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Paper under double-blind review

ABSTRACT

Rotary Position Embeddings (RoPE) are widely adopted in LLMs, and it is commonly believed that larger base frequencies θ yield better long-context performance. In this paper, we show that a high-norm RoPE dimension, referred to as the “frequency band,” consistently emerges across multiple models, and we focus on this band to reveal the trade-offs inherent in RoPE. We find that replacing the RoPE dimensions below the frequency band with NoPE during inference has little effect on performance, indicating that these lower-frequency dimensions are only weakly utilized. We further find that the location of the frequency band depends on the RoPE base θ and the training sequence length. Moreover, the band forms early during pre-training and persists even after context extension via position interpolation. Notably, we show that **setting θ to the training length shifts the band toward lower frequencies and improves extrapolation**, whereas increasing θ enhances interpolation but reduces extrapolation, revealing a clear trade-off between interpolation and extrapolation. We believe this work is a step toward a sharper understanding of positional embeddings in LLMs, with falsifiable diagnostics and practical guidance for choosing θ that support scaling to longer contexts.

1 INTRODUCTION

Rotary Position Embedding (RoPE) (Su et al., 2021) is a widely adopted positional encoding method in Transformer-based large language models (LLMs). It can provide an awareness of relative position via two-dimensional rotations determined by a base frequency parameter, denoted as θ hereinafter. To support longer input sequences, recent work has scaled the base frequency θ well beyond its default setting of 10,000, typically up to 500,000 or more (Grattafiori et al., 2024; Abdin et al., 2024). This approach is motivated by the intuition that higher base frequencies alleviate sharp decay in attention scores over relative distances (Xiong et al., 2024; Rozière et al., 2024) as well by the aim of achieving extrapolation to unseen longer contexts (Vaswani et al., 2017). However, previous research shows that scaling only RoPE’s θ often fails to yield robust extrapolation (Oka et al., 2025), and thus position interpolation with fine-tuning (Peng et al., 2024; Ding et al., 2024) remains necessary to recover performance in extended contexts.

Furthermore, Barbero et al. (2024) observed clear “frequency bands” in the low-frequency dimension of queries and keys, where a frequency band refers to a dimension in which high L2-norm values occur for all tokens. However, the formation of this band has not been verified. They also showed that replacing some of the low-frequency dimensions in RoPE, corresponding to the largest θ , with NoPE (Kazemnejad et al., 2023) does not affect the performance of LLMs. These results suggest that such low-frequency RoPE dimensions are nearly identical to NoPE and may not represent positional information. Figure 1 illustrates a segment of the sine wave in using RoPE. As the value of θ_i increases with $\theta = 500,000$, the sine components approach zero and the cosine components approach one across most positions, effectively resulting in matrices that closely resemble the identity matrix. Such a lack of significant variation in the encoded values may underlie the phenomena discussed above.

Theoretical reasons for θ -scaling via activation decay (Xiong et al., 2024) conflict with evidence that swapping low frequencies for NoPE leaves performance unchanged (Barbero et al., 2024), revealing a deeper puzzle in RoPE’s θ choice. These previous studies present a fundamental challenge to the prevailing θ -scaling paradigm: **Does increasing θ truly add useful positional information**

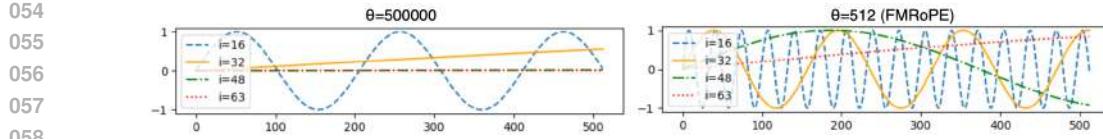


Figure 1: Sine waves of base frequencies θ_i in RoPE and a frequency-matching intervention in RoPE (FMRoPE), with training context length $L_{\text{train}} = 512$. FMRoPE sets the maximum base frequency to match the maximum sequence length in pre-training.

or does it mainly push many RoPE dimensions into a NoPE-like form that contributes little information? In this paper, we focus on frequency band analysis and reveal that the relationship between θ and context length from the frequency band is much closer than previously assumed.

We first present evidence that frequency bands emerge systematically across different LLMs, including Gemma (Team et al., 2024), Llama (Touvron et al., 2023; Grattafiori et al., 2024), Qwen (Yang et al., 2025), and Phi-3 (Abdin et al., 2024), and that their formation is governed by the interaction between θ and the training context length L_{train} . This formation is determined in the early stages of training and persists even when applying position interpolation, including YaRN (Peng et al., 2024) and LongRoPE (Ding et al., 2024)—in fact, the formation is inherited rather than corrected. Most critically, we study a frequency-matching intervention in RoPE that **sets the base frequency to the training length**. This shifts the frequency band toward the lowest frequencies and reveals a clear trade-off: Matching the training length improves extrapolation but hurts interpolation, whereas using larger base frequencies has the opposite effect. This trade-off contradicts the prevailing notion that simply scaling θ is a universal solution for context extension.

Through extensive analysis, we provide an answer to the research question posed above: **Increasing θ does not by itself add useful positional information; rather, it mainly reallocates energy so that the dimension below the frequency band remains informative while many dimensions behave similarly to NoPE and contribute little.** This improves interpolation within the training range but degrades extrapolation. Therefore, rather than treating θ -scaling as universally beneficial, we emphasize the importance of considering the frequency band and the interpolation–extrapolation trade-off.

2 BACKGROUND

Rotary Position Embedding (RoPE) RoPE (Su et al., 2021) incorporates positional information directly in the self-attention mechanism by rotating the query and key vectors. The d -dimensional space is divided into $\frac{d}{2}$ subspaces, and the inner product of the rotation matrix and the query is calculated as follows.

$$\begin{bmatrix} \cos \frac{m}{\theta_i} & -\sin \frac{m}{\theta_i} \\ \sin \frac{m}{\theta_i} & \cos \frac{m}{\theta_i} \end{bmatrix} \begin{bmatrix} q_{2i-1}^m \\ q_{2i}^m \end{bmatrix}, \theta_i = \theta^{2i/d}, \quad (1)$$

where n is absolute position, $q^m \in \mathbb{R}^{1 \times d}$ is the m -th query ($0 \leq m \leq L-1$) when the number of dimensions is d , i is the dimension ($i \in \{1, 2, \dots, \frac{d}{2}\}$), θ is the base of RoPE, and L is sequence length. The same process is also performed for the n -th key $k^n \in \mathbb{R}^{1 \times d}$.¹ The base θ in RoPE is relatively large and designed to represent positions exceeding the sequence length appearing during training. These positions include $\theta = 10,000$, which is based on Sinusoidal Positional Encoding (Vaswani et al., 2017) and used in the Gemma (Team et al., 2024) and Llama-2 (Touvron et al., 2023) models, $\theta = 500,000$, which is used in the Llama-3 model (Xiong et al., 2024), and $\theta = 1,000,000$, which is used in the Phi-3 model (Abdin et al., 2024).

Position Interpolation RoPE requires fine-tuning to handle sequences longer than the maximum sequence length L_{train} appearing in pre-training. The most common approach to this fine-tuning is a position interpolation method that further expands the θ used in pre-training, and it includes YaRN (Peng et al., 2024), which determines θ with a rule-based approach, LongRoPE (Ding et al., 2024),

¹Note that the pretrained LLMs in Section 3 use $\theta_i = \theta^{2i/d}$, $i \in \{0, 1, \dots, \frac{d}{2} - 1\}$, unlike the standard definition.

108 which searches for the most suitable θ using parameter optimization, and Llama-scaling (Team, 2024),
 109 which is a rule-based approach used in the Llama-3.1 model (Meta, 2024)².
 110

111 **Frequency Bands in RoPE** Barbero et al. (2024) revealed that there are “frequency bands” with
 112 high continuous norm values for the 2-norm $\|q^m\|_2$ and $\|k^n\|_2$ of the query and key after applying
 113 RoPE, where $q^m \in \mathbb{R}^{1 \times d}$ is the m -th query and $k^n \in \mathbb{R}^{1 \times d}$ is the n -th key when the number of
 114 dimensions is d . Furthermore, they also revealed that pretraining while replacing the low-frequency
 115 dimension RoPE with NoPE (Kazemnejad et al., 2023) does not change performance. This method is
 116 called p-RoPE, where p is a parameter that turns the dimension into NoPE. However, their analysis
 117 focused on short texts and did not verify cases of positional interpolation or long context. Moreover,
 118 the mechanism behind the formation of the “frequency bands” remains unclear.
 119

120 3 FREQUENCY BAND EMERGENCE IN PRETRAINED LLMs

121 We first investigate the frequency band identified by Barbero et al. (2024). Do similar frequency
 122 bands appear in other LLMs, or in those with base θ modified by position interpolation? To address
 123 this, we build on prior analysis (Barbero et al., 2024) and conduct further investigations across several
 124 LLMs.
 125

126 3.1 ANALYTICAL METHODOLOGY

127 To measure the usage of frequencies, Barbero et al. (2024) calculated the 2-norm of key $\|k^n\|_2$. By
 128 the Cauchy-Schwarz inequality, the attention score $a_{m,n}$ between the m th query q^m and the n th key
 129 k^n satisfies $|\langle q^m, k^n \rangle| \leq \|q^m\|_2 \|k^n\|_2$. Therefore, to analyze the frequency components influencing
 130 the attention score, it is sufficient to examine either $\|q^m\|_2$ or $\|k^n\|_2$. We mainly examined the
 131 2-norm of queries. Here, the 2-norm of a key is calculated as $\|k^n\|_2 = \sqrt{\sum_{j=0}^{d-1} (k_j^n)^2}$, where d is
 132 the number of dimensions and $j \in \{1, 2, \dots, d\}$.
 133

134 **Frequency Band Index i_{band}** To quantify where the frequency band appears in the key vector
 135 dimensions, we define the *band index* i_{band} . First, we identify the dominant frequency component at
 136 token position n by selecting the dimension i with the maximum 2-norm among the $\frac{d}{2}$ dimensions of
 137 the key vector k^n .
 138

$$140 \quad \text{idx}_n = \underset{k_i^n \in \{k_0^n, k_1^n, \dots, k_{d/2-1}^n\}}{\text{argmax}} (\|k_i^n\|_2) \quad (2)$$

141 Next, we determine the index idx_n that appears most frequently in the entire sequence of length
 142 L . The resulting index $\hat{\text{idx}}$ represents the dominant dimension in which the frequency bands are
 143 concentrated throughout the entire sequence.
 144

$$145 \quad \hat{\text{idx}} = \underset{k^n \in \{k^0, k^1, \dots, k^{L-1}\}}{\text{argmax}} (\text{count}(\text{idx}_n)) \quad (3)$$

146 This procedure is repeated for all heads and layers. The average of these model indices is defined as
 147 the *band index* i_{band} , where $0 \leq i_{\text{band}} \leq \frac{d}{2}$.
 148

149 **p-RoPE** To analyze the contribution of different frequency components in RoPE, we measured per-
 150 perplexity using a simplified RoPE called p-RoPE (Barbero et al., 2024), which disables low-frequency
 151 dimensions. p-RoPE applies rotation only to the top- r high-frequency dimensions, interpolating
 152 between NoPE ($r = 0$) and the full RoPE ($r = 1$).
 153

154 Unlike the previous studies of Barbero et al. (2024), no training was conducted in our analysis.
 155

156 3.2 EXPERIMENTAL SETTINGS

157 For a comprehensive analysis, we selected models that use different base models (Gemma 8B, Llama-
 158 2 7B, Llama-3 8B, Phi-3 Small, Qwen-3-8B) and different position interpolation methods (YaRN,
 159

160 ²These major position interpolations all enlarge the original θ values, as shown in Appendix I.
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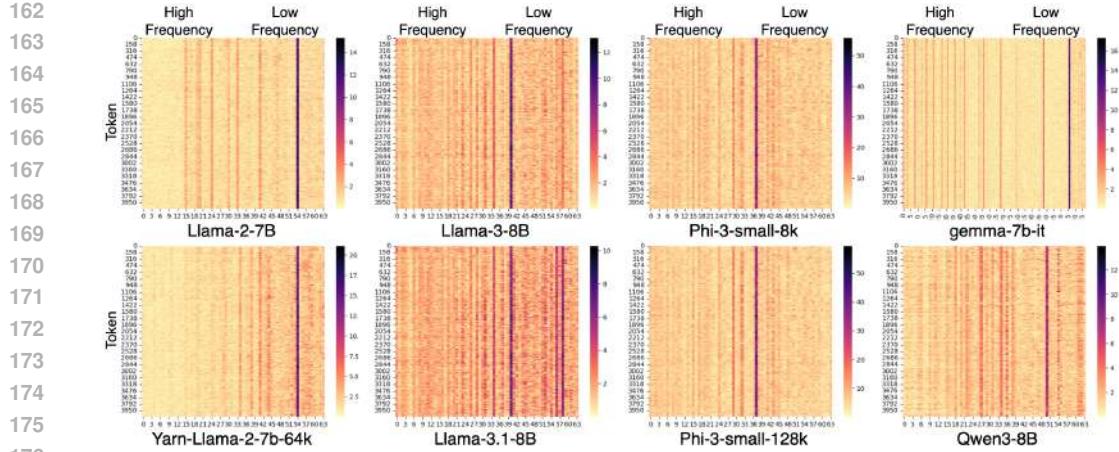


Figure 2: 2-norm plotted over 2-dimensional chunks of queries. Vertical axis represents sequence length ($L = 4096$), and horizontal axis represents each dimension index ($i \in \{0, 1, \dots, d/2 - 1\}$) of RoPE. Note that the head dimension d for the Gemma model is 256, while d is 128 for other models.

Table 1: Perplexity Results with p-RoPE. 'pt' is 'Pre-train' and 'ft' is 'Fine-tuning.' YaRN, Llama3, and LongRoPE are position interpolation methods applied during fine-tuning. Note that head dimension d is 256 for the Gemma model and 128 for the other models.

Model	L_{train}		base θ	Band Index		Perplexity with p-RoPE				
	pt	ft		pt	i_{band}	$i_{\text{band}}/d/2$	r=1.0	r=0.9	r=0.75	r=0.50
Gemma	8k	-	10000	116.68	0.91	2.52	2.70	81.66	> 100	-
Qwen3	40k	-	1000000	51.04	0.79	6.22	6.22	6.22	7.46	-
Llama-2	4k	-	10000	53.53	0.84	2.54	2.58	> 100	> 100	-
+YaRN	4k	64k	10000	51.93	0.81	2.81	5.08	> 100	> 100	-
Llama-3	8k	-	500000	43.43	0.68	2.29	2.29	2.29	84.50	-
+Llama3	8k	131k	500000	40.47	0.63	2.29	2.29	2.29	5.53	-
Phi-3	8k	-	1000000	36.67	0.57	2.84	46.11	46.36	> 100	-
+LongRoPE	8k	131k	1000000	39.32	0.61	2.74	62.20	62.18	> 100	-

scaling in Llama-3 model, LongRoPE). Additional details are given in Appendix A. The dataset for evaluation is the test set of Wikitext-103 (Merity et al., 2017), and the sequence length in inference is $L = 4096$ for all models.

3.3 RESULTS

Do frequency bands exist in other LLMs? Figure 2 shows the 2-norm of the queries for each model. As with Barbero et al. (2024), we extracted queries in the first layer that had semantic attention patterns in the head. First, we found that bands exist in all models, indicating that bands reflect a phenomenon that occurs generally. Next, we observed that the dimension in which the frequency band appears varies across models. Furthermore, we found that the position interpolation model inherits the bands regardless of the position interpolation method.

Do low-frequency components of RoPE contribute to performance? Table 1 shows frequency band index i_{band} and perplexity results when varying parameter r in p-RoPE across multiple language models. We also present standardized band index i_{band}/d (divided by head dimension d) for unified comparison. Band index i_{band} remains largely unchanged before and after position interpolation, and it aligns closely with the index of the bands shown in Figure 2, confirming consistency between our visual and quantitative analyses. The standardized index i_{band}/d decreases as θ increases, suggesting a relationship between band location and frequency determined by θ . For the Gemma and Llama models, the p-RoPE results reveal that replacing RoPE in a frequency dimension lower than the band with NoPE does not degrade performance, indicating an ineffective use of low-frequency RoPE

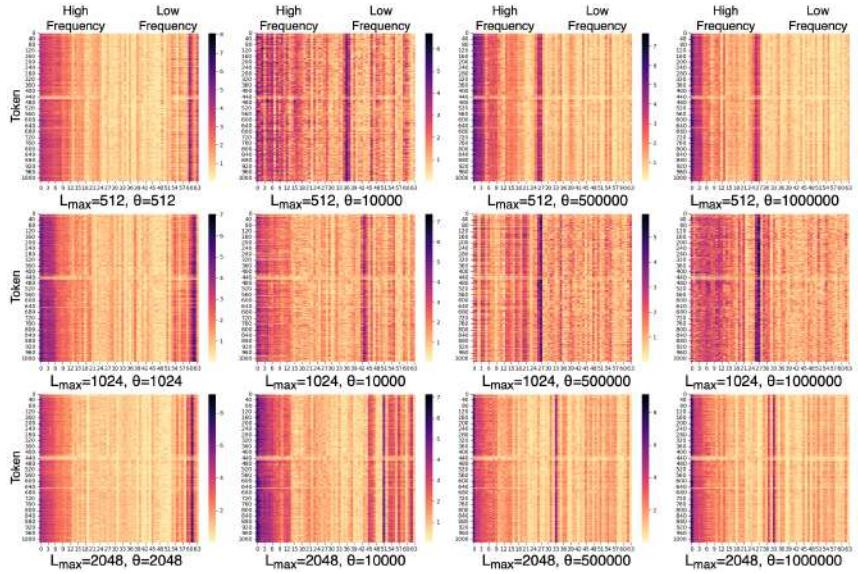


Figure 3: 2-norm plotted in the combination pattern of $(L_{\text{train}}, \theta) \in \{512, 1024, 2048\} \times \{L_{\text{train}}, 10,000; 500,000; 1,000,000\}$. Vertical axis represents sequence length ($L = 1024$), and horizontal axis represents each dimension index ($i \in \{0, 1, \dots, d/2\}$) of RoPE.

components. Conversely, Phi-3 shows performance degradation when low-frequency dimensions are replaced, regardless of band appearance, suggesting an effective use of low-frequency RoPE, possibly due to this model’s block-sparse attention (Abdin et al., 2024) that alternates between dense and sparse patterns.³

Takeaways from Section 3: In other LLMs and in models that use position interpolation, a distinct frequency band appears and remains even when the base changes. Since replacing RoPE dimensions below this frequency band with NoPE shows no measurable change, these low-frequency dimensions might not contribute to performance.

4 UNDERSTANDING FREQUENCY BAND FORMATION IN PRE-TRAINING

What factors cause the band index to change, and when do bands occur? To investigate the factors that determine bands, we varied RoPE’s θ and max sequence length in pre-training to analyze the frequency bands via the 2-norm of the query.

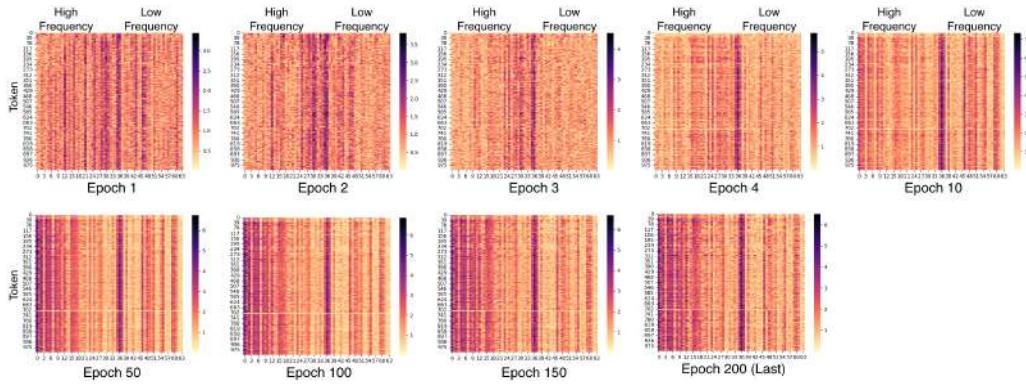
4.1 EXPERIMENTAL SETTINGS

For pre-training, we followed the experimental settings of Press et al. (2022) and Oka et al. (2025), and we used the WikiText-103 dataset (Merity et al., 2017). A comparative evaluation was made using a Transformer-based language model (Baevski & Auli, 2019). Here, the dimensionality of the word embedding d_{model} is 1024, the number of heads N is 8, the dimensionality of the heads d is 128, and the number of layers is 16. This implementation uses the fairseq (Ott et al., 2019)-based code. Additional details on the parameter settings are given in Appendix A. The maximum sequence length and RoPE were tested in combination with $(L_{\text{train}}, \theta) \in \{512, 1024, 2048\} \times \{L_{\text{train}}, 10,000; 500,000; 1,000,000\}$. The sequence length in inference is $L = 1024$ for all models.

³A more detailed discussion of this observation appears in Appendix D.

Table 2: **Band index and perplexity with p-RoPE when sequence length in pre-training is $L = \{512, 1024, 2048\}$.**

L	Base in RoPE θ		Band Index		Perplexity with p-RoPE				
	Train	Inference	i_{band}	$i_{band}/\frac{d}{2}$	r=1.0	r=0.90	r=0.75	r=0.50	r=0.25
512	512	512	60.5	0.94	19.58	20.18	24.28	35.11	98.26
	10000	10000	30.12	0.47	19.39	19.39	19.39	22.71	63.59
	500000	500000	17.00	0.26	19.35	19.35	19.35	19.35	34.46
	1000000	1000000	15.37	0.24	19.36	19.36	19.35	19.35	30.59
1024	1024	1024	60.25	0.94	20.07	20.19	22.37	32.39	101.97
	10000	10000	46.12	0.72	19.53	19.53	19.53	21.41	68.54
	500000	500000	18.25	0.28	19.55	19.55	19.55	19.55	34.22
	1000000	1000000	11.12	0.17	19.59	19.59	19.59	19.59	31.09
2048	2048	2048	60.50	0.94	21.49	20.99	21.51	29.56	94.90
	10000	10000	52.12	0.81	19.73	19.73	19.73	20.97	69.13
	500000	500000	16.62	0.25	19.71	19.71	19.71	19.73	34.98
	1000000	1000000	11.62	0.18	20.06	20.06	20.06	20.04	31.57

Figure 4: **Plot of the 2-norm for each epoch.** Vertical axis represents sequence length, and horizontal axis represents each dimension index ($i \in \{0, 1, \dots, d/2\}$) of RoPE.

4.2 RESULTS

What factors cause the band index to change? Figure 3 shows the 2-norm map in the combination pattern. We output 2-norm maps of queries from the semantic attention head, following Section 3. First, when theta values are fixed, the index at which the band exists increases as the maximum sequence length during pre-training increases (from top to bottom of Figure 3). This suggest that the index at which the band exists depends on the maximum sequence length during pre-training. When the maximum pretraining sequence length is fixed and θ is increased ($10,000 \rightarrow 500,000 \rightarrow 1,000,000$; from left to right in Figure 3), the dominant frequency band shifts toward the lower dimensions. However, the difference between $\theta = 500,000$ and $\theta = 1,000,000$ is marginal; this similarity between the two values likely arises because both settings are already high, so further increases in θ provide little additional shift. Furthermore, when theta values were matched to the maximum sequence length during pre-training, it was found that the position of the band was near the maximum index for the head dimension.

Band index and p-RoPE We also investigate the band index i_{band} and p-RoPE. The results when sequence length is $L_{train} = 512$ are shown in Table 2. As demonstrated in Section 3, increasing θ lowers the band index (i.e., shifts it to higher frequencies), and replacing RoPE with NoPE below this band has little impact on performance. Therefore, the frequency-band characteristics identified in Section 3 are expected to hold irrespective of model scale and training corpus.

324 **When do bands occur?** We also investigated the stage when the band first appears. Figure 4 shows
 325 the key 2-norm for each epoch in the model with L_{train} set to 512 and θ set to 10,000. At epoch 1, the
 326 band does not exist, and the distribution appears to be mixed with noise, but at epoch 6, the band
 327 appears from an early stage. This band is maintained until the final epoch. **After the frequency band**
 328 **first emerges, its position remains stable throughout the remainder of training.** Therefore, we can see
 329 that the band does not exist in the first stage but is still acquired by the model at an early stage during
 330 training. Epoch 6 is a stage of rapid initial convergence, during which we can see that the model
 331 acquires the band.

332 **Takeaways from Section 4:** The effective dimension of RoPE is determined by the pre-training
 333 theta value and maximum sequence length, since these factors shape the band. The band emerges
 334 early in pre-training, suggesting it is a fundamental feature learned by the model.

337 5 DERIVATION OF FREQUENCY BANDS

339 As explained above, it has been found that the frequency band depends on the maximum sequence
 340 length and the basis. However, the mechanism itself is the core issue. This section provides a
 341 theoretical analysis to address this question. To probe the mechanism of forming the frequency band,
 342 we reduce the problem to a constrained optimization and state our guiding question: *Under a fixed*
 343 *coefficient-norm budget, which θ_i allows the largest position-dependent variation?* As a simple and
 344 informative proxy, we maximize the coordinate variance of $\cos(m\omega)$ over the window.

346 5.1 DERIVATION

347 **Our Goal** We derive which RoPE pair in the query tends to concentrate energy during training,
 348 using only the maximum training sequence length L_{train} and the RoPE base θ . To make the argument
 349 beginner-friendly, we work with the *variance* of a single coordinate of the sinusoidal basis,

$$351 V(x) := \text{Var}_{m \sim \text{Unif}[0, L_{\text{train}}]} [\cos(m\omega)], \quad x := \omega L_{\text{train}},$$

353 and choose the frequency that maximizes $V(x)$. Section H explains the connection to the full
 354 covariance view.

355 **Step 1.** Let $m \sim \text{Unif}[0, L_{\text{train}}]$ and define $x = \omega L_{\text{train}}$. By direct integration,

$$357 \mathbb{E}[\cos(m\omega)] = \frac{\sin x}{x}, \quad \mathbb{E}[\cos^2(m\omega)] = \frac{1}{2} + \frac{\sin(2x)}{4x}. \quad (4)$$

360 Hence, the centered variance

$$361 V(x) = \text{Var}[\cos(m\omega)] = \frac{1}{2} + \frac{\sin(2x)}{4x} - \left(\frac{\sin x}{x}\right)^2. \quad (5)$$

363 This function captures how much the \cos coordinate moves across the position window. As $x \rightarrow 0$,
 364 $\cos(m\omega)$ is almost constant and $V(x) \rightarrow 0$; as $x \rightarrow \infty$, oscillations average out and $V(x) \rightarrow \frac{1}{2}$.

366 **Step 2.** Differentiating Eq. (5) gives

$$368 V'(x) = \frac{2x^2 \cos(2x) - 5x \sin(2x) + 8 \sin^2 x}{4x^3}. \quad (6)$$

370 Stationary points satisfy $V'(x) = 0$, i.e.,

$$372 2x^2 \cos(2x) - 5x \sin(2x) + 8 \sin^2 x = 0. \quad (7)$$

374 Solving Eq. (7) numerically yields the smallest positive root

$$375 x^* \approx 3.657210 \text{ rad} \quad (\text{i.e., } x^*/(2\pi) \approx 0.582 \text{ cycles}). \quad (8)$$

377 Here, we checked that $V(x)$ is unimodal on $(0, \infty)$ and that Eq. (8) gives the global maximum with
 $V(x^*) \approx 0.54047 > \frac{1}{2}$.

378
 379 **Step 3.** The continuous optimizer has angular frequency $\omega^* = x^*/L_{\text{train}}$. We select the RoPE pair
 380 whose grid frequency $\omega_j = \theta^{-2j/d}$ is closest to ω^* , which yields the closed-form predictor

381
 382
$$j^* \approx \frac{d}{2} \log_\theta \left(\frac{L_{\text{train}}}{x^*} \right), \quad x^* \approx 3.657210. \quad (9)$$

 383

384 j^* is rounded to the nearest integer; the corresponding physical dimensions are $(2j^*, 2j^*+1)$.

385 5.2 DERIVED BAND LOCATION

386 The results of calculating j^* and i_{band} in Section 3 for each
 387 model are shown in Table 3. The relationship between j^* and
 388 i_{band} can be expressed as an approximately linear scaling
 389 $i_{\text{band}} \approx c \times j^*$ with $c \approx 1.1$. This indicates that once
 390 the energy-concentrating dimension j^* is determined, the
 391 corresponding physical frequency band i_{band} is essentially
 392 fixed. The small variation observed across models is likely
 393 due to differences in the query distribution rather than the
 394 model architecture. Accordingly, we proved that the position
 395 of the RoPE frequency band is predetermined by RoPE base
 396 θ , training length L_{train} , and dimension d .

397 Furthermore, we calculated j^* when $\theta = L_{\text{train}} = 8192$ and $d = 128$. Here, $j^* = 59$, and $c = 1.1$
 398 yields $c \times j^* = 64.9$, matching the model’s RoPE pair count ($\frac{d}{2} = 64$). Thus, for $\theta = L_{\text{train}}$,
 399 the band is expected to be concentrated around the 59th dimension toward the lowest-frequency
 400 dimensions.

402 5.3 CHECKING THE PREDICTED FREQUENCY-BAND POSITION

403 We examine whether the theorem derived in the previous
 404 section, which predicts the band location, generalizes to other
 405 choices of θ and context length. The experiments in Section
 406 4.2 were conducted with $\theta = 512, 1024, 2048$, where the
 407 maximum training length L was set equal to each value of θ .
 408 We then compare the resulting empirical band positions i_{band}
 409 in Section 4.2 with the theoretically predicted coordinate j^* .
 410 The results of calculating j^* and i_{band} in Section 4.2 for each
 411 model are shown in Table 4. The relationship between j^* and
 412 i_{band} can be expressed as an approximately linear scaling
 413 $i_{\text{band}} \approx c \times j^*$ with $c \approx 1.0$.

414 **Takeaways from Section 5:** Using $x^* \approx 3.657210$, d , L_{train} , and θ , we can predict the
 415 frequency band location in advance. When $\theta = L_{\text{train}}$, the frequency band is theoretically
 416 predicted to lie at the lowest frequency dimensions.

Table 3: Results of j^* and i_{band}

Model	j^*	i_{band}
Gemma	107	116.68
Llama-2	49	53.53
Qwen3	43	51.04
Llama-3	38	43.43
Phi-3	36	36.67
$\bar{\theta} = \bar{L}_{\text{train}}$	59	-

Table 4: Results of j^* and i_{band} in
 Section 4.2

θ	L	j^*	i_{band}
512	512	59	60.50
1024	1024	59	60.25
2048	2048	59	60.50

421 6 FREQUENCY-MATCHING INTERVENTION IN ROPE

422 Interestingly, our analysis results suggest that higher-frequency dimensions beyond this band con-
 423 tribute to model performance (Section 3). However, since the frequency band is set by θ and L_{train}
 424 during pretraining (Sections 4 and 5) and remains stable even with interpolation (Section 3), a natural
 425 question arises: What is the impact on model performance when the frequency band is shifted toward
 426 lower frequencies during pretraining? To explore this, we analyze a strategy we term frequency-
 427 matching intervention in RoPE (FMRoPE), where we set the base frequency parameter θ to the
 428 maximum sequence length L_{train} used during pretraining. As demonstrated in Sections 4.2 and 5,
 429 this setting shifts the frequency band toward the lowest frequencies, allowing the model to leverage a
 430 broader and more effective frequency range from the start of pretraining.

432
 433 Table 5: Perplexity results from Section 5. 'pt' stands for 'Pre-train' and 'ft' stands for 'Fine-tuning'
 434 in context extension with position interpolation. 'YaRN' is a position interpolation method applied
 435 during context extension. The gray area represents the FMRoPE score.

	L_{train}		Base in RoPE θ		Sequence Length in Inference L					
	pt	ft	Train	Inference	512	1512	2512	3512	15512	25512
Pre-train	512	-	512	512	19.58	21.19	24.20	27.42	84.75	>100
	512	-	512	1512	20.02	19.09	21.40	24.00	72.19	>100
	512	-	512	3512	21.28	20.27	20.37	23.00	66.10	>100
	512	-	10000	10000	19.39	43.63	84.45	>100	>100	>100
	512	-	500000	500000	19.35	40.39	77.90	>100	>100	>100
	512	-	1000000	1000000	19.35	37.94	74.26	>100	>100	>100
Fine-tuning with YaRN	512	1512	1512	1512	19.62	17.78	17.56	17.65	20.51	23.19
	512	1512	1512	3512	19.38	17.99	17.66	17.64	19.93	23.44
	512	1512	1512	15512	21.00	19.74	19.53	19.48	20.51	22.41
	512	1512	10000	10000	19.10	17.84	17.75	18.37	52.59	85.88
	512	1512	500000	500000	19.14	17.89	18.83	18.34	35.57	50.88
	512	1512	1000000	1000000	19.07	17.76	17.81	18.72	66.89	>100

449 450 6.1 METHODOLOGY 451

452 In FMRoPE, we set the RoPE base equal to the training context length: $\theta = L_{\text{train}}$. Here, L_{train}
 453 denotes the maximum sequence length used during pretraining or fine-tuning. For example, we use
 454 $\theta = 512$ during pretraining and $\theta = 1512$ during interpolation-based fine-tuning.
 455

456 6.2 EXPERIMENTAL SETTINGS 457

458 We conducted a small-scale pre-learning and context-extension experiment, following the exper-
 459 imental settings of [Press et al. \(2022\)](#) and [Oka et al. \(2025\)](#) as in Section 4. The maximum sequence
 460 length during pre-training is $L_{\text{train}} = 512$, and we set $\theta = 512$. In context extension through position
 461 interpolation, we adopted YaRN ([Peng et al., 2024](#)), which is the most commonly used standard
 462 method for position interpolation. The maximum sequence length for context expansion with position
 463 interpolation is $L_{\text{train}} = 1512$. Additional details on the parameter settings can be found in Appendix
 464 A. We used perplexity as the evaluation metric.⁴
 465

466 6.3 RESULTS

467 **Pre-train** We begin with the results above the dashed line in Table 5, corresponding to models
 468 without YaRN-based fine-tuning. When using conventional RoPE and FMRoPE without modification,
 469 the conventional RoPE outperforms FMRoPE. However, we observe that FMRoPE achieves better
 470 extrapolation performance. The analyses of Sections 3, 4, and 5 suggest that as more low-frequency
 471 dimensions behave like NoPE, larger θ values ($\theta \geq 10,000$) may reduce RoPE's contribution in
 472 longer contexts. In particular, the inference-time θ is adjusted to match the target sequence length
 473 (e.g., $\theta = 1512$ or 3512), thus significantly reducing perplexity. While FMRoPE demonstrates strong
 474 extrapolation, the requirement of knowing the target sequence length at inference time poses practical
 475 limitations. Future work should explore dynamic or adaptive schemes for adjusting θ based on
 476 observed context.
 477

478 **Context extension** We next examine the results below the dashed line in Table 5, corresponding to
 479 models fine-tuned with YaRN for position interpolation. FMRoPE underperforms conventional RoPE
 480 in short contexts, suggesting that FMRoPE is particularly effective in long-context or extrapolation
 481 settings but not in interpolation. FMRoPE outperforms conventional RoPE in extended sequences,
 482 achieving lower perplexity. In the FMRoPE experiment using YaRN, we found that similar trade-
 483 offs to those observed in the pre-train experiment occurred. However, as shown in Section 3, we
 484 believe this result can be expected because the frequency bands are preserved even when positional
 485 interpolation is applied.

⁴Comparisons with other position encodings were also conducted (Appendix F). We additionally validated our approach on a 1B-parameter model with longer contexts and evaluated downstream tasks (Appendix G).

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Takeaways from Section 6: Matching θ to the training length, which shift the frequency band into the lowest dimension, improves extrapolation but hurts interpolation, and this trade-off persists under position interpolation such as YaRN. Larger θ makes more low-frequency dimensions behave like NoPE, which may reduce RoPE’s contribution in extrapolation.

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7 RELATED WORK

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The base θ in Sinusoidal PE (Vaswani et al., 2017) was set to 10,000 for the purpose of enabling theoretical extrapolation. Meanwhile, Takase & Okazaki (2019) demonstrated that LRPE, which sets the base θ of SPE to the sequence length, provides robust control of output length. The θ setting adopted in this study is consistent with that setting.

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RoPE’s θ component has been redesigned to support context expansion with fine-tuning, including rule-based expansion of θ (Chen et al., 2023; bloc97, 2023) and learning-based or search-based frequency scaling (Chen et al., 2024; Ding et al., 2024). Furthermore, Xiong et al. (2024) reported that setting $\theta = 500,000$ during pre-training suppresses the rapid decay of attention scores between distant tokens. However, all of these methods tend to increase θ , regardless of the maximum context length in pre-training. Liu et al. (2024) showed that using a smaller θ (e.g., 500) during pretraining improves extrapolation, but they did not analyze its relationship to the pretraining sequence length. In contrast, Xu et al. (2024), focusing on nearby tokens and ignoring distant context, found that such models achieve lower perplexity while still exhibiting “superficial extrapolation.” Furthermore, their theoretical analysis suggests that the base frequency of RoPE governs the model’s capacity to handle context length, which aligns with our findings. Barbero et al. (2024) identified RoPE frequency bands and linked them to positional heads. They also challenge the common “distance-decay” narrative and propose a modified RoPE variant.

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While our visual observations overlap with Barbero et al. (2024), the core scientific questions and contributions differ substantially. We explain **where** the frequency band appears (Section 3) and **how** its position depends on the RoPE base θ and the training length L_{train} (Section 4, and 5). In addition, our experiments reveal that modifying θ shifts the band toward higher or lower frequencies, and this shift leads to a clear interpolation–extrapolation trade-off (Section 6). Through theoretical analysis and controlled pre-training experiments, we identify the conditions under which bands emerge and show that their position can be predicted directly from (θ, L_{train}) . Our analysis also covers a broader range of models. We examine multiple pretrained LLMs (Gemma, Llama, Qwen and Phi), models after context expansion via positional interpolation (YaRN, Llama-3 scaling and LongRoPE), and models using sparse attention. In multiple pretrained LLMs analysis, we use a 4096-token context window, which is substantially longer than the 20-token window considered in Barbero et al. (2024). The results show that frequency bands persist after positional interpolation, while sparse attention changes the behavior of p-RoPE. Appendix D discuss why sparse attention is the only setting that produces a different trend. Finally, our study reveals a connection between θ and L_{train} . We show that modifying the value of θ induces a trade-off between interpolation and extrapolation performance.

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8 CONCLUSION

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We first showed that RoPE forms a distinct frequency band that appears across LLMs, persists after position interpolation, depends on the base θ and the training length L_{train} , and emerges at an early stage. Low-frequency dimensions below this band often act like NoPE and add little to performance. We derived a simple predictor by maximizing a variance proxy, yielding $x^* \approx 3.657210$ and a grid index j^* that matches the observed band. At this point, it was theoretically understood that setting θ to L_{train} would position the frequency band near the minimum frequency. Through our experiments, we found that setting θ to L_{train} shifts the band to the lowest frequencies and widens the useful range, improving extrapolation while degrading interpolation. Therefore, increasing θ mostly reallocates energy rather than adding new positional information. As Practical guidance, choose $\theta \approx L_{train}$ when extrapolation is critical, and use larger θ when interpolation within the trained range is dominant. Position interpolation should be paired with a band-aware choice of θ rather than applied indiscriminately. Overall, our results connect the emergence of frequency bands to θ and L_{train} and provide a new perspective for band-aware design of positional encodings in long-context LLMs.

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 800 Computational Linguistics*, 2019.

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810 A DETAILS OF EXPERIMENTAL SETTINGS
811812 A.1 FREQUENCY BAND EMERGENCE IN PRETRAINED LLMs
813814 The detailed experimental settings are described in Section 3.2. For a comprehensive analysis, we
815 used the following models:816 • google/gemma-7b
817 • meta-Llama/Llama-2-7b
818 • NousResearch/Yarn-Llama-2-7b-64k
819 • meta-Llama/Meta-Llama-3-8B
820 • meta-Llama/Llama-3.1-8B
821 • microsoft/Phi-3-small-8k-instruct
822 • microsoft/Phi-3-small-128k-instruct823 We selected models that use different base models (Gemma, Llama, Phi-3) and different position
824 interpolation methods (YaRN, Llama-scaling, LongRoPE). Here, the head dimension d for the
825 Gemma model is 256, and that for the other models is 128. The dataset for evaluation is the test
826 set of Wikitext-103 (Merity et al., 2017)⁵, and we used the subset of wikitext-103-raw-v1. This
827 dataset is a collection of over 100 million tokens extracted from a set of articles verified as Good
828 and Featured on Wikipedia. The subset of wikitext-103-raw-v1 has 4358 sentences as a test set.
829 In our analysis, we concatenated all sentences in the dataset to create a long context for measuring
830 perplexity. The sequence length in inference is $L = 4096$ for all models.831 A.2 UNDERSTANDING FREQUENCY BAND FORMATION IN PRE-TRAINING
832833 We described the detailed experimental settings in Section 4.1. For pre-training, we used the WikiText-
834 103 dataset (Merity et al., 2017), which consists of over 103 million tokens of English Wikipedia
835 articles. We performed a comparative evaluation using a Transformer-based language model (Baevski
836 & Auli, 2019). The dimensionality of the word embedding d_{model} is 1024, the number of heads N
837 is 8, the dimensionality of the heads d is 128, and the number of layers is 16. This implementation
838 used the fairseq (Ott et al., 2019)-based code provided in a previous work (Press et al., 2022), and all
839 hyperparameters were set to the same values as those in the literature (Press et al., 2022). The number
840 of training epochs is 205, and the batch size is 9216. The learning rate was set to 1.0, and the learning
841 process was updated by 1e-7 every 16,000 steps. The maximum sequence length and RoPE were tested
842 in combination with $(L_{train}, \theta) \in \{512, 1024, 2048\} \times \{L_{train}, 10,000; 500,000; 1,000,000\}$.843 A.3 FREQUENCY MATCHING IN ROTARY POSITION EMBEDDING
844845 The detailed experimental settings are described in Section 6.2. We conducted a small-scale pre-
846 learning and context-extension experiment. In pre-training, we used the WikiText-103 dataset (Merity
847 et al., 2017). Furthermore, we performed a comparative evaluation using a Transformer-based
848 language model (Baevski & Auli, 2019). Other parameter settings are the same as in Section 4.3.
849 The maximum sequence length during pre-training is $L_{train} = 512$, and we set $\theta = 512$. In context
850 extension achieved through position interpolation, we adopted YaRN (Peng et al., 2024), which is
851 the most standard method for position interpolation. The maximum sequence length for context
852 expansion with position interpolation is $L_{train} = 1512$, so we used $\theta = 1512$. Perplexity was used as
853 the evaluation metric.854
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5⁵<https://huggingface.co/datasets/Salesforce/wikitext>

864 **B LAYER-WISE VISUALIZATION OF A SINGLE ATTENTION HEAD**
865866 To verify whether the frequency-band pattern identified in Figure 2 and discussed in Section 3 is
867 consistent across layer, we visualize the query structure for a single attention head (Head 19) across
868 all 32 layers of Llama-3-8B. For each layer, we compute the 2-norm of the query matrix over the
869 head dimensions and arrange the results into a two-dimensional map, following the same procedure
870 as in Figure 2.871 Figure 5 provides the full visualization. This layer-wise visualization provides a detailed view
872 of how the characteristic frequency band emerges, shifts, or dissipates across the model. The
873 visualizations reveal that a frequency band appears in every layer. Notably, the band becomes
874 increasingly pronounced in deeper layers, indicating that the model progressively emphasizes a fixed
875 set of frequencies as depth increases. In contrast, the early layers exhibit a more heterogeneous
876 pattern, suggesting that a wider range of frequencies contributes to the representation before the
877 model consolidates onto a narrower band. Although the exact coordinate at which the band appears
878 varies across layers, we find that in most cases the strongest frequency concentration occurs near the
879 dimension predicted in Section 3. Importantly, no frequency band is observed at higher frequencies
880 beyond those identified in Section 3.881 **C HEAD-WISE VISUALIZATION OF A SINGLE ATTENTION LAYER**
882883 To verify whether the frequency-band pattern identified in Figure 2 and discussed in Section 3 is
884 consistent across head, we visualize the query structure for a single attention layer (each Layer 0 and
885 31) across all 32 heads of Llama-3-8B. For each head, we compute the 2-norm of the query matrix
886 over the head dimensions and arrange the results into a two-dimensional map, following the same
887 procedure as in Figure 2.888 Figure 6 provides the full visualization in Layer 0. Figure 7 provides the full visualization in Layer 31.
889 As reported in Section B, we observe a clear difference in the visibility of frequency bands between
890 the shallow and deep layers. In layer 0, a well-defined band appears at almost the same coordinate
891 across all heads. In layer 31, the band is still present, but its position shifts slightly. Even so, a faint
892 band remains in a consistent region, which suggests that the deeper layers still inherit the influence of
893 the original frequency band.894 **D STRUCTURAL FACTORS BEHIND THE PHI-3 ANOMALY**
895896 In Section 3, only the Phi-3 model showed a tendency for p-RoPE results to differ. This section
897 examines the reasons for this. A key difference is that Phi-3’s block-sparse attention already removes
898 a subset of long-range attention interactions by construction. This means Phi-3 relies more heavily
899 on the positional channels that remain available. In particular, the low-frequency RoPE dimensions
900 that encode long-range relational structure. In Llama and Gemma, multiple query heads share the
901 same key-value projections, which creates redundancy across heads. As a result, if a subset of RoPE
902 dimensions is replaced, other heads may still access similar positional information through shared
903 KV projections. However, Phi-3 allocates each head a distinct block-sparse pattern. These patterns
904 eliminate many token-pair interactions, leaving fewer pathways through which long-range positional
905 signals can be recovered. When low-frequency RoPE dimensions are removed, Phi-3 loses one of the
906 only mechanisms that supports long-distance reasoning under its sparsity constraints, leading to the
907 sharp degradation observed in Table 1.908
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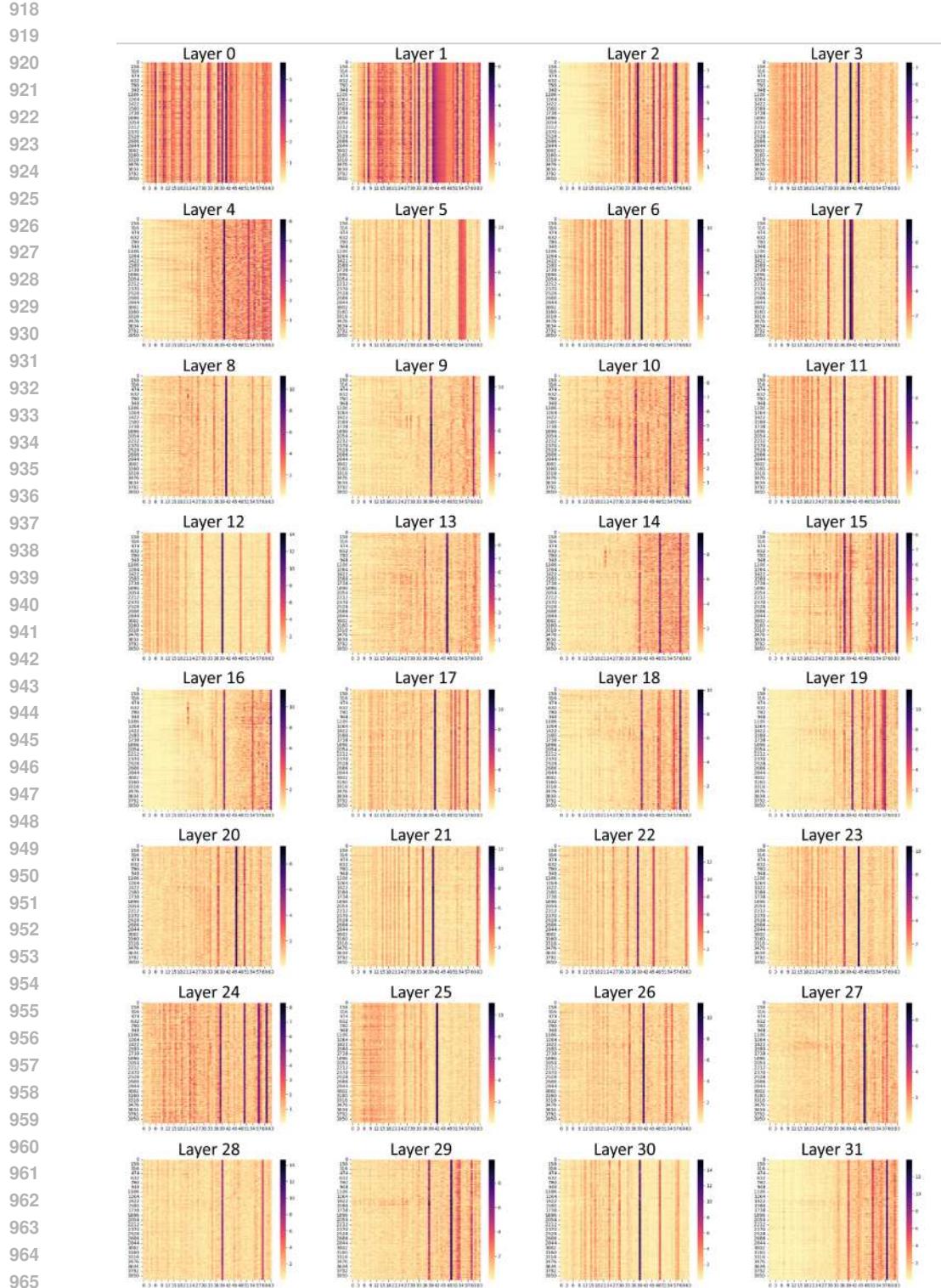


Figure 5: Layer-wise 2-norm maps of the query matrix for attention head 19 in Llama-3-8B. Each subplot shows the 2-norm plotted over 2-dimensional chunks of the query vectors, following the same visualization procedure as in Figure 2. The vertical axis corresponds to sequence length ($L = 4096$), and the horizontal axis corresponds to RoPE dimension index ($i \in 0, 1, \dots, d/2 - 1$) with $d = 128$ for Llama-3-8B.

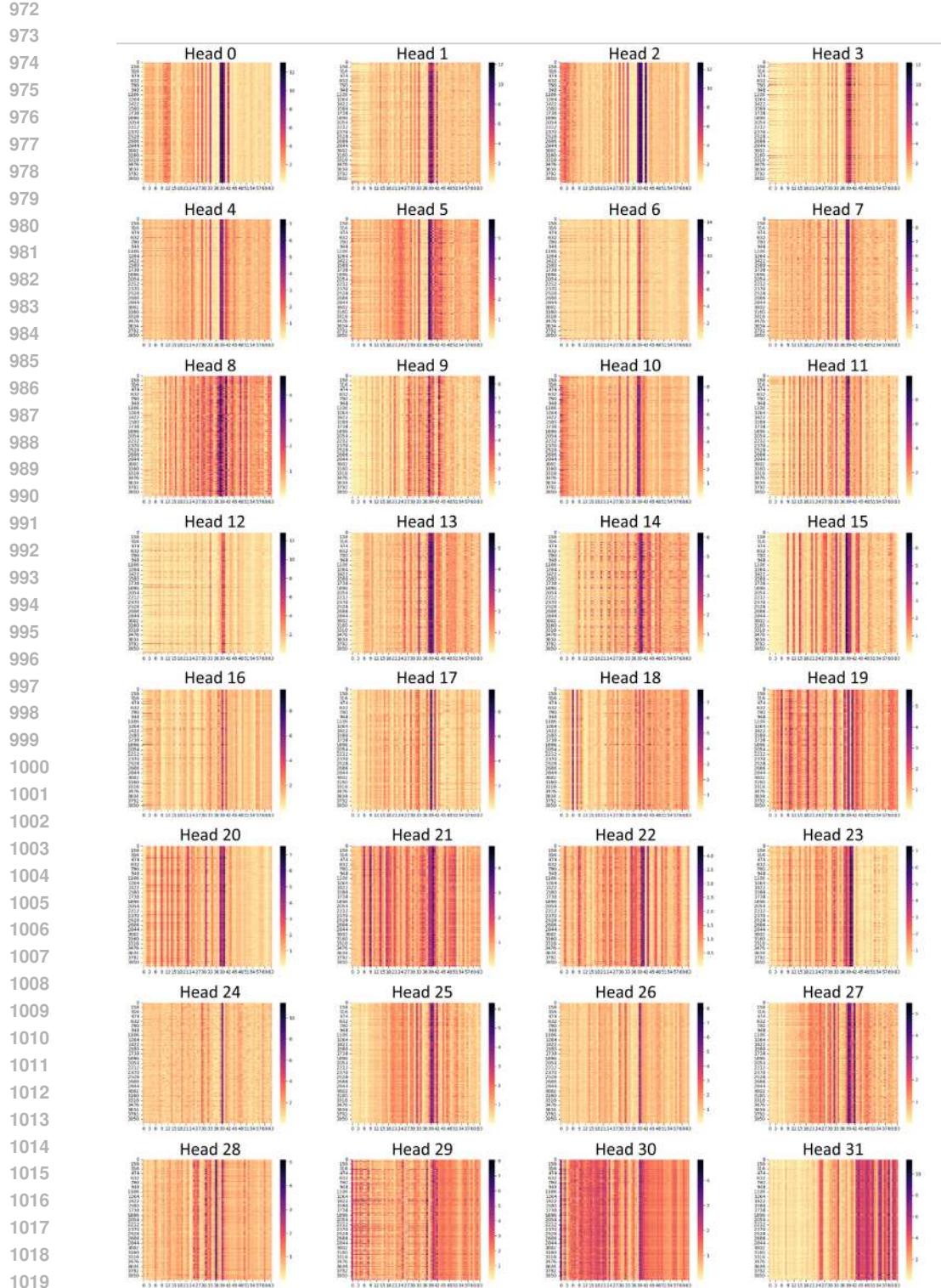


Figure 6: Head-wise 2-norm maps of the query matrix for attention layer 0 in Llama-3-8B. Each subplot shows the 2-norm plotted over 2-dimensional chunks of the query vectors, following the same visualization procedure as in Figure 2. The vertical axis corresponds to sequence length ($L = 4096$), and the horizontal axis corresponds to RoPE dimension index ($i \in 0, 1, \dots, d/2 - 1$) with $d = 128$ for Llama-3-8B.

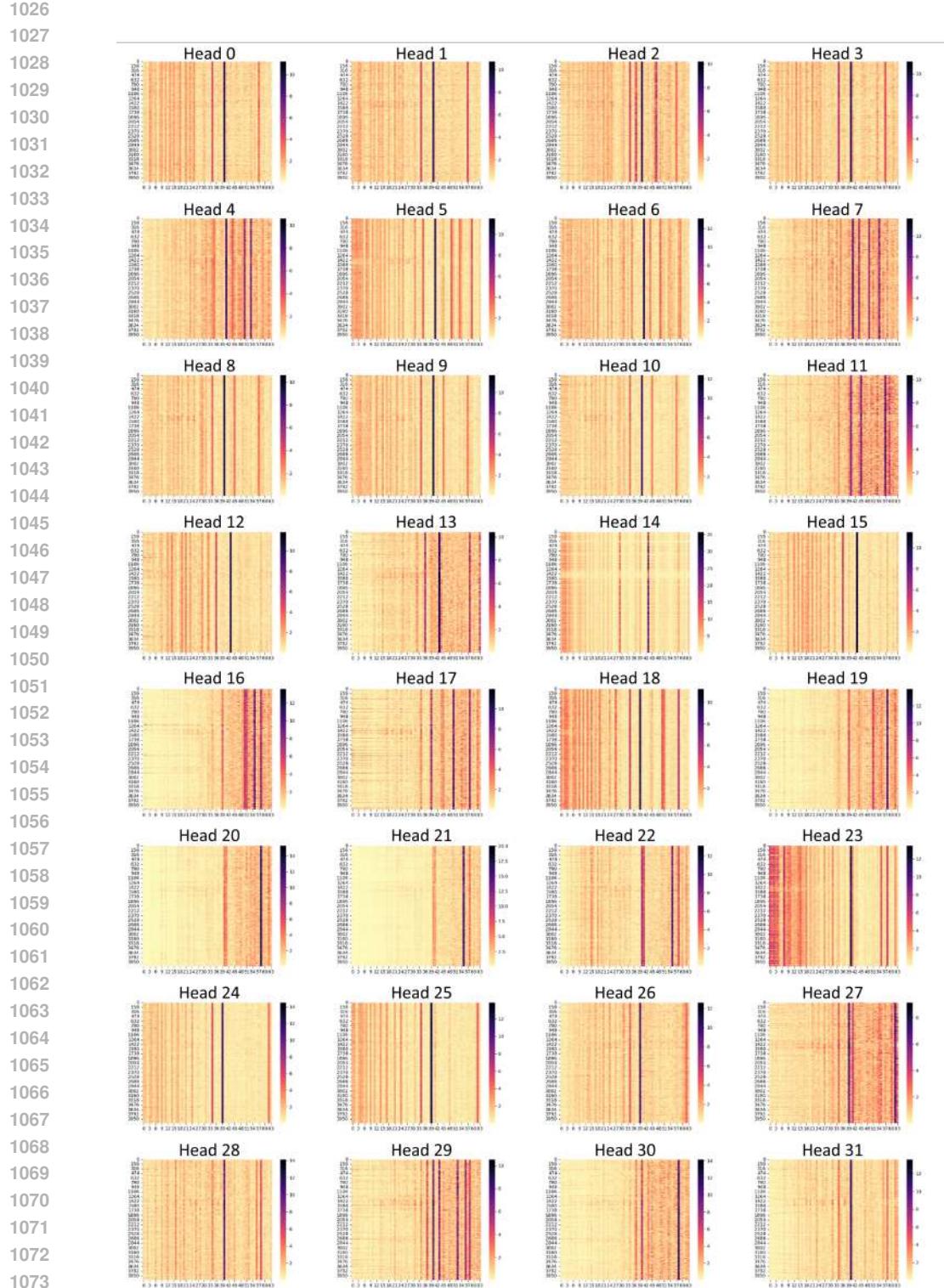
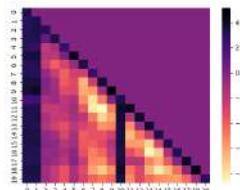
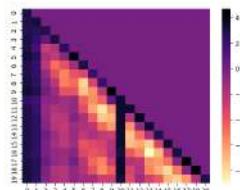
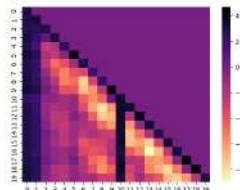


Figure 7: Head-wise 2-norm maps of the query matrix for attention layer 31 in Llama-3-8B. Each subplot shows the 2-norm plotted over 2-dimensional chunks of the query vectors, following the same visualization procedure as in Figure 2. The vertical axis corresponds to sequence length ($L = 4096$), and the horizontal axis corresponds to RoPE dimension index ($i \in 0, 1, \dots, d/2 - 1$) with $d = 128$ for Llama-3-8B.

1080 E HOW POSITION HEADS BEHAVE UNDER FMROPE
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1082 We examined the “position heads” described by (Barbero et al., 2024) under both standard RoPE
1083 and FMRoPE in Section 6. Figure 8, 9 and 10 shows 20-token attention maps for clarity. First, we
1084 confirmed that position heads exist in both RoPE and FMRoPE. Second, changing the inference-time
1085 value of θ in FMRoPE did not substantially affect these heads. Consistent with Barbero et al. (2024),
1086 these heads appear to ignore semantic content and attend purely based on relative offsets. Our results
1087 indicate that FMRoPE retains the same class of relative-position-driven heads as standard RoPE.

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1096 Figure 8: Position Head with RoPE (Training $\theta = 10000$, Inference $\theta = 10000$)
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1118 Figure 10: Position Head with RoPE (Training $\theta = 512$, Inference $\theta = 1024$)
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1134 Table 6: Perplexity results from Section 5. Here, 'pt' stands for 'Pre-train' and 'ft' stands for 'Fine-
 1135 tuning' in context extension with position interpolation. 'YaRN' is a position-interpolation method
 1136 applied during context extension.

	L_{train}		base θ		Sequence Length L					
	pt	ft	Train	Inference	512	1512	2512	3512	15512	25512
NoPE	512	-	-	-	21.24	21.32	46.52	>100	>100	>100
SPE	512	-	-	-	20.02	77.30	>100	>100	>100	>100
Transformer-XL	512	-	-	-	19.98	18.88	19.02	19.53	OOM	OOM
RPE	512	-	-	-	21.20	21.89	34.77	74.55	OOM	OOM
WaveletRPE	512	-	-	-	19.20	17.99	18.00	18.21	OOM	OOM
ALiBi	512	-	-	-	19.69	18.53	18.40	18.43	18.39	18.39
			10000	10000	19.39	43.63	84.45	>100	>100	>100
			500000	500000	19.35	40.39	77.90	>100	>100	>100
			1000000	1000000	19.35	37.94	74.26	>100	>100	>100
RoPE	512	-	512	512	19.58	21.19	24.20	27.42	84.75	>100
	512	-	512	1512	20.02	19.09	21.40	24.00	72.19	>100
	512	-	512	3512	21.28	20.27	20.37	23.00	66.10	>100
	512	-	512	15512	25.83	26.90	28.46	30.08	60.44	91.35
	512	-	1512	1512+YaRN	19.62	17.78	17.56	17.65	20.51	23.19
	512	1512	1512+YaRN	3512+YaRN	19.38	17.99	17.66	17.64	19.93	23.44
	512	1512	1512+YaRN	15512+YaRN	21.00	19.74	19.53	19.48	20.51	22.41
RoPE+YaRN	512	1512	1512+YaRN	25512+YaRN	21.99	20.89	20.77	20.84	21.51	23.19
	512	1512	10000+YaRN	10000+YaRN	19.10	17.84	17.75	18.37	52.59	85.88
	512	1512	500000+YaRN	500000+YaRN	19.14	17.89	18.83	18.34	35.57	50.88
	512	1512	1000000+YaRN	1000000+YaRN	19.07	17.76	17.81	18.72	66.89	>100

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 1156 F COMPARISON WITH OTHER POSITION-ENCODING METHODS
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 1158 F.1 EXPERIMENTAL SETTINGS
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 1160 In addition to experiment in Section 6, we also compared our method with the following position-
 1161 encoding methods.

- NoPE (Kazemnejad et al., 2023)
- Sinusoidal PE (SPE) (Vaswani et al., 2017)
- Transformer-XL PE (Dai et al., 2019)
- Relative Position Representation (RPE) (Shaw et al., 2018) with clipping size 32
- Attention with Linear Biases (ALiBi) (Press et al., 2022)
- Wavelet PE (Oka et al., 2025)

1162 For pre-training, we used the WikiText-103 dataset (Merity et al., 2017), which consists of over
 1163 103 million tokens of English Wikipedia articles. We performed a comparative evaluation using a
 1164 Transformer-based language model (Baevski & Auli, 2019). The experimental setup is identical to
 1165 that used in Section 6. Please refer to Appendix A.3 for details.

1172 F.2 PERPLEXITY RESULTS

1173 Figure 6 presents the perplexity scores for each method. We first confirmed the effectiveness of
 1174 ALiBi and WaveletPE, both of which are known for their strong extrapolation capabilities. However,
 1175 methods based on relative position encoding (RPE), such as RPE itself, WaveletPE, and Transformer-
 1176 XL, showed out-of-memory (OOM) errors as the sequence length increased, and these methods
 1177 were unable to generate results. In contrast, ALiBi consistently maintained strong extrapolation
 1178 performance even at longer sequence lengths. RoPE, on the other hand, generally exhibits lower
 1179 extrapolation performance compared to other positional encoding methods. Even FMRoPE, an
 1180 enhanced variant of RoPE, did not surpass the original RoPE in extrapolation ability. Nevertheless,
 1181 when the context length was expanded to $L = 1512$ and the models were fine-tuned accordingly, both
 1182 FMRoPE and RoPE showed improved performance relative to extrapolation-oriented PE methods.
 1183 Notably, beyond $L = 1512$, FMRoPE outperformed not only RoPE but also the other PE methods.

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1188 G DOWNSTREAM TASK
11891190 Beyond the analyses in Section 6, we further examined FMRoPE under extended context lengths and
1191 larger model scales. In addition, we assessed performance not only in terms of perplexity but also
1192 across a suite of downstream tasks.
11931194 G.1 EXPERIMENTAL SETUP
11951196 We trained a decoder-only Transformer with RoPE and FlashAttention. The model has $\approx 1.2B$
1197 parameters with hidden size $d_{\text{model}}=2048$, $n_{\text{layers}}=16$, $n_{\text{heads}}=16$, and an MLP expansion ratio of
1198 8. We use RMSNorm without biases. Dropout is disabled throughout ($\text{residual_dropout}=0.0$,
1199 $\text{attention_dropout}=0.0$, $\text{embedding_dropout}=0.0$). The maximum training context length is
1200 1024 tokens. Vocabulary size is 50,280 using the GPT-NeoX/OLMo Dolma v1.5 tokenizer with
1201 right-side truncation/padding; $\text{eos_token_id}=0$, $\text{pad_token_id}=1$. We use AdamW with
1202 $(\beta_1, \beta_2)=(0.9, 0.95)$, $\epsilon=10^{-8}$, weight decay 0.1 (applied to embeddings and LayerNorm scales;
1203 $\text{decay_norm_and_bias}=\text{true}$, $\text{decay_embeddings}=\text{true}$). The peak learning rate is 6×10^{-4} with
1204 a cosine schedule and 10,000 warmup steps; the final LR decays to $0.1 \times$ the peak. We use AMP
1205 bfloat16 training with gradient clipping at 1.0. Training uses distributed data parallelism with gradient
1206 synchronization at the batch boundary. The global batch size is 512 sequences; per-device microbatch
1207 size is 4. We enable pinned memory, prefetching, and persistent dataloader workers for throughput.
1208 Checkpointing saves unsharded states every 5,000 steps; evaluation runs every 1,000 steps. We
1209 train with $\text{flash_attention}=\text{true}$. Distributed training uses $\text{find_unused_params}=\text{false}$; gradi-
1210 ent synchronization mode is set to batch. We log metrics every 10 steps and monitor throughput
1211 with a moving window of 20 steps. Pretraining uses the English C4 corpus (high-quality web text)
1212 preprocessed into NumPy shards. Unless otherwise noted, we train for one epoch.
12131214 G.2 EVALUATION METRIC
12151216 We report validation perplexity on C4 using fixed-length chunks to probe length generalization:
1217 $\{256, 512, 1024, 2048, 4096, 8192\}$ tokens. Batch size is 64. Beyond perplexity, we evaluate zero-
1218 shot performance (unless specified) on standard commonsense and QA benchmarks: PIQA (Bisk
1219 et al., 2019), HellaSwag (Zellers et al., 2019), CommonsenseQA (Talmor et al., 2019), and Social
1220 IQa (Sap et al., 2019). We additionally report Basic Arithmetic perplexity. **For a more realistic
long-context generation setting, we also evaluated the model on the Needle-in-a-Haystack task⁶.**
12211222 G.3 RESULTS
12231224 G.3.1 PERPLEXITY
12251226 Table 7 shows the perplexity results. When the inference length does not exceed the training length
1227 ($L \leq 1024$), all settings achieve comparable perplexity around 20. The lowest perplexity is 19.77
1228 when training and inference both use $\theta = 10,000$. Differences appear once the inference length
1229 exceeds the pre-training context. The baseline configuration with $\theta = 1024$ shows a sharp perplexity
1230 increase to 42.36 at $L = 2048$ and diverges beyond 4096. In contrast, FMRoPE enlarges the inference
1231 base to 2048 or 8192 while keeping training at 1024, and this substantially improves extrapolation.
1232 These results show that simply enlarging the inference base frequency effectively extends the usable
1233 context without additional training. A model trained and inferred with $\theta = 10,000$ maintains
1234 competitive perplexity up to $L = 1024$ but degrades rapidly beyond that point, reaching 46.61 at
1235 $L = 2048$ and 57.83 at $L = 4096$. This observation confirms that training with an excessively high
1236 base does not guarantee long-context generalization.
12371238 G.3.2 DOWNSTREAM TASK
12391240 Table 8 shows the downstream task results. Across all tasks, the differences among configurations
1241 are small, showing that changing the RoPE base for inference has little negative impact on general
1242 language understanding. When training and inference both use $\theta = 1024$, the model achieves strong
1243 overall accuracy with 43.96 on SocialIQA, 69.58 on PIQA, 33.66 on CommonsenseQA, 44.80 on
1244⁶https://github.com/gkamradt/LLMTest_NeedleInAHaystack

1242 Table 7: Perplexity results from Section G. 'pt' stands for 'Pre-train' and 'ft' stands for 'Fine-tuning'
 1243 in context extension with position interpolation. The gray area represents the FMRoPE score.

	L_{train}		Base in RoPE θ		Sequence Length in Inference L					
	pt	ft	Train	Inference	256	512	1024	2048	4096	8192
Pre-train	1024	-	1024	1024	23.08	21.02	19.88	42.36	>100	>100
	1024	-	1024	2048	23.10	21.05	19.90	19.33	>100	>100
	1024	-	1024	8192	23.98	22.07	21.08	19.85	19.58	22.86
	1024	-	10000	10000	23.01	20.94	19.77	46.61	57.83	>100

Table 8: Downstream task results from Section G.

Base in RoPE θ		Downstream Task				
Train	Inference	SocialIQA	PIQA	CommonsenseQA	HellaSwag	Arithmetic
1024	1024	43.96	69.58	33.66	44.80	24.90
	2048	43.85	70.07	33.98	45.10	24.36
	8192	44.16	68.71	32.92	44.91	24.06
	10000	43.90	70.78	32.35	45.00	24.86

1262 HellaSwag, and 24.90 on Arithmetic. Using FMRoPE with an inference base of 2048 maintains or
 1263 slightly improves performance. The model reaches 70.07 on PIQA, 33.98 on CommonsenseQA,
 1264 and 45.10 on HellaSwag, which are the best or nearly the best among all settings, while keeping
 1265 SocialIQA and Arithmetic close to the baseline. When the inference base is further increased to 8192,
 1266 performance remains stable with 44.16 on SocialIQA and 44.91 on HellaSwag, indicating that a large
 1267 inference base does not harm downstream accuracy. A model trained and inferred with $\theta = 10,000$
 1268 achieves the highest PIQA accuracy of 70.78, although CommonsenseQA drops to 32.35.

1269 These results show that frequency matching during inference preserves or slightly enhances down-
 1270 stream task performance while providing the long-context benefits demonstrated in perplexity eval-
 1271 uation. The findings confirm that decoupling the training and inference RoPE bases does not
 1272 compromise the model's ability to perform common natural language understanding tasks.

1273 G.3.3 NEEDLE IN A HAYSTACK

1275 We evaluate four settings of RoPE on the Needle-in-a-Haystack task with context lengths from
 1276 512 to 8192 tokens. The training context length is 1024 tokens. Figure 11, 12, 13 and 14 shows
 1277 Needle-in-a-Haystack results. In the figures, green indicates high scores and red indicates failure.

1278 First, the standard RoPE with base $\theta = 10000$ shows a clear boundary at the training length. Scores
 1279 stay green for contexts up to 1024 tokens, which means the model interpolates well inside the training
 1280 range. Beyond 1024 tokens, the scores turn red, and the model loses the ability to retrieve the needle.
 1281 This behavior shows that standard RoPE does not extrapolate. Next, the model trained with base
 1282 $\theta = 1024$ and inferred with the same base shows almost the same pattern. The model keeps green
 1283 scores inside 1024 tokens and turns red beyond it. However, the scores near the beginning of the
 1284 sequence drop to red. When we train with base $\theta = 1024$ but inference with base $\theta = 2048$, the
 1285 behavior changes. The model keeps green scores up to 2048 tokens. This result shows that the larger
 1286 inference base pushes the usable range beyond the training length. A small degradation remains near
 1287 the beginning, but the overall pattern suggests partial extrapolation. Finally, inference with base
 1288 $\theta = 8192$ expands the effective range even further. The model keeps green scores up to 2048 tokens
 1289 and shows mostly green scores around 4096 tokens. Between 4096 and 7168 tokens, some regions
 1290 still appear green. These results indicate that long-range retrieval becomes possible in parts of this
 1291 extended range. Overall, the model trained with $\theta = 1024$ exhibits clear extrapolation once the inference
 1292 base is increased, demonstrating that inference-time base scaling can expand the effective context
 1293 length without additional training.

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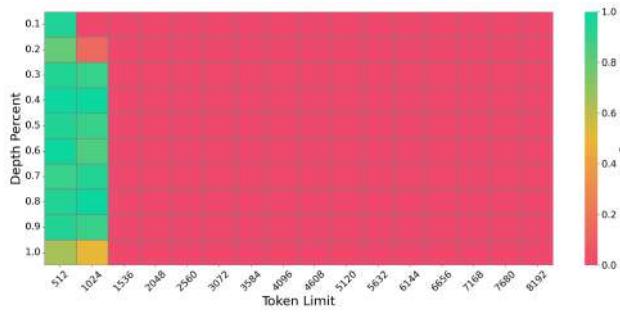
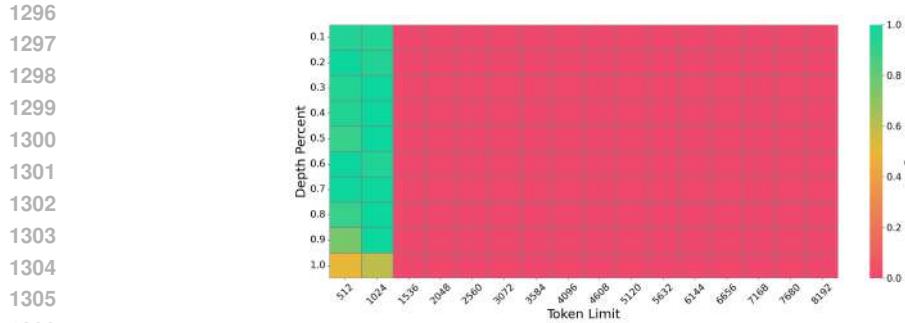


Figure 12: Needle-in-a-Haystack performance with FMRoPE ($\theta = 1024$). The maximum training context length is 1024 tokens.

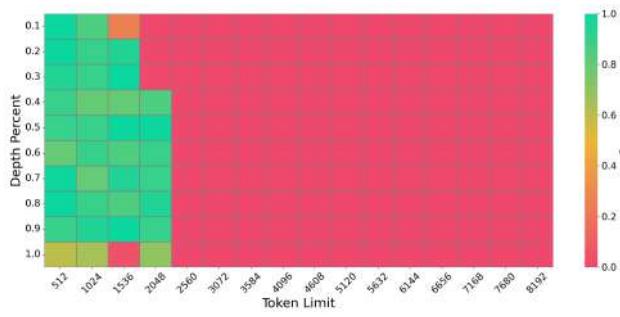


Figure 13: Needle-in-a-Haystack performance with FMRoPE ($\theta = 2048$). The maximum training context length is 1024 tokens.

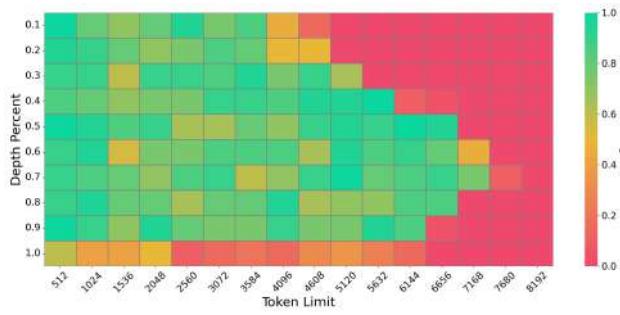


Figure 14: Needle-in-a-Haystack performance with FMRoPE ($\theta = 8192$). The maximum training context length is 1024 tokens.

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G.4 COMPUTATIONAL CONSIDERATIONS

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To address computational concerns under different θ settings (RoPE vs FMRoPE), we track four metrics during training: training loss, validation loss, peak GPU memory, and throughput. As shown in Figure 15, all θ values lead to smooth and stable optimization, with no divergence in either loss curve. Peak memory usage is nearly identical across settings, and throughput varies only within normal noise levels. These results confirm that θ has no material effect on training stability, memory footprint, or efficiency. RoPE’s computational cost does not depend on θ . Changing θ only modifies the numerical values of the cos and sin rotations applied to each query/key pair, but the number of operations stays exactly the same. The dominant costs in inference, namely the self-attention and feed-forward matrix multiplications, remain unchanged. Therefore, inference speed and memory usage remain identical across different θ settings.

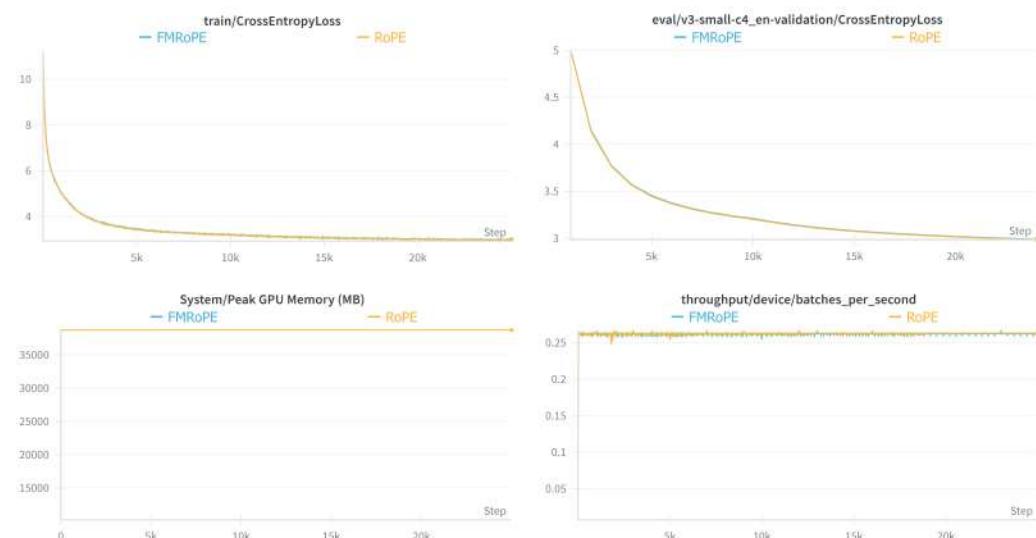
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Figure 15: Training stability and computational efficiency across different base frequencies θ . All plots use training steps as the x-axis. (a) Training cross-entropy loss curves. (b) Validation cross-entropy loss curves. (c) Peak GPU memory usage during training. (d) Throughput measured in batches per second.

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1404 **H CONNECTION TO COVARIANCE VIEW (WHY THIS PROXY WORKS)**

1406 The full 2×2 covariance of the basis

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$$\Sigma(\omega) = \text{Cov}\left(\begin{bmatrix} \cos(m\omega) \\ \sin(m\omega) \end{bmatrix}\right) = \begin{bmatrix} \Sigma_{11} & \Sigma_{12} \\ \Sigma_{21} & \Sigma_{22} \end{bmatrix}$$

1410 has explicit entries (with $x = \omega L_{\text{train}}$)

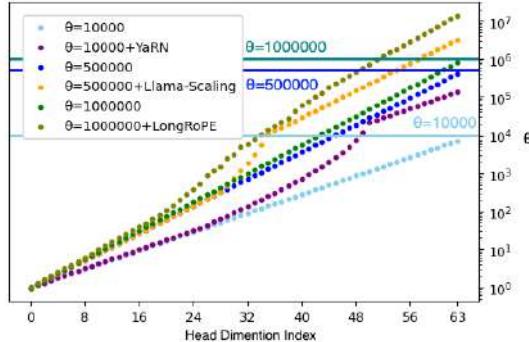
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$$\Sigma_{11} = \frac{1}{2} + \frac{\sin(2x)}{4x} - \left(\frac{\sin x}{x}\right)^2, \quad \Sigma_{22} = \frac{1}{2} - \frac{\sin(2x)}{4x} - \left(\frac{1-\cos x}{x}\right)^2, \quad (10)$$

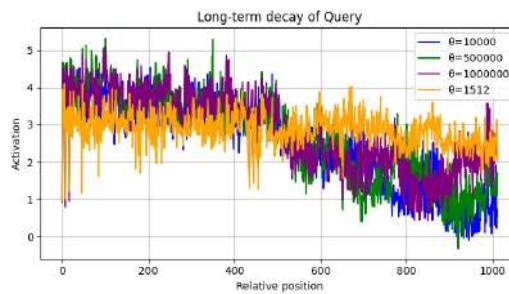
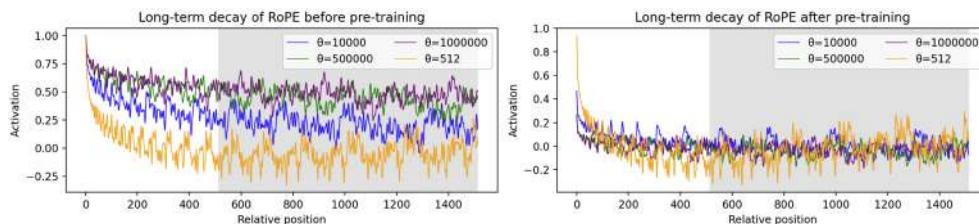
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$$\Sigma_{12} = \frac{1-\cos(2x)}{4x} - \frac{\sin x}{x} \cdot \frac{1-\cos x}{x}, \quad \Sigma_{21} = \Sigma_{12}. \quad (11)$$

1416 The variance we maximized is exactly the $(1, 1)$ entry: $V(x) = \Sigma_{11}(x)$. If, instead, one optimizes
1417 over *all* linear combinations $A \cos(m\omega) + B \sin(m\omega)$ under a coefficient-norm budget, the centered
1418 variance is $R^2 \lambda_{\max}(\Sigma(\omega))$ by the Rayleigh–Ritz theorem. Here, λ_{\max} represents an indicator of the
1419 maximum variance along the principal component direction of the covariance matrix and is used as a
1420 more general optimization criterion. This value can be computed via the eigenvalue decomposition
1421 of the matrix.

1422 We additionally computed the optimal point by maximizing the largest eigenvalue λ_{\max} of the full
1423 2×2 RoPE matrix. This full covariance analysis yields an alternative maximizer $x \approx 4.493409$,
1424 whereas the simplified proxy gives $\tilde{x} \approx 3.657210$ in Section 4. While the numerical values differ, this
1425 discrepancy has only a minor effect on the predicted band index i_{band} in Table 3 and 4, because the
1426 theoretical predictor depends on x only through the logarithmic relationship in Eq (9). Substituting x
1427 into this expression shifts j by at most 1–2 dimensions across all values of θ used in the experiments,
1428 due to the strong dampening effect of the logarithm. As a consequence, the empirical relation between
1429 our predicted j and the predicted band index i_{band} (Table 3 and 4), including the near-linear fit with
1430 slope $c \approx 1.0 - 1.1$, remains essentially unchanged.

1432 **I DISTRIBUTION OF θ_i IN ROPE**

1434 Figure 16 shows the distribution of θ_i when position interpolation is applied at positions 10,000,
1435 500,000, and 1,000,000. We examined several interpolation methods, including YaRN, Llama-scaling,
1436 and LongRoPE. Overall, position interpolation tends to increase the proportion of low-frequency θ_i
1437 components.

1451 Figure 16: Distribution of θ_i values across dimensions i when position interpolation is applied at
1452 positions 10,000, 500,000, and 1,000,000. The x-axis represents the dimension index i , and the y-axis
1453 shows the corresponding θ_i values.

1458 **J ANALYSIS OF LONG-TERM DECAY**
14591460 To better understand interpolation and extrapolation trade-off, we next investigate the long-term decay
1461 of RoPE.
14621463 **J.1 LONG-TERM DECAY OF QUERY AND KEY**
14641465 Figure 17 plots the attention logit (query–key dot product) for the first query vector in the final
1466 decoder layer across relative positions; all heads show the same trend, so we report just the first head
1467 for brevity. For large base frequencies ($\theta \geq 10,000$), the logit decays almost monotonically with
1468 distance, whereas with $\theta = 512$, no such decrease in activation is observed.
14691470 **J.2 LONG-TERM DECAY OF ROPE**
14711472 To isolate the effect of θ , we follow prior work (Su et al., 2021; Xiong et al., 2024) and visualize
1473 RoPE activation when both the query and key vectors are filled with ones (Figure 18, left). The
1474 original activation grows with θ , confirming that larger base frequencies inject more energy into
1475 low-frequency dimensions.
14761477 Here, we hypothesize that RoPE components at frequencies higher than the band index are NoPE.
1478 To isolate the effect of the active components, we visualize the activation using only the dimensions
1479 higher than the band index in the right part of Figure 18. Surprisingly, we found that RoPE activation
1480 was reduced when theta was large. In contrast, when θ matches the sequence length, most dimensions
1481 fit within the band, resulting in relatively high activation. When the relative distance is within the
1482 maximum sequence length used during pre-training, the activation tends to be low. In contrast, for
1483 distances beyond the pre-training range, the activation becomes relatively higher. We speculate that
1484 this pattern is the reason why activation does not decrease in extrapolation in the actual activation
1485 shown in Figure 17.
14861487 Figure 17: Attention logits (query–key dot product) for the first query vector, plotted across relative
1488 positions.
14891490 Figure 18: RoPE activation when both query and key vectors are filled with ones. Gray area indicates
1491 relative positions beyond the maximum sequence length $L_{\text{train}} = 512$ used during pre-training.
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K LIMITATION

A potential limitation of FMRoPE is that the optimal θ may differ across pretraining, finetuning, and inference. While our analysis suggests that such cross-stage differences correspond to the same linear frequency rescaling in RoPE, and our experiments did not observe degradation from pretrain→inference mismatches (Table 5), a more systematic study at larger model scales remains an important direction for future work.

Our analysis focuses on long-context extrapolation, and we did not study multi-step reasoning tasks. Our evaluation does not fully cover larger model sizes or a wide range of long-context benchmarks. It remains an open question how FMRoPE interacts with chain-of-thought reasoning and other forms of multi-step problem solving. We leave this direction for future work.

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