

## LOCKED TEAM CHALLENGE

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### GOAL

Beat the Pokémon League Champion with a pre-built team, without ever breaking the rules.

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### PREP PHASE

#### 1. Pick your Pokémon game

Any mainline title is allowed, as well as ROM Hacks. Apply the rules by adapting them to your chosen version.

#### 2. Build your final team

- Pick 6 total Pokémon (starter included – mandatory)
- Team must be created *before* starting the run and CANNOT be changed
- Each Pokémon must:
  - Be catchable in the selected game *before* the first League challenge
  - Be caught *before* entering the League
  - No legendaries, mythicals, or pseudo-legendaries (limit BST under 600)
  - No in-game trades with NPCs
- For each Pokémon, declare the exact location you'll catch it (e.g. Route 5, Diglett's Cave, etc.)
- You can't catch more than one Pokémon (planned or Jolly) in the same location
- You must catch the *first instance* of the planned Pokémon you see in its designated area. If you find it earlier somewhere else — tough luck, can't catch it.

### SPECIES CLAUSE ACTIVE

You can't have two Pokémon of the same species on your team, including alternate forms (e.g. regular Muk and Alolan Muk together = no).

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### RIVAL FIRST BATTLE: EXEMPT

The first rival battle (right after getting your starter) is out of bounds.

Any KOs don't count and don't affect the run.

That fight's based on random IVs and moves early game → pointless to restrict.

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### REGION SPLITTING

Split the region into 5 macro-zones to get access to Jolly Pokémon.

Macro-zones can be full map chunks (e.g. "from City X to City Y").

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### RUN START

## 1. Grab your Starter

Your starter must be one of your final team members.

## 2. Catch your Companion Pokémon

- As soon as you reach a route with wild Pokémon, catch the first thing you see
  - This becomes your Companion Pokémon:
    - Must be released *after* you get the second badge
    - Doesn't need to be declared beforehand
    - If it faints → no problem, but it's unusable
    - Must be released once you catch your second official team member
    - Must be released if you catch your first Jolly
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## MAIN TEAM RULES

### You can:

- Use them freely
- Train them up to the Level Cap (equal to the highest level Pokémon of the next Gym Leader or Champion)
- Go *over* the Level Cap *during* the fight that sets the cap

### Rules:

- If a team member faints before the League → run failed
  - During the Pokémon League:
    - If one dies → can't be used anymore
    - No revives allowed, period
  - No one can replace an official member during the League – not even a Jolly
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## JOLLY POKÉMON

Jolly Pokémon are bonus, limited-use, and expendable.

### How to get them:

- 1 Jolly per macro-zone
- For each Jolly, you must:
  - Pick one specific location inside the macro-zone (e.g. "Route 9", "Petalburg Woods", etc.)
  - Catch the first Pokémon you see there
  - Repel trick is allowed

### Rules:

- Each Jolly can participate in a max of 3 battles
  - If it enters battle → that's 1 battle used
  - If it stays in the team but doesn't enter → doesn't count
  - Wild encounters count too if it enters
- After the 3rd battle → release it
- If it dies → it's gone, but the run continues
- Can exceed Level Cap by 1 level
- Can't replace official members in the League

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## BANS & LIMITATIONS

### Not allowed:

- Grinding → level up only via:
  - Rare Candies (you can give yourself 999 at the start and refill them if needed) or trainer battles
- Using bag items during battles
- Using EV items (Protein, Zinc, etc.)
- Using:
  - Choice Items
  - Mega Evolutions
  - Z-Moves
  - Dynamax
  - Teracristal
  - Bijou
  - Revival Blessing (banned move)

### Allowed:

- Healing Pokémon *outside* battle with potions and items
- Using TMs/HMs and changing movesets
  - TMs are one-time use even after Gen 5
  - Can't grind them at the Game Corner or similar
- Usable held items: Berries, Charcoal, Life Orb, Eviolite, etc.
- Changing abilities via Capsules (if available in-game)

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## WIN CONDITION

Beat the League Champion with the 6 original Pokémon.

If even one dies before the League, or you lose at the League → run failed.

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## HARDCORE MODE (optional)

- If a Jolly dies → run failed
- Jollies can't exceed Level Cap
- Must play on "Set" battle style

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## HM SLAVES & MISC

### HM Slaves are allowed, but:

- Only usable for HMs (Cut, Surf, Strength, etc.)
- Can't be used in any battle
- Don't count as Jollies or team members
- Must stay passive in the box or party