

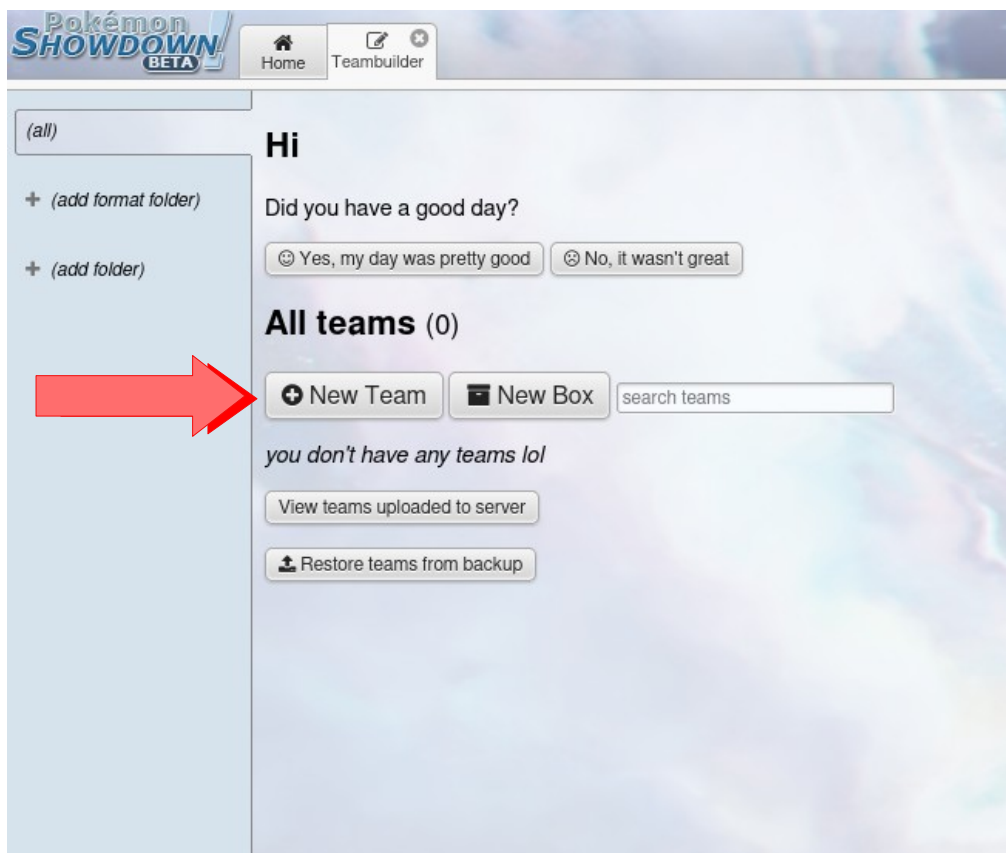
Team Liste Infos

Um sicherzustellen, dass nur legale Pokemon verwendet werden, ist es notwendig, eine Teamliste bereitzustellen. Die Teamlisten werden verwendet, um eventuell Teams vor/nach einem Spiel zu kontrollieren. Zusätzlich werden vor einem Spiel die Teamlisten der zwei Teilnehmer ausgetauscht. Um einfach eine Teamliste zu erstellen und auf legalität zu überprüfen, empfehle ich den Teambuilder von [Pokemon Showdown](#). Die Teamlisten sollen über pokepaste.es bei der Anmeldung bekannt gegeben werden. Die Teamliste muss enthalten:

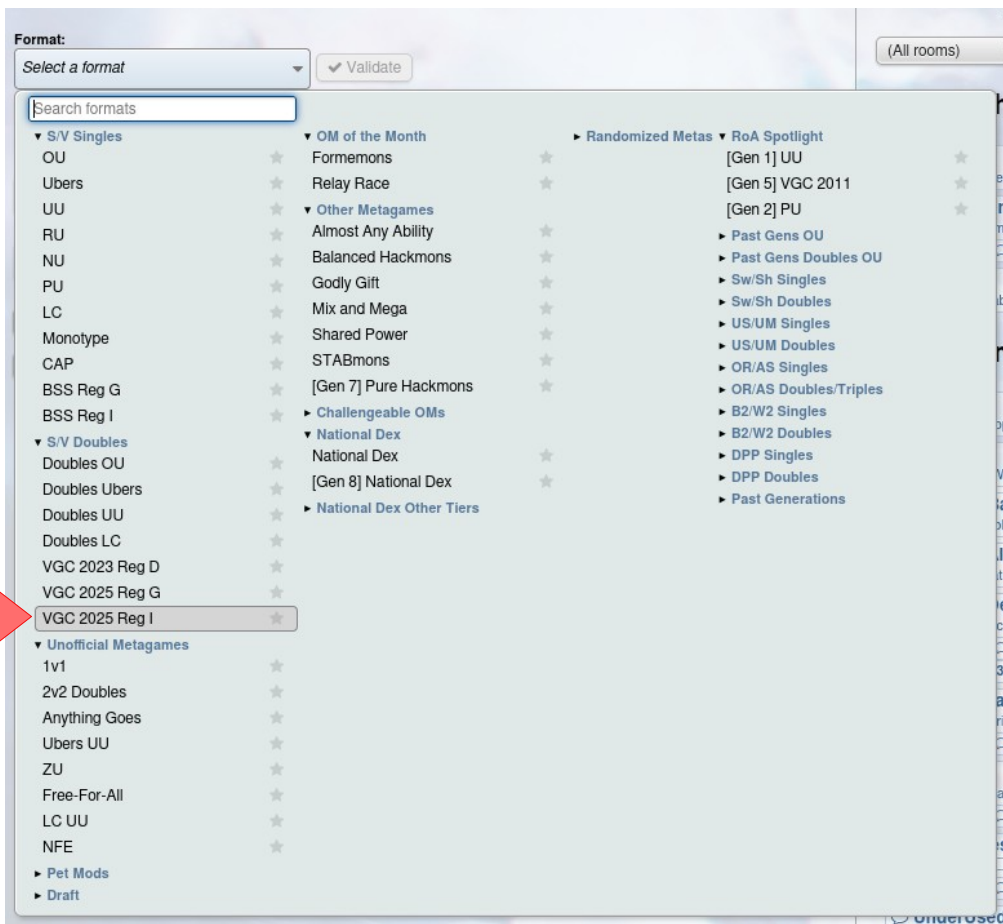
- Spezies des Pokemon
- Gehaltenes Item
- Fähigkeit
- Tera Typ
- Erlernte Attacken

Wenn du dich damit auskennst, Super, sonst hier eine kleine Anleitung:

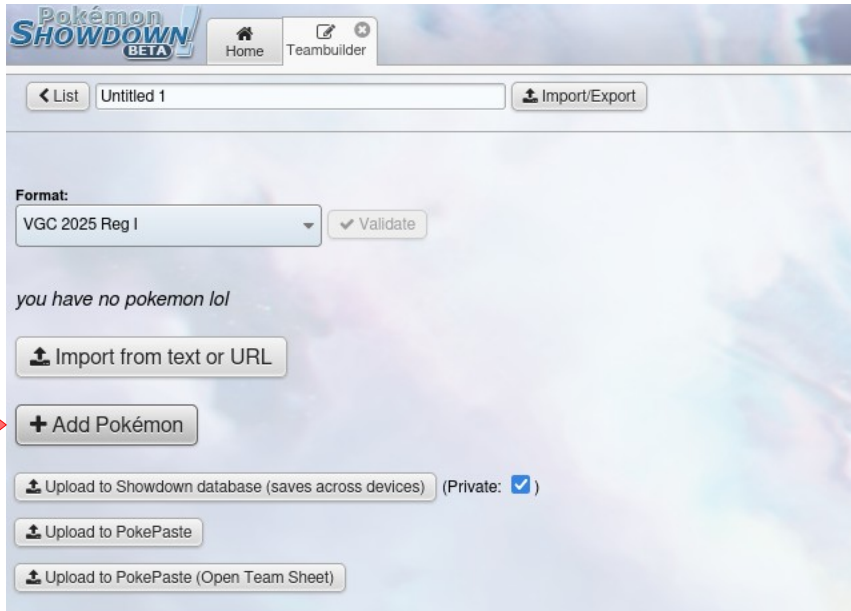
Neues Team erstellen



Format Auswählen (VGC 2025 Reg I)



Pokemon Hinzufügen



Spezies/Item/Fähigkeit/Attacken Auswählen

The screenshot shows the Pokémon Showdown Teambuilder interface. At the top, there are navigation buttons for 'Home' and 'Teambuilder'. Below that, a 'Team' section shows a single slot for 'Pikachu'. The main area is divided into 'Details', 'Moves', and 'Stats'.

Details: Level 50, Gender —, Shiny No, Tera Type Electric, Ability Lightning Rod, Item Light Ball.

Moves: Fake Out, Encore, Thunderbolt, Volt Switch.

Stats: HP, Atk, Def, SpA, SpD, Spe.

Moves List:

Name	Type	Cat	Power	Accuracy	PP	Description
Volt Switch	ELECTRIC	STATUS	70	100%	32	User switches out after damaging the target.
Agility	PSYCHO	STATUS	—	—	48	Raises the user's Speed by 2.
Alluring Voice	Fairy	STATUS	80	100%	16	100% confuse target that had a stat rise this turn.
Body Slam	NORMAL	PHYSICAL	85	100%	24	30% chance to paralyze the target.
Brick Break	FIGHT	PHYSICAL	75	100%	24	Destroys screens, unless the target is immune.
Discharge	ELECTRIC	PHYSICAL	80	100%	24	30% chance to paralyze adjacent Pokemon.
Draining Kiss	Fairy	PHYSICAL	50	100%	16	User recovers 75% of the damage dealt.
Electroweb	ELECTRIC	STATUS	55	95%	24	100% chance to lower the foe(s) Speed by 1.
Encore	NORMAL	STATUS	—	100%	8	Target repeats its last move for its next 3 turns.
Endeavor	NORMAL	PHYSICAL	—	100%	8	Lowers the target's HP to the user's HP.
Facade	NORMAL	PHYSICAL	70	100%	32	Power doubles if user is burn/poison/paralyzed.
Fake Out	NORMAL	PHYSICAL	40	100%	16	Hits first. First turn out only. 100% flinch chance.
Fake Tears	DARK	STATUS	—	100%	32	Lowers the target's Sp. Def by 2.
Fling	DARK	PHYSICAL	—	100%	16	Flings the user's item at the target. Power varies.
Focus Punch	FIGHT	PHYSICAL	150	100%	32	Fails if the user takes damage before it hits.
Grass Knot	GRASS	PHYSICAL	—	100%	32	More power the heavier the target.
Helping Hand	NORMAL	STATUS	—	—	32	One adjacent ally's move power is 1.5x this turn.
Iron Tail	STEEL	PHYSICAL	100	75%	24	30% chance to lower the target's Defense by 1.

EVs/IVs setzen (unwichtig, du kannst die Werte deines Pokemons eingeben, wenn du sie kennst, sonst setze einfach in einem beliebigen Stat die EV auf 1)

The screenshot shows the EVs/IVs settings for a Pikachu. A red arrow points to the 'EVs' section. The 'EVs' section shows a table with columns for Base, EVs, and IVs. The 'EVs' column has a red arrow pointing to the 'HP' row, where the value '1' is entered. The 'IVs' column shows values for each stat: HP (31), Attack (75), Defense (60), Sp. Atk (70), Sp. Def (70), and Speed (110). The 'Remaining' EVs are 507. The 'Nature' is set to 'Serious'.

Stat	Base	EVs	IVs
HP	50	1	31
Attack	55		75
Defense	40		60
Sp. Atk	50		70
Sp. Def	50		70
Speed	90		110

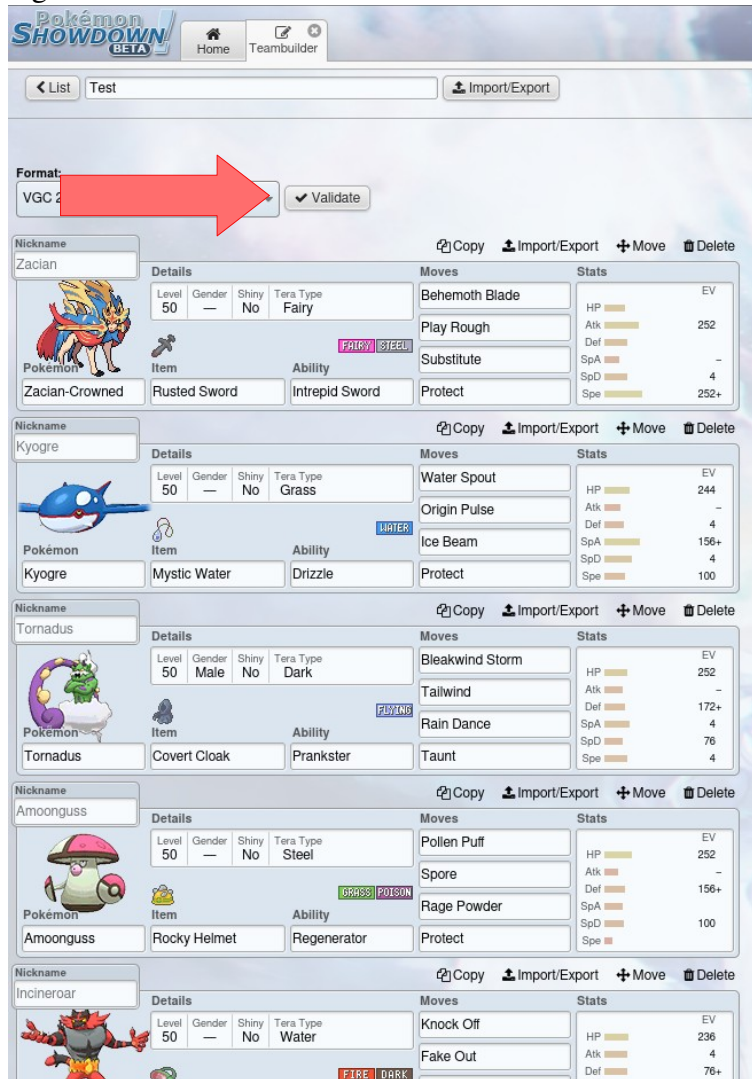
Remaining: 507

Nature: Serious

Protip: You can also set natures by typing + and - next to a stat.

Über den Plus Knopf können die anderen Pokemon deines Teams hinzugefügt werden.

Wenn du alle 6 Pokemon dem Team in Showdown hinzugefügt hast, dann validiere dein Team, ob es für Regulation I zulässig ist.



Wenn dein Team für das Format zulässig ist, gib als Name für das Team bitte den Namen an, mit dem du dich anmeldest. Nun kannst du das Team auf Pokepaste als OTS hochladen.

Pokémon SHOWDOWN BETA

Home Teambuilder

< List Test Import/Export

50 — No Grass

Kyogre Item Ability

Mystic Water Drizzle

Origin Pulse

Ice Beam

Protect

HP 244

Atk —

Def 4

SpA 156+

SpD 4

Spe 100

Nickname Copy Import/Export Move Delete

Tornadus

Details

Level 50 Gender Male Shiny No Tera Type Dark

Moves

Bleakwind Storm

Tailwind

Rain Dance

Taunt

Stats

HP 252

Atk —

Def 172+

SpA 4

SpD 76

Spe 4

Nickname Copy Import/Export Move Delete

Amoonguss

Details

Level 50 Gender — Shiny No Tera Type Steel

Moves

Pollen Puff

Spore

Rage Powder

Protect

Stats

HP 252

Atk —

Def 156+

SpA 100

SpD —

Spe —

Nickname Copy Import/Export Move Delete

Incineroar

Details

Level 50 Gender — Shiny No Tera Type Water

Moves

Knock Off

Fake Out

Will-O-Wisp

Parting Shot

Stats

HP 236

Atk 4

Def 76+

SpA —

SpD 108

Spe 84

Nickname Copy Import/Export Move Delete

Urshifu-Rapid-Strike

Details

Level 50 Gender — Shiny No Tera Type Ghost

Moves

Surging Strikes

Close Combat

U-turn

Coaching

Stats

HP 4

Atk 252+

Def —

SpA —

SpD —

Spe 252

Upload to Showdown database (saves across devices) (Private:)

Upload to PokePaste

Upload to PokePaste (Open Team Sheet)



Wenn es so am Ende aussieht, dann hast du alles richtig gemacht :)

https://pokepaste.es/9f8f6f6e2a94301

Zacian-Crowned @ Rusted Sword
Ability: Intrepid Sword
Level: 50
Tera Type: Fairy
- Behemoth Blade
- Play Rough
- Substitute
- Protect

Kyogre @ Mystic Water
Ability: Drizzle
Level: 50
Tera Type: Grass
- Water Spout
- Origin Pulse
- Ice Beam
- Protect

Tornadus @ Covert Cloak
Ability: Prankster
Level: 50
Tera Types: Dark
- Bleakwind Storm
- Tailwind
- Rain Dance
- Taunt

Amoonguss @ Rocky Helmet
Ability: Regenerator
Level: 50
Tera Types: Steel
- Pollen Puff
- Spore
- Rage Powder
- Protect

Incineroar @ Safety Goggles
Ability: Intimidate
Level: 50
Tera Type: Water

Test (OTS)
by Guest 853487
Format: gm9vgp2025fregl
Columns Mode / Stat Colours / Light Mode

Der Link für das Team ist bei der Anmeldung anzugeben.