# SPANNING 3-COLOURABLE SUBGRAPHS OF SMALL BANDWIDTH IN DENSE GRAPHS 

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#### Abstract

A conjecture by Bollobás and Komlós states the following: For every $\gamma>0$ and integers $r \geq 2$ and $\Delta$, there exists $\beta>0$ with the following property. If $G$ is a sufficiently large graph with $n$ vertices and minimum degree at least $\left(\frac{r-1}{r}+\gamma\right) n$ and $H$ is an $r$-chromatic graph with $n$ vertices, bandwidth at most $\beta n$ and maximum degree at most $\Delta$, then $G$ contains a copy of $H$.

This conjecture generalises several results concerning sufficient degree conditions for the containment of spanning subgraphs. We prove the conjecture for the case $r=3$.


## 1. Introduction and results

The study of sufficient degree conditions which imply that a given graph $G$ satisfies a certain property is one of the central themes in extremal graph theory. In this paper we are concerned with conditions on the minimum degree of $G$ which guarantee that $G$ contains a copy of a particular spanning subgraph $H$.

A well known example of such a result is Dirac's theorem [13]. It asserts that any graph $G$ on $n$ vertices with minimum degree $\delta(G) \geq n / 2$ contains a spanning, so called Hamiltonian, cycle. Another classical result of that type by Corrádi and Hajnal [9] states that every graph $G$ with $n$ vertices and $\delta(G) \geq 2 n / 3$ contains $\lfloor n / 3\rfloor$ vertex disjoint triangles. This was generalised by Hajnal and Szemerédi [19], who proved that every graph $G$ with $\delta(G) \geq(r-1) n / r$ must contain a family of $\lfloor n / r\rfloor$ vertex disjoint cliques, each of size $r$.

Pósa (see, e.g., [14]) and Seymour [36] indicated how these theorems could actually fit into a common framework. They conjectured that, at the same threshold $\delta(G) \geq(r-1) n / r$, one can in fact ask for 'well-connected' cliques, more precisely that such a graph $G$ contains a copy of the $(r-1)$-st power of a Hamiltonian cycle (where the $(r-1)$-st power of an arbitrary graph is obtained by inserting an edge between every two vertices of distance at most $r-1$ in the original graph). The following approximate version of this conjecture for the case $r=3$ was proved by Fan and Kierstead [17].

Theorem 1 (Fan \& Kierstead). For every constant $\gamma>0$ there is a constant $n_{0}$ such that every graph $G$ on $n \geq n_{0}$ vertices with $\delta(G) \geq(2 / 3+\gamma) n$ contains the square of a Hamiltonian cycle.

Fan and Kierstead [18] also gave a proof for the exact statement (i.e., with $\gamma=0$ and $n_{0}=1$ ) for the square of a Hamiltonian path. ${ }^{1}$ Moreover, Komlós, Sárközy,

[^0]and Szemerédi [26] proved the approximate version concerning the $(r-1)$-st power of a Hamiltonian cycle. Finally, the same authors [23, 27] gave a proof of the sharp Pósa-Seymour conjecture for sufficiently large graphs $G$ and general $r$.

Several other results of a similar flavour have been obtained which deal with a variety of spanning subgraphs $H$, such as, e.g., trees, $F$-factors, and planar graphs $[3,5,6,7,10,11,22,28,29,31,32,33,37]$.

Facing this wealth of results, there seems to be a need for a unifying generalisation. Which parameter(s) of $H$ determine the minimum degree threshold for $G$ to guarantee a spanning copy of $H$ as a subgraph? The results above indicate that the chromatic number of $H$ plays a crucial rôle. Obviously, by the classical results of Turán [39] and of Erdős, Stone and Simonovits [15, 16], any graph $H$ of constant size with $\chi(H)=r$, is forced to appear as a subgraph in any sufficiently large graph $G$ if $\delta(G) \geq\left(\frac{r-2}{r-1}+\gamma\right) n$. However, if $H$ has as many vertices as $G$ and if in every $r$-colouring of $H$ the colour classes are of the same size, then it is clear that we do indeed need $\delta(G) \geq \frac{r-1}{r} n$. For example, let $G$ be the complete $r$-partite graph with partition classes almost, but not exactly, of the same size and let $H$ be the union of vertex disjoint $r$-cliques. (See, e.g., $[22,32,37]$ for a more detailed discussion showing how a less balanced $r$-colouring of $H$ can lead to a smaller minimum degree threshold between $\frac{r-2}{r-1} n$ and $\frac{r-1}{r} n$.)

Thus, in an attempt to move away from results that concern only graphs $H$ with a special, rigid structure, a naïve conjecture could be that $\delta(G) \geq\left(\frac{r-1}{r}+\gamma\right) n$ suffices to guarantee that $G$ contains a spanning copy of any $r$-chromatic graph $H$ of bounded maximum degree. While the results mentioned above are in accordance with this idea, it is known that it fails in general as the following simple example shows. Let $H$ be a random bipartite graph with bounded maximum degree and partition classes of size $n / 2$ each, and let $G$ be the graph formed by two cliques of size $(1 / 2+\gamma) n$ each, which share exactly $2 \gamma n$ vertices. It is then easy to see that $G$ cannot contain a copy of $H$, since in $H$ every set of vertices of size $(1 / 2-\gamma) n$ has more than $2 \gamma n$ neighbours.

One way to rule out such expansion properties for $H$, is to restrict the bandwidth of $H$. A graph is said to have bandwidth at most $b$, if there exists a labelling of the vertices by numbers $1, \ldots, n$, such that for every edge $\{i, j\}$ of the graph we have $|i-j| \leq b$. Bollobás and Komlós [21, Conjecture 16] conjectured that every $r$-chromatic graph on $n$ vertices of bounded degree and bandwidth limited by $o(n)$, can be embedded into any graph $G$ on $n$ vertices with $\delta(G) \geq\left(\frac{r-1}{r}+\gamma\right) n$. In this paper we give a proof of this conjecture for the case $r=3$.

Theorem 2. For all $\Delta \in \mathbb{N}$ and $\gamma>0$, there exist constants $\beta>0$ and $n_{0} \in \mathbb{N}$ such that for every $n \geq n_{0}$ the following holds.

If $H$ is a 3-chromatic graph on $n$ vertices with $\Delta(H) \leq \Delta$, and bandwidth at most $\beta n$ and if $G$ is a graph on $n$ vertices with minimum degree $\delta(G) \geq(2 / 3+\gamma) n$, then $G$ contains a copy of $H$.

We note that our proof can be turned into an algorithm. More precisely, an embedding of $H$ can be found in $O\left(n^{3.376}\right)$ if $H$ is given along with a valid 3colouring and a labelling of the vertices respecting the bandwidth bound $\beta n$ (see the last paragraph of Section 4 for more details).

Theorem 2 embraces a fairly large class of 3 -chromatic graphs $H$. In fact, most graphs $H$ considered so far were of constant bandwidth (e.g. powers of a

Hamiltonian cycle and $F$-factors), whereas Theorem 2 includes for example (higherdimensional) grid graphs as possible graphs $H$.

The analogue of Theorem 2 for a bipartite graph $H$ was announced by Abbasi [1] in 1998, and can now easily be obtained by our methods (see [20]), too. In [2] it is shown that in this case no sharp version of Theorem 2 (with $\gamma=0$ ) is possible. More precisely, it is shown that if $\gamma \rightarrow 0$ and $\Delta \rightarrow \infty$ then $\beta$ must tend to 0 in Theorem 2. However, the bound on $\beta$ coming from our proof is rather poor, having a tower-type dependence on $1 / \gamma$.

The proof of Theorem 2 is based on the regularity method and uses, in particular, the regularity lemma [38] and the blow-up lemma [24] together with Theorem 1. There is a well established strategy for proofs of this kind, which, as described by Komlós in his survey [21], proceeds in several steps: First, prepare the graph $H$ by dividing it into a constant number of smaller pieces, which is usually possible and not too difficult by calling upon the structural properties guaranteed for $H$. Secondly, prepare the graph $G$ by applying the regularity lemma and thus obtaining a sufficiently regular vertex partition. Thirdly, find an assignment that maps vertices of $H$ to the partition classes of $G$. Fourthly, ensure that the edges between the different parts of $H$ are mapped to edges in $G$. Finally, complete the embedding by applying the blow-up lemma to the individual pieces of $H$ and their counterparts in $G$.

Steps 2, 3, and 5 have been standardised by the use of the powerful tools mentioned above, but the proofs are still technically rather involved: although $H$ and $G$ have been 'prepared' roughly for each other, there is still a great deal of details that have to be carefully adjusted and fitted, especially in step 4. Since, in our case, we have very little control about the structure of $H$, this difficulty becomes particularly pressing. In order to avoid the looming threat of dealing with many cases, we have pushed the agenda described above a bit further.

We will prove two main lemmas. One of them deals with the graph $G$ only, and the other one with the graph $H$ only, but they are linked to each other in the following way: the lemma for $G$ (Lemma 11) will suggest a partition of $G$ and communicate the structure of this partition (but not the graph $G$ ) to the lemma for $H$ (Lemma 12). The lemma for $H$ will then try to find a partition of $H$ with a very similar structure, and return the sizes of its partition classes to the lemma for $G$. The latter will then adjust its partition classes by shifting a few vertices of $G$, until they fit exactly the class sizes of $H$. The embedding of $H$ into $G$ can then be found using (a slight variant of) the embedding lemma (Lemma 10), first used by Chvátal et al., for step 4 and the blow-up lemma (Theorem 9) for step 5.

This approach provides a very modular proof strategy that can easily be checked and may be of further use for other similar problems. For example, our current work-in-progress indicates that a proof of the Bollobás-Komlós conjecture for general $r$-chromatic graphs $H$ is now within reach.

This paper is organised as follows. In the next section, Section 2, we introduce the regularity lemma together with the two embedding lemmas mentioned above. In Section 3, we state and explain our two main lemmas, the lemma for $G$ and the lemma for $H$. Here we also outline how Theorem 2 can be deduced from these lemmas, while the the full details of the proof are given in Section 4. Finally, we prove the lemma for $G$ and the lemma for $H$ in Sections 5 and 6, respectively.

## 2. The regularity method

In this section we recall the notation needed for Szemerédi's regularity lemma and the blow-up lemma. We also prove a few simple facts concerning $\varepsilon$-regular pairs, which will be useful in the proofs of Theorem 2 and the lemma for $G$. We would advise a reader familiar with Szemerédi's regularity lemma to skip this section at the first reading and go directly to the outline of the proof of Theorem 2 in Section 3.

We start with some basic definitions. Our general aim is to find a copy of some graph $H$ in some other graph $G$, by which we mean that $G$ contains a subgraph which is isomorphic to $H$. In other words, we are looking for an embedding of $H$ into $G$, i.e., an injective function $f: V(H) \rightarrow V(G)$ such that for every edge $\{u, v\} \in E(H)$ we have $\{f(u), f(v)\} \in E(G)$.
2.1. Szemerédi's regularity lemma. One of the main tools in our proof is the regularity lemma [38] of Szemerédi, which pivots around the concept of an $\varepsilon$-regular pair. Let $G=(V, E)$ be a graph. For a vertex $v \in V$ we write $d_{G}(v):=\left|N_{G}(V)\right|$ for the degree of $v$ in $G$. Let $A, B \subseteq V$ be disjoint vertex sets. We denote the number of edges with one end in $A$ and the other end in $B$ by $e(A, B)$. The ratio $d(A, B):=e(A, B) /(|A||B|)$ is called the density of $(A, B)$. The pair $(A, B)$ is $\varepsilon$ regular, if for all $A^{\prime} \subseteq A$ and $B^{\prime} \subseteq B$ with $\left|A^{\prime}\right| \geq \varepsilon|A|$ and $\left|B^{\prime}\right| \geq \varepsilon|B|$ it is true that $\left|d(A, B)-d\left(A^{\prime}, B^{\prime}\right)\right|<\varepsilon$. An $\varepsilon$-regular pair $(A, B)$ is called $(\varepsilon, d)$-regular, if it has density at least $d$. The following is the so-called degree form of Szemerédi's regularity lemma (see, e.g., [30, Theorem 1.10]).

Theorem 3 (Regularity lemma). For every $\varepsilon>0$ and every integer $k_{0}$ there is an $K_{0}=K_{0}\left(\varepsilon, k_{0}\right)$ such that for every $d \in[0,1]$ and for every graph $G$ on at least $K_{0}$ vertices there exists a partition of $V(G)$ into $V_{0}, V_{1}, \ldots, V_{k}$ and a spanning subgraph $G^{\prime}$ of $G$ such that the following holds:
(i) $k_{0} \leq k \leq K_{0}$,
(ii) $d_{G^{\prime}}(x)>d_{G}(x)-(d+\varepsilon)|V(G)|$ for all vertices $x \in V(G)$,
(iii) for all $i \geq 1$ the induced subgraph $G^{\prime}\left[V_{i}\right]$ is empty,
(iv) $\left|V_{0}\right| \leq \varepsilon|V(G)|$,
(v) $\left|V_{1}\right|=\left|V_{2}\right|=\cdots=\left|V_{k}\right|$,
(vi) all pairs $\left(V_{i}, V_{j}\right)$ with $1 \leq i<j \leq k$ are either $(\varepsilon, d)$-regular or $G^{\prime}\left[V_{i}, V_{j}\right]$ is empty.

The sets $V_{i}$ in Theorem 3 are called clusters and the set $V_{0}$ is the exceptional set. Given a partition $V_{0} \dot{\cup} V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ as in Theorem 3, the reduced graph $R_{k}$ is the graph on vertices $[k]$ and with edges $\{i, j\}$ for $1 \leq i, j \leq k$ for exactly those pairs $\left(V_{i}, V_{j}\right)$ that are $(\varepsilon, d)$-regular in $G^{\prime}$. Thus, $\{i, j\}$ is an edge of $R_{k}$ if and only if $G^{\prime}$ has an edge between $V_{i}$ and $V_{j}$. On the other hand, for a graph $G=(V, E)$ and a graph $R_{k}$ on the vertex set $[k]$ we say that $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$ if $\left(V_{i}, V_{j}\right)$ is $(\varepsilon, d)$-regular for every $\{i, j\} \in E\left(R_{k}\right)$. We will also use the following simple corollary of Theorem 3 (see, e.g., [33, Proposition 9]).
Corollary 4. For every $\gamma>0$ there exist $d>0$ and $\varepsilon_{0}>0$ such that for every $0<\varepsilon \leq \varepsilon_{0}$ and every integer $k_{0}$ there exist $K_{0}$ so that the following holds.

For every $c \geq 0$, an application of Theorem 3 to a graph $G$ of minimum degree at least $(c+\gamma)|V(G)|$ yields a partition $V_{0}, V_{1}, \ldots, V_{k}$ of $V(G)$ and a subgraph $G^{\prime}$ of $G$ so that additionally to properties $(i)-(v i)$ the following holds:
(vii) the reduced graph $R_{k}$ has minimum degree at least $(c+\gamma / 2) k$.
2.2. Super-regular pairs. For the blow-up lemma we need the concept of a superregular pair. Roughly speaking a regular pair is super-regular if every vertex has a sufficiently large degree.
Definition 5 (super-regular pair). Let $\varepsilon, d>0$ and let $(A, B)$ be an $(\varepsilon, d)$-regular pair in a graph $G$. We say $(A, B)$ is $(\varepsilon, d)$-super-regular if, in addition, every $v \in A$ has at least $d|B|$ neighbours in $B$ and every $v \in B$ has at least $d|A|$ neighbours in $A$.

Moreover, for a graph $G=(V, E)$ and a graph $R_{k}$ on vertex set $[k]$ we say $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k} \subseteq V$ is $(\varepsilon, d)$-super-regular on $R_{k}$ if $\left(V_{i}, V_{j}\right)$ is $(\varepsilon, d)$-super-regular for every $\{i, j\} \in E\left(R_{k}\right)$.

Proposition 6 implies that every $(\varepsilon, d)$-regular pair $(A, B)$ contains a "large" $(2 \varepsilon, d-2 \varepsilon)$-super-regular sub-pair $\left(A^{\prime}, B^{\prime}\right)$.
Proposition 6. Let $(A, B)$ be an $(\varepsilon, d)$-regular pair and $B^{\prime}$ be a subset of $B$ of size at least $\varepsilon|B|$. Then there are at most $\varepsilon|A|$ vertices $v$ in $A$ with $\left|N(v) \cap B^{\prime}\right|<$ $(d-\varepsilon)\left|B^{\prime}\right|$.

Proof. Let $A^{\prime}=\left\{v \in A:|N(v)| \cap B^{\prime}<(d-\varepsilon)\left|B^{\prime}\right|\right\}$ and assume to the contrary that $\left|A^{\prime}\right|>\varepsilon|A|$. But then $d(X, Y)<\left((d-\varepsilon)\left|A^{\prime}\right|\left|B^{\prime}\right|\right) /\left(\left|A^{\prime}\right|\left|B^{\prime}\right|\right)=d-\varepsilon$ which is a contradiction since $(A, B)$ is $(\varepsilon, d)$-regular.

Repeating the last observation a fixed number of times, we obtain the following proposition, which we will later combine with Corollary 4.

Proposition 7. With the notation of Corollary 4, let $R^{\prime}$ be a subgraph of the reduced graph $R$ with $\Delta\left(R^{\prime}\right) \leq \Delta$. Then for each vertex $i$ of $R^{\prime}$, the corresponding set $V_{i}$ contains a subset $V_{i}^{\prime}$ of size $(1-\varepsilon \Delta)\left|V_{i}\right|$ such that for every edge $\{i, j\} \in E\left(R^{\prime}\right)$ the pair $\left(V_{i}^{\prime}, V_{j}^{\prime}\right)$ is $(\varepsilon /(1-\varepsilon \Delta), d-\Delta \varepsilon)$-super-regular. Moreover, for every edge $\{i, j\}$ of the original reduced graph $R$, the pair $\left(V_{i}^{\prime}, V_{j}^{\prime}\right)$ is still $(\varepsilon /(1-\varepsilon \Delta), d-\Delta \varepsilon)$ regular.

For the simple proof of Proposition 7 we refer to [33, Proposition 8]. We close this section with the following useful observation. It states that the notion of regularity is "robust" in view of small alterations of the respective vertex sets.

Proposition 8. Let $(A, B)$ be an $(\varepsilon, d)$-regular pair and let $(\hat{A}, \hat{B})$ be a pair such that $|\hat{A} \triangle A| \leq \hat{\alpha}|\hat{A}|$ and $|\hat{B} \triangle B| \leq \hat{\beta}|\hat{B}|$ for some $0 \leq \hat{\alpha}, \hat{\beta} \leq 1$. Then, $(\hat{A}, \hat{B})$ is an $(\hat{\varepsilon}, \hat{d})$-regular pair with

$$
\hat{\varepsilon}:=\varepsilon+3(\sqrt{\hat{\alpha}}+\sqrt{\hat{\beta}}) \quad \text { and } \quad \hat{d}:=d-2(\hat{\alpha}+\hat{\beta})
$$

If, moreover, $(A, B)$ is $(\varepsilon, d)$-super-regular and each vertex in $\hat{A}$ has at least $d|\hat{B}|$ neighbours in $\hat{B}$ and each vertex in $\hat{B}$ has at least $d|\hat{A}|$ neighbours in $\hat{A}$, then $(\hat{A}, \hat{B})$ is $(\hat{\varepsilon}, \hat{d})$-super-regular with $\hat{\varepsilon}$ and $\hat{d}$ as above.
Proof. Let $A, B, \hat{A}$ and $\hat{B}$ be as above. First we estimate the density of $(\hat{A}, \hat{B})$. Let $d^{\prime}:=d(A, B) \geq d$ be the density of $(A, B)$. Let us write

$$
\begin{aligned}
e(\hat{A}, \hat{B})=e(A, B) & -(e(A \backslash \hat{A}, B)+e(A \cap \hat{A}, B \backslash \hat{B})) \\
& +(e(\hat{A} \backslash A, \hat{B})+e(A \cap \hat{A}, \hat{B} \backslash B)) \\
e(A, B)=d^{\prime} \cdot(|\hat{A}||\hat{B}| & +(|A \backslash \hat{A}||B|+|A \cap \hat{A}||B \backslash \hat{B}|) \\
& -(|\hat{A} \backslash A||\hat{B}|+|A \cap \hat{A}||\hat{B} \backslash B|))
\end{aligned}
$$

Replacing the term $e(A, B)$ in the first equality by the expression on the right hand side of the second equality and subtracting $d^{\prime}|\hat{A}||\hat{B}|$ from both sides, we can see that

$$
\begin{aligned}
& \left|e(\hat{A}, \hat{B})-d^{\prime}\right| \hat{A}||\hat{B}||=\left|d^{\prime}\right| A \backslash \hat{A}| | B\left|-e(A \backslash \hat{A}, B)-d^{\prime}\right| \hat{A} \backslash A| | \hat{B} \mid+e(\hat{A} \backslash A, \hat{B}) \\
& \quad+d^{\prime}|A \cap \hat{A}||B \backslash \hat{B}|-e(A \cap \hat{A}, B \backslash \hat{B})-d^{\prime}|A \cap \hat{A}||\hat{B} \backslash B|+e(A \cap \hat{A}, \hat{B} \backslash B) \mid \\
& \quad \leq|A \backslash \hat{A}||B|+|\hat{A} \backslash A||\hat{B}|+|A \cap \hat{A}||B \backslash \hat{B}|+|A \cap \hat{A}||\hat{B} \backslash B| \\
& \quad \leq|\hat{A} \triangle A||\hat{B} \cup B|+|\hat{A} \cup A||\hat{B} \triangle B| \leq \hat{\alpha}|\hat{A}| \cdot(1+\hat{\beta})|\hat{B}|+(1+\hat{\alpha})|\hat{A}| \cdot \hat{\beta}|\hat{B}| \\
& \quad \leq 2(\hat{\alpha}+\hat{\beta})|\hat{A}||\hat{B}| .
\end{aligned}
$$

So, clearly

$$
d(\hat{A}, \hat{B}) \geq d^{\prime}-2(\hat{\alpha}+\hat{\beta}) \geq d-2(\hat{\alpha}+\hat{\beta})=\hat{d} \quad \text { and } \quad d(\hat{A}, \hat{B}) \leq d^{\prime}+2(\hat{\alpha}+\hat{\beta})
$$

Now let $\hat{A}^{\prime} \subseteq \hat{A}$ and $\hat{B}^{\prime} \subseteq \hat{B}$ be sets of sizes $\left|\hat{A}^{\prime}\right| \geq \hat{\varepsilon}|\hat{A}|$ and $\left|\hat{B}^{\prime}\right| \geq \hat{\varepsilon}|\hat{B}|$. Denote $\hat{A}^{\prime} \cap A$ by $A^{\prime}$ and $\hat{B}^{\prime} \cap B$ by $B^{\prime}$ and observe that

$$
\left|A^{\prime}\right| \geq\left|\hat{A}^{\prime}\right|-\hat{\alpha}|\hat{A}| \geq(\hat{\varepsilon}-\hat{\alpha})|\hat{A}| \geq(\varepsilon+\sqrt{\hat{\alpha}})|\hat{A}| \geq \varepsilon(1+\hat{\alpha})|\hat{A}| \geq \varepsilon|A|
$$

Similarly, $\left|B^{\prime}\right| \geq \varepsilon|B|$. It follows that $d^{\prime}-\varepsilon \leq d\left(A^{\prime}, B^{\prime}\right) \leq d^{\prime}+\varepsilon$. Moreover, $\left|A^{\prime}\right| \leq\left|\hat{A}^{\prime}\right|$ and

$$
\left|A^{\prime}\right| \geq\left|\hat{A}^{\prime}\right|-\hat{\alpha}|\hat{A}| \geq\left|\hat{A}^{\prime}\right|-\hat{\alpha} \frac{\left|\hat{A}^{\prime}\right|}{\hat{\varepsilon}} \geq(1-\sqrt{\hat{\alpha}})\left|\hat{A}^{\prime}\right|
$$

where the last inequality follows from the definition of $\hat{\varepsilon}$. The same calculations yield

$$
(1-\sqrt{\hat{\beta}})\left|\hat{B}^{\prime}\right| \leq\left|B^{\prime}\right| \leq\left|\hat{B}^{\prime}\right|
$$

For the number of edges between $A^{\prime}$ and $B^{\prime}$ we therefore get

$$
\begin{aligned}
e\left(\hat{A}^{\prime}, \hat{B}^{\prime}\right) & \geq e\left(A^{\prime}, B^{\prime}\right) \geq\left(d^{\prime}-\varepsilon\right)\left|A^{\prime}\right|\left|B^{\prime}\right| \geq\left(d^{\prime}-\varepsilon\right)(1-\sqrt{\hat{\alpha}})(1-\sqrt{\hat{\beta}})\left|\hat{A}^{\prime}\right|\left|\hat{B}^{\prime}\right| \\
& \geq\left(d^{\prime}-\varepsilon-\sqrt{\hat{\alpha}}-\sqrt{\hat{\beta}}\right)\left|\hat{A}^{\prime}\right|\left|\hat{B}^{\prime}\right|
\end{aligned}
$$

since $\hat{\alpha}, \hat{\beta} \leq 1$. Similarly,

$$
\begin{aligned}
e\left(\hat{A}^{\prime}, \hat{B}^{\prime}\right) & \leq e\left(A^{\prime}, B^{\prime}\right)+\left(\left|\hat{A}^{\prime}\right|-\left|A^{\prime}\right|\right)\left|\hat{B}^{\prime}\right|+\left(\left|\hat{B}^{\prime}\right|-\left|B^{\prime}\right|\right)\left|\hat{A}^{\prime}\right| \\
& \leq\left(d^{\prime}+\varepsilon\right)\left|A^{\prime}\right|\left|B^{\prime}\right|+\sqrt{\hat{\alpha}}\left|\hat{A}^{\prime}\right|\left|\hat{B}^{\prime}\right|+\sqrt{\hat{\beta}}\left|\hat{A}^{\prime}\right|\left|\hat{B}^{\prime}\right| \\
& \leq\left(d^{\prime}+\varepsilon+\sqrt{\hat{\alpha}}+\sqrt{\hat{\beta}}\right)\left|\hat{A}^{\prime}\right|\left|\hat{B}^{\prime}\right| .
\end{aligned}
$$

With this we can now compare the densities of $\left(\hat{A}^{\prime}, \hat{B}^{\prime}\right)$ and $(\hat{A}, \hat{B})$ :

$$
\begin{aligned}
& d(\hat{A}, \hat{B})-d\left(\hat{A}^{\prime}, \hat{B}^{\prime}\right) \leq\left(d^{\prime}+2(\hat{\alpha}+\hat{\beta})\right)-\left(d^{\prime}-\varepsilon-\sqrt{\hat{\alpha}}-\sqrt{\hat{\beta}}\right) \leq \hat{\varepsilon} \\
& d\left(\hat{A}^{\prime}, \hat{B}^{\prime}\right)-d(\hat{A}, \hat{B}) \geq\left(d^{\prime}+\varepsilon+\sqrt{\hat{\alpha}}+\sqrt{\hat{\beta}}\right)-\left(d^{\prime}-2(\hat{\alpha}-\hat{\beta})\right) \leq \hat{\varepsilon}
\end{aligned}
$$

This implies that $(\hat{A}, \hat{B})$ is $(\hat{\varepsilon}, \hat{d})$-regular. The second part of the proposition follows immediately from Definition 5, since $\hat{d}|\hat{A}| \leq d|\hat{A}|$ and $\hat{d}|\hat{B}| \leq d|\hat{B}|$.
2.3. Embedding results for regular pairs. The important feature of superregular pairs is that a powerful theorem, the so-called blow-up lemma proven by Komlós, Sárközy and Szemerédi [24] (see also [34] for an alternative proof), guarantees that bipartite spanning graphs of bounded degree can be embedded into sufficiently super-regular pairs. In fact, the statement is more general and allows the embedding of $r$-chromatic graphs into the union of $r$ vertex classes that form $\binom{r}{2}$ super-regular pairs, but we will only use this lemma in the following restricted form for 3 -chromatic graphs.

Theorem 9 (Blow-up lemma [24]). For every d, $\Delta, c>0$ there exist constants $\varepsilon_{\mathrm{BL}}=\varepsilon_{\mathrm{BL}}(d, \Delta, c)$ and $\alpha_{\mathrm{BL}}=\alpha_{\mathrm{BL}}(d, \Delta, c)$ such that the following holds.

Let $n_{1}, n_{2}$, and $n_{3}$ be arbitrary positive integers, $0<\varepsilon<\varepsilon_{\mathrm{BL}}$, and $G=$ $\left(V_{1} \dot{\cup} V_{2} \cup V_{3}, E\right)$ be a 3-partite graph with $\left|V_{i}\right|=n_{i}$ for $i \in[3]$ and with all pairs ( $V_{i}, V_{j}$ ) being $(\varepsilon, d)$-super-regular for $1 \leq i<j \leq 3$, i.e., $V_{1} \dot{\cup} V_{2} \dot{\cup} V_{3}$ is $(\varepsilon, d)$-superregular on $K_{3}$.

Suppose $H$ is a 3-partite graph on vertex classes $W_{1} \dot{\cup} W_{2} \dot{\cup} W_{3}$ of sizes $n_{1}, n_{2}$, and $n_{3}$ with $\Delta(H) \leq \Delta$. Moreover, suppose that in each class $W_{i}$ there is a set of at most $\alpha_{\mathrm{BL}} \cdot \min \left\{n_{1}, n_{2}, n_{3}\right\}$ special vertices $y$, each of them equipped with a set $C_{y} \subseteq V_{i}$ with $\left|C_{y}\right| \geq c n_{i}$.

Then there is an embedding of $H$ into $G$ such that every special vertex $y$ is mapped to a vertex in $C_{y}$.

We say that the special vertices $y$ in Theorem 9 are image restricted to $C_{y}$.
For some technical reasons (see Step 4 in the overview of the proof of Theorem 2 discussed in Section 1) we also need the following weaker embedding lemma (concerning only linear sized, but not spanning embeddings) in the less restrictive environment of $(\varepsilon, d)$-regular pairs. Such a lemma, in a slightly different context, was first obtained by Chvátal, Rödl, Szemerédi, and Trotter [8] (see also [12, Lemma 7.5.2]). The only difference between Lemma 10 and their embedding lemma is that we only embed some of the vertices of a given graph $B$ into $G$ and reserve sufficiently many places in $G$ for a future embedding of the remaining vertices of $B$.

Lemma 10 (Partial embedding lemma). For every integer $\Delta \geq 2$ and every $d \in$ $(0,1]$ there exist constants $c=c(\Delta, d)$ and $\varepsilon_{\mathrm{PEL}}=\varepsilon_{\mathrm{PEL}}(\Delta, d)$ such that for all $\varepsilon \leq \varepsilon_{\text {PEL }}$ the following is true.

Let $R_{k}$ be a graph with $V\left(R_{k}\right)=[k]$ and $G$ be an $n$-vertex graph with $V(G)=$ $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$, such that $\left|V_{i}\right| \geq\left(1-\varepsilon_{\mathrm{PEL}}\right) n / k$ for all $i \in[k]$ and $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ is $(\varepsilon, d)$ regular on $R_{k}$. Let, furthermore, $B$ be a graph with $V(B)=X \dot{\cup} Y,|V(B)| \leq$ $\varepsilon_{\text {PEL }} n / k$ and $\Delta(B) \leq \Delta$, and $f: V(B) \rightarrow V\left(R_{k}\right)=[k]$ be a mapping with $\left\{f(b), f\left(b^{\prime}\right)\right\} \in E\left(R_{k}\right)$ for all $\left\{b, b^{\prime}\right\} \in E(B)$.

Then there exists an injective mapping $g: X \rightarrow V(G)$ with $g(x) \in V_{f(x)}$ for all $x \in X$ with the following properties. For all $y \in Y$ there are sets $C_{y} \subseteq V_{f(y)} \backslash g(X)$ such that
(i) if $x, x^{\prime} \in X$ and $\left\{x, x^{\prime}\right\} \in E(B)$ then $\left\{g(x), g\left(x^{\prime}\right)\right\} \in E(G)$,
(ii) for all $y \in Y$ we have $C_{y} \subseteq N_{G}(g(x))$ for all $x \in N_{B}(y) \cap X$, and
(iii) $\left|C_{y}\right| \geq c\left|V_{f(y)}\right|$ for every $y \in Y$.

In other words, Lemma 10 provides a mapping $g$ for those vertices $x \in X$ of $B$ into the cluster $V_{f(x)}$ required by $f$, respecting the edges between such vertices. Moreover, for the other vertices $y \in Y$ of $B$, it prepares sufficiently large sets
$C_{y} \subseteq V_{f(y)} \backslash g(X)$ such that, no matter where $y$ will later be embedded in $C_{y}$, it will be adjacent to any of its already embedded neighbours $x \in N_{B}(y) \cap X$.

The proof of Lemma 10 follows very much along the lines of the embedding lemma from [8]. We also proceed iteratively, embedding the vertices in $X$ into $G$ one by one.

Proof. Given $\Delta$ and $d$, choose $c:=(d / 2)^{\Delta} / 2$ and $\varepsilon_{\text {PEL }}:=c / \Delta$. Note, that this implies $\varepsilon_{\text {PEL }} \leq(d / 2)^{\Delta} / 4 \leq d / 2$. Let $0<\varepsilon \leq \varepsilon_{\text {PEL }}$, and $G, R_{k}$ and $B$ with $V(B)=X \dot{\cup} Y$ be graphs as required. For the size of $X$ we have for all $i \in[k]$

$$
|X| \leq|V(B)| \leq \varepsilon_{\mathrm{PEL}} n / k \leq\left|V_{i}\right| \varepsilon_{\mathrm{PEL}} /\left(1-\varepsilon_{\mathrm{PEL}}\right) \leq 2 \varepsilon_{\mathrm{PEL}}\left|V_{i}\right|
$$

We now construct the embedding $g: X \rightarrow V(G)$. For this, we will create sets $C_{b}$ not only for the vertices in $Y$, but for all vertices $b \in V(B)$. First, set $C_{b}:=V_{f(b)}$ for all $b \in V(B)$. Then, repeat the following steps for each $x \in X$ :
(a) For all $b \in N_{B}(x)$, delete all vertices $v \in C_{x}$ with $\left|N_{G}(v) \cap C_{b}\right|<(d-\varepsilon)\left|C_{b}\right|$.
(b) Then, choose one of the vertices remaining in $C_{x}$ as $g(x)$.
(c) For all $b \in N_{B}(x)$, delete all vertices $v \in C_{b}$ with $v \notin N_{G}(g(x))$.
(d) For all $b \in V(B)$, delete $g(x)$ from $C_{b}$.

We claim, that at the end of this procedure, $g$ and the $C_{y}$ with $y \in Y$ are as desired. Indeed, conditions $(i)$ and (ii) are satisfied by construction. It remains, to prove that condition (iii) is satisfied and that $g(x)$ can be chosen in step $(a)$ throughout the entire procedure.

We start, by showing, that we always have $\left|C_{b}\right| \geq c\left|V_{f(b)}\right|$ for all $b \in V(B)$. This implies condition (iii). In total, step ( $d$ ) removes at most $|X|$ vertices from each $C_{b}$. By the choice of $g(x)$ in step $(a)$ and $(b)$, an application of step $(c)$ to a vertex $b \in N_{B}(x)$, reduces the size of $C_{b}$ at most by a factor of $d-\varepsilon$. Since each vertex in $b \in B$ has at most $\Delta$ neighbours, we always have

$$
\left|C_{b}\right| \geq(d-\varepsilon)^{\Delta}\left|V_{f(b)}\right|-|X| \geq\left((d / 2)^{\Delta}-2 \varepsilon_{\mathrm{PEL}}\right)\left|V_{f(b)}\right| \geq \frac{1}{2}(d / 2)^{\Delta}\left|V_{f(b)}\right|=c\left|V_{f(b)}\right|
$$

Finally we consider step $(a)$. The last inequality shows that we always have $\left|C_{b}\right| \geq$ $c\left|V_{f(b)}\right| \geq \varepsilon\left|V_{f(b)}\right|$ for every vertex $b \in V(B)$. Consequently, by Proposition 6 , at most $\Delta \varepsilon\left|V_{f(x)}\right|$ vertices are deleted from $C_{x}$ in step $(a)$. Since $\Delta \varepsilon\left|V_{f(x)}\right| \leq$ $(c / 2)\left|V_{f(x)}\right|<\left|C_{x}\right|$, the set $C_{x}$ doesn't become empty and thus $g(x)$ can be chosen in step (b).

## 3. Main lemmas and outline of the proof

In this section we introduce the central lemmas that are needed for the proof of our main theorem. Our emphasis in this section is to explain how they work together to give the proof of Theorem 2, which itself is then presented in full detail in the subsequent section, Section 4.

Our first lemma incorporates the regularity lemma, but before we can state it we will need a few more definitions. For all $n, k \in \mathbb{N}$ with $k$ divisible by 3 , we call an integer partition $n_{1}+\cdots+n_{k}=n$ (with $n_{i} \in \mathbb{N}$ for all $i \in[k]$ ) equitriangular, if $\left|n_{3(j-1)+l}-n_{3(j-1)+l^{\prime}}\right| \leq 1$ for all $j \in[k / 3]$ and $l, l^{\prime} \in[3]$. We denote by $R_{k}^{*}=\left([k], E\left(R_{k}^{*}\right)\right)$ the square of the Hamiltonian cycle with edges $\{\{i, i+1\}: i=$ $1, \ldots, k-1\} \cup\{\{1, k\}\}$. Moreover, we write $R_{k}^{* *}$ for the subgraph of $R_{k}^{*}$ consisting of the family of $k / 3$ vertex disjoint triangles in $R_{k}^{*}$ with vertex sets $3(j-1)+1$, $3(j-1)+2$, and $3(j-1)+3$ for $j \in[k / 3]$.

We can now state (and then explain) our first main lemma which 'prepares' the graph $G$ for the embedding of $H$ into $G$.
Lemma 11 (Lemma for $G$ ). For all $\gamma>0$ there exist $d>0$ and $\varepsilon_{0}>0$ such that for all $0<\varepsilon \leq \varepsilon_{0}$ there exist $K_{0}$ and $\xi_{0}>0$ such that for all $n \geq K_{0}$ and for every graph $G$ on vertex set $[n]$ with $\delta(G) \geq(2 / 3+\gamma) n$ there exist a positive integer $k$ and a graph $R_{k}$ on vertex set $[k]$ with
(R1) $k \leq K_{0}$ and $3 \mid k$,
(R2) $\delta\left(R_{k}\right) \geq(2 / 3+\gamma / 2) k$,
(R3) $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$, and
( $R_{4}$ ) there is an equitriangular integer partition $m_{1}+\cdots+m_{k}$ of $n$ with $m_{i} \geq$ $(1-\varepsilon) n / k$ such that the following holds.
For every partition $n=n_{1}+\cdots+n_{k}$ with $m_{i}-\xi_{0} n \leq n_{i} \leq m_{i}+\xi_{0} n$ there exists a partition $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ of $V$ with
(V1) $\left|V_{i}\right|=n_{i}$,
(V2) $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$, and
(V3) $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-super-regular on $R_{k}^{* *}$.
In order to understand what this lemma says, let us first ignore property $\left(R_{4}\right)$, the two lines thereafter, and property ( $V 1$ ), and instead propose that the sizes $\left|V_{i}\right|$ form an equitriangular partition of $n$. In this case, Lemma 11 could be considered as a standard corollary of the regularity lemma (Theorem 3), and Theorem 1 for graphs $G$ with $\delta(G) \geq(2 / 3+\gamma) n$ (cf. Corollary 4 and Proposition 7). Here it would guarantee a partition of the vertex set of $G$ in such a way that the partition classes form many (super-)regular pairs, and that these pairs are organised in a sort of backbone, namely in the form of a square of a Hamiltonian cycle $R_{k}^{*}$ for the regular pairs, and, contained therein, a spanning family $R_{k}^{* *}$ of disjoint triangles for the super-regular pairs.

However, the lemma says more. When we come to the point $\left(R_{4}\right)$, the lemma 'has in mind' the partition we just described, but doesn't exhibit it. Instead, it only discloses the sizes $m_{i}$ and allows us to wish for small amendments: for every $i \in[k]$, we can now look at the value $m_{i}$ and ask for the size of the $i$-th partition class to be adjusted to a new value $n_{i}$, differing from $m_{i}$ by at most $\xi_{0} n$.

When proving Lemma 11, one needs to alter the partition by shifting a few vertices. Note that while $(\varepsilon, d)$-regularity is very robust towards such small alterations, $(\varepsilon, d)$-super-regularity is not, so this is where the main difficulty lies (cf. Proposition 8). We give the proof of Lemma 11, which borrows ideas from [29], in Section 5.

Now we come to the second main lemma. It prepares the graph $H$ so that it can be embedded into $G$. This is exactly the place where, given the values $m_{i}$, the new values $n_{i}$ in the setting described above are specified.

Lemma 12 (Lemma for $H$ ). Let $k \geq 1$ be an integer and let $\beta, \xi>0$ satisfy $\beta \leq \xi^{2} / 10^{4}$. Let $H$ be a 3 -chromatic graph on $n$ vertices with bandwidth at most $\beta n$ and let $R_{k}$ be a graph with $V\left(R_{k}\right)=[k]$ such that $\delta\left(R_{k}\right)>2 k / 3$ and $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$. Furthermore, suppose $m_{1}+\cdots+m_{k}$ is an equitriangular integer partition of $n$ with $m_{i} \geq \beta n$ for every $i \in[k]$.

Then there exists a mapping $f: V(H) \rightarrow[k]$ and a set of special vertices $X \subseteq$ $V(H)$ with the following properties. Let $W_{i}:=f^{-1}(i)$. Then
(a) $|X| \leq k \xi n$,
(b) $m_{i}-\xi n \leq\left|W_{i}\right| \leq m_{i}+\xi n$ for every $i \in[k]$,
(c) for every edge $\{u, v\} \in E(H)$ we have $\{f(u), f(v)\} \in E\left(R_{k}\right)$, and
(d) if $\{u, v\} \in E(H)$ and, moreover, $u$ and $v$ are both in $V(H) \backslash X$, then $\{f(u), f(v)\} \in E\left(R_{k}^{* *}\right)$.
In other words, Lemma 12 receives a graph $H$ as input and, from Lemma 11, a reduced graph $R_{k}$ (with $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$ ), an equitriangular partition $n=$ $m_{1}+\cdots+m_{k}$, and a parameter $\xi$.

Again we emphasise that this is all what Lemma 12 needs to know about $G$. It then provides us with a function $f$ which maps the vertices of $H$ onto the vertex set $[k]$ of $R_{k}$ in such a way that $i \in[k]$ receives $n_{i}:=\left|W_{i}\right|$ vertices from $H$, with $\left|n_{i}-m_{i}\right| \leq \xi n$. Although the vertex partition of $G$ is not known exactly at this point, we already have its reduced graph $R_{k}$. Lemma 12 guarantees that the endpoints of an edge $\{u, v\}$ of $H$ get mapped into vertices $f(u)$ and $f(v)$ of $R_{k}$, representing future partition classes $V_{f(u)}$ and $V_{f(v)}$ in $G$ which will form a super-regular pair (see $(d)$ ) - except for those few edges with one or both endpoints in some small special set $X$. But even these edges will be mapped into pairs of classes in $G$ that will form at least regular pairs (see $(c)$ ). Lemma 12 will then return the values $n_{i}$ to Lemma 11, which will finally produce a corresponding partition of the vertices of $G$.

If we consider the triangles $3(j-1)+1,3(j-1)+2$, and $3(j-1)+3$ for every $j \in[k / 3]$ that form the edge set of $R_{k}^{* *}$, then the blow-up lemma (Theorem 9) would immediately give us an embedding of

$$
H\left[W_{3(j-1)+1}, W_{3(j-1)+2}, W_{3(j-1)+3}\right] \quad \text { into } \quad G\left[V_{3(j-1)+1}, V_{3(j-1)+2}, V_{3(j-1)+3}\right]
$$

that takes care of all edges of $H[V(H) \backslash X]$.
Edges of $H$ with either one or both vertices in the special set $X$ will need some special treatment. However, due to part $(a)$ of Lemma 12 the size of $X$ is quite small. In particular we will be able to ensure that $|X| \ll n / k$. Our strategy will be first to find an embedding $g$ of the vertices of $X$ into $V(G)$ such that for every $y \in N_{H}(X):=\{y \in V(H) \backslash X: \exists x y \in E(H)$ for some $x \in X\}$ the set $C_{y}:=V_{f(y)} \cap \bigcap_{x \in N_{H}(y) \cap X} N_{G}(g(x))$ is sufficiently large. The partial embedding lemma, Lemma 10, guarantees the existence of such an embedding $g$ of $X$. Once we have applied it, we can complete the partial embedding $g$ with the blow-up lemma, which will 'respect' the image restriction to $C_{y}$ for every $y \in N_{H}(X)$. In the next section we give the precise details how Theorem 2 can be deduced from Lemma 11 and Lemma 12 following the outline discussed above.

## 4. Proof of Theorem 2

In this section we give the proof of Theorem 2 based on Theorem 9, Lemma 10, Lemma 11, and Lemma 12 from Section 2.3 and Section 3. In particular, we will use Lemma 11 for partitioning $G$, and Lemma 12 for assigning the vertices of $H$ to the parts of $G$. For this, it will be necessary to split the application of Lemma 11 into two phases. The first phase is used to set up the parameters for Lemma 12. With this input, Lemma 12 then defines the sizes of the parts of $G$ that are constructed during the execution of the second phase of Lemma 11.

Finally, $H$ is embedded into $G$ by using the blow-up lemma (Theorem 9) on the partition of $G$ and by treating the special vertices $X \subseteq V(H)$ from Lemma 12 with the help of the partial embedding lemma (Lemma 10).

Here is how the constants that appear in the proof are related:

$$
\frac{1}{\Delta}, \gamma \gg d \gg \varepsilon \gg \frac{1}{K_{0}} \gg \xi \gg \beta, \quad \text { as well as } \quad c \gg \varepsilon \gg \alpha
$$

of Theorem 2. Given $\Delta$ and $\gamma$, let $\varepsilon_{0}$ and $d$ be as asserted by Lemma 11 for input $\gamma$. Let $c=c(\Delta, d)$ and $\varepsilon_{\text {PEL }}=\varepsilon_{\text {PEL }}(\Delta, d)$ be as given by Lemma 10 , and $\varepsilon_{\mathrm{BL}}=$ $\varepsilon_{\mathrm{BL}}(d, \Delta, c)$ and $\alpha_{\mathrm{BL}}=\alpha_{\mathrm{BL}}(d, \Delta, c)$ as given by Theorem 9. Set

$$
\begin{equation*}
\varepsilon:=\min \left\{\varepsilon_{0}, \varepsilon_{\mathrm{PEL}} / 2, \varepsilon_{\mathrm{BL}} / 2, d / 4\right\} \tag{1}
\end{equation*}
$$

Then, the lemma for $G$ (Lemma 11) provides constants $K_{0}$ and $\xi_{0}$ for this $\varepsilon$. We define

$$
\begin{equation*}
\xi:=\min \left\{\xi_{0}, 1 /\left(4 K_{0}\right), \varepsilon /\left(K_{0}^{2}(\Delta+1)\right), \alpha_{\mathrm{BL}} /\left(2 K_{0}^{2}(\Delta+1)\right)\right\} \tag{2}
\end{equation*}
$$

as well as $n_{0}:=K_{0}, \beta:=\min \left\{\xi^{2} / 2940,(1-\varepsilon) / K_{0}\right\}$ and consider arbitrary graphs $H$ and $G$ on $n \geq n_{0}$ vertices that meet the conditions of Theorem 2.

Applying Lemma 11 to $G$ we get an integer $k$ with $0<k \leq K_{0}$, graphs $R_{k}^{* *} \subseteq$ $R_{k}^{*} \subseteq R_{k}$ on vertex set [k], and an equitriangular partition $m_{1}+\cdots+m_{k}$ of $n$ such that (R1)-( $R_{4}$ ) are satisfied.

Before continuing with Lemma 11, we apply the lemma for $H$ (Lemma 12). Note that due to $\left(R_{4}\right)$ and the choice of $\beta$ above, we have $m_{i} \geq(1-\varepsilon) n / k \geq \beta n$ for every $i \in[k]$. Consequently, for constants $k, \beta$, and $\xi$, graphs $H$ and $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$, and the equitriangular integer partition $m_{1}+\cdots+m_{k}=n$ we can apply Lemma 12 . This yields a mapping $f: V(H) \rightarrow[k]$ and a set of special vertices $X \subseteq V(H)$. These will be needed later. For the moment we are only interested in the sizes $n_{i}:=\left|W_{i}\right|=\left|f^{-1}(i)\right|$ for $i \in[k]$. Condition (b) of Lemma 12 and the choice of $\xi \leq \xi_{0}$ in (2) imply that the partition $n=n_{1}+\cdots+n_{k}$ satisfies $m_{i}-\xi_{0} n \leq$ $m_{i}-\xi n \leq n_{i} \leq m_{i}+\xi n \leq m_{i}+\xi_{0} n$ for every $i \in[k]$. Accordingly, we can continue with Lemma 11 to obtain a partition $V=V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ with $\left|V_{i}\right|=n_{i}$ that satisfies conditions (V1)-(V3) of Lemma 11. Note that

$$
\begin{align*}
&\left|V_{i}\right|=n_{i} \geq m_{i}-\xi n \stackrel{(R 4)}{\geq}(1-\varepsilon) \frac{n}{k}-\xi n  \tag{3}\\
& \stackrel{(1),(2)}{\geq}\left(1-\varepsilon_{\text {PEL }}\right) \frac{n}{k} \geq \frac{1}{2} \frac{n}{k} .
\end{align*}
$$

Now, we have partitions $W_{1} \dot{\cup} \cdots \dot{\cup} W_{k}$ of $H$ and $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ of $G$ with $\left|W_{i}\right|=\left|V_{i}\right|=$ $n_{i}$ for all $i \in[k]$. We will build the embedding of $H$ into $G$ such that each vertex $v \in W_{i} \subseteq V(H)$ will be embedded into the corresponding set $V_{i} \subseteq V(G)$ for $i \in[k]$.

For embedding the special vertices $X$ of $H$ in $G$, we use the partial embedding lemma (Lemma 10). We provide Lemma 10 with constants $\Delta, d$, and $k$, the graph $R_{k}$, the graph $G$ with vertex partition $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}=V(G)$, the graph $B:=H[X \dot{\cup} Y]$ where $Y:=N_{H}(X)$ consists of the neighbours of vertices of $X$ outside $X$, and the mapping $f$ restricted to $X \dot{\cup} Y$. By (V2) of Lemma 11 and (c) of Lemma 12, $G$ and $f$ fulfil the requirements of Lemma 10. Moreover, since $\Delta(B) \leq \Delta(H) \leq \Delta$

$$
\begin{equation*}
|X|+|Y|=|V(B)| \leq(\Delta+1)|X| \leq(\Delta+1) k \xi n \stackrel{(2)}{\leq} \varepsilon \frac{n}{k} \tag{4}
\end{equation*}
$$

by $(a)$ of Lemma 12. Accordingly, since $\varepsilon \leq \varepsilon_{\text {PEL }}$ we can apply Lemma 10 for obtaining an embedding $g$ of the vertices in $X$, and for every $y \in Y$ sets $C_{y}$ such
that

$$
C_{y} \subseteq V_{f(y)} \backslash g(X) \quad \text { and } \quad\left|C_{y}\right| \geq c\left|V_{f(y)}\right| \geq c\left|V_{f(y)} \backslash g(X)\right|
$$

The sets $C_{y}$ will be used in the blow-up lemma for the image restriction of the vertices in $Y=N_{H}(X)$. We first check that there are not too many of these restrictions. Let $W_{i}^{\prime}:=W_{i} \backslash X, V_{i}^{\prime}:=V_{i} \backslash g(X)$ and $n_{i}^{\prime}:=\left|W_{i}^{\prime}\right|=\left|V_{i}^{\prime}\right|$ for each $i \in[k]$. Observe that

$$
|X|+|Y| \stackrel{(4)}{\leq}(\Delta+1) k \xi n \stackrel{(2)}{\leq} \frac{\alpha_{\mathrm{BL}}}{2 k} n \stackrel{(3)}{\leq} \alpha_{\mathrm{BL}} \cdot \min \left\{n_{1}, n_{2}, n_{3}\right\}
$$

and hence

$$
\begin{aligned}
\left|N_{H}(X)\right|=|Y| & \leq \alpha_{\mathrm{BL}} \cdot \min \left\{n_{1}, n_{2}, n_{3}\right\}-|X| \leq \alpha_{\mathrm{BL}}\left(\min \left\{n_{1}, n_{2}, n_{3}\right\}-|X|\right) \\
& \leq \alpha_{\mathrm{BL}} \cdot \min \left\{n_{1}^{\prime}, n_{2}^{\prime}, n_{3}^{\prime}\right\}
\end{aligned}
$$

For any $j \in[k / 3]$ we apply the blow-up lemma (Lemma 9) and find an embedding of $H\left[W_{3(j-1)+1}^{\prime}, W_{3(j-1)+2}^{\prime}, W_{3(j-1)+3}^{\prime}\right]$ into $G\left[V_{3(j-1)+1}^{\prime}, V_{3(j-1)+2}^{\prime}, V_{3(j-1)+3}^{\prime}\right]$ in such a way that every $y \in N_{H}(X)$ will be embedded into $C_{y}$. It is easy to check the the respective conditions are satisfied. Indeed, recall that by $(V 3)$ the pair $\left(V_{3(j-1)+l}, V_{3(j-1)+l^{\prime}}\right)$ is $(\varepsilon, d)$-super-regular and that $V_{i}^{\prime}=V_{i} \backslash g(X)$ for every $i \in$ [ $k$ ]. Hence it follows directly from the definition of a super-regular pair and (3), (4), and $\varepsilon \leq d / 4$, that $\left(V_{3(j-1)+l}^{\prime}, V_{3(j-1)+l^{\prime}}^{\prime}\right)$ is $(2 \varepsilon, d / 2)$-super-regular with $\varepsilon \leq \varepsilon_{\mathrm{BL}} / 2$ (see (1)).

Having applied the blow-up lemma for every $j \in[k / 3]$, we have obtained a bijection

$$
h: W_{1}^{\prime} \dot{\cup} \cdots \dot{U} W_{k}^{\prime} \rightarrow V_{1}^{\prime} \dot{\cup} \cdots \dot{\cup} V_{k}^{\prime} \quad \text { with } \quad h\left(W_{i}^{\prime}\right)=V_{i}^{\prime} \text { for every } i \in[k]
$$

such that

$$
\begin{align*}
& h(y) \in C_{y} \quad \text { for every } y \in N_{H}(X)  \tag{5}\\
& \text { and } H\left[W_{1}^{\prime} \dot{\cup} \cdots \dot{\cup} W_{k}^{\prime}\right] \subseteq G\left[h\left(W_{1}^{\prime}\right) \dot{\cup} \cdots \dot{\cup} h\left(W_{k}^{\prime}\right)\right] \text {. }
\end{align*}
$$

Now we finish the proof by checking that the united embedding $\bar{h}: V(H) \rightarrow V(G)$ defined by

$$
v \mapsto \bar{h}(v):= \begin{cases}h(v) & \text { if } v \in V(H) \backslash X \\ g(v) & \text { if } v \in X\end{cases}
$$

is indeed an embedding of $H$ into $G$. Let $e=\{u, v\}$ be an edge of $H$. We distinguish three cases.

If $u, v \in X$, then $\{\bar{h}(u), \bar{h}(v)\}=\{g(u), g(v)\}$, which is an edge in $G$ since $g$ is an embedding of $H[X]$ into $G$ by the partial embedding lemma.

If $u \in X$ and $v \in V(H) \backslash X$, then $v \in N_{H}(u) \subseteq N_{H}(X)$, so we have $h(v) \in C_{v} \subseteq$ $N_{G}(g(u))$ by (5) and part (ii) of Lemma 10, thus $\{\bar{h}(u), \bar{h}(v)\}=\{g(u), h(v)\} \in$ $E(G)$.

If, finally, $u, v \in V(H) \backslash X$, then by part $(d)$ of Lemma 12, $\{f(u), f(v)\} \in E\left(R_{k}^{* *}\right)$. In other words, there exists a $j \in[k / 3]$, such that

$$
\{u, v\} \quad \text { is contained in } H\left[W_{3(j-1)+1}^{\prime}, W_{3(j-1)+2}^{\prime}, W_{3(j-1)+3}^{\prime}\right]
$$

and hence $\{\bar{h}(u), \bar{h}(v)\}=\{h(u), h(v)\} \in E(G)$ by (5).

Algorithmic embeddings. We note that the proof of Theorem 2 presented above yields an algorithm, which finds an embedding of $H$ into $G$, if $H$ is given along with a valid 3-colouring and a labelling of the vertices respecting the bandwidth bound $\beta n$. This follows from the observation that the proof above is constructive, and all the lemmas used in the proof (Theorem 9, Lemma 10, Lemma 11, and Lemma 12) have algorithmic proofs. Algorithmic versions of the blow-up lemma (Theorem 9) were obtained in $[25,35]$. In [25] a running time of order $O\left(\max \left\{n_{1}, n_{2}, n_{3}\right\}^{3.376}\right)$ was proved. The key ingredient of Lemma 11 is Szemerédi's regularity lemma for which an $O\left(n^{2.376}\right)$ algorithm exists due to [4]. All other arguments in the proof of Lemma 11 can be done algorithmically in $O\left(n^{2}\right)$ (see Section 5). Similarly, the proof of Lemma 12 is constructive if a 3 -colouring of $H$ and a bandwidth ordering is given (see Section 6). Finally, we note that the proof of Lemma 10 (following along the lines of [8]) gives rise to an $O\left(n^{3}\right)$ algorithm. Thus there is a $O\left(k \times\left(\left(1 / k+\xi_{0}\right) n\right)^{3.376}+n^{2.376}+n^{3}\right)=O\left(n^{3.376}\right)$ embedding algorithm, where the implicit constant depends on $\gamma$ and $\Delta$ only.

## 5. Lemma for $G$

The main ingredients for the proof of Lemma 11 are Szemerédi's regularity lemma which provides a reduced graph $R_{k}$ for $G$, Theorem 1 which guarantees the square of a Hamiltonian cycle in $R_{k}$, and a strategy for moving vertices between the clusters of $R_{k}$ in order to adjust the sizes of these clusters. We first prove Lemma 11 for the special case that $n_{i}=m_{i}$ for all $i \in[k]$.

Proposition 13. For all $\gamma>0$ there exist $d>0$ and $\varepsilon_{0}>0$ such that for all $0<\varepsilon \leq \varepsilon_{0}$ there exists $K_{0}$ such that for all $n \geq K_{0}$ and for every graph $G$ on vertex set $[n]$ with $\delta(G) \geq(2 / 3+\gamma) n$ there exists $k \in \mathbb{N} \backslash\{0\}$, and a graph $R_{k}$ on vertex set $[k]$ with
(R1) $k \leq K_{0}$ and $3 \mid k$,
(R2) $\delta\left(R_{k}\right) \geq(2 / 3+\gamma / 2) k$,
(R3) $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$, and
( $R_{4}$ ) there is an equitriangular integer partition $m_{1}+\cdots+m_{k}$ of $n$ with $m_{i} \geq$ $(1-\varepsilon) n / k$ such that the following holds.
There is a partition $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}=V$ with
(U1) $\left|U_{i}\right|=m_{i}$,
(U2) $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$,
(U3) $U_{1} \dot{\cup} \cdots \dot{U} U_{k}$ is $(\varepsilon, d)$-super-regular on $R_{k}^{* *}$.
Notice that once we have Proposition 13, the only thing that is left to be done when proving Lemma 11 is to show that the sizes of the classes $U_{i}$ can be slightly changed from $m_{i}$ to $n_{i}$ without "destroying" properties (U2) and (U3).

In the proof of Proposition 13 we proceed in three steps. From the regularity lemma we first obtain a partition $U_{0}^{\prime} \dot{U} U_{1}^{\prime} \dot{U} \cdots \dot{U} U_{k}^{\prime}$ of $V(G)$ with reduced graph $R_{k}$ such that $R_{k}^{* *} \subseteq R_{k}^{*} \subseteq R_{k}$. We then use Proposition 7 to get a new partition $U_{0}^{\prime \prime} \dot{\cup} U_{1}^{\prime \prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime \prime}$ that is super-regular on $R_{k}^{* *}$ (and still regular on $R_{k}$ ). In a last step we distribute the vertices in $U_{0}^{\prime \prime}$ to the sets $U_{i}^{\prime \prime}$ with $i \in[k]$, while maintaining the super-regularity. The partition obtained in this way will be the desired equitriangular partition $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}$.
of Proposition 13. We first fix all constants necessary for the proof. Let $\gamma>0$ be given. The regularity lemma in form of Corollary 4 applied with $\gamma^{\prime}=\gamma / 2$ yields positive constants $d^{\prime}$ and $\varepsilon_{0}^{\prime}$. We fix the promised constants $d$ and $\varepsilon_{0}$ for Proposition 13 by setting

$$
\begin{equation*}
d:=\min \left\{\frac{d^{\prime}}{3}, \gamma\right\} \quad \text { and } \quad \varepsilon_{0}:=\varepsilon_{0}^{\prime} \tag{6}
\end{equation*}
$$

Now let some positive $\varepsilon \leq \varepsilon_{0}$ be given, for which Proposition 13 asks us to define $K_{0}$. For that let $k_{0}$ be sufficiently large so that we can apply Theorem 1 to graphs $R_{k}$ on $k \geq k_{0}$ vertices with minimum degree $\delta\left(R_{k}\right) \geq(2 / 3+\gamma / 2) k$. We then define some auxiliary constants $\varepsilon^{\prime}$ and $k_{0}^{\prime}$ by

$$
\begin{equation*}
\varepsilon^{\prime}:=\min \left\{\frac{\varepsilon^{4}}{12^{4}}, \frac{\left(d^{\prime}\right)^{2}}{12^{2}}, \frac{\gamma^{2}}{24^{2}}, \frac{1}{8}\right\} \quad \text { and } \quad k_{0}^{\prime}:=\max \left\{k_{0}, \frac{8}{\gamma}, \frac{2}{\varepsilon^{\prime}}\right\}+2 \tag{7}
\end{equation*}
$$

Let $K_{0}^{\prime}$ be given by Corollary 4 applied with $\gamma^{\prime}, \varepsilon^{\prime}$, and $k_{0}^{\prime}$. We finally set $K_{0}:=K_{0}^{\prime}$ for Proposition 13. After we have defined $K_{0}$, let $G=(V, E)$ be a graph satisfying the assumptions of Proposition 13.

Since $\varepsilon^{\prime} \leq \varepsilon \leq \varepsilon_{0}=\varepsilon_{0}^{\prime}$, by the choice of $\varepsilon_{0}^{\prime}$ and $d^{\prime}$, Corollary 4 applied with input $\gamma^{\prime}, \varepsilon^{\prime}, k_{0}^{\prime}$ and $c^{\prime}:=2 / 3+\gamma / 2$ yields a partition $U_{0}^{\prime} \dot{\cup} U_{1}^{\prime} \dot{\cup} \cdots \dot{\cup} U_{k^{\prime}}^{\prime}=V$ and a subgraph $G^{\prime}$ so that properties $(i)-(v i)$ of Theorem 3 and (vii) from Corollary 4 (where $k$ is replaced by $k^{\prime}$ ) hold. In particular, $k_{0}^{\prime} \leq k^{\prime} \leq K_{0}^{\prime}$, the set $U_{0}^{\prime}$ is the exceptional set and there is a reduced graph $\tilde{R}_{k^{\prime}}$ such that $U_{1}^{\prime} \dot{\cup} \cdots \dot{\cup} U_{k^{\prime}}^{\prime}$ is $\left(\varepsilon^{\prime}, d^{\prime}\right)$-regular on $\tilde{R}_{k^{\prime}}$ and such that $\delta\left(\tilde{R}_{k^{\prime}}\right) \geq(2 / 3+\gamma / 2+\gamma / 4) k^{\prime}$.

Let $L^{\prime}:=\left|U_{1}^{\prime}\right|=\cdots=\left|U_{k^{\prime}}^{\prime}\right|$ and note that $\left|U_{0}^{\prime}\right| \leq \varepsilon^{\prime} n$ implies that

$$
\begin{equation*}
\left(1-\varepsilon^{\prime}\right) n / k^{\prime} \leq\left|L^{\prime}\right| \leq n / k^{\prime} \tag{8}
\end{equation*}
$$

Let $k:=3 \cdot\left\lfloor k^{\prime} / 3\right\rfloor$ and $R_{k}$ be the graph induced by the vertices $[k]$ in $\tilde{R}_{k^{\prime}}$. Observe, that $k \leq k^{\prime} \leq K_{0}^{\prime}=K_{0}$ and that 3 divides $k$. Therefore $R_{k}$ satisfies property (R1) of Proposition 13. Moreover, $R_{k}$ is a reduced graph for $G\left[U_{1}^{\prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime}\right]$ with

$$
\begin{equation*}
\left|V\left(R_{k}\right)\right|=k \geq k^{\prime}-2 \geq k_{0}^{\prime}-2 \stackrel{(7)}{\geq} k_{0} \tag{9}
\end{equation*}
$$

and

$$
\delta\left(R_{k}\right) \geq \delta\left(\tilde{R}_{k^{\prime}}\right)-2 \geq(2 / 3+\gamma / 2+\gamma / 4) k^{\prime}-2 \stackrel{(7)}{\geq}(2 / 3+\gamma / 2) k .
$$

Thus, we also have property (R2). By (9) and the choice of $k_{0}$, Theorem 1 implies that $R_{k}^{*} \subseteq R_{k}$. Moreover, $R_{k}^{* *} \subseteq R_{k}^{*}$ since $3 \mid k$ and thus we get $(R 3)$.

Proposition 7 applied with $R^{\prime}:=R_{k}^{* *}$ and accordingly $\Delta\left(R^{\prime}\right)=2$ asserts that for every $i \in[k]$ there are subsets $U_{i}^{\prime \prime}$ of $U_{i}^{\prime}$ of size

$$
L^{\prime \prime}:=\left|U_{1}^{\prime \prime}\right|=\cdots=\left|U_{k}^{\prime \prime}\right|=\left(1-2 \varepsilon^{\prime}\right) L^{\prime}
$$

such that $U_{1}^{\prime \prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime \prime}$ is $\left(\varepsilon^{\prime} /\left(1-2 \varepsilon^{\prime}\right), d^{\prime}-2 \varepsilon^{\prime}\right)$-regular on $R_{k}$, and $\left(\varepsilon^{\prime} /\left(1-2 \varepsilon^{\prime}\right), d^{\prime}-\right.$ $2 \varepsilon^{\prime}$ )-super-regular on $R_{k}^{* *}$. By (7) we have $\varepsilon^{\prime} /\left(1-2 \varepsilon^{\prime}\right) \leq 2 \varepsilon^{\prime}$ and $d^{\prime}-2 \varepsilon^{\prime} \geq d^{\prime} / 2$. This implies that $U_{1}^{\prime \prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime \prime}$ is ( $2 \varepsilon^{\prime}, d^{\prime} / 2$ )-regular on $R_{k}$, and ( $2 \varepsilon^{\prime}, d^{\prime} / 2$ )-super-regular on $R_{k}^{* *}$. Moreover,

$$
\begin{align*}
\frac{n}{k} \geq L^{\prime \prime} & =\left(1-2 \varepsilon^{\prime}\right) L^{\prime} \stackrel{(8)}{\geq}\left(1-2 \varepsilon^{\prime}\right)\left(1-\varepsilon^{\prime}\right) \frac{n}{k^{\prime}} \geq\left(1-3 \varepsilon^{\prime}\right) \frac{n}{k+2} \\
& \stackrel{(7)}{\geq}\left(1-3 \varepsilon^{\prime}\right) \frac{n}{k+\varepsilon^{\prime} k}=\left(\frac{1-3 \varepsilon^{\prime}}{1+\varepsilon^{\prime}}\right) \frac{n}{k} \geq\left(1-4 \varepsilon^{\prime}\right) \frac{n}{k} \tag{10}
\end{align*}
$$

Now we collect all vertices from $V$ not contained in $U_{1}^{\prime \prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime \prime}$ in a set $U_{0}^{\prime \prime}$, i.e., let

$$
U_{0}^{\prime \prime}:=V \backslash \bigcup_{i \in[k]} U_{i}^{\prime \prime}
$$

It follows that

$$
\begin{equation*}
\left|U_{0}^{\prime \prime}\right|=n-\sum_{i \in[k]}\left|U_{i}^{\prime \prime}\right| \stackrel{(10)}{\leq} n-k\left(1-4 \varepsilon^{\prime}\right) n / k=4 \varepsilon^{\prime} n \tag{11}
\end{equation*}
$$

In order to obtain the required partition of $V$ with clusters $U_{i}$ for $i \in[k]$ we will distribute the vertices in $U_{0}^{\prime \prime}$ to the clusters $U_{i}^{\prime \prime}$ so that the resulting partition is equitriangular and still $(\varepsilon, d)$-regular on $R_{k}$ and $(\varepsilon, d)$-super-regular on $R_{k}^{* *}$.

For this purpose, let $u$ be a vertex in $U_{0}^{\prime \prime}$. A triangle $i, i+1, i+2$ of $R_{k}^{* *}$ is called $u$-friendly, if $u$ has at least $d n / k$ neighbours in each of the clusters $U_{i}^{\prime \prime}, U_{i+1}^{\prime \prime}$, and $U_{i+2}^{\prime \prime}$. We claim that each $u \in U_{0}^{\prime \prime}$ has at least $\gamma k / 3 u$-friendly triangles. Indeed, assume for a contradiction that there were only $x<\gamma k / 3 u$-friendly triangles for some $u$. Then, since $u$ has less than $2 L^{\prime \prime}+d n / k$ neighbours in clusters of triangles that are not $u$-friendly, we can argue that

$$
\begin{aligned}
\left|N_{G}(u)\right| & <x \cdot 3 L^{\prime \prime}+\left(\frac{k}{3}-x\right)\left(2 L^{\prime \prime}+\frac{d n}{k}\right)+\left|U_{0}^{\prime \prime}\right| \leq x L^{\prime \prime}+\frac{2 k}{3} L^{\prime \prime}+\frac{d}{3} n+4 \varepsilon^{\prime} n \\
& \stackrel{(10)}{<} \frac{\gamma k}{3} \frac{n}{k}+\frac{2 k}{3} \frac{n}{k}+\frac{d}{3} n+4 \varepsilon^{\prime} n \stackrel{(6),(7)}{\leq}\left(\frac{2}{3}+\gamma\right) n
\end{aligned}
$$

which is a contradiction.
In a first step we now assign the vertices $u \in U_{0}^{\prime \prime}$ as evenly as possible to $u$ friendly triangles in $R_{k}^{* *}$. Since each vertex $u \in U_{0}^{\prime \prime}$ has at least $\gamma k / 3 u$-friendly triangles, each triangle of $R_{k}^{* *}$ gets assigned at most $3\left|U_{0}^{\prime \prime}\right| /(\gamma k)$ vertices.

Then in the second step, in each triangle we distribute the vertices that have been assigned to this triangle as evenly as possible among the three clusters of this triangle. It follows immediately that the resulting partition is equitriangular. Moreover, every cluster $U_{i}^{\prime \prime}$ with $i \in[k]$ gains at most

$$
\begin{equation*}
\frac{3\left|U_{0}^{\prime \prime}\right|}{\gamma k} \stackrel{(11)}{\leq} \frac{12 \varepsilon^{\prime} n}{\gamma k} \stackrel{(10)}{\leq} \frac{12 \varepsilon^{\prime}}{\gamma\left(1-4 \varepsilon^{\prime}\right)} L^{\prime \prime} \stackrel{(7)}{\leq} 24 \frac{\varepsilon^{\prime}}{\gamma}\left|U_{i}^{\prime \prime}\right| \stackrel{(6),(7)}{\leq} \sqrt{\varepsilon^{\prime}}\left|U_{i}^{\prime \prime}\right| \tag{12}
\end{equation*}
$$

vertices from $U_{0}^{\prime \prime}$ during this process. We claim that the resulting partition $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}$ of $V$ satisfies properties $(U 1)-(U 3)$. For that we first define

$$
m_{i}:=\left|U_{i}\right| \geq\left|U_{i}^{\prime \prime}\right|=L^{\prime \prime} \stackrel{(10)}{\geq}\left(1-4 \varepsilon^{\prime}\right) n / k \geq(1-\varepsilon) n / k
$$

and note that for this choice $\left(R_{4}\right)$ and (U1) of Proposition 13 hold. Moreover, recall that $U_{1}^{\prime \prime} \dot{\cup} \cdots \dot{\cup} U_{k}^{\prime \prime}$ is $\left(2 \varepsilon^{\prime}, d^{\prime} / 2\right)$-regular on $R_{k}$ and $\left(2 \varepsilon^{\prime}, d^{\prime} / 2\right)$-super-regular on $R_{k}^{* *}$. By (12), Proposition 8 with $\hat{\alpha}=\hat{\beta}=\sqrt{\varepsilon^{\prime}}$ assures that $U_{1} \dot{\cup} \cdots \dot{U} U_{k}$ is $(\hat{\varepsilon}, \hat{d})$-regular on $R_{k}$ and $(\hat{\varepsilon}, \hat{d})$-super-regular on $R_{k}^{* *}$, where

$$
\hat{\varepsilon}:=2 \varepsilon^{\prime}+6 \sqrt[4]{\varepsilon^{\prime}} \quad \text { and } \quad \hat{d}:=\frac{d^{\prime}}{2}-2 \sqrt{\varepsilon^{\prime}}
$$

Since $2 \varepsilon^{\prime}+6 \sqrt[4]{\varepsilon^{\prime}} \leq \varepsilon$ and $d^{\prime} / 2-2 \sqrt{\varepsilon^{\prime}} \geq d^{\prime} / 3 \geq d$ by (6) and (7), this implies (UQ) and (U3) and concludes the proof of Proposition 13.

Next we deduce the lemma for $G$ (Lemma 11) from Proposition 13.
of Lemma 11. Again we first fix the constants involved in the proof. Let $\gamma>0$ be given by Lemma 11. For $\gamma$, Proposition 13 yields constants $d^{\prime}>0$ and $\varepsilon_{0}^{\prime}>0$. For Lemma 11 we set

$$
\begin{equation*}
\varepsilon_{0}:=\min \left\{\varepsilon_{0}^{\prime}, d^{\prime} / 8\right\} \quad \text { and } \quad d:=d^{\prime} / 2 \tag{13}
\end{equation*}
$$

For a given $\varepsilon \leq \varepsilon_{0}$, we fix

$$
\begin{equation*}
\varepsilon^{\prime}:=\min \left\{\frac{\varepsilon}{6 \sqrt{2}}, \sqrt{\frac{d}{8}}\right\} \tag{14}
\end{equation*}
$$

and note that $0<\varepsilon^{\prime} \leq \varepsilon \leq \varepsilon_{0} \leq \varepsilon_{0}^{\prime}$. Therefore we can apply Proposition 13 with $\gamma$ and $\varepsilon^{\prime}$ to obtain $K_{0}^{\prime}$. Finally, we define the constants $K_{0}$ and $\xi_{0}$ promised by Lemma 11 and set

$$
\begin{equation*}
K_{0}:=K_{0}^{\prime} \quad \text { and } \quad \xi_{0}:=\left(\frac{\varepsilon^{\prime}}{2 K_{0}}\right)^{2} \tag{15}
\end{equation*}
$$

Having fixed all the constants, let $G=(V, E)$ be a graph on $n \geq K_{0}$ vertices. We now apply Proposition 13 with $\gamma$ and $\varepsilon^{\prime}$ to the input graph $G$ and get a positive integer $k \leq K_{0}^{\prime}$, a graph $R_{k}$, and a partition $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}=V$ so that $(R 1)-\left(R_{4}\right)$ and (U1)-(U3) of Proposition 13 hold with $\varepsilon$ replaced by $\varepsilon^{\prime}$ and $d$ replaced by $d^{\prime}$. Since $K_{0}=K_{0}^{\prime}$ and $\varepsilon \geq \varepsilon^{\prime}$, this shows that $k, R_{k}$, and $m_{i}=\left|U_{i}\right|$ for all $i \in[k]$ also satisfy properties ( $R 1$ ) - $\left(R_{4}\right)$ of Lemma 11.

It remains to prove the 'second part' of Lemma 11. For that let $n_{1}+\cdots+n_{k}$ be an integer partition of $n=|V|$ satisfying $n_{i}=m_{i} \pm \xi_{0} n$ for every $i \in[k]$. Our goal is to modify the partition $U_{1} \dot{\cup} \cdots \dot{U} U_{k}=V$ to obtain a partition $V_{1} \dot{\cup} \cdots \dot{U} V_{k}=V$ that satisfies (V1)-(V3) for $\varepsilon$ and $d$.

The problem that occurs here is the following. Although a pair remains almost as regular as before when a few vertices leave or enter a cluster, the property of being super-regular is not that robust: every vertex that is moved to a new cluster which is part of a super-regular triangle must make sure that it has sufficiently many neighbours inside the neighbouring clusters within the triangle.

We first set $V_{i}:=U_{i}$ for all $i \in[k]$. In the following, we will perform several steps to move vertices out of some clusters and into some other clusters. During this process we will call a cluster $V_{i}$ deficient, if $\left|V_{i}\right|<n_{i}$, and excessive, if $\left|V_{i}\right|>n_{i}$. In the end we will neither have deficient clusters nor excessive clusters and thus obtain the desired partition.

In the following the cyclic structure of $R_{k}^{*}$ will be important. To simplify the arguments, we will therefore allow the index $i$ of a cluster $V_{i}$ to become negative or bigger than $k$. Thus $V_{0}$ will denote cluster $V_{k}, V_{-1}$ cluster $V_{k-1}$, and $V_{k+1}$ cluster $V_{1}$, and so on.

Note that $\sigma:[k] \rightarrow[3]$ with

$$
\sigma(3 j+l):=l \text { for } j \in\{0, \ldots,(k / 3)-1\} \text { and } l \in[3]
$$

is a valid 3-colouring of $R_{k}^{*}$. We will also say that cluster $V_{i}$ has colour $\sigma(i)$.
The following facts will allow us to balance deficient and excessive clusters. The first observation will be useful to address imbalances within clusters of colour 1 or 3.

Fact 14. Suppose that $\left|V_{i}\right| \geq(1-\varepsilon) n / k$ for all $i \in[k]$, and that $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$. Then, for each $j \in\{0, \ldots,(k / 3)-1\}$, there are at least $(1-3 \varepsilon) n / k$ "good" vertices $v \in V_{3 j+1}$ that have at least $d n /(2 k)$ neighbours in each
of $V_{3(j-1)+2}$ and $V_{3(j-1)+3}$. Similarly, there are at least $(1-3 \varepsilon) n / k$ "good" vertices $v \in V_{3 j+3}$ that have at least $d n /(2 k)$ neighbours in each of $V_{3(j+1)+1}$ and $V_{3(j+1)+2}$.
of Fact 14. Note that the four pairs
$\{3 j+1,3(j-1)+2\},\{3 j+1,3(j-1)+3\},\{3 j+3,3(j+1)+1\},\{3 j+3,3(j+1)+2\}$
are all edges of $R_{k}^{*}$. Since $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}^{*}$ we can apply Proposition 6 once with input $\varepsilon, d, A=V_{3 j+1}$, and $B=B^{\prime}=V_{3(j-1)+2}$ and once with input $\varepsilon, d, A=V_{3 j+1}$, and $B=B^{\prime}=V_{3(j-1)+3}$. This asserts that at least $\left|V_{3 j+1}\right|-2 \varepsilon\left|V_{3 j+1}\right|$ vertices of $V_{3 j+1}$ have more than $(d-\varepsilon)\left|V_{3(j-1)+2}\right|$ neighbours in $V_{3(j-1)+2}$ and more than $(d-\varepsilon)\left|V_{3(j-1)+2}\right|$ neighbours in $V_{3(j-1)+3}$. This implies the first part of Fact 14, because

$$
\begin{equation*}
\left|V_{3 j+1}\right|-2 \varepsilon\left|V_{3 j+1}\right| \geq(1-2 \varepsilon)(1-\varepsilon) \frac{n}{k} \geq(1-3 \varepsilon) \frac{n}{k} \tag{16}
\end{equation*}
$$

and

$$
(d-\varepsilon)\left|V_{3(j-1)+2}\right| \geq(d-\varepsilon)(1-\varepsilon) \frac{n}{k} \geq(d-2 \varepsilon) \frac{n}{k} \stackrel{(13)}{\geq} \frac{d n}{2 k} .
$$

The second part concerning vertices in $V_{3 j+3}$ follows analogously.
Before we continue, let us briefly illustrate how Fact 14 is used later. Suppose that for some $j, j^{\prime} \in\{0, \ldots,(k / 3)-1\}$ the set $V_{3 j+1}$ is an excessive cluster and $V_{3 j^{\prime}+1}$ is a deficient cluster, both of colour $\sigma(3 j+1)=1$. Then by Fact 14 there is some vertex $v$ (in fact ( $1-3 \varepsilon$ ) $n / k$ vertices) in $V_{3 j+1}$ which has "many" neighbours in $V_{3(j-1)+2}$ and $V_{3(j-1)+3}$. Hence, we move $v$ from $V_{3 j+1}$ to $V_{3(j-1)+1}$ without loosing the super-regularity of the resulting partition on $R_{k}^{* *}$, nor the regularity on $R_{k}^{*}$. Recall that $R_{k}^{*}$ was the square of a Hamiltonian cycle. Hence, repeating this process by moving a vertex from $V_{3(j-1)+1}$ to $V_{3(j-2)+1}$ and so on, we will eventually reach $V_{3 j^{\prime}+1}$. Observe that it is of course not necessarily the vertex $v \in V_{3 j+1}$ we started with, which is really moved all the way to $V_{3 j^{\prime}+1}$ during this process, but rather a sequence of vertices each moving one cluster further. The crucial thing to note is that whenever we move a vertex from one cluster to another, it still has many neighbours in the new neighbouring clusters within $R_{k}^{* *}$. Therefore, after such a sequence of applications of Fact 14, we end up with a new partition $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ with the following properties. The cardinality of $V_{3 j+1}$ decreased by one and $\left|V_{3 j^{\prime}+1}\right|$ increased by one. For all $i \in[k]$ different from $3 j+1$ and $3 j^{\prime}+1$ the size of $V_{i}$ remains the same. We say then that we moved a vertex along colour class 1 of $R_{k}^{*}$ from $V_{3 j+1}$ to $V_{3 j^{\prime}+1}$ and if, as assumed above, $V_{3 j+1}$ was excessive and $V_{3 j^{\prime}+1}$ was deficient, then such a move decreases the imbalances within clusters of colour 1. Similarly, we can apply the second part of Fact 14, for moving vertices along colour class 3 of $R_{k}^{*}$.

The clusters of colour 2 however need special treatment. Consider e.g. $V_{3 j+2}$. Unfortunately we have no other vertex in $R_{k}^{*}$ that is adjacent to $3 j+1$ and $3 j+3$. Hence vertices cannot be moved analogously along colour class 2 of $R_{k}^{*}$.

Therefore the following observation will be useful, which will allow us to deal with deficient clusters $V_{3 j+2}$ of colour 2.

Fact 15. Suppose that $\left|V_{i}\right| \geq(1-\varepsilon) n / k$ for all $i \in[k]$, and that $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$. For each $j \in\{0, \ldots,(k / 3)-1\}$ there is an $i \in[k]$ with $\sigma(i) \neq 2$, such that $3 j+1,3 j+3 \in N_{R_{k}}(i)$ and there are at least $(1-3 \varepsilon) n / k$ "good" vertices $v \in V_{i}$ that have at least $d n /(2 k)$ neighbours in each of $V_{3 j+1}$ and $V_{3 j+3}$.


Figure 1. Moving a vertex from $V_{7}$ to $V_{1}$ along colour class 1 of $R_{k}^{*}$ and thus decreasing the size of $V_{7}$ and increasing the size of $V_{1}$.
of Fact 15. Since $\delta\left(R_{k}\right) \geq(2 / 3+\gamma / 2) k$, the joint neighbourhood of $3 j+1$ and $3 j+3$ has size at least $(1 / 3+\gamma) k>k / 3$. Hence, there must be a joint neighbour which is not of colour 2, and therefore $i$ can be chosen. The existence of the vertices $v$ follows as in the proof of Fact 14.

This fact will be used for moving a vertex $v$ from a cluster of $V_{i}$ of colour 1 or 3 to a deficient cluster $V_{3 j+2}$ (of colour 2) for some $j \in\{0, \ldots,(k / 3)-1\}$.

The last simple fact allows to address imbalances across different colours. More precisely, it will be used for moving a vertex $v$ from cluster $V_{i}$ to any of the clusters $V_{3 j+1}, V_{3 j+2}$, or $V_{3 j+3}$.

Fact 16. Suppose that $\left|V_{i}\right| \geq(1-\varepsilon) n / k$ for all $i \in[k]$, and that $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ is $(\varepsilon, d)$-regular on $R_{k}$. For each $i \in[k]$ there is a $j \in\{0, \ldots,(k / 3)-1\}$, such that $3 j+1,3 j+2,3 j+3 \in N_{R_{k}}(i)$ and there are at least $(1-4 \varepsilon) n / k$ "good" vertices $v \in V_{i}$ that have at least $d n /(2 k)$ neighbours in each of $V_{3 j+1}, V_{3 j+2}$, and $V_{3 j+3}$.
of Fact 16. Since $\delta\left(R_{k}\right) \geq(2 / 3+\gamma / 2) k>2 k / 3$, there must be at least one triangle $3 j+1,3 j+2,3 j+3$ in $R_{k}^{* *}$ such that all three vertices of this triangle are adjacent to $i$ in $R_{k}$. The existence of the vertices $v$ may be deduced as in the proof of Fact 14. Indeed, by Proposition 6, there are at least

$$
\left|V_{i}\right|-3 \varepsilon\left|V_{i}\right| \geq(1-3 \varepsilon)(1-\varepsilon) n / k \geq(1-4 \varepsilon) n / k
$$

such vertices (cf. (16)).
Now, we are ready to describe the process for eliminating deficient and excessive clusters. In a first phase, we deal with the deficient clusters of colour 2. One iteration of this phase is as follows. Let $V_{3 j+2}$ with $j \in\{0, \ldots,(k / 3)-1\}$ be such a cluster. By Fact 15 , there is an $i \in[k]$ with $\sigma(i) \neq 2$ such that we can move a vertex from $V_{i}$ to $V_{3 j+2}$. We repeat this step, until no deficient cluster of colour 2 remains.

An iteration of the second phase performs the following steps. Choose an arbitrary excessive cluster $V_{i}$ and a deficient cluster $V_{i^{\prime}}$. Note that there are deficient clusters as long as there are excessive clusters by definition, and vice versa. Note further, that $\sigma\left(i^{\prime}\right) \neq 2$ by phase one. We distinguish two cases.

If $\sigma(i)=\sigma\left(i^{\prime}\right)$ and, hence, $\sigma(i) \neq 2$, we use Fact 14 for moving a vertex along colour class $\sigma(i)$ of $R_{k}^{*}$ from cluster $V_{i}$ to cluster $V_{i^{\prime}}$.

Otherwise, we first apply Fact 16 to $V_{i}$, which gives us a $j \in\{0, \ldots,(k / 3)-1\}$, so that we can move a vertex from cluster $V_{i}$ to $V_{3 j+\sigma\left(i^{\prime}\right)}$. Then, we can proceed as
in the previous case and move a vertex along colour class $\sigma\left(i^{\prime}\right)$ of $R_{k}^{*}$ from cluster $V_{3 j+\sigma\left(i^{\prime}\right)}$ to $V_{i^{\prime}}$ with Fact 14.

In total we have to move at most

$$
\sum_{i=1}^{k}\left|n_{i}-m_{i}\right| \leq k \xi_{0} n
$$

vertices in order to guarantee that $\left|V_{i}\right|=n_{i}$, hence at most $k \xi_{0} n$ iterations have to be performed in the first phase and at most $k \xi_{0} n$ in the second phase. Moreover, in each iteration not more than one vertex is moved out of each $V_{i}$ with $i \in[k]$, and at most one vertex gets moved into each $V_{i}$. So, throughout the process we have

$$
\begin{equation*}
\left|U_{i} \triangle V_{i}\right| \leq 2 \cdot 2 k \xi_{0} n \stackrel{(15)}{\leq}\left(\varepsilon^{\prime}\right)^{2} n / k \tag{17}
\end{equation*}
$$

for all $i \in[k]$.
Note that since by (13) we have $(1-4 \varepsilon) n / k \geq \varepsilon^{\prime 2} n / k$, in every step of phase one and two the "moving" vertex $v$ can be chosen from the set of $(1-4 \varepsilon) n / k$ " good" vertices guaranteed by Facts 14-16.

In addition it follows that

$$
\begin{equation*}
\left|V_{i}\right| \geq\left|U_{i}\right|-\left|U_{i} \triangle V_{i}\right| \stackrel{(R 4),(17)}{\geq}\left(1-\varepsilon^{\prime}-\left(\varepsilon^{\prime}\right)^{2}\right) \frac{n}{k} \stackrel{(14)}{\geq}(1-\varepsilon) \frac{n}{k} \tag{18}
\end{equation*}
$$

after phase one and two for all $i \in[k]$. Recall that $U_{1} \dot{\cup} \cdots \dot{\cup} U_{k}$ is $\left(\varepsilon^{\prime}, d^{\prime}\right)$-regular on $R_{k}^{*}$ and $\left(\varepsilon^{\prime}, d^{\prime}\right)$-super-regular on $R_{k}^{* *}$. Therefore, we can apply Proposition 8 with input $\varepsilon^{\prime}, d^{\prime}, A=U_{i}, \hat{A}:=V_{i}$, and $B:=U_{i^{\prime}}, \hat{B}:=V_{i^{\prime}}$ for any $\left\{i, i^{\prime}\right\} \in E\left(R_{k}\right)$. For this, we set

$$
\begin{equation*}
\hat{\alpha}:=\hat{\beta}:=2\left(\varepsilon^{\prime}\right)^{2} \geq \frac{\left(\varepsilon^{\prime}\right)^{2}}{1-\varepsilon} \stackrel{(18),(17)}{\geq} \frac{\left|U_{i} \triangle V_{i}\right|}{\left|V_{i}\right|} \tag{19}
\end{equation*}
$$

Since

$$
\hat{\varepsilon}=\varepsilon^{\prime}+3(\sqrt{\hat{\alpha}}+\sqrt{\hat{\beta}}) \stackrel{(19)}{=} \varepsilon^{\prime}+6 \sqrt{2} \varepsilon^{\prime} \stackrel{(14)}{\leq} \varepsilon
$$

and

$$
\hat{d}=d^{\prime}-2(\hat{\alpha}-\hat{\beta}) \stackrel{(19)}{=} d^{\prime}-8\left(\varepsilon^{\prime}\right)^{2} \stackrel{(13),(14)}{\geq} d
$$

we deduce from Proposition 8 that $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ remains $(\varepsilon, d)$-regular on $R_{k}^{*}$ and, since we only moved "good" vertices, $V_{1} \dot{\cup} \cdots \dot{U} V_{k}$ remains $(\varepsilon, d)$-super-regular on $R_{k}^{* *}$ throughout the entire process.

This also justifies that we could indeed apply Facts 14,15 , and 16 throughout the entire process. Therefore $V_{1} \dot{\cup} \cdots \dot{\cup} V_{k}$ satisfies $(V 1)-(V 3)$ and this concludes the proof of Lemma 11.

## 6. Lemma for $H$

In order to prove the lemma for $H$ (Lemma 12), we need to exhibit a mapping $f: V(H) \rightarrow[k]$ with properties $(a)-(d)$. Basically, we would like to use the fact that $H$ is 3-colourable, visit the vertices of $H$ in bandwidth order and arrange that $f$ maps the first vertices of colour 1 to 1 , the first vertices of colour 2 to 2 , and the first vertices of colour 3 to 3 . It would be ideal if, at more or less the same moment, we had dealt with $m_{1}$ vertices of colour $1, m_{2}$ vertices of colour 2 and $m_{3}$ vertices of colour 3 , since we could then move on and let $f$ assign vertices to 4,5 and 6 .

Now the problem is that the $m_{i}$ are equitriangular, i.e., almost identical, but the colour classes of $H$ may vary a lot in size. Therefore, our first step towards the proof of Lemma 12 will be to show that we can find a recolouring of $H$ with
more or less balanced colour classes. We partition $H$ into pieces of length $\xi n$ and find a 3-colouring for each of these pieces, such that for all $i$ the largest colour class of the union of pieces 1 to $i$ has the same colour as the smallest colour class of the $(i+1)$-st piece, and vice versa. In order to glue these colourings together and obtain a proper colouring of the whole graph $H$, we need to assign the new colour 0 to some of the vertices. We start with three simple observations, which will be helpful later in the proof of Lemma 12.

Observation 17. Let $a, a^{\prime}, b, b^{\prime}, c, c^{\prime}$ and $x$ be positive integers with $a \leq b \leq c \leq$ $a+x$ and $c^{\prime} \leq b^{\prime} \leq a^{\prime} \leq c^{\prime}+x$. If we set $A:=a+a^{\prime}, B:=b+b^{\prime}$, and $C:=c+c^{\prime}$, then $\max \{A, B, C\} \leq \min \{A, B, C\}+x$.

Proof. Indeed, $a+a^{\prime} \leq b+c^{\prime}+x$ and therefore $A \leq b+b^{\prime}+x=B+x$ and $A \leq c+c^{\prime}+x=C+x$. Similarly, $B \leq a+x+a^{\prime}=A+x, B \leq c+c^{\prime}+x=C+x$, $C \leq b+x+b^{\prime}=B+x$, and $C \leq a+x+a^{\prime}=A+x$.

We say that a graph $H$ on vertex set $[n]$ with bandwidth at most $b$ is given in bandwidth order, if the vertex labels $1, \ldots, n$ satisfy that for every edge $\{i, j\} \in$ $E(H)$ we have $|i-j| \leq b$.
Observation 18. Let $H$ be a 3-colourable graph on vertex set $[n]$ with bandwidth at most $\beta n$ and suppose that the vertices are in bandwidth order. Let $s \in[n]$ and suppose $\sigma:[n] \rightarrow\{0, \ldots, 3\}$ is a proper 4 -colouring of $V(H)$ such that $\sigma(u) \neq 0$ for all vertices $u>s-2 \beta n$. Then for any two colours $l, l^{\prime} \in[3]$ the mapping $\sigma^{\prime}:[n] \rightarrow\{0, \ldots, 3\}$ defined by

$$
\sigma^{\prime}(v):= \begin{cases}l^{\prime} & \text { if } \sigma(v)=l, v>s \\ l & \text { if } \sigma(v)=l^{\prime}, v>s \\ \sigma(v) & \text { otherwise }\end{cases}
$$

can be turned into a proper 4-colouring $\sigma^{\prime \prime}$ of $H$ by colouring all vertices $w \in$ $[s-\beta n+1, s+\beta n]$ satisfying $\sigma(w)=l$ with colour 0 .

We shall say that $\sigma^{\prime \prime}$ is obtained from $\sigma$ by an $\left(l, l^{\prime}\right)$-switch at vertex $s$. Note that $\sigma^{\prime \prime}(u) \neq 0$ for all vertices $u \geq s+\beta n$.

Proof. Indeed, as $\sigma^{\prime}$ is derived from the proper colouring $\sigma$ by interchanging the colours $l$ and $l^{\prime}$ after the vertex $s$, the only monochromatic edges that $\sigma^{\prime}$ can possibly yield are edges $\{u, v\}$ with $u \leq s$ and $s<v$ and $\{\sigma(u), \sigma(v)\}=\left\{l, l^{\prime}\right\}$. Since $H$ has bandwidth at most $\beta n$, we must have that $u \in[s-\beta n+1, s]$ and $v \in[s+1, s+\beta n]$.

Suppose now that we construct a new colouring $\sigma^{\prime \prime}$ obtained from $\sigma^{\prime}$ through recolouring all the vertices of colour $l$ in the interval $[s-\beta n+1, s+\beta n]$ by colour 0 . Thus all previous monochromatic edges have disappeared: If $\sigma(u)=l$ and $\sigma(v)=l^{\prime}$, then $\sigma^{\prime \prime}(u)=0$ and $\sigma^{\prime \prime}(v)=l$. If $\sigma(u)=l^{\prime}$ and $\sigma(v)=l$, then $\sigma^{\prime \prime}(u)=l^{\prime}$ and $\sigma^{\prime \prime}(v)=0$. Moreover, the newly 0-coloured vertices cannot be adjacent to each other (because they were all assigned colour $l$ by $\sigma$ ). Furthermore, by our assumption, we have $\sigma(u) \neq 0$ for vertices $u \in[s-2 \beta n+1, s-\beta n]$ and hence $\sigma^{\prime \prime}(u) \neq 0$. Therefore, due to the bandwidth assumption on $H$ no new monochromatic edges of colour 0 can appear in $\sigma^{\prime \prime}$ and, hence, it is a proper 4-colouring.

The next observation is based on repeated applications of the two preceding facts. Roughly speaking, it states that 3 -chromatic graphs $H$ with small bandwidth can be 4-coloured, so that one colour is "very rare" (see (21)) and the other three colours
appear "equally distributed" (see (20)). For the inductive proof we consider the following somewhat technical statement.
Observation 19. Let $H$ be a 3-colourable graph on vertex set $[n]$ with bandwidth at most $\beta n$ and suppose that the vertices are in bandwidth order. Let $\xi$ be a constant with $\beta<\xi / 6$ and assume that $1 / \xi$ is an integer. For all integers $i \in[1 / \xi]$ there exists a proper 4-colouring $\sigma_{i}:[n] \rightarrow\{0, \ldots, 3\}$ of the vertices of $H$ with the following properties. For all $j \in[i]$

$$
\begin{equation*}
\max _{l \in[3]}\left\{\left|\sigma_{i}^{-1}(l) \cap[j \xi n]\right|\right\} \leq \min _{l \in[3]}\left\{\left|\sigma_{i}^{-1}(l) \cap[j \xi n]\right|\right\}+\xi n+5 j \beta n . \tag{20}
\end{equation*}
$$

and

$$
\begin{equation*}
\sigma_{i}^{-1}(0) \subseteq \bigcup_{j \in[i-1]}[j \xi n, j \xi n+5 \beta n] \tag{21}
\end{equation*}
$$

Proof. We prove this statement by induction on $i$. Clearly, for $i=1$, we let $\sigma_{1}$ be the proper 3 -colouring of $H$. Then (20) holds trivially and no vertices of colour 0 are needed. Now suppose that $\sigma_{i}$ is given. We will obtain $\sigma_{i+1}$ from $\sigma_{i}$ by appropriate $\left(l, l^{\prime}\right)$-switches at $i \xi n+\beta n$ and $i \xi n+4 \beta n$.

More precisely, suppose w.l.o.g. that the smallest colour class of $\sigma_{i}$ on the first $i \xi n$ vertices of $H$ is that of colour 1, and the largest is that of colour 3. Since every permutation of the set [3] can be written as the composition of at most two transpositions, there must be colours $l_{1}, l_{1}^{\prime}, l_{2}, l_{2}^{\prime}$ such that if we obtain $\sigma_{i+1}$ from $\sigma_{i}$ by an $\left(l_{1}, l_{1}^{\prime}\right)$-switch at $i \xi n+\beta n$ followed by an $\left(l_{2}, l_{2}^{\prime}\right)$-switch at $i \xi n+4 \beta n$, then the smallest colour class of $\sigma_{i+1}$ on

$$
I:=[i \xi n+5 \beta n,(i+1) \xi n]
$$

is that of colour 3 , and the largest is that of colour 1. Clearly, the assumptions of Observation 18 are satisfied before each of the switches, since before the first switch by induction assumption $\sigma_{i}(u) \neq 0$ for all $u>(i-1) \xi n+5 \beta n$ and, hence, for all $u \geq i \xi n-\beta n$, as $\xi>6 \beta$. Similarly, after the first switch the largest vertex $v$ of colour 0 obeys $v \leq i \xi n+2 \beta n$. It follows from Observation 18 that $\sigma_{i+1}$ is a proper 4-colouring of $H$.

It is now easy to check that $\sigma_{i+1}$ satisfies the requirements of the claim. Indeed, as $\sigma_{i+1}(v)=\sigma_{i}(v)$ for all $v \leq i \xi n$, we already know that (20) holds for all $j \in[i]$ and thus, by induction we now have

$$
\begin{aligned}
\left|\sigma_{i+1}^{-1}(1) \cap[i \xi n]\right| & \leq\left|\sigma_{i+1}^{-1}(2) \cap[i \xi n]\right| \leq\left|\sigma_{i+1}^{-1}(3) \cap[i \xi n]\right| \\
& \leq\left|\sigma_{i+1}^{-1}(1) \cap[i \xi n]\right|+\xi n+5 i \beta n .
\end{aligned}
$$

Since, trivially,

$$
\begin{aligned}
\left|\sigma_{i+1}^{-1}(3) \cap I\right| \leq\left|\sigma_{i+1}^{-1}(2) \cap I\right| & \leq\left|\sigma_{i+1}^{-1}(1) \cap I\right| \\
& \leq\left|\sigma_{i+1}^{-1}(3) \cap I\right|+\xi n \leq\left|\sigma_{i+1}^{-1}(3) \cap I\right|+\xi n+5 i \beta n,
\end{aligned}
$$

we can now apply Observation 17 to see that

$$
\begin{aligned}
\max _{l \in[3]}\left\{\mid \sigma_{i+1}^{-1}(l)\right. & \cap[(i+1) \xi n] \mid\} \\
& \leq \min _{l \in[3]}\left\{\left|\sigma_{i+1}^{-1}(l) \cap[(i+1) \xi n]\right|\right\}+\xi n+5 i \beta n+|[i \xi n,(i+1) \xi n] \backslash I|,
\end{aligned}
$$

which implies equation (20) for $j=i+1$ as well. Finally, we note that (21) follows directly from the induction assumption on $\sigma_{i}$ and the definition of $\sigma_{i+1}$.

In the following lemma we sum up what we have achieved so far. First note that (20) and (21) imply that for all $i \in[1 / \xi]$, every $j \in[i]$, and $l \in[3]$

$$
\begin{equation*}
\frac{j \xi n}{3}-5 \beta n-(\xi+5 j \beta) n \leq\left|\sigma_{i}^{-1}(l) \cap[j \xi n]\right| \leq \frac{j \xi n}{3}+(\xi+5 j \beta) n \tag{22}
\end{equation*}
$$

where we need to subtract $5 \beta n$ on the left hand side of the inequality because there might be $5 \beta n$ vertices in $[j \xi n]$ that are coloured 0 by $\sigma_{i}$. In other words, the colourings $\sigma_{i}$ use the colours $1,2,3$ almost evenly, at least if we consider intervals of the form $[j \xi n]$. Moreover, colour 0 is only used in certain relatively small intervals. The following definitions try to capture these features in a form that is convenient for the proof of Lemma 12.

For $x \in \mathbb{N}$, a colouring $\sigma:[n] \rightarrow\{0, \ldots, 3\}$ is called $x$-balanced, if for each interval $[a, b] \subseteq[n]$ and each $l \in[3]$, we have

$$
\frac{b-a}{3}-x \leq\left|\sigma^{-1}(l) \cap[a, b]\right| \leq \frac{b-a}{3}+x .
$$

Moreover, $\sigma$ is called $x$-zero free, if for each $t \in[n]$ there exists a $t^{\prime} \in[n]$ with $t-2 x \leq t^{\prime} \leq t+2 x$ such that $\sigma(u) \neq 0$ for all $u \in\left[t^{\prime}-x, t^{\prime}+x\right]$. We also say that the interval $\left[t^{\prime}-x, t^{\prime}+x\right]$ is zero free.

Lemma 20 (Balancing lemma). Let $H$ be a 3-colourable graph on vertex set $[n]$ with bandwidth at most $\beta n$ and suppose that the vertices are in bandwidth order. Let $\xi$ be a constant with $\beta<\xi^{2} / 10$ and assume that $1 / \xi$ is an integer. Then there exists a proper 4 -colouring $\sigma: V(H) \rightarrow\{0, \ldots, 3\}$ that is $5 \beta n$-zero free and $5 \xi n$-balanced.

Proof. Given $\beta$, let $H$ and $\xi$ be as required. We set $i:=1 / \xi$ and claim that the colouring $\sigma=\sigma_{i}$ guaranteed by Observation 19 has the desired properties.

First it is easy to check that $\sigma$ is indeed $5 \beta n$-zero free because $\beta$ is much smaller than $\xi$ and we know from (21) that the vertices of colour zero all lie in intervals of the form $[j \xi n, j \xi n+5 \beta n]$ with $j \in[1 / \xi]$.

Second, observe that by Observation 19, properties (20) and (21) and, consequently, (22) hold for $\sigma$. Moreover, since $\beta \leq \xi^{2} / 10<3 \xi^{2} / 20$, we infer from (22) that for every $j \in[1 / \xi]$

$$
\begin{equation*}
\frac{j \xi n}{3}-2 \xi n<\left|\sigma_{i}^{-1}(l) \cap[j \xi n]\right|<\frac{j \xi n}{3}+2 \xi n . \tag{23}
\end{equation*}
$$

Now for an arbitrary interval $[a, b] \subseteq[n]$, we choose $j, j^{\prime} \in[i]$ such that

$$
a-\xi n \leq j \xi n \leq a \leq b \leq j^{\prime} \xi n \leq b+\xi n
$$

This yields that

$$
\left|\sigma^{-1}(l) \cap\left[(j+1) \xi n,\left(j^{\prime}-1\right) \xi n\right]\right| \leq\left|\sigma^{-1}(l) \cap[a, b]\right| \leq\left|\sigma^{-1}(l) \cap\left[j \xi n, j^{\prime} \xi n\right]\right|
$$

The lower bound is equal to

$$
\begin{aligned}
&\left|\sigma^{-1}(l) \cap\left[\left(j^{\prime}-1\right) \xi n\right]\right|-\left|\sigma^{-1}(l) \cap[(j+1) \xi n)\right| \\
& \geq\left(\frac{\left(j^{\prime}-1\right) \xi n}{3}-2 \xi n\right)-\left(\frac{(j+1) \xi n}{3}+2 \xi n+1\right) \\
& \geq\left(\frac{b-\xi n}{3}-2 \xi n\right)-\left(\frac{a+\xi n}{3}+2 \xi n\right)-1 \geq \frac{b-a}{3}-5 \xi n
\end{aligned}
$$

Similarly, the upper bound equals

$$
\begin{aligned}
\left|\sigma^{-1}(l) \cap\left[j^{\prime} \xi n\right]\right|- & \left|\sigma^{-1}(l) \cap[j \xi n)\right| \\
& \leq\left(\frac{j^{\prime} \xi n}{3}+2 \xi n\right)-\left(\frac{j \xi n}{3}-2 \xi n-1\right) \\
& \leq\left(\frac{b+\xi n}{3}+2 \xi n\right)-\left(\frac{a-\xi n}{3}-2 \xi n\right)+1 \leq \frac{b-a}{3}+5 \xi n
\end{aligned}
$$

Thus, $\sigma$ is $5 \xi n$-balanced.
After these preparations, we are ready to prove the lemma for $H$ (Lemma 12).
of Lemma 12. Given $k$ and $\beta$ let $\xi, R_{k}$ and $H$ be as required, with $V(H)=[n]$ in bandwidth order. Set $\xi^{\prime}=\xi / 21$, and note that $\beta \leq \xi^{2} / 10^{4} \leq \xi^{\prime 2} / 10$. Therefore, by Lemma 20 with input $\beta, \xi^{\prime}$, and $H$, there is a $5 \beta n$-zero free and $5 \xi^{\prime} n$-balanced colouring $\sigma: V(H) \rightarrow\{0, \ldots, 3\}$ of $H$.

Observe that for each triple of vertices in $R_{k}$, the common neighbourhood of these vertices is nonempty, because $\delta\left(R_{k}\right)>2 k / 3$. It follows that for each $j \in[k / 3]$ there exists a vertex $r_{j} \in V\left(R_{k}\right)$ that is adjacent in $R_{k}$ to each vertex of the $j$-th triangle of $R_{k}^{* *}$. These vertices $r_{j}$ will be needed to construct the mapping $f$.

Given an equitriangular partition $m_{1}, \ldots, m_{k}$ of $n$ set

$$
M_{j}:=m_{3(j-1)+1}+m_{3(j-1)+2}+m_{3(j-1)+3}
$$

for $j \in[k / 3]$. The aim now is to cut $H$ into intervals of length approximately $M_{1}, \ldots, M_{k / 3}$ and then define $f$ in such a way that it maps almost all vertices of the $j$-th interval to the $j$-th triangle of $R_{k}^{* *}$.

For this purpose, set $t_{0}:=0$ and $t_{k / 3}:=n$, and for every $j=1, \ldots, k / 3-1$ choose a vertex

$$
t_{j} \in\left[\sum_{j^{\prime}=1}^{j} M_{j^{\prime}}-10 \beta n, \sum_{j^{\prime}=1}^{j} M_{j^{\prime}}+10 \beta n\right]
$$

such that $\sigma$ is zero free on $\left[t_{j}-5 \beta n, t_{j}+5 \beta n\right]$.
Such a $t_{j}$ indeed exists since $\sigma$ is $5 \beta n$-zero free. For a vertex $u \in V(H)$, let $j(u)$ be the index in $[k / 3]$ for which $u \in\left[t_{j(u)-1}, t_{j(u)}\right]$. We say, that $\left(t_{j-1}, t_{j}\right]$ is the $j$-th interval of $H$. The first $\beta n$ vertices of such an interval are called early, the last $\beta n$ late. Early and late vertices are also called untimely, all other vertices are timely. Observe that the choice of the $t_{j}$ implies that
$(*)$ untimely vertices are not assigned colour 0 by $\sigma$ and they also have no neighbours of colour 0 .
Using $\sigma$, we will now construct $f$ and $X$. For each $j \in[k / 3]$, and each $v \in$ $\left(t_{j-1}, t_{j}\right]$ in the $j$-th interval of $H$ we set

$$
f(v):= \begin{cases}r_{j} & \text { if } \sigma(v)=0 \\ 3 j+1 & \text { if } \sigma(v)=1 \text { and } v \text { is late } \\ 3(j-2)+3 & \text { if } \sigma(v)=3 \text { and } v \text { is early } \\ 3(j-1)+\sigma(v) & \text { otherwise }\end{cases}
$$

Let further

$$
X:=\{v \in V(H): \sigma(v)=0\} \cup\{v \in V(H): v \text { untimely and } \sigma(v) \in\{1,3\}\} .
$$



Figure 2. The mapping $f$ from $H$ to $R_{k}^{*}$. The late vertices of the 1 -st interval are denoted by $L_{1}$ and the early vertices of the 2 -nd interval by $E_{2}$.

It remains to show that $f$ and $X$ satisfy properties $(a)-(d)$ of Lemma 12 . Since $\sigma$ is $5 \xi^{\prime} n$-balanced, $(n / 3)-5 \xi^{\prime} n \leq\left|\sigma^{-1}(l)\right| \leq(n / 3)+5 \xi^{\prime} n$ for all $l \in[3]$. Consequently at most $15 \xi^{\prime} n$ vertices of $H$ receive colour 0 . It follows, that

$$
|X| \leq 15 \xi^{\prime} n+2 \beta n \frac{k}{3} \leq 16 k \xi^{\prime} n \leq k \xi n
$$

which shows $(a)$.
For $(b)$, observe that for each $i \in[k]$ with $i=3(j-1)+l, f$ maps all timely vertices $v$ in the $j$-th interval of $H$ with $\sigma(v)=l \in[3]$ to $i$. Since $\sigma$ is $5 \xi^{\prime} n$-balanced and by the choice of $t_{j-1}$ and $t_{j}$, there are at most $\left(M_{j}+20 \beta n\right) / 3+5 \xi^{\prime} n \leq$ $m_{i}+7 \beta n+5 \xi^{\prime} n$ such vertices, and at least $m_{i}-7 \beta n-5 \xi^{\prime} n$ such vertices. In addition, some late vertices of the $j$-th and $(j-1)$-st interval, some early vertices of the $j$-th and $(j+1)$-st interval and some vertices of colour 0 might be mapped to $i$. It follows, that

$$
\left|W_{i}\right| \leq m_{i}+7 \beta n+5 \xi^{\prime} n+4 \beta n+15 \xi^{\prime} n \leq m_{i}+21 \xi^{\prime} n=m_{i}+\xi n
$$

Similarly, $\left|W_{i}\right| \geq m_{i}-\xi n$ and this shows ( $b$ ).
Now, we turn to $(c)$ and $(d)$. Let $\{u, v\}$ be an edge of $H$. Clearly, $\sigma(u) \neq \sigma(v)$. Moreover, if $u$ and $v$ are in different intervals of $H$, then one of them is late and the other one is early, because the bandwidth of $H$ is at most $\beta n$. Since not both vertices can have colour 2 , it follows that one of them is in $X$.

We will first consider the case where neither $u \in X$ nor $v \in X$. Consequently, $u$ and $v$ are in the same interval of $H$, i.e., $j(u)=j(v)$. Thus, for all $w \in V(H) \backslash X$ we have $f(w)=3(j(w)-1)+\sigma(w)$ and hence $\{f(u), f(v)\} \in E\left(R_{k}^{* *}\right)$, which proves $(d)$.

It remains to investigate the case $u \in X$. If $\sigma(u)=0$, then $\sigma(v) \neq 0$ and, due to $(*)$ both $u$ and $v$ are timely. Therefore, $j(v)=j(u)$, and we have $f(v)=$ $3(j(v)-1)+\sigma(v)$ and $f(u)=r_{j(v)}$. Hence $\{f(u), f(v)\} \in E\left(R_{k}\right)$. If, on the other hand, both $\sigma(u)$ and $\sigma(v)$ are not 0 , then $u \in X$ implies $u$ is untimely and either of colour 1 or of colour 3 . If $\sigma(u)=1$, then $u$ is either mapped to $3(j(u)-1)+1$ or to $3 j(u)+1$. In the former case, $u$ is early, and so, either $f(v)=3(j(u)-1)+\sigma(v)$
or $f(v)=3(j(u)-2)+\sigma(v)$. In both cases, $\{f(u), f(v)\} \in E\left(R_{k}\right)$. If $u$ is mapped to $3 j(u)+1$, on the other hand, then $u$ is late, and so $f(v)=3(j(u)-1)+\sigma(v)$ or $f(v)=3 j(u)+\sigma(v)$, which, again, implies $\{f(u), f(v)\} \in E\left(R_{k}\right)$. The case where $\sigma(u)=3$ follows analogously. Therefore (c) holds for $f$, too.

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    ${ }^{1}$ In fact, Fan and Kierstead [18] showed that for the existence of a square of a Hamiltonian path $\delta(G) \geq(2 n-1) / 3$ is a sufficient and sharp minimum degree condition.

