Rules of Hooks

Hooks are a new addition in React 16.8. They let you use state and other React features without writing a class.

Hooks are JavaScript functions, but you need to follow two rules when using them. We provide a linter plugin to enforce these rules automatically:

Only Call Hooks at the Top Level

Don't call Hooks inside loops, conditions, or nested functions. Instead, always use Hooks at the top level of your React function, before any early returns. By following this rule, you ensure that Hooks are called in the same order each time a component renders. That's what allows React to correctly preserve the state of Hooks between multiple `useState` and `useEffect` calls. (If you're curious, we'll explain this in depth below.)

Only Call Hooks from React Functions

Don't call Hooks from regular JavaScript functions. Instead, you can:

- ✅ Call Hooks from React function components.
- ✅ Call Hooks from custom Hooks (we'll learn about them on the next page).

By following this rule, you ensure that all stateful logic in a component is clearly visible from its source code.

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```
useEffect(persistForm)     // 2. Replace the
effect for persisting the form
```

`persistForm` effect, just like during the previous render,

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