CTF Practice

Getting Started

LiveOverflow (http://liveoverflow.com/index.html)
Probably the best resource to get started. LiveOverflow runs a YouTube channel that goes through different hacking challenges and explains things from the ground up for people with little to no hacking experience. Heard about a big hack in the news? LiveOverflow also takes those and explains how those attacks work so that you can understand it as well.

The 'CTF Field Guide' (https://trailofbits.github.io/ctf/) and CTF WTF (https://ctftime.org/ctf-wtf/)
"What's a CTF? How do I start?" These site can give a beginner some quick pointers on how you might start to learn hacking and cyber security topics.

CTF Writeups (https://github.com/ctfs)
Found an old security competition/CTF and want to know how the problems were solved? This is a huge community-driven collection of write ups to CTF competition challenges for the past several years. Just don't rely on them too much - the more you try the problems yourself and the less you rely on the writeups, the better you'll get!

CTFTime: CTF Competitions (https://ctftime.org/) This website keeps track of past, ongoing, and future CTF competitions and the teams that compete in them. The majority of these competitions may not be beginner-friendly, but many teams take the time to make write-ups of problems, which may be more useful for someone trying to learn how to think about these problems.

Security Creators (https://securitycreators.video/) A randomized list of security video creators/streamers, information about the type of content, and where/when to watch.

CTF Radiooo (https://www.youtube.com/channel/UC-aOX0H7RXOrxzzJjWb17lg) A CTF podcast with teachers, creators, competitors and more from around the CTF community!

Beginner-Friendly Practice

Some competitions I think may be relatively beginner-friendly.

- picoCTF (https://picoctf.com) : picoCTF 2018 (https://2018game.picoctf.com/) and picoCTF 2019 (https://2019game.picoctf.com/) ; also picoCTF primer (https://primer.picoctf.com/) learning resources

- 247ctf (https://247ctf.com/)
- CSAW HSF (https://hsf.csaw.io/)
- EasyCTF (https://www.easyctf.com/)
- HSCTF (https://hsctf.com/) : also check out the HSCTF3 practice problems (https://jacobedelman.gitbooks.io/hsctf-3-practice-problems/content/)
- angstromCTF (https://angstromctf.com/)
- RuSecure CTF (https://www.radford.edu/content/csat/home/itec/rusecure-ctf-contest.html)
- PACTF (https://2019.pactf.com/)
- MetaCTF (https://www.metactf.com/)
- CyberPatriot (https://www.uscyberpatriot.org/Pages/Announcements/CyberPatriot-X-Competition-Timeline.aspx)

Binary Exploitation Practice

- Pwnable.kr (http://pwnable.kr)
- OverTheWire (http://overthewire.org/wargames/)
- Gracker (http://gracker.org/)
- SmashTheStack (http://smashthestack.org/)
- Microcorruption (https://microcorruption.com/login)
- Pwnable.tw (https://pwnable.tw/)
- Exploit Exercises (VulnHub mirror) (https://www.vulnhub.com/series/exploit-exercises,11/)
- Pwnable.xyz (https://pwnable.xyz/)

Reverse Engineering Practice

- Reversing.kr (http://reversing.kr)
- NetGarage (https://io.netgarage.org/)
- Challenges.re (https://challenges.re/)

Web Exploitation Practice

- Websec.fr (http://websec.fr/)
- Webhacking.kr (http://webhacking.kr)
- OWASP Juice Shop (https://owasp.org/www-project-juice-shop/)
- XSS Payloads Training (http://www.xss-payloads.com/tools-list.html?t#category=training) /XSS Payloads Twitter (https://twitter.com/XssPayloads) : posts links to XSS challenges; also lists excellent XSS/web exploitation resources
- PortSwigger Web Security Academy (https://portswigger.net/web-security)
- Hacker101 CTF (https://ctf.hacker101.com/ctf)

- Google XSS Game (https://xss-game.appspot.com/)

- Damn Vulnerable Web App (http://www.dvwa.co.uk/)

- Google Gruyere (http://google-gruyere.appspot.com/)

- HackThisSite (https://www.hackthissite.org/)

- bWAPP (http://www.itsecgames.com/)

- WebGoat (http://webappsecmovies.sourceforge.net/webgoat/)

Cryptography Practice

- CryptoHack (https://cryptohack.org/)

- Cryptopals (https://cryptopals.com/)

Mobile Practice

- Android App Reverse Engineering 101 (https://maddiestone.github.io/AndroidAppRE/)

- awesome-mobile-CTF (https://github.com/xtiankisutsa/awesome-mobile-CTF)

Pentesting

- Hack The Box (https://www.hackthebox.eu/)

- CyberSecLabs (https://www.cyberseclabs.co.uk/)

Mixed Practice

- pwn.college (https://pwn.college/)

- CTFLearn (https://ctflearn.com/)

- Root-me (https://www.root-me.org)

- CSAW365 (https://365.csaw.io/)

- VulnHub (https://www.vulnhub.com/)

- Hacker.org (http://www.hacker.org/challenge/)

- Hax.tor (http://hax.tor.hu/welcome/)

- Ringzer0 (https://ringzer0team.com/challenges)

- Hellbound Hackers (https://www.hellboundhackers.org/)

- Vulnhub (https://www.vulnhub.com/)

- W3Challs (https://w3challs.com/)

- Hacker Gateway (https://www.hackergateway.com/)

- flaws.cloud (http://flaws.cloud/) - common AWS security issues

- flaws2.cloud (http://flaws2.cloud) - more common AWS security issues

Various Other Challenge Sites

(Huge list at *captf* *(http://captf.com/practice-ctf/)* + *wechall* *(http://www.wechall.net/sites.php)* + *some I practice with.)*