Office 365 Password Requirements

The following rules and restrictions apply to passwords for Office 365 mailboxes:

- Passwords must be at least eight characters long.
- Passwords can have a maximum of 16 characters.
- Passwords can't contain the user's account name or parts of the user's full name that exceed two consecutive characters.
- Passwords must contain characters from three of the following four categories:
  - Uppercase letters (A through Z)
  - Lowercase letters (a through z)
  - Numbers (0 through 9)
  - The following non-alphabetic characters: ` ~ ! @ # $ % ^ & * ( ) _ + - = { } | [ ] \ : " ; ' < > ? , . /