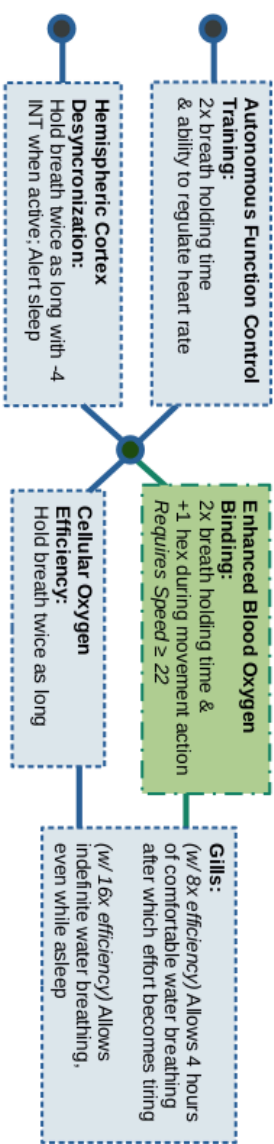


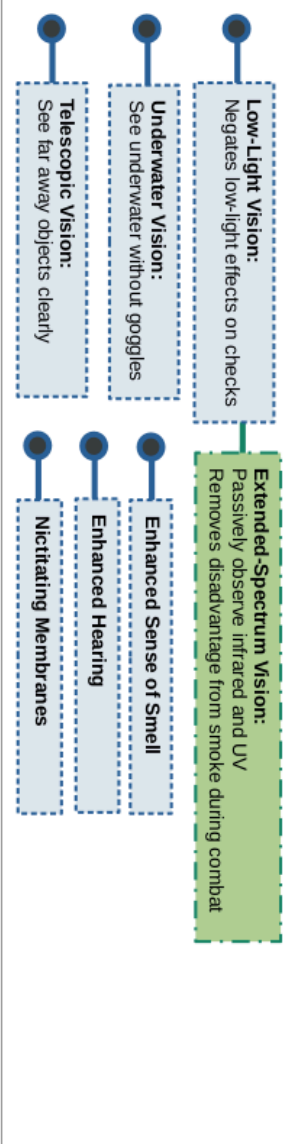
Athletics — Strength & Dexterity Abilities



Athletics - Respiration-Based Augmentations

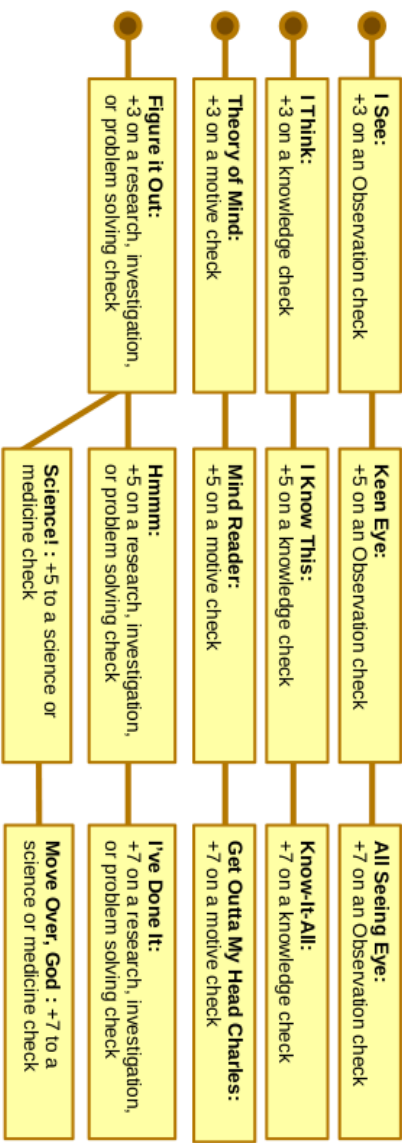


Athletics — Perception-Based Augmentations

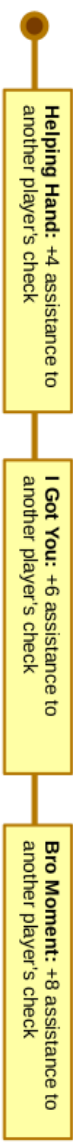


Sean Bodley

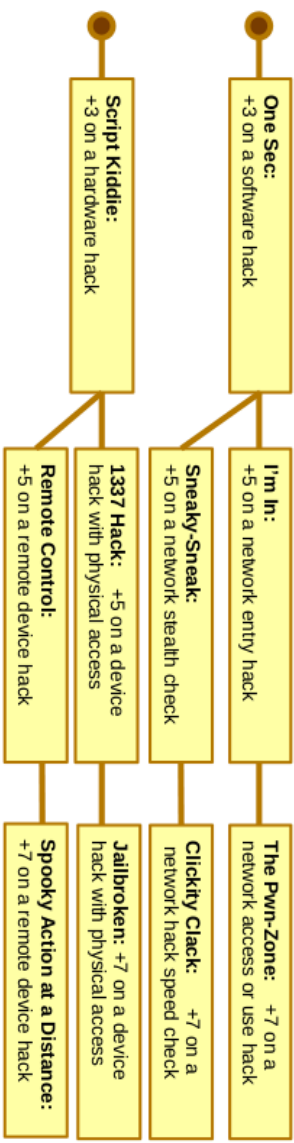
Mental — Reason and Learning Abilities



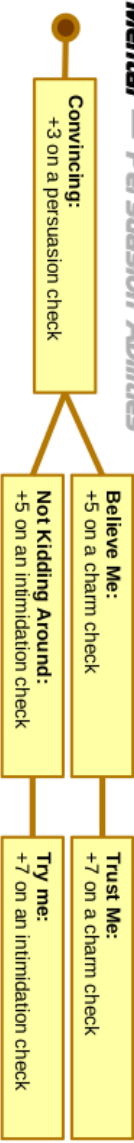
Mental — Assistance Abilities



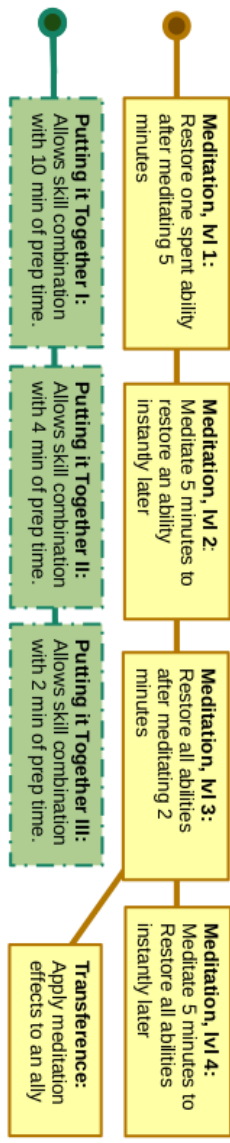
Mental — Hacking Abilities



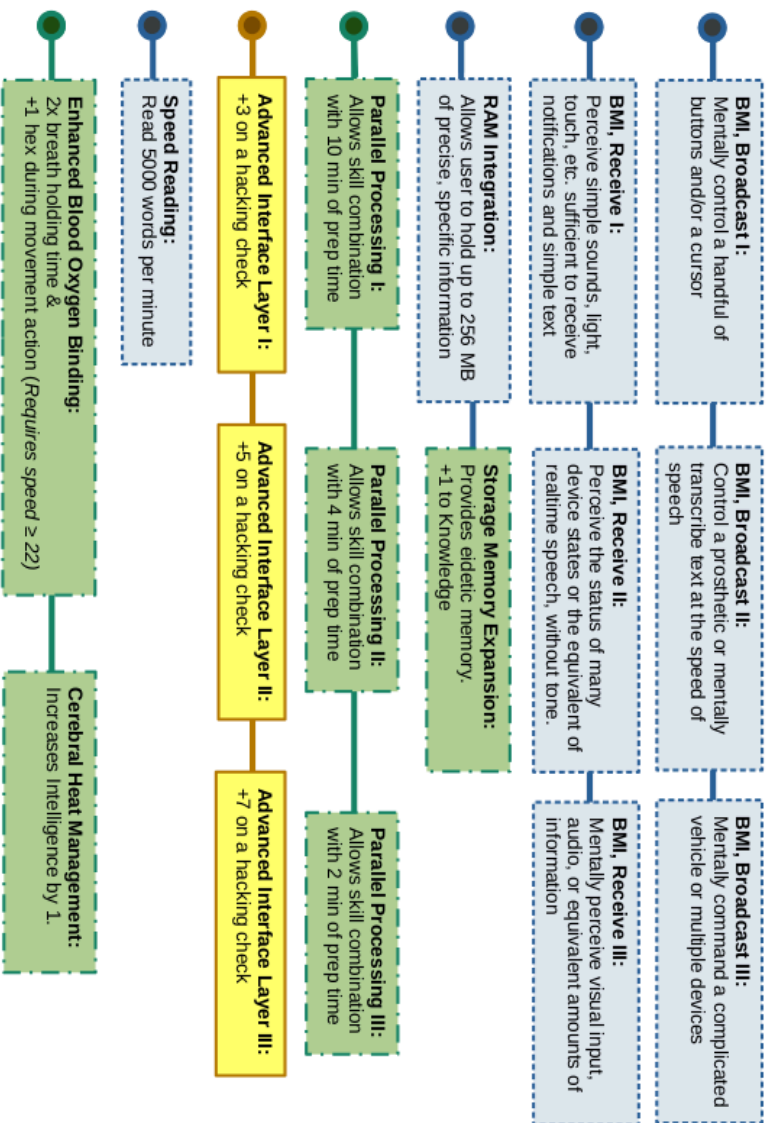
Mental — Persuasion Abilities



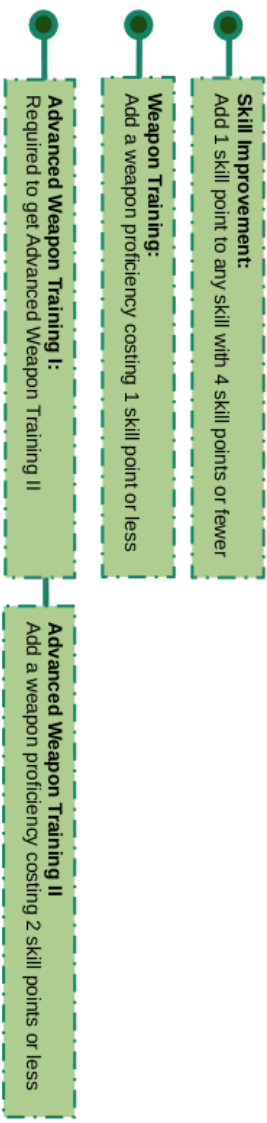
Mental — Skill & Ability-related Abilities



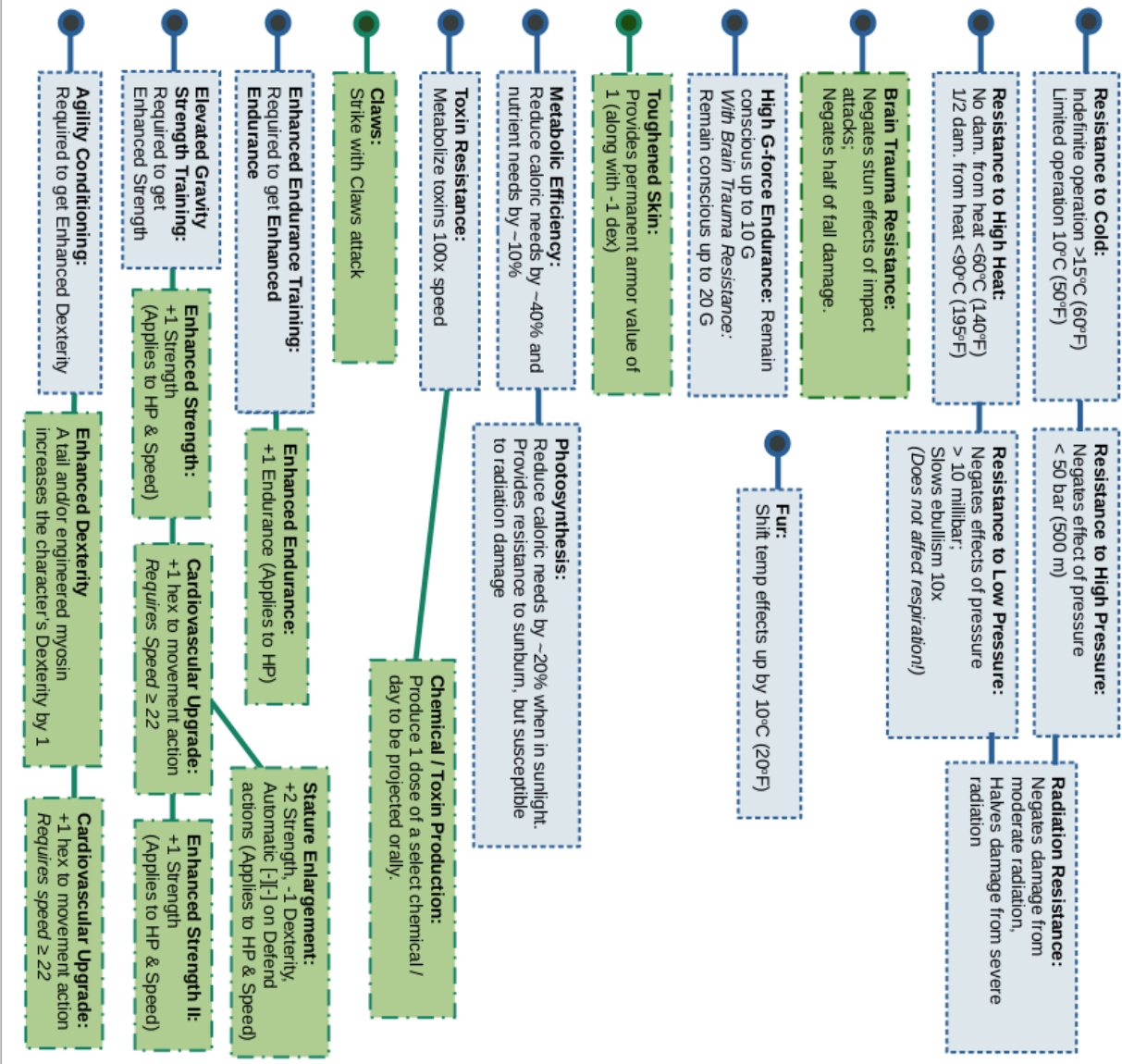
Cybernetic Augmentations



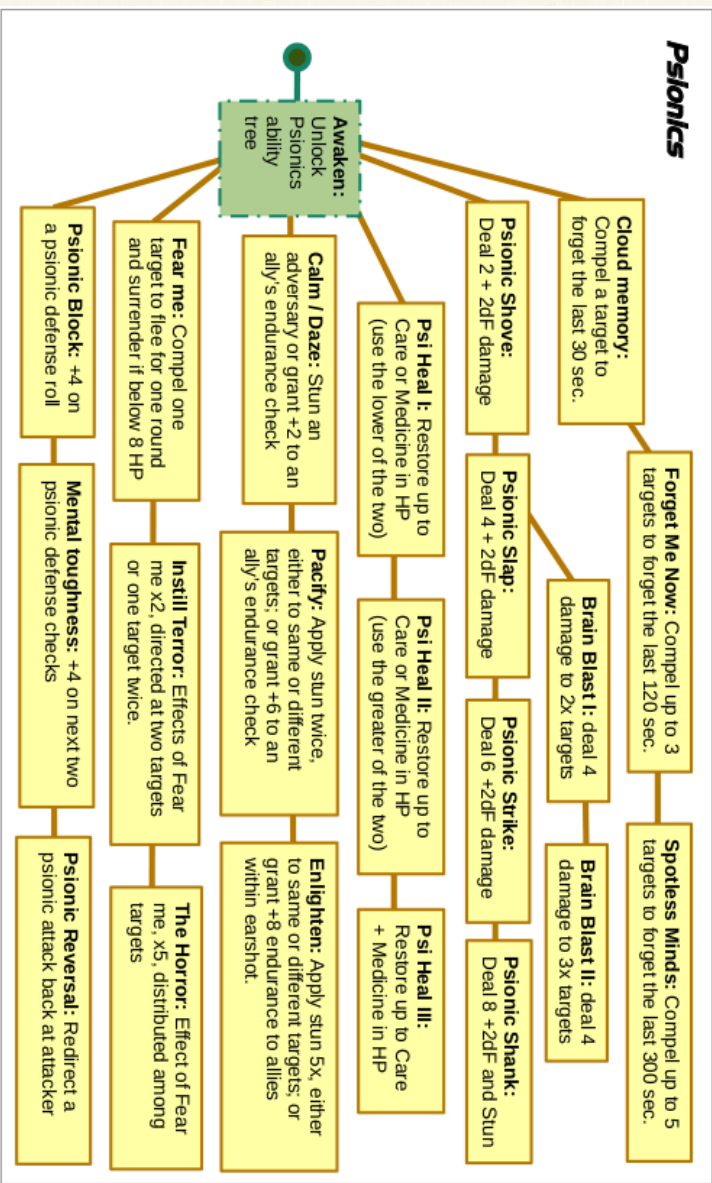
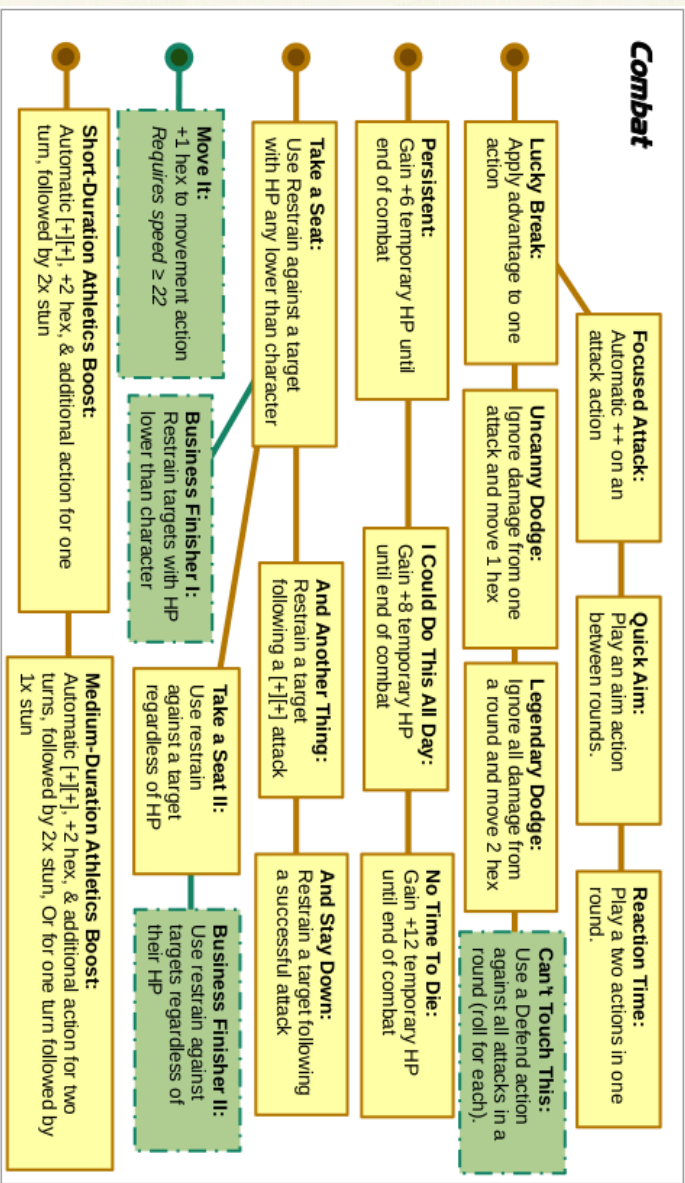
Skill upgrades



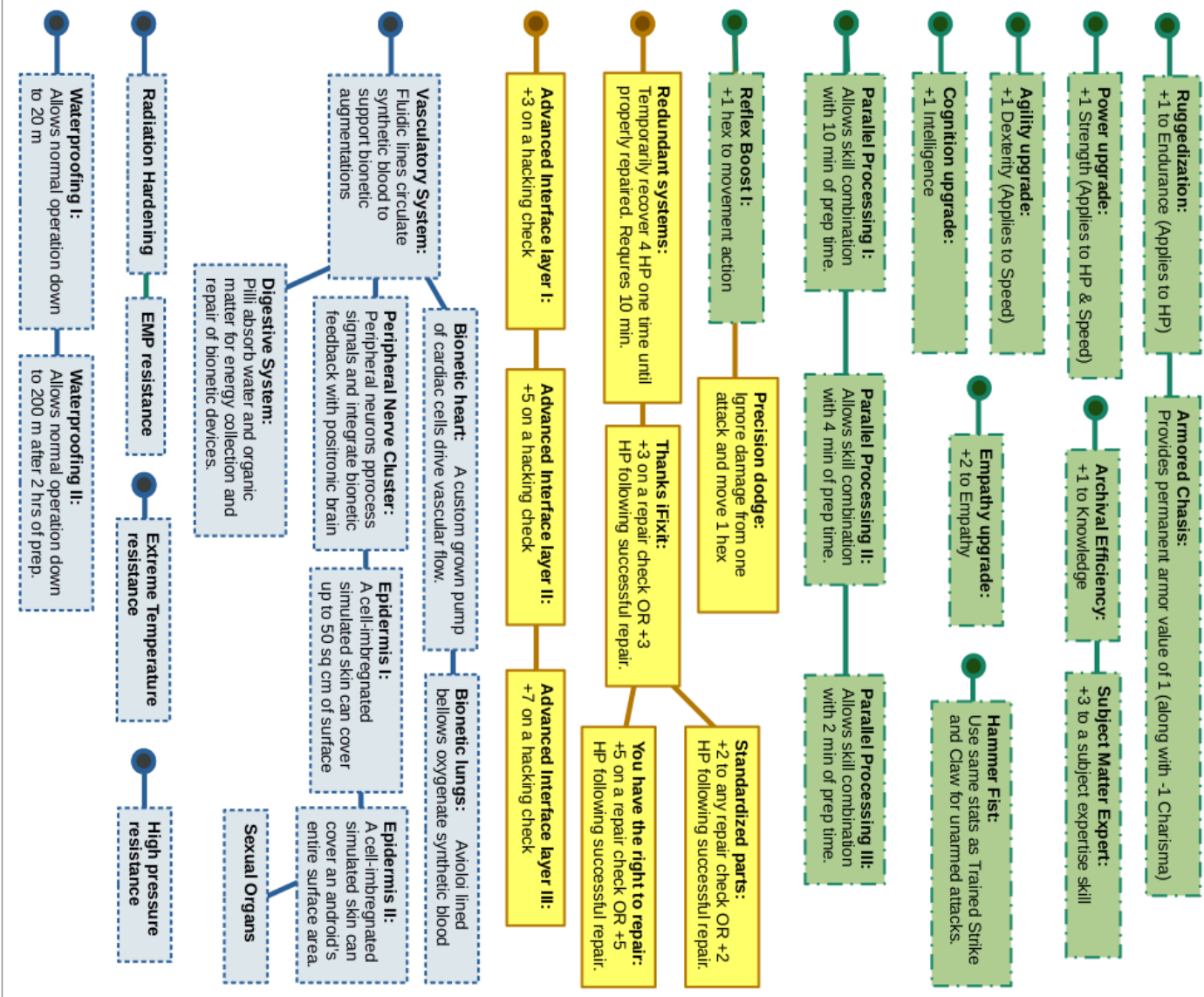
Athletics - Strength & Endurance Augmentations



Extended descriptions of these abilities and augmentations are provided after the ability trees.



Synth Augmentations



Abilities & Augmentations Descriptions

Below is a set of descriptions of the augmentations described above provided for roleplay purposes. These are provided in order to explain the scientific and medical backgrounds of the various augmentations listed.

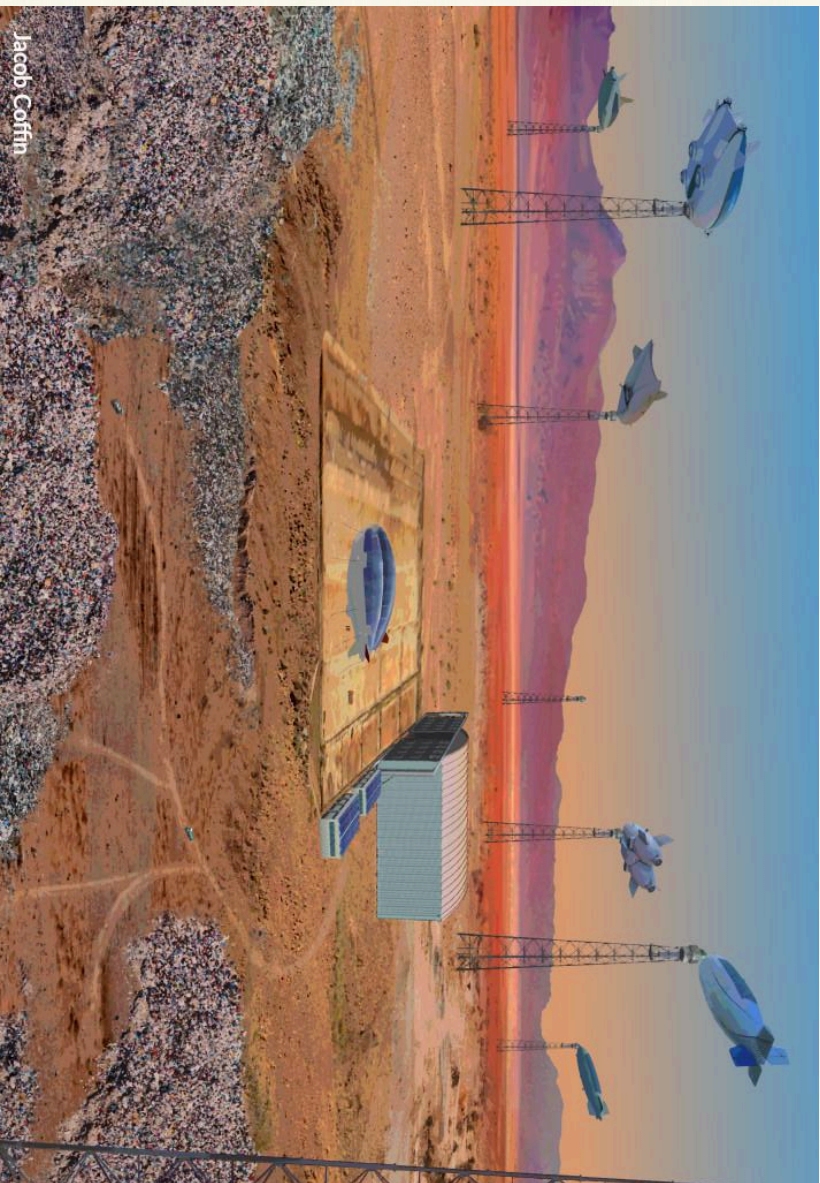
Combat

Most of these abilities are simply the result of training and don't require any elaboration or technological explanation. If the effect of any ability is unclear, players should confer with their GM or ask through one of the community portals like Discord or Lemmy.

The short and medium duration athletics boosts are assumed to be the result of some variety of adrenal gland or a trained ability to trigger an adrenaline burst or similar effect.

Psionics

Psionics certainly stretch the boundary of believability, and some tables may choose to not use them. Players using a Psionic Ability to influence their target should describe words, eye-contact, and/or gestures, and cannot use these abilities on unconscious or unaware targets purely through psychic intention.



Jacob Coffin

Using Abilities and Augments

The features in the Abilities & Augments trees come in three kinds:

Exhaustible Abilities are abilities that can be used once and then are depleted until they are recharged through rest. If a player has two of the same exhaustible ability, they can use each one of them once independently between rests. In the trees below, they are color-coded yellow with a solid border.

Passive Mechanistic Abilities are abilities or augmentations that impose a permanent, ongoing effect, such as increasing a base attribute or a skill, or increasing movement distance in combat. These are color-coded in the abilities trees in green, with a heavy dashed line.

Non-mechanistic Abilities are abilities that provide roleplay benefits. These list no change to dice rolls, but GMs should interpret them to impact play however they see fit. These include things like being able to breathe underwater or generate ATP from photosynthesis. They are color-coded in blue with a fine dashed line.

Creating Custom Augments

The list below is meant to provide inspiration but not limitation. Feel free to propose any Ability or Augmentation that appeals to a player and is allowed by the GM.

Gender and Sexual Augments

Listed Augmentations don't include sexual augmentations because designing a preferred sexual identity shouldn't require a player to pick any particular skill or spend XP.

This choice is also out of deference to different players' comfort with sexual content in tabletop RPGs. Players and GMs are encouraged to outline their comfort levels with describing characters' sexual identities and functions. If everyone involved is comfortable, propose whatever sexual arrangements or reproductive capabilities each of you find interesting and fun to play.

Creating Cyborgs, Synths, & Parahumans

When creating a character that is a cyborg, synth, or parahuman, consider Abilities outside the default recommended category if they make sense. For instance, it makes sense to give a cyborg character with 4 pts in Athletics two Cybernetics Augments instead of Athletics Abilities. Generally, do what makes sense for the character as long as the GM agrees.

Combat Proficiencies

Once you've established a character's skills and backstory, you'll likely want to consider how useful they'll be in a fight. Some players and GMs love fighting and some don't, so discuss with your GM and the rest of your table what they like.

The combat proficiencies available to players are based on the total number of points they have in the Combat Skill. Combat Proficiencies each have a cost, and players can take whatever Proficiencies they wish within the number of skill points available. Players do not require proficiency to wield a weapon, but doing so imposes disadvantage.

A good rule of thumb is that assigning at least 2 points in Combat is recommended if a player wants to be able to do anything more than defend and run.

You can see a list of attacks and their Skill cost below. The threat profile and concealability ratings are suggested for roleplaying purposes, and have no defined effect.

Cost	Attack	Range	Weapon	Threat profile	Portability / Concealability
0	Punch	1	No	Very Low	High
0*	Claws	1	No	Very Low	High
0	Spray	2	Yes	Low	Medium
0.5	Knife	1	Yes	Low	Medium
0.5	Club / Improvised melee	1	Yes	Low	Low
0.5	Pistol	4	Yes	Medium	Medium
1	E-baton	1	Yes	Low	Medium
1	Slingshot / Nanodart (includes Pistol)	5	Yes	Medium	Medium
1.5	Shortbow/Crossbow (includes nano)	4/8	Yes	Medium	Very Low
1.5	Microdarter / Rifle (includes proficiency with pistol)	6	Yes	Medium	Very Low
1.5	Whip	4	Yes	Medium	
2	Trained Strike (includes e-baton)	1	No	Very Low	High
2	Sword (includes e-baton and club)	1	Yes	Medium	Low
2	Bo Staff / Spear	2	Yes	Low / Med	Medium
2	Improvised throwable		Yes	Low	High
				Medium	Medium
2.5	Glue Gun (includes proficiency with all gun weapons)	5	Yes	Medium	Very Low

Athletics - Strength & Endurance Augmentations

Resistance to cold: Genetic alterations to some of the most thermo-sensitive proteins along with cognitive conditioning and modifications to the autonomous nervous system enable prolonged comfortable operation of the body down to a core temperature of 15°C (60°F) and limited comfortable operation down to 10°C (50°F).

Resistance to heat: Similar to resistance to cold resistance treatments, a suite of genetic modifications to heat sensitive proteins as-well as micro-biomechanical implants to reinforce heat-sensitive cellular structures enable a body to withstand up to 60°C (140°F) for prolonged periods, and up to 90°C (195°F) for several minutes.

Resistance to high or low pressure: Genetic modifications similar to temperature resistance treatments that modify the most pressure-sensitive membranes to allow the continuation of critical metabolic functions in extreme pressure ranges.

Radiation resistance: Genetic modifications produce a suite of proteins that absorb ionizing radiation to shield DNA and other organelles and create greater durability within endothelial cells like blood vessels and other systems most susceptible to acute radiation damage. These changes operate in concert with an improved DNA strand repair system and modification of oncogenes to remove susceptibility to common deleterious mutations. The effect does not provide immunity to all radiation, but is similar to reducing radiation exposure through the conventional means (time, distance, and shielding) and substantially improves recovery from severe acute radiation exposures.

Concussion and traumatic brain injury resistance: Non-invasive micro-biomechanical reinforcing structure adds enhanced durability to duramater and cardiac tissue, and adds a non-Newtonian viscosity factor to cerebrospinal fluid to cushion the brain during impacts. This reduces susceptibility to concussions and traumatic brain injury, and allows the body to briefly endure up to 50 G of acceleration without damage. The actual maximum acceleration at which a character with this trait can remain conscious depends on the sum effect of other augments that supply oxygen.

Within the game mechanics, this allows player characters to ignore stun effects from impact attacks (such as from a club or fists). Alternatively, if it's easier for players and GMs, this can be used to allow players to disregard the first stun effect in combat once per day.

High-acceleration tolerance: non-invasive micro-biomechanical surgery is used to enable vasoconstriction of the veins and arteries of the body direct extra blood flow to the brain to retain consciousness during high acceleration, allowing an individual to remain conscious during a sustained exposure to 10 G.

Fur: Fur is specialized body hair. It can provide resistance to cold or insect bites. It's mostly cosmetic, but why would we deny furry players their fantasy? Depending on realism, it may or may not increase the likelihood of hyperthermia.

Toughened Skin: Modifications to keratinocytes in the skin produce hard, thick skin with the appearance and toughness of crocodile or rhinoceros hide. This provides 1 point of permanent armor, though it comes with the standard -1 disadvantage to charisma checks (unless waived by the GM).

Reduced Metabolic Demand: Genetic modification of mitochondria and a modified gastrointestinal microbiome reduce caloric needs by ~40%. Nutrient and protein needs are ~10% less.

Photosynthesis: Chloroplasts in the dermis convert water and CO₂ into glucose, giving the skin a dark green appearance and reducing external caloric needs by ~20% while under full sunlight.

Toxin resistance: engineered cells grafted into the liver enable rapid metabolism of a wide range of toxins at roughly 100 times the normal rate.

Toxin or other chemical production requires the surgical grafting and innervation of custom glands that fill with a desired organic product. This can be a paralytic agent, a caustic agent, a sedative or most other simple organic compounds. Typically, this modification requires resistance to the produced compound. Once engrafted, the contents of the glands can be ejected under control to either flood a bite or shoot as a projectile fluid.

Fangs consist of dental modification to the teeth and jaw to provide long, sharpened canine teeth and associated bite force. This modification can be customized in its appearance and function from modest to extreme.

Claws are provided by surgically replacing the tips of fingers and toes with custom grown replacements that grow sharp, narrow fingernails in the style, color, and growth speed of an individual's choosing. The character can use the claws to attack.

Endurance Enhancement is a composite treatment similar to Strength Enhancement and resistance to temperature, pressure, radiation, and acceleration. Unlike those treatments, it is a broader collection of more modest genetic upgrades to many of the same systems. Keratinocytes are upgraded to produce slightly more durable, fast-healing skin. Upgrades to extracellular matrix proteins, tendons, and the endothelial system provides greater resistance to and healing from percussive force. Modest upgrades to the cardiovascular system and dura mater produce a composite effect that allows a recipient to push their body harder and recover faster from most general forms of physical trauma.

Strength Enhancement is a common range of augmentations that enables skeletal muscles to provide substantially more contraction force overall as well as per mass. Strength enhancement is a multifactorial process that begins with dedicated exercise and dietary programs coupled with genetic treatments to modify relevant proteins. It is a combination of a range of practices but a common approach is: recipients start by maximizing the strength through routine measures, including training in elevated gravity conditions common in gymnasium centrifuge rings.

Once a participant has plateaued in their strength they receive a suite of genetic modifications which allow for higher contractile efficiency of muscle fibers, faster gain of muscle mass, greater retention of muscle mass, and accelerated healing and recovery of small bruising and tearing typical of exertion, and increases to the durability of tendons and bones to support the increased load. This genetic reprogramming does not confer higher strength on its own, but instead substantially lifts the recipient's potential for further gains in muscle mass and strength. Once the recipient resumes strength training under elevated gravity they can attain levels of strength previously unattainable by an heirloom human genotype.

Cardiovascular enhancement is the process of building additional cardiac muscle, enlarging chambers of the heart, and reinforcing blood vessels to enable elevated athletic strain and support

Abilities and Augmentations

Augmentations and special abilities allow players to perform unusual and unique feats. From a gameplay perspective, these are provided in a typical RPG skill tree that allows players to spend XP on things that can allow them to do more and cooler stuff. Each ability or augmentation is recommended to cost 30 XP, and GMs are recommended to offer players 100 XP during character creation, with the expectation that they'll earn around 15 - 25 XP per session. This would enable players to obtain roughly two new abilities for every three sessions played. We can't emphasize this enough, though: GMs should give out XP and abilities at whatever pace feels fun. If you want to tell a story of players who transform from unremarkables to legends, start with no XP. Or try running a session where all the players (and adversaries!) start out completely OP like Goku.

Picking abilities and augmentations during character creation

During character creation, several skills offer abilities based on the number of Skill points allotted to them:

- For every 2 points invested in the **Combat** Skill, take 1 **Combat Ability**
- For every 2 points invested in the **Psionics** Skill, take 1 **Psionics Ability**
- For every 2 points invested in the **Athletics** Skill, take 1 **Athletics Augment or Ability**
- For every 2 points invested in Law & Crime, History & Geography, Physics & Engineering, and Chem & Molecular Bio (all added together), take 1 **Mental ability**
- If you're a Synth, substitute **Synth Augments** where appropriate

Example: if you have 4 points in Combat, take 2 combat Abilities.

If you have 1 point in each of Law & Crime, History & Geography, Physics & Engineering, and Chem & Molecular Bio, take two mental Abilities.

On top of these, pick out any other abilities or augmentations your GM offers you through starting skill points.

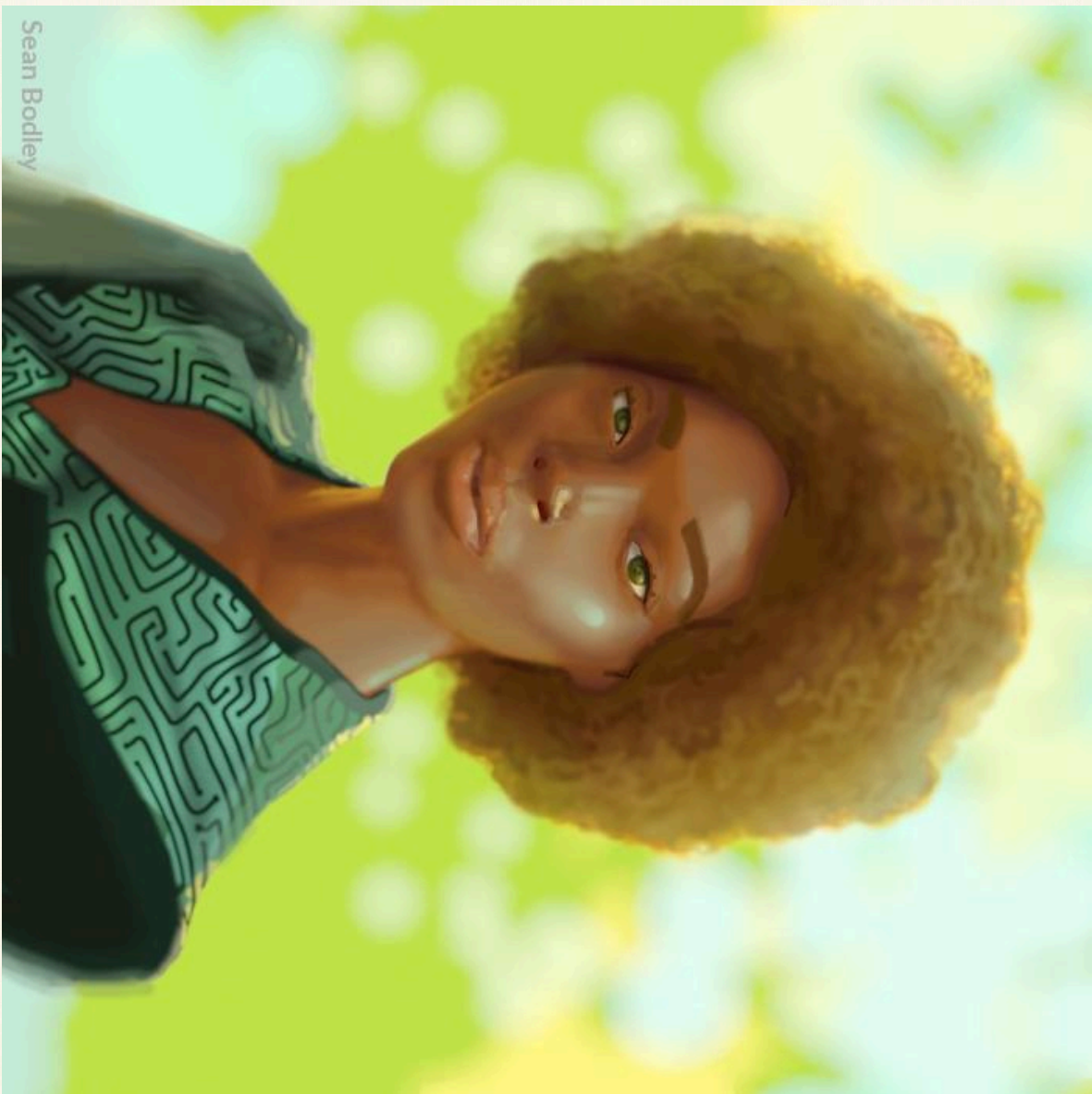
Disambiguating Terms

To clarify some of what we've covered:

Attributes are a character's core stats, like Intelligence and Charisma. **Skills** are specialties that add points to a character's Attributes based on the task they're trying to perform.

Abilities & Augments are special abilities or modifications to a character that allow them to do a unique action once per day (when rested) or otherwise modify the character. **Combat Proficiencies** (or weapons proficiencies) are the weapons or martial arts capabilities that a character can play without an automatically imposed disadvantage.

Follower counts exist for roleplay purposes. There are no gameplay benefits to follower counts or restrictions on what follower count a character can have. That said, the table above offers examples of follower counts based on a character's Skill level in Community Contact. This chart is meant to assist players in creating characters as well as assessing what a given follower count might imply about non-player characters they meet. For more insight into what different follower counts and different levels of public accessibility look like, see the section on [Social Media](#) under Inhabiting the World.



the higher cardiovascular demands of certain augmentations such as stature enlargement and enhanced strength.

Tail addition is the process of surgically attaching a custom-grown tail from an individual's cells, which can provide improved balance, turning agility, and stability when climbing, as well as cosmetic benefits. Tails come in many styles, but the most popular are feline and simian inspired tails.

Stature Enlargement: A combination of skeletal limb lengthening and biomechanical bone and tendon reinforcement can be employed to safely induce gigantism up to roughly 240 cm (~8 ft) of height and 270 kg (~600 lbs). Most individuals opt for less than this, however, as it does increase the likelihood of mobility issues and other complications, particularly in advanced age.

Short-duration athletics increase: chemical glands produce a cocktail of hormones to enhance strength, aggression, and reflex when triggered through focus under elevated stress.

Athletics - Strength & Dexterity Abilities

These abilities are assumed to rely on training which allows the players to perform extraordinary feats of power or agility. Each can be used once per day following sufficient rest. Players may want to use a drug or technological tool to justify these limited applications of heightened performance. Players and GMs are encouraged to use whatever pharmacological and/or technological explanation is sensible to them.

Athletics - Respiration-based Augmentations

These augmentations form the primary set of modifications needed to allow for people to spend long-durations underwater.

Autonomous function control training is a cognitive practice that allows a practitioner to consciously regulate their heart rate, perspiration, and metabolism. The effect is multiplicative with other respiration-based augmentations. Receiving this augmentation and learning to use it effectively is typically a requirement before other mod clinics will consider assisting a person in obtaining respiration-based modifications that can carry higher risks of unsafe behavior.

Hemispheric Cortex Desynchronization is a process of developing an ability to exercise the hemispheres of the brain independently through meditation and cognition exercises under a drug treatment. This allows a practitioner to maintain alertness in one hemisphere while resting the other (as dolphins do). This can be used to substantially reduce oxygen consumption and to rest without losing consciousness. During this state, cognitive performance is slower and simpler, like a coffee drinker before their coffee. This state is activated and deactivated deliberately.

Under extreme and deliberate practicing of Hemispheric Cortex Desynchronization, each hemisphere of the brain can develop an independent identity and consciousness. This requires a very persistent, committed, long-term practice of desyncing, and cannot happen by accident. In such cases, both hemispheres understand themselves to be an incomplete component of a whole.

Enhanced blood oxygen binding: Modified hemoglobin improves absorption efficiency to bind oxygen in the lungs even at low concentrations while releasing it where most needed in the body. In order to obtain this augmentation, most clinics will require applicants to have already demonstrated a history of good judgment and of responsibly managing other respiration modification practices. In addition to further doubling a recipient's breath holding time, this augmentation also allows recipients to increase their travel distance when using a Move action during combat by one hex space if their Speed is 22 or greater.

Enhanced cellular oxygen efficiency: Enhanced oxygen efficiency is achieved through genetic modification that allows cells to enter a high-efficiency state in which they limit operations to a bare minimum. This doubles breath holding duration. During this state, their production of new proteins is curtailed, so proper healing and long-term maintenance of the body requires sufficient rest and time out of water. But during underwater excursions, this state is highly useful for extending the time a person can operate.

Gills: In order to breathe underwater, openings are made to allow water to flow through the alveoli of the lungs without needing to reverse flow to exhale. Slits at the lower edge of each lung are near universal, however upper slits are optional. Some simply entrain water through their mouths, while most have a slit between the pectoral muscles and the clavicle. These slits naturally close themselves tightly on land and open in the water. To work, gills require recipients to have already increased their body's ability to operate with significantly less oxygen through most other respiration enhancement means. Recipients must have already doubled their breath holding capacity three times for gills to be useful. At this level, a recipient can use gills for comfortable breathing underwater for several hours before they'll need to return to land. If recipients employ all commonplace respiration enhancement it becomes possible to live underwater functionally indefinitely.

Athletics - Perception-based Augmentations

Low-light vision: Genetic modification of retinal cells increases the density and sensitivity of rods and cones, allowing for excellent vision in low light. For all vision augments, players can choose to modify the shape of their pupils and irises when obtaining this augment at no additional cost.

Extended spectrum vision: Genetic modification similar to low-light vision, with the addition of protein changes to allow for detection of infrared and ultraviolet light. This is a passive quality, not something a player needs to declare or activate. The individual can see slight changes in body heat, and a glow of luminance from warm objects in pitch black. With an infrared light source, they can see what normal eyes see at night during a full moon when others would perceive pitch blackness. Ultraviolet vision allows the individual to see pigments that are unnoticeable to unmodified eyes, such as patterns in flowers and faded body fluid stains. This mod negates visual effects of smoke. Cosmetic eye changes are common optional add-ons to this mod.

Underwater vision: Human eyes don't see clearly underwater because water refracts light more than air, moving the focal point farther than our eyes can focus. Premium underwater vision treatment modifies the lens and optic muscles to allow the eyes to focus underwater. Alternatively, a player may wish to have basic underwater vision, which grants the ability to see underwater, but lacks the ability to focus in air, and thus requires goggles full of water to see clearly out of water. Both negate the effects of salt water.

Followers

A character's follower count describes the size and shape of their social network. Follower counts are appended with the label "Public", "Quasi-Private", or "Restricted" (or just a P, Q, or R) to indicate how public a character's presence is online. There is an expression that "A hard ten is worth more than a soft hundo." A player who wants a large social network can attain a hundred thousand followers without too much difficulty. However players who don't want that level of attention can still have a strong, dedicated circle of close-knit followers.

Comm. Contact	Public	Quasi-private	Restricted
0	200 <i>A regular person living publicly with no significant influence</i>	100	0 <i>Offline</i>
1	1,000	300	100 <i>Someone communicating online exclusively with familiars</i>
2	5,000	1,000 <i>A relatively private person well known to friends and neighbors</i>	200
3	15,000 <i>A casual content creator sharing memes & occasionally interesting personal content</i>	3,000	500
4	50,000	10,000	1,000 <i>An admired figure who eschews digital tools</i>
5	200,000	25,000 <i>Someone well-known within their profession who doesn't seek attention</i>	4,000
6	1 M <i>A consistent content creator or local leader</i>	50,000	10,000
7	10 M	100,000 <i>A figure renowned within a community who limits their presence to that community</i>	20,000
8	100 M + <i>A celebrity or international leader</i>	200,000	50,000 <i>The leader of a secretive underground/revolutionary group or a cult</i>