

DUNGEONS AND DRAGONS 5TH EDITION (2024)

STAMINA RULES

ADVANTAGE AND DISADVANTAGE

In this variant, it is recommended that different sources of Advantage and Disadvantage be allowed to stack, with each source granting one additional D20 you must roll and take the highest/lowest value, or cancel out just one source of the opposite type to the roll.

NEW STATS

This ruleset replaces Spell Slots and “x many times per rest” with two new statistics: Stamina, to reflect physical energy, and Mana to reflect mental energy.

STAMINA

Your character has a maximum number of Stamina Points (SP) equal to 5 + your Constitution modifier, and you regain 1 SP for 10 minutes of resting and all after a Short Rest or Long Rest. You can spend any number of SP before making a D20 Test that uses Strength, Dexterity, or Constitution, gaining one source of Advantage for every SP spent. You can also spend 1 SP at the start of your turn to Sprint, doubling any speeds you have until the start of your next turn, or on any other features that cost stamina, as detailed below.

You can have less than 0 SP, but whenever you lose SP and the new total is negative, you must make a Constitution Saving Throw with a DC equal to 10 + however far negative your total is, taking a level of Exhaustion on a failed save.

MANA

Your character has a maximum number of Mana Points (MP) equal to 10 + your Intelligence, Wisdom, or Charisma Score (your choice), and you regain 1d4 expended MP after or Short Rest and all of it after a Long Rest. You can spend any number of MP before making a D20 Test that uses Strength, Dexterity, or Constitution, gaining one source of Advantage for every MP spent. You can also spend 1 MP as an action to Focus, gaining Advantage on Wisdom (Perception) for the next minute or until you stop concentrating (as if on a spell).

You can have less than 0 MP, but whenever you lose MP and the new total is negative, you must make a Saving Throw using the Ability Score you used when determining your MP maximum, with a DC equal to 10 + however far negative your total is. On a failure, you have Mental Exhaustion, which gives you Disadvantage on D20 Tests that use Intelligence, Wisdom, and Charisma, as well as making it impossible to spend any MP or to cast spells or use similar features. Mental Exhaustion is removed after a Long Rest.

FEATS

This ruleset comes with the following two feats:

ENDURING BODY

Hardy and resilient, you gain the following benefits:

- Your Stamina Point maximum increases by two.
- You have advantage on saves made to avoid Exhaustion.

ENDURING MIND

Accustomed to intense mental strain, you gain the following benefits:

- Your Mana Point maximum increases by five.
- You have advantage on saves made to avoid Mental Exhaustion.

DETERMINING THE COST OF SPECIFIC FEATURES

For this system to work as intended, the cost of using class- or race-specific abilities will generally be expressed in terms of SP and MP, rather than the consequence-free “x many times per short rest or long rest” that D&D 5E normally uses. This is designed to help balance out the enormous number of things that high-level characters can do and to make using different abilities more decision-laden, since no ability is free and every good ability limits your ability to use others the more you use it.

Below are recommendations for determining the cost for different D&D 5E special powers, beginning with spellcasting and ultimately enumerating specific class-based features unique to each class.

SPELLCASTING

Spellcasting costs MP, with the table below showing the MP cost for each spell by spell level based on your spellcaster level (treat as the Multiclassing Spellcasting Table, so that, for example, your Spellcaster Level is halved when playing a Paladin or Ranger, and divided by three for subclass casters like Eldritch Knights or Arcane Tricksters). The total number of spells that a spellcaster can cast throughout the day is similar to what it would be in normal D&D up until level 11, at which point the total number of daily spells is reduced in exchange for being able to cast your most powerful spells more frequently.

<i>Spellcaster Level</i>	<i>MP Cost/Spell Level</i>								
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1st	10	-	-	-	-	-	-	-	-
2nd	7	-	-	-	-	-	-	-	-
3rd	4	7	-	-	-	-	-	-	-
4th	4	5	-	-	-	-	-	-	-
5th	2	3	6	-	-	-	-	-	-
6th	2	3	5	-	-	-	-	-	-
7th	2	2	4	5	-	-	-	-	-
8th	1	2	3	4	-	-	-	-	-
9th	1	2	3	3	4	-	-	-	-
10th	1	1	2	3	3	-	-	-	-
11th	1	1	2	3	3	7	-	-	-
12th	1	1	2	3	3	7	-	-	-
13th	1	1	2	3	3	7	7	-	-
14th	1	1	2	3	3	7	7	-	-
15th	1	1	2	3	3	6	6	7	-
16th	1	1	2	3	3	6	6	7	-
17th	1	1	2	3	3	5	6	6	7
18th	1	1	2	3	3	5	5	6	7
19th	1	1	2	3	3	4	5	5	6
20th	1	1	2	3	3	4	5	5	6

COMMON RESOURCE COSTS

- **Proficiency Bonus/Ability Score Modifier Times Per Short Rest:** Costs 2 SP at level 1, then 1 SP starting at level 11.
- **Proficiency Bonus/Ability Score Modifier Times Per Long Rest:** Costs 5 MP at level 1, then 4 MP starting at level 5, 3 MP starting at level 11, and 2 MP starting at level 17.

- **Spells Castable Once Per Long Rest:** Costs 9 MP for 2nd level spells and 5 MP for 1st level spells. If you also have spell slots and can cast these spells this way, their cost is halved (round up) compared to what it would normally be.

INDIVIDUAL CLASSES

Below are recommendations for the unique features of each class, by class. Where no change is given, no change is recommended.

When Multiclassing, use your overall character level, not your individual class levels, to determine the costs of your various class abilities.

BARBARIAN

CORE CLASS

- **Rage:** Costs 5 MP at level 1, then 4 MP at level 3, then 3 MP at level 6, then 2 MP at level 12, then 1 MP at level 15.
- **Relentless Rage:** No change, even when using the “Gritty Health Bar” rules variant below.
- **Persistent Rage:** You do not regain MP (or separate uses of your Rage feature) from this feature.

SUBCLASSES

- **Path of the Berserker:**
 - **Intimidating Presence:** Costs as much as a Rage does every time.
- **Path of the Wild Heart:** No changes.
- **Path of the World Tree:** No changes.
- **Path of the Zealot:**
 - **Zealous Presence:** Costs as much as a Rage does every time.

BARD

CORE CLASS

- **Bardic Inspiration:** Costs 2 SP.
- **Font of Inspiration:** A Bardic Inspiration usage now costs 1 SP or the same MP as a 1st level spell.
- **Superior Inspiration:** During Initiative, whenever you spend 1 or more MP to cast a spell of 1st or higher, you can also use Bardic Inspiration for free as part of the same Action, Bonus Action, or Reaction.

SUBCLASSES

- **College of Dance:** No changes.
- **College of Glamour:**
 - **Beguiling Magic:** Costs as much as a Bardic Inspiration every time; also applies to cantrips.
 - **Mantle of Majesty:** Costs 1 MP less than a 3rd level spell, every time.

- **Unbreakable Majesty:** Costs 3 SP.
- **College of Lore:** No changes.
- **College of Valor:** No changes.

CLERIC

CORE CLASS

- **Channel Divinity:** Costs 2 SP at level 2, then 1 SP starting at level 6, and at level 18, you can instead spend 1 MP.
- **Divine Intervention:** Costs 10 MP, in addition to the MP cost of the Cleric spell you cast.
- **Greater Divine Intervention:** Divine Intervention now works with Cleric spells of any spell level, without having to wait 2d4 days to do it again.

SUBCLASSES

- **Life Domain:** No changes.
- **Light Domain:**
 - **Warding Flare:** Costs 2 SP.
 - **Improved Warding Flare:** Costs 1 SP or as much MP as a 1st level spell.
 - **Corona of Light:** Costs 2 MP.
- **Trickery Domain:** No changes.
- **War Domain:** No changes, except as listed under “Common Resource Costs.”

DRUID

CORE CLASS

- **Wild Shape:** Costs 2 SP at level 2, then 1 SP starting at level 11.
- **Wild Companion:** Costs as much MP as a 1st level or as much SP as a Wild Shape.
- **Wild Resurgence:** Costs as much MP as a 1st level spell to use Wild Shape, and the MP cost of 1st level spells is halved (round up) if you also spend as much SP as Wild Shape costs.
- **Archdruid:**
 - **Evergreen Wild Shape:** While in Initiative, you can use a Bonus Action to use Wild Shape for free after using a Magic Action to cast a spell of 5th level or higher.
 - **Nature Magician:** You can halve (round up) the MP cost of any spell if you also spend as much SP as you do MP. For example, you could cast 9th level spells for 3 MP plus 3 SP.

SUBCLASSES

- **Circle of the Land:**
 - **Natural Recovery:** The MP cost of all your Circle Spells are reduced by 2 at every casting, to a minimum of 1. The MP cost of all other spells of 1st to 5th level are reduced by 1, to a minimum of 1.
- **Circle of the Moon:**
 - **Moonlight Step:** Costs 1 less MP than a 2nd level spell (minimum 1 MP), every time.

- **Circle of the Sea:** No changes.
- **Circle of the Stars:**
 - **Star Map:** The MP cost for *Guiding Bolt* is halved, rounded down, when casting it at 1st level, and halved, rounded up, for every other level you may cast it at.
 - **Cosmic Omen:** No changes, except as listed under “Common Resource Costs.”

FIGHTER

CORE CLASS

- **Second Wind:** Costs either 2 SP or 4 MP (starting at level 1), then 1 SP or 3 MP (at level 4), then 1 SP or 2 MP (at level 10).
- **Action Surge:** Costs 2 SP at level 2 and 1 SP at level 17.
- **Indomitable:** You gain a +1 bonus to AC at level 9, which increases to +2 at level 13 and +3 at level 17.

SUBCLASSES

- **Champion:** No changes.
- **Battle Master:**
 - **Superiority Dice:** Costs either 1 SP or 4 MP. The MP cost is reduced to 3 MP at level 7 and 2 MP at level 15.
 - **Know Your Enemy:** Costs 1 SP or MP equal to one less than the MP cost for Superiority Dice.
- **Eldritch Knight:** No changes.
- **Psi Warrior:** Each Psionic Energy Die costs either 1 SP or 6 MP (at level 3), then 5 MP (at level 5), then 4 MP (at level 9), then 3 MP (at level 13), then 2 MP (at level 17).
 - **Telekinetic Movement, Psi Empowered Leap, Bulwark of Force, and Telekinetic Master:** Costs 1 SP or MP equal to one less than the MP cost for Psionic Energy Dice.

MONK

CORE CLASS

- **Focus Points:** One Focus Point costs 2 SP at level 2, then 1 SP at level 5, then 2 Focus Points cost 1 SP starting at level 10, then 3 Focus Points cost 1 SP at level 15, then 4 Focus Points cost 1 SP at level 20. Any unspent Focus Points are lost at the end of your next Short or Long Rest.
- **Uncanny Metabolism:** A Focus Point can instead cost 5 MP at level 2, then 4 MP at level 5, then 3 MP at level 7, then 2 MP at level 9, then 1 MP at level 14.
 - The healing aspect of this feature can be used for no action when you roll Initiative or anytime as a Bonus Action, and costs 8 MP starting at level 2, 6 MP at level 6, 5 MP at level 14, then 4 MP at level 18.
- **Perfect Focus:** While in Initiative, the first Focus Point you spend each round is free.

SUBCLASSES

- **Warrior of Mercy:** No changes, except as listed under “Common Resource Costs.”

- **Warrior of Shadow:** No changes.
- **Warrior of the Elements:** No changes
- **Warrior of the Open Hand:**
 - **Wholeness of Body:** The MP cost for the healing feature of Uncanny Metabolism is halved (round down).

PALADIN

CORE CLASS

- **Lay on Hands:** Costs up to double your Paladin level worth of MP, with each MP you spend restoring a number of Hit Points equal to 3 times the highest level of Paladin spell you can cast, to a maximum of 15 Hit Points. You can also sacrifice 5 of these points of healing to end the Poisoned condition on the target.
- **Paladin's Smite:** You can cast *Divine Smite* using either SP or MP, and the cost either way is halved (round down, to a minimum of 1 MP or 1 SP) for each spell level.
- **Channel Divinity:** Costs 2 SP at level 3, then 1 SP starting at level 11.
- **Faithful Steed:** You can cast *Find Steed* using either SP or MP, and the cost either way is halved (round down, to a minimum of 1 MP or 1 SP) for each spell level.
- **Restoring Touch:** You can sacrifice 5 points of healing when using Lay on Hands to end any one of these effects on the target: Blinded, Charmed, Deafened, Frightened, Paralyzed, or Stunned.

SUBCLASSES

- **Oath of Devotion:**
 - **Holy Nimbus:** Costs as much as a 4th level spell, every time.
- **Oath of Glory:**
 - **Living Legend:** Costs as much as a 4th level spell, every time.
- **Oath of the Ancients:**
 - **Undying Sentinel:** Costs 7 MP.
 - **Elder Champion:** Costs as much as a 4th level spell, every time.
- **Oath of Vengeance:**
 - **Avenging Angel:** Costs as much as a 4th level spell, every time.

RANGER

CORE CLASS

- **Favored Enemy:** The MP cost of *Hunter's Mark* is halved (round down, to a minimum of 1 MP) at every spell level, for every casting of it.

SUBCLASSES

- **Beast Master:** No changes.
- **Fey Wanderer:**
 - **Fey Reinforcements:** Casting *Summon Fey* costs as much as a 2nd level spell, every time.
- **Gloom Stalker:** No changes, except as listed under "Common Resource Costs."
- **Hunter:** No changes.