$$\frac{\Gamma \vdash \alpha_1 <: \alpha_2 \qquad \Gamma, t <: \alpha_1 \vdash \beta_1 <: \beta_2}{\Gamma \vdash (\exists t <: \alpha_1 . \beta_1) <: (\exists t <: \alpha_2 . \beta_2)}$$

$$\frac{\Gamma \vdash \alpha_2 <: \alpha_1 \qquad \Gamma, t <: \alpha_2 \vdash \beta_1 <: \beta_2}{\Gamma \vdash (\forall t <: \alpha_1 . \beta_1) <: (\forall t <: \alpha_2 . \beta_2)}$$