Ogrekin (Goliath)

In many worlds, goliath are closely related to "true" giants, with the most common goliath being related to stone giants. Sometimes, though, a goliath will arise with relation to the "false" giants, like trolls and—most commonly—ogres. Sometimes referred to as half-ogres, an ogrekin combines traits of both parents; their ogre heritage is undeniable, though. A typical ogrekin stands between 7 and 9 feet tall, with lengthy limbs and a facial structure some would describe as a "bloated" humanoid. Depending on their heritage, their skin can carry a wide range of hues, though typically only in paler tones.

As an ogrekin, you have the following racial traits.

Ability Score Increases

When determining your character's ability scores, increase one score by 2 and increase a different score by 1, or increase three different scores by 1. Follow this rule regardless of the method you use to determine the scores, such as rolling or point buy. The "Quick Build" section for your character's class offers suggestions on which scores to increase. You can follow those suggestions or ignore them, but you can't raise any of your scores above 20.

Languages

Your character can speak, read, and write Common and one other language that you and your DM agree is appropriate for the character. The *Player's Handbook* offers a list of languages to choose from. The DM is free to modify that list for a campaign.

Creature Type

You can be either a Humanoid or a Giant; pick when you create this character. Characters more closely related to a false giant are more likely to be of the Giant type, while those descended from other ogrekin are more likely to be Humanoid.

Size

You are Medium.

Speed

Your walking speed is 30 feet.

Superior Physicality

In addition to your normal ability score increases, your Strength score increases by 1 and your Intelligence and Dexterity scores decrease by 1. The maximum for your Strength score is increased by 1; at 6th level, your maximum increases by 1 again.

Thanks to your size, you can wield melee weapons in a unique way. A melee weapon without the Heavy or Two-Handed properties gains the Light and Thrown (20/40) properties. A weapon with the Thrown property already can be used at its full range without the long-range disadvantage. A melee weapon that

has the Two-Handed property can be used with only one hand by you; when used in this way, the weapon loses the Two-Handed and Heavy properties and cannot be used for effects that require the use of those properties.

Powerful Build

You have advantage on Strength-based ability checks and Strength saving throws. In addition, you count as one size larger when determining your carrying capacity and the weight you can push, drag, and lift.