

OVERSEAS SHIPHOLDING GROUP INC
 Form 4
 July 20, 2006

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
 RECANATI OUDI

2. Issuer Name and Ticker or Trading Symbol
 OVERSEAS SHIPHOLDING GROUP INC [OSG]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
 07/19/2006

Director 10% Owner
 Officer (give title below) Other (specify below)

9A CHEMIN DE LA PERRIERE, 1223, COLOGNY

(Street)

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

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

GENEVA, V8 1223

(City) (State) (Zip)

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 or Disposed of (A) or (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 Indirect Beneficial Ownership (Instr. 4)		
				Code	V	Amount	(A) or (D)	Price	
Common Stock, par value \$1.00 per share	07/19/2006		S	(1)	3,729	D	\$ 60	546,536	D
Common Stock, par value \$1.00 per share	07/19/2006		S	(1)	22,041	D	\$ 61	524,495	D
Common Stock, par value \$1.00	07/19/2006		S	(1)	69	D	\$ 61.02	524,426	D

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per share							
Common Stock, par value \$1.00 per share	07/19/2006	S	23 <u>(1)</u>	D	\$ 61.05	524,403	D
Common Stock, par value \$1.00 per share	07/19/2006	S	598 <u>(1)</u>	D	\$ 61.06	523,805	D
Common Stock, par value \$1.00 per share	07/19/2006	S	46 <u>(1)</u>	D	\$ 61.07	523,759	D
Common Stock, par value \$1.00 per share	07/19/2006	S	483 <u>(1)</u>	D	\$ 61.08	523,276	D
Common Stock, par value \$1.00 per share	07/19/2006	S	551 <u>(1)</u>	D	\$ 61.09	522,725	D
Common Stock, par value \$1.00 per share	07/19/2006	S	1,150 <u>(1)</u>	D	\$ 61.1	521,575	D
Common Stock, par value \$1.00 per share	07/19/2006	S	115 <u>(1)</u>	D	\$ 61.16	521,460	D
Common Stock, par value \$1.00 per share	07/19/2006	S	184 <u>(1)</u>	D	\$ 61.2	521,276	D
Common Stock, par value \$1.00 per share	07/19/2006	S	253 <u>(1)</u>	D	\$ 61.22	521,023	D
Common Stock, par value \$1.00 per share	07/19/2006	S	92 <u>(1)</u>	D	\$ 61.23	520,931	D
Common Stock, par value \$1.00 per share	07/19/2006	S	368 <u>(1)</u>	D	\$ 61.25	520,563	D

Common Stock, par value \$1.00 per share	07/19/2006	S	92 ⁽¹⁾	D	\$ 61.3	520,471	D		
Common Stock, par value \$1.00 per share	07/19/2006	S	230 ⁽¹⁾	D	\$ 61.31	520,241	D		
Common Stock, par value \$1.00 per share	07/19/2006	S	114 ⁽¹⁾	D	\$ 61.32	520,127	D		
Common Stock, par value \$1.00 per share						148,198	I ⁽²⁾	(2)	

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 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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repor Trans (Instr
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
						Code	V (A) (D)		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RECANATI OUDI 9A CHEMIN DE LA PERRIERE	X			

1223, COLOGNY
GENEVA, V8 1223

Signatures

/s/James I. Edelson, Attorney-in-Fact pursuant to a power of attorney previously
filed

07/20/2006

__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) Sold pursuant to a trading plan adopted pursuant to Rule 10b5-1 under the Securities Exchange Act of 1934, as amended.

(2) Held indirectly through various entities.

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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