

Cottington Woods 2 Player's Guide

Part Two: Skills

9 Rules Specific to Cottington Woods

Encounters and Resting

Much of Cottington Woods is designed around the idea of an "Encounter" (or "Scene"), which is generally one battle or module. Skill Points and other Encounter-based abilities refresh only when fifteen minutes have gone by without any action ("Well Resting") in a non-combat/safe place. On occasion, an NPC bringing you to a module may say that you look "Well Rested" to indicate that you do not need to rest before going on the module. A few beneficial Imbues also have a duration that is restricted to the current Encounter. These abilities expire once the Encounter ends, and you cannot extend the duration by (for example) fabricating fights.

Twilight

In Cottington Woods, there is a concept of "Twilight" period, which is generally "from dawn to dusk" or "dusk to dawn." In practicality, it is expected to be "Game Beginning till you go to bed," "Wake up on Saturday till Dinner hour," "Dinner hour till you go to bed," and "Wake up on Sunday till game ends."

By Massive

Damage "by Massive" represents blows too powerful to be blocked by any ordinary weapon. ALL weapon and shield skills in Cottington Woods include a restriction that they cannot be used to block damage "by Massive" - if they do, the wielder takes that damage instead. There are some special skills that may allow a character to block Massive attacks - if they do, they will call "Block Massive".

Anathema Frenzy

Just as demons seek to sow destruction at every turn, things of the Written World cannot abide the presence of a demon. Even the most kind-hearted creature of the Word will seek to undo a thing of Anathema, bringing to bear every weapon available.

If at any point you hear the call "Inflict Anathema Frenzy," you will know you are in the presence of a demon and will seek to bring that creature to a swift end. You will feel an animal hatred, will want to tear at it with your bare hands until you make it go away, but unlike a normal frenzy, you may act with some common sense and an interest in self-preservation. Thus, if you are a healer, you may heal your allies instead of attacking the offending creature. If you are outmatched, you may run. But it is alien, incomprehensible, and absolutely anathema. You feel an unreasoning loathing toward the thing, and while in its presence you will be unable to parlay or feel any sympathy for it.

There may be occasions when you encounter a thing of Anathema and this call is not made. In those cases, you should still feel that you are in the presence of something that is profane, but you do not feel the need to eradicate it outright.

Comatose

After one minute of being Unstable, you may choose to become Stable rather than dying. This choice is entirely optional, and is an out-of-game decision. If you do, however, you acquire the trait "Comatose". While you have this trait, you remain at 0 Vitality, and will not naturally recover to 1 Vitality.

The "Comatose" trait is removed once you have received a total of 10 points of Healing. The tenth point will restore you to 1 Vitality, and remove the Comatose trait. Until that trait is removed, any Healing you receive goes towards removing the Comatose trait - your Vitality will not increase until it is removed. A "Cure Comatose" call will immediately restore you to 1 Vitality and remove the trait.

In any case, when you lose the Comatose trait, you are drained, and must rest five minutes to remove this effect.

Damage taken does NOT count against this Healing, though it can render you Unstable. If you become Unstable again while already Comatose, you will die after one minute, and cannot choose to become "Comatose" again.

A player may choose at any time to die rather than to remain in a coma.

NEW Attack Effect: Dispel (Inflict Banish)

For Cottington Woods, the call "Inflict Banish" has a special effect. It should be preceded by "Inflict" but in the case where you here "Banish by <Trait>" please take it as if it were called "Inflict Banish by <Trait>." You will see this recorded as a "0 point skill" on your character, to conform to Accelerant rules.

Banish is equivalent to "Death" in its effect, but the difference is profound: while Death is either the killing or ending of the object of the Death effect, a Banish instead implies that the creature or object struck with the Effect

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has been dispersed or banished back to whence it came. It has not been killed or destroyed, but merely sent away. Note that this is often delivered with a "TO" call and targets specific traits when used.

This generally has no noticeable effect on an individual unless you have the Dream, Elemental, Spirit, or Demon/Anathema, or in some rare cases, the Fairy, trait. It is possible you may enter an area where it may affect you (such as PCs in the Slumberland); in which case a tag will be present to explain the effect.

If you are struck with this and have the Figment trait, this will "banish" you from the dreamscape or disperse you among it and is otherwise like a Death effect, except that you immediately go to Spirit and depart the encounter. If you have the Sandman or Dream trait but NOT Figment (ie, most PCs in the Slumberland), treat this as a Stun by Imagination effect. You may use appropriate defenses against it.

If you have the Elemental Trait, the Spirit Trait, Demon/Anathema trait, or in some rare cases the Fairy trait, and are not Living/Mortal (ie, NPC Elementals/Spirits/Demons), this will also banish you from the area; go immediately to Spirit and depart the encounter.

NEW Effect: Influence (Imbue/Inflict Influence)

if you take an "Inflict Influence" effect, you will be inclined to treat the person who placed this upon you with great trustworthiness and take their words with greater weight than you might otherwise, even if you do not know them particularly well. If the effect is cured, you will be aware that there was some magical influence upon you, but it doesn't necessarily cause you to turn on the inflictor (the influence is subtle). You may react as appropriate to your character. This would not cause you to do anything your character would not normally do, or force you to believe obvious lies (unless your character would do such a thing). This is intended mostly for use on NPCs, but it is possible for PCs to be influenced as well.

NEW Effect: Peace (Imbue/Inflict Peace)

If you hear an effect that imbues/inflicts the "Peace" trait, or hear an Imbue/Inflict Peace, you will be disinclined to engage in violence and will not initiate an attack unless attacked first. This is most often delivered by Bards and lasts for the duration of the song/performance/etc. that imbued the trait, but could appear in other ways.

NEW Effect: Illusory Trait

If you hear a call "by Illusory {Trait}" your character will SEE whatever the Trait is, but is actually affected "by Illusion." Only defenses against Illusions will work against attacks delivered "by Illusory {Trait}."

NEW Character Trait: Departed

Those who have died and gone beyond the five-minute death count gain the "Departed" trait until they resurrect. Those who are Departed cannot be brought back to life with a Remove Death or other Life spell.

NEW Character Trait: Unconscious

In Cottington, Unconscious is also a trait that you gain while stable but not yet conscious or unstable and bleeding out. This does not apply if you are under a Stun effect, or have the traits Comatose or Dead. There are some skills that affect Unconscious characters. For example, if you are Stable and receive a "Heal 1 to Unconscious" you will be at 1 Body and wake up, losing the Unconscious trait (just as if you had received a normal point of healing), but this call would have no effect if you were already conscious. If you are Unstable and receive a Heal 1 to Unconscious, you will become Stable but are still unconscious and have 0 Body. You will need another point of healing or to rest for 5 minutes to be at 1 Body and conscious. A Cure Unconscious Trait/Cure Unconscious would put you at 1 Body and wake you up, causing you to lose the Unconscious trait, even if you were Unstable.

NEW Effect Trait: Metal

For Cottington Woods, the trait "Metal" is considered to be both a Physical and an Elemental trait, and is *not* a Special Trait. Thus, if you are struck with a "Root by Metal" skill, a "Cure Physical" or a "Cure Elemental" skill will Cure it.

NEW Trait: Haunting

If you obtain the Haunting Trait you will become a part of the story being told by whatever force it was that granted that trait to you. Typically, you will become part of the vision or "reality" of whatever force it was that granted you the trait. Typically, but not always, this effect is temporary. While you are haunted, any effect you take remains with

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you when the trait is removed. Any skill you expend while haunted is expended, and you do not get it back when you return from the haunted state. If you die while haunted, you die.

NEW Trait: Story

It may happen that you are granted the Story Trait. If this occurs, your character will be hearing a story, but you, the player, will take on the role of someone in that story, and you will act it out. Unless instructed otherwise, the character you are playing in the story will have access to all of your skills.

The events in the story did not happen to your character.

When you return from the story, it will be as if anything that occurred during the telling of the story happened to someone else. Any items you discovered during the story must be left behind, but any damage taken or skills used during the story were not actually expended.

NEW 0 POINT SKILL: Unseen Things in the World (YOU CAN'T SEE THIS)

If you encounter a PC or NPC with either PURPLE GLOWSTICK/GLOWBANDS on their arms and head, or a white, purple and orange bands on their arms and head, this is to indicate that they are either invisible or not there. Though we realize it is hard to ignore, we trust you can all pretend as if the NPC/PC is not present.

NEW 0 POINT SKILL: Unseen Things in the World (You See This, But They Don't See You)

If you encounter a PC or NPC with either BLUE glowsticks/glowbands on their arms and head, this is to indicate that you are witnessing a vision, a story, a dream, a memory, or something else that allows you to see and hear the NPCs/PCs with the bands, but they cannot see or hear you. If you are witnessing a story or memory and the Blue Bands are not present, it means you can interact with the people present and they will see/hear/react to you.

Clarification: Influence Tokens

Once an Influence Token has been placed on the Merchant Board, the only person who can move or remove that token is the person who placed it.

Clarification: Entering and Exiting the Slumberland

If at any point you hear or see on a tag "(Ambient) Imbue/Inflict by <Trait>: Enter the Slumberland" or "(Ambient) Imbue/Inflict by <Trait>: Enter the Dreamscape" this indicates that you have entered the Slumberland and are no longer in the waking world. The Trait often provides some context of how you are entering. Most often, this will be by Imagination or Dream. Nightmare would indicate that the area of Slumberland you are entering is strong in nightmares. Other traits may be used at times.

If you enter the Slumberland, you immediately gain the Dream trait, if you do not already possess it.

Conversely, if you hear "(Ambient) Imbue/Inflict by <Trait>: Exit the Slumberland" or "(Ambient) Imbue/Inflict by <Trait>: Exit the Dreamscape." Similarly, the trait may indicate the manner in which you exit. This will most often be Imagination or Dream. If you hear "Awaken" as a trait, this often indicates because someone or something has woken you up.

If you exit the Slumberland, you immediately lose the Dream trait, unless you permanently have the trait through a skill or some other Permanent Inflict/Imbue/Grant.

Some NPCs may use the older "Enter/Exit the Slumberland by <Trait>" call. This has the same effect as the Imbue/Inflict call and should be treated as such.

Clarification: Manifest the Slumberland

If at any point you hear or see "(Ambient) Imbue/Inflict by <Trait>: Manifest the Slumberland" or "(Ambient) Imbue/Inflict by <Trait>: Manifest Sandman", this indicates that something or part of the Slumberland has come into the Waking World, and it is as if you are standing in both at once. Sandmen have access to all of their abilities and anything that exists only in the Slumberland becomes available. A "Grant Trait Dream" may be called in conjunction with this. Non-Awakened Dreamers only gain the Dream Trait in this situation if the Grant Trait Dream call is made.

So far as any PC knows, it is not possible for the Slumberland and Waking World to overlap in this fashion, unless one is within the Fairy Mists. You should roleplay accordingly.

Note: If the call is made "Imbue/Inflict by Fairy Mists" then it is clear this is occurring because one is with the Fairy Mists in a place where the Slumberland overlaps. This is the effect that has occurred in previous

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encounters where Sandmen have gained access to their abilities while within Fairy. This is not considered to be unusual in Fairy.

If at any point you hear or see, "(Ambient) Imbue/Inflict by <Trait>: Cure Manifest the Slumberland" or "(Ambient) Imbue/Inflict by <Trait>: Cure Manifest Sandman" is made, then the effect ends and Sandmen can no longer use their abilities or access anything that is within the Slumberland. If you do not have the Dream trait permanently (you were granted it coming into the Slumberland), you lose the trait at this time. We will try to remember to call the "Cure Dream Trait" call, but if not, please assume the trait goes away unless otherwise clarified.

Clarification: Suffering the Miasma ("Nope")

We understand that sometimes, a player doesn't feel well or needs to bow out of an encounter. Like many games, we have a courtesy rule that we term "Miasma" that players may use to safely bow out of an encounter if they are feeling unwell or need to exercise self-care

Additionally, in Cottington Woods, we do our best to make our game as welcoming and as inclusive as possible. In the course of exploring fairytales, it is always possible that we may explore a theme, scenario, or situation that may make you uncomfortable, and that you wish to not be part of. It's also possible you may feel unwell, are tired, or for other reason need to take care of yourself and step out of a situation. This gives you an in-game safe word and means of existing a scene/encounter if you need to.

If you need to bow out of an encounter, mod, or similar for any, you should fake a cough and say "I have the Miasma" or "I have the nope sickness." All players, NPCs, and Staff are asked to respect this, and allow the player to step out of play with minimal fuss nor pressure them to continue on. The PC should call "Spirit" and depart the encounter. Players under Miasma should act as if Drained (ie, not use in-game skills) and avoid active combat areas.

We trust all of our players to abide by the spirit of this rule and not utilize this to avoid dangers situations or avoid consequences of an encounter. This is fully intended to allow players who need, for health or other reasons, to step out of an encounter without fuss or interruption.

Please do not use this for Emergency situations. Please use "EMERGENCY" per the core Accelerant rules so that immediate help and assistance can be given to those who need it.

Clarification: Trait: Corruption, Corrupt, Anathema, Demon, Undead

The trait, "Corruption" is an attack trait (and a Special Trait). If Diagnosed or Exposed, characters, npcs, or entities with this trait are under some kind of effect (ie, Inflict By Corruption, Stricken by Corruption, etc.), possessed by a demon, or in some other ways have a taint of Anathema or a twisting of the Word upon them. Because it is an attack trait, Corruption in theory can be cured by an appropriate "Cure Corruption" effect.

The trait, "Corrupt," is a *character* trait. If someone or something has been under a Corruption effect for long enough, its very nature may eventually become Corrupt. It is unlikely – though not impossible – to remove the Corrupt trait once gained.

The trait, "Anathema" is a *character/racial* trait. IE, Creatures of Anathema in-game will now have the trait, "Anathema," and any attack which would directly affect them will be called "to Anathema." (IE, "5 Damage to Anathema.") or to their specific monster type (IE, "to Demon."). If exposed or diagnosed, something *with* Anathema is now innately (or has become) a *thing* of Anathema.

Demons of Anathema will *also* have the traits, Demon and Corrupt. It is possible that some Demons may have other traits, or that you may encounter Demons without the Anathema trait.

Undead generally will have the trait, Undead and Corrupt. It is possible that some Undead may have other traits, and possible that some undead – such as Ghosts - are not Corrupt.

"Normal" Ghosts (spirits of those who have died but not gone on to the Deathlands) generally have the trait, Undead, but not the trait, Corrupt. It is possible, however, for a Ghost to be Corrupted and thus have the either the effect trait, Corruption, or the character trait, Corrupt, as well as possess other traits.

Clarification: Trait: Terror and Nightmare

To avoid confusion, we are making some changes to traits. The trait, "Nightmare" is an attack trait. If Diagnosed or Exposed, characters with this trait are under some kind of effect (ie, Inflict By Nightmare, Stricken by Nightmare, etc.), and are not themselves a thing of nightmares.

The trait, "Terror" is a *character/racial* trait. It replaces the "creature trait: Nightmare." IE, True Nightmare Creatures in-game will now have the trait, "Terror," (as well as Dream) and any attack which would

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directly affect them will be called "to Terror." (IE, "5 Damage to Terror.") If exposed or diagnosed, something with Terror is now innately a thing of nightmares/terror.

Grant "Encounter" / Grant "Twilight"

If you receive a Grant that is followed by "Encounter," or "Twilight," this refers to the length of time that the effect lasts. At the end of that time, the grant ends. For example, if you receive "Grant Encounter, 1 Body by Magic," you would receive an additional 1 Body that lasts until the Encounter ends.

Grant "Next"

If you receive a Grant "Next" this is to indicate that the attack must be used on the next swing (for example, if you receive a Blade Poison that is "Grant Next Melee Attack, 3 Damage by Poison."

Summer Armor Rules

For characters with Armor skills, it is expected that you wear the physical representation of your armor whenever you are using the Skill (gaining Armor points). The exception to this is during warmer periods when we may declare that Summer Armor rules are in effect. While we do ask wherever possible you create some kind of representation of your armor in a light, breathable material, when the Game has declared that "Summer Armor Rules" are in effect, this means you may gain the benefit of your Armor without needing to wear the Phys Rep. This is for health and safety reasons, to ensure no one dehydrates or suffers heat stroke.

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9a Clarifications to Existing Core Accelerant Rules

Permanent trait

The Permanent trait is considered to be a Special Trait, in that defenses will not work against a Permanent Effect unless explicitly stated, and they cannot be rested off or cured (unless the cure explicitly states it will work on Permanent effects). We do not expect Permanent effects to be common. Please inform staff if you end an event with a Permanent effect remaining.

Weakness Effect and Bows, Thrown Weapons

In Cottington, Weakness effects apply to those wielding Bows or Thrown Weapons as well, preventing you from delivering called effects until the Weakness is cured or rested off.

Silence on Magician, Bard, and Sandman skills

If you receive a Silence effect, you are incapable of casting Magician spells and Bard songs (notes, chords, etc), even if the spell does not have a verbal component, as well as Sandman skills requiring an Incant. Any exceptions to this rule will be explicitly called out in the spell description. Cantrip spells can always be used, even when silenced, but can only be delivered Uncalled under a Silence effect.

Silence on Witch skills

Witch abilities generally CAN be used while silenced; any exceptions will be listed in the skill description.

Clarification: "Drain <Header>"

If at any point you hear "Drain <Header>" -- such as "Drain Warrior" -- this means that any and all skills purchased under that Header cannot be used until you have rested five minutes (as per the normal rest off a drain effect). Headers are considered Character Traits.

Clarification: Ambient

If "Ambient" is used before a call, it means that the effect is not being caused by the person/being/creature who made the call, but is rather an effect of the area or caused by something else. If Ambient is not called, then the person/being/creature who made the call is the cause of the effect, intentionally or not.

Clarification: Gates

Magical Gates are most often represented by strings of colored lights, usually around a door or other gateway/portal. There will usually be a tag associated with the gate, but sometimes they are represented solely by string/rope lights. If the lights are off, the Gate is closed. No one may enter or exit, unless you possess a skill or other means that allows you to open the gate.

If there are string lights off in an area where there is not normally a gate, please roleplay as if you are not aware of the Gate's presence until the lights go on (unless there is tag indicating otherwise). If the lights are on, the Gate is open, and you may traverse through it if you have the means.

White lights are used to represent "open" Gates that anyone can traverse through: you do not need a Guide or other Magical Means.

Colored Lights (of any color other than White) are "restricted" Gates. The Gate is there, but unless you have a Guide, appropriate skill or item, or some other means of traversing the Gate, you may not go through it. An NPC Guide or Gate Tag will clarify how the Gate is to be traversed.

Knowledge Gained Out of Game, or While Your Character is Unconscious or Dead

We know players like to share stories of things their characters have done. We also believe that it adds to the atmosphere for characters who are unconscious or dead to not be aware or know what happens around them. It is important when NPCing to not reveal information given. To this end, we ask that players and NPCs alike do their best to not act on knowledge gained out of game, while NPCing, or while their characters are unconscious or dead.

We acknowledge that this can be difficult and unintentional mistakes might be made, especially when you might not remember where you heard or learned something. There are no penalties for acting on knowledge you have, but we do ask that you try to obey the spirit of this rule to the best of your ability.

As a player, if you want something to remain a secret, we advise not sharing that information even out of game.

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Armor Phys Reps

It is expected that characters with the Wear Armor skill will wear a physical representation of their armor. However, we do not require the armor to be made out of the actual materials it might represent, and we do not give "bonus" points for real metal armor. This is because real armor can both be expensive, but also heavy, and to be as inclusive as possible, we do not wish to gate these skills around the ability to afford or be able to wear such materials. We ask that you try to have the armor *look* as close to the material it is representing as possible. For example, silver woven knit tunics that look like chainmail, or eva foam that look like metal breastplates. See Appendix 4: Armor Props for more information.

Claws and Natural Weaponry:

In Cottington, some characters have the ability to use claws or natural weaponry instead of, or in addition to, Weapons. Claws and Natural Weaponry of Brer, Animals, Monsters and Other Creatures are represented by **red claw** phys reps, which are boffer weapons in all red with no crossguards. Some creatures may have claws that more accurately represent being a part of the creature (so wood-grained claws for treants, or lightning pattern for lightning elementals, etc).

Humans or other creatures that are able to fight unarmed, with fists and feet, use **green claw** phys reps to represent their ability to inflict harm when engaging in hand-to-hand combat. In Cottington, only those with the skill in Unarmed Combat may use fists phys reps.

Claws or Fists that are in a player's hands can be construed in-game as being threatening, or at least prepared for a fight, as it indicates that the claws are extended / fists are ready for a punch. Thus, while characters with Natural Weapons would not be expected to leave their Phys Reps behind in situations where characters might be asked to leave weapons at the door, they might be asked to "stand down" and out-of-game tuck their phys reps under an arm or sheathe in some manner so they are not "at the ready."

Claws are considered to be melee weapons and can be used to block melee attacks. Claws are not affected by Disarm. Destroy effects delivered to such weaponry will cause a Maim effect to the limb using the weapon.

Claws and natural weaponry are not bladed weapons, and cannot be used with skills or effects that require bladed weapons. If you are holding a claw that is struck by a melee or missile attack, and you cannot legally block with the claw due to some game effect, you will be affected by the attack since you cannot drop the claw in response to the strike.

Non-Combat Rules:

In an effort to make the game as simple as possible, we will be adopting non-combat rules similar to other Accelerant rules, and shifting Halos to Yellow to match other instances of "Out of Game Information" in the Accelerant system. Please note that the following rules apply:

- 1) Halos must glow bright yellow in the dark--the color must be unmistakably yellow (not orange, not red, not white, etc.) and we prefer it to be at least an inch wide. We recommend the use of EL tape for this. (Such as: <http://www.ellumiglow.com/electric-optics-citron-yellow-el-wire-with-welting>)
- 2) Halos must also have dayglow yellow fabric, again, at least an inch wide, for use during the day. You may have a Day Halo and a Night Halo if you wish.
- 3) Halos must be worn around the head (not neck) and must be visible from all angles. Armbands are insufficient for this requirement.
- 4) Individuals wearing halos may not wear costuming that matches the Halo in color or scheme. The entire point of the Halo is to act as an Out of Game warning sign. The Halo cannot be hidden.
- 5) If you are non-combat, you may not participate in combat *in any capacity* and may **not** use skills with Attack effects. This is to prevent you from accidentally being hit because an NPC or Player mistakes you for combat-active due to being hit by an effect from you. If you find yourself unexpectedly in the middle of combat, you may call "Caution - Disengage" as needed and then quickly remove yourself from the situation. If you are in a module or

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other location where you cannot retreat, please remove yourself away from the combat, cross your arms, and go to Spirit. Remain this way until the combat ends, at which point drop your hands, call Purge Spirit, and then rejoin the module.

6) If you need to be non-combat, please make a note during Preregistration that you must be non-combat and state the reason why. If you have already preregistered, please send an email to info@cottingtonwoods.com informing staff that you need to be non-combat.

Rest vs Focus(Activity) vs Well-Rested:

Some skills or game effects require a specific passage of time as a requirement of their use or removal. Players are expected to count out this time. This counted time is spent either to Rest or to Focus.

Time spent to rest or focus is interrupted if you use a game skill. This includes making an attack or blocking an attack with a weapon or shield. Spending time to rest or focus must be obvious to those observing you; you cannot spend time, for example, to rest or focus if you are standing in a combat stance or otherwise appear to be participating in active combat.

When spending time as a requirement of using game skills, interruptions require you to begin the process at the start but these interruptions don't generally exhaust the costs of using the skill or ability unless that ability explicitly says otherwise in its description. If you begin, for example, to Focus for one minute to use a skill which can only be used once per event, or which uses a skill point, the skill or skill point is not generally used up if you are interrupted while trying to use the skill. Many games have a set of skills or attributes that can be refreshed when you have a chance to rest.

Some games also define skills or resets that require you to be within a safe zone, workshop, haven, or sanctuary while you focus or rest. This prevents you from using these resets or skills while you are out in the field or away from these areas. In Cottington, to recover Encounter Skill Points, and for certain skills or effects that require a character to "Well Rest" before removal or to regain, the character must be in a "safe" non-combat area and/or outside of an encounter (unless a skill or encounter briefing or encounter tag specifies otherwise).

Rest: Resting involves spending time out of action where you have a chance to regain your energy and composure. Rest requires you to be sitting, lying, or kneeling, or otherwise in a position that makes it obvious that you are resting (weapons not in hand, etc). You cannot walk or run. You can interact with those nearby while resting. You are resting if you are dead, paralyzed, stunned, or unconscious. Paralyzed characters are resting even if they are standing or in some other paralyzed position.

Resting is not generally interrupted by game effects, regardless of delivery. Although you cannot use optional defenses without interrupting your rest, calling out mandatory defenses does not interrupt rest. Calling out "Spirit," "No Effect," "Guard," "Elude," or "Shield," for example, would not interrupt rest unless the specifics of the skill or ability you were using somehow made the call optional.

Out of Game Indication of Resting: We recognize not everyone is able to sit, lie, or kneel comfortably (or stand up again after). You may also indicate resting by one of the two following mechanisms:

- Cross your arms in front of you and tap your elbows constantly (this can also help you count out the seconds of your rest!)
- Raise your arms and put them behind your head as if you are going to rest/sleep

Focus / Activity: Focusing represents some task that requires your concentration. Focusing might be required to repair armor, mend wounds, or meditate to remove an effect. You must spend the time roleplaying in a manner appropriate for the skill or ability you are using. You may talk with others during this roleplay time if you wish so long as the skill or ability description does not have additional restrictions which prevent this. Focusing requires that you stay in one area as you roleplay the activity. You cannot walk or run. Using other game skills, using called attacks, or using called defenses interrupts your focus time. Skills and abilities which require Focus do not overlap; what this means is that if you have two different skills with a Focus requirement the Focus time spent on one ability cannot be applied to any other activity. You have to roleplay each Focus time separately to use the associated ability. Effects that prevent you from using game skills also prevent you from spending time to Focus to use or refresh abilities. You cannot Rest while you Focus; the times do not overlap.

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Game skills will instruct you by saying "Focus for," or "Spend X roleplaying" followed by a time period, followed by the roleplay needed to act out the skill, followed by the result of the Focus.

"Focus for one minute, repairing your armor at a forge, to refresh your armor points."

"Focus for one minute, binding the limb of the wounded character" and call "Cure Maim" to tend to the broken limb.

"Spend 3 seconds shaking off your fear, to purge one Fear effect."

"Spend 10 seconds performing, and then call "By My Voice, Heal 2 by Inspiration."

"Spend 3 seconds roleplaying administering a potion, and call "Cure Poison by Craft."

Focusing is interrupted if any game effect that is not beneficial affects you regardless of the delivery. While you do not exhaust any costs associated with the skill or ability (unless the description explicitly states otherwise) you must start the entire process from the beginning. This means that calling any defense, optional or otherwise, interrupts your focus.

For Example: Travis and Gerard, for example, each have a skill that provides armor points. Travis has a skill that requires Rest for one minute to refresh his armor points. Gerard has a skill that requires Focus for one minute, where he roleplays repairing his armor, to refresh his armor points. Both sit down to rest off a Weakness effect. During that time, Travis may also refresh his armor points. Gerard would still have to focus for one minute to refresh his armor.

"You Are Well Rested" / Well Resting: Accelerant has now adopted Well-Resting as a Core Accelerant Rule, but we wanted to add additional clarification for Cottingham.

If you are in the process of resting, particularly when resetting skills or attributes, and a game character tells you "You Are Well Rested" then your rest time is considered completed. Effects that end with rest are removed, and attributes and skills that require rest are refreshed. This will not end Imbue or Inflict effects, or effects that last for an entire event or more. If a reset has, in addition to the rest time, costs associated with it then you are still responsible for paying those costs to gain the benefit of the rest.

Using any in-game skill (unless the skill states otherwise) interrupts your rest and you must start over. To regain a skill that has a reset time listed as "encounter", you must rest for fifteen uninterrupted minutes.

- Certain NPCs and effects can grant the ability to rest instantly ("You appear Well Rested.")
- Generally speaking, you are considered to have rested before a hooked module/encounter, but cannot rest again until that module is over. There are exceptions.
- Generally speaking, you cannot reset between the waves of a battle. There are exceptions.
- You cannot wait to rest. Some skills or effects might last until the end of an encounter. The same conditions apply. When you have rested, those skills or effects expire.

This was already included above, but we feel it cannot be repeated enough to remind everyone:

A Reminder About Special Traits.

Skills ***do not work*** against a Special Trait, unless ***explicitly called out*** in the skill description.

Thus, if the skill says, "You may call Resist against any one attack," you may call Resist against an attack **UNLESS** the attack is by a Special Trait. If the skill says, "You may call Resist against any one attack, including by Doubt" you may then call "Resist" if struck by an attack "by Doubt."

Most skills that give an Avoid, Parry, Resist, Shield, Guard, Elude, or Reflect effect will allow the ability to defend against the following Special Traits: Craft, Faith, Fascination, Illusion, Imagination, Magic and Threshold. Exceptions will be given in the skill descriptions.