

AERON REGION GYM LEAGUE

Official Rules & Regulations

Season 1 — v1.7

1. Overview

Challengers face a series of type-themed gyms and, eventually, an Elite Four and Champion, working toward clearing the league.

Seasons

- The league runs in seasons. Each season lasts approximately 1-2 months.
- All gyms and leaders established before a season begins make up that season's active gym pool — challengers must clear every gym in that pool (plus the Elite Four and Champion, once finalized) to complete the season.
- This document covers Season 1, which is currently ongoing and ends 25 September 2026. Season 2 is planned to begin 1 October 2026.

2. Challenger Rules

Team Submission

- Each challenger submits a closed team sheet of 10 Pokémon before starting their gym run.
- This same pool of 10 is used for the challenger's entire run through all 10 gyms — the pool cannot be swapped out partway through. Challengers resubmit a fresh pool of 10 before the Elite Four round (see Section 4).
- Gym leaders are able to view a challenger's full closed 10-Pokémon team sheet ahead of a battle — not just the smaller selection (e.g. the 4 or 6) the challenger actually picks to battle within a given match.

Between Battles

- Challengers may freely change held items, EVs, and movesets on their submitted Pokémon between battles.
- Abilities are fixed at submission and cannot be changed between battles.

Battle Restrictions

- **Banned Pokémon (Gyms 1–10):**
  - No Legendary, Mythical, or Paradox Pokémon. This includes the Ruinous legendaries (Chien-Pao, Chi-Yu, Ting-Lu, Wo-Chien).
  - Pokémon rated Uber on Smogon's current Uber tier list (https://www.smogon.com/dex/ss/formats/uber/) may not be used in a gym leader's singles battle (unless permitted). This applies only to non-Legendary/Mythical Pokémon rated Uber — Legendary and Mythical Pokémon are already banned entirely under the rule above. It will ultimately be the leader’s decision to allow Pokémon considered Uber to battle in a singles format.
- **Battle Gimmicks:**

    - Mega Evolution: 1 per battle, maximum.
    - Terastallization, Dynamax, Gigantamax, and Z-Moves: banned entirely.
- **Banned Moves:**
    - Fissure, Guillotine, Horn Drill, Sheer Cold (OHKO moves).
    - Double Team, Minimize (evasion).
    - Baton Pass, Shed Tail.
    - Fishious Rend, Last Respects — banned in singles and 6v6 doubles. Permitted only in VGC format (bring 6, pick 4).
- **Standard Clauses (Smogon OU):**
    - Sleep Clause — you may only have one of your opponent's Pokémon asleep at a time from your own moves. Does not apply in doubles battles.
    - Species Clause — no two Pokémon sharing a National Dex number on the same team.
    - Endless Battle Clause — you may not intentionally force a battle into an unwinnable stalemate.
- **Battle Format:**
    - Each gym leader chooses their own format — singles or doubles. Check with the leader before challenging.

3. Gym Leader Rules

Team Pool

- Each leader represents one type (Monotype format).
- Leaders can have up to a full box (30 Pokémon) prepared to choose from, to keep things fairer across types with very different Pokédex counts. This is a hard cap — leaders cannot exceed 30 — and all prepared Pokémon must be submitted for review.
- Pokemon considered Uber will most of the time not be allowed unless approved. These submissions will be subject to change depending on the results of the challengers.
- Minimum of 6 prepared Pokémon required, since a leader needs at least a full team of 6 to run standard singles/doubles, or to bring 6 and pick 4 under the VGC-style format.
- A leader's box may contain more than one non-restricted Legendary/Mythical/Paradox and more than one Mega, but only 1 of each may be brought into any single battle.
- Standard Smogon OU battle clauses apply: Sleep Clause (singles only — does not apply in doubles battles), Species Clause, OHKO Clause, Evasion Clause, and Endless Battle Clause. Shed Tail and Baton Pass are also banned.

Format

- Each leader chooses their own format — standard singles is the preferred default for simplicity, though a VGC-style "bring 6, pick 4" format (as used in the most recent server event) is also an option.
- If a leader chooses bring 6, pick 4, both the leader and the challenger submit their closed teams for that battle via DMs or a possible private channel.

Sportsmanship & Secrecy

- Leaders do not reveal their team ahead of a battle — this applies only to standard singles and standard 6v6 doubles formats. (For bring 6, pick 4, teams are already submitted privately per the Format section above.) The type is known in advance; the specific Pokémon and sets are not — this mystery factor is treated as the leader's built-in advantage.
- Spectators are only welcome to watch a gym battle with that leader's explicit permission. Anyone caught spectating without permission is subject to suspension from participating in the league.
- Leaking a gym leader's team is not tolerated. Doing so will result in an instant mute and ban from participating in the current season.

Rematches

- Cooldown between rematch attempts is standardized at 1 day per gym, but is ultimately at each leader's discretion based on availability.
- A challenger who wins may move on to the next gym the same day, if that next leader is available.

4. Elite Four

Challengers who clear all 10 gyms advance to the Elite Four. The following rules apply to the Elite Four round only and override the gym rules above where they conflict.

Challenger Rules

- Team resubmission: Challengers resubmit a closed team sheet of 10 Pokémon for the Elite Four round. Non-Uber Legendary, Mythical, and Paradox Pokémon — including Ultra Beasts — are permitted in this resubmitted pool. Pokémon rated Uber remain banned for challengers.
- Terastallization: Permitted in the Elite Four round. Each Pokémon's Tera type is locked at submission and cannot be changed for the remainder of the run.
- ZA Megas: Require approval before use, as there are no official rulings on them yet. Submit them with your team sheet for review.
- Everything else unchanged: Moves, held items, IVs/EVs, battle clauses, and all other restrictions carry over from gyms 1–10. Abilities remain fixed at submission.

Elite Four Member Rules

- Ubers: Each Elite Four member may bring 1 approved Uber Pokémon into any single battle. Ubers must be approved ahead of time and are subject to review based on challenger results.
- Legendary / Mythical / Paradox / Ultra Beasts (non-Uber): Uncapped — no limit on how many may be submitted to the box, and no limit on how many may be brought into a battle.
- All other gym leader rules — box size, minimum prepared Pokémon, Mega limit, standard Smogon OU clauses, and secrecy — carry over from Section 3 unless stated otherwise here.

Still To Be Determined

- Team pool size, format, and reveal/secrecy rules (may mirror the gym rules above, or differ).

5. Champion

Not yet finalized — more details to come soon.

- Current working assumption is that the Champion will not be bound by the standard team-pool restrictions and can use whatever team they choose.

6. Rewards

Not yet finalized — under discussion:

- A visible rank or badge (e.g. a star) for clearing the league.
- A one-time reward or kit for defeating the champion.

7. Right to Refusal

The following situations allow a match to be forfeited or paused for staff review, rather than played out or restarted on a participant's say-so alone:

- Incorrect format at lead reveal: If either the gym leader or the challenger starts the battle in the wrong format (e.g. singles vs. doubles) and leads have already been revealed, the person who accepted the battle may choose to forfeit the match without loss.
- Clipping the moment (recording/screenshotting) is advised, and staff should be contacted immediately for review.
- Gym leaders are expected to strongly enforce that their battle format is selected and set up correctly before a challenge begins.
- Disputed leads: If a challenger or leader claims their lead was sent out incorrectly, this does not by itself warrant a battle restart — a restart only happens if both parties agree.
- Mistakes happen — but if either the challenger or leader accidentally sends out a minimum of 2 different Pokémon before the battle has actually engaged, the other person may forfeit the match for further review.