

STAMINA LITE

THE CORE MECHANIC

In this game of make believe, the Game Master (GM) narrates the fantasy environment in which players' in-game characters exist, and then the players make decisions about how they want their characters to act. For some tasks the characters undertake, the GM will ask players to roll a twenty-sided die (D20) and only have the players' characters succeed if the number they rolled is high enough.

TWO TYPES OF ROLLS

When you are rolling to do something, it is called an Ability Check, or simply "Check." When something happens, and you are rolling to see how bad its effects are, it is called a Saving Throw, or "Save." Normally, the minimum number required to succeed in a Save, which is called the Difficulty (DC) of the Save, is the Ability Check rolled by the creature doing something harmful to you, and the DC of an Ability is often another creature's Save. The DC can also be set by a game rule, without anyone needing to roll.

When a Save is contested by a Check, the Save wins ties. When a Save or Check is contested by another Save or Check (which is rare), the tie goes to whomever acted last, or they roll again (GM's discretion). Also, when making many repeated contested rolls in a row, or when having the players roll would give away a secret, the GM can assume that the enemies (in the case of a long contest) or the players (for contests they don't know are going on) always roll 10 on their die, and only the other side rolls to see if they can beat this 10. The players always win ties when either side takes 10 instead of rolling.

ADVANTAGE AND DISADVANTAGE

Circumstances sometimes allow players to have Advantage on a check or save, meaning that they can roll twice and use the higher number. They might instead have Disadvantage, which means you have to roll twice and use the lower number. If you have both Advantage and Disadvantage on a roll, they cancel each other out, and you only roll once. Additionally, if the GM makes the players or their enemies "take 10" on their rolls, then having Advantage or Disadvantage instead inflicts the opposite condition on whomever is rolling, and the rolling side rolling a 1 or a 20 counts as the passive side getting the opposite in their own roll, since those numbers sometimes bring added benefit or drawback when rolled, in addition to simple failure or success on a task.

VITAL STATS

To make the game more interesting, there are a few numbers to keep track that reflect your character's current status.

STAMINA

Your character has a maximum of 5 Stamina Points (SP); you can spend 1 SP to gain Advantage on one check used to attack with a melee weapon (like a club) or on any other check or Saving Throw that relies on dexterity or physical ability. Some activities, like walking long distances or building a raft, may also require you to expend SP; if you would already have to spend SP to perform an activity, then the cost of the activity is tripled if you want to gain Advantage on any of the rolls you make in association with it.

EXHAUSTION SAVES

Every time your Stamina Point total goes down and the new result is negative, you must make a Saving Throw with a DC equal to 10 + the absolute value of your current Stamina. On a failed save, you gain a level of Exhaustion. There are six levels of exhaustion in the game, the effects of which are cumulative:

I - you have disadvantage on checks that involve mental capacities, such as social checks and perception checks.

II - your movement speed is cut in half.

III - you have disadvantage on all Ability Checks and Saving Throws.

IV - your movement speed is reduced to zero.

V - you fall unconscious.

VI - you die.

You can spend 1 SP to ignore the effects of Exhaustion for one round, but this can make you gain more Exhaustion if you still have a negative amount.

MANA

Your character has 20 Mana Points (MP), and you can spend 1 MP to gain Advantage on a check you make to hit an enemy with a ranged weapon (like a sling) or on any check or Saving Throw that involves mental prowess. Some activities, like studying and standing guard for long periods, may also require you to expend MP; if you would already have to spend MP to perform an activity, then the cost of the activity is tripled if you want to gain Advantage on any of the rolls you make in association with it.

MENTAL EXHAUSTION SAVES

Every time your Mana Point total goes down and the new result is negative, you must make a Saving Throw with a DC equal to 10 + the absolute value of your current Mana. On a failed save, you gain Mental Exhaustion, which acts just like Level I Exhaustion but doesn't stack with it. Additionally, if you have Mental Exhaustion, you can no longer expend MP, and automatically any checks or saves that would require you to do so.

HEALTH

Your character has 15 Hit Points (HP), which go down when you take damage. Once you have 7 hit points or fewer, you gain one extra Level of Exhaustion that doesn't go away until your HP is recovered, and if it goes below zero, you have to make a Saving Throw with a DC equal to the absolute value of your current HP or die. Even if you succeed, you gain two more extra Levels of Exhaustion until your HP is no longer negative, and you have to make another such save whenever your HP goes down again.

RESTING

In Stamina TTRPG, Resting is having your characters spend in-game time doing nothing that would lead to draining their Stamina or Mana, like walking or intensely studying.

- After 10 minutes of Resting, you regain 1 SP. You can do this as much as you want.
- Twice per in-game day, your characters can rest for 1 hour to regain all SP and as much MP as they roll on a six-sided die (d6). This is called a Short Rest.
- Once per day, your characters can sleep overnight and regain all SP, all MP, all HP, and have Mental Exhaustion and one Level of Exhaustion removed. You cannot remove Exhaustion Levels by resting if your SP maximum is negative, which is an effect of starvation.

RESOLVE (OPTIONAL)

In this variant, you gain a +1 bonus to all your Saving Throws and you have 2 Resolve Points (RP), each of which can be spent to treat any failed Saving Throw as if you had rolled a Natural 20. If your RP total falls below 0, you must make a Saving Throw with a DC equal to 10 + the absolute value of your RP total; on a failed save, you are Discouraged, meaning that you cannot spend RP and you lose your +1 bonus to Saving Throws.

You regain 1 RP whenever your character achieves a great victory, such as when your party wins a battle or finds a great treasure they'd been seeking. Discouragement can only be removed by having your RP total restored to its maximum value, one point at a time.

SPECIFIC RULES

The three main pillars of gameplay are combat, exploration and discovery, and social interaction. Below are suggested rules your GM might use to add interesting elements to these different types of gameplay, all of which are likely to appear in some degree over the course of a long gameplay session. Some specific rules refer to the special Conditions which are listed at the end of the document.

COMBAT

Combat in Stamina is generally turn-based, meaning that all acting parties must take their turns acting, then wait for all other parties to complete their own actions before being able to act again. Each round is three seconds of in-game time, and each character can use two Actions, one Minor Action, and one Reaction in that time. Everything happens at once, so while things are narrated one at a time, the players need to decide how to broadly use their actions before the actions are resolved. If something in the rules happens "for the next round," it doesn't begin until the beginning of the next round.

ACTION

An action is anything that can be done in about a second and a half, but mostly actions in Combat is one of the three below:

- **Attack** - make a special Ability Check called an Attack Roll, which is a Physical Check if melee or a Mental Check if ranged. This is contested by a special Saving Throw called a Defense Roll, which requires spending 1 SP and 1 MP in order to gain Advantage on it. If you succeed, you hit, dealing 1d6 damage on a hit with a sling or club, or 1 damage with a thrown rock or punch. A punch has a range of 1 meter, a club has a range of 2 meters, a thrown rock has a range of 10 meters, and a sling has a range of 50 meters. Ranged attacks can reach double their normal range with Disadvantage, but automatically miss if the Attack Roll would Disadvantage even within range. If you attack with a sling, you are Flat-footed for the current round. If the Attack Roll was a natural 20, the hit deals double damage.
- **Move** - you can run up to 5 meters with each action you spend moving. You can also expend 1 SP to Sprint, doubling your speed until the start of your next turn, but while moving this fast, you cannot make sharp corners without having something to swing around (90° is considered "sharp").
- **Defend** - for the current round, you have advantage on all saving throws.
- **Study** - look for hidden enemies or analyze enemy tactics to decide what you should do.

MINOR ACTION

A Minor Action is a very quick act such as the following:

- **Draw a weapon** - you draw a weapon.
- **One-meter Step** - you move 1 meter. This Minor Action cannot be taken when both of your Actions are used to move.
- **Lunge** - you increase the range of one melee attack by 1 meter.

REACTION

A reaction interrupts another creature's action, and can be any of the following:

- **Opportunity Attack** - make a melee weapon attack against a creature that enters your reach or against any Flat-footed creature.
- **Riposte**: when you roll a natural 20 on a Defense Roll against a melee attack, make a melee attack against the creature whose attack you avoided.
- **Parry** - when you or another creature in your reach is hit by an attack, make an Attack Roll contested by the original triggering attack. On a success, you deflect the attack, turning it into a miss.
- **Ready Action** - choose anything that can be done as an Action or Minor Action; you can expend an Action or Minor Action to gain an additional reaction that can only be used to perform that activity before the end of the current round. You could, for example, give yourself additional opportunity attacks or parrying opportunities, or set yourself up to wait until enemies approach a certain position to act, allowing you to interrupt their turn.

WHO GOES FIRST

Studying happens first, then Defending, then melee attacks, then ranged attacks, then other activities. Within that, players' characters go first, then their allies, then their enemies, then neutral characters.

DOING MULTIPLE THINGS AT ONCE

You can do multiple non-contradictory things as part of the same Action, Minor Action, or Reaction, but if you do, you have Disadvantage on any Ability Checks or Saving Throws that you do in that action.

FACING

You can choose which way you are facing each turn, and Anything which is behind you is invisible to you. Generally, you and all other creatures will face the direction of whatever they're interacting with, such as the creature they're attacking or the direction they're running.

COVER

You gain a +5 bonus to your Defense Rolls when hiding behind cover, like behind a tree. The enemies gain the same benefit, as normal.

BEING SURPRISED

If you are unprepared for combat, you cannot act during the first round, usually because the enemies snuck up on you and succeeded on their rolls against you.

SPECIAL ATTACKS

Whenever you would make a melee weapon attack, you may perform any of the following maneuvers instead.

- **Shove:** make a Physical Check contested by a Physical Saving Throw from a creature within a meter of you. On a success, you make them Flat-footed for the next round, and if they were already Flat-footed, if you succeed at doing this twice in one round, you either shove them 1 meter back and can move into the space they occupied as they move, or you knock them Prone for the next round.
- **Grapple:** make a Physical Check contested by a Physical Saving Throw from a creature within a meter of you. On a success, you are both in a grapple, making both of you Flat-footed and incapable of moving without moving the other with you. Escaping a grapple is also a special attack, and uses the same rules.
- **Focus Aim:** you gain advantage on your next attack. It is usually better to make two attacks, but can sometimes be worth it when you have limited chances to strike.
- **Frighten:** make a Physical Check opposed by a Mental Saving Throw from a creature in your melee reach. On a success, they're Frightened of you for the next round.

RECKLESS ATTACKS

Sometimes dealing as much damage as possible or gaining other benefits is worth risking further danger to your person. The following options (and any other options pre approved by your GM) may be used in combat to go beyond your normal limits; however, when you do so, all of your attacks have Disadvantage and you are Flat-footed during the current round.

- **Double Attack:** Make two melee weapon attacks for each action used to attack.
- **Sure Attack:** Each melee weapon attack which misses still deals half damage to its target.
- **Power Attack:** On a hit with a melee weapon attack, the number of weapon damage dice you roll is doubled.

EXPLORATION

While combat happens on the scale of 3-second round, exploration takes place normally on the scale of days or 3-per-day day segments, separated by rest periods.

EXPLORATION ACTIVITIES

Exploration activities cost 1 MP per segment, or 3 MP per day, and involve making a Mental Check to determine success. Below are some activities that the GM might call for or that you might propose, along with the consequences for failure (if no player chooses the activity, it is automatically a failure). Multiple players can choose the same activity, and potentially gain multiple successes by doing so, but all players must decide what their characters will do before anyone rolls. The GM decides whether these activities are played out on a segment-scale three times per day, on a daily scale, or a different scale appropriate for the scale of travel

- **Forage:** On a success, gain a day's worth of food and water for the party (or one third as much, if you are checking activities in segments instead of days). On a failure, gain none. The GM may decide that rich or desolate environments produce different amounts on a success, or that a failure still yields a reduced amount.
- **Watch/Scout:** On a success, the party becomes aware of enemy locations early enough to choose to sneak up on them. On a failure, enemies attempting to sneak up on the party automatically succeed.
- **Track/Navigate:** On a success, the party makes progress towards reaching their target location is the creature they're tracking. On a failure, you can do no more than follow a clear cut path, and will otherwise just get lost and progress randomly through the place they're exploring.

FOOD AND WATER

You need two kilograms of food (or one kilogram of dense trail rations) and two liters of water per day if you are active, or half as much if you spend your days resting (adventurers rarely do, unless they are waiting for other parties to act). Each day without food, your SP maximum goes down by 1, and each day without water, it goes down by 5.

ENCUMBRANCE

You can comfortably carry up to 10 kg without a problem. Carrying more than that makes you Encumbered, which doubles the SP cost of overland travel, Sprinting, and other movement-based activities.

DIFFICULT MOVEMENT

- **Swimming:** You have Disadvantage on Physical Checks in water, other than checks made to swim. You can swim 1 meter per round, and swimming through rough water requires a Physical Check for each 5 meters swam. Swimming costs 1 SP per round while Encumbered, and 1 SP per minute otherwise.
- **Climbing:** As above, but with vertical movement, and a check is always required with anything harder to climb than a ladder. Only climbable surfaces, such as trees, crumbling walls of stone, and steep rocky hills.
- **Jumping:** You can jump up to half of your speed horizontally, and up to half of that vertically.

FALL DAMAGE

You fall 150 meters per round (50 m/s), and for every 5 meters you fall at once (round down), you take 2d6 damage, or half as much if you succeed on a Physical Saving Throw with a DC equal to 10 + the number of d6's of damage you would take. If you fall and take damage from the fall, you land Prone.

LIGHT AND DARKNESS

There are four levels of light:

- **Darkness.** You cannot see in Darkness.
- **Dim Light.** You can only see in Dim Light if your eyes are adjusted to the dark, and even then, you have Disadvantage on Mental Checks that rely on sight and cannot see in color. Moonlight is Dim Light.
- **Fire Light.** You can see normally in Fire Light. Torch light and lantern light are Fire Light.
- **Bright Light.** You can normally see in Bright Light, but if your eyes are adjusted to the dark, then Bright Light becomes Blinding Light for you. Sunlight is Bright Light.

It takes 30 minutes for your eyes to adjust to the dark and 5 minutes for them to adjust back to light, which is only a problem when urgent threats are present, such as a collapsing dungeon or the presence of monsters who can see better in the dark than you can.

SUFFOCATION

You cannot spend SP while holding your breath. You can hold your breath comfortably for up to 30 seconds (10 rounds); after that, you need to make a Physical Check, with a DC of 10 + the number of rounds since you ran out of air, each round. On a failed save, you fall unconscious, and die in 1d6 minutes unless you are taken to a place with air and revived by succeeding on a DC 20 Physical Check. This revival check can be attempted multiple times, but requires 30 seconds (10 rounds) per attempt after the first.

EXTREME WEATHER

Hot temperatures double your water requirement per day, typically meaning that twice as many Foraging successes are required per day for the party to have enough water to survive, and the SP cost of overland travel and other continuous labor activities is doubled. Cold temperatures cause you to take 1 point of damage per hour. Warm clothing turns cold temperature to normal and normal temperature to hot.

Additionally, rain and other adverse weather can limit the amount of SP and MP you regain by resting unless you have a tent to rest in.

SOCIAL INTERACTION

The rules for social interaction are intentionally vague and abstract because social interaction is something which players can actually play out with their GM at the table, so while there is never anything wrong with describing your character's intent with an interaction rather than actually playing it out. Either way, the GM will likely call for a Mental Check to see how well your character influences the non-player character you're interacting with. Particularly difficult interactions, such as asking someone to risk their life for you, may be impossible or have a DC of 20; complex interactions, such as convincing someone of a lie which would be hard to convince them of even if it was true, may require multiple checks, one to convince someone you think you're honest, and another to convince them you're not wrong or insane.

EQUIPMENT

By default, you start the game with a backpack and waterskin, a day's food and water, ordinary clothing, a club, a sling and 20 bullets, a 10-meter rope, a torch and firestarter, and enough money for another day's worth of trail rations. One day of trail rations is worth 1 gram of silver, which is the basic default currency in this game, and the amount of money a common, unskilled worker might make in a workday in a poor, rural area. Other equipment is listed below, with appropriate corresponding weight and prices (the GM may alter the prices or equipment list to include other items or change their ease of availability). You can sell an item for half its worth as easily as you can buy it.

<i>Item</i>	<i>Cost</i>	<i>Weight</i>
Common Food (1 day)	0.3 gs	2 kg
Trail Rations (1 day)	1 gs	1 kg

Club	0.01 gs	1 kg
Sling	1 gs	0.5 kg
Pouch of 20 Sling Bullets	0.5 gs	1.5 kg
Backpack	2 gs	1 kg
Waterskin	0.5 gs	2 kg (2 Liters (full))
Hunting Trap	1 gs	2 kg
Fishing Tackle	1 gs	2 kg
Rope (10 meters)	1 gs	2 kg
Tent	5 gs	5 kg
Firestarter	1 gs	0.1 kg
Torch	0.1 gs	1 kg
Warm Clothing	1 gs	2.5 kg
Waraxe	150 gs	2 kg
Warbow	150 gs	1 kg
Quiver of 20 Arrows	25 gs	1 kg
Currency		
Copper Mite	0.01 gs	1 gram
Copper Coin	0.1 gs	10 grams
Silver Mite	1 gs	1 gram
Silver Coin	10 gs	10 grams
Gold Mite	100 gs	1 gram
Gold Coin	1,000 gs	10 grams

SPECIAL ITEM DESCRIPTIONS

- **Hunting Trap/Fishing Tackle:** Gives one person Advantage on Foraging Checks when on land or by water, respectively.
- **Tent:** Grants the party immunity to rest penalties due to bad weather.
- **Warm Clothing:** Grants one person immunity to damage from cold weather.
- **Trail Rations:** Weighs half as much as common food while providing equal nourishment. Additionally, common food will spoil in 1d6 days, but trail rations last indefinitely or until consumed.
- **Firestarter:** Can be used to light kindling and torches, which still requires succeeding on a DC 15 Physical Check.
- **Torch:** When lit, sheds Fire Light in a 5-meter radius and Dim Light for an additional 5 meters, but burns out in an hour.
- **Waraxe/Warbow:** Deals 2d6 damage per melee hit or ranged hit, respectively.

CONDITIONS

ENCUMBERED

While Encumbered, the SP of movement-based activities, such as distance walking and Sprinting, is doubled, and it takes 2 Actions to get up from Prone, instead of 1 Action.

FLAT-FOOTED

While Flat-footed, attacks against you have Advantage.

FRIGHTENED

While Frightened of something, you have Disadvantage on checks to interact with anything other than the source of your fear, and you cannot look away from the source of your fear unless you are fleeing it.

PRONE

While Prone, you have Disadvantage on attacks, and melee attacks against you have Advantage. To end the Prone condition, you must use an Action to get up. This attack leaves you Flat-footed for the current round. Unless you are Encumbered, you can spend 1 SP to get up as a Minor Action, which does not make you Flat-footed.