Strong Password Rules

Your password must follow these 7 rules:

1) Your password must be between 8 and 30 characters.
2) Your password must contain at least one uppercase, or capital, letter (ex: A, B, etc.)
3) Your password must contain at least one lowercase letter.
4) Your password must contain at least one number digit (ex: 0, 1, 2, 3, etc.)
5) Your password must contain at least one special character -for example: $, #, @, !,%,^,&,*,(,) - mainly the special characters are located on the top row of the keyboard on the same line as the numbers 0 through 9.
6) You cannot include within your password any words of four characters or more that might be found in a dictionary ("dictionary words"). For example, you cannot use the word "book" in your password, but you can use"b00k" instead (using zeroes instead of the letter "o"). However a three letter sequence that just happened to spell a dictionary word - such as the "cat" in Dcatt467! - would be accepted.
7) Must have at least four different characters (letters, numbers, symbols) in your new password that were not found in your previous password. For example, if your previous password was Kattas#04 and if your new proposed password was Kattas#05, such would be rejected since there are not four different characters in your proposed new password. Similarly, if your old password was Abcd1359! and your proposed new password was Catt1234! such would not be allowed either because only three characters are different in the proposed new password (t 2 4). But Catt2468! versus Cat3579!t would be accepted because the new password has four different characters not found anywhere in the old password (3 5 7 9).

User Friendly Suggestions for Creating a Strong Password

Trying to develop an acceptably strong password "from scratch" can be very frustrating. Then trying to remember such a password can be difficult as well. However, there are several hints, tips, and mnemonics that can help you create a strong password easily – and one that you are more likely to remember. Basically, try to create a "pass phrase" using the first letters (or slightly modified letters) for words in the following phrase categories. Then add a number and a special character. An abbreviated list of possibilities for generating pass phrases is below, followed by various examples in each of these categories.

Historical Phrases	Funny Phrases
Proverbs or Popular Culture Phrases	Advertising Jingles and Phrases
Song Lyrics	Television Theme Songs
Nursery Rhymes	Restaurant Menu Items
Languages Other Than English	Pig Latin
Sports Scores	Submit your suggestions, tips, tricks

Historical Phrases

We hold these truths to be self-evident

Whtttbse#1

Four score and seven years ago

4Skorn7ya!

Funny Phrases

I can't believe they make me do this freaking password stuff

Icbtmmdtfpws#@1

Old enough to remember when Pluto was a planet

Oetrwpwap@1

This program is about to exceed the limits of my medication

Tpiatetlomm$77

You probably don't recognize me without my cape

Updrmwomc#1

Proverbs or Popular Culture Phrases

A penny saved is a penny earned

Apsiape$399

Keep calm and carry on

Kcaco#100

Advertising Jingles and Phrases

I can't believe I ate the whole thing

Icbi8twt#11

You ate it Ralph

U8iralf!!

Plop plop fizz fizz oh what a relief it is

Ppffowarit@4

Earl Scheib will paint any car any color for just $99

Eswpacacfj$99

Song Lyrics

Yesterday all my troubles seemed so far away

Yamtssfa#33

Then when the next password change comes around in 60 days, use the next lyric in the song

Now it looks like they are here to stay

Nilltahts#55

When a man loves a woman

Wamlaw$2

May you stay forever young

Mus4ey#1

You can get anything you want at Alice's restaurant

Ucgatuwaar@1

Television Theme Songs

Come and listen to a story about a man named Jed

CaltasaamnJ#1

Then when the next password change comes around in 60 days, use the next lyric

Nursery Rhymes

Mary had a little lamb

Mhall#100

Then next 60 days, use the next line

Its fleece was white as snow

Ifwwas!200

Restaurant Menu Items

Combo Plate Special #2 at San Jose's Mexican restaurant

Cps#2@SJmr

Other Languages

Poor little one (female) Spanish

Pobrecita!2

I'm hungry (Spanish)

Tengohambre%1

I'm tired

Estoycansada#1

The more things change… (French, phonetic)

PloosaShahnz@1

Pig Latin

I love you

Iwayovelayouyay!1

Sports Scores

Super Bowl XLVII Baltimore Ravens 34 San Francisco 31

sbXLVIIBr34Sf31!

sb2013Br34Sf31!

Password strength testers

http://www.passwordmeter.com/

http://rumkin.com/tools/password/passchk.php

http://www.testyourpassword.com/

https://www.microsoft.com/security/pc-security/password-checker.aspx