Tackle

DUNGEONS & DRAGONS: FIFTH EDITION already contains rules for an attempt to physically grab another creature, but they're limited. Essentially, the Grapple option allows a player to take themself out of combat in exchange for preventing another creature's movement - I believe this system to be excellent for starter players, to avoid overcomplicating the procedure for a fairly basic battle tactic. However I have found that among experienced players, it is often overlooked in favour of more advanced maneuvers. What follows is a more complex ruleset for when a character wants to hurl themselves bodily at something.

As An Action

You can use the Attack action to make a special melee attack, a tackle. If you're able to make multiple attacks with the Attack action, this attack replaces only one of them. The target of your tackle must be within your reach, but you do not need a free hand to take the action. Instead of an attack roll, make a tackle check – your choice of Strength (Athletics) or Dexterity (Acrobatics) contested by the same check from the target. If you succeed, you are the Attacker for the Tackled condition, and your target is the Victim. Otherwise, your opponent can choose to become the Attacker, causing you to become the Victim. If they choose not to, you fall prone. If either party has moved at 10 or more feet directly towards the other in their most recent turn, they gain advantage on the tackle check.

As A Condition

When a creature becomes tackled, it gains other conditions based on its role in the tackle and size rating:

- **Large Attacker:** If the Attacker is two or more sizes larger than the Victim, the Victim becomes Grappled by the Attacker. The Attacker automatically succeeds on any attack rolls they make against the Victim, but fail any Dexterity saving throws the Victim forces them to make. The Victim has disadvantage on all attack rolls unless they are against the Attacker, in which case they have advantage. The Victim has three-quarters cover, and can only escape the Tackle by using their action to succeed on a Strength (Athletics) check contested by the Attacker. Whenever the Attacker takes damage, this check is triggered automatically.

- **Small Attacker:** If the Attacker is two or more sizes smaller than the Victim, their attacks against the Victim automatically succeed, and each hit means the attacker must make a Constitution saving throw or suffer the effects of Level 3 Exhaustion until the end of their next turn. The DC for this saving throw is equal to half the damage taken or 10, whichever is higher. Ending the tackle requires the Victim to succeed on their choice of Strength (Athletics) or Dexterity (Acrobatics) check, contested by the Attacker's Strength (Athletics) roll. This is triggered every time either party takes an action, bonus action, or reaction.

- **Similar Sizes:** If the Attacker and Victim are within one size of one another, both fall prone and become Grappled by the other. Attack rolls against one another must beat the target's choice of Strength (Athletics) or Dexterity (Acrobatics) check, instead of their Armour Class. Either party may use their action to attempt the tackle by succeeding on a contested Strength (Acrobatics) check, but failing will allow the other to make an Opportunity Attack against them – as will any action that targets a creature outside of the tackle. Any creature outside the grapple may attack either of the Tackled creatures as usual, and can choose to join the tackle upon dealing melee damage. Alternatively, a creature can attempt to force the Tackle apart by succeeding on a grapple check against each member of the Tackle (any creature may choose to fail this check). On failure, the creature joins the Tackle.