

# *Capture the Flag (CTF): Website Tutorial to Boost Cybersecurity Training*

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**Abstract** — *Cybersecurity is a new topic in many organizations, including educational organizations. This new field will have an increase, as new technologies emerged. For that reasons, in order to meet the cybersecurity personnel demand, it is vital to boost cybersecurity interest among students and workers. There are new ways to participate and get involve with this new field, which is the Capture the Flag Competitions. Capture the Flag (CTF) competitions permit students and workers to learn cybersecurity skills in a different and interesting approach. These competitions are platforms that keep them interested in cybersecurity and prepare them for defensive against real cyber attackers.*

**Key Terms** — *Capture the Flag (CTF), Competitions, Cybersecurity, Education.*

## **INTRODUCTION**

Cybersecurity is “one of the most important challenges” that our nation faces right now [1]. The worldwide shortage of cybersecurity professionals is projected to reach 1.5 million by 2019 [2]. Cybersecurity is the practice of protecting systems, networks, and programs from digital attacks [3, 4]. These cyberattacks are usually aimed at accessing, changing, or destroying sensitive information; extorting money from users; or interrupting normal business processes. Implementing effective cybersecurity measures is particularly challenging today because there are more devices than people, and attackers are becoming more innovative.

In order to meet cybersecurity workforce demand, it is important to raise cybersecurity interest among the youth. In this regard the National Security Agency (NSA) and National Science Foundation (NSF) sponsors the Generation Cyber (GenCyber) [5] program, which is tailored towards K-12 students with a purpose of raising

general awareness about the significance and influence of cybersecurity in this era of the Internet of Everything.

Education is one of the biggest success in order to boost this interest, for that reason, the CyberCorps: Scholarship for Service and Center of Academic Excellence at Polytechnic University of Puerto Rico joined the GenCyber initiative by offering several student and teacher camps in cybersecurity awareness and education. The camp is designed to encourage high school students to get involved into science, technology, engineering and mathematics. This year, the cybersecurity camp was designed to introduce participants to fundamental security concepts, problems, and solutions through a series of interactive lectures and hands-on learning lessons. The camp delivered about 30 different activities including Cryptography puzzle, Raspberry Pi-based cybersecurity exercises, Topology, Ethical Hacking, Digital Forensics, and Data Hiding & Steganography.

Back at Capture the Flag (CTF) competitions, allow students to learn cybersecurity skills in a fun and engaging way. The goal of a CTF is to capture “flags” that are hidden somewhere in a system; the participants must identify them via a variety of techniques. These flags can be anything from a string of letters to an image or data file [6]. CTF competitions are effective platforms to increase student interest in cybersecurity and prepare them for defending against real cyber attackers [7, 8, 9]. The game-like environment of CTF competitions engage students in solving complex cyber-challenges. With proper training and preparation, such competitions can produce high quality cybersecurity professionals [7, 10].

The paper will focus on developing a web page for tutoring people on Capture the Flag competitions (CTF). These competitions distill

major disciplines of professional computer security work into short, objectively measurable exercises. The primary goals and objectives for this paper are as follow:

- Get students familiarize with cybersecurity concepts, so they incite the interest in cybersecurity.
- Students knowledge about CTF and general cybersecurity competitions increase.
- Students confidence and comfort level increase as they participated in real CTFs.

This paper is structured as follow. First, we introduced some background. Then we will explain the methodology of this project. Follows that, it will explain and shows how the developed webpage looks like and demonstrates some of the CTF challenges examples. Finally, it will have the conclusion and acknowledgement of this paper. Below Figure 1, demonstrates how the developed webpage looks like.



**Figure 1**  
Homepage of the Webpage

## BACKGROUND

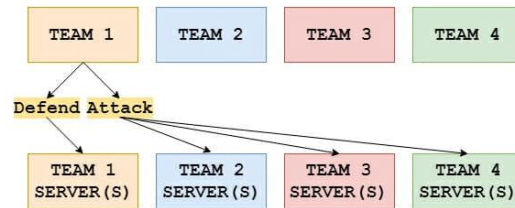
Cybersecurity is a high priority of companies, small and big, as cyber-attacks have been on the rise in recent years. In response to these attacks, security professionals and college students have been through rigorous training as how hackers are able to get into the companies and how to defend

against them. One way of cyber security training is through a cyber security capture the flag (CTF) event. A cyber security CTF is a competition between security professionals and/or students learning about cyber security. This competition is used as a learning tool for everyone that is interested in cyber security and it can help sharpen the tools they have learned during their training and classes.

The very first cyber security CTF developed and hosted was in 1996 at DEFCON in Las Vegas, Nevada [11]. DEFCON is the largest cyber security conference in the United States and it was officially started in 1993 by Jeff Moss. DEFCON had become a platform for a skills competition and as the Internet grew, both DEFCON and the CTF competitions did as well. CTF competitions have become global as they did not have any borders and can be done via the Internet. International teams were competing for different types of prizes and bragging rights. There are two formats of the cyber security CTF: attack-defend and Jeopardy-style. See Figure 2 to acknowledge the CTF page.

### Attack-Defense CTF

The attack-defend CTF is where each team attacks the other team's system, as well as defend their own system, Figure 2 shows the structure. Usually, there are two rounds of game play in which one team is the attacking team and the other team is the defending team in the first round and then they switch for the second round.



**Figure 2**  
Attack-Defense CTF Structure

There are flags on CTF competition, this can be text files, folders, images, etc. In the defending machines that the attacking team attempts to find as they compromise the machines. The attacking team

can use different hacking tools in order to compromise the defending machines but there are rules in place to ensure that the teams are not at an advantage over the other. The defending team can do anything within the rules to defend their machines against the attacking team. They are not allowed to disable any network connections or turn off the machines.

### Jeopardy-Style CTF

The Jeopardy-style CTF is like the actual Jeopardy game as the scoreboard looks like a Jeopardy board with different categories and point values, as Figure 3 illustrates. There can be more than two teams as the teams are not trying to attack each other. Some of the categories can include Cryptography, Steganography, Open Source Intelligence, etc.

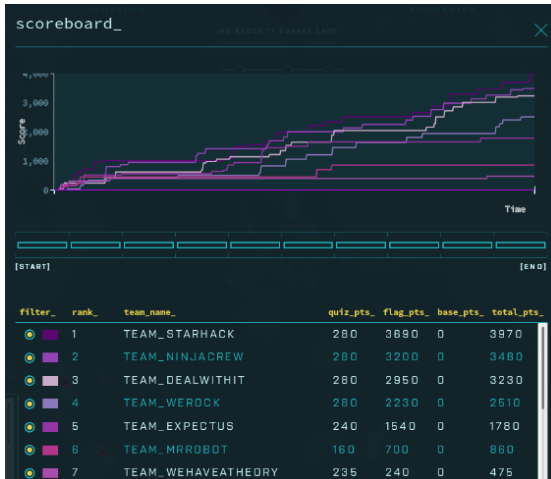


Figure 3  
Jeopardy-Style CTF Structure

Some of the challenges can be done against a main server that was developed for the CTF and the flag is inputted into the CTF scoreboard to get points for the team or as individual. A timer is used to start and stop the CTF and once the timer finishes, the game is over. The team or the individual with the most points at the end wins.

## METHODOLOGY

The focus areas that CTF competitions tend to measure are Exploit Development, Packet Capture

Analysis, Web Hacking, Digital Puzzles, Cryptography, Steganography, etc. The objectives for this paper are to train people for CTF competition, expose them to possible related-work situations, and let them gain new practical skills on real work situations. The developed webpage will focus on four main areas on cybersecurity, which are cryptography, forensics, open source intelligence, and steganography.

### Cryptography

Cryptography is a method of protecting information and communications using codes so that only those for whom the information is intended can read and process it [12]. The pre-fix “crypto” means hidden and the suffix “graphy” stands for writing. In computer science, cryptography refers to secure information and communication techniques derived from mathematical concepts and a set of rule-based calculations called algorithms to transform messages in ways that are hard to decipher.

### Forensics

Computer forensics, sometimes known as computer forensic science, is a branch of digital forensic science pertaining to evidence found in computers and digital storage media. The goal of computer forensics is to examine digital media in a forensically sound manner with the aim of identifying, preserving, recovering, analyzing and presenting facts and opinions about the digital information. Although it is most often associated with the investigation of a wide variety of computer crime, computer forensics may also be used in civil proceedings. The discipline involves similar techniques and principles to data recovery, but with additional guidelines and practices designed to create a legal audit trail. Evidence from computer forensics investigations is usually subjected to the same guidelines and practices of other digital evidence [13]. It has been used in a number of high-profile cases and is becoming widely accepted as reliable within U.S. and European court systems.

## Open Source Intelligence

Open Source Intelligence (OSINT) is the collection and analysis of information that is gathered from public, or open, sources. OSINT is primarily used in national security, law enforcement, and business intelligence functions and is of value to analysts who use non-sensitive intelligence in answering classified, unclassified, or proprietary intelligence requirements across the previous intelligence disciplines [14].

## Steganography

Steganography is the practice of sending data in a concealed format so the very fact of sending the data is disguised [15]. The word steganography is a combination of the words “steganos,” meaning covered, concealed, or protected, and “graphy” meaning writing. Unlike cryptography, which conceals the contents of a secret message, steganography conceals the very fact that a message is communicated. Steganography is increasingly being used by actors creating malware and cyberespionage tools.

## WEBPAGE TUTORIAL

As is mentioned before in the paper, this paper focused on a developed webpage for tutoring people on Capture the Flag competitions (CTF). The webpage is divided on:

- Navigation Bar – this navbar has tabs where the participants can learn news about up-to-date, examples divided by categories, and competitions where they can participate. See Figure 4.
- Introduction Section – this is the top section, after the navbar, where the participants will gain knowledge on information about cybersecurity and capture the flag. See, Figure 5.
- Focus Area Section – this section has four boxes, one per each area, where the participants will gain knowledge on each of the areas. See, Figure 6.

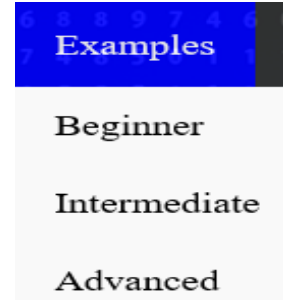


Figure 4  
Different Categories for Examples



Figure 5  
Introduction Section



Figure 6  
Focus Areas Section

## TUTORIAL EXAMPLES

There are two ways to participate in CTF competitions, in-house or online. In-house CTF exercises require some level of technological infrastructure setup, which can be a barrier to some institutions depending upon resource availability. There are some online CTF competitions [16], but these CTFs usually assume some prior technical knowledge. Additionally, online CTFs are generally timed, causing CTF beginners to feel stressed under the time pressure. Some universities have developed their own CTF infrastructure and provide pre-CTF training, workshops to familiarize their students with the competition [6, 17]. With dedicated investments in time and resources to design the CTF architecture, it may not be a viable



option for K-12 teachers who do not have those resources and expertise.

Each challenge exercise example tends to teach a particular set of skills of how to solve a specific problem. As participants complete the tutorials, they gain the knowledge and technical skills to solve the challenge. The following is an overview of the objective before the participants goes into the examples and after they complete the tutorial. They are classified as objectives:

- Objective 1: (Beginnings) Establishes the background information needed to understand each focus area and challenges examples. Which is the Focus Area Section.
- Objective 2: (Cryptography) Allows students to understand how to decode incomprehensible data into meaningful information.
- Objective 3: (Open Source Intelligence) Allows students to investigate to gather intelligence and find the flag for the challenge.
- Objective 4: (Steganography) Allows students to understand how to analyze image or data to uncover hidden information.
- Objective 5: (Web Exploitation) Allows students to understand how to use data from standard infrastructure utilities to obtain information about a target.

### Cryptography Examples

In the cryptography challenges examples, they focus on discovering patterns in the ciphertext to comprehend how encryption transpired. Unlike hashing, encryption is not a one-way process, so we can reverse it to obtain the plaintext. Brute force is the last choice during cryptanalysis, since modern ciphers can have extremely large key sizes. While solving these challenges, you should refrain from mindless brute forcing or using automated tools as far as possible. Instead, it is best to study the cryptosystem as intricately as possible and develop code breaking skills along the way. Below, Figure 7, shows an example of cryptography example and it will have the process of how to solve this challenge.

Decode the following line:

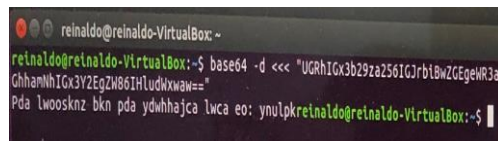
```
UGRhIGx3b29za256IGJrbibWZGEgeWR3aGhhamNhIGx3Y2EgZW86IHludWxwaw==
```

**Figure 7**  
**Cryptography Challenge Example**

This is a starter challenge to get us acquainted with the concept of cryptography and cryptanalysis and is hence very straight forward. It provided a string of characters that you need to decrypt to obtain the plaintext message. If the participants are familiar with base64 encode text, the trailing “=” signs are a dead giveaway that the string requires base64 decoding. To base64 decode this string in Linux, we use the base64 utility command:

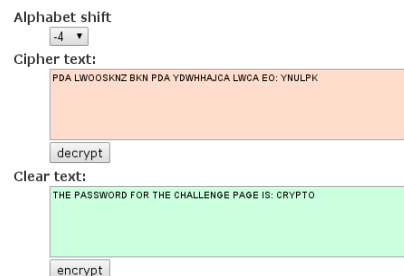
```
base64 -d <<< "input the string"
```

Figure 8 shows how looks on the Linux machine terminal.



**Figure 8**  
**Linux Machine Terminal**

After base64 decoding, it still has a ciphertext, that appears to be the result of a simple rotation cipher. The participant can write a small Python script that brute forced the rotations until they could read plaintext. Alternatively, you could use one of the online rotation cipher decryption tools to get the plaintext, as shows in Figure 9.



**Figure 9**  
**Online Rotation Cipher Decryption Tool**

To finish the challenge, after getting the plaintext, the participant input the text on the flag submission, and get the points for solving the challenge.

## Forensics Examples

In a CTF context, "Forensics" challenges can include file format analysis, steganography, memory dump analysis, or network packet capture analysis. Any challenge to examine and process a hidden piece of information out of static data files; as opposed to executable programs or remote servers, could be considered a Forensics challenge. Unlike most CTF forensics challenges, a real-world computer forensics task would hardly ever involve unraveling a scheme of cleverly encoded bytes, hidden data, mastroschka like files-within-files, or other such brain-teaser puzzles. Below, Figure 10, shows an example of a Forensic Challenge in CTF, and it will include the tutorial of how to solve the challenge.

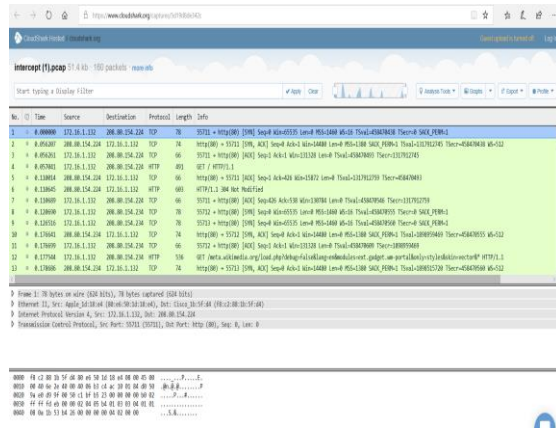


Figure 10  
Forensic Challenge Example

Challenge problem: We intercepted some of your Dad's web activity. Can you get a password from his traffic? You can also view the traffic on CloudShark. Also give us a hint: Login is usually done through a POST request. Then, depending on what characters are in Claudio's password, they may be specially encoded.

For this challenge we must use a forensic tool, which is Wireshark application in order to analyze the .pcap file given. The problem tells us that the flag is a password from your Dad's web activity, and the hint tells us to look for a POST Request to find the password. Since we know we are looking for a POST Request, we should search for "POST" by using CTRL + F. Each time we search we

receive a packet with the word POST somewhere in it. For each possible packet with a POST Request and the possible password, we can right-click on it and select "Follow TCP Stream". This should bring up a new window with the contents of that TCP Stream. The first time we search for POST requests we see a packet for posting on Wikipedia.org. By following the TCP Stream and glancing at the contents we can quickly see that this is not the packet of data we are looking for. We search again and receive a packet for logging into Thyrin Labs Web Service. By looking at the TCP Stream we see the following, as shows Figure 11.

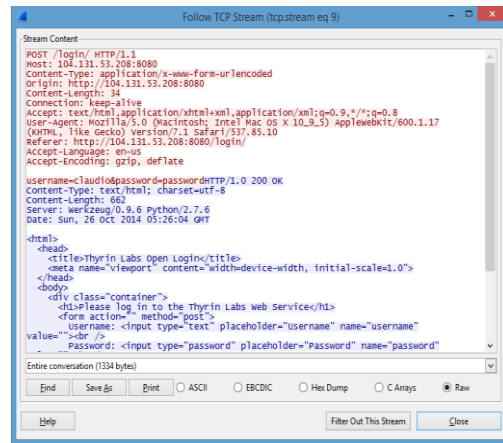
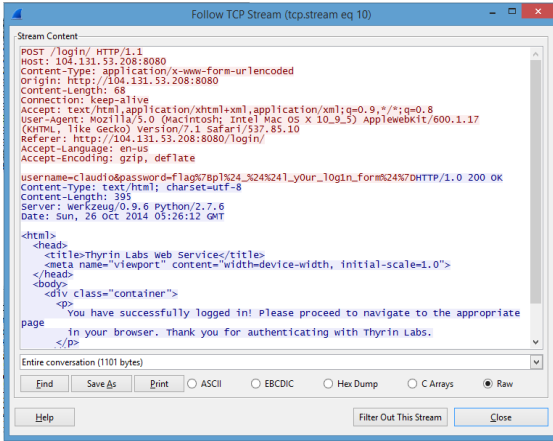


Figure 11  
TCP Stream Post Request Search 1

Looking at the stream we can see that a claudio has been filled in for the username, but that the password hasn't been filled in yet. We go back and search for a POST Request one last time and follow the TCP Stream for the packet. We see the following, as it is shown in Figure 12.

It seems that we have found something, which is: flag%7Bp1%24\_%24%241\_yOur\_10g1n\_form%24%7D, filled out as the password.

Almost there just one last step. The Hint tells us that the password is encoded, and since we found this in Web Traffic, the password is encoded using UTF-8 as almost all web related things are. We can convert the password into ASCII by using an Online Unicode to ASCII Converter. Now we just enter the password we received there and see that our decoded password is flag{p1\$\_\$\$1\_yOur\_10g1n\_form\$}.

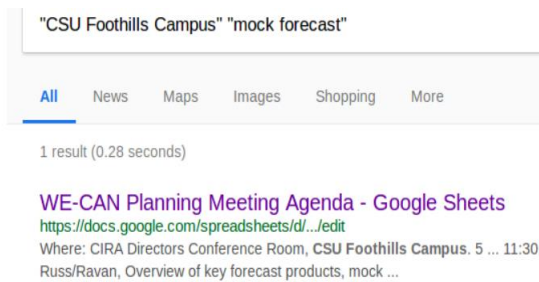


**Figure 12**  
TCP Stream Post Request Search 2

### Open Source Intelligence Examples

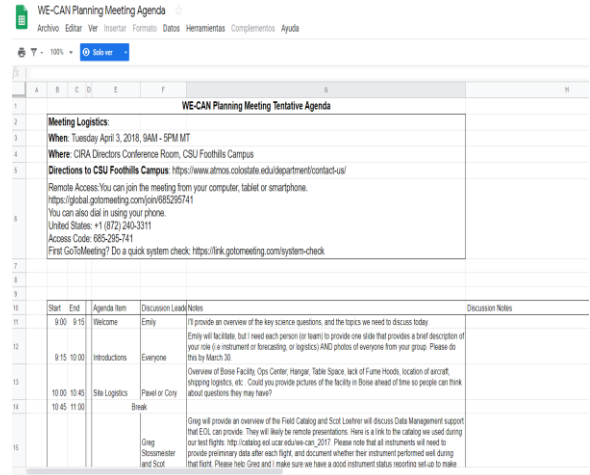
Open Source Intelligence challenges examples tends and allows students to investigate, gather intelligence and find the flag for the challenge. The idea for open source intelligence challenges is that the participants use free software or the browser instead of using a specific tool to find the flag or answer. Below is an example of an open source intelligence challenge example, with the tutorial on how to solve it.

Challenge Question: A meeting happened at CSU Foothills Campus and one of the agendas was Mock Forecast. We suspect that someone was able to sneak into the meeting by figuring out the meeting id and access code somehow. Can you investigate if the Access code is being leaked somewhere? So, the first thing the participant has to do is open the browser and search for “CSU Foothills Campus Mock Forecast”. Below, Figure 13, shows the search on the browser.



**Figure 13**  
Browser Search for CSU Foothills Campus Mock Forecast

In the browser, we can find a Google Drive document. So, the participant can go ahead and open the document. The Google Drive document shows a spreadsheet like the one that follows on Figure 14.



**Figure 14**  
Google Drive Document of Browser Search

Once we have the google drive document opened, we can just look for the word code or access code or clicking “Ctrl+F” and input the access code. Finally, we have found the code “685-295-741” and just submit the code to get the points.

### Steganography Examples

Steganalysis refers to the process of locating concealed messages inside seemingly innocuous containers. The idea behind steganography is embedding plaintext messages in places where an unsuspecting user would not think them to be present. During steganalysis, our objective is to discover where and how these plaintext messages are hidden within the provided files or data. Steganalysis is a process of trial-and-error. The solutions provided below offer only the correct approaches to solving steganographic challenges, while skipping the unsuccessful attempts for the sake of brevity. Below, Figure 15, shows an example of cryptography example and then, it will have the process of how to solve this challenge, as it is shown on the webpage.





students with different challenges that forensics professionals may face and develop approaches to solve them. The developed webpage builds a bridge for students with no cybersecurity knowledge and no access to technological resources to reach an understanding of CTF competitions. We believe that the developed webpage can drastically enhance both quality and quantity of the growing interest in K-12 cybersecurity education and workers with no knowledge on this field.

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