

**“THREAD-THE-NEEDLE”:** The team splits off into two columns in opposite directions. The right column forms a “curb to curb’ circle past the center of the field. The right column will set and maintain equal intervals in the circle with a minimum of 10 feet.

The left column will go to the opposite end of the field and circle until the right column has set interval and has passed the word “Interval Set.” At that time the left column will announce “Coming At You” and pull out and run down the centerline and pass through circle adjusting speed as necessary to pass between the GL’s in the circle. **“THE GL’S IN THE CIRCLE WILL NOT ADJUST SPEED FOR THE GL’S COMING THROUGH.”** After the left column passes through they will go to the end of the field and circle until the right column has pulled out of the circle and establishes a new circle in the opposite direction at the other end side of the half-way point. Once the interval has been set, “Interval Set” will be announced and the left column will pass through again.

**COMMAND:** “Thread the Needle”

To break, after the left column passes through for the last time, the right column pulls out in the opposite direction. The left column will circle until the right column is ready to come back. At the command “Coming At You” the columns will proceed toward each other, the right column on the centerline and the left column on the ‘curb’ so as to Flair In to the right column in Deuce (or “Return to Deuce On the Centerline”)

**“THREAD THE NEEDLE”**

