

Inc.
Common
Stock

ESOP

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

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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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 20.19					01/15/2011 ⁽²⁾ 01/15/2020	NBT Bancorp Inc. Common Stock 18,000
Non-Qualified Stock Option (right to buy)	\$ 20.3617					01/15/2009 ⁽³⁾ 01/15/2018	NBT Bancorp Inc. Common Stock 7,500
Non-Qualified Stock Option (right to buy)	\$ 22.352					01/01/2007 ⁽³⁾ 01/01/2016	NBT Bancorp Inc. Common Stock 5,000
Non-Qualified Stock Option (right to buy)	\$ 23.293					10/01/2006 ⁽³⁾ 10/01/2015	NBT Bancorp Inc. Common Stock 20,000
Non-Qualified Stock Option	\$ 25.38					01/15/2010 ⁽²⁾ 01/15/2019	NBT Bancorp 13,000

(right to buy)

Non-Qualified
Stock Option \$ 25.762
(right to buy)

01/01/2008⁽³⁾ 01/01/2017

Inc.
Common
Stock

NBT
Bancorp
Inc. 9,000
Common
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LEVY JEFFREY M 52 SOUTH BROAD STREET NORWICH, NY 13815			EVP/ Pres Commercial Banking	

Signatures

By: F. Sheldon Prentice, Power of Attorney For: Jeffrey M.
Levy

01/04/2013

__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) The sale price is an average of 100 shares sold at \$ 20.8201, 100 shares sold at \$ 20.8701, 100 shares sold at \$ 20.8901, 200 shares sold at \$ 20.90, 368 shares sold at \$ 20.91, and 1,800 shares sold at \$ 20.92.
- (2) Pursuant to NBT Bancorp Inc. Omnibus Stock Option Agreement the grant vests 40% for first year, 20% annually for following years.
- (3) 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.
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