"Y" Piece - The importance of using a "Y" Piece instead of a "T" Piece is due to fluid dynamics. We must ensure even fuel flow, and hence fuel pressure in both fuel rails.

The Center Return in the fuel rail maintains a constant fuel pressure across all cylinders when very high flow fuel injectors are used.

If your fuel system does not incorporate a surge tank, the Return will go back to your main fuel tank.
SURGE TANK, FUEL PUMPS AND FUEL FILTER PLUMBING DETAIL