

**Superior Court of Washington, County of \_\_\_\_\_**  
**华盛顿州 县高等法院**

In re:  
关于:

Petitioner/s (person/s who started this case):  
呈请人 (发起此案件的人):

And Respondent/s (other party/parties):  
和被申请人 (其他当事方):

No. \_\_\_\_\_

编号

Motion to Restrict Abusive Litigation  
限制滥用诉讼的申请

(MTRAL)  
(MTRAL)

**Motion to Restrict Abusive Litigation**  
**限制滥用诉讼的申请**

**Use this form to ask for an order restricting abusive litigation at any of these times:**

**使用此表格在以下任何时间下令限制滥用诉讼:**

- To dismiss a new case,  
驳回新案件,
- During an ongoing case, or  
在案件正在审理期间, 或者
- Within 5 years after an Order for Protection is issued (even if it has expired).  
保护令发出后5年内 (即使已过期)。

**To the person filing this motion:**

**致请求提交人:**

You must schedule a hearing on this motion. You may use the *Notice of Hearing* (form FL All Family 185) unless your county's Local Court Rules require a different form. Contact the court for scheduling information.

您必须就此请求安排一次听证会。您可以使用听证会通知书 (表格FL All Family 185), 除非您所在县的当地法院条例要求使用其他表格。请联系法院了解日程安排信息。

**To the person receiving this motion:**

**致请求接收人:**

If you do not agree with the requests in this motion, file a statement (using form FL All Family 135, *Declaration*) explaining why the court should not approve those requests. You may file other written proof supporting your side.

如果您不同意本申请中的请求，请提交一份声明（使用FL All Family 135声明），解释为什么法院不应批准该等请求。您可以提交其他书面证据来支持您的观点。

**To both parties:**

致双方：

If you want the court to consider your side, you **must**:

如果您想让法庭考虑您的观点，您**必须**：

- File your original documents with the Superior Court Clerk; AND  
将您的原始文件提交给高等法院书记员；并
- Give the Judge/Commissioner a copy of your papers (if required by your county's Local Court Rules); AND  
给法官/助理法官一份您的文件副本（如果您所在县的当地法院条例要求的话）；以及
- Have a copy of your papers served on all other parties or their lawyers; AND  
将您的文件副本送达所有其他当事人或他们的律师；以及
- Go to the hearing.  
出席听证会。

The court may not allow you to testify at the motion hearing. Read your county's Local Court Rules, if any.

法庭可能不允许您在动议听证会上作证。请阅读您所在县的地方法院条例（如有）。

Bring proposed orders to the hearing.

请在听证会上携带提议的命令。

**Deadline!** Your papers must be filed and served by the deadline in your county's Local Court Rules, or by the State Court Rules deadline if there is no local rule. Court Rules and forms are online at [www.courts.wa.gov](http://www.courts.wa.gov).

**截止日期！** 您的文件必须在您所在县的地方法院条例规定的截止日期之前提交并送达，如果没有地方条例，则必须在州法院条例的截止日期之前提交和送达。法院条例和表格详见 [www.courts.wa.gov](http://www.courts.wa.gov)。

1. My name is \_\_\_\_\_.  
我叫
2. I ask the court to stop the other party (name): \_\_\_\_\_  
from the abusive use of litigation.  
我请求法院阻止另一方（姓名）：  
滥用诉讼。
3. **Relationship**  
关系  
The other party and I are intimate partners because we are (check all that apply):  
另一方和我是亲密伴侣，因为我们（请勾选所有适用项）：  
☐ current or former spouses or domestic partners  
现任或前任配偶或同居伴侣  
☐ parents of a child-in-common (unless child was conceived through sexual assault)  
共同子女的父母（除非孩子是通过性侵犯怀上的）

- ☐ current or former dating relationship (age 13 or older) who  
☐ never lived together ☐ live or have lived together  
当前或曾经是约会关系（13岁或以上）  
☐ 从未同居 ☐ 生活或曾经生活在一起

**4. A court has found domestic violence**

法院认定存在家庭暴力

(Check all that apply and attach a copy of the order/s, if you have them)

(勾选所有适用项，并附上命令副本（如果有）)

- ☐ **Domestic Violence Protection Order** – There is or was a DVPO protecting me from the other party. The order was signed on (date) \_\_\_\_\_  
in (county, state) \_\_\_\_\_  
in case number \_\_\_\_\_.

**家庭暴力保护令** - 下达了或曾下达过DVPO保护我免受另一方侵害。命令签署于（日期）

（县、州）

所属案件编号

- ☐ **Restraining Order** – There is or was a restraining order in a family law case protecting me from the other party. The court made a specific finding that the order was necessary because of domestic violence. The order was signed on (date) \_\_\_\_\_ in (county, state) \_\_\_\_\_  
in case number \_\_\_\_\_.

**限制令** - 家庭法案件中下达了或曾下达过限制令保护我免受另一方侵害。法院已明确认定该命令是因家庭暴力的必要性而下达的。命令签署于

（日期）

（县、州）

所属案件编号

- ☐ **Parenting Plan** – Our parenting plan has restrictions because the other parent has a history of acts of domestic violence, or assault, or sexual assault as defined in RCW 26.50.010. The order was signed on (date) \_\_\_\_\_  
in (county, state) \_\_\_\_\_  
in case number \_\_\_\_\_.

**育儿计划**——我们的育儿计划包含限制条款，因为另一方家长有RCW 26.50.010中定义的家庭暴力、攻击或性侵犯行为记录。命令签署于（日期）

（县、州）

所属案件编号

**5. The other party's court action/s are abusive**

对方的法庭诉讼属于滥用行为

The other party is starting, advancing, or continuing court actions (litigation) primarily for the purpose of harassing, intimidating, or maintaining contact with me.

另一方发起、推进或继续法庭诉讼（诉讼）的主要目的是骚扰、恐吓我或与我保持联系。

This is true because (check all that apply):

此情况属实，因为（请勾选所有适用项）：

- ☐ **No Evidence** – There is no evidence to support the other party's allegations and other factual claims.

**没有证据**——没有证据支持对方的指控和其他事实主张。

- [ ] **Already Decided** – An issue or issues that are the basis of the other party's court action have previously been filed in one or more other courts or jurisdictions and the actions have been litigated and disposed of unfavorably to the other party.

**已经裁决**——对方诉讼所依据的问题或事项之前已在一或多个其他法院或司法管辖区提交并经过审理，且结果对对方不利。

- [ ] **Not Warranted by Law** – The other party's claims, allegations, and other legal contentions made in the case are not warranted by existing law or by a reasonable argument for the extension, modification, or reversal of existing law, or the establishment of a new law.

**不受法律保证**——对方在本案中提出的主张、指控以及其他法律争议，既不符合现行法律，也不存在合理的理由来支持对现行法律的扩展、修改、推翻或建立新法律。

## 6. **Proof of abusive litigation**

### **滥用诉讼证明**

(Check all that apply):

(请勾选所有适用项)：

- [ ] **Pre-filing Restriction** – Another court has put pre-filing restrictions on the other party because the other party engaged in abusive litigation or similar conduct.

**诉前限制**——另一法院因对方参与滥用诉讼或类似行为而对其施加诉前限制。

(Attach a copy if you have one, or complete below.)

(如果有，请附上副本，或在下面填写。)

The restriction is in an order signed by the court on (date) \_\_\_\_\_  
in (county, state) \_\_\_\_\_  
in case number \_\_\_\_\_.

该限制命令由法院签署于（日期）

（县、州）

所属案件编号

- [ ] **Previous sanction** – The other party has been sanctioned before. The sanction was:

**先前制裁**——对方之前曾受到过制裁。该制裁：

- Within the last 10 years,  
在过去10年内，
- Under Washington Superior Court Civil Rule 11 or a similar rule or law from another jurisdiction, and  
根据华盛顿高等法院民事规则11或其他司法管辖区的类似规则或法律实施，并且
- For filing something involving me that the court found to be frivolous, vexatious, intransigent, or brought in bad faith.  
因提交法院认为没有根据、无理取闹、顽固不化或出于恶意的涉及我的文件而实施。

(Attach a copy if you have one, or complete below.)

(如果有，请附上副本，或在下面填写。)

The sanction is in an order signed by the court on (date) \_\_\_\_\_  
in (county, state) \_\_\_\_\_  
in case number \_\_\_\_\_.

该制裁令由法院签署于（日期）  
（县、州）  
所属案件编号

- [ ] **Repeated action** – We have been to court about the same or substantially similar issues in the past 5 years. (Describe the similar court actions in the table below. Add lines or attach pages as needed.)

**重复行动**——过去5年来，我们一直就相同或基本相似的问题向法院提起诉讼。（在下表中描述类似的法庭诉讼。请根据需要添加行或附加页面。）

Type of court action or issue (Examples: Motions for contempt, Petitions to modify child support or change parenting plans, motions to compel) 法院诉讼或问题类型 (示例：藐视法庭申请、修改子女抚养费或更改养育计划的请求、强制申请)	County, State and Case Number (if not in this case number) 县、州和案件编号 (如非本案编号)	Other Parties involved (if anyone other than just you and the other party) 其他相关方 (除您和另一方外的任何人)	Date of last filing or court decision 最后一次提交或法院裁决日期	What did the court do? (Examples: dismissed on the evidence, request denied, sanctions imposed, no decision yet) 法院采取了什么行动? (示例：证据被驳回、请求被拒绝、实施制裁、尚未做出决定)

- [ ] **Other details (if any):** \_\_\_\_\_  
其他详细信息（如果有）：

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- [ ] **Other proof – (explain)** \_\_\_\_\_

其他证明——（请解释）

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**7. Request**  
**请求**

I ask the court to:  
我请求法院：

- Find the following motions or actions to be abusive litigation

认定以下申请或行为为滥用诉讼行为

(Specify motions or actions including case number, if not this case):

（如非本案，具体说明申请或行为，包括案件编号）：

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- Dismiss, deny, or strike all the abusive motions or actions with prejudice;  
以偏见为由驳回、拒绝或反对所有具有滥用性质的申请或行为；

- Enter an order restricting abusive litigation;  
下达限制滥用诉讼的命令；

- Impose all costs of any abusive civil actions on the other party;  
将侵滥用民事诉讼的全部费用由另一方承担；

- Award me all my lawyer's fees and costs from responding to the abusive litigation including making this request; and  
赔偿我因回应滥用诉讼（包括提出此请求）而产生的所有律师费和费用；和

- Impose pre-filing restrictions upon the other party for at least 48 months but no longer than 72 months.  
对另一方施加至少48个月但不超过72个月的诉前限制。

- Other (specify) \_\_\_\_\_  
其它（请详细说明）

**8. Other (if any):**  
**其他（如果有）：**

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**Person asking for this order fills out below:**

请求此令的人员填写以下信息：

I declare under penalty of perjury under the laws of the state of Washington that the facts I have provided on this form (including any attachments) are true. [ ] I have attached (#): \_\_\_\_\_ pages.

本人特此声明，本人在此表格（包括任何附件）中提供的信息若有不实，愿依照华盛顿州法律而接受伪证罪处罚。[-] 本人已附上 (#)：\_\_\_\_\_ 页。

Signed at (city and state): \_\_\_\_\_  
签字地点（城市和州）：

Date: \_\_\_\_\_  
日期：

Person asking for this order signs here  
请求此令的人员在这里签名

Print name here  
请在此处工整填写姓名

The following is my contact information:  
以下是本人的联系方式：

**Important!** If you do not want your street address, personal e-mail, and personal phone number on this public form, list it on form FL All Family 001 Confidential Information form. The parties, court staff, and court volunteers can see this Confidential Information form. GR 22(b)(6).

**重要须知！** 如果您不希望在此公开表格中显示您的街道地址、个人电子邮件和个人电话号码，请在表格FL All Family 001 机密信息表格中列出。当事人、法庭工作人员和法庭志愿者可以查看此保密信息表。GR 22(b)(6)。

Email: \_\_\_\_\_  
电子邮件地址：

Phone (Optional): \_\_\_\_\_  
电话（选填）：

I agree to accept legal papers for this case at (check one):  
本人同意通过以下地址接收本案的法律文件（请勾选一项）：

☐ my lawyer's address, listed below.  
本人的律师的地址，如下所示。

☐ the following address (this does **not** have to be your home address):  
以下地址（不一定是您的家庭住址）：

Street Address or PO Box	City	State	Zip
街道地址或邮政信箱	城市	州	邮编

**Note:** You and the other party/ies may agree to accept legal papers by email under Civil Rule 5 and local court rules.

**注：** 根据民事条例5和当地法院规定，您和另一方可以同意通过电子邮件接收法律文件。

Lawyer (if any) fills out below:  
律师（如有）填写以下内容：

Lawyer signs here  
律师在此处签名

Print name and WSBA No.  
请工整填写姓名和WSBA编号

Date  
日期

Lawyer's Street Address or PO Box	City	State	Zip
律师的街道地址或邮政信箱	城市	州	邮编

Email (if applicable): \_\_\_\_\_  
电子邮件地址（如适用）：

**Warning!** Documents filed with the court are available for anyone to see unless they are sealed. Financial, medical, and confidential reports, as described in General Rule 22, **must** be

sealed so they can only be seen by the court, the other party, and the lawyers in your case. Seal those documents by filing them separately, using a *Sealed* cover sheet (form FL All Family 011, 012, or 013). You may ask for an order to seal other documents.

**警告！** 提交给法院的文件除非加封，否则任何人都可以查看。财务、医疗和机密报告，如一般条例22所述，**必须**加封，因此只能由法院、对方和您案件中的律师查看。使用加封封面（表格 FL All Family 011、012或013）单独归档这些文件，将其加封。您可以要求下令加封其他文件。