Douglas Cole's Homebrew Grappling Rules

Taken from "Gaming Ballistic" - Grappling in DnD Basic (5e)

Grappling follows a progression. If you win a contest of Strength (Athletics) vs. Dexterity (Acrobatics) or Strength (Athletics), you may move one level up in a progression from **Grappled** to **Restrained** to **Incapacitated** to **Paralyzed**. On the defense, you make a similar check, Dexterity or Strength vs. Strength (though allowing an attacker to use Dexterity would be interesting), and can move one level down in that progression. Note that once you're Incapacitated, you can't take actions, so you probably can't try to escape either.

Grappled	• A grappled creature's speed becomes 0, and it can't benefit from any bonus to its speed. • The condition ends if the Grappler is incapacitated (see the condition). • The condition also ends if an effect removes the grappled creature from the reach of the Grappler or Grappling effect, such as when a creature is hurled away by the Thunderwave spell.
Restrained	• A restrained creature's speed becomes 0, and it can't benefit from any bonus to its speed. • Attack rolls against the creature have advantage, and the creature's Attack rolls have disadvantage. • The creature has disadvantage on Dexterity saving throws.
Incapacitated	• An incapacitated creature can't take actions or reactions.
Paralyzed	• A paralyzed creature is incapacitated (see the condition) and can't move or speak. • The creature automatically fails Strength and Dexterity 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 of the creature.

Furthermore, an attacker may make a Strength (Athletics) contest against Strength (Athletics) or Dexterity (Acrobatics) to throw his foe Prone if the condition of the foe is grappled or better. The attacker may choose whether to go Prone as well.

Finally, grappling increases your unarmed damage. If your foe is grappled, your unarmed attacks are at their usual strength (only one point, plus strength bonuses if they apply). If your foe is restrained, your unarmed attacks do 1d4 (plus Strength bonuses), and if they are incapacitated or better, they do 1d6. If your foe is prone, increase the damage category by one level (a prone grappled foe can be injured for 1d4, a prone restrained foe can get 1d6), but never more than 1d6. Damage type is bludgeoning.