

Pokémon Video Game Team List

First Name: _____

Event Dates: _____

Surname: _____

Event Name: _____

Player ID: _____

Date of Birth: _____

Team Number / Name: _____

Age Division: Juniors Seniors Masters

Game: Cartridge Digital

Pokémon		Gender ♂ / ♀ / NA
Nature		Lv
Ability		HP
Held Item		Atk
Move 1		Def
Move 2		Sp. Atk
Move 3		Sp. Def
Move 4		Speed

Pokémon		Gender ♂ / ♀ / NA
Nature		Lv
Ability		HP
Held Item		Atk
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Notes:

Please fill out this Team List using the language to which the player's game is set.

This Team List must match the Battle Team used in the listed event exactly. **All Pokémon must be listed exactly as they appear in the in-game Battle Team, including stats and attack order.** If the information on this sheet does not match the Battle Team exactly, penalties may be incurred.

If your Pokémon is of a particular **Forme** (e.g. Landorus–Therian), **Regional Variant** (e.g. Alolan Persian), is the size of a **Totem Pokémon** (e.g. Totem Araquanid), **etc.**, include this in the "Pokémon" field.

If any of your Pokémon have the move **Hidden Power**, write it as "HP (X)", with the (X) stating the Type—for example "HP (Fire)".