5 turns

1 stage = 50%

Grounded Pokémon are simply those that are not raised. Raised Pokémon are any [Flying](https://pokemondb.net/type/flying) types or those under the effects of [Levitate](https://pokemondb.net/ability/levitate), [Magnet Rise](https://pokemondb.net/move/magnet-rise) or [Telekinesis](https://pokemondb.net/move/telekinesis). Full details in [glossary](https://pokemondb.net/glossary" \l "def-raised).

Misty Terrain

Pokémon affected by Misty Terrain can no longer become [confused](http://bulbapedia.bulbagarden.net/wiki/Status_condition#Confusion).

When a Pokémon with the Ability [Misty Surge](http://bulbapedia.bulbagarden.net/wiki/Misty_Surge_(Ability)) enters battle, Misty Terrain is automatically created.

If powered up by a [Fairium Z](http://bulbapedia.bulbagarden.net/wiki/Z-Crystal#Fairium_Z) into Z-Misty Terrain, the user's [Special Defense](http://bulbapedia.bulbagarden.net/wiki/Statistic#Special_Defense) stat rises by one stage.

Electric Terrain

Electric Terrain creates terrain that envelops the field and replaces the background environment and any other terrain that is already in effect. The terrain fades after five turns.

This terrain has the following effects on Pokémon that are [on the ground](http://bulbapedia.bulbagarden.net/wiki/Grounded) and not in the [semi-invulnerable turn](http://bulbapedia.bulbagarden.net/wiki/Category:Moves_with_a_semi-invulnerable_turn) of a move.

* It prevents affected Pokémon from being afflicted by [sleep](http://bulbapedia.bulbagarden.net/wiki/Sleep_(status_condition)) or [Yawn](http://bulbapedia.bulbagarden.net/wiki/Yawn_(move)).
  + If an affected Pokémon is already drowsy due to Yawn, it is prevented from falling asleep.
  + [Rest](http://bulbapedia.bulbagarden.net/wiki/Rest_(move)) will fail if used by an affected Pokémon.
* It boosts the [power](http://bulbapedia.bulbagarden.net/wiki/Power) of [Electric-type](http://bulbapedia.bulbagarden.net/wiki/Electric_(type)) moves used by affected Pokémon by 50% (regardless of whether the target of the move is affected by Electric Terrain).

If Electric Terrain is in effect, [Nature Power](http://bulbapedia.bulbagarden.net/wiki/Nature_Power_(move)) becomes [Thunderbolt](http://bulbapedia.bulbagarden.net/wiki/Thunderbolt_(move)), [Secret Power](http://bulbapedia.bulbagarden.net/wiki/Secret_Power_(move)) uses the animation of [Thunder Shock](http://bulbapedia.bulbagarden.net/wiki/Thunder_Shock_(move)) and may cause [paralysis](http://bulbapedia.bulbagarden.net/wiki/Paralysis_(status_condition)), and [Camouflage](http://bulbapedia.bulbagarden.net/wiki/Camouflage_(move)) causes the user to become [Electric-type](http://bulbapedia.bulbagarden.net/wiki/Electric_(type)). [Natural objects](http://bulbapedia.bulbagarden.net/wiki/Natural_objects)disappear and cannot be destroyed while Electric Terrain is in effect.

Pokémon with the [Ability](http://bulbapedia.bulbagarden.net/wiki/Ability) [Surge Surfer](http://bulbapedia.bulbagarden.net/wiki/Surge_Surfer_(Ability)) have their [Speed](http://bulbapedia.bulbagarden.net/wiki/Statistic#Speed) stat doubled when under the effects of Electric Terrain.

When a Pokémon with the Ability [Electric Surge](http://bulbapedia.bulbagarden.net/wiki/Electric_Surge_(Ability)) enters battle, Electric Terrain is automatically created.

If powered up by an [Electrium Z](http://bulbapedia.bulbagarden.net/wiki/Z-Crystal#Electrium_Z) into Z-Electric Terrain, the user's Speed stat raises one stage.

Psychic Terrain

Psychic Terrain creates terrain that envelops the field and replaces the background environment and any other terrain that is already in effect. The terrain fades after five turns.

This terrain has the following effects on Pokémon that are [on the ground](http://bulbapedia.bulbagarden.net/wiki/Grounded).

* It prevents affected Pokémon from being hit by moves with increased [priority](http://bulbapedia.bulbagarden.net/wiki/Priority).
* It boosts the [power](http://bulbapedia.bulbagarden.net/wiki/Power) of [Psychic-type](http://bulbapedia.bulbagarden.net/wiki/Psychic_(type)) moves used by affected Pokémon by 50%.

If Psychic Terrain is in effect, [Nature Power](http://bulbapedia.bulbagarden.net/wiki/Nature_Power_(move)) becomes [Psychic](http://bulbapedia.bulbagarden.net/wiki/Psychic_(move)), [Secret Power](http://bulbapedia.bulbagarden.net/wiki/Secret_Power_(move)) uses the animation of [Confusion](http://bulbapedia.bulbagarden.net/wiki/Confusion_(move)) and may lower its target's [Speed](http://bulbapedia.bulbagarden.net/wiki/Statistic#Speed), and [Camouflage](http://bulbapedia.bulbagarden.net/wiki/Camouflage_(move)) causes the user to become [Psychic-type](http://bulbapedia.bulbagarden.net/wiki/Psychic_(type)).

When a Pokémon with the Ability [Psychic Surge](http://bulbapedia.bulbagarden.net/wiki/Psychic_Surge_(Ability)) enters battle, Psychic Terrain is automatically created.

Upon successfully doing damage, [Genesis Supernova](http://bulbapedia.bulbagarden.net/wiki/Genesis_Supernova_(move)) creates Psychic Terrain on the field.

If powered up by a Psychium Z into Z-Psychic Terrain, the user's Special Attack stat rises by one stage.

Grassy Terrain

Grassy Terrain creates terrain that envelops the field and replaces the background environment and any other terrain that is already in effect. The terrain fades after five turns.

This terrain has the following effects on Pokémon that are [on the ground](http://bulbapedia.bulbagarden.net/wiki/Grounded) and not in the [semi-invulnerable turn](http://bulbapedia.bulbagarden.net/wiki/Category:Moves_with_a_semi-invulnerable_turn) of a move.

* At the end of each turn, the terrain restores the [HP](http://bulbapedia.bulbagarden.net/wiki/Statistic#HP) of each affected Pokémon by 1/16 of its maximum HP.
* It boosts the [power](http://bulbapedia.bulbagarden.net/wiki/Power) of [Grass-type](http://bulbapedia.bulbagarden.net/wiki/Grass_(type)) moves used by affected Pokémon by 50% (regardless of whether the target of the move is affected by Grassy Terrain).

If Grassy Terrain is in effect, the [damage](http://bulbapedia.bulbagarden.net/wiki/Damage) taken from [Bulldoze](http://bulbapedia.bulbagarden.net/wiki/Bulldoze_(move)), [Earthquake](http://bulbapedia.bulbagarden.net/wiki/Earthquake_(move)), and [Magnitude](http://bulbapedia.bulbagarden.net/wiki/Magnitude_(move)) is halved.

If Grassy Terrain is in effect, [Nature Power](http://bulbapedia.bulbagarden.net/wiki/Nature_Power_(move)) becomes [Energy Ball](http://bulbapedia.bulbagarden.net/wiki/Energy_Ball_(move)), [Secret Power](http://bulbapedia.bulbagarden.net/wiki/Secret_Power_(move)) uses the animation of [Vine Whip](http://bulbapedia.bulbagarden.net/wiki/Vine_Whip_(move))and may cause [sleep](http://bulbapedia.bulbagarden.net/wiki/Sleep_(status_condition)), and [Camouflage](http://bulbapedia.bulbagarden.net/wiki/Camouflage_(move)) causes the user to become [Grass-type](http://bulbapedia.bulbagarden.net/wiki/Grass_(type)). [Natural objects](http://bulbapedia.bulbagarden.net/wiki/Natural_objects) disappear and cannot be destroyed while Grassy Terrain is in effect.

Grassy Terrain also activates the Ability [Grass Pelt](http://bulbapedia.bulbagarden.net/wiki/Grass_Pelt_(Ability)).

When a Pokémon with the Ability [Grassy Surge](http://bulbapedia.bulbagarden.net/wiki/Grassy_Surge_(Ability)) enters battle, Grassy Terrain is automatically created.

When powered up by a [Grassium Z](http://bulbapedia.bulbagarden.net/wiki/Z-Crystal#Grassium_Z) into Z-Grassy Terrain, the user's [Defense](http://bulbapedia.bulbagarden.net/wiki/Statistic#Defense) stat rises by one stage.

When the item Grassy Seed is activated, the user's Defense is raised by one stage (even if they are Flying-type and don't get other benefits of Grassy Terrain).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Terrain** | **Effect on Stat** | **Effect on Move** | **Effect on Type** | **Effect on Volatile status** | **Effect on Status** | **Effect on ability** | **Where** |
| Normal |  |  |  |  |  |  |  |
| Misty | -Fairium Z move: +1 spe def | -if dragon: -50% power |  | -no confuse | -no status |  |  |
| Electric | -ability=surge surfer => speed\*2  -Electiium Z move: +1 speed | -if electric: +50%  -nature power: thunderbolt  -secret power: thunder shock animation + may para | - camouflage: electric-type |  | -no sleep  -no yawn |  | -on the ground |
| Psychic | -Psychium Z move: +1 spe atk | -no priority  -if psychic: +50%  -nature power: psychic  -secret power: confusion animation + may -speed | - camouflage: psychic-type |  |  |  | -on the ground |
| Grassy | -+1/16 hp/turn  -ability grass pelt: +50% defence  -item grassy seed: +1 defence  -grassium Z move : +1 def | -if grass: +50% (on the ground or not)  -bulldoze: -50%power  -earthquake: -50% power  -magnitude: -50% power  -secret power: vine whip animation + may sleep  -nature power: energy ball | -camouflage: grass-type |  |  |  | -on the ground |