On some interesting ternary formulas

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Submitted: TBD; Accepted: TBD; Published: TBD © The authors. Released under the CC BY-ND license (International 4.0).

Abstract

We obtain the following results about the avoidance of ternary formulas. Up to renaming of the letters, the only infinite ternary words avoiding the formula ABCAB.ABCBA.ACB.BAC (resp. ABCA.BCAB.BCB.CBA) are the ones that have the same set of recurrent factors as the fixed point of $0 \mapsto 012$, $1 \mapsto 02$, $2 \mapsto 1$. The formula ABAC.BACA.ABCA is avoided by polynomially many binary words (w.r.t. to their lengths) and there exist arbitrarily many infinite binary words with different sets of recurrent factors that avoid it. If every variable of a ternary formula appears at least twice in the same fragment, then the formula is 3-avoidable. The pattern ABACADABCA is unavoidable for the class of C_4 -minor-free graphs with maximum degree 3. This disproves a conjecture of Grytczuk. The formula ABCA.ACBA, or equivalently the palindromic pattern ABCADACBA, has avoidability index 4.

Mathematics Subject Classifications: 68R15

1 Introduction

A pattern p is a non-empty finite word over an alphabet $\Delta = \{A, B, C, \ldots\}$ of capital letters called variables. An occurrence of p in a word w is a non-erasing morphism $h: \Delta^* \to \Sigma^*$ such that h(p) is a factor of w. The avoidability index $\lambda(p)$ of a pattern p is the size of the smallest alphabet Σ such that there exists an infinite word over Σ containing no occurrence of p.

A variable that appears only once in a pattern is said to be *isolated*. Following Cassaigne [4], we associate a pattern p with the *formula* f obtained by replacing every isolated variable in p by a dot. For example, the pattern AABCABBDBBAA gives the formula

^{*}The authors were partially supported by the ANR project CoCoGro (ANR-16-CE40-0005).

AAB.ABB.BBAA. The factors that are separated by dots are called *fragments*. So AAB, ABB, and BBAA are the fragments of AAB.ABB.BBAA.

An occurrence of a formula f in a word w is a non-erasing morphism $h: \Delta^* \to \Sigma^*$ such that the h-image of every fragment of f is a factor of w. As for patterns, the avoidability index $\lambda(f)$ of a formula f is the size of the smallest alphabet allowing the existence of an infinite word containing no occurrence of f. Clearly, if a formula f is associated with a pattern p, every word avoiding f also avoids p, so $\lambda(p) \leqslant \lambda(f)$. Recall that an infinite word is recurrent if every finite factor appears infinitely many times and that any infinite factorial language contains a recurrent word (see Proposition 5.1.13 of [8] for instance). Thus, if there exists an infinite word over Σ avoiding p, then there exists an infinite recurrent word over Σ avoiding p. This recurrent word avoiding p also avoids f, so that $\lambda(p) = \lambda(f)$. Without loss of generality, a formula is such that no variable is isolated and no fragment is a factor of another fragment. We say that a formula f is divisible by a formula f if f does not avoid f', that is, there is a non-erasing morphism f such that the image of any fragment of f' under f is a factor of a fragment of f. If f is divisible by f', then every word avoiding f' also avoids f. Let $\Sigma_k = \{0,1,\ldots,k-1\}$ denote the k-letter alphabet. We denote by Σ_k^n the k^n words of length f over Σ_k .

A formula is *binary* if it has at most 2 variables. We have recently determined the avoidability index of every binary formula [14]. This exhaustive study led to the discovery of some binary formulas that are avoided by only a few binary words. Determining the avoidability index of every ternary formula would be a huge task. However, we have identified some interesting ternary formulas and this paper describes their properties.

We say that two infinite words are equivalent if they have the same set of factors. Let b_3 be the fixed point of $0 \mapsto 012$, $1 \mapsto 02$, $2 \mapsto 1$. A famous result of Thue [2, 15, 16] can be stated as follows:

Theorem 1. [2, 15, 16] Every recurrent ternary word avoiding AA, 010, and 212 is equivalent to b_3 .

In Section 2, we obtain a similar result for b_3 by forbidding one ternary formula but without forbidding explicit factors in Σ_3^* . In Section 3, we describe the set of binary words avoiding ABACA.ABCA and ABAC.BACA.ABCA. We show that these formulas are avoided by polynomially many binary words (w.r.t. to their lengths) and that there exist infinitely many recurrent binary words with different sets of recurrent factors that avoid them. In the terminology of [14], these formulas are not essentially avoided by a finite set of morphic words. In Section 4, we consider nice formulas. A formula f is nice if for every variable f of f, there exists a fragment of f that contains f at least twice. This notion generalizes to formulas the notion of a doubled pattern (that is, a pattern that contains every variable at least twice). Every doubled pattern is 3-avoidable [13]. We show that every ternary nice formula is 3-avoidable. In Section 5, we show that f and f is a 2-avoidable pattern that is unavoidable on graphs with maximum degree 3. In Section 6, we show that there exists a palindromic pattern with index 4.

A preliminary version of this paper, without the results in Sections 4 and 6, has been presented at WORDS 2017.

2 Formulas closely related to b_3

For every letter $c \in \Sigma_3$, $\sigma_c : \Sigma_3^* \mapsto \Sigma_3^*$ is the morphism such that $\sigma_c(a) = b$, $\sigma_c(b) = a$, and $\sigma_c(c) = c$ with $\{a, b, c\} = \Sigma_3$. So σ_c is the morphism that fixes c and exchanges the two other letters.

We consider the following formulas.

- $f_b = ABCAB.ABCBA.ACB.BAC$
- $f_1 = ABCA.BCAB.BCB.CBA$
- $f_2 = ABCAB.BCB.AC$
- $f_3 = ABCA.BCAB.ACB.BCB$
- $f_4 = ABCA.BCAB.BCB.AC.BA$

Notice that f_b is divisible by f_1 , f_2 , f_3 , f_4 .

Theorem 2. Let $f \in \{f_b, f_1, f_2, f_3, f_4\}$. Every ternary recurrent word avoiding f is equivalent to b_3 , $\sigma_0(b_3)$, or $\sigma_2(b_3)$.

By considering divisibility, we can deduce that Theorem 2 holds for 72 ternary formulas. Since b_3 , $\sigma_0(b_3)$, and $\sigma_2(b_3)$ are equivalent to their reverses, Theorem 2 also holds for the 72 reverse ternary formulas.

Proof. Using Cassaigne's algorithm [3], we have checked that b_3 avoids f_i , for $1 \le i \le 4$. By symmetry, $\sigma_0(b_3)$ and $\sigma_2(b_3)$ also avoid f_i .

Let w be a ternary recurrent word w avoiding f_b . Assume towards a contradiction that w contains a square uu. Then there exists a non-empty word v such that uuvuu is a factor of w. Thus, w contains an occurrence of f_b given by the morphism $A \mapsto u, B \mapsto u, C \mapsto v$. This contradiction shows that w is square-free.

An occurrence h of a ternary formula over Σ_3 is said to be basic if $\{h(A), h(B), h(C)\} = \Sigma_3$. As already noticed by Thue [2], no infinite ternary word avoids squares and 012. So, every infinite ternary square-free word contains the 6 factors obtained by letter permutation of 012. Thus, an infinite ternary square-free word contains a basic occurrence of f_b if and only if it contains the same basic occurrence of ABCAB.ABCBA. Therefore, w contains no basic occurrence of ABCAB.ABCBA.

A computer check shows that the longest ternary words avoiding f_b , squares, 021020120, 102101201, and 210212012 have length 159. So we assume without loss of generality that w contains 021020120.

Assume towards a contradiction that w contains 010. Since w is square-free, w contains 20102. Moreover, w contains the factor 20120 of 021020120. So w contains the basic occurrence $A \mapsto 2$, $B \mapsto 0$, $C \mapsto 1$ of ABCAB.ABCBA. This contradiction shows that w avoids 010.

Assume towards a contradiction that w contains 212. Since w is square-free, w contains 02120. Moreover, w contains the factor 02102 of 021020120. So w contains the basic

occurrence $A \mapsto 0$, $B \mapsto 2$, $C \mapsto 1$ of ABCAB.ABCBA. This contradiction shows that w avoids 212.

Since w avoids squares, 010, and 212, Theorem 1 implies that w is equivalent to b_3 . By symmetry, every ternary recurrent word avoiding f_b is equivalent to b_3 , $\sigma_0(b_3)$, or $\sigma_2(b_3)$.

3 Avoidability of ABACA.ABCA and ABAC.BACA.ABCA

Following the terminology in [14], we say that a finite set of infinite words \mathcal{M} essentially avoids a formula f if every infinite word over $\Sigma_{\lambda(f)}$ avoiding f has the same set of recurrent factors as a word in \mathcal{M} . Let us list all the formulas (up to symetries) from the literature that are known to be essentially avoided by a finite set of words.

- Five binary formulas are known to be essentially avoided by a finite set of binary morphic words [14].
- $\{b_3, \sigma_0(b_3), \sigma_2(b_3)\}$ essentially avoids the ternary formulas in Section 2.
- $\{b_4, b_4', b_4''\}$ essentially avoids AB.AC.BA.CA.CB [1], where b_4 is the fixed point of $0 \mapsto 01$, $1 \mapsto 21$, $2 \mapsto 03$, $3 \mapsto 23$, b_4' is obtained from b_4 by exchanging 0 and 1, and b_4'' is obtained from b_4 by exchanging 0 and 3.

The formulas listed above are also the only ones known to be avoided by polynomially many words (w.r.t. to their lengths). In this section, we show that the formulas ABACA.ABCA and ABAC.BACA.ABCA behave differently: they are avoided by polynomially many binary words but they are not essentially avoided by a finite set of morphic words.

We consider the morphisms $m_a: 0 \mapsto 001$, $1 \mapsto 101$ and $m_b: 0 \mapsto 010$, $1 \mapsto 110$. That is, $m_a(x) = x01$ and $m_b(x) = x10$ for every $x \in \Sigma_2$. We construct the set S of binary words as follows:

- $0 \in S$.
- If $v \in S$, then $m_a(v) \in S$ and $m_b(v) \in S$.
- If $v \in S$ and v' is a factor of v, then $v' \in S$.

Theorem 3. Let $f \in \{ABACA.ABCA, ABAC.BACA.ABCA\}$. The set of words u such that u is recurrent in an infinite binary word avoiding f is S.

Proof. Let R be the set of words u such that u is recurrent in an infinite binary word avoiding ABACA.ABCA. Let R' be the set of words u such that u is recurrent in an infinite binary word avoiding ABAC.BACA.ABCA. An occurrence of ABACA.ABCA is also an occurrence of ABAC.BACA.ABCA, so that $R' \subseteq R$.

Let us show that $R \subseteq S$. We study the small factors of a recurrent binary word w avoiding ABACA.ABCA. Notice that w avoids the pattern ABAAA since it contains

the occurrence $A \mapsto A$, $B \mapsto B$, $C \mapsto A$ of ABACA.ABCA. Since w contains recurrent factors only, w also avoids AAA.

A computer check shows that the longest binary words avoiding ABACA.ABCA, AAA, 1001101001, and 0110010110 have length 53. So we assume without loss of generality that w contains 1001101001.

Assume towards a contradiction that w contains 1100. Since w avoids AAA, w contains 011001. Then w contains the occurrence $A \mapsto 01, B \mapsto 1, C \mapsto 0$ of ABACA.ABCA. This contradiction shows that w avoids 1100.

Since w contains 0110, the occurrence $A \mapsto 0, B \mapsto 1, C \mapsto 1$ of ABACA.ABCA shows that w avoids 01010. Similarly, w contains 1001 and avoids 10101.

Assume towards a contradiction that w contains 0101. Since w avoids 01010 and 10101, w contains 001011. Moreover, w avoids AAA, so w contains 10010110. Then w contains the occurrence $A \mapsto 10, B \mapsto 0, C \mapsto 1$ of ABACA.ABCA. This contradiction shows that w avoids 0101.

So w avoids every factor in $\{000, 111, 0101, 1100\}$. Thus, it is not difficult to check that if we extend any factor 01 in w to three letters to the right, we get either 01001 or 01101, that is, 01x01 with $x \in \Sigma_2$. This implies that w is the m_a -image of some binary word.

Obviously, the image by a non-erasing morphism of a word containing a formula also contains the formula. Thus, the pre-image of w by m_a also avoids ABACA.ABCA. This shows that $R \subseteq S$.

Let us show that $S \subseteq R'$, that is, every word in S avoids ABAC.BACA.ABCA. Assume towards a contradiction that a finite word $w \in S$ avoids ABAC.BACA.ABCA and that $m_a(w)$ contains an occurrence h of ABAC.BACA.ABCA.

If we write $w=w_0w_1w_2w_3\ldots$, then the word $m_a(w)=w_0\mathtt{01}w_1\mathtt{01}w_2\mathtt{01}w_3\mathtt{01}\ldots$ is such that:

- Every factor 00 occurs at position 0 (mod 3).
- Every factor 01 occurs at position 1 (mod 3).
- Every factor 11 occurs at position 2 (mod 3).
- Every factor 10 occurs at position 0 or 2 (mod 3), depending on whether the factor $1w_i$ 0 is 100 or 110.

We say that a factor s is *gentle* if either $|s| \ge 3$ or $s \in \{00, 01, 11\}$. By the previous remarks, all the occurrences of the same gentle factor have the same position modulo 3.

First, we consider the case when h(A) is gentle. This implies that the distance between two occurrences of h(A) is 0 (mod 3). Since $m_a(w)$ contains the factors h(ABA), h(ACA), and h(ABCA), we deduce that

- $|h(AB)| = |h(A)| + |h(B)| \equiv 0 \pmod{3}$.
- $|h(AC)| = |h(A)| + |h(C)| \equiv 0 \pmod{3}$.

• $|h(ABC)| = |h(A)| + |h(B)| + |h(C)| \equiv 0 \pmod{3}$.

This gives $|h(A)| \equiv |h(B)| \equiv |h(C)| \equiv 0 \pmod{3}$. Clearly, such an occurrence of the formula in $m_a(w)$ implies an occurrence of the formula in w, which is a contradiction.

Now we consider the case when h(B) is gentle. If h(CA) is also gentle, then the factors h(BACA) and h(BCA) imply that $|h(A)| \equiv 0 \pmod{3}$. Thus, h(A) is gentle and the first case applies. If h(CA) is not gentle, then h(CA) = 10, that is, h(C) = 1 and h(A) = 0. Thus, $m_a(w)$ contains both h(BAC) = h(B)01 and h(BCA) = h(B)10. Since h(B) is gentle, this implies that 01 and 10 have the same position modulo 3, which is impossible.

The case when h(C) is gentle is symmetrical. If h(AB) is gentle, then h(ABAC) and h(ABC) imply that $|h(A)| \equiv 0 \pmod{3}$. If h(AB) is not gentle, then h(A) = 1 and h(B) = 0. Thus, $m_a(w)$ contains both h(ABC) = 10h(C) and h(BAC) = 01h(C). Since h(C) is gentle, this implies that 10 and 01 have the same position modulo 3, which is impossible.

Finally, if h(A), h(B), and h(C) are not gentle, then the length of the three fragments of the formula is $2|h(A)| + |h(B)| + |h(C)| \le 8$. So it suffices to consider the factors of length at most 8 in S to check that no such occurrence exists.

This shows that $S \subseteq R'$. Since $R' \subseteq R \subseteq S \subseteq R'$, we obtain R' = R = S, which proves Theorem 3.

Corollary 4. Neither ABACA.ABCA nor ABAC.BACA.ABCA is essentially avoided by a finite set of morphic words.

Proof. Let $c(n) = |S \cap \Sigma_2^n|$ denote the number of words of length n in S. By construction of S,

$$c(n) = 2 \sum_{0 \le i \le 2} c\left(\left\lceil \frac{n-i}{3} \right\rceil\right) \text{ for every } n \ge 8.$$

Thus $c(n) = \Theta\left(n^{\ln 6/\ln 3}\right) = \Theta\left(n^{1+\ln 2/\ln 3}\right)$. Devyatov [7] has recently shown that the factor complexity (i.e. the number of factors of length n) of a morphic word is either $O\left(n\ln(n)\right)$ or $\Theta\left(n^{1+1/k}\right)$ for some integer $k \ge 1$. Thus, S cannot be the union of the factors of a finite number of morphic words.

4 Ternary nice formulas

Clark [5] introduced the notion of n-avoidance basis for formulas, which is the smallest set of formulas with the following property: for every $i \leq n$, every avoidable formula with i variables is divisible by at least one formula with at most i variables in the n-avoidance basis. See [5, 9] for more discussions about the n-avoidance basis. The avoidability index of every formula in the 3-avoidance basis has been determined:

- $AA \ (\lambda = 3 \ [15])$
- ABA.BAB ($\lambda = 3$ [4])
- ABCA.BCAB.CABC ($\lambda = 3$ [9])

- ABCBA.CBABC ($\lambda = 2$ [9])
- $ABCA.CABC.BCB \ (\lambda = 3 \ [9])$
- ABCA.BCAB.CBC ($\lambda = 3$, reverse of ABCA.CABC.BCB)
- AB.AC.BA.CA.CB ($\lambda = 4$ [1])

Recall that a formula f is *nice* if for every variable X of f, there exists a fragment of f that contains X at least twice. Every formula in the 3-avoidance basis except AB.AC.BA.CA.CB is both nice and 3-avoidable. This raised the question in [9] whether every nice formula is 3-avoidable, which would generalize the 3-avoidability of doubled patterns. In this section, we answer this question positively for ternary formulas.

Theorem 5. Every nice formula with at most 3 variables is 3-avoidable.

We say that a nice formula is minimal if it is not divisible by another nice formula with at most the same number of variables. The following property of every minimal nice formula is easy to derive. If a variable V appears as a prefix of a fragment ϕ , then

- V is also a suffix of ϕ ,
- ϕ contains exactly two occurrences of V,
- V is neither a prefix nor a suffix of any fragment other than ϕ ,
- Every fragment other than ϕ contains at most one occurrence of V.

Thus, if f is a minimal nice formula with $n \ge 2$ variables, then f has at most n fragments. Moreover, every fragment has length at most $2 + 2^{n-1} - 1 = 2^{n-1} + 1$, since otherwise it would contain a doubled pattern as a factor.

This implies an algorithm to list the minimal nice formulas with at most n variables. The table below lists the formulas that need to be shown 3-avoidable, that is, the minimal nice formulas with at most 3 variables that do not belong to the 3-avoidance basis. Also, if two distinct formulas are the reverse of each other, then only one of them appears in the table and the given avoiding word avoids both formulas. Some of these formulas are avoided by b_3 and the proof uses Cassaigne's algorithm [3] as in Section 2. The other formulas are each avoided by the image by a uniform morphism of either any infinite $\left(\frac{5}{4}^+\right)$ -free word w_5 over Σ_5 or any infinite $\left(\frac{7}{5}^+\right)$ -free word w_4 over Σ_4 . We refer to [12, 13] for details about the technique to prove avoidance with morphic images of (α^+) -free words.

Formula	Closed under	Avoidability	Avoiding
	reversal?	exponent	word
ABA.BCB.CAC	yes	1.5	b_3
ABCA.BCAB.CBAC	no	1.333333333	b_3
ABCA.BAB.CAC	yes	1.414213562	$g_v(w_4)$
ABCA.BAB.CBC	no	1.430159709	$g_w(w_4)$
ABCA.BAB.CBAC	no	1.381966011	$g_x(w_5)$
ABCBA.CABC	no	1.361103081	$g_y(w_5)$
ABCBA.CAC	yes	1.396608253	$g_z(w_5)$

a	a	g_x	g_y	g_z
g_v	g_w	$0 \to 021110$,	$0 \rightarrow 022$	$0 \to 120201$,
$0 \rightarrow 01220$,	$0 \rightarrow 02111,$	$1 \rightarrow 012221$,	$1 \rightarrow 021$,	$1 \rightarrow 100002$
$1 \to 01110$,	$1 \to 01121$,	,	,	,
$2 \rightarrow 00212$,	$2 \rightarrow 00222$	$2 \to 011120$,	$2 \rightarrow 012$,	$2 \rightarrow 022221$,
,	,	$3 \to 002211$,	$3 \rightarrow 011$,	$3 \to 011112$,
$3 \rightarrow 00112.$	$3 \rightarrow 00122.$	$4 \rightarrow$ 001122.	$4 \rightarrow 000$.	$4 \rightarrow 001122$.

5 A counter-example to a conjecture of Grytczuk

Grytczuk [10] considered the notion of pattern avoidance on graphs. This generalizes the definition of nonrepetitive coloring, which corresponds to the pattern AA. Given a pattern p and a graph G, the avoidability index $\lambda(p, G)$ is the smallest number of colors needed to color the vertices of G such that every path in G induces a word avoiding p.

We think that the natural framework is that of directed graphs with no loops and no multiple arcs, but such that opposite arcs (i.e., digons) are allowed. An oriented path in a directed graph \overrightarrow{G} is a sequence of distinct vertices v_1, v_2, \ldots, v_k such that \overrightarrow{G} contains all the arcs $\overrightarrow{v_i v_{i+1}}$ such that $1 \leq i \leq k-1$.

A pattern occurs in a vertex-colored directed graph \overrightarrow{G} if the sequence of colors on a directed path of \overrightarrow{G} induces an occurrence of the pattern. Informally, the orientation of the path corresponds to the reading direction. We define $\lambda\left(p,\overrightarrow{G}\right)$ as the smallest number of colors such that there exists a vertex coloring avoiding p. This way, $\lambda(p) = \lambda\left(p,\overrightarrow{P}\right)$, where \overrightarrow{P} is the infinite oriented path with vertices v_i and arcs $\overrightarrow{v_iv_{i+1}}$, for every $i \geqslant 0$.

Thus, an undirected graph corresponds to a symmetric directed graph: for every pair of distinct vertices u and v, either there exists no arc between u and v, or there exist both the arcs \overrightarrow{uv} and \overrightarrow{vu} . Let P denote the infinite undirected path. We prefer the framework of directed graphs because, even though $\lambda\left(AA,\overrightarrow{P}\right)=\lambda(AA,P)=3$, there exist patterns such that $\lambda\left(p,\overrightarrow{P}\right)<\lambda(p,P)$. For example, $\lambda(ABCACB)=\lambda\left(ABCACB,\overrightarrow{P}\right)=2$ [12], whereas $\lambda(ABCACB,P)=3$ since a computer check shows that the longest binary words avoiding both ABCACB and its reverse ABCBAC have length 23. The equivalence between avoiding a pattern and its corresponding formula holds for \overrightarrow{P} but does not

generalize to other directed graphs. So we do not try to define a notion of avoidance for formulas on graphs or directed graphs.

A conjecture of Grytczuk [10] says that for every avoidable pattern p, there exists a function g such that $\lambda(p,G) \leq g(\Delta(G))$, where G is an undirected graph and $\Delta(G)$ denotes its maximum degree. Grytczuk [10] obtained that his conjecture holds for doubled patterns.

As a counterexample, we consider the pattern ABACADABCA which is 2-avoidable by the result in Section 3. Of course, ABACADABCA is not doubled because of the isolated variable D. Let us show that ABACADABCA is unavoidable on the infinite oriented graph \overrightarrow{G} with vertices v_i and arcs $\overrightarrow{v_iv_{i+1}}$ and $\overrightarrow{v_{100i}v_{100i+2}}$, for every $i \ge 0$. Notice that \overrightarrow{G} is obtained from \overrightarrow{P} by adding the arcs $\overrightarrow{v_{100i}v_{100i+2}}$. The constant 100 in the construction is arbitrary and can be replaced by any constant.

Suppose that \overrightarrow{G} is colored with k colors. Consider the factors in the subgraph \overrightarrow{P} induced by the paths from $v_{300ik+1}$ to $v_{300ik+200k+1}$, for every $i \geq 0$. Since these factors have bounded length, the same factor appears on two disjoint such paths p_l and p_r (such that p_l is on the left of p_r). Notice that p_l contains 2k+1 vertices with index $\equiv 1 \pmod{100}$. By the pigeon-hole principle, p_l contains three such vertices with the same color a. Thus, p_l contains an occurrence of ABACA such that $A \mapsto a$ on vertices with index $\equiv 1 \pmod{100}$. The same is true for p_r . In \overrightarrow{G} , the occurrences of ABACA in p_l and p_r imply an occurrence of ABACADABCA since we can skip an occurrence of the variable A in p_l thanks to some arc of the form $\overrightarrow{v_{100j}v_{100j+2}}$.

This shows that ABACADABCA is unavoidable on \overline{G} . So Grytczuk's conjecture is disproved since \overline{G} has maximum degree 3. It is also a counterexample to Conjecture 6 in [6] which states that every avoidable pattern is avoidable on the infinite graph with vertices $\{v_0, v_1, \ldots\}$ and the arcs $\overrightarrow{v_i v_{i+1}}$ and $\overrightarrow{v_i v_{i+2}}$ for every $i \ge 0$.

6 A palindrome with index 4

Mikhailova [11] considered the largest avoidability index \mathcal{P} of an avoidable pattern that is a palindrome. She proved that $\mathcal{P} \leq 16$. An obvious lower bound is $\mathcal{P} \geq \lambda(AA) = 3$. For a better lower bound, we consider the palindromic pattern ABCADACBA or, equivalently, the ternary formula f = ABCA.ACBA. Since it is a ternary formula, f is 4-avoidable. More precisely, f is not nice because of the variable C, so the only formula in the 3-avoidance basis that divides f is AB.AC.BA.CA.CB, which is avoided by b_4 .

Let us show that f is not 3-avoidable. Let w be a ternary recurrent word avoiding f. Assume towards a contradiction that w contains a square uu. Then there exists a non-empty word v such that uuvuu is a factor of w. Thus, w contains an occurrence of f given by the morphism $A \mapsto u, B \mapsto u, C \mapsto v$. This contradiction shows that w is square-free. A computer check shows that no infinite ternary square-free word avoids f. This holds even if we forbid only squares and every occurrence h of f such that |h(A)| = 1 and $|h(B)| + |h(C)| \leq 5$. Thus, $P \geq \lambda(ABCADACBA) = \lambda(ABCA.ACBA) = 4$.

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