

# A bound on the index of exponent-4 algebras in terms of the $u$ -invariant

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ABSTRACT. For a prime number  $p$ , an integer  $e \geq 2$  and a field  $F$  containing a primitive  $p^e$ -th root of unity, the index of central simple  $F$ -algebras of exponent  $p^e$  is bounded in terms of the  $p$ -symbol length of  $F$ . For a nonreal field  $F$  of characteristic different from 2, the index of central simple algebras of exponent 4 is bounded in terms of the  $u$ -invariant of  $F$ . Finally, a new construction for nonreal fields of  $u$ -invariant 6 is presented.

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## 1. Introduction

Let  $F$  be a field and  $n$  a positive integer. A central simple  $F$ -algebra of degree  $n$  containing a subfield which is a cyclic extension of degree  $n$  of  $F$  is called *cyclic* or a *cyclic  $F$ -algebra*. Given a cyclic field extension  $K/F$  of degree  $n$ , a generator  $\sigma$  of its Galois group and an element  $b \in F^\times$ , the rules

$$j^n = b \quad \text{and} \quad xj = j\sigma(x) \quad \text{for all } x \in K$$

determine a multiplication on the  $K$ -vector space  $K \oplus jK \oplus \dots \oplus j^{n-1}K$  turning it into a cyclic  $F$ -algebra of degree  $n$ , which is denoted by

$$[K/F, \sigma, b).$$

Any cyclic  $F$ -algebra is isomorphic to an algebra of this form; see [3, Theorem 5.9]. Furthermore, any central  $F$ -division algebra of degree 2 or 3 is cyclic; see [3, Theorem 11.5] for the degree-3 case.

Received January 10, 2023.

2020 *Mathematics Subject Classification*. 12E15, 16K20, 16K50.

*Key words and phrases*. Brauer group, cyclic algebra, symbol length, index, exponent,  $u$ -invariant.

Central simple  $F$ -algebras of degree 2 are called *quaternion algebras*. We refer to [10, p. 25] for a discussion of quaternion algebras, including their standard presentation by symbols depending on two parameters from the base field. If  $\text{char } F \neq 2$ ,  $a \in F^\times \setminus F^{\times 2}$  and  $b \in F^\times$ , then the  $F$ -quaternion algebra  $(a, b)_F$  is equal to  $[K/F, \sigma, b]$  for  $K = F(\sqrt{a})$  and the nontrivial automorphism  $\sigma$  of  $K/F$ .

We refer to [3] and [6] for the theory of central simple algebras, and to [4, Section 3] for a survey on the role of cyclic algebras in this context.

Before we approach the problem in the focus of our interest, we fix some notation. We set  $\mathbb{N}^+ = \mathbb{N} \setminus \{0\}$ . We denote by  $\text{Br}(F)$  the Brauer group of  $F$ , and for  $n \in \mathbb{N}^+$ , we denote by  $\text{Br}_n(F)$  the  $n$ -torsion part of  $\text{Br}(F)$ . Let  $p$  always denote a prime number.

The following question was asked by Albert in [1, p.126] and is still open in general.

**Question 1.1.** For  $n \in \mathbb{N}^+$ , is  $\text{Br}_n(F)$  generated by classes of cyclic algebras of degree dividing  $n$ ?

In view of the Primary Decomposition Theorem for central simple algebras (see e.g. [6, Corollary 9.11]), any such question can be reduced to the case where  $n$  is a prime power. Each of the following two famous results gives a positive answer to Question 1.1 under additional hypotheses on  $F$  in relation to  $n$ .

**Theorem 1.2** (Albert). *Let  $p$  be a prime number and assume that  $\text{char } F = p$ . Let  $e \in \mathbb{N}^+$ . Then  $\text{Br}_{p^e}(F)$  is generated by classes of cyclic  $F$ -algebras of degree dividing  $p^e$ .*

**Proof.** See [3, Chapter VII, Section 9]. □

**Theorem 1.3** (Merkurjev-Suslin). *Let  $n \in \mathbb{N}^+$  and assume that  $F$  contains a primitive  $n$ -th root of unity. Then  $\text{Br}_n(F)$  is generated by the classes of cyclic  $F$ -algebras of degree dividing  $n$ .*

**Proof.** See [13]. □

If  $F$  contains a primitive  $n$ -th root of unity then  $\text{char } F$  does not divide  $n$ . Hence, the hypotheses of Theorem 1.2 and Theorem 1.3 are mutually exclusive.

For  $n = 2$ , Theorem 1.3 was obtained by Merkurjev in [12]. Note that the hypothesis of Theorem 1.3 for  $n = 2$  just means that  $\text{char } F \neq 2$ . Together with Theorem 1.2 this gives an unconditional positive answer to Question 1.1 for  $n = 2$ .

It was observed in [13, Proposition 16.6] that from the positive answer to Question 1.1 in the (highly nontrivial) case  $n = 2$  one obtains (rather easily) an unconditional positive answer for  $n = 4$ . In Corollary 3.10, we obtain a different argument for this step.

Whenever we have a positive answer to Question 1.1, it is motivated to look at quantitative aspects of the problem. In the first place, this concerns the number of cyclic algebras needed for a tensor product representing a class in  $\text{Br}(F)$  of given exponent. This leads to the notion and the study of *symbol lengths*.

For a central simple  $F$ -algebra  $A$ , the  $n$ -symbol length of  $A$ , denoted by  $\lambda_n(A)$ , is the smallest  $m \in \mathbb{N}^+$  such that  $A$  is Brauer equivalent to a tensor product of  $m$  cyclic algebras of degree dividing  $n$ , if such an integer  $m$  exists, otherwise we set  $\lambda_n(A) = \infty$ . The  $n$ -symbol length of  $F$  is defined as

$$\lambda_n(F) = \sup\{\lambda_n(A) \mid [A] \in \text{Br}_n(F)\} \in \mathbb{N}^+ \cup \{\infty\}.$$

Note that the index of any central simple  $F$ -algebra of exponent  $n$  is at most  $n^{\lambda_n(F)}$ .

Let  $p$  be a prime number. It seems plausible to take the  $p$ -symbol length of  $F$  for a measure for the complexity of the whole  $p$ -primary part of the theory of central simple algebras over  $F$ . So in particular one might expect that  $\lambda_{p^e}(F)$  can be bounded in terms of  $\lambda_p(F)$  for all  $e \in \mathbb{N}^+$ . When  $F$  contains a primitive  $p^e$ -th root of unity, it follows from [17, Proposition 2.5] that  $\lambda_{p^e}(F) \leq e\lambda_p(F)$ , but in general, this problem is still open.

In this article, we consider the following question.

**Question 1.4.** Let  $e \in \mathbb{N}^+$ . Can one bound the index of a central simple  $F$ -algebra of exponent  $p^e$  in terms of  $e$  and  $\lambda_p(F)$ ?

This is obviously true when  $e = 1$ . In the case where  $F$  contains a primitive  $p^e$ -th root of unity, one can distill from the proof of [17, Proposition 2.5] an argument showing that the index of any central simple  $F$ -algebra of exponent  $p^e$  is bounded by  $p^{\frac{e(e+1)}{2}\lambda_p(F)}$ . We retrieve this bound in Theorem 2.6 by means of a lifting argument formulated in Proposition 2.4.

In Section 3, we consider the case where  $p^e = 4$  and make no assumption on roots of unity. For a nonreal field  $F$ , we obtain in Corollary 3.12 an upper bound on the index of exponent-4 algebras in terms of the  $u$ -invariant of  $F$ .

Section 4 is devoted to the construction of examples of nonreal fields with given  $u$ -invariant admitting a central simple algebra of given 2-primary exponent and of comparatively large index; see Proposition 4.3. If  $F$  is nonreal and  $u(F) = 4$ , then by Corollary 3.12 the index of a central simple  $F$ -algebra of exponent 4 is at most 8, and we see in Example 4.4 that this is optimal. This example provides at the same time quadratic field extensions  $K/F$  with  $u(F) = 4$  and  $u(K) = 6$ ; see Example 4.5. Hence, Section 4 provides also an alternative construction of fields of  $u$ -invariant 6.

## 2. Multiplication by a power of $p$ in the Brauer group

For a finite field extension  $K/F$ , let  $N_{K/F} : K \rightarrow F$  denote the norm map.

**Theorem 2.1.** *Let  $\zeta \in F$  be a primitive  $p$ -th root of unity. Let  $K/F$  be a cyclic field extension of degree  $p^{e-1}$ . Then  $K/F$  embeds into a cyclic field extension of degree  $p^e$  of  $F$  if and only if  $\zeta = N_{K/F}(x)$  for some  $x \in K$ .*

**Proof.** See [2, Theorem 9.11]. □

Let  $A$  and  $B$  be central simple  $F$ -algebras. We write  $A \sim B$  to indicate that  $A$  and  $B$  are Brauer equivalent. For  $n \in \mathbb{N}^+$  we denote by  $A^{\otimes n}$  the  $n$ -fold tensor product  $A \otimes_F \dots \otimes_F A$ .

**Theorem 2.2** (Albert). *Let  $n, m \in \mathbb{N}$  with  $m \leq n$  and  $b \in F^\times$ . Let  $L/F$  be a cyclic field extension of degree  $p^n$  and let  $\sigma$  be a generator of its Galois group. Let  $K$  be the fixed field of  $\sigma^{p^{n-m}}$  in  $L$ . Then*

$$[L/F, \sigma, b]^{\otimes p^m} \sim [K/F, \sigma|_K, b].$$

**Proof.** See [3, Theorem 7.14].  $\square$

**Corollary 2.3.** *Let  $\zeta \in F$  be a primitive  $p$ -th root of unity. Let  $e \in \mathbb{N}^+$ . For  $\alpha \in \text{Br}(F)$ , the following are equivalent:*

- (i)  $\alpha$  is the class of a cyclic  $F$ -algebra of degree  $p^{e-1}$  containing a cyclic field extension  $K/F$  of degree  $p^{e-1}$  such that  $\zeta = N_{K/F}(x)$  for some  $x \in K$ .
- (ii)  $\alpha = p\beta$  for the class  $\beta \in \text{Br}(F)$  of a cyclic  $F$ -algebra of degree  $p^e$ .

**Proof.** ( $i \Rightarrow ii$ ) Assume that  $K/F$  is a cyclic field extension of degree  $p^{e-1}$ ,  $\sigma$  a generator of its Galois group and  $b \in F^\times$  is such that  $\alpha$  is represented by  $[K/F, \sigma, b]$ . Assume further that  $\zeta = N_{K/F}(x)$  for some  $x \in K$ . By Theorem 2.1, there exists a field extension  $L/K$  of degree  $p$  such that  $L/F$  is cyclic. Then  $\sigma$  extends to an  $F$ -automorphism  $\sigma'$  of  $L$ , and it follows that  $\sigma'$  generates the Galois group of  $L/F$ . Let  $\beta$  be the class of the cyclic  $F$ -algebra  $[L/F, \sigma', b]$ . Since  $[L : K] = p$  and  $\sigma'|_K = \sigma$ , we conclude by Theorem 2.2 that  $p\beta = \alpha$ .

( $ii \Rightarrow i$ ) Assume that  $\alpha = p\beta$  where  $\beta \in \text{Br}(F)$  is the class of a cyclic  $F$ -algebra of degree  $p^e$ . Then  $\beta$  is given by  $[L/F, \sigma, b]$  for some cyclic field extension  $L/F$  of degree  $p^e$ , a generator  $\sigma$  of its Galois group and some  $b \in F^\times$ . Let  $K$  denote the fixed field of  $\sigma^{p^{e-1}}$  in  $L$ . Then  $K/F$  is cyclic of degree  $p^{e-1}$ , and we obtain by Theorem 2.1 that  $\zeta = N_{K/F}(x)$  for some  $x \in K$ . By Theorem 2.2, we have  $[L/F, \sigma, b]^{\otimes p} \sim [K/F, \sigma|_K, b]$ . Hence,  $\alpha$  is given by  $[K/F, \sigma|_K, b]$ .  $\square$

Given a central simple  $F$ -algebra  $A$ , we denote by  $\deg A$ ,  $\text{ind } A$  and  $\text{exp } A$ , the degree, index and exponent of  $A$ , respectively. For  $\alpha \in \text{Br}(F)$ , we write  $\text{ind } \alpha$  and  $\text{exp } \alpha$  for the index and the exponent of any central simple  $F$ -algebra representing  $\alpha$ .

Given a field extension  $F'/F$  and  $\alpha \in \text{Br}(F)$  we denote by  $\alpha_{F'}$  the image of  $\alpha$  under the natural map  $\text{Br}(F) \rightarrow \text{Br}(F')$  induced by scalar extension.

Let  $m \in \mathbb{N}^+$ . We call  $\alpha \in \text{Br}(F)$  an  $m$ -cycle if  $\text{exp } \alpha = m = [K : F]$  for some cyclic field extension  $K/F$  for which  $\alpha_K = 0$ . Hence, given a central  $F$ -division algebra  $D$ , the class of  $D$  in  $\text{Br}(F)$  is an  $m$ -cycle if and only if  $D$  is cyclic and  $\text{exp } D = \deg D = m$ .

**Proposition 2.4.** *Let  $e, i \in \mathbb{N}^+$  with  $i \leq e$  and such that every cyclic field extension of degree  $p^i$  of  $F$  embeds into a cyclic field extension of degree  $p^e$  of  $F$ . Then every  $p^i$ -cycle in  $\text{Br}(F)$  is of the form  $p^{e-i}\beta$  for a  $p^e$ -cycle  $\beta \in \text{Br}(F)$ .*

**Proof.** Let  $\alpha \in \text{Br}(F)$  be a  $p^i$ -cycle. Hence,  $\alpha$  is given by  $D = [K/F, \sigma, b]$  for a cyclic field extension  $K/F$  of degree  $p^i$ , a generator  $\sigma$  of its Galois group and

some  $b \in F^\times$ . In particular  $\deg D = p^i = \exp \alpha = \exp D$ , whereby  $D$  is a division algebra. By the hypothesis,  $K/F$  embeds into a cyclic field extension  $L/F$  of degree  $p^e$ . Then  $\sigma$  extends to an  $F$ -automorphism  $\sigma'$  of  $L$ . It follows that  $\sigma'$  is a generator of the Galois group of  $L/F$ . We set  $\Delta = [L/F, \sigma', b]$  and denote by  $\beta$  the class of  $\Delta$  in  $\text{Br}(F)$ . We obtain by Theorem 2.2 that  $\Delta^{\otimes p^{e-i}} \sim D$ , whereby  $p^{e-i}\beta = \alpha$ . Since  $\exp \alpha = p^i$ , it follows that  $\exp \beta = p^e = \deg \Delta$ . Since  $\beta_L = 0$ , we conclude that  $\beta$  is a  $p^e$ -cycle.  $\square$

An element  $\alpha \in \text{Br}(F)$  is called a *cycle* if it is an  $m$ -cycle for some  $m \in \mathbb{N}^+$  (given by  $m = \exp \alpha$ ).

**Corollary 2.5.** *Let  $e \in \mathbb{N}^+$  be such that  $F$  contains a primitive  $p^e$ -th root of unity. Then every cycle in  $\text{Br}_{p^e}(F)$  is a multiple of a  $p^e$ -cycle.*

**Proof.** Let  $\omega \in F$  be a primitive  $p^e$ -th root of unity and set  $\zeta = \omega^{p^{e-1}}$ . Then  $\zeta$  is a primitive  $p$ -th root of unity. For any field extension  $K/F$  of degree  $p^i$  with  $1 \leq i \leq e - 1$ , we have that  $\zeta = (\omega^{p^{e-i-1}})^{p^i} = \mathbf{N}_{K/F}(\omega^{p^{e-i-1}})$ . Hence, it follows by induction on  $i$  from Theorem 2.1 that every cyclic field extension of degree  $p^i$  of  $F$  embeds into a cyclic field extension of degree  $p^e$ . Now the conclusion follows by Proposition 2.4.  $\square$

The following bound can be easily derived from the proof of [17, Proposition 2.5]. To illustrate the general strategy, we include an argument.

**Theorem 2.6.** *Let  $e \in \mathbb{N}^+$  be such that  $F$  contains a primitive  $p^e$ -th root of unity. Then  $\text{Br}_{p^e}(F)$  is generated by the  $p^e$ -cycles. Furthermore, for every  $\alpha \in \text{Br}_{p^e}(F)$ , we have  $\text{ind } \alpha = p^n$  for some  $n \in \mathbb{N}^+$  with*

$$n \leq \frac{e(e+1)}{2} \lambda_p(F).$$

**Proof.** Consider  $\alpha \in \text{Br}_{p^e}(F)$ . By induction on  $e$  we will show at the same time that  $\alpha$  is a sum of  $p^e$ -cycles and that  $\text{ind } \alpha$  is of the claimed form.

We have  $p^{e-1}\alpha \in \text{Br}_p(F)$ . It follows by Theorem 1.3 for  $n = p$  and by the definition of  $\lambda_p(F)$  that  $p^{e-1}\alpha = \sum_{i=1}^m \gamma_i$  for some natural number  $m \leq \lambda_p(F)$  and classes  $\gamma_1, \dots, \gamma_m \in \text{Br}(F)$  of cyclic  $F$ -division algebras of degree  $p$ . Then  $\gamma_1, \dots, \gamma_m$  are  $p$ -cycles. By Corollary 2.5, for  $1 \leq i \leq m$ , we have  $\gamma_i = p^{e-1}\beta_i$  for a  $p^e$ -cycle  $\beta_i \in \text{Br}(F)$ .

We set  $\alpha' = \alpha - \sum_{i=1}^m \beta_i$ . Then  $\alpha' \in \text{Br}_{p^{e-1}}(F)$ . If  $e = 1$ , then  $\alpha' = 0$  and  $\alpha = \sum_{i=1}^m \beta_i$ , and we obtain that  $\text{ind } \alpha = p^n$  for some positive integer  $n \leq m \leq \lambda_p(F)$ , confirming the claims about  $\alpha$ . Assume now that  $e > 1$ . By the induction hypothesis,  $\alpha'$  is equal to a sum of  $p^{e-1}$ -cycles and  $\text{ind } \alpha' = p^{n'}$  for a natural number  $n' \leq \frac{(e-1)e}{2} \lambda_p(F)$ . By Corollary 2.5, every cycle in  $\text{Br}_{p^e}(F)$  is a multiple of a  $p^e$ -cycle, hence in particular, a sum of  $p^e$ -cycles. We conclude that  $\alpha'$  is a sum of  $p^e$ -cycles, whereby  $\alpha$  is a sum of  $p^e$ -cycles. Furthermore  $\text{ind } \alpha$  divides  $\text{ind } \alpha' \cdot \text{ind } \beta_1 \cdots \text{ind } \beta_m = p^{n'+em}$ . Hence,  $\text{ind } \alpha = p^n$  for some positive

integer

$$n \leq n' + em \leq \frac{(e-1)e}{2} \lambda_p(F) + e \lambda_p(F) = \frac{e(e+1)}{2} \lambda_p(F).$$

This proves the claims about  $\alpha$ .  $\square$

To obtain that  $\text{Br}_{p^e}(F)$  is generated by cycles, one can also conclude inductively on the basis of a weaker hypothesis on roots of unity than in Theorem 2.6.

**Proposition 2.7.** *Let  $e \in \mathbb{N}^+$  be such that  $p \text{Br}(F) \cap \text{Br}_{p^{e-1}}(F)$  is generated by elements  $p\beta$  with cycles  $\beta \in \text{Br}_{p^e}(F)$ . Then  $\text{Br}_{p^e}(F)$  is generated by cycles.*

**Proof.** Consider  $\alpha \in \text{Br}_{p^e}(F)$ . Then  $p\alpha \in p \text{Br}(F) \cap \text{Br}_{p^{e-1}}(F)$ , so the hypothesis implies that  $p\alpha = \sum_{i=1}^n p\beta_i$  for some  $n \in \mathbb{N}$  and cycles  $\beta_1, \dots, \beta_n \in \text{Br}_{p^e}(F)$ . Hence,  $\alpha - \sum_{i=1}^n \beta_i \in \text{Br}_p(F)$ . By Theorem 1.3,  $\alpha - \sum_{i=1}^n \beta_i = \sum_{i=1}^m \gamma_i$  for some  $m \in \mathbb{N}$  and  $p$ -cycles  $\gamma_1, \dots, \gamma_m \in \text{Br}(F)$ . Hence,  $\alpha$  is a sum of cycles in  $\text{Br}_{p^e}(F)$ .  $\square$

### 3. Multiplying by 2 in the Brauer group

From now on we assume that  $\text{char } F \neq 2$ . We show that the hypotheses of Proposition 2.7 for  $p = e = 2$  are satisfied to retrieve the positive answer to Question 1.1 in the case where  $p^e = 4$ . The argument also yields bounds on the index of exponent-4 algebras in terms of the 2-symbol length, and hence an affirmative answer to Question 1.4 for these algebras.

We denote by  $S_2(F)$  the set of nonzero sums of two squares in  $F$ . Note that  $S_2(F)$  is a subgroup of  $F$ .

The following statement is essentially contained in [11, Corollary 5.14]. We include the argument for convenience.

**Proposition 3.1.** *Let  $Q$  be an  $F$ -quaternion division algebra. The following are equivalent:*

- (i)  $-1$  is a norm in a quadratic field extension of  $F$  contained in  $Q$ .
- (ii)  $-1$  is a reduced norm of  $Q$ .
- (iii)  $Q \sim C^{\otimes 2}$  for some cyclic  $F$ -algebra  $C$  of degree 4.
- (iv)  $Q \simeq (s, t)_F$  for certain  $s \in S_2(F)$  and  $t \in F^\times$ .

**Proof.** Let  $\text{Nrd}_Q : Q \rightarrow F$  denote the reduced norm map. For any quadratic field extension  $K/F$  contained in  $Q$  and any  $x \in K$  we have  $\text{Nrd}_Q(x) = \text{N}_{K/F}(x)$ . Therefore, the implication  $(i \Rightarrow ii)$  is obvious, and for  $(ii \Rightarrow i)$ , it suffices to observe that, since  $Q$  is a division algebra, every maximal commutative subring of  $Q$  is a quadratic field extension of  $F$ .

The equivalence  $(i \Leftrightarrow iii)$  corresponds to the equivalence formulated in Corollary 2.3 in the case where  $p = e = 2$ , taking for  $\alpha \in \text{Br}(F)$  the class of  $Q$ .

To finish the proof, it suffices to show the equivalence  $(i \Leftrightarrow iv)$ . As  $\text{char } F \neq 2$ , any quadratic field extension of  $F$  is of the form  $F(\sqrt{s})$  for some  $s \in F^\times \setminus F^{\times 2}$ , and for such  $s$ , we have that  $-1$  is a norm in  $F(\sqrt{s})/F$  if and only if the quadratic form  $X^2 + Y^2 - sZ^2$  over  $F$  is isotropic, if and only if  $s \in S_2(F)$ . Finally, given a

quadratic field extension  $K/F$  contained in  $Q$  and  $s \in F^\times$  such that  $K \simeq F(\sqrt{s})$ , by [3, Theorem 5.9], we can find an element  $t \in F^\times$  such that  $Q \simeq (s, t)_F$ .  $\square$

We denote by  $WF$  the Witt ring of  $F$  and by  $IF$  its fundamental ideal. For  $n \in \mathbb{N}^+$ , we set  $I^n F = (IF)^n$ , and we call a regular quadratic form over  $F$  whose Witt equivalence class belongs to  $I^n F$  simply a *form in  $I^n F$* . Given a regular quadratic form  $q$  over  $F$ , we denote by  $\dim q$  its dimension (rank). By a *torsion form* we shall mean a regular quadratic form over  $F$  whose class in  $WF$  has finite additive order. A quadratic form  $q$  such that  $2 \times q$  is hyperbolic is called a *2-torsion form*. The following statement describes 2-torsion forms in  $I^2 F$ .

**Lemma 3.2.** *Let  $q$  be a form in  $I^2 F$ . Let  $m \in \mathbb{N}^+$  be such that  $\dim q = 2m + 2$ . Then  $2 \times q$  is hyperbolic if and only if  $q$  is Witt equivalent to  $\perp_{i=1}^m a_i \langle\langle s_i, t_i \rangle\rangle$  for some  $s_1, \dots, s_m \in S_2(F)$  and  $a_1, t_1, \dots, a_m, t_m \in F^\times$ .*

**Proof.** For  $s \in S_2(F)$  and  $t \in F^\times$ , the form  $2 \times \langle\langle s, t \rangle\rangle$  over  $F$  is hyperbolic. This proves the right-to-left implication.

We prove the opposite implication by induction on  $m$ . If  $m = 0$ , then  $q$  is a 2-dimensional quadratic form in  $I^2 F$  and must therefore be hyperbolic. In particular, the statement holds in this case. Suppose now that  $m \geq 1$ . In view of the induction hypothesis, we may assume without loss of generality that  $q$  is anisotropic. As the quadratic form  $2 \times q$  is hyperbolic and hence in particular isotropic, it follows by [7, Lemma 6.24] that  $q \simeq q_1 \perp q_2$  for certain regular quadratic forms  $q_1$  and  $q_2$  over  $F$  such that  $\dim q_1 = 2$  and  $2 \times q_1$  is hyperbolic. We fix an element  $a_1 \in F^\times$  represented by  $q_1$ . Then  $q_1 \simeq \langle a_1, -a_1 s_1 \rangle$  for some  $s_1 \in F^\times$ . As  $2 \times q_1$  is hyperbolic, so is  $2 \times \langle 1, -s_1 \rangle$ , whereby  $s_1 \in S_2(F)$ . We write  $q_2 \simeq \langle a \rangle \perp q'$  with  $a \in F^\times$  and a  $(2m - 1)$ -dimensional regular quadratic form  $q'$  over  $F$ . We set  $q'' = q' \perp \langle s_1 a \rangle$  and  $t_1 = -a_1 a$ . We obtain that  $q \perp -q''$  is Witt equivalent to  $a_1 \langle\langle s_1, t_1 \rangle\rangle$ . Since  $s_1 \in S_2(F)$ , we have that  $2 \times \langle\langle s_1, t_1 \rangle\rangle$  is hyperbolic. Therefore,  $2 \times q''$  is Witt equivalent to  $2 \times q$ , and hence equally hyperbolic. Furthermore,  $q''$  is a form in  $I^2 F$ . Since  $\dim q'' = 2m$  and  $2 \times q''$  is hyperbolic, the induction hypothesis yields that there exist  $s_2, \dots, s_m \in S_2(F)$  and  $a_2, t_2, \dots, a_m, t_m \in F^\times$  such that  $q''$  is Witt equivalent to  $\perp_{i=2}^m a_i \langle\langle s_i, t_i \rangle\rangle$ . Then  $q$  is Witt equivalent to  $\perp_{i=1}^m a_i \langle\langle s_i, t_i \rangle\rangle$ . This concludes the proof.  $\square$

By [7, Theorem 14.3], associating to a quadratic form its Clifford algebra induces a homomorphism

$$e_2 : I^2 F \rightarrow \text{Br}_2(F).$$

By Merkurjev's Theorem [7, Theorem 44.1] together with [14, Theorem 4.1], the kernel of this homomorphism is precisely  $I^3 F$ .

For a quadratic field extension  $K/F$ , we denote by  $\text{cor}_{K/F}$  the corestriction homomorphism  $\text{Br}(K) \rightarrow \text{Br}(F)$  defined in [10, Section 3.B] (where it is denoted by  $N_{K/F}$ ).

**Proposition 3.3.** *Let  $\beta \in \text{Br}_2(F)$ . The following are equivalent:*

- (i)  $\beta \in 2 \text{Br}(F)$ .



- (ii)  $\beta = e_2(q)$  for some 2-torsion form  $q$  in  $I^2F$ .  
 (iii)  $\beta$  is given by  $\bigotimes_{i=1}^m (s_i, t_i)_F$  for some  $m \in \mathbb{N}$ ,  $s_1, \dots, s_m \in S_2(F)$  and  $t_1, \dots, t_m \in F^\times$ .

Moreover, if these conditions are satisfied and  $\text{ind } \beta \leq 4$ , then one can choose  $m$  in (iii) such that  $\text{ind } \beta = 2^m$ .

**Proof.** The implication (iii)  $\Rightarrow$  (i) follows by Proposition 3.1.

For  $m \in \mathbb{N}$ ,  $s_1, \dots, s_m \in S_2(F)$  and  $a_1, t_1, \dots, a_m, t_m \in F^\times$ , one has that  $e_2(\bigoplus_{i=1}^m a_i \langle\langle s_i, t_i \rangle\rangle) \sim \bigotimes_{i=1}^m (s_i, t_i)_F$ . Hence, the equivalence (ii)  $\Leftrightarrow$  (iii) follows by Lemma 3.2.

We show now the implication (i)  $\Rightarrow$  (iii). If  $-1 \in F^{\times 2}$ , then  $F^\times = S_2(F)$ , so (iii) holds by Theorem 1.3. Assume now that  $-1 \in F^\times \setminus F^{\times 2}$  and that (i) holds. We set  $K = F(\sqrt{-1})$ . As  $\beta \in \text{Br}_2(F)$ , it follows by Theorem 1.3 together with [11, Corollary A4] that  $\beta \cup (-1) = 0$  in  $H^3(F, \mu_2)$ . By [7, Theorem 99.13], we obtain that  $\beta = \text{cor}_{K/F} \beta'$  for some  $\beta' \in \text{Br}_2(K)$ . By Theorem 1.3 and [7, Proposition 100.2],  $\text{Br}_2(K)$  is generated by the classes of  $K$ -quaternion algebras  $(x, t)_K$  with  $x \in K^\times$  and  $t \in F^\times$ , and the corestriction with respect to  $K/F$  of such a class is given by  $(N_{K/F}(x), t)_F$ . Since  $N_{K/F}(K^\times) \subseteq S_2(F)$  and  $\beta = \text{cor}_{K/F} \beta'$ , we obtain that  $\beta$  is given by  $\bigotimes_{i=1}^m (s_i, t_i)_F$  for some  $m \in \mathbb{N}$ ,  $s_1, \dots, s_m \in S_2(F)$  and  $t_1, \dots, t_m \in F^\times$ .

Hence, the equivalence of (i)–(iii) is established and it remains to prove the supplementary statement under the assumption that  $\text{ind } \beta \leq 4$ . In this case  $\beta$  is the class of an  $F$ -biquaternion algebra. It follows by [10, Section 16.A] that  $\beta = e_2(q')$  for a 6-dimensional form  $q'$  in  $I^2F$ . By (ii), there also exists a 2-torsion form  $q$  in  $I^2F$  with  $\beta = e_2(q)$ . Then  $q' \perp -q$  is a form in  $I^2F$  with  $e_2(q' \perp -q) = 0$ . As mentioned above, this implies that  $q' \perp -q$  is a form in  $I^3F$ . Since  $2 \times q$  is hyperbolic, the Witt class of  $2 \times q'$  lies in  $I^4F$ . Note that  $\dim 2 \times q' < 16$ . Thus,  $2 \times q'$  is hyperbolic, by [7, Theorem 23.7], and hence Lemma 3.2 yields the result.  $\square$

By Proposition 3.3, for  $p = e = 2$ , the hypotheses of Proposition 2.7 on  $2 \text{Br}(F) \cap \text{Br}_2(F)$  are satisfied unconditionally. Hence, one gets a positive answer to Question 1.1 for  $p^e = 4$ . We will formulate this result together with a bound on the index of exponent-4 algebras in terms of the 2-symbol length.

For  $\alpha \in \text{Br}_4(F)$ , we denote by  $\mu(\alpha)$  the smallest  $m \in \mathbb{N}$  for which there exist  $s_1, \dots, s_m \in S_2(F)$  and  $t_1, \dots, t_m \in F^\times$  with  $2\alpha = \sum_{i=1}^m [(s_i, t_i)_F]$ , noticing that such a representation does exist in view of Proposition 3.3. We set further

$$\mu(F) = \sup \{ \mu(\alpha) \mid \alpha \in \text{Br}_4(F) \} \in \mathbb{N} \cup \{ \infty \}.$$

**Remark 3.4.** If  $S_2(F) = F^\times$ , then  $\mu(F) = \lambda_2(F)$ .

The invariants  $\lambda_2(F)$  and  $\mu(F)$  are related to the existence of anisotropic torsion (respectively 2-torsion) forms over  $F$  in certain dimensions. Recall that the  $u$ -invariant of  $F$  is defined as

$$u(F) = \sup \{ \dim q \mid q \text{ anisotropic torsion form over } F \} \in \mathbb{N} \cup \{ \infty \}.$$



We refer to [15, Chapter 8] for a general discussion of this invariant.

**Proposition 3.5.** *If  $F$  is nonreal, then  $\lambda_2(F) \leq \max\{0, \frac{1}{2}u(F) - 1\}$ .*

**Proof.** See [9, Théorème 2]. □

In [15, Section 8.2], the following relative of the  $u$ -invariant is studied.

$$u'(F) = \sup \{ \dim q \mid q \text{ anisotropic 2-torsion form over } F \} \in \mathbb{N} \cup \{ \infty \}.$$

Note that clearly  $u'(F) \leq u(F)$ .

**Proposition 3.6.** *We have  $\mu(F) \leq \max\{0, \frac{1}{2}u'(F) - 1\}$ .*

**Proof.** We need to show that  $\mu(\alpha) \leq m$  holds for any  $\alpha \in \text{Br}_4(F)$  and any  $m \in \mathbb{N}^+$  with  $u'(F) \leq 2m + 2$ . Let  $m \in \mathbb{N}^+$  be such that  $u'(F) \leq 2m + 2$ . Let  $\alpha \in \text{Br}_4(F)$ . By Proposition 3.3, we have  $2\alpha = e_2(q)$  for some 2-torsion form  $q$  in  $I^2F$ . Then  $\dim q \leq u'(F) \leq 2m + 2$ . Hence,  $q$  is even-dimensional and we obtain that  $q$  is Witt equivalent to a quadratic form of dimension  $2m + 2$ . It follows by Lemma 3.2 that  $q$  is Witt equivalent to  $\perp_{i=1}^m a_i \langle\langle s_i, t_i \rangle\rangle$  for some  $s_1, \dots, s_m \in S_2(F)$  and  $a_1, t_1, \dots, a_m, t_m \in F^\times$ . Then

$$2\alpha = e_2(q) = e_2 \left( \perp_{i=1}^m a_i \langle\langle s_i, t_i \rangle\rangle \right) = \sum_{i=1}^m [(s_i, t_i)],$$

whereby  $\mu(\alpha) \leq m$ . □

The last statements motivate the following question.

**Question 3.7.** Is  $\mu(F) \leq \lambda_2(F)$ ?

If  $\lambda_2(F) \leq 2$ , then a positive answer to Question 3.7 is obtained by Proposition 3.3. In the following example, the inequality in Proposition 3.6 is strict.

**Example 3.8.** Consider the iterated power series field  $F = \mathbb{C}(\!(x)\!)(\!(y)\!)(\!(z)\!)$ . The 8-dimensional quadratic form  $\varphi = \langle 1, x, y, z, xy, xz, yz, xyz \rangle$  over  $F$  is anisotropic. Since  $-1$  is square in  $F$  and  $F^\times/F^{\times 2}$  is generated by the square-classes of  $x, y$  and  $z$ , it is easy to see that every anisotropic quadratic form over  $F$  is a subform of  $\varphi$ . This implies on the one hand that  $u(F) = 8$ , on the other hand that  $\lambda_2(F) = 1$ , because there is no anisotropic 6-dimensional form in  $I^2F$ . Furthermore  $-1 \in F^{\times 2}$ , so  $u'(F) = u(F) = 8$  and  $\mu(F) = \lambda_2(F) = 1$ .

**Proposition 3.9.** *Let  $\alpha \in \text{Br}_4(F)$ . There exist a natural number  $m \leq \mu(F)$  and 4-cycles  $\alpha_1, \dots, \alpha_m \in \text{Br}(F)$  such that  $\alpha \equiv \sum_{i=1}^m \alpha_i \pmod{\text{Br}_2(F)}$ .*

**Proof.** By Proposition 3.3 and the definition of  $\mu(F)$ , there exist a natural number  $m \leq \mu(F)$  and  $s_1, \dots, s_m \in S_2(F)$  and  $t_1, \dots, t_m \in F^\times$  such that  $2\alpha = \sum_{i=1}^m [(s_i, t_i)_F]$ . By Proposition 3.1, for  $1 \leq i \leq m$ , we can find a 4-cycle  $\alpha_i \in \text{Br}_4(F)$  such that  $2\alpha_i = [(s_i, t_i)_F]$ . We obtain that  $2\alpha - \sum_{i=1}^m 2\alpha_i = 0$ , whereby  $\alpha - \sum_{i=1}^m \alpha_i \in \text{Br}_2(F)$ . Therefore,  $\alpha \equiv \sum_{i=1}^m \alpha_i \pmod{\text{Br}_2(F)}$ . □

We retrieve [13, Proposition 6.16]:

**Corollary 3.10.**  $\text{Br}_4(F)$  is generated by cycles.

**Proof.** By Theorem 1.3,  $\text{Br}_2(F)$  is generated by classes of  $F$ -quaternion division algebras and thus by 2-cycles. The statement now follows by combining this fact with Proposition 3.9.  $\square$

**Theorem 3.11.** We have  $\lambda_4(F) \leq \lambda_2(F) + \mu(F)$ . Furthermore, for  $\alpha \in \text{Br}_4(F)$ , there exist  $\beta \in \text{Br}_4(F)$  with  $\lambda_4(\beta) \leq \mu(\alpha)$  and  $\gamma \in \text{Br}_2(F)$  such that  $\alpha = \beta + \gamma$ , and in particular  $\text{ind } \alpha = 2^n$  for some natural number  $n \leq \lambda_2(F) + 2\mu(F)$ .

**Proof.** Let  $\alpha \in \text{Br}_4(F)$  and set  $m = \mu(\alpha)$ . By Proposition 3.9, we obtain that  $\alpha = \sum_{i=1}^m \alpha_i + \gamma$  for some 4-cycles  $\alpha_1, \dots, \alpha_m \in \text{Br}_4(F)$  and some  $\gamma \in \text{Br}_2(F)$ . Set  $\beta = \sum_{i=1}^m \alpha_i$ . Then  $\beta \in \text{Br}_4(F)$  and

$$\lambda_4(\alpha) \leq \lambda_4(\gamma) + \lambda_4(\beta) \leq \lambda_2(\gamma) + m \leq \lambda_2(F) + \mu(F).$$

Note that  $\text{ind } \beta$  divides  $\prod_{i=1}^m \text{ind } \alpha_i = 2^{2m}$ . Since  $\text{ind } \gamma$  divides  $2^{\lambda_2(\gamma)}$  and  $\text{ind } \alpha$  divides  $\text{ind } \beta \cdot \text{ind } \gamma$ , we obtain that  $\text{ind } \alpha = 2^n$  for some  $n \in \mathbb{N}$  with  $n \leq \lambda_2(F) + 2\mu(F)$ .  $\square$

Note that when  $F$  contains a primitive 4-th root of unity, the bounds in Theorem 3.11 coincide with those in Theorem 2.6.

**Corollary 3.12.** Assume that  $F$  is nonreal. Let  $\alpha \in \text{Br}_4(F)$ . Then  $\text{ind } \alpha = 2^n$  for some natural number  $n \leq \max\left\{0, 3\left(\frac{1}{2}u(F) - 1\right)\right\}$ .

**Proof.** Since  $u'(F) \leq u(F)$ , this follows by Theorem 3.11 together with Proposition 3.5 and Proposition 3.6.  $\square$

**Proposition 3.13.** Let  $l = \lambda_2(F)$  and  $m = \mu(F)$  and assume that  $l + m < \infty$ . Let  $D$  be a central  $F$ -division algebra of degree  $2^{l+2m}$  for which  $D^{\otimes 4}$  is split. There exist  $F$ -quaternion algebras  $Q_1, \dots, Q_l$  and cyclic  $F$ -algebras  $C_1, \dots, C_m$  of degree 4 such that

$$D \simeq \left( \bigotimes_{i=1}^l Q_i \right) \otimes \left( \bigotimes_{i=1}^m C_i \right).$$

**Proof.** By Theorem 3.11, the class of  $D$  in  $\text{Br}(F)$  is represented by such a tensor product, and since the degrees coincide, the statement follows.  $\square$

**Corollary 3.14.** Assume that  $F$  is nonreal and let  $m \in \mathbb{N}$  be such that  $u(F) = 2m + 2$ . Let  $D$  be a central  $F$ -division algebra such that  $D^{\otimes 4}$  is split and  $\text{deg } D = 2^{3m}$ . Then  $D$  is decomposable into a tensor product of  $m$   $F$ -quaternion algebras and  $m$  cyclic  $F$ -algebras of degree 4.

**Proof.** Since  $u(F) = 2m + 2$ , we have  $\lambda_2(F) \leq m$ , by Proposition 3.5, and further  $\mu(F) \leq m$ , by Proposition 3.6. The statement follows by Proposition 3.13.  $\square$

**Theorem 3.15.** *Assume that  $F$  is nonreal with  $u(F) = 4$ . Let  $D$  be a central  $F$ -division algebra of degree 8 such that  $D^{\otimes 4}$  is split. Then  $D$  decomposes into a tensor product of a cyclic  $F$ -algebra of degree 4 and an  $F$ -quaternion algebra. Furthermore,  $\text{ind } D^{\otimes 2} = 2$ , and  $u(K) = 6$  holds for every quadratic field extension  $K/F$  such that  $(D^{\otimes 2})_K$  is split.*

**Proof.** The first part follows by Corollary 3.14 applied with  $m = 1$ .

Since  $u(F) = 4$ , we have  $\lambda_2(F) \leq 1$ , by Proposition 3.5. Hence,  $\text{ind } C \leq 2$  for every central simple  $F$ -algebra  $C$  such that  $C^{\otimes 2}$  is split. Since  $\text{ind } D > 2$  and  $D^{\otimes 4}$  is split, we conclude that  $\text{ind } D^{\otimes 2} = 2$ .

Consider now a quadratic field extension  $K/F$  such that  $(D^{\otimes 2})_K$  is split. Note that  $(D^{\otimes 2})_K \simeq (D_K)^{\otimes 2}$  and  $\text{ind } D_K \geq \frac{1}{2} \text{ind } D = 4$ . Hence,  $D_K$  represents an element of  $\text{Br}_2(K)$  which is not given by any  $K$ -quaternion algebra. This shows that  $\lambda_2(K) \geq 2$ . It follows by Proposition 3.5 that  $u(K) \geq 6$ . On the other hand, since  $u(F) = 4$  and  $[K : F] = 2$ , it follows by [8, Theorem 4.3] that  $u(K) \leq \frac{3}{2}u(F) \leq 6$ . Therefore,  $u(K) = 6$ . □

#### 4. Examples of fields with $u$ -invariant 6

In this section, we provide a construction leading to an example which shows that the bound in Corollary 3.12 is optimal for fields of  $u$ -invariant 4. In particular this construction provides examples of nonreal fields of  $u$ -invariant 6.

Let  $q$  be a regular quadratic form over  $F$  of dimension  $n \geq 2$ . If  $n = 2$ , then assume that  $q$  is not hyperbolic. Then as a polynomial in  $F[X_1, \dots, X_n]$ , the quadratic form  $q(X_1, \dots, X_n)$  is irreducible. Thus, the ideal generated by  $q(X_1, \dots, X_n)$  in the polynomial ring  $F[X_1, \dots, X_n]$  is a prime ideal, and hence the quotient ring  $F[X_1, \dots, X_n]/(q(X_1, \dots, X_n))$  is a domain. Its fraction field is denoted by  $F(q)$  and called the *function field of  $q$  over  $F$* .

**Lemma 4.1.** *Let  $m, n \in \mathbb{N}^+$ . Let  $\alpha \in \text{Br}(F)$  be such that  $\text{ind } \alpha = 2^n$ . Let  $q$  be a regular  $(2m + 1)$ -dimensional quadratic form over  $F$  such that  $\text{ind } \alpha_{F(q)} < \text{ind } \alpha$ . Then  $n \geq m$ . Moreover, if  $n > m$ , then  $\text{ind } 2\alpha \leq 2^{n-m-1}$ .*

**Proof.** Let  $D$  be the central  $F$ -division algebra representing  $\alpha$  in  $\text{Br}(F)$ . Then  $\text{deg } D = \text{ind } \alpha = 2^n$ . Let  $C_0(q)$  denote the even Clifford algebra of  $q$ . By [7, Proposition 11.6], the  $F$ -algebra  $C_0(q)$  is central simple. As  $\dim_F C_0(q) = 2^{2m}$ , we have  $\text{deg } C_0(q) = 2^m$ . By [7, Example 11.3 and Proposition 11.4 (b)],  $C_0(q)$  carries an  $F$ -linear involution. Therefore,  $(C_0(q))^{\otimes 2}$  is split.

Since  $\text{ind } D_{F(q)} = \text{ind } \alpha_{F(q)} < \text{ind } \alpha = \text{deg } D$ , it follows by [7, Proposition 30.5], that there exists an  $F$ -algebra homomorphism  $C_0(q) \rightarrow D$ . As  $C_0(q)$  and  $D$  are central simple  $F$ -algebras, it follows that  $D \simeq C_0(q) \otimes_F B$  for a central  $F$ -division algebra  $B$ . Hence,  $2^n = \text{deg } D = 2^m \cdot \text{deg } B$ , so in particular  $n \geq m$ .

Assume now that  $n > m$ . Then  $\text{ind } B = \text{deg } B = 2^{n-m} \geq 2$ . Since  $(C_0(q))^{\otimes 2}$  is split, the class  $2\alpha \in \text{Br}_2(F)$  is given by  $B^{\otimes 2}$ . Hence,  $\text{ind } 2\alpha = \text{ind } B^{\otimes 2}$ . By [3, Lemma 5.7], we have  $\text{ind } B^{\otimes 2} \leq \frac{1}{2} \text{ind } B$ . Therefore,  $\text{ind } 2\alpha \leq 2^{n-m-1}$ . □

**Theorem 4.2.** *Let  $\mathcal{C}$  be a class of field extensions of  $F$  with the following properties:*

- (i)  $\mathcal{C}$  is closed under direct limits,
- (ii) if  $L/F \in \mathcal{C}$  and  $K/F$  is a subextension of  $L/F$  then  $K/F \in \mathcal{C}$ ,
- (iii)  $F/F \in \mathcal{C}$ .

*Then there exists a field extension  $K/F \in \mathcal{C}$  such that  $K(\varphi)/F \notin \mathcal{C}$  for any anisotropic quadratic form  $\varphi$  over  $K$  of dimension at least 2.*

**Proof.** See [5, Theorem 6.1]. □

The following statement and its hypotheses are motivated by an application which we obtain in Example 4.4.

**Proposition 4.3.** *Let  $m, e \in \mathbb{N}^+$  with  $m \geq 2$ . Let  $\alpha \in \text{Br}(F)$  be such that  $\exp \alpha = 2^e$ ,  $\text{ind } \alpha = 2^{me-1}$  and  $\text{ind } 2^i \alpha = 2^{me-1-i}$  for  $0 \leq i \leq e-1$ . There exists a field extension  $K/F$  such that  $u(K) \leq 2m$ ,  $\exp \alpha_K = 2^e$  and  $\text{ind } \alpha_K = 2^{me-1}$ .*

**Proof.** Let  $\mathcal{C}$  be the class of field extensions  $K/F$  such that  $\text{ind } 2^i \alpha_K \geq 2^{me-mi-1}$  for  $0 \leq i \leq e-1$ . Then  $\mathcal{C}$  satisfies the conditions of Theorem 4.2. Hence, there exists a field extension  $K/F \in \mathcal{C}$  such that  $K(\varphi)/F \notin \mathcal{C}$  for any anisotropic quadratic form  $\varphi$  over  $K$  of dimension at least 2. As  $\text{ind } 2^{e-1} \alpha_K \geq 2^{m-1}$ ,  $m \geq 2$  and  $\exp \alpha = 2^e$ , we get that  $\exp \alpha_K = 2^e$ . Since  $\text{ind } \alpha_K \geq 2^{me-1}$  and  $\text{ind } \alpha = 2^{me-1}$ , we have that  $\text{ind } \alpha_K = 2^{me-1}$ .

Let  $\varphi$  be an arbitrary  $(2m+1)$ -dimensional quadratic form over  $K$ . We claim that  $\varphi$  is isotropic. Let  $\alpha_i = 2^i \alpha_K$  for  $0 \leq i \leq e-1$ . We will check for  $0 \leq i \leq e-1$  that the inequality  $\text{ind } \alpha_i \geq 2^{me-mi-1}$  is preserved under scalar extension from  $K$  to  $K(\varphi)$ . Consider first the case where  $i = e-1$ . If  $\text{ind } \alpha_{e-1} = 2^{m-1}$ , then  $\text{ind}(\alpha_{e-1})_{K(\varphi)} = 2^{m-1}$ , by Lemma 4.1. Otherwise,  $\text{ind } \alpha_{e-1} \geq 2^m$ , and therefore  $\text{ind}(\alpha_{e-1})_{K(\varphi)} \geq 2^{m-1}$ . Consider now the case where  $0 \leq i \leq e-2$ . Note that  $me-mi-1 \geq m+1$ , because  $m \geq 2$ . If  $\text{ind } \alpha_i = 2^{me-mi-1}$ , then since  $\text{ind } 2\alpha_i = \text{ind } \alpha_{i+1} \geq 2^{me-mi-1-m}$ , we conclude by Lemma 4.1 that  $\text{ind}(\alpha_i)_{K(\varphi)} = \text{ind } \alpha_i$ . Otherwise,  $\text{ind } \alpha_i \geq 2^{me-mi}$ , and hence  $\text{ind}(\alpha_i)_{K(\varphi)} \geq 2^{me-mi-1}$ . Therefore, we have  $\text{ind}(\alpha_i)_{K(\varphi)} \geq 2^{me-mi-1}$  for  $0 \leq i \leq e-1$ . This shows that  $K(\varphi)/F \in \mathcal{C}$ . In view of the choice of  $K$ , this implies that  $\varphi$  is isotropic. This argument shows that  $u(K) \leq 2m$ . □

We can now show that the bound in Corollary 3.12 is optimal when  $u(F) \leq 4$ .

**Example 4.4.** Let  $m, e \in \mathbb{N}^+$  with  $m \geq 2$ . By [16, Construction 2.8], there exist a nonreal field  $F$  of characteristic different from 2 and a central  $F$ -division algebra  $D$  such that  $\exp D = 2^e$ ,  $\deg D = 2^{me-1}$  and  $\text{ind } D^{\otimes 2^i} = 2^{me-1-i}$  for  $1 \leq i \leq e-1$ . Then Proposition 4.3 (applied to the the Brauer equivalence class of  $D$ ) yields a field extension  $F'/F$  such that  $u(F') \leq 2m$ ,  $\exp D_{F'} = 2^e$  and  $\text{ind } D_{F'} = 2^{me-1}$ . In the case where  $m = 2$ , it follows that  $u(F') = 4$ .

**Example 4.5.** By Example 4.4, there exist a nonreal field  $F$  with  $\text{char } F \neq 2$  together with an  $F$ -division algebra  $D$  of degree 8 such that  $u(F) = 4$  and  $D^{\otimes 4}$

is split. By Theorem 3.15, it follows that  $\text{ind } D^{\otimes 2} = 2$  and that  $u(K) = 6$  for every quadratic field extension  $K/F$  such that  $(D^{\otimes 2})_K$  is split.

## Acknowledgments

We like to thank the referee for their comments. This work was supported by the *Fonds Wetenschappelijk Onderzoek – Vlaanderen (FWO)* in the FWO Odysseus Programme (project G0E6114N ‘Explicit Methods in Quadratic Form Theory’), the *Fondazione Cariverona* in the programme Ricerca Scientifica di Eccellenza 2018 (project ‘Reducing complexity in algebra, logic, combinatorics - REDCOM’), and by the *FWO-Tournesol programme* (project VS05018N).

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This paper is available via <http://nyjm.albany.edu/j/2023/29-48.html>.