Okay I will explain this step by step:
1. Make a script zone
2. Attach the script "TDA_CTF_Zone" to this zone.
   a. For Team ID set the team value for who owns the script    zone 0=Nod, 1=GDI
   b. Max Capture when this amount is reached all building IDs listed will be destroyed.
   c. Flag_Preset_Name this is the name of the object that will be crated in the zone.
   d. IDs of buildings to destroy.
   e. Play_Capture_Sounds would assume plays sounds when flag is captured.
3. For CtfFlagGold_GDI and CtfFlagRed_Nod you might need to attach a script that disables physical collision if you can not move when you pick up the flag.