

# LIZARDFOLK

Lizardfolk are primitive reptilian humanoids that lurk in the swamps of jungles of the world. Their hut villages thrive in forbidding grottos, half-sunken ruins, and watery caverns. Lizardfolk respect and fear magic with a religious awe. Their shamans lead their tribes, overseeing rites and ceremonies perform to honor Semuanya.

From time to time, however, a lizardfolk tribe produces a powerful figure touched not by Semuanya but by Sess'inek—a reptilian demon lord who seeks to corrupt and control the lizardfolk.

Lizardfolk born in Sess'inek's image are larger and more cunning than other lizardfolk, and are thoroughly evil.



## SCALABLE MONSTER

The lizardfolk listed here is a scalable monster. To scale the lizardfolk, simply follow these instructions:

- Find the starting statistics for the (basic) lizardfolk on page 204 of the *Monster Manual*.
- Choose your target Challenge Rating.
- Adjust the lizardfolk's statistics based on the information provided on the Scalable Lizardfolk table below.

## STARTING STATISTICS

The lizardfolk's starting statistics are identified on page 204 of the *Monster Manual*.

## SPECIAL TRAITS

As the lizardfolk's CR increases, it gains the following special traits.

### HOLD BREATH

Starting at CR 1/2, the lizardfolk can hold its breath for 15 minutes.

### NATURAL ARMOR

When the lizardfolk isn't wearing armor, its AC is 13. As its CR increases, the lizardfolk's natural armor increases as shown on the scalable lizardfolk table.

### MULTIATTACK

At CR 1/2, the lizardfolk can make two melee attacks with its trident or two different melee weapons. At CR 5, the lizardfolk can make three attacks, two melee attacks with its trident or two different melee weapons, and a third with its bite.

### SKEWER

Starting at CR 1, once per turn, when the lizardfolk makes a melee attack with a trident and hits, the target takes an extra 7 (2d6) damage, and the lizardfolk gains temporary hit points equal to the extra damage dealt.

The amount of damage the lizardfolk deals with this trait increases as its CR increases as shown on the Skewer column on the Scalable Lizardfolk table.

### TOUCHED BY SESS'INEK

At CR 2, the lizardfolk's demonic nature is revealed and it undergoes a metamorphosis. It gains the following benefits.

- The lizardfolk's Strength, Dexterity, and Constitution scores increase by 2. Plus, its Intelligence and Charisma scores increase by 4. Its Wisdom score decreases by 1.
- The lizardfolk is immune to being frightened.

### ABILITY SCORE IMPROVEMENT

At CR 4, and again at CR 8, 12, 16, and 19, the lizardfolk increases one ability score by 2, or it increases two ability scores by 1. Its improvements are as follows:

- **CR 4:** Charisma +2
- **CR 8:** Charisma +2
- **CR 12:** Constitution +2
- **CR 16:** Strength +1, Constitution +1
- **CR 19:** Intelligence +1, Charisma +1

### IMMOVABLE

Starting at CR 6, the lizardfolk has proficiency in Strength saving throws.

## SCALABLE LIZARDFOLK

CR	Prof. Bonus	AC	hp (HD)	Attack Bonus	Skewer Poison Features		
1/2	+2	15 (Natural, Shield)	22 (4d8 + 4)	+4	—	—	Hold Breath, Multiattack (2 Attacks), Natural Armor
1	+2	15 (Natural, Shield)	33 (6d8 + 6)	+4	2d6	—	Skewer
2	+2	15 (Natural, Shield)	52 (8d8 + 16)	+5	2d6	—	Touched by Sess'inek
3	+2	15 (Natural)	65 (10d8 + 20)	+5	2d6	—	—
4	+2	15 (Natural)	78 (12d8 + 24)	+5	3d6	—	Ability Score Improvement (Cha +2)
5	+3	16 (Natural)	91 (14d8 + 28)	+6	3d6	—	Multiattack (3 Attacks)
6	+3	16 (Natural)	104 (16d8 + 32)	+6	3d6	2d6	Immovable, Poisonous
7	+3	17 (Natural)	144 (17d10 + 51)	+7	4d6	2d6	Size Increase
8	+4	17 (Natural)	153 (18d10 + 54)	+7	4d6	2d6	Ability Score Improvement (Cha +2)
9	+4	17 (Natural)	170 (20d10 + 60)	+8	4d6	3d6	Innate Spellcasting
10	+4	17 (Natural)	187 (22d10 + 66)	+8	5d6	3d6	Magic Weapons
11	+4	19 (Natural)	204 (24d10 + 72)	+8	5d6	3d6	Snap Back
12	+5	19 (Natural)	237 (25d10 + 100)	+8	5d6	4d6	Ability Score Improvement (Con +2)
13	+5	19 (Natural)	247 (26d10 + 104)	+9	6d6	4d6	Indomitable Willpower
14	+5	19 (Natural)	266 (28d10 + 112)	+9	6d6	4d6	Force of Nature
15	+5	19 (Natural)	285 (30d10 + 120)	+9	6d6	5d6	Tail Attack
16	+6	19 (Natural)	325 (31d10 + 155)	+10	7d6	5d6	Ability Score Improvement (Str +1, Con +1)
17	+6	20 (Natural)	368 (32d10 + 192)	+12	7d6	5d6	Demonic Form
18	+6	20 (Natural)	379 (33d10 + 198)	+12	7d6	6d6	Curse of Scales
19	+6	20 (Natural)	391 (34d10 + 204)	+12	8d6	6d6	Ability Score Improvement (Int +1, Cha +1)
20	+6	20 (Natural)	402 (35d10 + 210)	+12	8d6	6d6	Demonic Blood

## POISONOUS

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Also at CR 6, the lizardfolk gains immunity to poison and the poisoned condition. In addition, when it scores a hit with its bite attack against a creature, the lizardfolk deals an additional 7 (2d6) poison damage. The amount of poison damage the lizardfolk deals with this trait increases as its CR increases as shown on the Poison column on the Scalable Lizardfolk table.

## SIZE INCREASE

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At CR 7, the lizardfolk goes through another transformation, doubling in size. It gains the following benefits:

- The lizardfolk's size becomes Large.
- Its alignment becomes chaotic evil.
- The lizardfolk's walking and swim speeds increase to 40 ft.
- The lizardfolk's Strength and Constitution scores increase by 2, and its Wisdom score decreases by 1.
- The lizardfolk uses Large melee weapons. Increase the damage dealt by its melee weapon attacks, including its bite, by one damage die.
- The reach of the lizardfolk's trident becomes 10 ft. and its range becomes 40/120 ft.

## INNATE SPELLCASTING

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At CR 9, the lizardfolk can innately cast spells. Its spellcasting ability is Charisma. The lizardfolk can innately cast the following spells, requiring no material components:

At will: *pass without trace*, *speak with animals* (reptiles only)  
1/day: *conjure animals* (reptiles only), *entangle*, *freedom of movement*

## MAGIC WEAPONS

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Beginning at CR 10, the lizardfolk's attacks are magical.

## SNAPBACK

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At CR 11, when the lizardfolk takes damage from a creature that is within 5 feet of it, it can use its reaction to make a bite attack against that creature.

## INDOMITABLE WILLPOWER

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At CR 13, the lizardfolk gains proficiency with Charisma saving throws.

## FORCE OF NATURE

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At CR 14, the lizardfolk can innately cast *fog cloud* at will. In addition, it can cast *control weather* once per day.

## TAIL THRASH

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Starting at CR 15, the lizardfolk can use its action to make an attack with its tail. Each creature within 5 feet of the lizardfolk must succeed on a Dexterity saving throw with a DC equal to 8 + the lizardfolk's proficiency bonus + its Strength modifier.

On a failed saving throw, the creature takes bludgeoning damage equal to 2d8 plus the lizardfolk's Strength modifier and falls prone in its space. On a successful saving throw, a creature takes half as much damage and doesn't fall prone. This action recharges on a roll of 5-6.

## DEMONIC FORM

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At CR 17, the lizardfolk goes through a final metamorphosis, changing it into a demon. The lizardfolk gains the following benefits:

- Its type becomes fiend (demon, lizardfolk).
- The lizardfolk's Strength, Dexterity, Constitution, Intelligence, and Charisma scores increase by 2. Its Wisdom score decreases by 1.
- The lizardfolk gains resistance to cold, fire, and lightning damage, as well as resistance to bludgeoning, piercing, and slashing damage from nonmagical attacks.
- The lizardfolk gains truesight out to 120 ft.
- The lizardfolk learns Abyssal and it gains telepathy out to 120 ft.
- The lizardfolk loses its Hold Breath trait. In its place, it gains the Amphibious trait. It can breathe air and water.
- The lizardfolk gains Magic Resistance. It has advantage on saving throws against spells and other magical effects.
- As an action, the lizardfolk can magically teleport, along with any equipment it is wearing or carrying, up to 120 feet to an unoccupied space it can see.

## CURSE OF SCALES

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At CR 18, once per day, the lizardfolk can innately cast the *polymorph* spell with its innate spellcasting ability. When it casts the spell using this trait, it can only change creatures into reptiles. In addition, once per turn, the lizardfolk can use its bonus action to innately cast *dominate beast*, but can only target reptiles.

## BLOOD OF SESS'INEK

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At CR 20, the lizardfolk's abyssal blood boils. It gains the following benefits:

- Any creature that hits the lizardfolk with a melee attack while within 5 feet of it must make a Constitution saving throw with a DC equal to 8 + the lizardfolk's proficiency bonus + its Constitution modifier. On a failed saving throw, the creature takes 14 (4d6) poison damage and is poisoned for 1 minute. On a successful saving throw, the creature takes half as much damage and isn't poisoned. While poisoned in this way, the target has disadvantage on its Intelligence, Wisdom, and Charisma saving throws.
- In addition to the damage the lizardfolk normally deals with its bite attack, any creature that is hit by the lizardfolk's bite attack must make a Constitution saving throw with a DC equal to 8 + the lizardfolk's proficiency bonus + its Constitution modifier. On a failed saving throw, the creature is poisoned. While poisoned in this way, the target has disadvantage on its Intelligence, Wisdom, and Charisma saving throws.

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