

Only call React Hooks in **React Functions**

```
graph TD; A[Only call React Hooks in React Functions] --> B[React Component Functions]; A --> C[Custom Hooks (covered later!)]
```

React  
Component  
Functions

Custom Hooks  
(covered later!)

Only call React Hooks at the **Top Level**

```
graph TD; D[Only call React Hooks at the Top Level] --> E[Don't call them in nested functions]; D --> F[Don't call them in any block statements]
```

Don't call them  
in nested  
functions

Don't call them  
in any block  
statements

+ extra, unofficial Rule for **useEffect()**: ALWAYS add everything you refer to inside of `useEffect()` as a dependency!