stringent /ˈstrɪndʒənt/ adj

a stringent law, rule, standard etc is very strict and must be obeyed

***ACTU poised to suspend HSU*:**

**JEFF LAWRENCE: They must and they do familiarise themselves with all aspects of the regulatory regime, which is in fact very stringent in this country.**

***Sheldon maintains stance on 457 visas*:**

**He has submitted a variety of other stringent proposals on top of this, including a sort of public register that lists all companies that have employed skilled foreign workers using this visa and how many of them there are.**