

Aging

Aging is applied at character creation and every time a character ages 1 year (naturally or unnaturally).

Some important notes:

- Note the aging step's position on [Character Creation](#). It is important to apply aging in the correct order.
- Ability score changes are cumulative.
- Aging cannot cause scores to be bypass racial mins/maxes, nor do they cause scores to go below class minimums.¹⁾ Ignore any aging modifiers that would violate this, but during character creation you should consider all modifiers together.²⁾
- The only time a score can be raised above 18 via aging is WIS, and only in humans. (DMG 13. Since only humans lack racial min/max, they would be the only race capable of aging up their WIS past 18.

¹⁾

DMG 13.

²⁾

For example, if the Young Adult loss of STR would put a character below their STR minimum, but the Mature gain of STR would put them back at their minimum, the new character should be at their minimum (i.e. both the -1 and +1 should be applied). But if the character hits Mature during play, the +1 STR should be applied even though the character didn't lose the -1 during character creation. Put another way, there is no need to track being "in the hole" for aging, and there should be no occasion for a player to note on their character sheet that they "owe" a point of STR.

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