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LEVY JEFF Form 4 January 21, 2											
FORM	1 /		S SECUD	ITIES AT		• • • • • •	JCE	COMMISSION	-	PPROVAL	
	UNITE	DSIAIE					NGE (COMMISSION	OMB Number:	3235-0287	
Check th if no long subject to Section 1 Form 4 o Form 5 obligation may cont <i>See</i> Instru 1(b).	DF CHAN Section 16 Public Uti	Washington, D.C. 20549 CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES ection 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940						Expires:January 31, 2005Estimated average burden hours per response0.5			
(Print or Type I	Responses)										
1. Name and A LEVY JEFF	ddress of Reporti FREY M	ing Person <u>*</u>	Symbol	Name and			g	5. Relationship of Issuer			
(Last)	(First)	(Middle)		Earliest Tra	L	,15]		(Chec	k all applicable	e)	
				Month/Day/Year))1/19/2011				Director 10% Owner X Officer (give title Other (specify below) below) EVP/ Pres Commercial Banking			
NORWICH	(Street) , NY 13815			ndment, Dat h/Day/Year)	-			6. Individual or Jo Applicable Line) _X_ Form filed by 0 Form filed by N Person		erson	
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed of	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	ear) Execut any			Disposed (Instr. 3,	(A) of (D 4 and (A) or) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
NBT				Code V	Amount	(D)	Price	(,			
Bancorp Inc. Common Stock	01/19/2011			А	7,700 (1)	A	\$0	24,350.449	D		
NBT Bancorp Inc. Common Stock	01/19/2011			А	4,500 (2)	A	\$ 0	28,850.449	D		
NBT Bancorp								2,513.301	I	401k	

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Inc. Common Stock			
NBT Bancorp Inc. Common Stock	293.388	Ι	NBT Bancorp ESOP

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V		Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 <u>(3)</u>	01/15/2020	NBT Bancorp Inc. Common Stock	18,0
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 <u>(4)</u>	01/15/2018	NBT Bancorp Inc. Common Stock	7,50
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 <u>(4)</u>	01/01/2016	NBT Bancorp Inc. Common Stock	5,00
Non-Qualified Stock Option	\$ 23.293					10/01/2006(4)	10/01/2015	NBT Bancorp	20,0

(right to buy)

Non-Qualified Stock Option \$25.38 (right to buy)

Non-Qualified Stock Option \$ 25.762

(right to buy)

Inc. Common Stock NBT Bancorp 01/15/2010(3) 01/15/2019 Inc. 13,0 Common Stock NBT Bancorp 01/01/2008(4) 01/01/2017 Inc. 9,00 Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
Direct	or	10% Owner	Officer	Other			
LEVY JEFFREY M 52 SOUTH BROAD STREET NORWICH, NY 13815			EVP/ Pres Commercial Banking				
Signatures							
By: F. Sheldon Prentice For: Jeffrey M Levy	1.	01	1/21/2011				

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- Pursuant to NBT Bancorp Inc. Omnibus Performance Unit Agreement, each member of a select group of Management is entitled to(1) receive an award based on Company performance goals in the form of restricted stock units that vests four years following the end of a performance period.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Restricted Stock Unit Agreement the grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (4) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.