

## Federal Rule of Civil Procedure

---

### Rule 7. Pleadings Allowed; Form of Motions and Other Papers

••••

#### **(b) Motions and Other Papers.**

**(1) *In General.*** A request for a court order must be made by motion. The motion must:

**(A)** be in writing unless made during a hearing or trial;

**(B)** state with particularity the grounds for seeking the order; and

**(C)** state the relief sought.

**(2) *Form.*** The rules governing captions and other matters of form in pleadings apply to motions and other papers.