NBT BANCORP INC

Form 4

March 25, 2014

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005 Estimated average

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OMB APPROVAL

Form 4 or Form 5 obligations may continue.

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

response...

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burden hours per

See Instruction 1(b).

(Print or Type Responses)

1 Name and Address of Departing De

1. Name and A DIETRICH	ddress of Repor MARTIN A	ting Person *	Symbol			Ticker or			5. Relationship Issuer	of Reporting Pe	erson(s) to
			NBT BA	ANCOR	(P	INC [NI	BIB.	l	(Ch	eck all applicab	ole)
(Last) 52 SOUTH	(First) BROAD STE	(Middle)	3. Date of (Month/D 03/21/20	ay/Year)		ansaction			X Director X Officer (g below)		% Owner ther (specify
NORWICH	(Street)		4. If Ame Filed(Mon			_	l		6. Individual or Applicable Line) _X_ Form filed b	Joint/Group Filey One Reporting by More than One I	ling(Check Person
(City)	(State)	(Zip)	Tabl	e I - Non	-De	erivative S	Secur	ities Ac	equired, Disposed	of, or Benefici	ally Owned
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	Year) Executi any	emed on Date, if /Day/Year)	Code (Instr. 8	3)	4. Securion Acquired Disposed (Instr. 3,	l (A) c l of (D))	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
NBT Bancorp Inc. Common Stock	03/21/2014			G		400	D	\$ 0	183,558.59	D	
NBT Bancorp Inc. Common Stock									18,750.713	I	401k
NBT Bancorp									755	I	Custodian for Minor

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Inc.

Common

Stock

NBT

Bancorp
Inc. 10,731.723 I Bancorp
Common ESOP

Stock

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.

SEC 1474

(9-02)

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. DriNumber 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 Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011(1)	01/15/2020	NBT Bancorp Inc. Common Stock	25,00
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009(2)	01/15/2018	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.94					11/18/2013(3)	11/18/2021	NBT Bancorp Inc. Common Stock	30,0
Non-Qualified Stock Option	\$ 22.352					01/01/2007(2)	01/01/2016	NBT Bancorp	30,00

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(right to buy)				Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.2708	01/20/2006(2)	01/20/2015	NBT Bancorp Inc. Common Stock	22,42
Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007(3)	08/01/2015	NBT Bancorp Inc. Common Stock	6,47
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009(3)	12/27/2017	NBT Bancorp Inc. Common Stock	12,6
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(1)	01/15/2019	NBT Bancorp Inc. Common Stock	25,00
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(2)	01/01/2017	NBT Bancorp Inc. Common Stock	28,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
DIETRICH MARTIN A 52 SOUTH BROAD STREET NORWICH, NY 13815	X		President & CEO NBT Bancorp				

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Martin A Dietrich

Date

03/25/2014

**Signature of Reporting Person

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).

Reporting Owners 3

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- (1) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

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.