoonguss has healing with Pollen Puff and Rage Powder, Pollen Puff or Sludge Bomb additionally from Amoonguss can threaten out Grass types that would otherwise be difficult for

Primarina to deal with. Rillaboom provides very useful healing via Grassy Terrain, and Fake Out allows for easier setting up via Calm Mind. Ogerpon can also easily redirect and tank hits via Calm Mind. Uniquely, Ogerpon-Cornerstone is a useful partner due to its ability to boost its Def while Primarina boosts its SpD, making a great combo. Incineroar is a great partner as well due to Fake Out, and Intimidate helps you deal with physical attacks that otherwise threaten you even after Calm Mind, and Flare Blitz can smack Grass and Steel types that threaten you.

Checks & Counters

Grass types in general, oftentimes force you to Tera, especially physical ones like Rillaboom or Ogerpon-W- Wellspring especially due to Water Absorb. Raging Bolt, be it Assault Vest or Leftovers, can tank your Moonblast while firing back hard with Thunderbolt/Clap.

Final Notes

In a meta filled with mons like Ogerpon-W and Amoonguss, and most teams already wanting a different Water or Fairy type, Primarina doesn't always fit. Despite these pitfalls, Primarina has an amazing type combination, a useful ability, and solid stats, and it definitely is a setup sweeper to look out for.

April 2024, Regulation F/G

#748 TOXAPEX: D-

Toxapex @ Leftovers

Ability: Regenerator

Level: 50

Tera Type: **Grass**/**Dark**/**Ghost**

EVs: 252 HP / 36 Def / 220 SpD

Bold Nature

IVs: 0 Atk

- Toxic/Toxic Spikes

- Wide Guard

- Recover/Haze/Icy Wind

- Infestation/Haze

Overview

While generally considered strictly worse than Glimmora, Toxapex has an interesting niche as a Regenerator pivot for hard defensive teams that can't fit Amoonguss

EVs

The EVs are a generic defensive type, optimizing our defenses as attacking doesn't particularly matter.

Moveset

Our biggest niche over Amoonguss is Wide Guard, so that's necessary for sure, especially given our weakness to common spread moves Precipice Blades and Expanding Force. Toxic is great given our Poison typing means it can't miss and is more directly offensive, though Toxic Spikes will net you more in the long run. Recover is nice utility for healing, though not necessary due to Regenerator. Icy Wind is nice to help the slow pokemon generally found on "stall" teams, such as Ting-Lu or no Speed Dondozo. Haze is useful against the set-up restricteds such as Iron Defense Zamazenta or Calm Mind Terapagos. Infestation is incredibly strong paired with Toxic as it's effectively a death sentence with Recover and good team support.

Tera Type

Grass is a really nice type as it not only stops our two most important weaknesses, Ground and Electric, but it also gives us a nice Spore immunity, meaning Amoonguss won't shut us down completely. Dark is useful as it stops our Psychic weakness and makes us immune to Taunt from the likes of Whimsicott or Tornadus. Ghost is an all around defensive option that prevents Fake Out in case you need Toxic Spikes up for a wincon.

Item

Since you're sitting on the field for a long time, and you can safely burst heal with Regenerator, Leftovers is no contest. It's far better than Black Sludge as you will often find yourself Terastalizing.

Partners

Toxapex works best on hard-stall teams, and deals big residual damage with Toxic/Toxic Spikes and traps with Infestation, so we'll be looking at bulky partners. Ting-Lu is a major one who can deal with Poisons, Steels, and Psychics for us, as well as bulk us up thanks to Vessel of Ruin. Dondozo and

Tatsugiri is an inevitable combo that, though fallen off in restricted metas, appreciates the Toxic Spikes to deal residual damage to the constant switching required to tackle Yawn/Substitute Variants of the fish duo. Uniquely, Haze variants have the ability to completely wall and shut-down Zamazenta- and the less relevant Zacian- so partnering The Pex with mons like Flutter Mane, Rillaboom, or Kingambit that struggle to deal with Zamazenta. Restricted picks that work on these slow bulky teams, such as Lunala or Calyrex-I are both excellent partners.

Checks & Counters

Landorus-I is quite a common pick that completely blasts Toxapex, even with high SpD investment. Ground types in general such as the Ursalunas or Groudon pose quite a large threat to us. Steel types, due to their immunity to Poison, and Poison types, due to the aforementioned and the ability to remove Toxic Spikes on switch in, pose quite a threat to us as they remove some of our main utility. Mons like Amoonguss and Glimmora are easy to pivot in and out to remove your Spikes or tank a Toxic for another mon.

Final Notes

I think Glimmora is functionally better for the role it excels at, it's particularly handy to have at least one glass cannon on your stall archetypes to help break through walls that the opponent might have, Pex still has some niche due to the surge in popularity of Zamazenta-C and other set-up mons. In Regulation C, Assault Vest Toxapex was a unique archetype that popped up from time to time, but personally it's a thing of the past

May 2024, Regulation G

#763 TSAREENA: C

[Shiliang Tang's Indianapolis 2024 Top 8](#)

Tsareena @ Wide Lens/Assault Vest

Ability: Queenly Majesty

Level: 50

Tera Type: **Water**/**Fire**

EVs: 236 HP / 108 Atk / 44 Def / 4 SpD / 116 Spe

Adamant Nature

- Power Whip
- High Jump Kick/Taunt
- Triple Axel/Taunt
- Protect/Play Rough

Overview

A powerful signature ability that stops Priority and a niche defensive type makes Tsareena a useful partner for Water types that are scared of Raging Bolt.

EVs

108 Attack guarantees an OHKO against 252 HP Kyogre with Power Whip, as well the most popular Urshiu-R set. Triple Axel is a guaranteed 2HKO against 252 HP Raging Bolt, and Amoonguss.

116 Spe is faster than 4 Spe Rillaboom, as well as 12 Spe Raging Bolt.

The Def / HP is enough to guarantee you live a Flare Blitz from 4 Atk Incineroar.

Moveset

Power Whip is the most important one here, it's our highest powered move and thanks to Wide Lens we're near guaranteed (93%) to hit it. The same can be said for the otherwise unreliable Triple Axel and High Jump Kick. If you're using Assault Vest, then slot in Play Rough in that final slot over Protect. With Wide Lens however, we have a bit more flexibility, and Taunt is a useful tool that can shut down Calm Mind Raging Bolt specifically, as well as the general utility of having Taunt, though it's not necessary.

Tera Type

Water and Fire are your best defensive types, dealing with your Fire and Ice weaknesses. Water is a generally better defensive type but Fire has the niche property of preventing you from being burned.

Item

In my opinion, Wide Lens is the best item, as it allows us to use all of our high power but low accuracy moves without the low accuracy problem. Assault Vest is another option to help us more viably counter mons like Kyogre and Raging Bolt but in general is vied for more than Wide Lens, so there is likely to be some steep competition on your team for it.

Partners

Kyogre is the biggest reason as to why Tsareena has a place as an anti-meta support tool. Raging Bolt is its biggest threat right now and Tsareena can very handily shut it down, hence why you'll find the two partnered together often. Urshifu-R is another mon heavily threatened by Raging Bolt that Tsareena can support.

Checks & Counters

Gholdengo completely walls any coverage moves you can have, and thus is quite an adversary for Tsareena. Incineroar not only weakens your attacks, but can slap you back hard with Flare Blitz- though this is alleviated due to the Rain you're oftentimes partnered with. Tornadus can not only deal with you offensively through Bleakwind Storm, but can also threaten to alter the Rain that you'll often find yourself with.

Final Notes

Tsareena has an interesting niche over Farigiraf and Indeedee as a priority stopper due to its unique typing and great movepool. In general, I wouldn't recommend using Tsareena without Rain, whether that be through Kyogre or Pelipper. I feel as though Raging Bolt's prominence alone is reason enough to consider Tsareena over Amoonguss as a Grass type on Rain teams.

April 2024, Regulation F/G

#784 KOMMO-O: C-

Kommo-o @ Throat Spray

Ability: Bulletproof/Overcoat

Level: 50

Tera Type: Steel

EVs: 92 HP / 4 Def / 244 SpA / 4 SpD / 164 Spe

Modest/Timid Nature

IVs: 0 Atk

- Clanging Scales

- Flash Cannon

- Clangorous Soul

- Protect

Kommo-o @ Leftovers

Level: 50

Ability: Overcoat/Bulletproof

EVs: 252 HP / 116 Atk / 36 Def / 100 SpD / 4 Spe

Tera Type: Steel

Impish Nature

- Body Press

- Iron Head

- Iron Defense

- Protect

Spread by [Choruto](#)

Overview

With two uniquely powerful yet vastly different set-up options, Kommo-O is a strong and unpredictable set-up sweeper in Reg F, who is unfortunately held back by its matchup against top threats.

EVs

Throat Spray: Modest allows us to be faster than the most common Flutter Mane (124+ Spe) but Jolly puts us at faster than Jolly Max Spe Chien-Pao.

Your SpA is quite low naturally at only 100, so we'll need to max it out in order to make sure your damage is optimal, with a small reduction to ensure we get the optimal boost from Clanging Scales.

The 4 in Def and SpD are also for the same reason.

IronPress: The Special Defense investment allows Kommo-o to live a Blood Moon from Life Orb Ursaluna-BM and makes Shadow Ball from Special Attack Booster Energy Flutter Mane a 3HKO. On the physical side, the Defense investment allows Kommo-o to comfortably live Chien-Pao's Icicle Crash, as well as making Urshifu-S's Wicked Blow a 3HKO after Terastallizing into Steel. The Attack investment gives the best chance for an OHKO on Flutter Mane with Iron Head after Terastallizing into Steel.

Written by [Choruto](#)

Moveset

Throat Spray: Obviously, we'll need Clangorous Soul, that's our big important boosting move. While Dragon STAB is typically not important, due to the useful spread of Clanging Scales, we'll want it here instead of something like Focus Blast. Flash Cannon is our best coverage option as it allows us to hit Fairies that threaten us severely due to our 4x weakness. Finally, we have Protect.

IronPress: We need both Iron Defense and Body Press, that much should be obvious. From there, Iron Head is used for the same reason as above, to hit Fairy types. Protect is again, obvious.

Tera Type

Despite great resists from mons like Urshifu-R, the various Ogerpons, and Rillaboom, our 4x Steel weakness is incredibly crippling given the common usage of Flutter Mane and Zacian-C in Reg G, so we'll use our best option in Steel. It turns all of our weaknesses into resists, Dragon, Flying, Fairy, Ice, and Psychic, making it no-exception the best type for us.

Item

Throat Spray: Throat Spray triggers on activation of Clangorous Soul, hence giving us a free +1 on top of our other omniboost, making it our best option.

IronPress: Leftovers is used for extra recovery over burst healing like Sitrus Berry, since Kommo-o will be on the field for long periods of time.

Ability

Overcoat is important as we don't want to risk Amoonguss shutting us down, particularly on IronPress variants that take longer to set up. Bulletproof is really great as it means after Tera you completely wall Flutter Mane, as it stops Shadow Ball. Despite this, Bulletproof is really only good for this one specific matchup, as moves like Rock Blast or Bullet Seed aren't common enough to warrant it.

Partners

Kommo-o appreciates teammates that help it set up more easily. Incineroar and Amoonguss are great at this, with Incineroar being able to cycle Fake Out and Parting Shot, while Amoonguss provides Spore as well as redirection support. Both give Kommo-o turns to set up and more room to maneuver,

and they also have strong defensive synergy with Kommo-o. Ting-Lu is another great partner, as it can whittle down foes with Ruination, and its ability Vessel of Ruin makes Kommo-o harder to remove. Its Ground type allows us to scare out Steel types that would otherwise completely wall us. Rillaboom provides similar use to Incineroar but can also provide passive healing thanks to Grassy Terrain.

Checks & Counters

Throat Spray: Flutter Mane more often than not will always force you to Tera, even with redirection support, Dazzling Gleam will still threaten you and cannot be stopped, so be sure to either Tera early or make sure you have a direct Flutter Mane counter. The majority of Steel types will also wall both of your attacks, so be sure to bring a partner that can deal with them. Taunt users like Whimsicott and Tornadus- Incineroar to a lesser extent because we threaten it offensively- are able to stop us from setting up our set-up of choice.

Final Notes

While you are often forced to tera, since a lot of strategies will often revolve around setting up Kommo-o specifically, it's not always a major issue. Between the two, I feel as though IronPress is just slightly better as it's immune to damage mitigation like Snarl or Parting Shot that otherwise hinders Throat Spray variants. In general Kommo-o requires a lot of support, but is still a great sweeper if it manages to get it.

April 2024, Regulation F/G

#876-M INDEEDEE-MALE: F

Indeedee @ Choice Scarf

Ability: Psychic Surge

Level: 50

Tera Type: **Fairy**

EVs: 4 HP / 4 Def / 244 SpA / 4 SpD / 252 Spe

Modest Nature

IVs: 0 Atk

- Expanding Force

- Dazzling Gleam/Alluring Voice
- Energy Ball
- Healing Wish

Overview

Access to Expanding Force while setting terrain makes Indeedee-Male still strictly worse than its female counterpart. Even on HO teams that would appreciate the extra offense, the support from Indeedee-F is appreciated more.

EVs

We're taking advantage of our sole offensive niche by going hard into a Choice Scarf glass cannon build, no need for much else really.

Moveset

Expanding Force is our biggest niche, so it's for sure needed. It's very spamable, hence why it works well on a Choiced mon. Dazzling Gleam is our best coverage, threatening Dark types, and it pairs nicely with Tera Fairy. Energy Ball is really our only high-powered coverage move, so it goes on here.

Indeedee-M also has access to Healing Wish, useful with its high speed and though niche, is quite useful in many situations.

Tera Type

Tera Fairy is our best defensive type by far, and also boosts the power of our Dazzling Gleams, making it really no competition.

Item

95 Spe is just below average, so Choice Scarf is great to help patch it up and it lets us outspeed 212 Spe Urshifu-R.

Partners

You'll want Indeedee-M on HO psyspam teams, so partner it with mons such as Expanding Force Calyrex-S or Booster Spe Iron Crown to take advantage of the terrain. Tailwind setters, such as Tornadus or Iron Jugulis are also great teammates to have to help boost both your and your partner's

speed. Chi-Yu is a particularly potent mon that fits on psyspam teams as it boosts the Expanding Force to even more ridiculous heights of damage via its Beads of Ruin ability.

Checks & Counters

Incineroar is the most common mon by almost double second place at any given time in a meta, and while you prevent its Fake Out, you're still heavily threatened by Knock Off, without much way to damage it back. Urshifu-S is another mon that you're threatened by, though you can potentially scare some off with Dazzling Gleam, depending on the situation.

Rillaboom, Miraidon, and Ice Spinner users can shut down your terrain, and potentially leave you and your psyspamming partner floundering.

Final Notes

The role of terrain setter is far better accomplished by a supportive piece who can allow the mons that take advantage of psyspam to run free, role compression is always great. Indee-dee-M is sort of awkward in this sense because psyspam teams don't really need more than 1-2 psyspammers, they need support more than anything, and Indee-dee-F provides, where Indee-dee-M cannot.

#876-F INDEE-DEE-FEMALE: B+

Indee-dee @ Safety Goggles/Psychic Seed/Rocky Helmet

Ability: Psychic Surge

Tera Type: Dark/**Fairy**/Grass

EVs: 252 HP / 244 Def / 12 SpD

Bold Nature

- Alluring Voice/Psychic/Dazzling Gleam
- Follow Me
- Helping Hand/Imprison
- Trick Room/Protect

Overview

An excellent user of Follow Me, a signature (this generation) ability, and solid defensive stats make Indeedee-F an excellent support mon, on and off Psyspam teams.

EVs

Due to our immensely high SpD and pretty low Def, we wanna invest hard into our Def to make up for it, hence why not much SpD is needed. Def is optimized to be boosted by Psychic Seed.

Moveset

Psychic is our strongest STAB move, but on Psyspam teams, Alluring Voice is our best option as not only is it immune to Wide Guard, but it also hits Dark types that your Psychic partners don't like to deal with. Follow Me is incredibly important utility, and allows us to very easily let our partners either deal damage, set-up, pivot, and many more, completely freely. Helping Hand is especially useful in a restricted meta, with spread moves such as Astral Barrage or Glacial Lance greatly appreciating the boost. Helping Hand is also great on Psyspam teams, as the Helping Hand boost makes Psyspam go even crazier in terms of offensive capabilities. Trick Room is great both on TR teams as a reliable way to set it, and on non-TR teams as a way to discourage and shut-down opposing TRs. Imprison is great, as it locks Trick Room, but also potentially key moves such as Follow Me or Protect. Dazzling Gleam has a slight niche on Imprison variants as it locks one of Flutter Mane's key moves. Protect is of course, always useful, no matter the mon or situation, and Imprisoning Protect is incredible if possible on your moveset.

Tera Type

Tera Fairy plays directly into our Dark weakness, and can boost Dazzling Gleam/Alluring Voice. Grass is always welcome on non-Safety Goggle variants as a backup way to deal with Amoonguss, as well as being a useful Water resist to deal with mons like Urshifu-R or Kyogre. Dark is another type that plays into our weaknesses, allowing us to resist both Psychic and Ghost.

Item

Psychic Seed is nice to boost our SpD to crazy heights, since all our EVs are put into Def, and Indeedee-F can sit in for quite a while without needing to pivot, meaning you won't lose out on the boost too often. Safety Goggles is especially nice to allow you to continue redirection, TR setting, and

other shenanigans without the threat of Amoonguss. Rocky Helmet is excellent to punish physical attackers that would normally take advantage of our low Def, such as Choice Scarf Urshifu-R or Horn Leech Ogerpon. It can also break the Focus Sash of Ice Spinner versions of Chien-Pao.

Partners

Indeedee-F is not strictly limited to psyspam teams, but it is the sole enabler of them in VGC24, so of course it's excellent on them. Trick Room psyspam teams appreciate Expanding Force users such as Hatterene or min-spe Armarouge, and non-TR versions like Booster Energy Iron Crown, and max-spe Armarouge. Chi-Yu is a particularly potent mon that fits on psyspam teams as it boosts the Expanding Force to even more ridiculous heights of damage via its Beads of Ruin ability.

On non psyspam teams, Indeedee loves any TR mon pretty much, due to its reliability in setting in, so mons like Ursaluna-BM and Calyrex-I are all great contenders. Indeedee-F often likes its partners to be able to set TR while it redirects attacks through Follow Me, the aforementioned Calyrex-I is one such example.

Indeedee-F, due to Follow Me and its other supportive tools, is great for helping set-up mons boost before they sweep, such as Zamazenta-C with Iron Defense, Calm Mind Terapagos variants, or Swords Dance Groudon.

Checks & Counters

Incineroar is the most common mon by almost double second place at any given time in a meta, and while you prevent its Fake Out, you're still heavily threatened by Knock Off, without much way to damage it back. Urshifu-S is another mon that you're threatened by, though Alluring Voice/Dazzling Gleam variants will be able to deal with it relatively easily depending on the situation. Non-Prankster Taunt users, such as the aforementioned Incineroar, as well as the occasional Rillaboom and now more commonly, Flutter Mane will all ignore Psychic Terrain and shut down your ability to most anything. While not exactly a direct threat to you, Rillaboom, Miraidon, and Ice Spinner users can shut down your terrain, and potentially leave your psyspamming partner floundering.

Final Notes

Psyspam, while often regarded as the “Click Button Win Game” archetype, while it certainly requires at least a little bit more thought than that, is definitely one of the easiest strategies to learn to play for newcomers. Looking past just Psychic Surge though, it’s easy to see Indeedee-F on all manners of teams, it’s an excellent, more passive TR setter for teams that require support, and access to Follow Me is always incredible.

#877 MORPEKO: F

Morpeko @ Citrus Berry

Ability: Hunger Switch

Level: 50

Tera Type: Flying/Grass/Poison

EVs: 252 HP / 4 Atk / 12 Def / 204 SpD / 36 Spe

Careful Nature

- Fake Out
- Parting Shot/Snarl
- Aura Wheel
- Snarl/Knock Off/Electroweb

Overview

I swear I’ve seen this moveset before... Morpeko has a great set of utility moves and an alright defensive typing. Despite this, its mediocre stats and effectively useless ability make it difficult to justify over other offensive support tools

EVs

36 Spe puts us at 183 after one Aura Wheel, putting us faster than common staples such as Max Spe Tornadus, Max Spe Ogerpon, and 196 Spe Flutter Mane.

Our SpD allows us to live a 60 Specs Flutter Mane Dazzling Gleam, the rest is put into Def, though it doesn’t help us much.

Moveset

Fake Out is amazing offensive support, and one of the best moves in the game. Parting Shot is great utility that allows us to pivot in and out to repeatedly cycle Fake Outs. Aura Wheel is our best offensive move, and can switch between Electric and Dark. Snarl is great utility and very easily spamable. Knock Off has some offensive overlap with Aura Wheel, but is especially useful against mons like Choice Scarf Urshifu-R or Sitrus Berry Incineroar. Electroweb functions similarly to Snarl in the way that it can be spammed frequently.

Tera Type

Flying directly correlates to our Ground and Fighting weakness, though is a sort of middling defensive type overall. Grass stops our Ground weakness and has notable utility with stopping Spore. Poison stops our Fighting and Fairy weakness, though notably keeps your Ground weakness.

Partners

Offensive mons like Urshifu, offensive Ogerpon, and Chien-Pao greatly support the Fake Out support, allowing them to run freely. Set up mons such as Iron Defense Zamazenta or Bulk Up Annihilape love the damage reductions from Parting Shot or Snarl. Slower set up mons like the aforementioned Bulk Up Annihilape or Meteor Beam Lunala appreciate the speed control from Electroweb, allowing them to invest harder into bulk and less into Speed.

Checks & Counters

Flutter Mane is the obvious answer, not only is it faster than us (before an Aura Wheel) but it can threaten OHKO with Moonblast, or Tera Fairy Dazzling Gleam. Scarf Urshifu as well also threatens to outspeed and can easily OHKO with Close Combat. Clear Amulet users like Calyrex-I or Koraidon can stop us from pivoting with Parting Shot, or from speed controlling with Electroweb.

Final Notes

Due to a near-perfect movepool, ability, stats, and typing quadfecta, Morpeko is unquestionably the most potent offensive support and disruption mon in the game- no wait, that's the script for Incineroar.

Morpeko, despite a nice support movepool, has bad stats, a useless ability, and a mediocre defensive typing, making it the quintessential worse Incineroar. If you're against using "the meta", while I hate you and that entire thought process, Morpeko is still assuredly not the way to go.

May 2024, Regulation G

#879 COPPERAJAH: F

Copperajah @ Life Orb

Ability: Sheer Force

Level: 50

Tera Type: **Stellar**/**Fairy**

EVs: 252 HP / 244 Atk / 4 Def / 4 SpD

Brave Nature

- Iron Head/Heavy Slam

- Play Rough

- Superpower/Rock Slide

- Protect

Overview

Copperajah has a great movepool and staggeringly high attack, though being pitiful everywhere else nullifies any other positives that its toolkit might contain

EVs

188+ Atk is exactly enough to OHKO bulky Urshifu-R with Play Rough. From there, the rest was dumped into HP and Defenses were balanced accordingly. Though we have 4 leftover, we opt not to put it in speed, as our naturally low Speed allows us to underspeed a ton of other major TR threats, such as both Ursalunas and Calyrex-I.

You don't have a ton of notable calcs, but you do live a 252+ Calyrex-I High Horsepower.

Movepool

Iron Head is good, consistent STAB, especially with Sheer Force boosting us up to over 100 BP. Heavy Slam is an alternative option that takes advantage of our staggeringly high weight, though it is riskier in

a restricted meta where many common legendaries are massive in weight. Play Rough is nice coverage option to deal with Fighting types that threaten us. Our final slot is up in the air. Rock Slide deals with Fire types you can't hit, and Superpower deals with Steels you can't hit. Both are good, though Rock Slide is affected by Sheer Force.

Tera Type

Fairy is not only our best defensive option, but also helps boost the power of Play Rough. Due to our wide range of coverage, Stellar is a unique option that allows us to really pack on damage in some situations. Steel is a pretty good type already, so there's merit in not wanting to change it too often.

Item

Like most Sheer Force users, Life Orb is an automatic pick. 30% damage for free is a no-brainer.

Partners

Due to our incredibly low speed, we'll find most of our usage being under TR. TR setters like Farigiraf, Indeedee-F, or Calyrex-I are all great partners. For restricteds, generally you'll want a TR attacker, think Calyrex-I or Necrozma-Dusk. Ground types such as Ursaluna-BM or Landorus-T work great as partners that can deal with Steel and Fire types that Copperajah can't always hit.

Checks & Counters

Opposing Ursaluna-BM, while faster, can deal massive damage with Earth Power. While not always being used, Calyrex-I often carries High Horsepower, and can chunk you severely while you can't OHKO in return. Fighting types like Iron Hands and Urshifu-S not only function fine in Trick Room, but can severely threaten you offensively, and will oftentimes force you to Tera Fairy. Mons that stop your partners from getting TR up such as Taunters like Whimsicott or Fake Out users like Rillaboom will also threaten you indirectly by nature of your inability to function well outside of TR.

Final Notes

130 Attack is on par with the top meta threats, higher than Chien-Pao and the same as Urshifu. 122 HP is a great stat too, on par with mons like Raging Bolt or Farigiraf. 30 Spe is also wildly slow for a TR attacker, slower than prominent threats like Ursaluna and Calyrex-I. Despite this, there are simply too many reasons to use other TR offense mons. Ursaluna still ends up being stronger due to Flame

Orb and higher powered moves. Iron Hands has a better offensive typing and stats. Generally, it's just down to opportunity cost. Copperajah is not terrible, not as bad as other F ranked mons like Masqureain or Electro- but due to being so utterly outclassed, it still finds itself here.

May 2024, Regulation G

#887 DRAGAPULT: C-

Dragapult @ Choice Band/Clear Amulet

Ability: Clear Body

Level: 50

Tera Type: Ghost/Fairy

EVs: 4 HP / 4 Def / 244 Atk / 4 SpD / 252 Spe

Jolly Nature

- Dragon Darts
- Phantom Force
- U-turn
- Tera Blast

Overview

Blisteringly high Speed, a great offensive type, and solid attacking stats make Dragapult a powerful anti-meta threat, albeit with a few fatal flaws.

EVs

Since Dragapult is really too frail to take any of the hits it would want to- without sacrificing insane damage- we'll go with a generic glass cannon spread.

Moveset

Dragon Darts is a unique spread move in that instead of targeting both opponents at once, it targets one and then the other in two hits. This means that the move cannot be stopped by Wide Guard, an incredibly important niche in Reg G where mons like Mienshao and Zamazenta are everywhere.

Phantom Force, while 2 turns for only 90 BP sucks, going through Protect is always a great tool, especially on HO teams, and it makes a great slot here. U-Turn takes advantage of our amazing speed to

quickly get out of bad situations or just generally pivot. Tera Blast is either amazing coverage or an even more powerful Ghost attack depending on your Tera type.

Tera Type

Tera Ghost is the most popular choice, as it allows for a high-powered Physical Ghost move that we don't have the likes of otherwise (Flutter Mane gets Poltergeist, but not Pult?). It keeps our great defensive type of Ghost, and also benefits Phantom Force. Fairy is an option that stops your Dragon and Dark weaknesses, allowing you to deal with threats like Chien-Pao or Raging Bolt easier. Fairy also gives us access to the ever-useful Fairy Tera Blast, allowing us to deal with Darks like Urshifu-S and Chien-Pao that otherwise we can't hit terribly strong.

Item

Choice Band is the obvious pick as while 120 Atk is great, it is a little lower than other top offensive threats like Urshifu or Dragonite (who is oftentimes favored over Dragapult for this reason among others) and we'll want to patch it up. Moves like Phantom Force and Dragon Darts are quite spamable, hence the lack of need to switch moves. Clear Amulet is an alternative option to patch your Incineroar matchup slightly, though you struggle to deal with it at all, so oftentimes it's recommended to just cut your losses and run Choice Band, U-Turning out when Incin is present.

Partners

Chien-Pao is the biggest and best partner for Pult. Due to our incredible speed, we can very reliably move first and deal huge chunks with Dragon Darts in Sword of Ruin. Offensive support mons like Incineroar and Whimsicott are also great partners, as they would be for any mon. Generally, surround Dragapult with a HO team for it to do what it does best, dish out damage quickly and die.

Checks & Counters

While we are faster than most Flutter Mane, Booster Spe variants will outspeed and easily OHKO you with Moonblast or even Dazzling Gleam. Dark types in general, but specifically users of Sucker Punch, Chien-Pao, Urshifu-S, or Kingambit to name a few, can easily stop you in your tracks, and won't even let you U-Turn out due to fear of Sucker Punch. Incineroar is absolutely terrifying, and though we're immune to Fake Out, we're still very subject to its Dark typing, and Intimidate, Parting Shot, and

Will-O-Wisp. While Clear Amulet can aid with this somewhat, we still struggle to hit it, and are subject to being chunked heavily by Knock Off, or neutered by Will-O-Wisp.

Final Notes

While providing high damage and speed, as well as immunity to Fake Out and Intimidate via your Ghost typing and Clear Body, in general, Dragonite is the preferred Dragon type partner for Chien-Pao. Dragonite is bulkier and stronger, and negates the need for speed due to powerful Tera Normal Extreme Speeds, in addition to a more positive matchup against Incineroar thanks to Inner Focus.

May 2024, Regulation G

#888-C ZACIAN-CROWNED: B+

Zacian-Crowned @ Rusted Sword

Ability: Intrepid Sword

Level: 50

Tera Type: **Fighting**/**Fire**/**Water**/**Grass**/**Ground**

EVs: 116 HP / 148 Atk / 4 Def / 4 SpD / 236 Spe

Jolly Nature

- Behemoth Blade
- Play Rough/Sacred Sword/Close Combat/Tera Blast
- Sacred Sword/Close Combat/Swords Dance
- Protect

Overview

While the direct stat/ability nerf and indirect nerf via loss of Dynamax, Zacian is not the tier king it once was, but its stats and typing are still phenomenal, and it is a force to be reckoned with in Regulation G.

EVs

This spread specifically is made to do two things. The speed (217) outspeeds both Scarf Urshifu-Rapid as well as the majority of Flutter Manes. 148 Attack was chosen specifically as its the same final stat as

252+ Chien-Pao (189), which I felt was a good benchmark. It should hit basically everything you need it to:

- OHKO Every Flutter Mane with Behemoth Blade
- OHKO Most Every Urshifu with Play Rough (any Urshifu with less than 252 HP / 48+ Def or equivalent)
- +1 Close Combat OHKO the Most Popular Incin Spread, and has high chance to OHKO the majority of others (any Incin with less than 252 HP / 220+ Def or equivalent)
- +1 Play Rough 93% OHKO the Most Competent Raging Bolt Spread (244 HP / 108 Def)
- Lives Incineroar Flare Blitz up to 144 Atk (guaranteed no good Incin should have this much attack, but beware of low ladder)
- Faster than 252+ Landorus-I

If one wants to use a Swords Dance set instead, then you can safely lose pretty much all of your Attack (down to 4) and reinvest it into your HP (as going up to 252 Speed doesn't do anything new for us) and come out with 252 HP / 4 Atk / 12 Def / 4 SpD / 236 Spe. At +2/+3 (depending on if you have Intrepid Sword or not) you should still OHKO most things, and you pick up a few new ones like Landorus-I that you might miss without SD.

Moveset

Protect and Behemoth Blade are obvious. They're both super important parts of our toolkit. The conversation of Sacred Sword vs Close Combat is quite a long one, and I'm personally torn. Close Combat scores a very crucial OHKO on Incineroar that Sacred Sword misses, but with Zamazenta-C such a major threat, it's important to have a way to deal with the Iron Defense boosts. Tera Blast is to be used with Tera Fire or Tera Ground specifically to deal with opposing Zacian, which would otherwise be an awkward stalemate, as well as Ground dealing with Miraidon. You can for sure use Tera Blast with Tera Grass, but it hits a lot less important mons. Swords Dance is another great option if you have apt support that allows you to secure a wincon very early if you manage to just get one SD up, it is however at the cost of one of your important coverage slots, and many times, Zacian is already strong enough without the SD.

Tera Type

Fairy/Steel is already a phenomenal type, and thus I don't think Zacian will need Tera as much.

Fighting is useful to boost your coverage, notably allowing you to stomp IronPressers like Registeel and Archaludon quicker. Grass stops your Ground weakness (unfortunately keeps your Fire one) and has the always appreciated benefit of stopping powder. This is especially important as physically defensive Amoonguss is one of Zacian's most reliable answers. Water is similar to Grass, a generic defensive type that stops one of your weaknesses. Fire is perhaps one of Zacian's best. It allows you to easily win the Zacian ditto (especially with Tera Blast) as well as stopping your Fire weakness, and negating burns. Will-O-Wisp Incin is an important part of most restricted formats, as Will-O-Wisp can neuter a lot of key restricteds, like Zacian. It does, however, keep your Ground weakness. Tera Ground is exclusively to be used with Tera Blast, as it offers no defensive benefits otherwise. Fairy/Ground is simply amazing offensive coverage, with a whopping total of just SEVEN fully evolved mons able to resist both.

Item

Zacian must hold the Rusted Sword item in order to become the Crowned form.

Partners

Zacian has a lot of great partners that help it in different ways. Swords Dance variants of course appreciate Rillaboom, with its Fake Out and Grassy Terrain Healing- and Incineroar with its Fake Out and general damage reduction through Snarl, Intimidate, Parting Shot, etc. Mons like Amoonguss and Ogerpon-Wellspring also function similarly with useful Follow Me/Rage Powder support, Amoonguss specifically also has Pollen Puff for sustain. Hisui-Arcanine is another great tool that helps Zacian SD easier through Intimidate while also dishing out major damage itself, it's an important partner as the Rock/Fire coverage helps to scare out the Fire and Steel types that would otherwise handle Zacian with relative ease. Urshifu-Rapid is useful for this same reason as its Surging Strikes devastate the Fire types that otherwise sit in against Zacian. Chien-Pao is a fantastic partner that allows for some terrifying damage numbers to be put out with Sword of Ruin support. Farigiraf is another useful friend of Zacian that prevents Trick Room and Priority, two key ways of stopping the fast and powerful Zacian.

Indeedee is also useful for this same reason, while notably different as it carries Follow Me. This does not make it strictly better though, as Zacian typically functions best on more offensive oriented teams, which oftentimes have 1-2 priority users that Indeedee would hinder. Rain setters like Pelipper and Rain Dance Tornadus are great members of the core known as “Wet Dog”, halting our Fire weakness via the Rain.

Checks & Counters

Both forms of Landorus are especially useful in dealing with Zacian, Landorus-T specifically can threaten it passively with Intimidate and offensively through its Ground typing. Some Incineroars that opt to particularly pack on the Def over SpD can threaten certain variants with Intimidate and Flare Blitz, as well as the constant threat of Will-O-Wisp. Any Fire type really is quite scary to Zacian, especially those like Incineroar and Chi-Yu who are quite commonly Tera Ghost, escaping your Fighting coverage. Gholdengo, while not as common as it once was, is still a phenomenal mon, and will likely see a resurgence due to its unique ability to completely wall non-Tera Blast Zacian.

Final Notes

There is a reason this thing was the top used legend for every single-restricted meta of SwSh: it’s phenomenal. It has received significant nerfs of course, Intrepid Sword only boosting once isn’t entirely crippling, but it does mean that you have to be a little more careful with your positioning. The true nerf is Behemoth Blade no longer having an additional effect as Dynamax has been removed, meaning that unlike SwSh, it doesn’t utterly shut down the generational gimmick. Despite this, Zacian is still probably one of if not the best restricted for single-restricted metas. Its stats are simply too high, and its typing is simply too good.

April 2024, Regulation F/G

#889-C ZAMAZENTA-CROWNED: A+

[Zamazenta + Grimmsnarl Core Sample](#)

[Michael Kelsch 2024 Stockholm Winning Team](#)

Zamazenta-Crowned @ Rusted Shield

Ability: Dauntless Shield

Level: 50

Tera Type: Flying/Water/Grass/Fairy/Dragon/Ghost

EVs: 228 HP / 4 Atk / 44 Def / 188 SpD / 44 Spe

Careful Nature

- Heavy Slam/Behemoth Bash
- Iron Defense
- Body Press
- Protect/Wide Guard

Overview

Now with Body Press, Zamazenta can solidify a niche for itself as a restricted IronPress user. It has mind bogglingly good defenses and a nice defensive type to go along with it.

EVs

With a 92/140/140 bulk worthy of the shield warrior Pokemon, this thing eats hits for breakfast, lunch and dinner. This spread was built with a few specific calcs in mind, but it is a general rule of thumb that this mon is guaranteed to live at least any one supereffective hit.

Offensively, it has high odds to OHKO Ursaluna-BM with Body Press, can OHKO Flutter Mane with your Steel STAB, and is a 25% to OHKO 252 HP Kyurem White. Defensively however, is where it really shines.

As I mentioned, you live huge hits with this mon, including (but not limited to): 252+ Choice Specs Flutter Mane Moonblast is a 3HKO, 88 Incin Flare Blitz is a 3HKO, 252+ Chien-Pao Sacred Sword is a 2HKO, 252+ Urshifu Close Combat is a 2HKO / 252+ Urshifu-R Surging Strikes is a minimal chance to 2HKO (less than 1%) and Survives Landorus-I Earth Power. It is also faster than two threats, 252 Modest Chi-Yu, and 252 Modest Landorus-I. Again, these are only the calcs I ran, but generally this thing is phenomenal defensively.

Moveset

Like most IronPressers, you are limited pretty strictly with your moveset. Iron Defense, Body Press, Protect, and a move to deal with Flutter Mane. In a restricted format with many legendaries on par in

terms of weight with Zamazenta, you might find some restricteds where Behemoth Bash does more than Heavy Slam (specifically Calyrex-I, but Kyurem-W takes noticeably less from Heavy Slam as well). Despite this, Heavy Slam is more than likely always better. Wide Guard has potential usage over Protect and while it leaves you more vulnerable, it gives your team some more support, especially important against Calyrex-S, who doesn't care about your Def boosts.

Tera Type

Being your Restricted, we can assume that Zamazenta is going to be the target of many Terastalizations throughout your games. I played a few games with each different Tera type and found reasons to want each of them, though some are better than others; ultimately it depends on your team and which weaknesses you have. Flying is the most direct, it works to block your Ground and Fighting weakness, as well as being a decent neutral type due to the lack of common Rock and Ice mons that are comfortably sitting next to your Body Presses. Water and Fairy are also here, two of the best neutral defensive types in the game, for Zamazenta, Fairy aids with your Fighting weakness, and Water and to help with your Fire weakness- Dragon does the same. Grass helps with your Ground weakness and is important so as to not be completely shut down by Amoonguss. Water, Dragon and Grass specifically are important as the Water resist is important to stop Urshifu-Rapid from breaking through your Iron Defenses with the critical hits from Surging Strikes. Wicked Blow is kind of a non-issue, as you naturally threaten it out via Body Press. Ghost is just generally a great defensive type, here it stops your Fighting weakness, but is in general always a great neutral type to consider.

Item

Zamazenta needs to hold the Rusted Shield item in order to turn into Zamazenta-Crowned.

Partners

Being a setup mon, we can expect the usual suspects to be joining Zamazenta. Amoonguss, Ogerpon-W, Incineroar, and Rillaboom. Incineroar, while still useful as always, is a less useful partner for Zamazenta by nature of its inherent physical bulk that Incin only lowers further, thus, Snarl Incin is typically recommended for Zamazenta. Raging Bolt is another great Snarl option. Screen setters like Grimmsnarl and Ninetails-Alola are great options to keep Zamazenta even more defensively potent.

Rain setters like Pelipper and Rain Dance Tornadus are great members of the core known as “Wet Dog”, halting our Fire weakness via the Rain.

While an Amoonguss of our own is excellent, opposing Amoonguss are terrifying, and thus your team should need a designated counter. Latios has been popping up on high-placing Zamazenta-C teams due to its ability to threaten both Urshifu-R and Amoonguss, while offensively walling mons like Rillaboom or Groudon, who otherwise pose mild threats to Zamazenta. Zam’s biggest threats are Flying types, Ghost types (that aren’t Flutter Mane) and Psychic types, so partnering Zamazenta with an effective arsenal of Dark types is important to ensure you aren’t shut down by picks like Caly-S or any Tera Ghost user. Moltres-Galar is a common pick, thanks to controlling options like Tailwind and Taunt, though Chien-Pao, Urshifu-S, and Iron Jugulis are all useful.

Checks & Counters

Pretty much exactly what one should expect from an IronPress user. Offensively, Urshifu can still score a lot of damage on it, especially after it gets an Iron Defense or two. Any special attacker is also viable here, as even with the focus in SpD EV wise, it still isn’t as strong there physically due to Iron Defense and Intrepid Shield. Prankster Taunt users like Whimsicott and Tornadus in particular can shut down its Iron Defense really quickly, as can Amoonguss through the use of Spore, though that’s subject to change depending on its partner. Gholdengo specifically is the most meta relevant mon that resists both its stabs, though Thundurus, Zapdos, and Basculegion all hover at notable usage rates, so be sure to partner with a mon that can deal with them.

Final Notes

Fighting/Steel is about the best type one could ask for from an IronPress user. Fighting to get STAB from Body Press, and Steel for the best general defensive type. Being fast is an important niche for a lot of IronPressers that makes it stand out amongst the likes of Registeel and Kommo-O, who neglect to invest in any speed. Zamazenta manages to solidify itself as the best IronPress user, maybe ever, thanks to Intrepid Shield, making it less reliant on Iron Defense if immediate damage is needed. It’s truly incredible how far being immune to Intimidate can get you in an Incineroar format.

#892-S URSHIFU-SINGLE-STRIKE: A

[Yan Sym's NAIC 4th Place Team](#)

Urshifu @ Choice Band/Focus Sash/Black Glasses

Ability: Unseen Fist

Level 50

Tera Type: Dark/Stellar/Poison/Ghost

EVs: 252 Atk / 4 SpD / 252 Spe

Adamant/Jolly Nature

- Wicked Blow
- Sucker Punch
- Close Combat
- Detect/U-Turn/Poison Jab

Overview

While often outshadowed by its twin brother with a better typing and more useful signature move, Urshifu-S is still an incredibly strong offensive tool that can easily fit on most any team.

EVs

Unlike Urshifu-R with one of the best defensive typings in the game in Water, Urshifu-S prefers to play into its poor defensive typing with an all-out glass cannon spread. Adamant vs Jolly comes down to overall team structuring, and depends on preference. Generally, due to Sucker Punch's high power as a priority move, Adamant is preferred, but many teams without major designated speed control appreciate the boost from Jolly.

Moveset

Wicked Blow is an incredibly strong move, even after its nerfing. Sucker Punch with STAB is excellent, and though can be difficult to pilot especially with Choice Band, it provides a great deal of utility for Trick Room specifically, as it means that you can continue to move first within Trick Room even though you're likely to be faster than most mons that would set it, such as Calyrex-I. Close Combat is

our fighting STAB of choice. Focus Sash sets pretty much need Detect, no exceptions. There are very few situations in which Protect on a Focus Sash user isn't needed though, so it's a given at this point. Band variants have a few other options for the last move. U-Turn is excellent pivoting utility, especially with how fast Jolly variants can be. Poison Jab especially with Tera Poison is a strong offensive option that can threaten out the legions of Tera Grass users as well as Rillaboom and Ogerpon-W/H.

Tera Type

Tera Poison is the best defensive option, stopping both our Fairy and Fighting weakness. Dark is a nice option for teams that appreciate the ability to spam boosted Sucker Punches, and the boost to Wicked Blow is especially nice. Tera Stellar is a unique option that's nice on Focus Sash sets as you don't plan to stick around particularly long anyways- though take care not to use it with Choice Band. Ghost is a relatively niche option, though still useful. It's an important difference from Tera Poison, especially on Focus Sash sets as it makes you completely immune to Fighting, keeping your Sash intact. It also has the great benefit of making you immune to Fake Out.

Item

Black Glasses is a nice option that can boost your Sucker Punches so you're not as reliant on Tera Dark to be scoring consistent OHKOs on priority targets with it and Wicked Blow. Focus Sash is excellent given our vulnerability to many common moves in the format, such as Flutter Mane's Moonblast and Dazzling Gleam, Calyrex-S's Draining Kiss, opposing Urshifu Close Combats, and many more. Choice Band is the opted item opposed to Scarf as Sucker Punch's power is strong enough to make up for the lack of speed- though Choice Scarf variants can certainly be used successfully.

Partners

Uniquely, due to the middling speed tier, Urshifu-S works incredibly on Trick Room teams, allowing it to underspeed hyperfast threats like Flutter Mane or Zamazenta-C who would normally threaten it, and can smack them back with Wicked Blow or Close Combat respectively. Due to Urshifu's general inability to deal with Incineroar- as unlike Wicked Blow which Incineroar resists, Close Combat is subject to be dropped by Intimidate + Parting Shot- it's essential to partner it with a mon that can deal with Incineroar in return. Clear Amulet restricteds such as Groudon and Koraidon are solid choices,

though non-restricteds like Flutter Mane can get the job done just as well. Amoonguss is a difficult matchup due to its often high Def investment and ability to shut us down completely with Spore, thus a redirector immune to Spore is important, so a Rage Powder Amoonguss of our own, as well as any Follow Me Ogerpon is particularly helpful. Amoonguss' ability to resist Fairy is very useful, given our inability to deal with them at all. Any mon with Steel or Poison coverage offensively is also handy, such as Sludge Bomb Landorus-I or Heavy Slam Zamazenta-C. This coverage is especially potent given the amount of Tera Fairy users, such as Flutter Mane.

Checks & Counters

As mentioned, Fairy types are your biggest weakness, and while Flutter Mane- the most common- takes neutral damage from Sucker Punch and Wicked Blow, common partners like Farigiraf and Indeedee-F can completely neuter our ability to deal with Flutter Mane. Tera Fairy is also quite common on Flutter Mane, which can easily shut you down if given reason to Tera. Amoonguss is more often than not quite heavily invested in Def more than SpD, and can easily eat an attack and Spore you back, as well as Rage Powdering a Close Combat that it can eat effortlessly. Again, Tera Fairy is a very common Tera that can very easily shut you down completely, Tera Dark is also an option that while leaving the Tera-user vulnerable to Close Combat, it can resist a Dark move for a turn, which is potentially long enough to deal with Urshifu-S or another priority target on your team, such as the restricted partner of Choice.

Final Notes

Though slightly more situational than Urshifu-R, Single-Strike secures itself an excellent niche by nature of its equally powerful Atk, ability, and wicked powerful signature move. Consider using Urshifu-S over its contemporary Trick Room teams or teams that struggle against Calyrex-S.

#892-R URSHIFU-RAPID-STRIKE: A+

[Calyrex-S Psyspam feat. Urshifu-R](#)

[Classic FWG Balance Core Sample](#)

Urshifu-Rapid-Strike @ Choice Scarf

Ability: Unseen Fist

Level: 50

Tera Type: [Water](#)/[Poison](#)/[Grass](#)

EVs: 60 HP / 180 Atk / 20 Def / 20 SpD / 228 Spe OR 252 Atk / 4 SpD / 252 Spe

Adamant Nature

- Surging Strikes
- Close Combat
- U-turn
- Ice Spinner/Aqua Jet

Urshifu-Rapid-Strike @ Mystic Water/Safety Goggles

Ability: Unseen Fist

Level: 50

Tera Type: [Water](#)/[Poison](#)/[Grass](#)

EVs: 60 HP / 76 Atk / 20 Def / 196 SpD / 156 Spe

Tera Type: Water

Adamant Nature

- Surging Strikes
- Close Combat
- Aqua Jet/Swords Dance
- Detect

Overview

Urshifu-Rapid, packing excellent stats, a powerful signature move, and a near-game-breaking ability, is both the de-facto Water and Fighting for non-restricted. Truly, a pillar of offense in VGC24 and forever.

EVs

Choice Scarf: Choice Scarf is the most popular set, and these EVs are relatively standard. There's of course a classic glass cannon set that can be used on HO teams, but a slightly bulkier variant can be used instead, the set calced to live a Rillaboom Grassy Glide and a Mystic Water Kyogre Water Spout (from full HP).

Bulky: This set is faster than 28 Spe Tornadus.

The SpD is to almost always (93%) live a 60 Specs Flutter Mane Dazzling Gleam, a Thunderclap from 100+ Raging Bolt, and Electroweb is only 50% to 2HKO us.

The Def again, lives a Rillaboom Grassy Glide.

The Atk is optimized in the event of a Swords Dance set.

Moveset

Choice Scarf: Surging Strikes and Close Combat don't really need an explanation.

U-Turn is incredibly important as it is on most Scarfers as the ability to quickly pivot in and out of bad matchups, while heavily chipping Grass types like Rillaboom that threaten us in the process is incredibly important to our role. Aqua Jet is a useful option in the event of a Tailwind mirror or Icy Wind/Electrowebs that make our Scarf less important. Ice Spinner is not only great coverage to deal with the aforementioned Rillaboos, Amoonguss, and slew of Tera Grass users, but is great to neutralize Terrains from mons such as Indeedee-F or Miraidon, completely neutering archetypes that rely on them such as Psyspam.

Bulky: Again, Surging Strikes and Close Combat are hopefully self explanatory.

Detect is used over Protect as Imprison users like Indeedee and Farigiraf can easily Imprison Protect, but cannot Detect, and though Protect has more PP, you likely won't need more than 8 in a given game. Aqua Jet is far more important on the Bulky variant as due to our lower speed, we value priority higher than Scarf variants. Swords Dance is an alternative option that can be used with effective team support and offers great sweeping potential that can easily break through resists.

Tera Type:

Tera Water is great on offensive variants, as it not only removes key weaknesses in Fairy and Flying (from mons like Flutter Mane and Tornadus-I who are already a threat to the archetypes Urshifu is on) but also seriously packs on the damage with Surging Strikes, further boosted by other modifiers such as Rain or Mystic Water. Poison is a nice defensive type as we're not particularly scared of Ground types, and unlike Tera Fire or Steel, Poison wins the Urshifu ditto. Grass is a more niche option that has great defensive benefits, and also the especially useful perk of blocking Spore, making setting up easier against Amoonguss who would otherwise completely shut you down.

Item:

Choice Scarf: Our sky-high attack but mediocre speed makes Choice Scarf the obvious pick for Urshifu-R.

Bulky: Mystic Water is the classic to help pack on damage since the EVs are being put into your defenses, though Safety Goggles is another unique option to allow for easier set-up and a better matchup against Amoonguss, especially useful with Swords Dance variants where you're already boosting your damage anyways.

Partners:

Both: Rain teams in general greatly appreciate the damage from Surging Strikes, and thus Urshifu-R is a staple of Kyogre rain teams during restricted metas, but due to its excellent balanceability and typing, Urshifu-R can realistically run with most restricteds.

Combined with Incineroar and Rillaboom, not only do you create an excellent FWG core, but a great pivoting core combined with Incin's Parting Shot and Rillaboom's U-Turn, these teams have handily dominated balance cores since Regulation F when Incineroar was introduced, and is an excellent way for new players to structure their team. Fake Out pressure from either of those mons or other users such as Iron Hands also oftentimes force Protect, which Urshifu can attack through, effectively forcing a dummy turn or a switch on many Sash mons such as Iron Bundle or Chien-Pao.

Priority blockers such as Farigiraf or Tsareena work excellently as they ensure that mons like Grassy Glide Rillaboom or Thunderclap Raging Bolt can't potentially OHKO or heavily chunk us before we can U-Turn out to get chip of our own.

Scarf: Far and wide, Tornadus-I and Pelipper are the two of the best options. Tornadus-I is an excellent support mon, boosting our Speed with Tailwind, dealing with Grass types via Bleakwind, taunting redirection and Trick Room such as Amoonguss or Cresselia, and boosting our Surging Strikes via the Rain. Pelipper does similar things to all this, but with Wide Guard support to stop the likes of Astral Barrage and so on opposed to Taunt.

Bulky: Since we're lower in Speed, we rely more on Prankster Tailwind than Scarf variants, so Prankster setters Tornadus-I and Whimsicott are two of our best, Tornadus-I is generally preferred due to its

Flying coverage to deal with Grass types. Swords Dance variants greatly appreciate the usual set-up partners, such as Rage Powder Amoonguss and any Follow Me Ogerpon to help make it safer to SD, though a classic Incin/Rilla core will support it just fine as well.

Checks & Counters

Without proper team support, Grass types Amoonguss, Rillaboom, and Ogerpon-W are extremely well equipped to shut down Urshifu-R, with bulkier Rillaboom and Ogerpon-W variants even completely tanking your U-Turns. Raging Bolt is another mon that causes Urshifu-R a lot of pain, by nature of its Dragon typing resisting Urshifu's Surging Strikes, and by nature of Thunderclap completely stopping you in your tracks.

Booster Speed variants of Flutter Mane will more often than not outspeed you and just go for the Moonblast OHKO as soon as they're on the field, and most slower variants are EV'd specifically to live a Surging Strikes from you.

Though Surging Strikes is immune to Intimidate, Incineroar can still neuter you via Will-O-Wisp, not to mention your Close Combat and Ice Spinner/Aqua Jet that's severely hurt by Intimidate as well.

Final Notes

Since it's introduction in Generation 8, and even after a nerf to Surging Strikes' BP, Urshifu-R still remains one of the most dominant mons in the game, consistently placing up in the uppermost echelons of usage, usually in the top 5 most used mons at any given time. Surging Strikes is especially useful to deal with the newly emerging Iron Press Zamazenta due to the ability to crit through the Def boosts.

It truly cannot be overstated how important Urshifu's ability is to its success. Protect is the most important move in all of VGC and Urshifu sort of ignores that with no drawback what-so ever.

Urshifu has so many medals that it's really impossible to name all of its achievements, but it won the 2023 Worlds, the 2024 LAIC and EUIC, and has been winner or runner-up of the last SIX regionals/special events. Urshifu-R is and will continue to be a staple of VGC.

May 2024, Regulation G

#898-I CALYREX-ICE-RIDER: A+

Calyrex-Ice @ Clear Amulet/Assault Vest

Ability: As One (Glastrier)

Level: 50

Tera Type: Grass/Fire/Water

EVs: 252 HP / 196 Atk / 60 SpD

Brave Nature

IVs: 0 Spe

- Glacial Lance
- High Horsepower/Close Combat
- Trick Room/Heavy Slam
- Protect/Close Combat

Overview

Undeniably one of the best restricteds ever devised, Calyrex-I solidifies itself as *the* Trick Room restricted in Regulation G, due to its incredible stats, ability, and access to the wildly powerful Glacial Lance.

EVs

We don't need anything complicated, a simple offensive spread with enough SpD to bring it up to par with our naturally higher Def works wonders for Calyrex, though optionally you may bulk it up on the SpD side if you feel too vulnerable on that end. Brave nature and 0 Spe IV are especially important because you want to underspeed as many opposing mons as you can. Though, 0 isn't always necessary, just highly encouraged for serious play.

Moveset

Glacial Lance is hopefully a given, it's one of the best moves in the game, is an excellent offensive type into current meta threats, and importantly, is a spread move. From there, we'll want coverage. High Horsepower is the go-to option as it's very reliable, and 95% accuracy isn't quite big enough of a drawback to be considered bad. It also hits both Fires and Steels that otherwise wall our STAB. Close Combat is an alternative, less popular option that not only deals with Steels, but also Darks and

opposing Ices that also would wall us, though since we're so bulky, it's beneficial to hang onto our bulk, so generally High Horsepower is the more popular option. Trick Room is typically used to set it for yourself alongside a redirector such as Indeedee-F or Ogerpon-C to keep yourself safe and set up TR. Heavy Slam is a nice coverage option that deals with most of our other weaknesses as well as Flutter Mane and the slew of Tera Fairy mons, though you do have to give up Trick Room for it. Protect is always welcome, especially with how high priority of a target Caly-I is, you're prone to being double-targeted, though on Assault Vest variants you'll of course want some more coverage in that spot instead.

Tera Type

Calyrex-I, being not only a pretty poor defensive type, but also a restricted, means you're very prone to Tera it all the time. Fire, Water, and Grass are all excellent options for various reasons. Grass is the most popular, not doing much for you defensively, leaving you weak to Fire, but it importantly nets you a Spore immunity, which has varying degrees of use depending on your partner's ability to redirect Spore. Water is an excellent defensive type, not only in general, but specifically to us, dealing with our Fire and Steel weaknesses. Fire, while a slightly worse type overall, deals with these same weaknesses and also has an incredibly useful burn immunity, and a Fairy resistance, which again has varying degrees of utility depending on how well your team can dispatch Incineroar.

Item

Clear Amulet is amazing, basically letting you do whatever you want in the face of Incineroar, stopping not only Intimidate, but subsequent Parting Shots. Assault Vest is a more niche option that recently performed well at the 2024 Japan Nationals. It helps against special threats such as Chi-Yu, Flutter Mane, and Calyrex-Shadow that threaten us, allowing us to sit in against them easier and deal with them via our coverage, generally though, you'll find other mons such as Incineroar, Rillaboom or Raging Bolt will benefit from the Assault Vest more than we will, so Clear Amulet is typically the de-facto option.

Partners

Calyrex-I wants a few things, and since it's restricted, it's no qualm to build an entire team around it. First and foremost, it wants either a partner to set TR, or to help it set TR, typically one that can do both is preferred. Indeedee-F is super common due to its ability to stop priority, set TR if Caly can't, and provide super reliable redirection so that Calyrex can. Other popular TR setters such as Cresselia, Farigiraf, and Smeargle are all nice options.

Leaning more into the side of mons that can redirect attention so that you may set your own TR, again Indeedee-F shines due to Follow Me. Amoonguss with Rage Powder and any Ogerpon form with Follow Me are also all great picks, notably the ladder two can redirect and subsequently eat incoming Spores from Amoonguss, making Caly-I less wanting of Tera Grass to deal with it.

Caly-I functions in both Snow and Rain. Ninetails-Alola's snow support is excellent, not only is Snow a nice defense boost on its own, but the Aurora Veil that A9T provides is very useful, and Fairy coverage such as Moonblast can threaten Dark types that stand in the way of Caly-I. Pelipper's rain specifically is an excellent option as the reduction in damage from Fire, thwarting foes like Incineroar and Chi-Yu, as well as neutering coverage such as Groudon's Heat Crash means that Caly-I effectively has one less weakness to deal with. Pelipper also provides excellent Wide Guard utility, protecting you from Calyrex-Shadow's Astral Barrage or Kyogre's Water Spout and Origin Pulse.

Calyrex-I greatly benefits from being partnered with opposing TR attackers that can threaten its weaknesses, so mons like Ursaluna (either form) Iron Hands that can threaten out Dark, Steel, Fire, and Water types that you'd normally worry about are important, for the situations where a coverage move isn't reliable enough. Raging Bolt is another excellent choice to deal with Kyogre and Urshifu who normally tank your Glacial Lance.

Checks & Counters

Wide Guardians, mons like Pelipper, Mienshao, or certain Zamazenta variants are particularly scary as they force you to rely on your far weaker coverage instead of Glacial Lance. HO teams that have ways of dealing with Trick Room, such as Taunt Flutter Mane, Taunt Iron Jugulis, or Imprison Farigiraf can very easily prevent your TR from going up, and quickly run you over with supereffective moves from mons such as the aforementioned, along with others like Chi-Yu and Calyrex-Shadow. Water Types are

particularly scary unless you have good teammates to deal with them, hence the importance of a strong Raging Bolt partner.

Final Notes

Being consistently in the top 3 most used restricteds between both SwSh and ScVi isn't just for show, Calyrex-I is truly impressive in terms of its presence on the field. I strongly believe that in the future regulations, allowing two restricteds, that Calyrex-I will continue to dominate, alongside other restricted TR setters such as Lunala or Palkia.

#903 SNEASLER: D-

[Sneasler + Miraidon Electric Terrain Sample](#)

[Wolfe Glick Sneasler Tournament](#)

Sneasler @ Electric Seed/Psychic Seed/Grassy Seed

Ability: Unburden

Level: 50

Tera Type: Flying/Ghost/Stellar

EVs: 252 Atk / 4 SpD / 252 Spe

Adamant Nature

- Close Combat
- Gunk Shot/Dire Claw
- Acrobatics/Shadow Claw/U-Turn/Swords Dance
- Protect

Overview

With incredible speed plus unburden, a great offensive typing with an Atk to back it up, Sneasler is too frail and unable to use Focus Sash, and winds up being not great.

EVs

With Generation 9, TPC issued a new wave of powercreep unseen since Generation 5, and Sneasler's stats are min-maxed to match. With only 80/80/60 bulk, we're not surviving anything anytime soon, so we go for glass cannon anyways. We can safely use Adamant over Jolly because the boost from Unburden makes us faster than Booster Spe Iron Bundle anyways.

Moveset

Close Combat is a given, defense drops don't really matter when we're prone to a sneeze OHKOing us. Gunk Shot is especially powerful, hitting the OHKO on priority targets like 68/220 Flutter (70%) and 252/44 Rillaboom (100%), though Dire Claw's reliability and status shenanigans can make it a little more consistent than Gunk Shot. You have many great coverage options. Acrobatics is super strong to deal with Bug types- scratch that, to deal with Fighting types you can't hit otherwise, though oftentimes your STAB is strong enough to deal with them on its own. Shadow Claw is great to deal with Ghosts like Gholdengo or Annihilape that otherwise wall you. U-Turn is nice as your speed allows for easy pivoting out of bad situations. Swords Dance is also a nice option with our STAB combo (due to the relative uncommonness of Poison types and non-Flutter Mane ghosts that wall you) that can make you an absolute monster with an effective +2/+2, though a lack of spread does hurt our sweeping capacity, and you're already quite strong as it is.

Protect is a given, with our frailty.

Tera Type

Tera Flying Acrobatics is quite strong, and the Ground immunity is nice to safely deal with mons like Landorus-I or either Ursaluna (assuming you're in TR). Ghost is nice to boost Shadow Claw, and also a generally nice defensive type, stopping Fake Out from shutting us down if we're not on Psychic Terrain. Stellar is our final option as due to our wide net of coverage and relative frailty, the defensive perks from Tera don't benefit us as much as the boost, so why not apply that everywhere? One of the only mons who really makes a good case for Tera Stellar honestly.

Item

While initially Focus Sash may seem like a cool idea as Sash can break and go into Unburden, that relies too heavily on Sash being broken and doesn't give us enough time to take advantage of Unburden

boost, hence one of the seeds that can activate with a partner should be used instead. The only seed I don't recommend is Misty Seed, as there's not really a good way to build a Misty Terrain team (RIP Tapu Fini) like there is with Psychic or Electric.

Partners

Partners are obvious: Rillaboom, Indeedee-F, and Miraidon. Each of these sets terrain and offers utility directly for Sneasler in its own right. Rillaboom's Fake Outs can stop priority from OHKOing Sneasler, Indeedee-F can deal with Poison types that Sneasler can't, and Miraidon is a really strong special attacker, counterbalancing Sneasler's powerful physical attacks. Swords Dance variants greatly appreciate being with Rillaboom, and other redirectors such as Rage Powder Amoonguss (good on Psychic Terrain) or Incineroar (good on Electric Terrain teams and has good synergy with Rillaboom).

Checks & Counters

Priority will rip Sneasler apart, mons like Dragonite, Aqua Jet Urshifu-R, or Rayquaza can seriously punch big holes in Sneasler, even nuke variants of Rillaboom (252+ Miracle Seed) can do around $\frac{1}{3}$ to you on a resisted Grassy Glide, and over half after Tera Grass. It's important not to switch Sneasler out, as doing so loses your Unburden boost, and thus opens you up to being quite vulnerable to Choice Scarf and Tailwind. Tailwind in general while normally bringing slower mons up to acceptable speeds- thus allowing you to outspeed them due to Unburden, when boosting already-speed-demons like Flutter Mane, it can pose a major threat to you, so be weary around setters like Tornadus-I or Whimsicott- the latter of whom is usually Focus Sash, making it difficult for you to remove despite your supereffective STAB.

Final Notes

I think Sneasler is a very underrated tool in Reg G. It can rip through the HO teams that Reg G has catered to thanks to the incredibly Unburden Speed Boost, and is especially potent on Psychic Terrain due to the immunity to priority. Poison is also a type I believe to be underutilized in Regulation G due to the commonness of Rillaboom, Ogerpon, and Tera Grass and Fairy. Despite this, Fighting is quite a common type, and Sneasler is very contested with Urshifu-R as a fast Fighting type, and in general

Urshifu-R has more general utility. It is also ridiculously frail, and relies heavily on team support to make sure it can get its Unburden boost and get attacks off easily.

I love Sneasler, one of my best friends intended to bring it to the Charlotte 2024 Regionals, though he had to drop out at the last minute, though I'm fairly confident that he would have done quite well given the meta at the time.

May 2024, Regulation G

#927 DACHSBUN: D-

[Dachsbun + Palkia-O Team](#) and relevant [Video Report](#)

Dachsbun @ Leftovers/Safety Goggles

Ability: Well-Baked Body

Level: 50

Tera Type: Steel/**Grass**

EVs: 252 HP / 68 Atk / 4 Def / 100 SpD / 68 Spe

Careful Nature

- Play Rough/Wish
- Body Press
- Yawn/Helping Hand
- Protect

Overview

Despite its middling stats, a unique typing/ability combination allows Dachsbun to completely wall and threaten out multiple top-of-the-line meta threats.

EVs

252 HP is conveniently optimized for Citrus Berry recovery. 68 Atk ensures that we OHKO bulky Urshifu-S variants, and 2HKO bulky Urshifu-R variants. 68 Spe behind Tailwind makes us faster than max Spe Choice Scarf Chi-Yu, max Spe +1 Volcarona, and ties with max Spe +1 Sandy Shocks, though on slower paced teams, without Tailwind, you can bring Dachsbun down to just 4 Spe, bringing our

SpD up to 180+. The SpD and Def are balanced, our natural Def and Well Baked Body doing most of the physical lifting.

Moveset

Body Press is excellent coverage, dealing with Steel types that naturally threaten us, and allowing us to hit neutrally at Fire types that we otherwise couldn't. Attacking off our Def means that we're effectively immune to Intimidate and Parting Shot, giving us a positive matchup into Incineroar. Play Rough is our best STAB option, though due to our relatively low Atk compared to Def, it's not a terrible option to lose it in favor of another supportive move. Protect is important as always. Other than that, we're limited in our support pool. Wish is excellent healing, not only to sustain Dachsbun on Leftovers or Safety Goggle variants that lack burst healing, as well as the ability to heal priority targets allowing them to safely switch in in Dachsbun's place. Yawn is amazing as it can shut down the vast majority of set-up mons by way of either forcing them out or forcing them to fall asleep. Unlike Amoonguss' Spore, it cannot be teched by Grass types or Safety Goggles, meaning that common Safety Goggles mons such as Incineroar or Farigiraf and common Grass/Tera Grass picks like Zamazenta-C or Ogerpon-C are completely vulnerable to sleep. Helping Hand is excellent utility when partnered with a spread user, though it's excellent in any restricted metagame.

Tera Type

Tera Steel is a great type, not only dealing with our natural weaknesses to both Steel and Poison, but by way of our ability removing what would be a newfound Fire weakness, making the defensive boons of the Steel typing even stronger. Grass is another excellent type that not only gives us a very useful powder immunity, but similarly to Steel, removes an important defensive drawback of Tera Grass- our Fire weakness.

Item

Leftovers is excellent given our great bulk and potential access to Wish, allowing us to sit on the field for a long time and constantly be annoying. Safety Goggles are also useful, as it means we aren't completely shut down by Amoonguss, and can threaten it out with sleep moves of our own.

Ability

Though there's no contest in the best ability for Dachsbun, this is the best segment to mention who specifically Dachsbun can deal with. It completely resists the STABs of:

- Incineroar, Chi-Yu, Koraidon, Urshifu-S, Volcarona, and Roaring Moon.

This is an extremely high brow collection of mons, all of whom are important parts of the meta, and honestly, these 6 could make a team in their own right (though not a great one).

Partners

Dachsbun is an excellent part of teams that struggle against the aforementioned list of mons. Slower, bulkier teams that can easily be overrun by the offensive staying power of picks like Chi-Yu or Quiver Dance Volcarona, with offensive support from Incineroar or Rage Powder Volcarona can be difficult to deal with or set TR in front of, and Dachsbun has the tiny, tiny specific niche of shutting them down. Our Fairy typing and innate ability to scare off Dark types means that we're one of the better partners for both Calyrexes, specifically Calyrex-S, though walling Fire types is appreciated by Calyrex-I as well. Wish is also useful for bulky restricteds such as the aforementioned Calyrex-I, along with picks like Groudon or Zamazenta-C, as it can completely turn the tables mid-game knowing that you have Wish in the back to mostly heal up a set-up mon.

Checks & Counters

Our moves being Fairy/Fighting leaves us in a tough spot, where we have effectively no way of dealing with Poison types. In addition to the solid handful of Tera Poison users, Amoonguss is a major threat that consistently has high usage that you'll need to be wary of, as well as Poison coverage on mons like Landorus-I. Taunt users, such as Whimsicott or Incineroar are also major threats to us, and can easily neuter our ability to do much of anything other than chip damage while on the field. While our natural Def is solid, combined with a lower than average HP and a poor SpD, Dachsbun is deceptively frail, and can go down to a few powerful neutral hits, such as Calyrex-S' Astral Barrage, or Kyogre's Full HP Water Spout, and thus Wide Guard support from a restricted partner such as Zamazenta is appreciated.

Final Notes

Is Dachsbun worth any serious attention? No. Does it have a unique ability that allows it to wall multiple of the top-used mons? Now that, it does have going for it. I think that at the very least, it's worth a shot in using, even if it's just for funsies on the ladder.

#930 ARBOLIVA: F

Arboliva @ Assault Vest

Ability: Seed Sower

Level: 50

Tera Type: Fire/Fairy/Water/Electric

EVs: 236 HP / 76 Def / 68 SpA / 124 SpD / 4 Spe

Calm Nature

IVs: 0 Atk

- Giga Drain

- Earth Power

- Hyper Voice /Dazzling Gleam

- Tera Blast/Leaf Storm/Pollen Puff

Overview

With surprisingly great special stats and a useful ability, Arboliva still finds itself more or less useless in Regulation G.

EVs

236 HP / 124+ with AV allows you to live a 116 Chi-Yu Overheat, and a Choice Specs 252+ Heat Wave (assuming double target).

236 HP / 76 Def allows you to live a +1 4 Def Zamazenta Body Press. We have a minimal chance to be 2HKO by 252+ Urshifu-R Surging Strikes in the Rain.

4 Spe is exactly faster than Gastrodon.

Moveset

Since we're using Assault Vest as opposed to something like Citrus Berry or Leftovers, we want Giga Drain for sustainability. Earth Power is our best coverage move, hitting the Steels, Poisons, and Fires that block Giga Drain. Hyper Voice is a good, high powered spread move, and is easily spamable. Dazzling Gleam is nice coverage, especially with Tera Fairy to boost it. Tera Blast is great to patch our mediocre coverage, though if you opt for Tera Fairy with Dazzling Gleam, Leaf Storm is a nice high powered damage option, and Pollen Puff is incredibly useful healing utility.

Tera Type

Tera Fire stops our Fire and U-Turn weakness, and is especially potent with Tera Blast in order to deal with opposing Grass types. Tera Fairy is probably our best defensive type, but it shouldn't be used unless you're Dazzling Gleam. Tera Water is less valued coverage with Tera Blast, but is still a particularly nice defensive type. Electric deals with our Flying weakness, particularly useful with Tera Blast, as it helps us hit Flying types like Tornadus or Iron Jugulis who would otherwise wall us.

Item

Since we can intrinsically set up healing through our ability, we don't value Protect as much. It's also important to be able to tank hits from popular picks like Chi-Yu, Flutter Mane, or Miraidon.

Partners

Unlike Rillaboom, Arboliva can repeatedly set up Grassy Terrain without switching, allowing it to overtake existing terrains, specifically Electric and Psychic. Arboliva works as a solid partner for mons like Urshifu-R or Koraidon that struggle against Psyspam, or mons like Kyogre that struggle against Miraidon.

It can work solidly with Grassy Glide variants of Ogerpon due to its ability to give it terrain for its priority. With Pollen Puff and the healing from Grassy Terrain, Arboliva can sort of work as a partner for bulkier set-up restricteds such as Iron Defense Zamazenta-C or Calm Mind Terapagos.

Checks & Counters

Bulky physical attackers like Urshifu, Iron Hands, and Incineroar can all tank even your supereffective coverage hits and KO back with Close Combat or other supereffective moves. Flying types like the aforementioned Tornadus, Rayquaza, or Ho-Oh are all mons that completely shut you down unless

you're Tera Electric. Any faster, physical restricteds will very quickly overwhelm you if not taken down immediately by your partner, such as Koraidon or Zamazenta-C.

Final Notes

While being able to set up Grassy Terrain repeatedly without switching out is nice, and may seem like a niche over Rillaboom, Rillaboom functions best as a pivot who is constantly switching out anyways with Fake Out and U-Turn, meaning that Arboliva fills a “niche” only created by players not utilizing Rillaboom properly. The Normal typing does give it some nice utility against Calyrex-S, but Grassy Glide Rillaboom does that through Grassy Glide anyways, and as shown by NAIC winner Patrick Connors, Rillaboom can safely run Tera Normal regardless.

May 2024, Regulation G

#982 DUDUNSPARCE: F+

The “+” is pity, this guy still sucks.

Dudunsparcy-Three-Segment @ Throat Spray/Life Orb

Ability: Serene Grace

Level: 50

Tera Type: Normal/Ghost/Stellar

EVs: 228 HP / 4 Def / 252 SpA / 20 SpD

Quiet Nature

IVs: 0 Atk

- Boomburst

- Earth Power/Fire Blast

- Ice Beam/Shadow Ball/Hurricane

- Protect

Overview

With niche access to STAB Boomburst, and enough coverage moves to make Mew jealous,

Dundunsparcy.... is in every way worse than Ursaluna-BM.

EVs

Pretty generic bulky TR offense here. 4 EVs are left out as I don't have anywhere to put them but in our case 4 EVs doesn't particularly matter. The SpA is optimized for Throat Spray, and the HP is optimized for Life Orb (though you don't have to use Life Orb)

Moveset

The only place Dudunsparce manages to outshine its contemporary Ursaluna-BloodMoon is its phenomenal array of coverage. Boomburst does hit our partner, but that can be easily patched with a Ghost or Telepathy TR setter, that of which there are many. After Protect, our options open up quite a bit. Earth Power is great to hit Steels and Rocks that resist your Boomburst, but Fire Blast is a viable option due to the relative rarity of Rock types and its high BP. It deals with the Steel types as well as the common Grass types in Reg G. Once you have an option to deal with Steels, you can pretty much go anywhere. I'm a big fan of Shadow Ball as it allows us to clap back against Flutter Mane, but other moves like Hurricane and Ice Beam (though I wouldn't use Ice Beam if you're using Fire Blast) have situational uses as well. Due to Serene Grace, Hurricane gets boosted up to a stunning 60% confusion chance, which is more than enough to make it annoyingly usable on Dundunsparce.

Tera Type

Normal is the obvious choice as we'll be spending most of our time clicking Boomburst on repeat. Ghost is a defensive option that lets us eat Fighting moves that would otherwise scare us off, and also boosts the power of Shadow Ball. Stellar is an option because of our wide array of coverage moves, it allows us to get STAB on all of our moves including Boomburst.

Item

Ursal- I mean- Dudunsparce can freely use either Throat Spray or Life Orb. Throat Spray is nice for that free +1 after Boomburst, and in the end will be more damage overall, but Life Orb is nice instant damage. Since Life Orb is a more sought after item than Throat Spray on most teams, it's nice to have an alternative if you have another mon who wants the Life Orb more.

Partners

Due to Boomburst hitting our partner, it makes our partner for a TR setter pretty clear. Sinistcha is the first option that comes to mind, it's probably the best Ghost TR setter in the current meta, and additionally it can give great support with Life Dew and Rage Powder. Dusclops is close behind as another great Ghost TR setter. While Oranguru typically uses Inner Focus, it also has Telepathy as an option. Oranguru is a particularly potent partner due to its ability to Instruct our Boombursts. For restricted partners, Lunala is a nice Ghost type Trick Room setter that sees some play, and Dialga and Palkia are both nice Telepathy users, though generally the latter two are not strong enough to warrant using in a single restricted format such as Reg G.

Checks & Counters

Anything that can stop Trick Room is a major threat to Dudunsparce. Taunters like Whimsicott and Incineroar severely threaten our partners. If you're not running Shadow Ball, any Ghost type will shut down our Boomburst spam as well. Min Spe Iron Hands will underspeed us and OHKO with Close Combat, and while usually overlooked in favor of Drain Punch variants, still be careful.

Final Notes

Worse than Ursaluna-BM in most every way. Even the coverage options don't matter too much as Ursaluna doesn't need anything more than Blood Moon and Earth Power to be effective. While I love Dudunsparce, it just can't cut it unless you don't own the DLC. In which case, you're also out of Dudunsparce's most effective partner in Sinistcha. Generally, don't use this thing unless you really like it.

April 2024, Regulation F/G

#988 SLITHER WING: D-

Slither Wing @ Life Orb

Ability: Protosynthesis

Level: 50

Tera Type: Bug/Fire/Stellar/Ghost

EVs: 228 HP / 132 Atk / 4 Def / 108 SpD / 36 Spe

Adamant Nature

- First Impression
- U-turn
- Close Combat/Flare Blitz
- Protect

Overview

With a unique typing with many great resists, as well as access to First Impression, Slither Wing is a niche priority user that can fit on some HO sun teams.

EVs

Your First Impression OHKO 252 HP Rillaboom with up to 80 Def, which they usually don't have anywhere near that much. It lives a 252+ NonSpecs/NonBooster Moonblast from Flutter Mane. Your Close Combat OHKO 252 HP 4 Def Ursaluna-BM with up to 72 Def, which again, they don't usually carry that much. Your Close Combat also OHKO 252 HP 252+ Def Incin, which is seriously impressive given some of that thing's other defensive calcs. First Impression OHKO 252 HP 252 Def Ogerpon-Wellspring, and you're faster than neutral speed Rillaboom (only by 1 though, so any more and it will tie/lose). Faster than anything NonScarf/NonBooster under Tailwind bar Max Speed Dragapult.

Moveset

I'm pretty hard on the first four moves, honestly. First Impression is obvious, it's what makes this thing good* to begin with. Close Combat is super important as otherwise you're walled by pretty much any Steel type and Incineroar but Flare Blitz can hit most of those steels too. Flare Blitz, while losing the Incin matchup, wins against Gholdengo, Zacian-C, and various other Steels that have a Fighting-resistant dual-type. Fire is also important as it provides better synergy with Fighting, as it can hit Ghost and Fairies that Fighting could not. (Bug/Fighting can't hit 4 types, whereas Bug/Fire can't hit 1) U-Turn is important to have because with the low speed set we have, it means we have the benefit of slow U-Turns, which are always great. We also have the benefit of fast U-Turns as we're faster than anything under Tailwind. Protect is important as you're already taking decent chip from Life Orb, and you want to avoid extra damage at all costs.

Tera Type

I've played around with all sorts of Teras on this thing, and had decent success with a few. Bug is the most obvious, it's specifically important as unlike Stellar it hits the First Impression -> U-Turn combo as opposed to just one of the two like Stellar. Stellar is handy though as it allows for First Impression into your other move (Flare Blitz or Close Combat). Fire helps boost Flare Blitz if you choose to use it as well as taking advantage of our bulk investment for a nice 4HKO from Flutter Moonblast. Ghost is another sort of nice option, it stops Fake Outs from breaking your First Impression (which considering its ability to OHKO various Grass Types, it should be considered a wincon) as well as just being a generally useful defensive type.

Item

The reason I opted for Life Orb was simple: Extra Damage. Slither Wing has a nice 135 Atk but due to its mediocre offensive typing (can you imagine first impression as a real type?) it needs that Life Orb to secure extra damage. It also needs the Life Orb to make sure that it can invest in bulk, saving it some important attack EVs. I also tried a 252 Atk / 252 Spe set with Focus Sash, but even with max speed, 81 Base was simply too low to make it worth it.

Partners

Obviously, any sun setter. Groudon and Torkoal both appreciate having an offensive partner that isn't Fire or Grass type, and the Bug/Fighting type brings a lot more than you would think to sun teams. Incineroar is an important partner as it can Knock Off Flutter Mane's Choice Specs to make sure that it can live a hit from it. Due to your natural ability to be walled by Flutter Mane, you generally want a partner that deals with it well. Tornadus is a great partner as it allows you to outspeed the entire (bar Dragapult) non-boosted metagame via Tailwind. Tornadus sets up your own Tailwind and stops the opposing one, as well as setting up Sunny Day. Chien-Pao is a great partner that really boosts your attacks to the next level, and it also helps cover for some of your offensive weaknesses, hitting back at Tornadus who threatens you heavily otherwise. Arcanine-Hisui has fallen out of style, but is a great partner for many reasons. It helps support its lower Def with Intimidate, it is aided by the sun helping

its Water weakness, and Rock Slide hits both Fire and Flying types, the two types that Slither Wing struggles with the most.

Checks & Counters

As mentioned, Bug/Fighting cannot hit Flutter Mane for anything more than light chip, so it's important to be careful as the sun you want Slither Wing under is also boosting Flutter. If one chooses Flare Blitz over Close Combat, you also have a pretty terrible Fire matchup, against Incin specifically, who is likely to be on many different teams. Flying isn't a particularly common offensive type. While Tornadus is scary, just be weary of Bleakwind Storm turns and you're more than likely going to be fine. Due to the direness to live a hit from Flutter Mane, we couldn't afford to use Clear Amulet and therefore Incin is a very common threat. Again, this is why Arcanine is a key partner.

Final Notes

Slither Wing offers a lot of interesting tools to a team. Bug/Fighting is actually in a super interesting place in the meta right now, because despite having some bad weaknesses to Fire, Flying, and Fairy, it has important resists to Ground, Fighting, Dark, and Grass. The important combination means that some mons with very high usage can't break through Slither Wing- Urshifu-Single, Landorus-I, and Rillaboom being some of the most notable.

April 2024, Regulation F/G

#992 IRON HANDS: B+

[Luca Ceribelli's Bologna Special Event Runner-Up Team](#)

Iron Hands @ Clear Amulet/Assault Vest

Ability: Quark Drive

Level: 50

Tera Type: Grass/Water/Fire

EVs: 92 HP / 156 Atk / 4 Def / 252 SpD / 4 Spe

Adamant Nature

- Fake Out

- Close Combat/Drain Punch

- Wild Charge
- Heavy Slam/Volt Switch/Ice Punch/Detect

Overview

Iron Hands dominated as soon as it hit the field in Regulation B, and continued to be the premier offensive Fake Out tool up until Regulation F, when it was mostly dethroned by Incineroar. Despite tough competition, Iron Hands still has a metric ton going for it, great stats, typing, and movepool.

EVs

(Without AV) The EVs are specifically calced to live up to a 172 Choice Specs Tera Fairy Flutter Mane Dazzling Gleam. We're guaranteed to live a 252+ Calyrex-S Psychic, and we're guaranteed 3HKO from a 252+ Astral Barrage, both assuming Focus Sash. Finally, we live a 252 Life Orb Sandsear Storm from Landorus-I.

(With AV) We're guaranteed to live a 252+ Life Orb Earth Power from Landorus-I. We live a 252+ Choice Specs Moonblast from Flutter Mane and a 112 Choice Specs Tera Fairy Moonblast. We're guaranteed to live both a 252 Psychic and Expanding Force on Psychic Terrain, and we have 12-25% to live the same with a Life Orb. We live a 252+ Psychic from Calyrex-S in Beads of Ruin, and the same can be said for both Earth Power Landorus and Flutter Mane Moonblast. We live a 252+ Choice Specs Overheat from Chi-Yu. Finally, a 252+ Choice Specs Terapagos-Stellar Tera Starstorm is a guaranteed 3HKO.

Moveset

Fake Out does not make or break Iron Hands, but it is a major factor in its power. While personally I've experimented with some offensive variants that use Swords Dance, or just 3 Attacks + Detect, I find I always miss Fake Out. Wild Charge is simply too much more powerful than Thunder Punch, and with the prevalence of Tera Ground to tech Miraidon's Electro Drift, Supercell Slammer is a no-go. Close Combat is a great offensive option on Clear Amulet variants, specifically due to its ability to OHKO Incineroar, but Drain Punch is nicer on AV variants that want as much staying power as possible.

Your flex slot has a ton of good options, Heavy Slam does a ton of damage to primarily Flutter Mane, but is also just great coverage in general. Ice Punch is excellent to deal with the many Tera Grass and Tera Ground mons that deal with you, as well as Miraidon and Raging Bolt, who you easily wall. Volt Switch is a great pivoting option given how slow you are, you're very likely to switch out last, allowing you to tank a hit before bringing in a more frail teammate. Detect is of course, always valued, and is a great option if ever you find yourself not wanting to click a coverage move such as Ice Punch or Heavy Slam.

Tera Type

Grass is the stand out option, not only stopping your Ground weakness, but allowing you to sit in against would-be check Amoonguss by nature of a Spore immunity. Fire, while keeping your Ground weakness, gives you a Fairy resistance, and a burn immunity, which is particularly handy for more offensively minded Clear Amulet variants. Water is a great neutral type, not directly stopping any of our weaknesses, but being an excellent defensive type in general. Though, you're free to experiment with other options, such as Fairy or Ghost.

Item

Clear Amulet is excellent, with the prevalence of Incineroar, it allows us to easily scare off what would otherwise be one of the more reliable answers to Iron Hands. Assault Vest allows us to bulk up beyond comprehension specially, and with our already naturally amazing Def and HP, it's very difficult to take down. This bulk also mitigates the need for Detect, meaning the drawback of Assault Vest isn't exactly a downside.

Partners

Due to its Fake Out and incredibly bulk, Iron Hands is a great offensive support partner for frailer mons, picks like Flutter Mane, 0 Bulk Miraidon, and Calyrex-S all greatly appreciating a bulky Fake Out partner. Calyrex-S specifically is a fan of our antics due to our Fighting type, dispatching Darks that would otherwise wall him.

Miraidon is a useful partner, as though there is some type overlap, the Quark Drive boost to your Attack allows Iron Hands to take on a temporary sweeper role, and can do some insane hits to many

meta threats, Miraidon also stops Amoonguss from sleeping you, meaning you're less reliant on Tera Grass.

Checks & Counters

Variants without Heavy Slam struggle against Flutter Mane, and variants without Ice Punch struggle against Miraidon, Raging Bolt and Amoonguss. Amoonguss in general will threaten most non-Tera Grass variants, and even then, Pollen Puff/Sludge Bomb can still do some noticeable damage. Though doing so leaves you open to being burnt via Incin's Will-O-Wisp. While you can safely live a few hits from Calyrex-S, it's not recommended to stay in against it for very long as it's usually partnered with a mon like Indeedee or Mienshao who can come in to finish off the chunk you have after one attack from Calyrex-S.

Final Notes

Iron Hands vastly fell off at the start of Regulation F due to the Incineroar hype, but now in a more mature meta, the community is rightfully beginning to realize that Iron Hands deserves a spot in the meta as well.

#993 IRON JUGULIS: C-

[Shiliang Tang's NAIC 5th Place](#)

Iron Jugulis @ Booster Energy/Covert Cloak

Level: 50

Ability: Quark Drive

EVs: 188 HP / 52 Def / 12 SpA / 4 SpD / 252 Spe

IVs: 0 Atk

Tera Type: **Poison**/Steel

Timid Nature

- Air Slash/Hurricane

- Snarl/Taunt

- Tailwind

- Protect

Spread by [Pokeknight VGC](#)

Iron Jugulis @ Power Herb

Ability: Quark Drive

Level: 50

Tera Type: Stellar/Poison

EVs: 108 HP / 84 Def / 52 SpA / 196 SpD / 68 Spe

Timid Nature

IVs: 0 Atk

- Meteor Beam
- Hurricane
- Dark Pulse/Earth Power
- Protect

Overview

Iron Jugulis is an underrated, quite powerful disruptive support mon, with a decent typing and great speed, as well as access to useful support moves.

Additionally, with access to Meteor Beam, it can function very nicely next to Miraidon as a niche special sweeper.

EVs

Booster Spe Disruption: The bulk allows Iron Jugulis to survive a Extreme Speed from Choice Band Tera Normal Dragonite with Sword of Ruin active, as well as an Icicle Crash from a -1 Attack Chien-Pao. After a Snarl, Iron Jugulis lives a Dazzling Gleam from Choice Specs Tera Fairy Flutter Mane, as well as Thunderbolt from Raging Bolt.

Meteor Beam Sweeper: The SpA is specifically to live a 100+ SpA (the most common Raging Bolt benchmark) Thunderclap from Raging Bolt. We also live a Dazzling Gleam 252 Specs Flutter Mane, and a 252+ Booster SpA Dazzling Gleam. The Speed is specifically faster than +1 220 Spe Ogerpon (the most common Ogerpon-T spread after a Tera Boost) during Quark Drive, and is faster than 252 Adamant Urshifu, 252 Modest Chi-Yu, and 252 Modest Iron Crown before Quark Drive. 84 Def allows us to almost always live 2 Flare Blitz from 4 Atk Incineroar. The rest is thrown into SpA. We're guaranteed to OHKO Amoonguss and non-AV Rillaboom, and are about 50% to OHKO AV Rillaboom (assuming 252 HP / 60 SpD).

Moveset

Booster Spe Disruption: Protect is obvious. Tailwind is there for speed control, and Snarl is there for the disruption. Taunt is another interesting disruption option that can be used on teams that aren't hurting for damage reduction but struggle with their TR matchup. Air Slash is generally the far more reliable stab but if you want that extra punch, Hurricane is there.

Meteor Beam Sweeper: Obviously, Meteor Beam is here, and so is Protect. Protect is particularly important here as you're guaranteed to be a major target once you get one Meteor Beam off to get your +1. Hurricane is preferred over Air Slash as the higher power level is important to score some OHKOs opposed to the far weaker Air Slash. Dark Pulse is sadly pretty weak, but we don't have a better Dark type alternative, so here we are. If you feel you don't particularly need the coverage, Earth Power is another nice option that lets us hit Steel types that shut down our Flying STAB. Jugulis also gets a ton of other ridiculous coverage options like Hydro Pump or Heat Wave, so feel free to play around with any or all of them, especially with Tera Stellar.

Tera Type

Booster Spe Disruption: Both types are specifically catered to your weaknesses, mainly, your Fairy weakness. Poison additionally provides a resistance to Fighting, a type you're otherwise neutral to, but Steel is in general a better neutral defensive type to have. Generally poison is better due to the more directness into your type.

Meteor Beam Sweeper: The same as above of course, but Tera Stellar provides an additional, unique offensive option that plays into your already solid defensive type and gives you boosts on your Meteor Beam, and the attacks you use after it.

Item

Booster Spe Disruption: If you're using Jugulis on any old team, obviously you'll need the Booster Energy. If you choose to use him under Electric Terrain, then you'll want Covert Cloak in order to ensure your Tailwinds or Taunts can't be stopped by Fake Out.

Meteor Beam Sweeper: Power Herb is absolutely necessary as otherwise you're dead weight for a turn using Meteor Beam.

Partners

Booster Spe Disruption: Specially frail mons like Urshifu and Chien-Pao, as well as IronPressers like Goodra-H or Registeel appreciate the SpA drops from Snarl. Most mons appreciate Tailwind, but specifically Urshifu and Flutter Mane are two examples of offensive mons that love to have it behind them.

Meteor Beam Sweeper: Obviously, we want Miraidon. Miraidon gives us our Quark Drive Spe which is crucial to the integrity of the spread. Pinchurchin is NOT a viable substitution sadly. You'll want to surround this Jugulis with Ground or Fighting mons that can deal with the Steel and Rock types that resist our Dark/Flying combo. Zacian-C specifically is a very common mon and completely shuts down variants without Earth Power, so you'll want to give yourself a reliable partner to deal with them, such as Incineroar or Rocky Helmet Amoonguss. Chi-Yu is another great option that deals with Zacian more offensively while also boosting your already powerful Special moves.

Checks and Counters

Booster Spe Disruption: Due to its Dark type, it can't be Prankster Taunted by Whimsicott or Tornadus, so there are limited ways to stop it from getting Tailwind up. Provided it's a Booster Energy set and not a Covert Cloak set, Fake Out is always reliable. Defiant and Competitive mons that can easily switch into Snarl and get a boost such as Zapdos-Galar, Kingambit, and Milotic are all scary for Jugulis. Kingambit especially can't be touched by Air Slash like Zapdos-G can, making it an especially scary answer.

Meteor Beam Sweeper: Any mon that can disrupt the terrain, be it Ice Spinner Chien-Pao/Urshifu-R, Indeedee, or Rillaboom, seriously threatens our sweeping ability by shutting down our Spe boost. The EVs help negate this issue slightly by being faster than a lot of mons otherwise, but you still are reliant on it to reliably sweep like you should want to. If you manage to get Knock Off'd before you get your Power Herb proc'd you flounder heavily, as you rely immensely on the +1 to do reliable damage, and while Incineroar relies on a second Fake Out user or Prankster Tailwind to Knock you Off, Booster Speed Roaring Moon can do it on its own, and thus be weary of it especially.

Final Notes

Booster Spe Disruption: Despite being generally outclassed by Tornadus and Whimsicott as Tailwind setters, access to Snarl and typing innately immune to Taunt gives it a handy niche among the Tailwind setters in Reg G, and it is certainly a reliable option.

Meteor Beam Sweeper: While generally not as good as Glimmora as a Meteor Beam sweeper due to lack of STAB and lower SpA, Jugulis fits excellently on Miraidon teams that are lacking in special damage.

April 2024, Regulation F/G

#998 BAXCALIBUR: D-

Restricted Format: D- // Non Restricted Format: C+

Baxcalibur @ Loaded Dice/Clear Amulet

Ability: Thermal Exchange

Level: 50

Tera Type: Poison/Fairy

EVs: 252 HP / 36 Atk / 12 Def / 4 SpD / 204 Spe OR 100 HP / 148 Atk / 12 Def / 4 SpD / 244 Spe

Jolly/Adamant Nature (respectively)

- Scale Shot/Glaive Rush

- Icicle Spear/High Horsepower

- Swords Dance

- Protect/High Horsepower

Overview

With solid typing, great stats, and access to wildly powerful multi-hit moves, Baxcalibur is a great Snow sweeper who can devastate in the right situation.

EVs

Faster: 204+ Spe is fast enough to outspeed 68 Spe Ogerpon and 252+ Smeargle before the boost, and Choice Scarf Urshifu-R at +1 and Booster Spe Gouging Fire, and also outspeeds other top picks such as Max Spe 135s (Chien-Pao, Flutter, etc).

HP is maxed out and Def is optimized for Snow boost. From there, the rest was put in Atk

Stronger: 236 Spe is faster than 28 Spe Tornadus and 76 Spe Urshifu, but at +1 is exactly faster than 252+ 135s at +1.

More is dumped into Atk this time to be less reliant on SD.

Moveset

Scale Shot is super important, it's our strongest single target Dragon move and more welcome than Glaive Rush thanks to the Spe boost, though Glaive Rush is obviously superior on non-Loaded Die variants. Thanks to Loaded Die, it hits incredibly hard with a very small drawback. Icicle Spear is again, far stronger and more reliable than Icicle Crash now with Loaded Die, despite this, High Horsepower is a nice option to offset our Steel weakness and help crack mons like Gholdengo or Kingambit that would otherwise freely set-up against Baxcalibur. Swords Dance is great and very easy to pull off thanks to our great natural bulk, and typically being behind Aurora Veil, it is very safe to do so.

Protect is always welcome, though again, not needed on Scale Shot variants to our bulkiness, it is however needed on Glaive Rush variants, as you'll need a way to deal with the incoming 2x damage attacks.

Tera Type

Poison is the most obvious one, typically Tera Fire would be the best here due to the burn stoppage, but since our Ability offsets that anyways, we value Poison more, as it stops both our Fairy and Fighting weakness, as well as keeping our useful Grass resist. Fairy is another option that is a far better defensive type than Poison as well as stopping both our Dragon and Fighting weakness.

Item

Loaded Die is extremely important to our overall power level, and can even slightly negate the drop from Intimidate thanks to the overwhelming power of a 5 hit Scale Shot/Icicle Spear, though Clear Amulet is still a great choice thanks to Glaive Rush being a semi-reliable alternative to Scale Shot.

Partners

Alolan Ninetails.

What do you mean "that's not detailed enough"?

Fine.

Alolan Ninetails is the obvious choice for a partner for Baxcalibur, not only due to it setting the snow, but the Aurora Veil allowing Bax to far and away more easily set up with Swords Dance and Scale Shot. The vast array of support moves is also great, Hypnosis, Encore, Disable all being useful. Icy Wind is especially nice on Glaive Rush variants as there's no way for you to boost your Spe on your own, and A9T can help with that.

Rillaboom is useful for the passive healing that Grassy Terrain gives, as well as Fake Out creating openings to Swords Dance, and U-Turn making it easier to bring in A9T in case your Snow is disrupted. Incineroar provides similar offensive support, with Fake Out and damage mitigation allowing for easier set-up.

Checks & Counters

Any way of disrupting the weather, be it from opposing ability setters, or manual Prankster users, is bad for Baxcalibur. Not only does it lose your defense boost, but Prankster setters can turn off the snow before your A9T manages to set up Aurora Veil, leaving you entirely exposed. Ice/Dragon, while a strong type offensively, is not so great on the defensive end, and is prone to many common mons such as Urshifu or Flutter Mane destroying you with their STABS, and Tera is often forced to deal with these matchups.

Zamazenta-C is an incredibly common restricted that completely shuts you down, walling both of your STABs, and hitting you back brutally. Even with Tera, you still can't break through the constant spamming of Iron Defenses that it has, and one should bring a partner that can deal with Zamazenta in the event you're playing a restricted meta.

Final Notes

Baxcalibur errs on the side of the better snow abusers in the game. Despite having Ice Body to heal passively in the snow, Thermal Exchange is just far more reliable and safer to help deal with Incineroar and other Fire types that you'd normally not want to deal with. It's difficult to justify Baxcalibur in a restricted meta unfortunately, especially when there's Calyrex-I and Kyurem-W who both function similarly and can very easily do Bax's job better, and there aren't many other restricteds one would

really run on a Snow team anyways. Despite this, I think it has some niche as I still believe Snow hasn't reached the full potential of its ability quite yet, though you should really only use it if you're just playing around.

One of the first teams I ever ran way back in Regulation A was with Baxcalibur and Abomasnow, so I am a little biased.

May 2024, Regulation G

#1002 CHIEN PAO: A+

Chien-Pao @ Focus Sash

Level: 50

Ability: Sword of Ruin

EVs: 252 Atk / 4 Def / 252 Spe

Tera Type: Ghost/Stellar

Adamant/Jolly Nature

- Icicle Crash/Ice Spinner
- Sucker Punch
- Sacred Sword
- Protect

Chien-Pao @ Assault Vest

Ability: Sword of Ruin

Level: 50

Tera Type: Electric/Grass

EVs: 172 HP / 28 Atk / 4 Def / 244 SpD / 60 Spe

Timid Nature

- Sucker Punch
- Ice Spinner/Icicle Crash
- Sacred Sword
- Tera Blast

Overview

With an ability so strong it enables an entirely new playstyle (Dragonite never went above 1% usage rate throughout all of Sword and Shield), and stats that would make any would-be offensive mon jealous, it's no secret as to why Chien-Pao is the meta staple that it is today.

EVs

Glass Cannon: With middle-of-the-road bulk and defensive typing, and an ability specifically built around doing as much damage as possible, Chien-Pao doesn't really do much other than eat a hit with Focus Sash and dish out amazing damage.

Assault Vest: Or does it? This set is built to be specially defensive, and can live a Moonblast from 252+ Flutter Mane and has 2/3 chance to live two Dazzling Gleams from the same. Thunderclap from Raging Bolt is a 4HKO meanwhile you have a 2HKO with Icicle Crash. It lives a Surging Strikes from 252+ Scarf Urshifu, and up to 192+ Mystic Water Urshifu. It is guaranteed to live 2 Grassy Glides from the most common Rillaboom spread (148+ Attack). Generally, Ice Spinner + Sucker Punch should kill most of your targets, but a few bulky stragglers like Raging Bolt survive.

Moveset

Glass Cannon: Protect is an absolute must have, no questions. Sucker Punch gives you some important high-powered priority, as our next best option is Ice Shard. Ice Spinner vs Icicle Crash is up to you. Icicle Crash is higher in power, and doesn't make contact, meaning your Sash can't be broken by the likes of Rocky Helmet, and you can't proc Glimmora's Toxic Debris. Ice Spinner is lower in power, but 100% accurate, and has the niche effect of removing Terrains. This can benefit many teams, but can also be particularly harmful to common Pao partner Rillaboom, neutering him by shutting off his terrain.

Assault Vest: The same applies here, except for Tera Grass/Electric Blast was chosen as Pao's other coverage is not so great. Specifically, it's to deal with Water types such as Urshifu-R and Tera Water Ogerpon-W.

Tera Type

Glass Cannon: Ghost is the most widely applicable and easy to use Tera, it's obvious why. It stops your 4x Fighting weakness, as well as Fake Out and Extreme Speed that would otherwise break your Focus

Sash. Stellar is harder to use, but is a really great pick to seriously pack on the damage from all of Pao's attacks. It is much harder to use though, so while in general it is stronger than Ghost, new players should stick to Ghost.

Assault Vest: Electric deals with Water types that Pao otherwise struggles to hit, as well as stopping your Steel weakness. Grass similarly hits Water types that you hurt to hit, but does less for you defensively.

Item

Glass Cannon: Due to our EVs, we'll need Focus Sash to ensure we aren't OHKO'd by faster mons like Scarf Urshifu and Flutter Mane.

Assault Vest: Assault Vest was selected to help patch up Chien-Pao's mediocre bulk, and because it can safely and effectively utilize having four attacks and no Protect due to its great offenses.

Partners

Generally, you want to partner Pao with priority using physical attackers so as to spam otherwise weaker than average moves next to Sword of Ruin. Entei and Dragonite are the two that form the Paonite and Chientei cores that dominated early Regulation F, but have been steadily popular since Reg C when Pao was added. Dragapult is a slightly more niche option that still works well in this slot due to immunity to Fake Out and Intimidate similarly to Entei and Dragonite. Chien-Pao, due to its ability, enables a lot of less than stellar mons with good priority access to a decent spot if you like them. Slither Wing and Metagross are two examples of otherwise mediocre mons that are boosted to usable heights through the power of Sword of Ruin. Other great physical attackers include Rillaboom and Urshifu-Rapid.

Checks and Counters

The vast majority of Flutter Mane are calcing their defense specifically to live a Chien-Pao Icicle Crash, and to be faster than Adamant Chien-Pao, that is to say, Flutter Mane is a really great answer. It can deal massive damage with Moonblast and Dazzling Gleam while you can't exactly hurt it back for a ton. Urshifu-Rapid also completely walls your STABs, forcing you to use the weaker Sacred Sword against it while it can outspeed, and break your Focus Sash with the multi-hit Surging Strikes. Iron Crown is also a notable weakness, as on Psychic Terrain with Booster Speed it will stop your Sucker

Punch, and break your Sash with Tachyon Cutter. Incineroar is also an obvious one, it walls your STABs and though you can hit it back with Sacred Sword, most competent spreads will live one and be able to Flare Blitz you back. Importantly, Sacred Sword does not ignore negative drops on yourself, only positive ones on the enemy, meaning Intimidate and Parting Shot cycling is very useful to shut Chien-Pao down.

Final Notes

The Treasures of Ruin are mostly all good, Chien-Pao is an especially notable force. Paonite/Chientei teams have won regionals, and consistently placed high in usage. He has recently fallen out of usage due to the meta being less Physical based thanks to Incineroar but is still an important pick. His ability to not only wreak insane damage himself, but to inherently boost their partner's just by being there makes Chien-Pao a phenomenal mon that all players should consider and learn to use.

April 2024, Regulation F/G

#1008 MIRAIDON: A

Miraidon @ Assault Vest

Ability: Hadron Engine

Level: 50

Tera Type: **Fairy**/Water/Flying

EVs: 204 HP / 100 Def / 20 SpA / 68 SpD / 116 Spe

Modest Nature

- Electro Drift
- Draco Meteor
- Dazzling Gleam/Overheat
- Volt Switch/Dazzling Gleam

Miraidon @ Choice Specs

Ability: Hadron Engine

Tera Type: **Electric**

EVs: 4 HP / 252 SpA / 252 Spe

Timid Nature

- Electro Drift
- Volt Switch
- Draco Meteor
- Dazzling Gleam/Discharge/Parabolic Charge

Overview

Miraidon enables an entirely new class of broken mons, the Quark Drive paradoxes, and combined with its phenomenal stats and spamable signature move, Miraidon is a staple to watch out for in Regulation G.

EVs

Assault Vest: The Speed ensures that we hit 170 Spe, which is faster than 188+ Ogerpon, 188+ Latias, 252+ Landorus-I, and non-Scarf 252+ Urshifu-R, among others.

The SpD + Assault Vest ensures we live a Draco Meteor from a 252 Timid Miraidon. We live a 252+ Draco Meteor from Raging Bolt and we have extremely high odds (99.6%) to live 2 Dragon Pulse from 100+ Raging Bolt. We also live a 252+ Life Orb Earth Power from Landorus-I. We are virtually never (.4%) to be 3HKO by 252+ Calyrex-S Astral Barrage. The crowning jewel on our SpD calcs is our ability to live up to a 108 Choice Specs Tera Fairy Moonblast from Flutter Mane, as well as up to a 176+ Booster SpA Tera Fairy Moonblast, and a 252+ Sash Tera Fairy Moonblast. Dazzling Gleam is also a 2HKO from 160 Timid Specs Flutter.

The Def helps us live a Dragon Claw from 252 Timid Koraidon. We're also guaranteed to live a -1 252+ Calyrex-I Glacial Lance and a -1 252+ Chien-Pao Icicle Crash. (We have just over 60% chance to live them otherwise, so while the odds are in our favor, we should not be reliant on them). We live a Play Rough from 252 Jolly Zacian-C at +0 Atk. We live a 252+ Stomping Tantrum from Scarf Landorus-T, as well as some particularly bulky Choice Band Landorus-I (up to 96 Atk Choice Band Stomping Tantrum). We also are guaranteed to barely live a 252+ Precipice Blades from Groudon.

The remaining is put into SpA, and all of your supereffective STAB moves should always KO their targets. Electro Drift into Urshifu-R and Kyogre, Draco Meteor into opposing Miraidon, non-AV Raging Bolt (only a 40% to kill with AV), 252 HP Kyurem-W, etc.

Specs: Generic Glass cannon to optimize damage and speed. Due to your high BST, you have great natural bulk, so while you should be wary of supereffective moves, you can tank quite a few neutral ones.

Moveset

Assault Vest: It should go without saying that we use Electro Drift. Some might consider Dragon Pulse as an alternative to Draco Meteor, but it is simply far too weak to utilize with this spread's limited SpA investment, we heavily rely on the power of Draco Meteor to score OHKOs on our targets. Dazzling Gleam is quite a popular coverage move, especially with Tera Fairy, hitting mons like Urshifu-S and Chien-Pao for quite a lot. Overheat is a more unique option that lets you hit back against Grass types like Rillaboom or Ogerpon-T that might otherwise wall you offensively. Despite this, it is quite a restraint to have two moves that drop your SpA, so be wary of using it. Volt Switch is a final alternative option that plays nicely into our middling speed tier. We can switch out after tanking a hit from something like Flutter Mane or Raging Bolt, but before getting chunked by Groudon or Landorus-I.

Choice Specs: The same applies, though due to our lower wiggle room Volt Switch is more mandatory to be sure you can get out of there in bad options. Discharge/Parabolic Charge are unique options to be used next to mons like Landorus or Ursaluna-BM in order to give yourself STAB spread moves.

Tera Type

Assault Vest: Fairy is the obvious one. It's a phenomenal defensive type, and plays directly into our Dragon weakness, as well as boosting our Dazzling Gleam. Water is a nice neutral type and aids with our matchup against Sun teams. Flying is a final option that directly deals with our Ground weakness, and not much else.

Choice Specs: As if Choice Specs and Hadron Engine weren't enough, we can take advantage of Tera Electric to go even crazier on the damage and nullify most resists, such as doing around 50% to AV Rillaboom.

Item

Assault Vest: The entire EV spread heavily relies on Assault Vest to ensure it can tank hits from special threats like Flutter and Raging Bolt that would otherwise be impossible to deal with. Assault Vest is specifically nice on Miraidon as the Electric Terrain teams it enables don't really have any members vying for the Assault Vest, save Iron Hands (who is better with Clear Amulet on these teams anyways).

Choice Specs: Due to the spammability of moves like Electro Drift, as well as the ability to Volt Switch, Choice Specs is our best option, taking our high attack even further.

Partners

Obviously, setting up Electric Terrain means that any Quark Drive mon is automatically a good partner. Iron Bundle, Iron Boulder, and Iron Hands are all great options. Iron Bundle provides nice speed control making your already substantially fast Miraidon move even quicker, as well as dispatching Grass types that you struggle with. Iron Boulder is an amazing speedy offensive tool that can be used in conjunction with the bulkier Miraidon, along with Iron Hands, who can be used as another bulky offense mon.

Rillaboom and Amoonguss are two phenomenal mons that should never be used with Miraidon. Many players will make the mistake of adding one of these two to their Miraidon team as part of goodspam. Rillaboom stops your own terrain, not only hurting Miraidon itself, but all of the other teammates it hopes to support. Amoonguss, while great support, cannot Spore most foes due to Electric Terrain preventing Sleep. Useful Grass type partners one should consider instead include Ogerpon-T and Ogerpon-W, and Whimsicott. Incineroar is quite important as well, as many of our Def calcs rely on Intimidate to live. Due to this ability to stop sleeps, slower, more vulnerable set-up mons such as Swords Dance Kingambit or Swords Dance Urshifu are excellent partners as it creates less opportunities for Amoonguss to shut down a potential sweep.

Be sure to include at least 2 mons that directly benefit from Electric Terrain.

Checks & Counters

Due to our and our team's reliance on Electric Terrain for high damage, any mon that can stop it is an important Check. Rillaboom specifically can not only eat our Electric attacks, but also stops our Terrain. While Miraidon isn't threatened by Calyrex-S, Indeedde stopping our Terrain is still important for our teammates such as Iron Bundle or Iron Jugulis who can sometimes flounder without Terrain. Ice Spinner Chien-Pao and Urshifu-R are also threats to be wary of for the same reason. While we do live virtually every hit we want, we are still especially scared of some specific, more niche versions of mons, such as Loaded Die + Scale Shot Koraidon, or Life Orb Miraidon.

Final Notes

Similar to how Chien-Pao created the PaoNite core, Miraidon now creates the Electric Terrain core. Tapu Koko certainly existed in SwSh, but the slew of new Quark Drive mons (as well as a stronger setter) means that the archetype will rocket to heights never before seen. Archetype aside, Miraidon itself is an amazing mon, giving itself a massive SpA Boost on ETerrain in, as well as the Terrain boosting Electro Drift. It eats supereffective hits like nobody's business, and still has enough SpA to cleave through teams with minimal investment. Truly, one of the best restricteds Game Freak has ever introduced.

April 2024, Regulation G

#1009 WALKING WAKE: C+

[Wake + Koraidon Sun HO](#)

Walking Wake @ Life Orb/Choice Specs

Ability: Protosynthesis

Tera Type: **Fire**/**Stellar**/Steel

EVs: 4 HP / 4 Def / 244 SpA / 4 SpD / 252 Spe

Timid Nature

- Hydro Steam

- Draco Meteor

- Flamethrower/Weather Ball

- Protect/Flip Turn/Tera Blast

Overview

Uniquely, Walking Wake slots on Sun teams as a Water type that isn't deterred, but instead supported by the Sun, allowing access to the powerful FWG core on sun teams, as well as being a strong offensive presence in general.

EVs

We want the Speed boost since we have reliable ways of boosting our SpA, either through our item or the weather boosting the move. Wake fits best on HO weather teams, so it's best to make it a glass cannon and let it run wild. It has great natural bulk though, and can be surprisingly tough to take down.

Moveset

Hydro Steam is critically important, it should be the only Water STAB we need. Draco Meteor is important as it picks up some KOs that Dragon Pulse otherwise misses. Flamethrower is a nice consistent option that works out of the Sun, but on harder Sun teams with multiple setters, Weather Ball is an extremely powerful option that can devastate. Protect is necessary on non-Specs variants. Specs variants have a few options for their final move, Flip Turn is great with Booster Spe to help us pivot out of bad matchups, but Tera Blast is especially useful with Tera Steel in order to smack Flutter Mane and the wide range of Tera Fairy mons.

Tera Type

Fire is the most common and direct choice. Not only does it stop our Fairy weakness, but it boosts our Fire coverage even further. Steel is a nice option as it's a better defensive type than Fire, and can also give you Tera Blast coverage. Tera Stellar is a unique option that is great on a HO mon with three attacks like Walking Wake, though it leaves you quite vulnerable defensively, so beware.

Item

Life Orb is the most straightforward and obvious. Since our Speed is being boosted by Photosynthesis, we'll want something to boost our SpA further, and Life Orb makes perfect sense. Thanks to Life Orb

already boosting us, as well as the Sun boosting our moves, we don't really need the extreme power of Choice Specs, though it can be handy if Life Orb is already taken or if you need the extra power.

Partners

We want a sun setter, first and foremost. Groudon, Koraidon, and Torkoal are obviously great, though manual Prankster setters such as Whimsicott and Tornadus work excellently as well, the latter two are particularly nice for their speed control, though we are already Booster Spe. Like any sweeper, Walking Wake greatly appreciates offensive support, so mons like Rillaboom and Incineroar work great.

Incineroar is particularly nice as it greatly appreciates the sun as well.

Checks & Counters

Opposing weather setters, such as Alolan Ninetails, or other Manual users setting Rain Dance and others seriously disrupt our flow, hence why it is particularly useful to partner Wake with a manual setter. The Sun boosts opposing Flutter Mane, and thus it is a very difficult matchup that almost always requires a switch or a Tera to deal with, if they are Booster Spe.

While uncommon at just under 1% usage, Primarina is one of two mons in SV (along with Azumarill, who, yeah, not real) who can resist Water, Dragon and Fire, so while uncommon, be careful if you see it. Water is quite a common Tera type as well, and though you can still hit them neutrally with Draco Meteor, it may often force your SpA drop earlier than you'd like.

Final Notes

One of the best new weather abusers to come from ScVi, and that's in an entire generation filled with new Protosynthesis mons. For the longest time, Sun teams simply lacked the amazing offensive and defensive properties of the Water type, but now, Walking Wake finally allows not only the utility in the sun, but it allows a Sun sweeper that isn't shut down by the Rain, as Hydro Steam is also boosted in the Rain. Though heavily threatened by consistently the 2nd most used mon, Walking Wake still offers great offensive prowess and is an important part of many sun teams in VGC24.

May 2024, Regulation G

#1022 IRON BOULDER: B

[Sample: Electric Terrain / Trick Room Balance](#)

Iron Boulder @ Booster Energy/Choice Band/Covert Cloak

Ability: Quark Drive

Tera Type: Grass/Electric/Flying

EVs: 4 HP / 244 Atk / 4 Def / 4 SpD / 252 Spe

Adamant/Jolly Nature

- Mighty Cleave
- Psycho Cut/Zen Headbutt/Sacred Sword/Close Combat
- Sacred Sword/Close Combat/Throat Chop/Tera Blast
- Tera Blast/Protect

Iron Boulder @ Booster Energy/Clear Amulet/Safety Goggles

Ability: Quark Drive

Level: 50

Tera Type: Flying/Grass/Water

EVs: 236 HP / 36 Atk / 116 Def / 4 SpD / 116 Spe

Jolly Nature

- Mighty Cleave
- Psycho Cut/Sacred Sword/Tera Blast/Throat Chop
- Protect
- Swords Dance

Overview

With great stats and a nice offensive typing, Iron Boulder can function as a powerful sweeper on Miraidon Electric Terrain teams thanks to Quark Drive.

EVs

Glass Cannon: It's a standard 252/252 Glass Cannon spread. Iron Boulder has really great natural bulk and therefore can take a neutral hit or two even with minimal defense investment. Adamant vs Jolly is up to you, it just depends on if you have enough speed control to need the Quark Drive speed boost.

Bulky Swords Dance: This set is a little more unique. Iron Boulder has pretty good 90/80/108 natural defenses and investing in those gets him surprisingly bulky for a nice Swords Dance set. Thanks to an insane 124 Speed stat with only 116+ and Quark Drive it's super speedy and outspeeds even the fastest mons like Scarf Urshifu and Scarf Landorus that would otherwise threaten it. Its defensive EVs are specifically calced to live a Grassy Glide from Rillaboom, which is as of yet its biggest threat, though it is just generally bulky. The SpD doesn't guarantee a survive from Flutter Mane, but you have amazing odds (less than 20%) to live by a midrange Shadow Ball (116+ Nonspecs/60 Specs). The attack is very reliant on SD, it can score some good damage on most things without due to its massive natural attack, but you won't be scoring any OHKOs.

Moveset

Glass Cannon: Obviously, you need Mighty Cleave. That's a given. Psycho Cut vs Zen Headbutt is up to you, usually Psycho Cut is enough damage but sometimes it can fall short, as well as the flinch chance on Zen Headbutt being very nice on the rare occasions it procs. Despite this, Psychic coverage is not the most useful type to have, so you don't always need it- especially given the weak move options; there's for sure room to use a Fighting move in that slot instead. If you opt for Booster Energy, Protect is basically a must have, otherwise though, you have room for Tera Blast, which offers plenty of super useful coverage. Your other flex slot can go anywhere really, if you choose a Psychic move then for sure use Fighting coverage to ensure that you aren't walled by Steels. Sacred Sword is really nice to help break through Body Press users like Registeel or Archaludon, but the power of Close Combat is overwhelming. The defense drops don't especially matter when you're a glass cannon anyways. Throat Chop has been used to deal with the slew of Psychics like Indeedee, Farigiraf, and Iron Crown. It also does great damage to Gholdengo, who is a major threat to you otherwise.

Bulky Swords Dance: Again, Mighty Cleave is a must have. Protect and Swords Dance are similar, the

set is built around Swords Dance, and Protect is important to ensure you aren't double targeted early on and KO'd. Your final slot is variable. Again, Throat Chop is really nice to deal with Psychics that would wall you, but it's not as useful as a more widely applicable move like Sacred Sword that hits more relevant mons. Tera Blast is again a great option to help patch up some coverage issues. Despite this, Psychic Moves are very important to ensure you can't be completely shut down by Amoonguss, so if you have a particularly bad matchup against it, consider Psycho Cut/Zen Headbutt.

Tera Type

Glass Cannon: Grass is the generally best defensive type, giving you access to Tera Grass Tera Blast which hits a lot of your relevant answers such as Urshifu-Rapid and Ogerpon-W during Tera- as well as stopping both your Ground, Water and Grass weaknesses. Flying directly stops your Ground and Grass weakness, but doesn't give you a powder immunity like Grass. Flying does give you the very useful Tera Flying Tera Blast which helps you deal with Rillaboom who is a major threat to you with Grassy Glide. Tera Electric is strictly for the Tera Blast coverage, as it only offers a resistance to Steel, which already isn't that common of an offensive type.

Bulky Swords Dance: Flying and Grass are good for the same reasons mentioned prior. Water specifically is an all around general defensive type that is useful on any bulky mon, and has a great neutral matchup into many types.

Item

Glass Cannon: It's quite simple really, if you're on a team with Miraidon, use Choice Band, otherwise, use Booster Energy. Choice Band means you can go for Jolly, giving you the Quark Drive speed boost, effectively giving you a +1/+1 (free Dragon Dance). Booster Energy is obviously not as good but is still very strong and gives you a great option in Protect. With good speed control like Tailwind or Icy Wind, you can very easily use Booster Atk to grow even stronger. I suppose you can use Covert Cloak on Miraidon teams, but generally you really want that Choice Band damage. Just another option to toy around with though.

Bulky Swords Dance: The set was built with Booster Energy in mind, and is from before Reg F without Miraidon. Despite this, you can for sure use the set with Miraidon. Swords Dance means

you're less reliant on an offensive item like Booster or Choice Band, and can instead go defensively instead. Clear Amulet is incredibly strong and helps make sure that we can still safely deal with Incineroar and Landorus-T that would otherwise easily shut down our Swords Dancing. Safety Goggles is another nice option, especially if you're not Tera Grass, as it means you aren't completely shut down/walled by Amoonguss, depending on your set.

Partners

Glass Cannon: Miraidon, Miraidon Miraidon. Miraidon absolutely makes this thing a monster, and it's the reason as to why I ranked it B- opposed to a C- that I had it during Reg F. The ability to hold Choice Band gives it such an overwhelming power boost that I seriously would almost always consider using this thing on any team with Miraidon due to the sheer damage and speed it can pack. For Booster sets, consider using more supportive partners like Tornadus or Icy Wind Flutter Mane to give it some speed control in order to use Quark Drive Attack.

Bulky Swords Dance: Miraidon is still a great partner here, it makes you less reliant on Booster Energy and you can safely run another helpful item like Safety Goggles or Covert Cloak, but the set was built in a time before Miraidon, and is not as reliant on it. Rillaboom is the optimal partner for this set, specifically Booster variants. Rillaboom offers Fake Out support, and useful healing via Grassy Terrain. Incineroar can also be used on Electric Terrain teams and offers similar Fake Out and disruption support without the healing. Incineroar also importantly offers Fire type offense with Flare Blitz to help break through Steels and Amoonguss that Iron Boulder otherwise struggles to deal with.

Checks & Counters

In general, both of these sets have similar answers. Neutralizing Gas Weezing is particularly annoying, as it means you can't get your crucial Quark Drive proc to boost your Attack or Speed to the heights that you really want to be a presence on the field. Additionally, Rillaboom and Indeedee (RIP Misty Surge Weezing) are able to disrupt Miraidon's terrain and shut down Quark Drive. Iron Boulder suffers from F.M.S.S (Four Moveslot Syndrome) and generally can't fit every coverage move it wants unless you're Choice Band. Variants without Fighting Moves are walled by Steels like Kingambit and Archaludon, but variants without Psychic moves struggle to break through physically defensive

Amoonguss and bulky Urshifu-Rapid. This is the pitfall of the Swords Dance set specifically, and Balance teams that contain multiple of these mons (specifically the trick room core of Farigiraf, Amoonguss, and Kingambit, which is impossible to hit without using four attacks or dropping Mighty Cleave) are very troubling for it. Trick Room in general is very threatening for it. Psychic types are commonplace and it's quite easy to wall it if it doesn't have the right coverage move.

Final Notes

Without Miraidon, this mon is a decent albeit outclassed anti-meta pick. Bulky sets have a huge surprise factor in and out of OTS and with Rillaboom support and 1-2 Swords Dances, you can absolutely sweep and win. With Miraidon however, this mon is going to shine through a major offensive part of Miraidon teams. I would seriously consider giving Iron Boulder a look.

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