- Leagues:
 - Great league (CP ≤ 1500),
 - ▶ Ultra league (CP \leq 2500),
 - Master league (no CP limit).
- Moves: They are all defined differently from PvE. In PvP, a move is defined by its power (the amount of damage it deals), its energy (the amount of energy it generates or uses) and its duration (the number of turns the move lasts, each turn lasts for 0.5s).

Three measures can be defined:

- DPT stands for Damage per turn. Equivalent to DPS in non-PvP scenarios. Higher is better.
 Only for fast moves.
- EPT stands for Energy per turn. Equivalent to EPS in non-PvP scenarios. Higher is better.
 Only for fast moves.
- DPE stands for Damage per energy. DPE describes how efficiently you deal damage in comparison to the energy spent. Higher is better. Only for charge moves.

Examples of PvP stats for fast moves are:

Move	Power	Energy	Duration (s)	DPT	EPT
Mud Shot	3	9	2	1.50	4.50
Psycho Cut	3	9	2	1.50	4.50
Thunder Shock	3	9	2	1.50	4.5

Examples of PvP stats for charge moves are:

Move	Power	Energy	DPE
Hydro Cannon	90	40	2.25
Frenzy Plant	100	45	2.22
Blast Burn	110	50	2.20
Avalanche	90	45	2.00
Draco Meteor	150	75	2.00

For more details:

▶ PvP fast moves

→ PvP charge moves

The Effective Health (EH) measures the bulkiness of a Pokémon and is computed via the formula:

$$\mathsf{EH} = \frac{1}{900} \times (\mathsf{DEF} \ \mathsf{at} \ \mathsf{considered} \ \mathsf{level}) \times (\mathsf{HP} \ \mathsf{at} \ \mathsf{considered} \ \mathsf{level})$$

where DEF at considered level = (Base DEF + IV DEF) \times coeff_level and HP at considered level = (Base HP + IV HP) \times coeff_level Examples of coefficients are

For Great league (CP \leq 1500), a good effective health must be higher than 25.

For Ultra league (CP ≤ 2500) and Master league (no CP limit), a good effective health must be higher than 30. Below, the Pokémon remains fragile. The Pokémon can be considered as very bulky if its effective health is higher than 35.

Optimal IV and level (only for Great and Ultra leagues)

We would like to compare Moltres and Charizard



For Moltres, the effective stats are

ATK IV	DEF IV	HP IV	LVL	CP	ATK	DEF	HP	SUM	EH
15	15	15	25	2475	177	130	148	455	19240
13	15	14	25.5	2500	178	132	149	459	19668
0	15	3	27.5	2499	175	137	147	459	20139
1	3	15	27.5	2499	176	128	155	459	19840

For Charizard, the effective stats are:

ATK IV	DEF IV	HP IV	LVL	CP	ATK	DEF	HP	SUM	EH
15	15	15	30.5	2497	174	138	147	459	20286
15	0	0	35.5	2495	181	132	142	455	18744
0	15	15	34.5	2494	169	142	152	463	21584
15	13	14	31	2498	175	137	147	459	20139

Moltres (13, 15, 14) has better statistics for Ultra league than Moltres (15, 15, 15). For each league, there is an optimal IV set and level that maximises attack, defence and HP statistics. For Master league, the optimal IV set is (15, 15, 15) and optimal level is 40. Furthermore, Charizard (15, 13, 14) at level 31 and Moltres (0, 15, 3) at level 27.5 have exactly same statistics. To determine which one is most interesting in PvP, we must look at their moves. For more details:

▶ More details on optimal IV

PvP simulator:



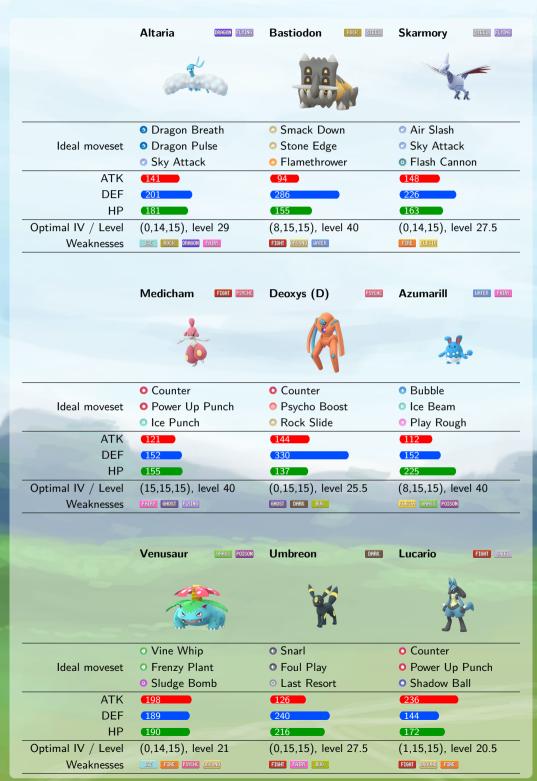
Once you got your three medals, don't forget to steal their look:







lacktriangle Examples of Pokémon for Great league (CP ≤ 1500)



▼ Examples of Pokémon for Ultra league (CP ≤ 2500)



▼ Examples of Pokémon for Master league (no CP limit)

