

Website Name	URL	What is Allowed	What is Not Allowed	Setup Required
OWASP Juice Shop	https://juice-shop.herokuapp.com	Full-scope pentesting (XSS, SQLi, IDOR, etc.)	None explicitly restricted	No (available online)
PortSwigger Web Security Academy	https://portswigger.net/web-security	All attacks in labs (isolated environments)	None	No (available online)
OWASP WebGoat (Live Demo)	https://webgoat-container.azurewebsites.net/WebGoat	Test OWASP Top 10 vulnerabilities	None explicitly restricted	No (available online)
HackThisSite	https://www.hackthissite.org	All missions/challenges within the site	Do not attack external infrastructure	No (available online)
TryHackMe - bWAPP Room	https://tryhackme.com/room/bwapp	Any attack within the room's VM	Do not attack TryHackMe infrastructure	No (VM accessed online)
HackTheBox - Starting Point	https://app.hackthebox.com/starting-point	Any attack on assigned machine	Do not attack other HTB infrastructure	No (VPN required)
TestFire / Altoro Mutual	http://testfire.net	XSS, SQLi, auth flaws	DoS, brute-force	No (available online)
Swagger PetStore	https://petstore.swagger.io/	Basic API requests	Exploitation, injection, auth bypass	No (available online)