



MET Worship Dress Code

As leaders on stage, what we wear matters. It helps us create a distraction-free space where people can focus on Jesus. Our goal isn't to restrict style but to reflect unity, modesty, and excellence as we lead in worship.

General Guidelines for Everyone:

- Clothing should be clean, modest, and intentional—not overly casual or overly trendy.
- Avoid anything too tight, sheer, low-cut, or cropped.
- Sleeveless tops aren't permitted (regardless of gender).
- Please choose simple logos that are MET or faith-based, and avoid large prints or bold designs, as they can be distracting on camera.
- Hats are allowed if they don't block your face or distract under lights.
- Shoes should be closed-toe and clean, think stage-appropriate and polished.

Additional Notes for Women:

- No crop tops, deep necklines, or sheer clothing.
- If wearing leggings or tights, cover the backside with a tunic or long top.
- Dresses and skirts should stay modest, even when moving.
- Keep jewelry and accessories simple to avoid distraction.

Additional Notes for Men:

- No sleeveless shirts, tanks, or muscle tees.
- Pants should fit well and be worn at the waist.
- Shirts should follow the same modesty and branding guidelines above.

Stage & Lighting Considerations:

- Be aware that lights and cameras can make clothing more revealing than expected.
- If you're unsure about an outfit, ask a team leader before Sunday.

Team Coordination:

When color themes or style suggestions are given, follow them as best as you can. If nothing is specified, black or neutral attire is always a safe choice.

Examples of common themes:

- Black & denim
- Earth tones
- MET Worship apparel

Why It Matters:

This dress code isn't about restricting individuality, it's about reflecting unity, excellence, and reverence as we lead in worship. Thanks for honoring this standard as we serve with purpose and integrity.