

# The Rules of Hooks

There are two important rules to be followed while writing hooks. Let's have a look!

WE'LL COVER THE FOLLOWING ^

- Rules for Using Hooks

## Rules for Using Hooks #

There are two rules to adhere to while using hooks.

- Only call hooks at the [Top Level](#), i.e., not within conditionals, loops, or nested functions.
- Only call hooks from React functions, i.e., functional components and custom hooks.

This ESLint [plugin](#) is great to ensure you adhere to these rules within your projects.