



→ Assuming ONLY a single '@', otherwise look at the correction in red.

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1. Can include '-' and letters
2. Cannot have more than three '-' in a row
3. MUST include at least one letter

~~$(-)^3 | \text{letter}^* | \epsilon$~~ . letter . ~~$(-)^3 | \text{letter}^* | \epsilon$~~

$(\text{not}(-)^4 | \epsilon) . \text{letter} . (\text{not}(-)^4 | \text{letter})^*$

→ assuming we only get a single '-' I think $\text{not}(-)^4$ will contain all dashes to just '---' or less.