

Omastar is one of the most popular and successful lower-tier Pokemon in the UUBL metagame, and for good reason. Its access to the extremely rare Spikes is already a major mark in its favor, and Omastar's high physical bulk allows it to repeatedly set them up over the course of a game more reliably than its competition. Omastar's typing augments its bulk with some useful resistances to Normal-, Fire-, Flying-, and Ice-type attacks, which notably allow it to check Choice Band users such as Dragonite and Tauros, while its high Special Attack lets it threaten two of the tier's premier Rapid Spin users, Donphan and Armaldo, even without offensive investment. And if Omastar wants to go on the offensive, its access to Swift Swim and the most powerful Hydro Pump in the tier let it do exactly that, with its bulk and resistance to common priority moves making it quite hard to revenge kill.

However, Omastar is plagued with several issues which make it hard to fit on some teams that may favor an overall sturdier physical tank like Regirock. Water / Rock is a subpar defensive typing overall, leaving its physical bulk undermined by crippling weaknesses to Fighting and Ground. It's also a Water-type that is completely shut down by Fire-types if they carry Hidden Power Grass due to its 4x weakness to the move. Omastar's subpar Speed doesn't help it in this department, which is especially hindering to the Rain Dance set since it has to invest EVs in Speed over bulk far more than other rain sweepers. The Rain Dance set is also hard-countered by several common defensive Pokemon such as Vaporeon, Chansey, and Regice, and Omastar's Water neutrality and Electric weakness give it a worse matchup against the likes of Lanturn and Tentacruel than competing rain sweepers Kingdra and Ludicolo. But the support that Omastar requires to perform well is far from unreasonable regardless of the set, and the rewards for using it can be extremely worthwhile.

## Bulky Spikes

Move 1: Spikes

Move 2: Surf
Move 3: Ice Beam
Move 4: Protect / Toxic / Thief
Item: Leftovers / No Item
Ability: Shell Armor
EVs: 252 HP / 252 Def / 4 SpA
Nature: Bold

Spikes is an incredible utility move, damaging all grounded Pokemon on switch-in and forcing consistent progress. Surf is an excellent pairing with Spikes, giving Omastar powerful STAB with good coverage from its base 115 Special Attack stat; the move importantly threatens Donphan, the most common Rapid Spin user, with an OHKO. Ice Beam covers Dragonite, allowing Omastar to check physical variants, and various Grass-types, which might otherwise try to take advantage of Omastar by switching in as it lays down Spikes. The final moveslot is usually decided by the style of team Omastar is on. Protect maximizes Leftovers recovery, allowing it to last longer in drawn-out games; it also scouts on which moves Choice Band users such as Medicham lock themselves into. Toxic is a catch-all move to cripple common switch-ins such as Raikou and Lanturn, and is easier to fit if Omastar's team has Wish support for it; finally, Thief in conjunction with an empty item slot lets Omastar cripple an opposing Pokemon via item removal, which is great for augmenting passive damage from Spikes and making quick progress on offensive teams. Hydro Pump can be considered as an alternative Water-type STAB to grab a surprise OHKO on any Donphan that invests in Special Defense to survive Surf, but its lower accuracy and PP make it inferior in most situations.

## Set Details

This set utilizes a physically defensive EV spread to maximize the mileage Omastar gets from its natural bulk and most useful resistances to Normal and Flying. It also makes Omastar very difficult to OHKO even with super effective hits, (Machamp's Cross Chop, one of the strongest physical attacks in UUBL, maxes out at 76% against it) allowing Omastar to spend more time laying Spikes or to preserve itself for later. Leftovers are required for some recovery, although they should be removed if Omastar is using Thief. Shell

Armor is the preferred ability on this set, as Swift Swim isn't even useful for checking other rain sweepers due to Omastar's poor Speed.

## Usage Tips

Aim to get Omastar in during the opening turns of a game so that it can lay Spikes as quickly as possible; non-offensive teams can even use Omastar in the lead slot thanks to its bulk and decent matchup spread. Try to avoid laying down a second layer of Spikes unless you can realistically commit to all three layers, as attacking on a given turn is usually more valuable than setting up the paltry extra chip damage that the second layer gives. Keep in mind that despite full bulk investment, Omastar's awkward defensive profile means it's much more useful as a pivot than as a wall. Because of this, it should seek to switch into neutral or resisted attacks from Choice Band users or weak defensive Pokemon such as Weezing, get its Spikes on the field, and immediately fall back to a teammate to deal with any incoming threats. If Spikes are already on the field, double switching is often more useful than attacking a switch-in directly, especially on offensive teams, as it forces even more switches from the opponent which in turn maximizes the value of Spikes. If using Thief, Omastar should try to use the move as soon as possible to steal the Leftovers of relevant switch-ins such as Regice, Lanturn, or Raikou, if this proves to be more beneficial for its team than laying Spikes down.

## Team Options

Between the tremendous utility provided by Spikes and the defensive profile, it's no surprise that Omastar can fit in a wide variety of teams. All kinds of wallbreakers and fast threats found on balance teams love Omastar's Spikes support for wearing down checks over the course of a game. Pokemon such as Dragonite, Blaziken, and Tauros that are mostly kept in check by grounded Pokemon are such examples. Grass-types such as Venusaur and Sceptile are effective partners, as they appreciate Omastar's ability to abuse the likes of Weezing and Dragonite to lay Spikes down and highly benefit from the residual damage that adds onto their Leech Seed. Calm Mind Raikou is another excellent teammate, offering an Electric resistance and a method of threatening the Water-types that abuse Omastar's presence in the absence of Toxic; this is especially great against the Toxic-immune Rapid

Spin Tentacruel, which easily beats Omastar in a one-on-one hazard war. In turn, Raikou, much like Regice, is sure to appreciate Spikes support as all of its checks are grounded Pokemon. Flying-types such as Dragonite and Crobat easily switch into the Grass-, Fighting-, and Ground-type attacks that threaten Omastar, and both can run threatening Choice Band sets which appreciate Spikes to help break down their checks.

Since Omastar lacks recovery outside of Leftovers and can't really fit Rest on its set, Wish support is an excellent piece of utility that can benefit it on balance and stall teams. Chansey is a great partner for this, as it can also make up for Omastar's special frailty with its own titanic special bulk, and even prevent Omastar from being crippled by status with Heal Bell. Kangaskhan is another decent choice that sacrifices some bulk for greater offensive presence. A spinblocker is a common tool that Omastar appreciates during long battles, relieving the pressure on it to repeatedly get back onto the field and set up Spikes. Haunter is the most common pick here, but more defensive teams can also use Dusclops to great effect. Omastar is the default Spikes setter for stall teams, and thus commonly fits alongside Weezing, an excellent partner that covers its Ground- and Fighting-type weaknesses, while Omastar alleviates the pressure Weezing could face by trying to switch into the likes of Choice Band Dragonite and Tauros. Another notable partner in defensive builds is Hariyama, which can rack up Spikes damage faster with Knock Off and Whirlwind and check Pokemon that Omastar isn't very suited to deal with, such as Swords Dance Ursaring and various Fire-types such as Houndoom and Blaziken.

## Rain Sweeper

Move 1: Rain Dance
Move 2: Hydro Pump
Move 3: Ice Beam
Move 4: Spikes / Hidden Power Grass
Item: Lum Berry / Leftovers
Ability: Swift Swim
EVs: 48 HP / 252 SpA / 208 Spe
Nature: Modest

Once rain is active, Omastar's STAB Hydro Pump becomes the single strongest special attack in the metagame; its power is so incredible that

neutral targets as bulky as Registeel can't avoid a 2HKO from it without significant Special Defense investment. Even the nigh-impenetrable Regice can be knocked into 2HKO range with some help from Omastar's own Spikes! Ice Beam OHKOes Dragonite and 2HKOes every relevant Grass-type in the tier except specially defensive Venusaur, Cradily, and Ludicolo, which hard counters this set. Spikes is preferred in the last moveslot because Omastar is unique in its capacity to compress Spikes support and an endgame win condition into one teamslot. However, if Spikes duty is handled by another Pokemon or simply not included, Hidden Power Grass can be useful to ensure Omastar isn't completely helpless against opposing Water-types, although it'll still lose to common ones such as Vaporeon, Lapras, and Lanturn if they haven't been sufficiently weakened. Surf is also usable in this slot for those paranoid about Hydro Pump accuracy, but it cannot be used over Hydro Pump due to the unacceptable power difference that sets Omastar apart from other Swift Swim sweepers.

## Set Details

Maximum Special Attack EVs with a Modest nature make Omastar a nightmare for most Pokemon to take hits from. 208 Speed EVs are needed to outspeed Crobat under rain, while the remaining EVs are dumped into HP to give Omastar some extra survivability. A few extra Speed EVs can be diverted into bulk if desired, but 164 EVs is the bare minimum Omastar can use, as it will otherwise be outsped by two excellent revenge killing options in Sceptile and Alakazam. Lum Berry is the recommended item due to how useless this Omastar becomes if it's paralyzed, but the extra longevity offered by Leftovers can enable Omastar to stick around longer to lay down additional Spikes.

## Usage Tips

Try to leverage Omastar's bulk to switch into resisted attacks early-game and lay down Spikes, as one might with a defensive set; trading health for Spikes that will help it sweep later is generally quite a good deal, since Omastar is fast enough in rain to avoid taking hits from opposing offensive Pokemon anyway. The lack of Leftovers will probably give Omastar's set away, though, unless it's being used in the lead slot, which this set is ill-suited for. Alternatively, Omastar can try to set up Rain Dance and get as

much damage on special sponges such as Regice and Registeel to pave the way for its teammates. Using Rain Dance as soon as Omastar hits the field can also be a nasty surprise for common switch ins such as Raikou that come under the assumption that Omastar will first lay down Spikes.

### Team Options

A secondary rain setter can give Omastar significantly more opportunities than it might get on its own. Electrode is the best dedicated rain setter in the tier thanks to its Speed, Explosion, and STAB Thunder to ward off opposing Water-types, although it won't fit on every type of team. Other useful teammates which can sometimes fit Rain Dance on their sets include Regice, Registeel, Crobat, and other Swift Swim users such as Kingdra. This set also can't break through Chansey even with rain and Spikes, so Omastar requires a lure or counter to it in order to sweep. Fighting-types such as Hariyama work quite well against it and also pressure Regice; Substitute + Calm Mind Entei is a secondary special win condition which also beats Chansey one-on-one and helps against Regice; and Beat Up users such as Houndoom and Diglett are useful if Chansey can be lured early in the game when the team is still healthy. This variant of Omastar can also fit into special offense alongside the likes of Raikou, Espeon, Alakazam, and the aforementioned Entei and Kingdra, as the ability to compress Spikes support and sweeping and wallbreaking potential is quite appealing for these teams.

## Other Options

An offensive set consisting of Spikes and 3 attacks can be used, but Omastar doesn't really reach notable benchmarks that a standard defensive set cannot get already and the compromise in bulk is very notable. Rest can be used on the defensive set to give Omastar additional longevity and recourse against status, but the moveslot and forced passivity it requires make this a necessary evil for certain stall teams and nothing more. Hidden Power Electric can mildly annoy Tentacruel and surprise Qwilfish that would be tempted to lay down its own Spikes against Omastar. Mystic Water is useful on the Rain Dance set to push Regice and Registeel further into 2HKO range with Spikes and improve its ability to OHKO other neutral targets; however, pulling off a sweep without Lum Berry requires extremely careful play against common Thunder Wave users such as the Regi trio.

## Checks and Counters

**Tentacruel:** Tentacruel is the one Rapid Spin user which roundly beats any Omastar attempting to keep Spikes on the field, requiring additional team support to deal with. It can also stomach hits from the Rain Dance set and 2HKO it back with STAB boosted by Omastar's own weather.

**Raikou:** Raikou can switch into any attack from the defensive set besides Toxic and set up against it or threaten an OHKO with Thunderbolt.

**Special walls:** Chansey and Registeel can deal with the defensive set quite easily. Regice can threaten Omastar with Thunderbolt, but it would prefer to avoid a confrontation with Toxic sets due to how badly it's crippled by the move. Regice and Registeel can also be overwhelmed by the Rain Dance set with Spikes in play. Umbreon, much like Registeel, tends to carry Protect and can stall out Rain turns and waste Hydro Pump PP, while healing itself with Wish. However, due to their low firepower, Chansey, Umbreon, and Registeel are Spikes fodder for both variants of Omastar.

**Bulky Water-types:** Vaporeon, Lapras, and Quagsire are a pain for Omastar, being immune to its STAB and able to threaten Omastar back with their own. Vaporeon can also take advantage of Omastar defensively to pass Wishes to teammates or give them a Substitute with Baton Pass. It's worth noting that Quagsire can be invalidated by Hidden Power Grass, though. Lanturn is another pest which offensively counters the Rain Dance set and threatens to OHKO both variants with Thunderbolt, much like offensive Vaporeon with Hidden Power Grass. Slowbro sits on the defensive set and sets up Calm Mind boosts in front of it, although it's unreliable at checking the Rain Dance set.

**Grass-types:** Omastar's 4x weakness to Grass leaves it terrified of common Grass-types such as Sceptile, Venusaur, Ludicolo, and Cradily, all of which easily OHKO Omastar. However, all of these except Ludicolo are hit hard by Ice Beam on the switch, and all except Venusaur are crippled by Toxic.

**Donphan:** Specially defensive Donphan specifically EVs itself to survive a Surf from defensive Omastar, outspeed it, and 2HKO it with Earthquake,

making it a pain to play around. Physically defensive sets get washed away, though, and both are helpless against Rain Dance variants.

**Dragonite:** Choice Band Dragonite can crush an Omastar looking to absorb a Hidden Power Flying with Focus Punch, and the mixed set can KO it with Thunder if not in perfect health; however, all Dragonite variants universally fear Ice Beam.

**Opposing rain sweepers:** Kingdra and Ludicolo both effortlessly outspeed Omastar in Rain and OHKO it with their STABs; defensive sets are also blown away by them without trouble.

**Specially offensive Pokemon**: With their strong special attacks, all of Alakazam, Jynx, Espeon, and Haunter threaten to 2HKO defensive Omastar. However, the Rain Dance set outspeeds and turns the table against all of them. Gardevoir deserves a special mention due to its ability to outspeed Omastar under Rain thanks to Trace and threaten to OHKO offensive Omastar with Thunderbolt.

**Fighting-types:** Choice Band Medicham and Machamp have a chance to OHKO defensive Omastar with their mighty STABs, while Hariyama 2HKOes at worst and can even stomach a Rain-boosted Hydro Pump with the right spread and threaten to OHKO back. Jolly Medicham and Blaziken can both turn the tables on Omastar with Endure + Reversal sets, which outspeed it after a Salac Berry boost (yes, even in rain) and OHKO it.

## Credits

- Written by StupidFlandrs48
- Quality checked by Wenderz