

users

user_id	email	name
10	sadio@example.com	Sadio
11	mo@example.com	Mohamed
12	rinsola@example.com	Rinsola
13	amalie@example.com	Amalie

orders

order_no	user_id	product_sku
93	11	123
94	11	789
95	13	789
96	10	101

A row can only be added or updated in the **orders** table if the value in **orders.user_id** matches an existing user ID in the **users** table.

This type of **database rule** is called a **foreign key constraint**.