#### DIETRICH MARTIN A

Form 4

January 18, 2012

### FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

**OMB APPROVAL** 

response...

subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

if no longer

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

1(b).

(Print or Type Responses)

	Address of Repor H MARTIN A	ting Person *	Symbol	and Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
			NBTBANCC	ORP INC [NBTB]	(Chec	ck all appli	icable)	
(Last)	(First)	(Middle)	3. Date of Earlies	st Transaction				
52 SOUTH	H BROAD STF	REET	(Month/Day/Yea 01/15/2012	r)	_X_ Director _X_ Officer (give below) President &	e titlebelow	_ Other (specify	
	(Street)		4. If Amendment	, Date Original	6. Individual or Jo	oint/Group	Filing(Check	
NORWIC	H, NY 13815		Filed(Month/Day/	Year)	Applicable Line) _X_ Form filed by 0 Form filed by N Person		_	
(City)	(State)	(Zip)	Table I - No	on-Derivative Securities Ac	quired, Disposed of	f, or Bene	ficially Owne	
1.Title of	2. Transaction I	Date 2A. Deer	ned 3.	4. Securities Acquired	5. Amount of	6.	7. Natur	

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	Secui	rities Acq	uired, Disposed o	f, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit or(A) or Dis (Instr. 3, 4)	sposed	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	01/15/2012		F	1,227	D	\$ 23.14	102,086.451	D	
NBT Bancorp Inc. Common Stock	01/18/2012		A	24,150 (1)	A	\$ 0	126,236.451	D	
NBT Bancorp	01/18/2012		A	6,250 (2)	A	\$ 0	132,486.451	D	

Inc. Common Stock NBT Bancorp Inc.	01/18/2012	A 23 (3)	,000 A	\$ 0	155,486.451	D		
Common Stock		<u>(3)</u>						
NBT Bancorp Inc. Common Stock					17,439.798	I	401k	
NBT Bancorp Inc. Common Stock					755	I	Custodian for Minor	
NBT Bancorp Inc. Common Stock					10,298.863	I	NBT Bancorp ESOP	
NBT Bancorp Inc. Common Stock					848	I	by Spouse	
Reminder: Re	port on a separate line for each class of s		Persons winformation	n contair respon	ndirectly.  ond to the colle  ned in this form d unless the fo y valid OMB co	n are not rm	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. 3. Transaction Date Conversion or Exercise Price of Derivative Security		Code	5. ctionNumb of 8) Deriva Securi Acqui (A) or Dispos of (D) (Instr. 4, and	(Month/Day, ative ities red sed	ate	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)	\$ 17.538					01/01/2004(4)	01/01/2013	NBT Bancorp Inc. Common Stock	24,0
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011(5)	01/15/2020	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009(4)	01/15/2018	NBT Bancorp Inc. Common Stock	25,0
Non-Qualified Stock Option (right to buy)	\$ 20.94					11/18/2013 <u>(6)</u>	11/18/2021	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option (right to buy)	\$ 22.1715					01/01/2005(4)	01/01/2014	NBT Bancorp Inc. Common Stock	21,3
Non-Qualified Stock Option (right to buy)	\$ 22.205					02/11/2006(6)	02/11/2014	NBT Bancorp Inc. Common Stock	3,84
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007(4)	01/01/2016	NBT Bancorp Inc. Common Stock	30,00
Non-Qualified Stock Option (right to buy)	\$ 23.2708					01/20/2006(4)	01/20/2015	NBT Bancorp Inc. Common Stock	22,41
Non-Qualified Stock Option (right to buy)	\$ 24.4458					08/01/2007(6)	08/01/2015	NBT Bancorp Inc.	6,47

				Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 24.5692	12/27/2009 <u>(6)</u>	12/27/2017	NBT Bancorp Inc. Common Stock	12,64
Non-Qualified Stock Option (right to buy)	\$ 25.38	01/15/2010(5)	01/15/2019	NBT Bancorp Inc. Common Stock	25,00
Non-Qualified Stock Option (right to buy)	\$ 25.762	01/01/2008(4)	01/01/2017	NBT Bancorp Inc. Common Stock	28,00

## **Reporting Owners**

Reporting Owner Name / Address		Relationships					
<b>FB</b>	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

01/18/2012

Date

\*\*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).
- 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.
- Pursuant to NBT Bancorp Inc. Omnibus Incentive Plan Long-Term Performance-Based Stock Award Agreement. Selected members of (3) Management are entitled to receive an award based on Company performance goals in the form of restricted stock awards that become 100% vested at the end of the Performance Measurement Period.
- (4) Pursuant to NBT Bancorp Inc. 1993 Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (5) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (6) 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.

Reporting Owners 4

tential persons who are to respond to the collection of information contained in this form are not required to respond unless the urrently valid OMB number.	form displays