Dude just take the objects file from the released ctf mode from black-cell, rename it objects.ddb and put it in your presets folder, make your "crazy" changes, then rename it to bjects.ddb and plonk it in your FDS data folder.

For co-op maps you need to use the .lvl files from westwoods ftp and dlete all the spawners and stuff, or just go to terrain and "make" the maps from the levels directory, that way there are no spawners, dave arrows and things like that..