SUPERIOR UNIFORM GROUP INC

Form 4 March 20, 2017

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16. Form 4 or

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

January 31, Expires: 2005 Estimated average burden hours per

OMB APPROVAL

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 See Instruction

response... 0.5

1(b).

(Print or Type Responses)

	Address of Repo	_	Symbol	and Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer			
			SUPERIOR UNIFORM GROUP INC [SGC]			(Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earlies (Month/Day/Yea		X_ Officer (giv			
SUPERIOR UNIFORM GROUP, 10055 SEMINOLE BLVD.			03/16/2017		below) below) Chief Operating Officer & CFO			
GROUP, I	0022 SEMIIN	OLE BLVD.						
	(Street)		4. If Amendment	, Date Original	6. Individual or J	oint/Group F	iling(Check	
			Filed(Month/Day/	Year)	Applicable Line)		-	
SEMINOL	E, FL 33772				_X_ Form filed by I Form filed by I Person			
(City)	(State)	(Zip)	Table I - No	on-Derivative Securities Acc	quired, Disposed o	f, or Benefic	ially Owned	
1.Title of	2. Transaction	Date 2A. Deen	ned 3.	4. Securities Acquired	5. Amount of	6.	7. Natur	

(City)	(State)	Tabl	e I - Non-I	Derivative (Securi	ties Acqu	iired, Disposed of	, or Beneficial	y 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 on(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)
Common Stock	03/16/2017		M	18,286 (1)	A	\$ 5.645	145,749	D	
Common Stock	03/16/2017		D	5,783 (2)	D	\$ 17.85	139,966	D	
Common Stock	03/16/2017		F	3,420 (3)	D	\$ 17.85	136,546	D	
Common Stock	03/17/2017		M	17,714 (4)	A	\$ 5.645	154,260	D	
Common Stock	03/17/2017		F	5,543 (5)	D	\$ 18.04	148,717	D	

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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 Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amo Underlying Secu (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Ar or Nu of
Stock Appreciation Rights	\$ 5.645	03/16/2017		M	18,286	6 02/01/2013 <u>(6)</u>	02/01/2018	Common Stock	18
Stock Options (Right to Buy)	\$ 5.645	03/17/2017		M	17,714	· 02/01/2013 <u>(7)</u>	02/01/2018	Common Stock	17

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

DEMOTT ANDREW D JR SUPERIOR UNIFORM GROUP 10055 SEMINOLE BLVD. SEMINOLE, FL 33772

Chief Operating Officer & CFO

Signatures

/s/ Andrew D. 03/20/2017 Demott, Jr.

**Signature of Reporting Date 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).
- (1) Shares acquired upon the exercise of stock-settled stock appreciation rights.

Reporting Owners 2

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- (2) Shares disposed of to the issuer to cover the exercise price of the exercised stock-settled stock appreciation rights.
- (3) Shares withheld by the issuer to cover applicable withholding taxes related to the exercise of the stock-settled stock appreciation rights.
- (4) Shares acquired upon the exercise of stock options.
- (5) These shares were delivered to the Issuer to satisfy the exercise price of 17,714 stock options.
- (6) These stock appreciation rights are fully vested on date of grant.
- (7) These options are fully vest on date of 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.