

Player Reference Sheet

What You Can Do on Your Turn

One Move

One Action

One Bonus Action

One Reaction

Initiative (PHB pg 189)

When combat starts, each participant makes a DEX check to determine their initiative.

If two or more players are tied, they may choose who acts first.

The DM decides the order if a tie exists between a monster and a character.

Surprise (PHB pg 189)

Characters that are surprised cannot move or take an action on their first round of combat.

Characters and creatures cannot take a Reaction until that the surprise round ends.

Reaction (PHB pg 190)

You may take only one reaction between each of your turns.

If the reaction interrupts another creature's turn, the creature continues its turn after the reaction concludes.

Move (PHB pg 190)

On your turn you can move a distance up to your full Speed.

You can switch between different move types. Simply subtract the distance already moved from the new speed. If the result is 0 or less, you cannot use the new speed during the current move.

You may drop prone without using any Speed.

Standing up from Prone (PHB pg 190-191)

Standing up from prone costs an amount of movement equal to half your speed.

Moving Around Other Creatures (PHB pg 191)

You may move through a non-hostile creature's space.

However, you can move through a hostile creature's space only if that creature is at least two sizes larger or smaller than you are.

You may not end your movement in a space occupied by another creature.

Difficult Terrain (PHB pg 190)

Every foot of movement in difficult terrain costs 1 extra foot of movement.

Moving Between Attacks (PHB pg 190)

You may break up your movement during your turn using some of your Speed before and after your action including taking multiple attacks.

Climbing, Swimming, and Crawling (PHB pg 182)

When climbing, crawling or swimming, each foot of movement costs 1 extra foot of movement unless the creature has a Climbing or Swimming Speed.

Climbing a slippery vertical surface or one with few handholds may require a STR (Athletics) Check.

Swimming in rough water may require a STR (Athletics) Check.

Jumping (PHB pg 182)

Long Jump

You can cover a distance equal to your Strength score in feet if you move at least 10 feet before on foot before making the jump.

When you make a standing jump, you can leap only half that distance.

You must succeed at a DC 10 STR (Athletics) check to clear a low obstacle.

When you land in difficult terrain, you must succeed on a DC 10 DEX (Acrobatics) check or land prone.

High Jump

You can leap a number of feet into the air equal to your STR Modifier +3 if you move at least 10 feet on foot immediately before the jump.

If you make a standing high jump, you only jump half that distance.

Each foot you clear in the air costs a foot of movement.

The DM may allow characters to make a STR (Athletics) check to jump higher.

You can extend your hands half your height above your head during a jump to reach a distance equal to the height of the jump plus 1.5 times your height.

Actions in Combat

Attack (PHB pg 192)

You make either a melee or ranged attack against an opponent.

Extra Attacks granted by a class feature do not require a separate attack action.

Cast a Spell (PHB pg 192 & 202)

You may cast a spell on your turn. Each spell has a casting time, which specifies whether a spell requires the caster to use an Action, Bonus Action, minutes, or hours to complete the spell.

Casting a Spell with a Casting Time of a Bonus Action (PHB 202)

If a spell requires a Bonus Action to cast, you must use a Bonus Action to cast the spell. If you have already used your Bonus Action, you may not cast the spell. You can't cast another spell during the same turn except for a Cantrip with a casting time of 1 Action.

Casting a Spell with a Casting Time of Reaction (PHB 202)

These spells are cast in reaction to a circumstance and the spell's description will tell you exactly when the spell may be cast.

Note that characters have only one Reaction per round.

Longer Casting Times (PHB 202)

When you cast a spell with a casting time of minutes or hours or cast a spell as a ritual, you spend your action each turn casting the spell and must maintain Concentration while doing so. If your Concentration is broken, the spell fails, but you do not expend a spell slot.

Dash (PHB pg 192)

You gain extra movement equal to your Speed after modifiers.

Disengage (PHB pg 192)

Your movement does not provoke attacks of opportunity for the rest of the turn.

Dodge (PHB pg 192)

Until the start of your next turn, any attack roll made against you has Disadvantage if you can see the attacker.

You make Dexterity Saving Throws with Advantage.

You lose this benefit if you are incapacitated or your speed drops to 0.

Help (PHB pg 192)

You assist another creature in a task, and the creature gains Advantage on its next ability check to perform a task as long as that task is before your next turn.

You can aid a friendly creature in attacking a creature within 5 feet. If your ally attacks the target before your next turn, the first attack has Advantage.

Hide (PHB pg 192)

Make a Dexterity (Stealth) Check in an attempt to Hide.

Ready (PHB pg 193)

Decide on the circumstances that will trigger your Reaction and the Action you will take in response to that trigger. You can also choose to Move your Speed.

When the trigger occurs you take the Action as a Reaction after the trigger finishes.

You may also ignore the trigger.

This counts as your reaction for the round.

Search (PHB pg 193)

You make either an INT (Investigation) check or a WIS (Perception) check to locate something.

Use an Object (PHB pg 193)

You interact with an object that requires an Action or if you wish you can interact with a second object on the same turn.

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Attack Actions

Two-Weapon Fighting (PHB pg 195)

When you take an attack action with a light melee weapon in one hand, you can use a bonus action to attack with a different light melee weapon in the other hand.

You do not add your ability modifier to the damage of the bonus attack, unless the modifier is negative.

If either weapon has the thrown property, you can throw the weapon instead of making a melee attack with it.

Grappling (PHB pg 195)

You use an attack action to start a grapple.

The target of the grapple can be no larger than one size category greater than you.

Using one hand, you attempt to seize the target by making a STR (Athletics) check contested by the target's choice of a STR (Athletics) or DEX (Acrobatics) check.

If you succeed, the target is Grappled (see condition).

You may release the target whenever you like.

If you are able to make multiple attacks, this attack replaces one of them.

Escaping a Grapple

A grappled creature can use its action to escape by making a STR (Athletics) or DEX (Acrobatics) check opposed by your STR (Athletics).

Moving a Grappled creature

When you move, you can drag or carry the grappled creature with you.

Your Speed is halved, unless the creature is two or more sizes smaller than you.

Shoving a Creature (PHB 195-196)

You may use the attack action to shove a creature to push it away or knock it prone.

The target of your shove can be no more than one size larger than you.

You make a STR (Athletics) check opposed by either the target's choice of STR (Athletics) or DEX (Acrobatics).

On a success, you knock the target prone or push it 5 feet away.

If you are able to make multiple attacks this attack replaces one of them.

Knocking a Creature Out (PHB pg 198)

When an attacker reduces a creature to 0 Hit Points with a melee attack, the attacker can choose to knock the target out instead.

The creature falls unconscious and is stable.

Unarmed Attacks (PHB pg 195 & 149)

Unarmed attacks are considered Simple Weapon attacks and characters without proficiency in simple weapons do not add their Proficiency Bonus to unarmed attacks.

An unarmed strike does 1 point of bludgeoning damage.

Opportunity Attacks (PHB pg 195)

An Opportunity Attack is a Reaction

When a creature moves out of the reach of a foe, that creature provokes an Opportunity Attack, and the foe may make one melee attack as a Reaction against the provoking creature.

The attack interrupts the provoking creature's movement, occurring right before the creature leaves the foe's reach.

Teleporting or being forced to move by a foe does not provoke an Opportunity Attack.

You must be able to see a creature in order to get an Opportunity Attack against it.

Mounted Combat (PHB pg 198)

Mounting & Dismounting

Once during your turn, you may mount a creature that is within 5 feet of you or dismount.

Doing so costs movement equal to one half your Speed.

If an effect moves your mount against its will, you must succeed on a DC 10 Dexterity saving throw or fall off, landing prone within 5 feet of the mount.

If you are knocked prone while mounted, you must succeed on a DC 10

Dexterity saving throw or fall off, landing prone within 5 feet of the mount.

If your mount is knocked prone, you can use your reaction to dismount as it falls and land on your feet. Otherwise, you are dismounted, and fall prone in a space 5 feet from it.

Controlling a Mount

You may either control your mount or allow it to act independently. Intelligent mounts always act independently.

The initiative of a controlled mount changes to reflect the character's initiative.

A controlled mount may only take three actions: Dash, Disengage, or Dodge.

A controlled mount may move & act on the turn that you mount it.

An independent mount retains its Initiative. Bearing a rider puts no

restrictions on how it may act in combat, but it moves and acts as it chooses.

If a mount provokes an Opportunity Attack while mounted, the attacker can target you or the mount.

Underwater Combat (PHB pg 198)

A creature that does not have a swim speed has Disadvantage on melee attack rolls unless that weapon is a dagger, javelin, short sword, spear, or trident.

Ranged weapon attacks automatically miss targets beyond the weapon's normal range.

A ranged attack roll has Disadvantage within normal range, unless that weapon is a crossbow, net, or a thrown weapon.

Creatures and objects that are completely immersed in water have resistance to fire damage.

Other Actions During Your Turn (PHB pg 190)

You can communicate either through short utterances or gestures.

During your turn you may interact with an object either during your movement or action.

If you want to interact with a second object you must use an action.

Examples include:

Draw or sheathe a weapon, open or close a door, withdraw a potion from your backpack, pick up a dropped item, throw a lever or switch, or hand an item to another character.

Falling Damage (PHB pg 183)

A creature takes 1d6 Bludgeoning Damage for every 10 feet it falls to a maximum of 20d6.

The creature lands Prone, unless it avoids taking damage from the fall.

Suffocating (PHB pg 183)

A creature can hold its breath for a number of minutes equal to 1 + its Constitution modifier (minimum of 30 seconds).

When a creature runs out of breath, it can survive for a number of rounds equal to its Constitution Modifier (minimum 1 round). At the start of its next turn, it drops to 0 hit points and is dying.

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Advantage & Disadvantage (PHB pg 173)

Advantage

When a character has Advantage, the player rolls two d20's and selects the higher roll.

Disadvantage

When a character has Disadvantage, the player rolls two d20's and selects the lower roll.

If a creature has both Advantage and Disadvantage then the creature has neither.

A creature cannot benefit or suffer from multiple instances of Advantage or Disadvantage.

If an ability allows the player to re-roll a die, the player may re-roll only one die.

Inspiration (PHB pg 125)

Inspiration is awarded by the DM for players who portray their character in a compelling manner.

A player can spend Inspiration when they make an attack roll, saving throw, or ability check to receive Advantage on that roll.

A player can also reward another character for good roleplaying, clever thinking, etc. by giving their inspiration to that character.

Cover (PHB pg 196)

Type	Bonus	Example
One Half	+2	Covers half the target
Three Quarters	+5	Covers $\frac{3}{4}$ of the target
Total Cover	Cannot be affected	Target is entirely covered

Vision and Light (PHB pg 183)

Type	Effect	Example
Lightly Obscured	Disadvantage on Wisdom (Perception)	Dim Light, patchy fog
Heavily Obscured	Blinded	Darkness, Opaque Fog,

Resting (PHB pg 186)

Short Rest

A short rest is at least one hour in duration and characters can do nothing more strenuous than eating, drinking, reading, or tending wounds.

A character can spend one or more Hit Dice at the end of a Short Rest, up to the character's maximum number of Hit Dice. For each Hit Dice spent this way, the player rolls the die and adds the character's Con Modifier to the roll applying the total to their current Hit Point total. The player can decide to spend an extra Hit Die after each roll.

Long Rest

A Long Rest is at least 8 hours in duration during which a character sleeps or performs light activity such as reading, talking, eating, or standing watch for no more than 2 hours.

If a Long Rest is interrupted by fighting, casting spells, at least 1 hour of walking, or other adventuring activities, the characters must begin the Long Rest again to gain any benefit.

At the end of a Long Rest, a character regains all lost Hit Points, and the character regains all spent Hit Dice up to one half of the character's total number of Hit Dice.

A character cannot benefit from more than one Long Rest in a 24-hour period.

A character must have at least 1 Hit Point at the start of the rest to gain any benefits.

Death & Dying (PHB pg 197-198)

Instant Death (PHB pg 197)

A character is instantly killed when that character is reduced to 0 hit points and the remaining damage equals or exceeds that character's hit point maximum.

Death Saving Throws (PHB pg 197)

Whenever a character starts its turn with 0 Hit Points, that character must make a Death Saving Throw to determine whether that character moves closer to dying or hangs onto life.

When making a Death Saving Throw, the player rolls a d20 with no bonuses. If the roll is 10 or higher, the roll succeeds.

After three successes, the character stabilizes.

After three failures, the character dies.

These successes or failures do not have to be consecutive.

The number of successes or failures is reset once the character regains any hit points.

On a roll of a 20, the character regains 1 hit point

A roll of a 1 counts as two Death Saving Throw failures.

Damage at 0 Hit Points (PHB pg 197)

If a character takes damage while at 0 Hit Points, that character suffers a Death Saving Throw failure

If the damage is from a critical hit, that character suffers two Death Saving Throw failures.

If the damage exceeds the characters hit point maximum, that character suffers instant death.

Stabilizing a Creature (PHB pg 197-198)

You can use an action to administer first aid to a creature by making a DC 10 Wisdom (Medicine) check.

A Stable creature does not make Death Saving Throws, but has 0 hit points and remains unconscious.

The creature must start making Death Saving Throws if it takes any damage.

A stable creature that isn't healed regains 1 hit point after 1d4 hours.

Concentration (PHB pg 203-204)

Some spells require Concentration for their effects to remain active. If the character loses Concentration, the effect ends.

A spell that requires Concentration remains active until its duration ends or until the character loses Concentration or voluntarily chooses to end the spell.

Normal activity such as moving, attacking, or casting a spell that does not require Concentration does not interfere with Concentration.

The following factors instantly break concentration:

1. Casting another spell that requires Concentration.
2. Being incapacitated or killed.

If a character takes damage while concentrating on a spell, the character must make a Constitution Saving Throw against a DC of 10 or half the damage taken whichever is higher.

Damage taken from multiple sources requires separate Constitution Saving Throws.

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Conditions

Blinded (PHB pg 290)

A blinded creature cannot see and fails any ability check that requires sight.

Attack rolls against the creature have Advantage.

The blinded creature's attack rolls have Disadvantage.

Charmed (PHB pg 290)

A charmed creature cannot attack or target the charmer with harmful abilities or magical effects.

The charmer has Advantage on any ability check to interact socially with the creature.

Deafened (PHB pg 290)

A deafened creature can't hear and fails any ability check that requires hearing.

Frightened (PHB pg 290)

A frightened creature has Disadvantage on ability checks and attack rolls while the source of the fear effect is within line of sight.

The creature cannot willingly move closer to the source of the fear effect.

Grappled (PHB pg 290)

A grappled creature's Speed becomes 0, and cannot benefit from any bonus to Speed.

The condition ends if the grappler becomes incapacitated.

The condition also ends if an effect removes the grappled creature from the reach of the grappler or grappling effect.

Incapacitated (PHB pg 290)

An incapacitated creature can't take actions or reactions.

Invisible (PHB pg 291)

An invisible creature cannot be seen except by magic or a special sense but can be detected if it makes noise.

An invisible creature is considered heavily obscured for the purpose of hiding.

Attack rolls against an invisible creature have Disadvantage.

An invisible creature has Advantage on attack rolls.

Paralyzed (PHB pg 291)

A paralyzed creature is incapacitated and can't move or speak.

The creature automatically fails STR and DEX Saving Throws.

Attack rolls against the creature have Advantage.

Any attack that hits the creature is a critical hit if the attacker is within 5 feet.

Petrified (PHB pg 291)

A petrified creature is transformed along with any non-magical objects on its person into a solid inanimate substance. Its weight increases by a factor of 10 and it ceases aging.

The creature is incapacitated and can't move or speak and is unaware of its surroundings.

The creature automatically fails STR and DEX Saving Throws.

Attack rolls against the creature have Advantage.

The creature has resistance to all damage.

The creature is immune to poison and disease, but any poison in its system already is suspended not neutralized.

Poisoned (PHB pg 292)

A poisoned creature has Disadvantage on attack rolls and ability checks.

Prone (PHB pg 292)

A prone creature's only movement is to crawl.

The creature has Disadvantage on all attack rolls.

An attack against the creature has Advantage if the attacker is within 5 feet. Otherwise the attacker has Disadvantage.

Standing up from prone costs one half the creature's speed.

Restrained (PHB pg 292)

A restrained creature's speed is zero and it can't benefit from any bonuses to Speed.

Attack rolls against the creature have Advantage.

The creature's attack rolls have Disadvantage.

Stunned (PHB pg 292)

A stunned creature is incapacitated, can't move, and only speaks haltingly.

The creature automatically fails STR and DEX saving throws.

Attack rolls against the creature have Advantage.

Unconscious (PHB pg 292)

An unconscious creature is incapacitated and can't move or speak and is unaware of its surroundings.

The creature drops whatever it is holding and falls prone.

The creature automatically fails STR and DEX saving throws.

Attack rolls against the creature have Advantage.

Any attack that hits the creature is a critical hit if the attacker is within 5 feet.

Exhaustion (PHB pg 291)

Exhaustion is measured in six levels. An effect can give a creature one or more levels of Exhaustion. If an already exhausted creature suffers another effect that causes Exhaustion, its current level of Exhaustion increases by the amount specified in the effect, and the creature suffers the effects of its current level as well as all the lower levels.

Level	Effect
1	Disadvantage on all Ability Checks
2	Speed Halved
3	Disadvantage on Saving Throws and Attack rolls
4	Hit point maximum halved
5	Speed reduced to 0
6	Death

An effect that removes Exhaustion reduces its level as specified, and all effects of Exhaustion end if a creature's exhaustion level is reduced below 1.

Finishing a Long Rest reduces a creature's exhaustion level by 1, so long as that creature has ingested some food and water.