

NBT BANCORP INC  
Form 4  
July 26, 2013

**FORM 4**

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

OMB APPROVAL

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**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**DIETRICH MARTIN A**

(Last) (First) (Middle)

**52 SOUTH BROAD STREET**

(Street)

**NORWICH, NY 13815**

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**NBT BANCORP INC [NBTB]**

3. Date of Earliest Transaction  
(Month/Day/Year)  
**07/25/2013**

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
**President & CEO NBT Bancorp**

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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)	7. Nature of Ownership: Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
NBT Bancorp Inc. Common Stock	07/25/2013		M		3,350	A	\$ 22.205 192,047.887
NBT Bancorp Inc. Common Stock	07/25/2013		S		3,350	D	\$ 23.11 188,697.887
NBT Bancorp	07/25/2013		M		490	A	\$ 22.205 189,187.887

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Inc. Common Stock									
NBT Bancorp Inc. Common Stock	07/25/2013		S	490	D	\$ 23.11	188,697.887	D	
NBT Bancorp Inc. Common Stock	07/25/2013		M	21,311	A	\$ 22.1715	210,008.887	D	
NBT Bancorp Inc. Common Stock	07/25/2013		S	21,311	D	\$ 23.11	188,697.887	D	
NBT Bancorp Inc. Common Stock							18,493.705	I	401k
NBT Bancorp Inc. Common Stock							755	I	Custodian for Minor
NBT Bancorp Inc. Common Stock							10,731.723	I	NBT Bancorp ESOP

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

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(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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Underlying Security (Instr. 3 and 4)
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Security			(D) (Instr. 3, 4, and 5)								
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	
Non-Qualified Stock Option (right to buy)	\$ 22.1715	07/25/2013		M			21,311	01/01/2005 <sup>(1)</sup>	01/01/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.205	07/25/2013		M			3,350	02/11/2006 <sup>(2)</sup>	02/11/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.205	07/25/2013		M			490	02/11/2006 <sup>(2)</sup>	02/11/2014	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.19							01/15/2011 <sup>(3)</sup>	01/15/2020	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.3617							01/15/2009 <sup>(1)</sup>	01/15/2018	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 20.94							11/18/2013 <sup>(2)</sup>	11/18/2021	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 22.352							01/01/2007 <sup>(1)</sup>	01/01/2016	NBT Bancorp Inc. Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 23.2708							01/20/2006 <sup>(1)</sup>	01/20/2015	NBT Bancorp Inc. Common Stock	

Non-Qualified Stock Option (right to buy)	\$ 24.4458	08/01/2007 <sup>(2)</sup>	08/01/2015	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009 <sup>(2)</sup>	12/27/2017	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010 <sup>(3)</sup>	01/15/2019	NBT Bancorp Inc. Common Stock
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008 <sup>(1)</sup>	01/01/2017	NBT Bancorp Inc. Common Stock

## 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

07/26/2013

\_\_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).

(1) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.

(2) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan reload grant vests 100% two years after date of its grant.

(3) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the 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.

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