

AERON REGION GYM LEAGUE

Official Rules & Regulations

Season 2 - v1.4

Season 2 starts Monday, 12 October 2026 and runs for about 2 months. Challengers clear monotype gyms in two groups, then face Group C: the Elite Four and Champion.

1. How Season 2 Works

Group	Who you face	To move on	Team pool
Group A	7 gym leaders	6 of the 7 Group A badges	Pool 1
Group B	8 gym leaders	All 15 gym badges, A and B	Pool 2
Group C	Elite Four, then the Champion	Beat all four E4 to face the Champion	Pool 3

Once in Group B, you can go back and challenge any Group A leader you missed, using your Pool 1 team.

- Gyms can be taken in any order within a group.
- Rematch cooldown is 1 day per gym, at the leader's discretion.

2. Team Pools

Pool	Used for	Submission	Legendary / Mythical / Paradox
Pool 1	Group A (gyms)	Before your first gym	Not allowed, except some Paradox (see Challenger Bans)
Pool 2	Group B (gyms)	When you unlock Group B	Not allowed, except some Paradox (see Challenger Bans)
Pool 3	Group C (E4 and Champion)	When you unlock Group C	Allowed, except Ubers

- Each pool is 14 Pokémon, and it can't be swapped mid-stage. Between groups, you can change Pokémon from one pool to the next; submit changes to HMAC on Discord for approval.
- Your Pool 1 team can only be used against Group A gyms, including Group A gyms you challenge after moving on to Group B.
- Items, EVs, moves, and abilities can change between battles.
- Gym leaders see your whole 14-Pokémon sheet.
- E4 and Champion only: Terastallization is allowed, with Tera types locked at submission.

Full list of what each pool can't contain: see **Challenger Bans**.

3. Battle Rules

Each leader picks a format, locked for the season:

Format	How it plays	Sleep Clause
Singles 6v6	Bring 6, use all 6	Yes
Doubles 6v6	Bring 6, use all 6	No
VGC Bring 6, Pick 4	Doubles; both sides submit closed teams by DM	No

Always on: Species, OHKO, Evasion and Endless Battle clauses. Doubles also uses Gravity Sleep Clause (no sleep moves under 100% accuracy alongside Gravity). Mega Evolution is limited to 1 per battle. Terastallization (gyms only), Dynamax, and Z-Moves are banned.

Banned moves, abilities and items (everyone)

	All formats	Singles only	Doubles only
Moves	Assist, Double Team, Minimize, Fissure, Guillotine, Horn Drill, Sheer Cold	Baton Pass, Shed Tail	Dark Void, Swagger
Abilities	Arena Trap, Moody, Power Construct, Sand Veil, Shadow Tag, Snow Cloak	-	Commander
Items	Bright Powder, King's Rock, Lax Incense, Quick Claw, Razor Fang	-	-

Last Respects is banned in Singles 6v6 and Doubles 6v6, and legal in VGC Bring 6, Pick 4.

4. Gym Leaders, Elite Four & Champion

- Leaders run one type, with a box of 6-30 Pokémon, all submitted for review.
- Leaders may use any number of Legendary, Mythical and Paradox Pokémon, as long as they're legal for their format.
- Leaders keep their team secret. In VGC Bring 6, Pick 4, both teams are revealed privately via DM.
- Spectating needs the leader's permission. Leaking a leader's team means an instant mute and a season ban.
- The Champion has no team restrictions.

Banned Pokémon for leaders, by format: see **Gym Leader Bans**.

5. Prize

Beat the Champion to clear the league and earn:

- 1 shiny of your choice, excluding Arceus, Eternatus, Shaymin, Jirachi, Mew, Dialga, Palkia, Giratina, Mewtwo and Manaphy.
- Discord tag

6. Right to Refusal

- Wrong format with leads revealed: whoever didn't cause it may forfeit without loss. Clip it and contact staff.

- Disputed lead: a restart happens only if both sides agree.
- 2+ Pokémon sent out before the battle engages: the other side may forfeit for review.

Challenger Bans

Pools 1 and 2: Gyms (Groups A and B)

Category	Banned
Legendary and Mythical	Arceus, Articuno, Azelf, Calyrex, Celebi, Chi-Yu, Chien-Pao, Cobalion, Cosmoem, Cosmog, Cresselia, Darkrai, Deoxys, Dialga, Diancie, Enamorus, Entei, Eternatus, Fezandipiti, Genesect, Giratina, Glastrier, Groudon, Heatran, Ho-Oh, Hoopa, Jirachi, Keldeo, Koraidon, Kubfu, Kyogre, Kyurem, Landorus, Latias, Latios, Lugia (all forms), Lunala, Magearna, Manaphy, Marshadow, Melmetal, Meloetta, Meltan, Mesprit, Mew, Mewtwo, Miraidon, Moltres, Munkidori, Necrozma, Ogerpon, Okidogi, Palkia, Pecharunt, Phione, Raikou, Rayquaza, Regice, Regidrago, Regieleki, Regigigas, Regirock, Registeel, Reshiram, Shaymin, Silvally, Solgaleo, Spectrier, Suicune, Tapu Bulu, Tapu Fini, Tapu Koko, Tapu Lele, Terapagos, Terrakion, Thundurus, Ting-Lu, Tornadus, Type: Null, Urshifu, Uxie, Victini, Virizion, Volcanion, Wo-Chien, Xerneas, Yveltal, Zacian, Zamazenta (both), Zapdos, Zarude, Zekrom, Zeraora, Zygarde
Paradox	Flutter Mane, Gouging Fire, Great Tusk, Iron Bundle, Iron Crown, Iron Hands, Iron Valiant, Raging Bolt, Roaring Moon, Walking Wake
Ultra Beasts	Naganadel, Pheromosa, Stakataka
Other	Annihilape, Archaludon, Baxcalibur, Darmanitan-Galar, Dracovish, Gholdengo, Palafin, Shedinja, Ursaluna-Bloodmoon
Megas	Mega Absol Z, Mega Alakazam, Mega Blastoise, Mega Blaziken, Mega Darkrai, Mega Eelektross, Mega Floette (Eternal Flower), Mega Gengar, Mega Kangaskhan, Mega Lucario, Mega Metagross, Mega Salamence

Pool 3: Group C (Elite Four and Champion)

Category	Banned
Legendary and Mythical	Arceus (all), Calyrex-Ice, Calyrex-Shadow, Chien-Pao, Chi-Yu, Darkrai, Deoxys (Normal, Attack, Speed), Dialga, Eternatus, Genesect (all), Giratina, Groudon, Ho-Oh, Koraidon, Kyogre, Kyurem-Black, Kyurem-White, Landorus (Incarnate), Lugia (all forms), Lunala, Magearna, Marshadow, Melmetal, Mewtwo, Miraidon, Necrozma (Dusk Mane, Dawn Wings, Ultra), Ogerpon-Hearthflame, Palkia, Rayquaza, Reshiram, Shaymin-Sky, Solgaleo, Spectrier, Terapagos (all), Urshifu (both forms), Xerneas, Yveltal, Zacian (both), Zamazenta-Crowned, Zekrom, Zygarde
Paradox	Flutter Mane, Gouging Fire, Iron Bundle, Roaring Moon
Ultra Beasts	Naganadel, Pheromosa, Stakataka
Other	Darmanitan-Galar, Shedinja, Ursaluna-Bloodmoon
Megas	Mega Alakazam, Mega Darkrai, Mega Eelektross, Mega Floette (Eternal Flower), Mega Gengar

Gym Leader Bans

All Formats

Category	Banned
Legendary and Mythical	Arceus (all), Calyrex-Ice, Calyrex-Shadow, Chi-Yu, Chien-Pao, Deoxys-Attack, Dialga (both), Eternatus, Genesect, Giratina (both), Groudon, Ho-Oh, Koraidon, Kyogre, Kyurem-Black, Kyurem-White, Landorus (Incarnate only; Therian is allowed), Lugia (all forms), Lunala, Magearna, Mewtwo, Miraidon, Necrozma (Dawn Wings, Dusk Mane), Ogerpon-Hearthflame, Palkia (both), Rayquaza, Reshiram, Solgaleo, Spectrier, Urshifu (both forms), Xerneas, Yveltal, Zacian (both), Zamazenta-Crowned, Zekrom, Zygarde
Paradox	Flutter Mane, Iron Bundle
Other	Annihilape, Shedinja, Ursaluna-Bloodmoon
Megas	Mega Darkrai, Mega Floette (Eternal Flower), Mega Gengar

Singles Bans

Not banned in doubles.

Category	Banned
Legendary and Mythical	Darkrai, Deoxys (Normal, Speed), Marshadow, Shaymin-Sky
Paradox	Gouging Fire, Roaring Moon, Walking Wake
Ultra Beasts	Naganadel, Pheromosa
Other	Baxcalibur, Darmanitan-Galar, Dracovish, Palafin
Megas	Mega Alakazam, Mega Blastoise, Mega Blaziken, Mega Kangaskhan, Mega Lucario

Doubles Bans

Not banned in singles.

Category	Banned
Legendary and Mythical	Melmetal
Ultra Beasts	Stakataka

Elite Four Bans

All Formats

Category	Banned
Legendary and Mythical	Arceus (all), Calyrex-Ice, Calyrex-Shadow, Deoxys-Attack, Dialga (both), Eternatus, Giratina (both), Groudon, Ho-Oh, Kyogre, Kyurem-Black, Kyurem-White, Lugia (all forms), Lunala, Magearna, Mewtwo, Miraidon, Necrozma (Dawn Wings, Dusk Mane), Palkia (both), Rayquaza, Reshiram, Solgaleo, Spectrier, Urshifu (both forms), Xerneas, Yveltal, Zacian (both), Zamazenta-Crowned, Zekrom, Zygarde
Megas	Mega Darkrai

Singles Bans

Not banned in doubles.

Category	Banned
Legendary and Mythical	Darkrai, Deoxys (Normal), Shaymin-Sky

Doubles Bans

Not banned in singles.

Category	Banned
Legendary and Mythical	Melmetal

Season 2 Gym Formats

	Leader	Type	Format		
Group A	ChaosJokerHD	Ghost	Doubles	6v6	
	glambien	Poison	Doubles	6v6	
	jmmorfe	Ground	Doubles	4v4	Bring 6, Pick 4
	PandorasPadlock	Fighting	Singles	6v6	
	devdragon14	Dark	Doubles	4v4	Bring 6, Pick 4
	Lousive	Bug	Doubles	4v4	Bring 6, Pick 4
	TsarHydrah	Electric	Doubles	6v6	
Group B	rxirei	Psychic	Singles	6v6	
	Astolfo_0OC	Ice	Doubles	6v6	
	The_Reaper289	Dragon	Doubles	4v4	Bring 6, Pick 4
	Scavarodka	Fairy	Doubles	6v6	
	CatLoverSSB	Normal	Doubles	6v6	
	EscanorOP	Rock	Doubles	6v6	
	MilkFister69	Water	Doubles	4v4	Bring 6, Pick 4
	mqnz	Flying	Doubles	4v4	Bring 6, Pick 4
Elite 4	IgnacioWey	Royal Court	Singles	6v6	
	monotropics	Underworld	Doubles	4v4	Bring 6, Pick 4
	JCDelirious	Nightmare	Doubles	6v6	
	Noibby	Marsh	Doubles	6v6	
Champion	Sparklotix	???	Doubles	4v4	Bring 6, Pick 4