```
@isTest
public class TestRestrictContactByName {
    @isTest static void Test_insertupdateContact(){
        Contact c = new Contact();
        c.LastName ='INVALIDNAME';

        Test.startTest();
        Database.SaveResult result =Database.insert(c,false);
        Test.stopTest();

        System.assert(!result.isSuccess());
        System.assert(result.getErrors().size()>0);
        System.assertEquals('The Last Name "INVALIDNAME" is not allowed for DML',result.getErrors()[0].getMessage());
    }
}
```