Feature	Integer Point Value	Explanation	Commentary
Generic Scale			
A ribbon, not likely to make much difference	1		
A sometimes useful feature	2		
A frequently useful, or powerful feature	4		
An unusually powerful feature.	8		
Of course a feature could be worth any other values			
Synergy			
Some features don't work effectively together. When two features won't be beneficial to the same build, deduct half the score from the cheaper feature. The Mountain Dwarf is a good example. Builds that want +2 STR already have armor proficiencies. Builds that want armor training won't get much out of more STR.			
-			
Ability Score Increases			
ASI -2	-4		Negative ASIs are not in the PHB and should be avoided.
ASI -1	-2		
ASI +1	4		
Choice of ASI +1	5		The ability score you want is always likely to be better, because of optimization.
ASI +2	8		
ASI +3	12	+2/+1 or +1/+1/+1	You shouldn't get a +3 or higher to a single stat.
ASI +4	16	+2/+2 or +2/+1/+1	Four separate +1's is less valuable (13), few builds use more than 3 stats.
All ASI +1	16		Bonuses to your dump stats aren't as useful as bonuses to your core abilities.
Language			
Common & 1 languages	0		
Common & 2 or 3 languages	1		Languages in most games do not matter. You or someone in your party speaks a relevant language, or (intentionally via DM) no one does.
Choice of Language	1		
Speak with small beasts	2		gives you access to a lot of common creatures. Any other language either gives you communication with rare creatures, or creatures that likely know Common.
30 foot Telepathy with language barrier	6	Can communicate without speaking.	Quite a potentially impactful ability.
Skills			
Tool (or choice thereof) proficiency	1		
Skill proficiency	2		
Choice of Skill Proficiency	3		
Choice of Two Skill Proficiencies	5		Can vary if it is from a limited list depending on how limited it is.
Expertise on rare subset of a skill	1		
Expertise on subset of a skill	2		
Skill Proficiency and Expertise	6	This gives the skill and doubles the proficiency bonus	
Magic			
Cantrip	2		
Choice of Cantrip	3		
L1 spell at 3rd, 1/day	2		
L2 spell at 3rd, 1/day	3		
L2 spell at 5th, 1/day	2		
L3 spell at 5th, 1/day	3		
L1 spell 1/day	3		
L2 spell 1/day	4		
One of three spells 1/day	4		
Standard Delayed Magic	6	A cantrip, level 1 spell at 3rd level, and a level 2 spell at 5th level. Can vary a point based on the spells.	
Resistances			
One Rare Resistance	2	Radiant, Force, Psychic or Thunder	
One Medium Resistance	3	Cold, Lightning, Necrotic, or Acid	
One Common Resistance	4	Fire or Poison	Monsters that do Fire or Poison damage are about twice as common as those that do any other type of non-physical damage.
One Nonmagical Physical Resistance	10	Slashing or Piercing. Bludgeoning is 12.	Bludgeoning includes fall damage. Overall resistance (including magical) can add 6.
Vulnerabilities		Vulnerabilities that aren't to the rarest of types should not be in play - any semicompetent enemy will abuse it to no end.	
One Rare Vulnerability	-8	Radiant, Force, Psychic or Thunder	
One Medium Vulnerability	-16	Cold, Lightning, Necrotic, or Acid	
One Common Vulnerability	-20	Fire or Poison	
One Physical Vulnerability	-40	Bludgeoning, Piercing, or Slashing	Don't. Just don't.
Movement			
20 ft speed	-3		
25 ft speed	-2		
30 ft speed	0		
35 ft speed	2		
40 ft speed	5		
30 ft climb speed	2		
Spider Climb	4		
30 ft swim speed	2		
Feline Agility	4		this allows you to double your speed for a turn, without using an action. You then have to spend a turn not moving to refresh the ability.
Aggressive	3	Bonus action move your speed toward enemy	
Not Slowed by Armor	2		a character with heavy armor is unlikely to not have the minimum strength-- unless they have the dwarf armor training
Ignore Rare type of Rough Terrain	1		
Ignore Common type of Rough Terrain	2		
Ignore non-magical Rough Terrain	3		
Flight			Basically flight should really not be on a race, or have *minimal* additions to it, as in non-enclosed spaces (which there are many), you have immunity to melee attacks.
Standard Fly 30	16	no med or heavy armor, no hover	
Hover	18	doesn't fall when knocked prone or speed reduced	
Plus 5 ft fly speed	3		
Plus 10 ft fly speed	6		
Always On Feather Fall	3		
Must land at End of Turn	-12		
Unrestricted Fly 30	24	Flight even with medium armor.	
Senses			
Sunlight Sensitivity	-3		
Darkvision 30	2		Darkvision means that races looking into the dark with darkvision see it as dim light, having disadvantage on perception checks, and thus -5 to their passive perception. Sight that ignores this is about twice as strong
Darkvision +60	1		Race has 60 darkvision, subrace upgrades to 120 (drow, duergar).
Darkvision 60	3		
Darkvision 120	4		
Blindsight to 30ft	8		Allows sight through *darkness*, grants benefits of darkvision without the penalty of dark to dim light, and can see invisible enemies. Not inherently broken, but can sometimes be story breaking. Use with caution.
Blindsight to 30ft, blind beyond	4		
Advantage			
Advantage on a rare roll	1		
Advantage on a situational roll	2		
Advantage on a common roll	4		
Advantage on a very common roll or set of rolls	8		
Weapons			
Weapon Training	2	for 3 or 4 weapons	
2 Simple Weapons of Choice	2		
2 Martial Weapons of Choice	3		
Unarmed Strikes			
1d4 unarmed strike	1		Unarmed Strikes greater than 1d6 notably increase the power of monks at lower levels.
1d6 unarmed strike	2		
1d8 unarmed strike	6		
Natural Weapons			
1d4 natural weapon	1		

Feature	Integer Point Value	Explanation	Commentary
1d6 natural weapon	2		
1d8 natural weapon	3		
1d10 natural weapon	4		
A natural weapon better than 1d4, that doesn't require a free hand, or that is classified as "Finesse" can add +1			
A natural weapon that does something besides poison, physical, fire or cold would be worth slightly more, on the +1 territory			
Breathing			
Hold Breath 15 mins	1		
Amphibious [1]	2	can breath air and water	
Unending Breath	3	can breath in even in vacuum and poison, etc. while not incapacitated	
Doesn't breath	4		
Natural Armor			
11+Dex armor	0		Only the most obscure builds don't have some form of base AC above 11.
12+Dex armor	1		
13+Dex armor	3		Does not make a difference normally for classes with higher than light armor, and is equivalent to *mage armor*.
AC+1	8		A static bonus which is generally (and should be) avoided in 5e.
Size			
Small	0	Disadvantage with Heavy Weapons	Slower move speeds also have a cost. Disadvantage with heavy weapons is balanced by medium mount opportunities, and ability to fit in small spaces
Powerful Build	2	1 size larger for carry, lift, push, drag	This is somewhat often interpreted as also giving the ability to grapple+shove Huge sized creatures. In that case, it is a 3.
Assorted Racial Features			
A Type other than Humanoid	2	does not include "Fey Ancestry bonus" or other	Takes away humanoid-targetting effects, and at later levels allows to be the target of certain others (hold monster, paladin finding fiends and celestials).
Doesn't need to Eat	1		
Tinker	1		
Acclimatized	1	Ignores penalties from a certain type of harsh environment	
Healing Hands	2	Cure hitpoints equal to level 1/day as an action	
Fey Ancestry	2	Adv vs charm, can't sleep	
Nimbleness	2	move through space of larger	
Trance	2	reduces norm sleep time in LR from 6 hr to 4	
Mimicry	2		
Fury of the Small	3	Add lvl to damage 1/short on bigger creature.	Enough damage not to be a ribbon, and on a short rest.
Humanoid + Type	-1		Follows UA centaur - much more negative if includes undead or construct.
Mask of the Wild	3		
Savage Attacks	3	Extra Crit Damage Die	
Reach	6	Extra 5 ft of reach	A feature that is normally not too powerful, but can become so with the right combination of feats.
Armor Training (Light)	1		
Armor Training (Light and Medium)	4		
Poison Resistance and Advantage	5		
Naturally Stealthy	4	hide behind larger	
Relentless Endurance	4	drop to 0, drop to 1 instead 1/long rest	
Lucky	5		Nearly everything you do involves a d20 roll. Mathematically it adds +0.475 to a d20 roll.
Toughness	5	One more HP per Level	Much of the value of a +2 to CON, but not all.
Stone's Endurance	7	1 per rest, reduce damage by 1d12+Con	
Breath Weapon	6		
Nimble Escape	8	Disengage or Hide as Bonus Action	
Gnome Cunning	7	Adv vs Int, Wis, Cha saves vs magic	
Aasimar Transformation	8		
Pack Tactics	8		
Choice of Feat	20	Because the choice of feat is so powerful at 1st level, I'm valuing it at higher than 2 ASIs	
Advantage against diseases.	1		Diseases are about as common as rainbows. A pure ribbon ability.
Magic Resistance	19	Gnome Cunning + Con, Str, and Dex, all decently common saving throws.	
Fills rests with light activity instead of sleep.	3	Instead of sleeping 6 hours in LR, can watch.	A notable but more flavorfully impactful than power impact.
Yuan-ti Standard Delayed Magic	6		Nearly standard, and effectively very similar.
Still Needed			
Bonus Actions			
Extra limbs			
Shapeshifting			
Large size			

Detect Balance: a 5e Homebrew Race Guide

by Eleazzaar

maintained by

SwordMeow and Zagorath

The purpose of this guide is twofold:

1) To help you make your own custom balanced races.

2) To help you evaluate the power of races made by someone else.

James Musicus has a scale to try to measure the power of 5e races.

http://zappyman2.wixsite.com/musicushomebrew

It has been immensely helpful to the community, but I believe it can be improved. The main problem is that it is not more granular than 1/2 an ASI. Circumstantial ribbons, like an extra language, or tool proficiency are rated equally with extremely useful abilities like Darkvision. Additionally I've provided guidelines for evaluating new features.

Balancing races is still a combination of art and science-- no system of numbers will tell the whole story. But a better system can be devised.

The average score for PHB and EE races by this scale is about **25**.

The recommended score for new homebrew races is 24 to 27. Races should generally not eclipse 30 or fall below 20.

Values are ***approximate.*** If a race is few points higher than another that's not statistically significant. It doesn't mean it is better. Depending on circumstances it may not perform as well. Every campaign is different, what turns out to be useful will vary a lot.

The scoring unit is in quarters of ASIs, or Ability Score Increases. In other words a feature worth 4 is approximately equal in value as being able to raise an attribute by 1.
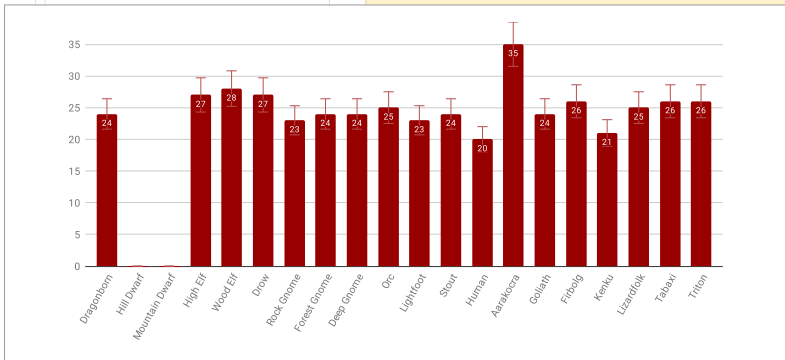
I'm using this scale instead of Musicus's 1 point = 1 ASI, 1) To differentiate it from Musicus's scale, because his medium balance point is 5, and this scales is 6 (if converted to his scale), 2) Because I think it is easier for most people to add whole numbers rather than decimal fractions.

Please help to improve this guide with your feedback.

Integer Value	Decimal Value	Feature	Commentary

Integer Point Value by Race

Decimal Point Value by Race

Integer Value	Decimal Value	Feature	Commentary
21	**5.25**	**Dragonborn**	
12	3	ASI +3	
6	1.5	Breath Weapon	The breath weapon and resistance are nicely balanced-- If you pick rarely resisted damage for your breath weapon, you likely have a resistance to an uncommon damage type.
3	0.75	Damage Resistance	
20	**5**	**Dwarf**	
8	2	ASI +2	
-2	-0.5	25 ft Speed	
2	0.5	Not Slowed by Armor	
3	0.75	Darkvision 60	
5	1.25	Poison Resistance and Advantage	
2	0.5	Weapon Training	
1	0.25	Tool (or choice thereof) Proficiency	
1	0.25	Expertise on rare subset of a skill	
20	5	base total	
29	**7.25**	**Hill Dwarf**	
4	1	ASI +1	
5	1.25	Toughness	
30	**7.5**	**Mountain Dwarf**	
8	2	ASI +2	
4	1	Armor Training (Light and Medium)	
-2	-0.5	Redundancy of Options	Few builds that want STR don't already have that armor training.
30		**Duergar**	
4	1	ASI +1	
1	0.25	Darkvision +60	
-3	-0.75	Sunlight Sensitivity	
4		Duergar Magic	Standard delayed magic, except has no cantrip or 1st level.
4	1	Duergar Resilience	
		Elf	
8	2	ASI +2	
3	0.75	Darkvision 60	
2	0.5	Skill Proficiency	
2	0.5	Fey Ancestry	
2	0.5	Trance	
17	4.25	base total	
27	**6.75**	**High Elf**	
4	1	ASI +1	
2	0.5	Weapon Training	
3	0.75	Choice of Cantrip	
1	0.25	Choice of Language	
28	**7**	**Wood Elf**	
4	1	ASI +1	
2	0.5	Weapon Training	
2	0.5	35 ft speed	
3	0.75	Mask of the Wild	
27	**6.75**	**Drow**	
4	1	ASI +1	
1	0.25	Darkvision +60	
-3	-0.75	Sunlight Sensitivity	
6	1.5	Standard Delayed Magic	
2	0.5	Weapon Training	
		Gnome	
8	2	ASI +2	
-2	-0.5	25 ft Speed	
3	0.75	Darkvision 60	
7	1.75	Gnome Cunning	
16	4	base total	
23	**5.75**	**Rock Gnome**	
4	1	ASI +1	
2	0.5	Expertise on subset of a skill	
1	0.25	Tinker	
24	**6**	**Forest Gnome**	
4	1	ASI +1	
2	0.5	Cantrip	
2	0.5	Speak with Small Beasts	
24	**6**	**Deep Gnome**	EE
4	1	ASI +1	
1	0.25	Darkvision upgraded to 120	
2	0.5	Advantage on a Situational Roll	
1	0.25	Choice of Language	
29	**7.25**	**Half Elf**	
8	2	ASI +2	
5	1.25	Choice of ASI +1	
5	1.25	Choice of ASI +1	
3	0.75	Darkvision 60	
2	0.5	Fey Ancestry	
3	0.75	Choice of Skill Proficiency	
2	0.5	Choice of Skill Proficiency	2 skills of choice isn't twice as good as one-- only so many useful choice for any build
1	0.25	Choice of language	
24	**6**	**Half-Orc**	
12	3	ASI +3	
3	0.75	Darkvision 60	
2	0.5	Skill Proficiency	
4	1	Relentless Endurance	
3	0.75	Savage Attacks	
		Halfling	
8	2	ASI +2	
-2	-0.5	25 ft Speed	

Integer Value	Decimal Value	Feature	Commentary
5	1.25	Lucky	
2	0.5	Advantage on a situational roll [2]	
2	0.5	Nimbleness	
15	3.75	base total	
23	**5.75**	**Lightfoot**	
4	1	ASI +1	
4	1	Naturally Stealthy	
24	**6**	**Stout**	
4	1	ASI +1	
5	1.25	Poison Resistance and Advantage	
17	**4.25**	**Human**	
16	4	All ASI +1	
1	0.25	Choice of language	
33	**8.25**	**Human, Variant**	
5	1.25	Choice of ASI +1	
5	1.25	Choice of ASI +1	
3	0.75	Choice of Skill Proficiency	
20	5	Choice of Feat	Because the choice of feat is so powerful at 1st level, I'm valuing higher, YMMV, but most agree this is the strongest racial choice. This becomes more balanced if you disallow certain feats: pam, g
23	**5.75**	**Tiefling**	
12	3	ASI +3	
3	0.75	Darkvision 60	
4	1	One Common Resistance	
6	1.5	Standard Delayed Magic	
-2	-0.5	Poor Synergy: Unhelpful stat combo	Few builds need high INT and CHA
41	**10.25**	**Aarakocra**	EE
12	3	ASI +3	
-1	-0.25	25 ft speed	(half value because they will rarely need to walk)
16	4	Standard Fly 30	Again, commonly disallowed because the combat applications of flight like this are insanely good, and the exploration aspect can be disruptive at a table due to 1 player focus.
6	1.5	Plus 10 ft fly speed	
6	1.5	Plus 10 ft fly speed	
1	0.25	1d4 Unarmed Strike	
1	0.25	Common + 2 language	
		Genasi (EE)	EE
8	2	ASI +2	
1	0.25	Common + language (primordial works for all 4)	
9	2.25	base total	
20	**5**	**Air**	EE
4	1	ASI +1	
3	0.75	Unending Breath	
4	1	L2 spell 1/day	
19	**4.75**	**Earth**	EE
4	1	ASI +1	
2	0.5	Ignore Common type of Rough Terrain	
4	1	L2 spell 1/day	
24	**6**	**Fire**	EE
4	1	ASI +1	
3	0.75	Darkvision 60	
4	1	One Common Resistance [3]	
2	0.5	Cantrip	
2	0.5	L1 spell at 3rd, 1/day	
25	**6.25**	**Water**	EE
4	1	ASI +1	
3	0.75	One Medium Resistance [4]	
2	0.5	Amphibious	
2	0.5	30 ft swim speed	
2	0.5	Cantrip	
3	0.75	L2 spell at 3rd, 1/day	
24	**6**	**Goliath**	EE
12	3	ASI +3	
2	0.5	Skill Proficiency	
7	1.75	Stone's Endurance	
2	0.5	Powerful Build	
1	0.25	Acclimatized	Mountain Born
28	**7**	**Tortle**	**Tortle Supplyment**
12		ASI +3	
1		1d4 natural weapon	
2		Hold Breath	
9		Natural Armor	Certainly respectable guaranteed AC.
2		Shell Defense	Only rarely is better to use than the Dodge action.
2		Skill Proficiency	Survival.
		## Volo's	
20	**5**	**Aasimar**	Volo
8	2	ASI +2	
3	0.75	Darkvision 60	
2	0.5	One Rare Resistance	
3	0.75	One Medium Resistance	
2	0.5	Healing Hands	
2	0.5	Cantrip	
31	**7.75**	**Aasimar Protector**	Volo
4	1	ASI +1	
-1	-0.25	Poor Synergy: Unhelpful stat combo	Few builds need high WIS and CHA
8	2	Aasimar Transformation	
32	**8**	**Aasimar Scourge**	Volo
4	1	ASI +1	
8	2	Aasimar Transformation	
32	**8**	**Aasimar Fallen**	Volo
4	1	ASI +1	
8	2	Aasimar Transformation	
26	**6.5**	**Firbolg**	Volo
12	3	ASI +3	
4	1	Firbolg magic	2 L1 spells one casting per short rest
6	1.5	Hidden Step	Turn invisible as a bonus action 1/rest
2	0.5	Powerful Build	
2	0.5	Advantage on a situational roll	Speech of Beast and Leaf
21	**5.25**	**Kenku**	Volo
12	3	ASI +3	
2	0.5	Advantage on a situational roll	Expert Forgery
5	1.25	Choice of Two Skill Proficiencies	
2	0.5	Mimicry	
29	**7.25**	**Lizardfolk**	Volo
12	3	ASI +3	
2	0.5	30 ft swim speed	

Integer Value	Decimal Value	Feature	Commentary
2	0.5	1d6 unarmed strike	
1	0.25	Cunning artisan	
1	0.25	Hold Breath 15 mins	
5	1.25	Choice of Two Skill Proficiencies	Yes you get to choose 2 skills, but from a limited list, I think halving the choice bonus is appropriate here.
3	0.75	13+Dex armor	
3	0.75	Hungry Jaws	Bite as a bonus get CON mod temp HP 1/short rest.
25	**6.25**	**Tabaxi**	**Volo**
12	3	ASI +3	
3	0.75	Darkvision 60	
4	1	Feline Agility	
1	0.25	Climbing Speed 20ft	
1	0.25	1d4 unarmed strike	
2	0.5	Skill proficiency	Perception
2	0.5	Skill proficiency	Stealth
28	**7**	**Triton**	**Volo**
12	3	ASI +3	
2	0.5	30 ft swim speed	
2	0.5	Amphibious [5]	
6	1.5	Three spells 1/day each	
2	0.5	Speak with small beasts	Emissary of the Sea
3	0.75	One Medium Resistance	Cold Resistance
1	0.25	Acclimatized	
		Monstrous Races	
		May be more or less powerful than normal PC races	
30	**7.5**	**Bugbears**	**Volo**
12	3	ASI +3	
3	0.75	Darkvision 60	
6	1.5	Reach	It isn't actual reach, since it only applies to attacks on your turn - thus not working with polearm master / sentinel combo for opportunity attacks.
2	0.5	Powerful Build	
2	0.5	Skill Proficiency	
5	1.25	Surprise Attack	Adds an average of 7 damage on some fights. Equivalent to a single crit with a greatsword every other fight or so.
26	**6.5**	**Goblin**	**Volo**
12	3	ASI +3	
3	0.75	Darkvision 60	
3	0.75	Fury of the Small	
8	2	Nimble Escape	
25	**6.25**	**Hobgoblin**	**Volo**
12	3	ASI +3	
3	0.75	Darkvision 60	
3	0.75	2 Martial Weapons of Choice	
2	0.5	Armor Training (Light)	
5	1.25	Saving Face	Can be saved for critical moments, about as mathematically powerful as advantage (4 person party, +3).
16	**4**	**Kobold**	**Volo**
8	2	ASI +2	
-4	-1	ASI -2	
3	0.75	Darkvision 60	
4	1	Grovel, Cower and Beg	
8	2	Pack Tactics	
-3	-0.75	Sunlight Sensitivity	
18	**4.5**	**Orc**	**Volo**
12	3	ASI +3	
-4	-1	ASI -2	
3	0.75	Darkvision 60	
3	0.75	Aggressive	
2	0.5	Skill Proficiency	
2	0.5	Powerful Build	
47	**11.75**	**Yuan-ti Pureblood**	**Volo**
11	2.75	ASI +3, antisynergy.	
3	0.75	Darkvision 60	
6	1.5	Yuan-ti Standard Delayed Magic	It isn't really standard, but is equivalent enough in value.
19	4.75	Magic Resistance	Magic Resistance. Easily the most common Yuan-Ti houserule is simply removing this, bringing the score to 27.
8	2	Poison Immunity	
		Tome of Foes Races	
			The tiefling subraces are all the same point value as phb.
30		**Eladrin**	
4		ASI +1	
9		Fey Step	
30		**Sea Elf**	
4		ASI +1	
2		Weapon Training	
4		Child of the Sea	
2		Friend of the Sea	
1		Aquan	
30		**Shadar-Kai**	
4		ASI +1	
3		Necrotic Resistance	
6		Blessing of the Raven Queen	
4		**Gith**	
4		ASI +1	The base race is so empty.
27		**Githyanki**	
8		ASI +2	
4		Decadent Mastery	
7		Martial Prodigy	Light + Medium armor 4 (see dwarf), then very optimal weapons (4).
-2		Antisynergous Combo	STR asi with medium armor is less good
6		Githyanki Psionics	
21		**Githzerai**	
8		ASI +2	
-1		Antisynergous Combo	Few builds use Wisdom and Intelligence.
4		Mental Discipline	Advantage against charm and frighten.
6		Githzerai Psionics	
		Ebberon	
39	**9.75**	**Warforged**	
8	2	ASI +2	

Integer Value	Decimal Value	Feature	Commentary
5	1.25	Choice of ASI +1	
8	2	AC+1	
4	1	One Common Resistance	
1	0.25	Doesn't need to Eat	
4	1	Doesn't breath	
2	0.5	Immunity to disease	
2	0.5	Fills rests by remaining still instead of sleep.	
1	0.25	Can't be put to sleep	
3	0.75	Choice of Skill Proficiency	
1	0.25	Tool (or choice thereof) proficiency	
28	7	**Changeling**	
8	2	ASI +2	
5	1.25	Choice of ASI +1	
5	1.25	Choice of Two Skill Proficiencies	
9	2.25	Shapechange (Lasting Disguise Self into humanoid)	
1	0.25	Choice of 2 languages	
28	7	**Kalashtar**	
12	3	ASI +3	
5	1.25	Advantage on Wisdom saving throws	
2	0.5	One Rare Resistance	
7	1.75	30 foot Telepathy w/o language barrier	
1	0.25	Rare immunity	
1	0.25	Choice of 1 languages	

Point Value	Feature		Commentary
	These are not Official, just me messing around	This co	

	rules		
	Multiple sources of darkvision add together		
	If small & medium choose. Small includes disadvantage with heavy weapons, but doesn't change speed.		
24	**Dragonborn**	24	
12	ASI +3	12	STR 2 CHA 1
3	Choice of Skill Proficiency	3	
6	Breath Weapon	6	The breath weapon and resistance are nicely balanced-- If you pick rarely resisted damage for your breath weapon, you likely have a resistance to an uncommon damage type.
3	Damage Resistance	3	
13	**Half-Dragonborn (or half Dragon)**		
4	ASI +1		STR +1
6	Breath Weapon		
3	Damage Resistance	3	
	Dwarf		
8	ASI +2	8	
-2	25 ft Speed	-2	
2	Not Slowed by Armor	2	
3	Darkvision 60	3	
	(Dwarven Resiliance Removed)		
2	Weapon Training	2	
#N/A	Tool Proficiency	#N/A	
1	Expertise on rare subset of a skill	1	
#N/A	base total	#N/A	
#N/A	**Hill Dwarf**	#N/A	
4	ASI +1	4	
5	Toughness	5	
#N/A	**Mountain Dwarf**	#N/A	
4	ASI +1	4	
4	Armor Training (Light and Medium)	4	
-1	Redundancy of Options	-1	Few builds that want STR don't already have that armor training.
13	**Half-Dwarf**	13	
4	ASI +1	4	CON
2	Darkvision 30	2	
2	Not Slowed by Armor	2	
5	Choice of ASI +1	5	STR or WIS
17	**Elf**	17	
8	ASI +2	8	
3	Darkvision 60	3	
2	Skill Proficiency	2	
2	Fey Ancestry	2	
2	Trance	2	
27	**High Elf**	27	
4	ASI +1	4	
2	Weapon Training	2	
3	Choice of Cantrip	3	
1	Choice of Language	1	
28	**Wood Elf**	28	
4	ASI +1	4	
2	Weapon Training	2	
2	35 ft speed	2	
3	Mask of the Wild	3	
27	**Drow**	27	
4	ASI +1	4	
1	Upgrade to Superior Darkvision 120	1	
-3	Sunlight Sensitivity	-3	
6	Standard Delayed Magic	6	
2	Weapon Training	2	
8	**Half-Elf**	8	
4	ASI +1	4	Dex
2	Darkvision 30	2	
2	Fey Ancestry	2	

Point Value	Feature		Commentary
12	**Half-High Elf**	12	
3	Choice of Cantrip	3	
1	Choice of Language	1	
	Gnome		
8	ASI +2	8	
-2	25 ft Speed	-2	
3	Darkvision 60	3	
7	Gnome Cunning	7	
16	base total	16	
23	**Rock Gnome**	23	
4	ASI +1	4	
2	Expertise on subset of a skill	2	
1	Tinker	1	
24	**Forest Gnome**	24	
4	ASI +1	4	
2	Cantrip	2	
2	Speak with Small Beasts	2	
24	**Deep Gnome**	24 **EE**	
4	ASI +1	4	
1	Darkvision upgraded to 120	1	
2	Advantage on a Situational Roll	2	
1	Choice of Language	1	
25	**Orc**	25	
12	ASI +3	12 STR 2 CON 1	
-2	ASI -1	-2 INT -1	
3	Darkvision 60	3	
2	Skill Proficiency	2	
3	Aggressive	3	
3	Savage Attacks	3	
4	Relentless Endurance	4	
13	**Half-Orc**	13	
4	ASI +1	4	
2	Darkvision 30	3	
3	Savage Attacks	3	
4	Relentless Endurance	4	
	Halfling		
8	ASI +2	8	
-2	25 ft Speed	-2	
5	Lucky	5	
2	Advantage on a situational roll [6]	2	
2	Nimbleness	2	
15	base total	15	
23	**Lightfoot**	23	
4	ASI +1	4	
4	Naturally Stealthy	4	
24	**Stout**	24	
4	ASI +1	4	
5	Poison Resistance and Advantage	5	
13	**Half-Lightfoot**	13	
4	ASI +1	4	
-2	25 ft Speed	-2	
5	Lucky	5	
4	Naturally Stealthy	4	
2	Nimbleness	2	
14	**Half-Stout**	14	
4	ASI +1	4	
-2	25 ft Speed	-2	
5	Lucky	5	
5	Poison Resistance and Advantage	5	
2	Nimbleness	2	
20	**Human**	20	

Point Value	Feature		Commentary
16	All ASI +1	16	
3	Choice of Skill Proficiency	3	
1	1 tool, vehicles or langues	1	
13	**Half-Human**	13	
4	ASI +1	4	
5	Choice of ASI +1	5	
1	1 tool, vehicles or langues	1	
3	Choice of Skill Proficiency	3	
28	**Changeling**		
8	ASI +2		
5	Choice of ASI +1		
5	Choice of Two Skill Proficiencies		
9	Shapechange (Disguise Self into any humanoid)		
1	Choice of language		
1	Choice of language		
35	**Aarakocra**	35	**EE**
12	ASI +3	12	
-1	25 ft speed	-1	(half value because they will rarely need to walk)
16	Standard Fly 30	16	40 ft fly speed total no med or heavy armor
6	Plus 10 ft fly speed	6	
1	1d4 Unarmed Strike	1	
1	Common + 2 language		
39	**Warforged**		
8	ASI +2		
5	Choice of ASI +1		
8	AC+1		
4	One Common Resistance		
1	Doesn't need to Eat		
4	Doesn't breath		
2	Immunity to disease		
2	Fills rests by remaining still instead of sleep.		
1	Can't be put to sleep		
3	Choice of Skill Proficiency		
1	Tool (or choice thereof) proficiency		
24	**Goliath**	24	**EE**
12	ASI +3	12	
2	Skill Proficiency	2	
7	Stone's Endurance	7	
2	Powerful Build	2	
1	Acclimatized	1	Mountain Born
15	**Half-Goliath**	15	
4	ASI +1	4	+1 STR
2	Skill Proficiency	2	
7	Stone's Endurance	7	
2	Powerful Build	2	
26	**Firbolg**	26	**Volo**
12	ASI +3	12	
4	Firbolg magic	4	2 L1 spells each cast 1/day
6	HIdden Step	6	Turn invisible as a bonus action 1/rest
2	Powerful Build	2	
2	Advantage on a situational roll	2	Speech of Beast and Leaf
12	**Half-Firbolg**	12	
4	ASI +1	4	
4	Firbolg magic	4	(a choice of two L1 spells only able to cast one per day)
2	Powerful Build	2	
2	Advantage on a situational roll	2	Speech of Beast and Leaf

Point Value	Feature		Commentary
21	**Kenku**	21	**Volo**
12	ASI +3	12	
2	Advantage on a situational roll	2	Expert Forgery
3	Choice of Skill Proficiency	3	Yes you get to choose 2 skills, but from a limited list, I think halving the choice bonus is appropriate here.
2	Skill proficiency	2	
2	Mimicry	2	
25	**Lizardfolk**	25	**Volo**
12	ASI +3	12	
2	30 ft swim speed	2	
2	1d6 unarmed strike	2	
1	Cunning artisan	1	
1	Hold Breath 15 mins	1	
3	Choice of Skill Proficiency	3	Yes you get to choose 2 skills, but from a limited list, I think halving the choice bonus is appropriate here.
2	Skill proficiency	2	
3	13+Dex armor	3	
2	Hungry Jaws	2	Bite as a bonus get CON mod temp HP 1/short rest
-3	Lack of Synergy	-3	
26	**Tabaxi**	26	**Volo**
12	ASI +3	12	
3	Darkvision 60	3	
4	Feline Agility	4	
2	Climbing Speed 20ft	2	
1	1d4 unarmed strike	1	
2	Skill proficiency	2	Perception
2	Skill proficiency	2	Stealth
26	**Triton**	26	**Volo**
12	ASI +3	12	
2	30 ft swim speed	2	
2	Amphibious [7]	2	
2	Cantrip	2	
2	L2 spell at 5th, 1/day	2	
2	Speak with small beasts	2	Emissary of the Sea
3	One Medium Resistance	3	Cold Resistance
1	Acclimatized	1	

Monsterous Races

May be more or less powerful than normal PC races

UNDER CONSTRUCTION

Point Value	Feature		Commentary
29	**Bugbears**	29	**Volo**
12	ASI +3	12	
3	Darkvision 60	3	
6	Reach	6	
2	Powerful Build	2	
2	Skill Proficiency	2	
4	Suprise Attack?	4	
26	**Goblin**	26	**Volo**
12	ASI +3	12	
3	Darkvision 60	3	
3	Fury of the Small	3	
8	Nimble Escape	8	
21	**Hobgoblin**	21	**Volo**
12	ASI +3	12	
3	Darkvision 60	3	
3	2 Martial Weapons of Choice	3	
1	Armor Training (Light)	1	
2	Saving Face?	2	
16	**Kobold**	16	**Volo**
8	ASI +2	8	
-4	ASI -2	-4	
3	Darkvision 60	3	
4	Grovel, Cower and Beg	4	
8	Pack Tactics	8	
-3	Sunlight Sensitivity	-3	
			Volo
0	**Yuan-ti Pureblood**	0	

Point Value	Feature		Commentary
12	ASI +3	12	
3	Darkvision 60	3	
6	Standard Delayed Magic	6	It isn't really standard, but is probably equivalent in value
8	Advantage on a very common roll or set of rolls	8	Magic Resistance
8	Poison Immunity	8	
12	**Half-Infernal, Fireproof**	12	
4	ASI +1	4	
2	Darkvision 30	2	
4	One Common Resistance	4	
2	Cantrip	2	Thaumaturgy
12	**Half-Infernal, Sorcerous**	12	
4	ASI +1	4	
2	Darkvision 30	2	
6	Standard Delayed Magic	6	
15	**Half-Celestial**	15	**Volo**
4	ASI +1	4	
2	Darkvision 30	2	
2	One Rare Resistance	2	
3	One Medium Resistance	3	
2	Healing Hands	2	
2	Cantrip	2	Instead of an ASI, an Assimar may gain one of the abilities in Volo's p 105: Radiant Soul, Radiant Consumption, or Necrotic Shroud. May not spend another ASI for a second ability.
11	**Air**	11	**EE**
4	ASI +1	4	
3	Unending Breath	3	
4	L2 spell 1/day	4	
10	**Earth**	10	**EE**
4	ASI +1	4	
2	Ignore Common type of Rough Terrain	2	
4	L2 spell 1/day	4	
14	**Fire**	14	**EE**
4	ASI +1	4	
2	Darkvision 30	2	
4	One Common Resistance [8]	4	
2	Cantrip	2	
2	L1 spell at 3rd, 1/day	2	
15	**Water**	15	**EE**
4	ASI +1	4	
3	One Medium Resistance [9]	3	
2	Amphibious	2	
2	30 ft swim speed	2	
2	Cantrip	2	
2	L1 spell at 3rd, 1/day	2	
28	**Kalashtar**		
12	ASI +3		
5	Advantage on Wisdom saving throws		
2	One Rare Resistance		
7	30 foot Telepathy w/o language barrier		
1	Rare immunity		
1	Choice of 1 languages		
14	**Simic Hybrid**		
12	ASI +3		
2	Darkvision 30		

Point Value	Feature		Commentary

	Point Value	Feature		Commentary

Integer Point Value	Decimal Point Value	Feature	Commentary		
		These races are produced by WotC, but not presented as finished or polished content.			
40		**Grung**	**One Grung Above**		
12		ASI +3			
2		Climb 25			
-2		Speed 25			
2		Skill Proficiency			
2		Amphibious			
8		Poison Immunity			
18		Poisonous Skin	Good defensive ability + con save DC12 or +7avg damage per attack. This is not balanced.		
2		Standing Leap			
-3		Water Dependency	You won't be picking or playing this race when you can't get to water.		
-1		No common language.			
		Eladrin (DMG)			
	17 4.25	Elf Base race			
	4 1	Int +1			
	2 0.5	Elf Weapon Training (4 weapons)			
	6 1.5	Fey Step (misty step 2ndL 1/short rest)			
29	**7.25**	**Total**			
27		**Centaur (UA)**	https://media.wizards.com/2018/dnd/downloads/UA-Centaur.pdf		
12		ASI +3			
4		40 foot speed			
6		Charge			
2		Hooves			
2		Equine Build	Powerful Build, -1 for climbing penality, +1 for riding.		
2		Skill Proficiency			
-1		Hybrid Nature	Will not usually come up - more often triggered by player characters, for obvious reasons.		
20		**Minotaur (UA)**	Same as centaur.		
12		ASI +3			
2		Horns			
2		Goring Rush			
3		Hammering Horns	This ability and Goring Rush don't synergize. Hammering Horns requires the attack action, and Gorish Rush's BA attack is not that.		
2		Skill Proficiency			
-1		Hybrid Nature			
		Abyssal Tiefling (UA Black Magic)			
		ASI +2 CHA +1 CON			
		Abyssal Arcana (Same as Infernal Legacy)			
		Abyssal Fortitude (HP increase by half of level)			
		Changeling (UA Eberron)			
		ASI +1 Dex +1 CHA			
		Duplicity (Prof. Deception)			
		Shapechange (Polymorph into any humanoid)			
		Beasthide Shifter (UA Eberron)			
		ASI +1 Dex +1 CON			
		Darkvision			
		Shifting (1/rest bonus to shift 1 min, temp HP equal to level + CON)	1 bonus to AC when shifted		
		Cliffwalk Shifter (UA Eberron)			
		ASI +2 Dex			
		Darkvision			
		Shifting (bonus to shift 1 min, temp HP equal to level + CON)	30ft climb when shifted		
		Longstride Shifter (UA Eberron)			
		ASI +2 Dex			
		Darkvision			
		Shifting (bonus to shift 1 min, temp HP equal to level + CON)			
		Dash as bonus when shifted			
		Longtooth Shifter (UA Eberron)			
		ASI +1 Dex +1 STR			
		Darkvision			
		Shifting (bonus to shift 1 min, temp HP equal to level + CON)			
		1d6 bite action (grapple creature smaller than you) when shifted			
		Razorclaw Shifter (UA Eberron)			
		ASI +2 Dex			

Integer Point Value	Decimal Point Value	Feature	Commentary		
		Darkvision			
		Shifting (bonus to shift 1 min, temp HP equal to level + CON)			
		Unarmed strike as bonus when shifted			
		Wildhunt Shifter (UA Eberron)			
		ASI +1 Dex +1 WIS			
		Darkvision			
		Shifting (bonus to shift 1 min, temp HP equal to level + CON)			
		Advantage on Wisdom based checks and saves when shifted			
		Warforged (UA Eberron)			
		ASI +1 STR +1 CON			
		Composite Plating +1 AC			
6		Living Construct (Disease Immunity, no food or air required, 4h long rest, cannot be surprised during rest)			

Ability Score Increases			
ASI -2	-1		Negative ASIs are not in the PHB and should generally be avoided.
ASI -1	-0.5		
ASI +1	1		The ability score you want is always likely to be better, besides choice feels good.
Choice of ASI +1	1.25		
ASI +2	2		You shouldn't get a +3 or higher to a single stat.
ASI +3	3	+2/+1 or +1/+1/+1	Four separate +1's is less valuable (13), few builds use more than 3 stats.
ASI +4	4	+2/+2 or +2/+1/+1	Bonuses to your dump stats aren't as useful as bonuses to your core abilities.
All ASI +1	4		

Language	#VALUE!		
Common & 1 languages	0		Languages in most games do not matter. You or someone in your party speaks a relevant language, or (intentionally via DM) no one does.
Common & 2 or 3 languages	0.25		
Choice of Language	0.25		gives you access to a lot of common creatures. Any other language either gives you communication with rare creatures, or creatures that likely know Common.
Speak with small beasts	0.5		Quite a potentially impactful ability.
30 foot Telepathy with language barrier	1.5	Can communicate without speaking.	

Skills	#VALUE!		
Tool (or choice thereof) proficiency	0.25		
Skill proficiency	0.5		
Choice of Skill Proficiency	0.75		Can vary if it is from a limited list depending on how limited it is.
Choice of Two Skill Proficiencies	1.25		
Expertise on rare subset of a skill	0.25		
Expertise on subset of a skill	0.5		
Skill Proficiency and Expertise	1.5	This gives the skill and doubles the proficiency bonus	

Magic	#VALUE!		
Cantrip	0.5		
Choice of Cantrip	0.75		
L1 spell at 3rd, 1/day	0.5		
L2 spell at 3rd, 1/day	0.75		
L2 spell at 5th, 1/day	0.5		
L3 spell at 5th, 1/day	0.75		
L1 spell 1/day	0.75		
L2 spell 1/day	1		
One of three spells 1/day	1		
Standard Delayed Magic	1.5	A cantrip, level 1 spell at 3rd level, and a level 2 spell at 5th level. Can vary a point based on the spells.	

Resistances	#VALUE!		
One Rare Resistance	0.5	Radiant, Force, Psychic or Thunder	
One Medium Resistance	0.75	Cold, Lightning, Necrotic, or Acid	Monsters that do Fire or Poison damage are about twice as common as those that do any other type of non-physical damage.
One Common Resistance	1	Fire or Poison	Bludgeoning includes fall damage. Overall resistance (including magical) can add 6.
One Nonmagical Physical Resistance	2.5	Slashing or Piercing. Bludgeoning is 12.	
			Vulnerabilities that aren't to the rarest of types should not be in play - any semicompetent enemy will abuse it to no end.

Vulnerabilities	#VALUE!		
One Rare Vulnerability	-2	Radiant, Force, Psychic or Thunder	
One Medium Vulnerability	-4	Cold, Lightning, Necrotic, or Acid	
One Common Vulnerability	-5	Fire or Poison	Don't. Just don't.
One Physical Vulnerability	-10	Bludgeoning, Piercing, or Slashing	

Movement	#VALUE!		
20 ft speed	-1		
25 ft speed	-0.5		
30 ft speed	0		
35 ft speed	0.5		
40 ft speed	1		
30 ft climb speed	0.5		
30 ft swim speed	0.5		
Feline Agility	0.75		
Aggressive	0.75	Bonus action move your speed toward enemy	a character with heavy armor is unlikely to not have the minimum strength-- unless they have the dwarf armor training
Not Slowed by Armor	0.5		
Ignore Rare type of Rough Terrain	0.25		
Ignore Common type of Rough Terrain	0.5		
Ignore non-magical Rough Terrain	0.75		
			Here's an attempt to break things down

Flight	#VALUE!		
Standard Fly 30	2	no med or heavy armor, no hover	
Hover	2	doesn't fall when knocked prone or speed reduced	
Plus 5 ft fly speed	0.75		
Plus 10 ft fly speed	1.5		
Always On Feather Fall	0.75		
Must land at End of Turn	-0.75		This puts the variant wings tieflings of SCAG at 31.
Unrestricted Fly 30	3.5	Flight even with armor.	

Senses	#VALUE!		
Sunlight Sensitivity	-0.75		Darkvision means that races looking into the dark with darkvision see it as dim light, having disadvantage on perception checks, and thus -5 to their passive perception. Sight that ignores this is about 50% stronger.
Darkvision 30	0.5		
Darkvision 60	0.75		
Darkvision 120	1		Allows sight through *darkness*, grants benefits of darkvision without the penalty of dark to dim light, and can see invisible enemies. Not inherently broken, but can sometimes be story breaking. Use with caution.
Blindsight to 30ft	2		

Advantage	#VALUE!		
Advantage on a rare roll	0.25		
Advantage on a situational roll	0.5		
Advantage on a common roll	1		
Advantage on a very common roll or set of rolls	2		

Weapons	#VALUE!		
Weapon Training	0.5	for 3 or 4 weapons	
2 Martial Weapons of Choice	0.75		

Unarmed Strikes	#VALUE!		
1d4 unarmed strike	0.25		Unarmed Strikes greater than 1d6 notably increase the power of monks at lower levels.
1d6 unarmed strike	0.5		
1d8 unarmed strike	1.5		

Natural Weapons	#VALUE!		
1d4 natural weapon	0.25		
1d6 natural weapon	0.5		
1d8 natural weapon	1		
1d10 natural weapon	1.5		
A natural weapon better than 1d4, that doesn't require a free hand, or that is classified as "Finesse" is likely more valuable,	#VALUE!		

A natural weapon that does something besides poison, physical, fire or cold is also probably worth more	#VALUE!		
Breathing	#VALUE!		
Hold Breath 15 mins [10]	0.25		
Amphibious [11]	0.5	can breath air and water	
Unending Breath	0.75	can breath in even in vacuum and poison, etc. while not incapacitated	
Doesn't breath	1		
Natural Armor	#VALUE!		Only the most obscure builds don't have some form of base AC above 11.
11+Dex armor	0		
12+Dex armor	0.25		Does not make a difference normally for classes with higher than light armor, and is equivalent to *mage armor*.
13+Dex armor	0.75		A static bonus which is generally avoided in 5e.
AC+1	2		
Size	#VALUE!		Slower move speeds also have a cost. Disadvantage with heavy weapons is balanced by medium mount opportunities, and ability to fit in small spaces
Small	0	Disadvantage with Heavy Weapons	This is somewhat often interpreted as also giving the ability to grapple+shove Huge sized creatures. In that case, it is a 4.
Powerful Build	0.75	1 size larger for carry, lift, push, drag	
Assorted Racial Features	#VALUE!		Takes away humanoid-targetting effects, and at later levels allows to be the target of certain others (hold monster, paladin finding fiends and celestials).
A Type other than Humanoid	0.5	does not include "Fey Ancestry bonus" or other	
Doesn't need to Eat	0.25		
Tinker	0.25		
Acclimatized	0.25	Ignores penalties from a certain type of harsh environment	
Healing Hands	0.5	Cure hitpoints equal to level 1/day as an action	
Fey Ancestry	0.5	Adv vs charm, can't sleep	
Nimbleness	0.5	move through space of larger	
Trance	0.5		
Mimicry	0.5		Enough damage not to be a ribbon, and on a short rest.
Fury of the Small	0.75	Add lvl to damage 1/short on bigger creature.	
Mask of the Wild	0.75		
Savage Attacks	0.75	Extra Crit Damage Die	A feature that is normally not too powerful, but can become so with the right combination of feats.
Reach	2	Extra 5 ft of reach	
Armor Training (Light)	0.5		
Armor Training (Light and Medium)	1		
Poison Resistance and Advantage	1.25		
Naturally Stealthy	1	hide behind larger	
Relentless Endurance	1	drop to 0, drop to 1 instead 1/long rest	
Lucky	1		Much of the value of a +8 to CON, but not all.
Toughness	1.25	One more HP per Level	
Stone's Endurance	1.5	1 per rest, reduce damage by 1d12+Con	
Breath Weapon	1.5		
Nimble Escape	1.5	Disengage or Hide as Bonus Action	
Gnome Cunning	1.75	Adv vs Int, Wis, Cha saves vs magic	
Aasimar Transformation	2		
Pack Tactics	2		
Choice of Feat	5	Because the choice of feat is so powerful at 1st level, I'm	Diseases are about as common as rainbows. A pure ribbon ability.
Advantage against diseases.	0.25		
Magic Resistance	4.75	Gnome Cunning + Con, Str, and Dex, all decently commo	A notable but more flavorfully impactful than power impact.
Fills rests with light activity instead of sleep.	0.75	Instead of sleeping 6 hours in LR, can watch.	Nearly standard, and effectively very similar.
Yuan-ti Standard Delayed Magic	1.5		
Still Needed			
Bonus Actions			
Extra limbs			
Shapeshifting			
Large size			

Score Calculator - Download to Use

Use the score calculator to easily check the power of custom races.
1) Enter a name for the race in the **yellow box** at the top of the stat block.
2) Select existing abilities from the **yellow dropdowns** in Section 1.
3) Enter a score for the abilities in the **small yellow boxes** in Section 2.
4) Enter new abilities in the **large yellow boxes** in Section 2.

25	6.25	TOTAL SCORE	*Name*		0	0	TOTAL SCORE	*Name*
		Section 1: Existing Abilities					Section 1: Existing Abilities	
12	3	ASI +3				0	-	
	0	Language				0	-	
3	0.75	Choice of Skill Proficiency				0	-	
0	0	30 ft speed				0	-	
3	0.75	Darkvision 60				0	-	
1	0.25	1d4 unarmed strike				0	-	
2	0.5	Powerful Build				0	-	
-2	-0.5	ASI -1				0	-	
	0	-				0	-	
	0	-				0	-	
	0	-				0	-	
	0	-				0	-	
	0	-				0	-	
	0	-				0	-	
	0	-				0	-	
		Section 2: Custom Abilities					Section 2: Custom Abilities	
4	1	Might Roar (once/day 30ft WIS save vs CHA)				0		
2	0.5	Brave (Advantage against Frightened)				0		
	0					0		
	0					0		
	0					0		

[1] can breath air and water

[2] Brave

[3] Fire or Poison

[4] Cold, Lightning, Necrotic, or Acid

[5] can breath air and water

[6] Brave

[7] can breath air and water

[8] Fire or Poison

[9] Cold, Lightning, Necrotic, or Acid

[10] can breath air and water

[11] can breath air and water