Let $\mathsf{growth}^{t_0,t_1}(\mathsf{view}, \Delta, T) = 1$ iff the following two properties hold:

- **(consistent length)** for all rounds $r \leq |\mathsf{view}| - \Delta$, $r + \Delta \geq r' \leq |\mathsf{view}|$, for every two players i, j such that in view i is honest at r and j is honest at r', we have that $|\mathsf{extract}_j^{r'}(\mathsf{view})| \geq |\mathsf{extract}_i^{r}(\mathsf{view})|$

- **(chain growth lower bound)** for every round $r \leq |\mathsf{view}| - t$, we have

$$\mathsf{min\text{-}chain\text{-}increase}_{r,t_0}(\mathsf{view}) \geq T.$$

- **(chain growth upper bound)** for every round $r \leq |\mathsf{view}| - t$, we have

$$\mathsf{max\text{-}chain\text{-}increase}_{r,t_1}(\mathsf{view}) \leq T.$$