

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 double your speed for one round (see Combat) or 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.