
The Slingshot Mechanism: An Empirical Study of Adaptive Optimizers and the *Grokking* Phenomenon

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Abstract

1 The *grokking phenomenon* as reported by Power et al. [13] refers to a regime where
2 a long period of overfitting is followed by a seemingly sudden transition to perfect
3 generalization. In this paper, we attempt to reveal the underpinnings of Grokking
4 via a series of empirical studies. Specifically, we uncover an optimization anomaly
5 plaguing adaptive optimizers at extremely late stages of training, referred to as
6 the *Slingshot Mechanism*. A prominent artifact of the Slingshot Mechanism can
7 be measured by the cyclic phase transitions between stable and unstable training
8 regimes, and can be easily monitored by the cyclic behavior of the norm of the
9 last layers weights. We empirically observe that without explicit regularization,
10 Grokking as reported in [13] almost exclusively happens at the onset of *Slingshots*,
11 and is absent without it. While common and easily reproduced in more general
12 settings, the Slingshot Mechanism does not follow from any known optimization
13 theories that we are aware of, and can be easily overlooked without an in depth
14 examination. Our work points to a surprising and useful inductive bias of adaptive
15 gradient optimizers at late stages of training, calling for a revised theoretical
16 analysis of their origin.

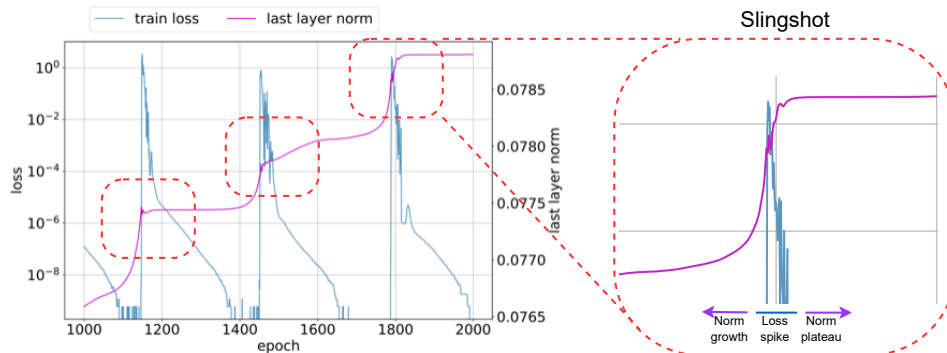


Figure 1: Slingshot Effects are observed with a fully-connected ReLU network (FCN). The FCN is trained with 200 randomly chosen CIFAR-10 samples with Adam. Multiple Slingshot Effects occur in a cyclic fashion as indicated by the dotted red boxes. Each Slingshot Effect is characterized by a period of rapid growth of the last layer weights, an ensuing training loss spike, and a norm plateau.

17 1 Introduction

18 Recently, the *grokking phenomenon* was proposed by [13], in the context of studying the optimization
19 and generalization aspects in small, algorithmically generated datasets. Specifically, *grokking* refers

20 to a sudden transition from chance level validation accuracy to perfect generalization, long past the
 21 point of perfect training accuracy, i.e., *Terminal Phase of Training* (TPT). This curious behavior
 22 contradicts the common belief of early stopping in the overfitting regimes, and calls for further
 23 understandings of the generalization behavior of deep neural networks.

24 In the literature, it has been suggested that in some scenarios, marginal improvements in validation
 25 accuracy appears in TPT, which seem to directly support *grokking*. For example, it has been shown
 26 in [14] that gradient descent on logistic regression problems converges to the maximum margin
 27 solution, a result that has been since extended to cover a wider setting [11, 17]. A key finding in [14]
 28 shows that when training on linearly separable data with gradient descent using logistic regression,
 29 the classifier’s margin slowly improves at a rate of $\mathcal{O}(\frac{1}{\log t})$, while the weight norm of the predictor
 30 layer grows at a rate of $\mathcal{O}(t)$, where t is the number of training steps. While specified for gradient
 31 descent, Wang et al. [17] showed that similar results also hold for adaptive optimizers (such as Adam
 32 and RMSProp). Taking these results into consideration, one could reasonably hypothesise that deep
 33 nonlinear networks could benefit from longer training time, even after achieving zero errors on the
 34 training set.

35
 36 In this paper, we provide in depth empirical analyses to the mechanism behind *grokking*. We find that
 37 the phenomenology of *grokking* differs from those predicted by [14] in several key aspects. To be
 38 concrete, we find that *grokking* occurs during the onset of another intriguing phenomenon directly
 39 related to adaptive gradient methods (see Algorithm 1 for a generic description of adaptive gradient
 40 methods). In particular, leveraging the basic setup in [13], we make the following observations:

- 41 1. During the TPT, training exhibits a cyclic behaviour between stable and unstable regimes. A
 42 prominent artifact of this behaviour can be seen in the norm of a model’s last layer weights, which
 43 exhibits a cyclical behavior with distinct, sharp phase transitions that alternate between rapid growth
 44 and plateaus over the course of training.
- 45 2. The norm grows rapidly sometime after the model has perfect classification accuracy on training
 46 data. A sharp phase transition then occurs when the model missclassifies training samples. This
 47 phase change is accompanied by a sudden spike in training loss, and a plateau in the norm growth of
 48 the final classification layer.
- 49 3. The features (pre-classification layer) show rapid evolution as the weight norm transitions from
 50 rapid growth to a growth plateau, and change relatively little at the norm growth phase.
- 51 4. Phase transitions between norm growth and norm plateau phases are typically accompanied by a
 52 sudden bump in generalization as measured by classification accuracy on a validation set, as observed
 53 in a dramatic fashion in [13].
- 54 5. It is empirically observed that *grokking* as reported in [13] almost exclusively happens at the onset
 55 of *Slingshots*, and is absent without it.

56 We denote the observations above as the *Slingshot Effect*, which is defined to be the full cycle starting
 57 from the norm growth phase, and ending in the norm plateau phase. And empirically, a single training
 58 run typically exhibits multiple Slingshot Effects. Moreover, while *grokking* as described in [13]
 59 might be data dependent, we find that the Slingshot Mechanism is pervasive, and can be easily
 60 reproduced in multiple scenarios, encompassing a variety of models (Transformers and MLPs) and
 61 datasets (both vision, algorithmic and synthetic datasets). Since we only observe Slingshot Effects
 62 when training classification models with adaptive optimizers, our work can be seen as empirically
 63 characterizing an implicit bias of such optimizers. Finally, while our observations and conclusions
 64 hold for most variants of adaptive gradient methods, we focus on Adam in the main paper, and
 65 relegate all experiments with additional optimizers to the appendix.

Algorithm 1 Generic Adaptive Gradient Method

Input: $X_1 \in \mathcal{F}$, step size μ , sequence of functions $\{\phi_t, \psi_t\}_{t=1}^T, \epsilon \in \mathbb{R}^+$

Output: Fitted α .

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1 for  $t = 1, \dots, T$  do
2    $g_t = \nabla f_t(x_t)$ .
3    $m_t = \phi_t(g_1, \dots, g_t)$  and  $V_t = \psi_t(g_1, \dots, g_t)$ .
4    $x_{t+1} = x_t - \frac{\mu m_t}{\sqrt{V_t^2 + \epsilon}}$ 

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66 1.1 Implications of Our Findings

67 The findings in this paper have both theoretical and practical implications that go beyond characteriz-
68 ing Grokking. A prominent feature of the Slingshot Mechanism is the repeating phase shifts between
69 stable and unstable training regimes, where the unstable phase is characterized by extremely large
70 gradients, and spiking training loss. Furthermore, we find that learning at late stages of training have
71 a cyclic property, where non trivial feature adaptation only takes place at the onset of a phase shift.
72 From a theoretical perspective, this is contradictory to common assumptions made in the literature of
73 convergence of adaptive optimizers, which typically require L smooth cost functions, and bounded
74 stochastic gradients, either in the L_2 or L_∞ norm, decreasing step sizes and stable convergence
75 [18, 1, 2]. From the apparent generalization benefits of Slingshot Effects, we cast doubt on the ability
76 of current working theories to explain the Slingshot Mechanism.

77 Practically, our work presents additional evidence for the growing body of work indicating the
78 importance of the TPT stage of training for optimal performance [6, 13, 12].

79 In an era where the sheer size of models are quickly becoming out of reach for most practitioners,
80 our work suggest focusing on improved methods to prevent excessive norm growth either implicitly
81 through Slingshot Effects or through other forms of explicit regularization or normalization.

82 2 Related Work

83 The Slingshot Mechanism we uncover here is reminiscent of the *catapult mechanism* described in
84 Lewkowycz et al. [9]. Lewkowycz et al. [9] show that loss of a model trained via gradient descent with
85 an appropriately large learning rate shows a non-monotonic behavior —the loss initially increases
86 and starts decreasing once the model "catapults" to a region of lower curvature —early in training.
87 However, the catapult phenomenon differs from Slingshot Effects in several key aspects. The *catapult*
88 *mechanism* is observed with vanilla or stochastic gradient descent unlike the Slingshot Mechanism
89 that is seen with adaptive optimizers including Adam [7] and RMSProp [15]. Furthermore, the
90 *catapult phenomenon* relates to a large initial learning rate, and does not exhibit a repeating cyclic
91 behavior. More intriguingly, Slingshot Effects only emerge late in training, typically long after the
92 model reaches perfect accuracy on the training data.

93 Cohen et al. [3] describe a "progressive sharpening" phenomenon in which the maximum eigenvalue
94 of the loss Hessian increases and reaches a value that is at equal to or slightly larger than $2/\eta$ where
95 η is the learning rate. This "progressive sharpening" phenomenon leads to model to enter a regime
96 Cohen et al. [3] call *Edge of Stability* where-in the model shows non-monotonic training loss behavior
97 over short time spans. *Edge of Stability* is similar to the Slingshot Mechanism in that it is shown to
98 occur later on in training. However, *Edge of Stability* is shown for full-batch gradient descent while
99 we observe Slingshot Mechanism with adaptive optimizers, primarily Adam [7] or AdamW [10].

100 As noted above, the Slingshot Mechanism emerges late in training, typically longer after the model
101 reaches perfect accuracy and has low loss on training data. The benefits of continuing to training
102 a model in this regime has been theoretically studied in several works including [14, 11]. Soudry
103 et al. [14] show that training a linear model on separable data with gradient using the logistic
104 loss function leads to a max-margin solution. Furthermore Soudry et al. [14] prove that the loss
105 decreases at a rate of $O(\frac{1}{t})$ while the margin increases much slower $O(\frac{1}{\log t})$, where t is the number
106 of training steps. Soudry et al. [14] also note that the weight norm of the predictor layer increases
107 at a logarithmic rate, i.e., $O(\log(t))$. Lyu and Li [11] generalize the above results to homogeneous
108 neural networks trained with exponential-type loss function and show that loss decreases at a rate of
109 $O(1/t(\log(t))^{2-2/L})$. This is, where L is defined as the order of the homogenous neural network.
110 Although these results indeed prove the benefits of training models, their analyses are limited
111 to gradient descent. Moreover, the analyses developed by Soudry et al [14] do not predict any
112 phenomenon that resembles the Slingshot Mechanism. Wang et al. [17] show that homogenous neural
113 networks trained with RMSProp [15] or Adam without momentum [17] do converge in direction to
114 the max-margin solution. However, none of these papers can explain the Slingshot Mechanism and
115 specifically the cyclical behavior of the norm of the last layer weights.

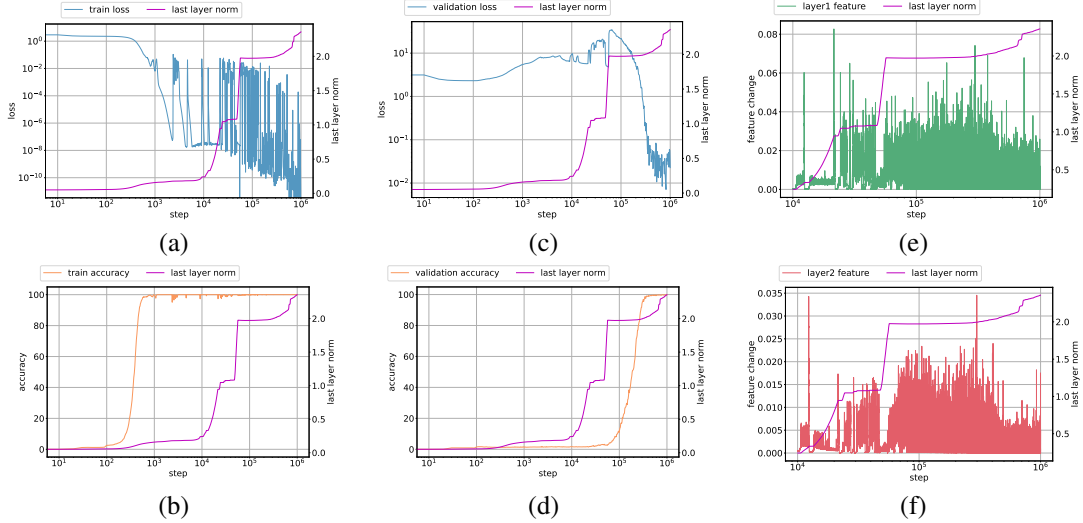


Figure 2: Division dataset: Last layer weight norm growth versus a) loss on training data b) accuracy on training data c) loss on validation data d) accuracy on validation data e) normalized relative change in features of first Transformer layer (f) normalized relative change in features of second Transformer layer. Note that the feature change plots are shown starting at 10K step to emphasize the feature change behavior during norm growth and plateau phases, revealing that the features stop changing during the norm growth phase and resume changing during the plateaus.

116 3 The Slingshot Mechanism

117 3.1 Experimental Setup

118 We use the training setup studied by Power et al. [13] in the main paper as a working example to
 119 illustrate the Slingshot Mechanism. In this setup, we train decoder-only Transformers [16] on a
 120 modular division dataset [13] of the form $a \div b = c$, where a , b and c are discrete symbols and \div
 121 refers to division modulo p for some prime number p , split into training and validation sets. The
 122 task consists of calculating c given a and b . The algorithmic operations and details of the datasets
 123 considered in our experiments are described in Appendix B. The Transformer consists of 2 layers,
 124 of width 128 and 4 attention heads with approximately 450K trainable parameters and is optimized
 125 by Adam [7, 10]. For these experiments we set learning rate to 0.001, weight decay to 0, $\beta_1 = 0.9$,
 126 $\beta_2 = 0.98$, $\epsilon = 10^{-8}$, linear learning rate warmup for the first 10 steps and minibatch size to 512
 127 which are in line with the hyperparameters considered in [13].

128 Figure 2 shows the metrics of interest that we record on training and validation samples for modular
 129 division dataset. Specifically, we measure 1) *train loss*; 2) *train accuracy*; 3) *validation loss*; 4)
 130 *validation accuracy*; 5) *last layer norm*: denoting the norm of the classification layer’s weights and 6)
 131 *feature change*: the relative change of features of the l -th layer (h^l) after the t -th gradient update step
 132 $\frac{\|h_{t+1}^l - h_t^l\|}{\|h_t^l\|}$. We observe from Figure 2b that the model is able to reach high training accuracy around
 133 step 300 while validation accuracy starts improving after 10^5 steps as seen in Figure 2d. Power et
 134 al. [13] originally showed this phenomenon and refer to it as *grokking*. We observe that while the
 135 validation accuracy does not exhibit any change until much later in training, the validation loss shown
 136 in Figure 2c exhibits a double descent behavior with an initial decrease, then a growth before rapidly
 137 decreasing to zero.

138 Seemingly, some of these observations can be explained by the arguments in [14] and their extensions
 139 to adaptive optimizers [17]. Namely, at the point of reaching perfect classification of the training set,
 140 the cross-entropy (CE) loss by design pressures the classification layer to grow in norm at relatively
 141 fast rate. Simultaneously, the implicit bias of the optimizer coupled with the CE loss, pushes the
 142 direction of the classification layer to coincide with that of the maximum margin classifier, albeit at a
 143 much slower rate.

144 These insights motivate us to measure the classifier’s last layer norm during training. We observe in
 145 Figure 2a that once classification reaches perfect accuracy on the training set, the classification layer
 146 norm exhibits a distinct cyclic behavior, alternating between rapid growth and plateau, with a sharp
 147 phase transition between phases. Simultaneously, the training loss retains a low value in periods of
 148 rapid norm growth, and then wildly fluctuating in periods of norm plateau. Figure 2e and Figure 2f
 149 shows the evolution of the relative change in features output by each layer in the Transformer. We
 150 observe that the feature maps are not updated much during the norm growth phase. However, at the
 151 phase transition, we observe that the feature maps receive a rapid update, which suggests that the
 152 internal representation of the model is updating.

153 **Is Slingshot a general phenomenon?** In an attempt to ascertain the generality of Slingshot
 154 Effects as an optimization artifact, we run similar experiments with additional architectures, datasets,
 155 optimizers, and hyperparameters. We use all algorithmic datasets as proposed in [13], as well as
 156 frequently used vision benchmarks such as CIFAR-10 [8], and even synthetic Gaussian dataset. For
 157 architectures, we use Transformers, MLPs and deep linear models (see figure 1). We find abundant
 158 evidence of Slingshot Effects in all of our experiments with Adam, AdamW and RMSProp. We
 159 are unable to observe Slingshot Effects with Adagrad [5] and also with stochastic gradient descent
 160 (SGD) or SGD with momentum, pointing to the generality of the mechanism across architectures and
 161 datasets. We refer the reader to Appendix A for the full, detailed description of the experiments.

162 **Why does Slingshot happen?** We hypothesize that the norm growth continues until the curvature
 163 of the loss surface becomes large, effectively “flinging” the weights to a different region in parameter
 164 space as small gradient directions get amplified, reminiscent of the mechanics of a slingshot flinging a
 165 projectile. We attempt to quantify how far a model is flung by measuring the cosine distance between
 166 a checkpoint during optimization and initial parameters. Specifically, we divide the model parameters
 167 into representation (pre-classifier) parameters and classifier (last layer) parameters and calculate how
 168 far these parameters have moved from initialization. We show that checkpoints collected after a
 169 model experiences Slingshot have a larger representation cosine distance. We defer the reader to the
 170 appendix for further details.

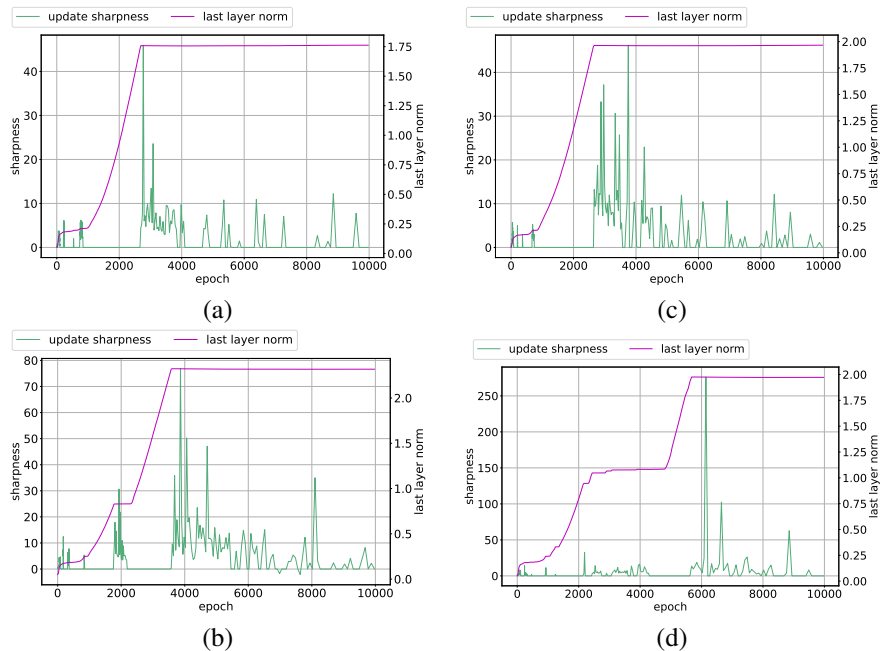


Figure 3: Curvature metric (denoted as "update sharpness") evolution vs norm growth on (a) addition, (b) subtraction, (c) multiplication, and (d) division dataset. Note the spike in the sharpness metric near the phase transitions between norm growth and plateau.

171 By design, adaptive optimizers adapt the learning rate on a per parameter basis. In toy, convex
 172 scenarios, the ϵ parameter provably determines whether the algorithm will converge stably. To

173 illustrate this, we take inspiration from [3], and consider a quadratic cost function $\mathcal{L}(A, B, C) =$
 174 $\frac{1}{2}x^\top Ax + B^\top x + C$, $A \in \mathcal{R}^{d \times d}$, $x, B \in \mathcal{R}^d$, $C \in \mathcal{R}$, where we assume A is symmetric and positive
 175 definite. Note that the global minimum of this cost is given by $x^* = -A^{-1}B$. The gradient of
 176 this cost with respect to x is given by $g = Ax + B$. Consider optimizing the cost with adaptive
 177 optimization steps of the simple form $x_{t+1} = x_t - \mu \frac{g}{|g| + \epsilon} = x_t - \mu \frac{Ax_t + B}{|Ax_t + B| + \epsilon}$ where μ is a learning
 178 rate, and the division and absolute operations are taken element wise. Starting from some x_0 , the
 179 error $e_t = x_t - x^*$ evolves according to:

$$e_{t+1} = \left(I - \mu \text{diag}\left(\frac{1}{|Ae_t| + \epsilon}\right) A \right) e_t \stackrel{\text{def}}{=} \mathcal{M}_t e_t \quad (1)$$

180 Note that the condition $\|A\|_s < \frac{2\epsilon}{\mu}$ where $\|\cdot\|_s$ denotes the spectral norm, implies that the mapping
 181 \mathcal{M}_t is a contraction for all values of t , and hence convergence to the global optimum is guaranteed
 182 (This is in contrast to gradient descent, where the requirement is $\|A\|_s < \frac{2}{\mu}$). Note that the choice
 183 of ϵ crucially controls the requirement on the curvature of the cost, represented by the the spectrum
 184 of A in this case. In other words, the smaller ϵ , the more restrictive the requirements on the top
 185 eigenvalue of A . In [3], it was observed that full batch gradient descent increases the spectral norm
 186 of the Hessian to its maximum allowed value. We therefore hypothesize that for deep networks, a
 187 small value for ϵ requires convergence to a low curvature local minimum, causing a Slingshot Effect
 188 when this does not occur. Moreover, we may reasonably predict that increasing the value of ϵ would
 189 lift the restriction on the curvature, and with it evidence of Slingshot Effects.

190 Figure 3 shows evidence consistent with the hypothesis that Slingshot Effects occur in the vicinity of
 191 high loss curvature, by measuring the local loss surface curvature along the optimization trajectory.
 192 Let \mathcal{H}_t denote the local Hessian matrix of the loss, and u_t the parameter update at time t given the
 193 optimization algorithm of choice. We use the local curvature along the trajectory of the optimizer,
 194 given by $\frac{1}{\|u_t\|^2} u_t^\top \mathcal{H}_t u_t$, as a curvature measure. Across the arithmetic datasets from [13], whenever
 195 the last layer weight norm plateaus, the curvature measure momentarily peaks and settles back down.

196 **Varying ϵ** We next observe from Figure 2a that the training loss value also spikes up around the
 197 time step when the weight norm transitions from growth to plateau. A low training loss value suggests
 198 that the gradients (and their moments) used as inputs to the optimizer are small, which in turn can
 199 cause the ϵ hyperparameter value to play a role in calculating updates. Our hypothesis here is that the
 200 Slingshot Effect should eventually disappear with a sufficiently large ϵ . To confirm this hypothesis,
 201 we run an experiment where we vary ϵ while retaining the rest of the setup described in the previous
 202 section.

203 Figure 4 shows the results for various values of ϵ considered in this experiment. We first observe that
 204 the number of Slingshot Effect cycles is higher for smaller values of ϵ . Secondly, smaller values of ϵ
 205 cause grokking to appear at an earlier time step when compared to larger values. More intriguingly,
 206 models that show signs of grokking also experience Slingshot Effects while models that do not
 207 experience Slingshot Effects do not show any signs of grokking. Lastly, the model trained with the
 208 largest $\epsilon = 10^{-5}$ shows no sign of generalization even after receiving 500K updates.

209 3.2 Effects on Generalization

210 In order to understand the relationship between Slingshot Effects and neural networks generalization,
 211 we experiment with various models and datasets. We observe that models that exhibit Slingshot tend
 212 to generalize better, which suggests the benefit of training models for a long time with Adam [7] and
 213 AdamW [10]. More surprisingly, we observe that Slingshots and grokking tend to come in tandem.

214 **Transformers with algorithmic datasets** We follow the setting in Power et al. [13] and generate
 215 several datasets that represent algorithmic operations and consider several training and validation
 216 splits. This dataset creation approach is consistent with the methodology used to demonstrate
 217 grokking [13]. The Transformer is trained with AdamW [10] with a learning rate of 0.001, weight
 218 decay set to 0, and with learning rate warmup for 500K steps. We consider ϵ of AdamW as a
 219 hyperparameter in this experiment. Figure 5 summarizes the results for this experiment where the
 220 x-axis indicates the algorithmic operation followed by the training data split size. As can be seen
 221 in Figure 5, Slingshot Effects are seen with lower values of ϵ and disappear with higher values of ϵ

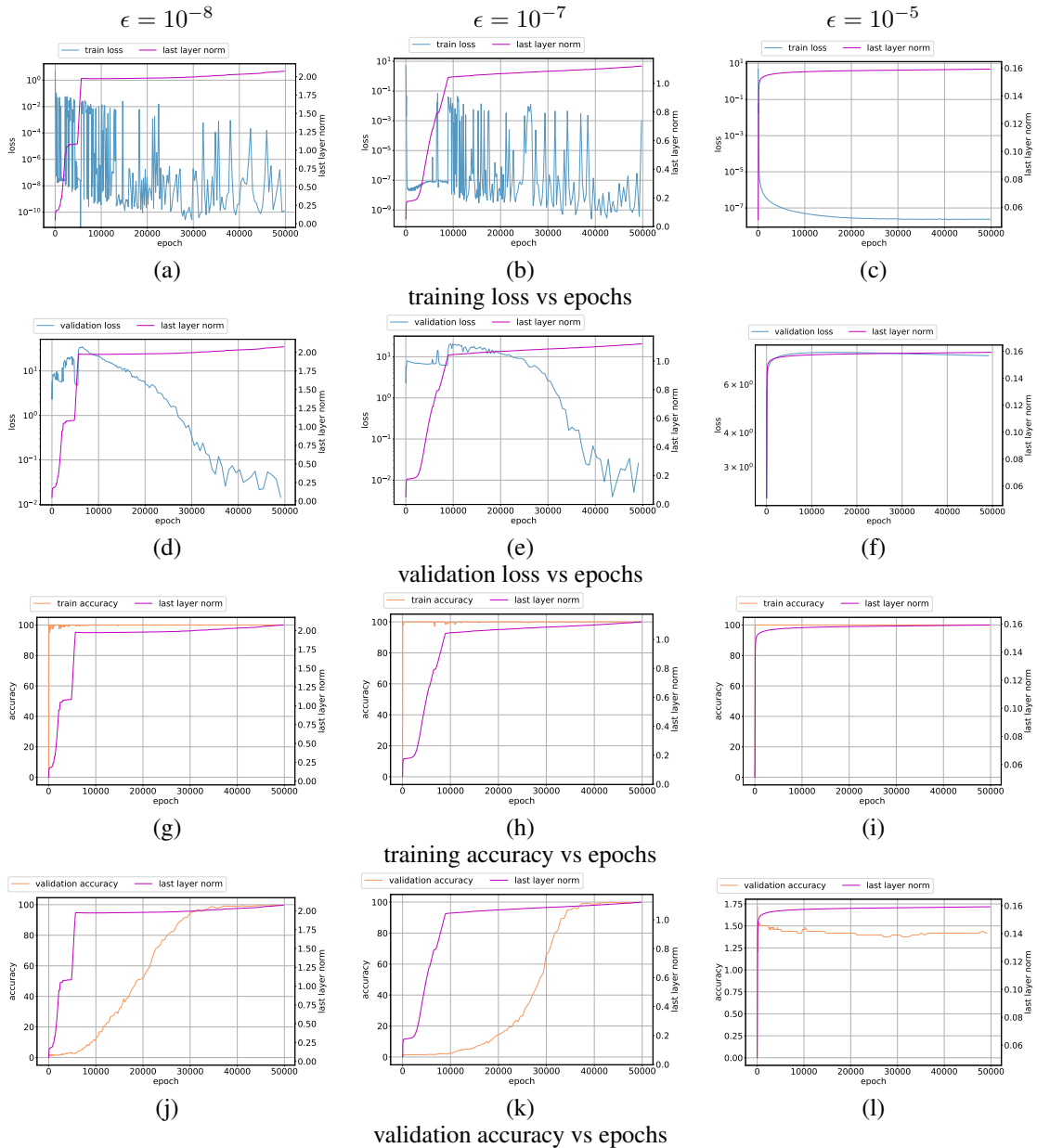


Figure 4: Varying ϵ in Adam on the Division dataset. Observe that as ϵ increases, there is no Slingshot Effect or grokking behavior. Figure (a) corresponds to default ϵ suggested in [7] where the model trained with smallest value undergoes multiple Slingshot cycles.

222 which confirms the observations made in Section 3 with modular division dataset. In addition, models
 223 that exhibit Slingshot Effects and grokking (shown in green) tend to generalize better than models
 224 that do not experience Slingshot Effects and grokking (shown in red).

225 **ViT with CIFAR-10** For further validation of Slingshot Effects and generalization, we train a
 226 Vision Transformer (ViT) [4] on CIFAR-10 [8]. The ViT consists of 12 layers, width 384 and
 227 12 attention heads trained on fixed subsets of CIFAR-10 dataset [8]. The ViT model described
 228 above is trained with 10K, 20K, 30K, 40K and 50K (full dataset) training samples. We train the
 229 models with the following learning rates: 0.0001, 0.00031 and 0.001 and with a linear learning rate
 230 warmup for the 1 epoch of optimization. We consider multiple learning rates to study the impact of
 231 this hyperparameter on Slingshot taking inspiration from [13] where the authors report observing

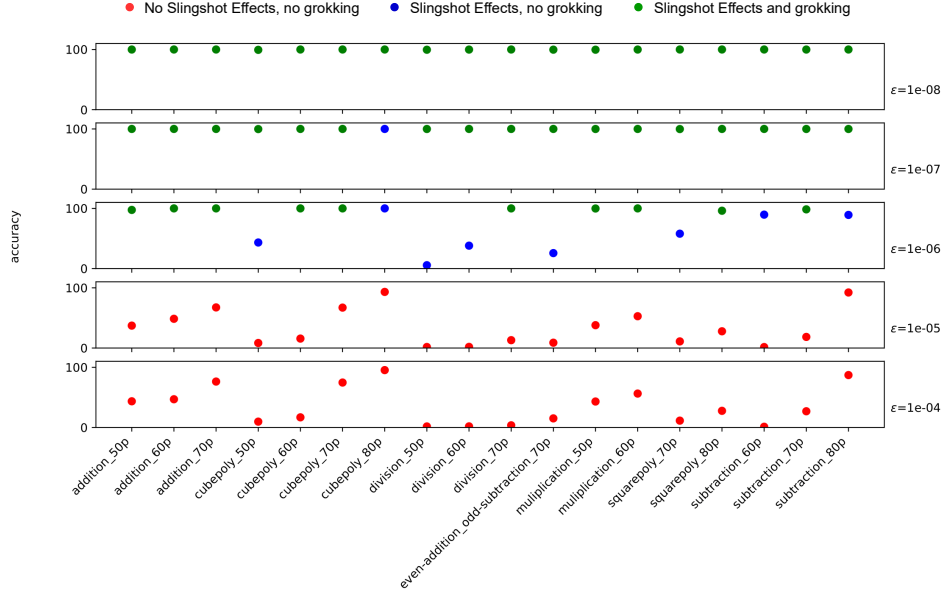


Figure 5: Extended analysis on multiple grokking datasets. Points shown in green represent both Slingshot Effects and grokking, points shown blue indicate Slingshot Effects but not grokking while points in red indicate no Slingshot Effects and no grokking. ϵ in Adam is varied as shown in text. Observe that as ϵ increases, there are no Slingshot Effects or grokking behavior.

232 grokking over a narrow range of learning rates . Figure 6 shows a plot of the highest test accuracy for
 233 a set of hyperparameters (learning rate, number of training samples) as a function of the number of
 234 training samples from which we make the following observations. The best test accuracy for a given
 235 set of hyperparameters is typically achieved after Slingshot phase begins during optimization. The
 236 checkpoints that achieve the highest test accuracy are labeled as "post-slingshot" and shown in green
 237 in Figure 6. While post-Slingshot checkpoints seem to enjoy higher test accuracy, there are certain
 238 combinations of hyperparameters that lead to models that show better test accuracy prior to the start
 239 of the first Slingshot phase. We label these points as "pre-slingshot" (shown in blue) in Figure 6. The
 240 above observations appear to be consistent with our finding that training long periods of time may
 241 lead to better generalization seen with grokking datasets [13].

242 **Non-Transformer Models** We conduct experiments with MLPs on synthetic data where the
 243 synthetic data is a low dimensional embedding projected to higher dimensions via random projections.
 244 This design choice is critical with showing the existence of the Slingshot Effect with synthetically
 245 generated data. We find that using low dimensional data does not lead to any Slingshots. With this
 246 dataset, we show that generalization occurs late in training with Adam. Specifically, we tune ϵ in
 247 Adam and show that the optimizer is highly sensitive to this hyperparameter. These observations are
 248 consistent with the behavior reported above with Transformers and on algorithmic datasets as well
 249 as standard vision benchmark such as CIFAR-10. We refer the reader to Appendix ?? for complete
 250 description and details of these experiments.

251 3.3 Drawbacks and Limitations

252 While the Slingshot Mechanism exposes an interesting implicit bias of Adam that often promotes
 253 generalization, due to its arresting of the norm growth and ensuing feature learning, it also leads to
 254 some training instability and prolonged training time. In the Appendix we show that it is possible to
 255 achieve similar levels of generalization with Adam on the modular division dataset [13] using the
 256 same Transformer setup as above, while maintaining stable learning, in regimes that do not show
 257 a clear Slingshot Effect. First we employ weight decay, which causes the training loss values to
 258 converge to a higher value than the unregularized model. In this regime the model does not become
 259 unstable, but instead regularization leads to comparable generalization, and much more quickly.
 260 However, it is important to tune the regularization strength appropriately. Similarly, we find that it is

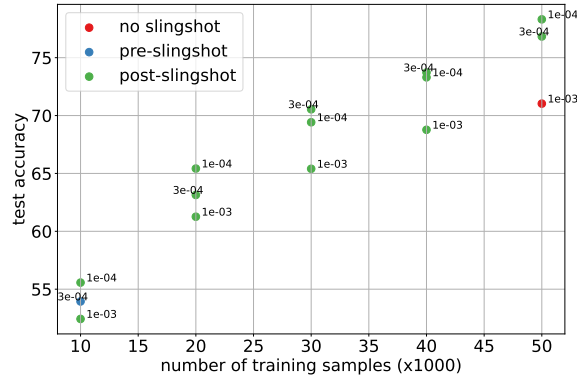


Figure 6: Slingshot Effects on subsets of CIFAR-10 dataset. We train ViTs with multiple learning rates to verify the impact this parameter has on Slingshot. Power et al [13] note that grokking occurs over a narrow range of learning rates. Note that the points marked in: (i) green correspond to test accuracy for an experiment after the Slingshot Effect begins, (ii) blue are for trials where best checkpoint is observed prior to start of a Slingshot Effect and (iii) red are for trials with no Slingshot Effect.

261 possible to normalize the features and weights using the following scheme to explicitly control norm
 262 growth: $w = \frac{w}{\|w\|}$, $f(x) = \frac{f(x)}{\|f(x)\|}$, where w and $f(x)$ are the weights and inputs to the classification
 263 layer respectively, the norm used above is the L_2 norm, and x is the input to the neural network. This
 264 scheme also results in stable training and similar levels of generalization. In all cases the effects rely
 265 on keeping the weight norms from growing uncontrollably, which may be the most important factor
 266 for improving generalization. These results suggest that while the Slingshot Mechanism may be an
 267 interesting self-correcting scheme for controlling norm growth, there are likely more efficient ways
 268 to leverage adaptive optimizers to similar levels of generalization without requiring the instability
 269 that is a hallmark of the Slingshot effect.
 270 Finally, we lack a satisfactory theoretical explanation for the Slingshot Mechanism, and hence
 271 removed all attempts at a more rigorous mathematical definition, which we feel would only serve as a
 272 distraction.

273 4 Conclusion

274 We have empirically shown that optimizing deep networks with cross entropy loss and adaptive
 275 optimizers produces the Slingshot Mechanism, a curious optimization anomaly unlike anything
 276 described in the literature. We have provided ample evidence that Slingshot Effects can be observed
 277 with different neural architectures and datasets. Furthermore, we find that Grokking [13] almost
 278 always occurs in the presence of Slingshot Effects and associated regions of instability in the Terminal
 279 Phase of Training (TPT). These results in their pure form absent explicit regularization, reveal an
 280 intriguing inductive bias of adaptive gradient optimizers that becomes salient in the TPT, characterized
 281 by cyclic stepwise effects on the optimization trajectory. These effects often promote generalization
 282 in ways that differ from non-adaptive optimizers like SGD, and warrant further study to be able
 283 to harness efficiently. There are open question remaining to be answered, for instance **1)** What's
 284 the causal factor of the plateau of weight norm growth? **2)** Are there better ways of promoting
 285 generalization without relying on this accidental training instability? Answering these questions will
 286 allow us to decouple optimization and regularization, and ultimately to control and improve them
 287 independently.

288 5 Societal Impact

289 This is a fundamental work in Deep Learning, it will impact the society via its effects on relevant
 290 models and applications.

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336 Checklist

337 The checklist follows the references. Please read the checklist guidelines carefully for information on
338 how to answer these questions. For each question, change the default **[TODO]** to **[Yes]**, **[No]**, or
339 **[N/A]**. You are strongly encouraged to include a **justification to your answer**, either by referencing
340 the appropriate section of your paper or providing a brief inline description. For example:

- 341 • Did you include the license to the code and datasets? **[Yes]** See Section ??.
- 342 • Did you include the license to the code and datasets? **[No]** The code and the data are
343 proprietary.
- 344 • Did you include the license to the code and datasets? **[N/A]**

345 Please do not modify the questions and only use the provided macros for your answers. Note that the
346 Checklist section does not count towards the page limit. In your paper, please delete this instructions
347 block and only keep the Checklist section heading above along with the questions/answers below.

- 348 1. For all authors...
 - 349 (a) Do the main claims made in the abstract and introduction accurately reflect the paper's
350 contributions and scope? **[Yes]**
 - 351 (b) Did you describe the limitations of your work? **[Yes]**
 - 352 (c) Did you discuss any potential negative societal impacts of your work? **[Yes]**
 - 353 (d) Have you read the ethics review guidelines and ensured that your paper conforms to
354 them? **[Yes]**
- 355 2. If you are including theoretical results...
 - 356 (a) Did you state the full set of assumptions of all theoretical results? **[N/A]**
 - 357 (b) Did you include complete proofs of all theoretical results? **[N/A]**
- 358 3. If you ran experiments...
 - 359 (a) Did you include the code, data, and instructions needed to reproduce the main experi-
360 mental results (either in the supplemental material or as a URL)? **[Yes]**
 - 361 (b) Did you specify all the training details (e.g., data splits, hyperparameters, how they
362 were chosen)? **[Yes]**
 - 363 (c) Did you report error bars (e.g., with respect to the random seed after running experi-
364 ments multiple times)? **[Yes]**
 - 365 (d) Did you include the total amount of compute and the type of resources used (e.g., type
366 of GPUs, internal cluster, or cloud provider)? **[Yes]**
- 367 4. If you are using existing assets (e.g., code, data, models) or curating/releasing new assets...
 - 368 (a) If your work uses existing assets, did you cite the creators? **[Yes]**
 - 369 (b) Did you mention the license of the assets? **[Yes]**
 - 370 (c) Did you include any new assets either in the supplemental material or as a URL? **[Yes]**
 - 371 (d) Did you discuss whether and how consent was obtained from people whose data you're
372 using/curating? **[Yes]**
 - 373 (e) Did you discuss whether the data you are using/curating contains personally identifiable
374 information or offensive content? **[Yes]**
- 375 5. If you used crowdsourcing or conducted research with human subjects...
 - 376 (a) Did you include the full text of instructions given to participants and screenshots, if
377 applicable? **[Yes]**
 - 378 (b) Did you describe any potential participant risks, with links to Institutional Review
379 Board (IRB) approvals, if applicable? **[Yes]**
 - 380 (c) Did you include the estimated hourly wage paid to participants and the total amount
381 spent on participant compensation? **[Yes]**