

MUSCLES & MONSTERS v1

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A character has 6 **ABILITIES**, these are their base physical and mental traits:

Strength | Agility | Stamina | Intellect | Willpower | Magic

At Level 1, *before applying racial bonuses*, an Ability score cannot be higher than +3, lower than -2, and the Stamina score must be at least 1. Ability scores at Level 1 must total 15 points *before racial bonuses*.

There are 12 **SKILLS**, each Skill is tied to one Ability:

- Athletics** *(Strength / Non-combat athletics checks, lifting, pushing, carrying, etc)*
- Grappling** *(Strength / Unarmed Attack Skill)*
- Coordination** *(Agility / Climbing, sneaking, throwing, acrobatics, etc.)*
- Striking** *(Agility / Unarmed Attack Skill)*
- Toughness** *(Stamina / resistance to physical pain & injury)*
- Constitution** *(Stamina / Resistance to disease, cold, poison, etc)*
- Notice** *(Intellect / Perception, investigation, awareness)*
- Knowledge** *(Intellect / Lore, learned information, trivia)*
- Guile** *(Willpower / Persuasion, deception, seduction, charm, etc)*
- Alpha** *(Willpower / Intimidation, dominance of personality, resolve, resists mind control magic)*
- Arcana** *(Magic / Magic knowledge, sets how many spells can be prepared)*
- Power** *(Magic / Spell Attack Skill, sets Spell Save)*

There is also a **PROFICIENCY BONUS** which is +2 at Level 1, and a character starts with Proficiency in 3 Skills. When rolling, you'll add your Ability + Proficiency to the die result.

Armor Class (AC) is equal to 10 + Toughness if you are not wearing armor. If you are wearing armor, add the armor's AC bonus, as well.

Max Hit Points are equal to 10+Stamina at Level 1 and increase by Stamina + Constitution or 5 per Level, whichever is greater.

Mana is equal to Magic x 4 at Level 1, and increases by Magic + Power per Level. Mana determines how many spells you can cast per day.

Spell Save DC is equal to 8 + Power

****ATTACKS:****

For ****Unarmed Melee Attacks****, the hit modifier is ****Grappling or Striking**** (depending on what kind of attack you're making), and the ****damage die**** is the same Skill (including PB if applicable), so for example, a Grappling Skill of 5 would make the damage die a d5 (odd-sided dice are possible since we're using virtual dice). The ****Strength Ability**** score itself is also added to the damage total (so, in the above example, the damage for a Grappling attack would be ****1d5 + 5****).

For ****Melee weapon attacks**** the hit modifier is ****Strength****, for ****Ranged weapon attacks**** it's ****Agility****, and the damage die is defined by the weapon. The Strength score is also added to the damage roll as a bonus for melee weapon attacks.

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****USING MAGIC:****

Acts of magic will either be an attack or require a saving Throw.

****Magic Attacks**** use the caster's ****Power**** Skill as the modifier in the same way a melee attack would use Strength. The caster's attack roll must meet or exceed the target's AC to hit.

****Saving Throws**** are made by the caster's ****target****, against a DC equal to ***8 + the caster's **Arcana** Skill (including proficiency, if applicable)***.

Using magic usually costs ****Mana****, and how much a given act of magic costs depends upon what Force a caster is attuned to, and which Forces are required to create the effect. There are two kinds of magic; simple acts of magic called ****cantrips**** which call upon only one Force of magic and are not taxing to cast, and more complex and powerful forms of magic called ****spells**** which often involve multiple Forces of magic and ***are*** taxing to cast.

****Cantrips**** (with the exception of ****healing**** magic) cost no mana to cast. At level 1 cantrips from the caster's ****attuned Force**** roll ****1d6**** for the effect dice (damage, healing, duration), and cantrips from their ****inferior Forces**** use ****1d4****. A caster cannot cast cantrips from their ****superior Forces****. Cantrips which heal (that is, ****restore HP**** or remove a ****disease or poison****) ***always*** cost at least one Mana. A caster may optionally choose to "upcast" a cantrip, spending Mana on an otherwise free cantrip to make it more powerful, adding either ****1 die**** to the effect roll ***OR*** increasing the ****number of targets by 1**** per point of Mana spent.

****Spells**** use effect dice like attacks; the effect die will be the caster's ****Power**** (plus proficiency, if applicable). So, a caster with a total Power of 7 (a score of 5 + proficiency bonus of 2), would roll a ****d7****.

The cost for spells depends on what Forces are involved, and what the effect is. Generally speaking, spells will cost 1 Mana for the **attuned Force**, 1.5 for the **superior Forces**, and .5 for the **inferior Forces**. Spells *always* involve at least two Forces. So, the least a spell could cost would be **1 Mana**, and for a very complex spell involving all five Forces, it would cost at least **5 Mana**. Like cantrips, spells can be upcast to increase their effect or the number or the number of targets.

KNOWN & PREPARED MAGIC:

Magic is intuitive, instinctive, and in a world which mostly lacks systems of writing, cannot be codified to be learned in a scholarly way. So there is no list of spells and cantrips. Instead, casters create cantrips and spells themselves, instinctively and often in highly stressful situations.

However, there is a limit to the number of acts of magic a caster can know, and also a limit to how many they can hold in their minds at once. Also, once a caster has intuited how to create a particular effect, that's how they do that thing; they cannot later create the same or highly similar effect with a different combination of Forces.

A character at level 1 can **know** and **prepare** a number of cantrips and spells equal to their **Arcana + 1** *OR* **1**, whichever is greater; at least 1, and no more than half, of these *must* be cantrips.

With each level up their **Known Magic** limit increases by **half their Arcana score** and their limit of **Prepared Magic** is equal to their **Arcana + Level**.

To intuit and cast a new act of magic, a character needs to have **room on their Known Magic and Prepared Magic lists** and have **at least 1 Mana** (even if the new magic is a free cantrip).

At the end of each long rest, a character may prepare a new set of magic from their Known Magic list.