

## PLAYTEST CONTENT

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# *Lycanthropic Transformation*

## A System of Rules:

### Overview:

These rules are meant to give you guidance if you and your table decide to bring a lycanthropic transformation of a PC or NPC to your game. Because of the nature of these rules, we strongly suggest checking with your players and GM before using these rules at the table. Not everybody feels comfortable with roleplaying scenarios involving the loss of a player character's humanity, or taking away a player character's control away from a player, even for a limited amount of time. To ensure that a good time is had by all at the table, ask what everyone's level of comfort is with these themes.

The rules have been written similarly to the [Pointy Hat Rules for Psionic Transformation](#), but they use a completely different system. Instead of the DC starting low and growing every time the ability is used, the DC associated with your transformation changes throughout play with each transformation, ebbing and flowing to mimic your handle on the curse. Additionally, there are feats you can take that increase what you can do while transformed and help you control your transformation, making it easier for you to use it as you wish. The addition of these feats are meant to insert lycanthropy neatly into the already existing leveling process, both to keep the game within the bounds of normal balancing, and to not give the character with lycanthropy an unfair advantage over a character without it.

Finally, lycanthropy in these rules has been written as a boon that can be used at great cost. A character with lycanthropy will be more physically powerful after transformation, but the cost of transforming is high. Keep this in mind when taking this option, but also when reading it to determine if you feel it's balanced enough to use in your games. We invite you to alter these rules to suit the purposes of your table in whatever way you see fit.

### Infection of the Curse:

Once a creature is infected with lycanthropy, one week must pass before they are able to transform into their lycanthrope form. During this time, the curse has not yet anchored itself to the creature's body, mind, and soul, which makes it possible for it to be removed by the *remove curse* spell. One week after infection, the curse will have changed the creature intrinsically; after that point, only a *wish* spell or a magical ritual or item specifically made to remove the curse of lycanthropy can rid the creature of the curse.

Born lycanthropes -- individuals with at least one lycanthrope parent -- have been altered by the curse since their inception. The curse lays dormant until puberty, making them unable to shift into their lycanthrope form, willingly or unwillingly, until it awakens. Once the curse awakens, born lycanthropes are subject to the same rules and limitations as any infected lycanthrope, but a born lycanthrope's curse cannot be removed at any point in their life with the *remove curse* spell.

## Transformation Rules

Lycanthropy in this system is dependent on your Curse DC. This DC represents your struggle to take control of your mind during your transformation.

Your Curse DC changes depending on how you interact with your lycanthropy. Fighting against it will lower the DC, while giving into it and allowing yourself to transform will increase the DC:

Your Curse DC starts at 10.

- When you willingly transform into your lycanthrope form, your Curse DC **increases by 2**.
- When you unwillingly transform into your lycanthrope form, your Curse DC **increases by 1**.
- When you successfully resist an unwilling transformation, your Curse DC **decreases by 2**.
- When you are unsuccessful at transforming back into your normal form from your lycanthrope form, your Curse DC **increases by 1**.
- When you are successful at transforming back into your normal form from your lycanthrope form, your Curse DC **decreases by 1**.
- When you lose control of your lycanthrope form when your HP falls below one third of your maximum HP, your Curse DC **increases by 1**.
- When you successfully control your lycanthrope form when your HP falls below one third of your maximum HP, your Curse DC **decreases by 1**.
- For each week without willingly transforming into your lycanthrope form, your Curse DC **decreases by 1**.
- Your Curse DC cannot go lower than 8 or higher than 20 unless otherwise specified.
- If your Curse DC reaches 20, you are permanently stuck in your lycanthrope form, even if you fall unconscious, and only a *greater restoration* spell or dying can bring you back to your normal form.

### Lycanthrope Form:

As a bonus action, you can willingly shift into your lycanthrope form for up to an hour. Your lycanthrope form is a hybrid of your normal form and the animal form of the lycanthrope that inflicted you with the curse of lycanthropy.

While in your lycanthrope form:

- Your creature type is humanoid (shapechanger)
- Your walking speed increases by 5 feet.

- You can cast any spell and use any equipment in your normal form, speak, and wear armor.
- Your Strength or Dexterity score increases by 2 (you choose between the two when you are infected with lycanthropy).
- You gain an amount of temporary HP equal to twice your proficiency bonus.
- You can use your claws or your bite as unarmed strikes. You can use either your Dexterity or your Strength (you choose between the two when you are infected with lycanthropy) for both the attack and damage rolls of your unarmed strikes, which deal 1d6 of slashing damage (for claws) or piercing damage (for bite).

You remain in complete control of your lycanthrope form as long as your HP does not drop below one third of your maximum HP. Once your HP drops below one third of your maximum HP, you must make a Constitution or Wisdom saving throw (your choice) against your own Curse DC. On a success, you maintain control of your lycanthrope form and your Curse DC decreases by 1. On a failure, you lose control of your lycanthrope form and your Curse DC increases by 1.

When you lose control of your lycanthrope form, you automatically lose concentration on any spell you were concentrating on, and the GM decides if you use your turn to attack the nearest creature to you, regardless of whether this creature is friendly or hostile to you, or if you use your full movement to run away from the nearest threat.

You can repeat the saving throw against your Curse DC to try to regain control of your lycanthrope form at the end of each of your turns.

You can use a bonus action to transform back into your normal form as long as you remain in control of your lycanthrope form. When you transform back into your normal form, you cannot move or take actions until after your next turn, as your body acclimates to the toll the lycanthrope form takes on it. You instantly transform back into your normal form if you fall unconscious (unless your Curse DC is equal to 20) or die.

When a full moon is at its peak, you must make a Constitution or Wisdom saving throw against your Curse DC if you wish to resist an unwilling transformation. All saving throws against your Curse DC are done at disadvantage during the night of a full moon, as the curse is stronger at this time.

Once you've transformed into your lycanthrope form, you cannot do so again until you finish a long rest.

## Infesting Lycanthropy

A lycanthrope can infect another creature with lycanthropy. This is the most common method for the curse to spread. If a lycanthrope makes an attack with their bite against a suitable creature

for the curse to inhabit, the creature must make a Wisdom or Constitution saving throw (their choice) against the lycanthrope's Curse DC. On a failure, the creature is infected with the curse of lycanthropy and will become a lycanthrope one week after infection. The creature can willingly fail this saving throw.

Not all creatures can carry the curse of lycanthropy. In order for a creature to be a suitable host for the curse, the creature must be a humanoid and it cannot be a natural shapechanger of any kind, such as a doppelganger.

## Lycanthropy Feats

These feats can only be taken by creatures affected by the curse of lycanthropy. They allow you to make lycanthropy a more integral part of your character, if you so choose. Because these are feats, they slot neatly into natural character progression for ease of balance. They are written to work with a majority of builds, allowing you to increase one of four ability scores instead of just one or two. All lycanthropy feats have prerequisites; this is to show your character's journey of taming the beast within themselves, growing to see their lycanthropy as a boon rather than a curse.

### Lycanthrope Fledgling

**Prerequisites:** 4th Level, Lycanthrope

Your handle on the curse of lycanthropy strengthens. You gain the following benefits:

- Increase your Strength, Dexterity, Wisdom, or Constitution score by 1, to a maximum of 20.
- Your walking speed increases by 5 feet when in lycanthrope form.
- Willingly transforming only increases your Curse DC by 1.
- When you lose control of your lycanthrope form, you will only attack a creature friendly to you if you cannot see any creature hostile to you.

### Lycanthrope Adept

**Prerequisites:** Fledgling Lycanthrope feat, Lycanthrope

Your power as a lycanthrope grows, and so does your control of your transformation and the curse at its origin. You gain the following benefits:

- Increase your Strength, Dexterity, Wisdom, or Constitution score by 1, to a maximum of 20.
- Your unarmed strikes now deal 1d8 slashing or piercing damage and are considered magical for the purpose of overcoming resistances.
- You make all saving throws against your Curse DC to maintain control of your lycanthrope form at advantage.

- When you lose control of your lycanthrope form and you cannot see any hostile creatures, you will flee instead of attacking a friendly creature.
- You do not make saving throws against your Curse DC at disadvantage during the night of a full moon.

## **Lycanthrope Master**

**Prerequisites:** Adept Lycanthrope feat, Lycanthrope

You have become a master of lycanthropy, harnessing near total control of the curse and reaping the benefits of your powerful transformation. You gain the following benefits:

- Increase your Strength, Dexterity, Wisdom, or Constitution score by 1, to a maximum of 20.
- Your Curse DC cannot be higher than 16.
- You are proficient with Wisdom or Constitution saving throws against your Curse DC.
- You cannot be made to unwillingly transform into your lycanthrope form.
- You can only inflict the curse of lycanthrope while in control of your lycanthrope form.
- You can transform into your lycanthrope form twice before regaining all expended uses when finishing a long rest.

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