Attinella Michael Form 4 February 04, 2019

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

3235-0287 Number: January 31,

Expires: 2005 Estimated average

0.5

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if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

Check this box

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)

1. Name and Address of Reporting Person * Attinella Michael

2. Issuer Name and Ticker or Trading Symbol

SUPERIOR GROUP OF COMPANIES, INC. [SGC]

(Last) (First) (Middle)

3. Date of Earliest Transaction

01/31/2019

5. Relationship of Reporting Person(s) to

Issuer

(Check all applicable)

(Month/Day/Year)

10% Owner Director X_ Officer (give title Other (specify

below) CFO & Treasurer

SUPERIOR GROUP OF COMPANIES, INC., 10055 SEMINOLE BLVD.

(Street)

4. If Amendment, Date Original

Filed(Month/Day/Year)

3.

6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

SEMINOLE, FL 33772

(City) (State) (Zip)

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

1.Title of Security (Instr. 3)

2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if

(Month/Day/Year)

Code (Instr. 8)

4. Securities TransactionAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)

5. Amount of Securities Beneficially Owned Following Reported

Transaction(s)

6. Ownership 7. Nature of Form: Direct Indirect (D) or Beneficial Indirect (I) Ownership (Instr. 4) (Instr. 4)

(A)

Code V Amount (D) Price

(Instr. 3 and 4)

Common Stock

01/31/2019

8,441 Α (1)

8,441 (2)

D

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

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

(9-02)

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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. Transactic 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 Underlying Securitie (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Number of Shares
Stock Options (Right to Buy)	\$ 17.77	01/31/2019		A	5,627	01/31/2021	01/31/2024	Common Stock	5,62
Stock Appreciation Rights	\$ 17.77	01/31/2019		A	2,373	01/31/2021	01/31/2024	Common Stock	2,373

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

Attinella Michael SUPERIOR GROUP OF COMPANIES, INC. 10055 SEMINOLE BLVD. SEMINOLE, FL 33772

CFO & Treasurer

Signatures

/s/ Melinda

Barreiro 02/04/2019

**Signature of Person Date

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).
- (1) This is a restricted stock award which vests on the third anniversary of the grant date or 01/31/2022.
- On January 31, 2019, the date such restricted stock award was granted, the closing price of the issuer's common stock on the NASDAQ was \$17.77 per share.

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.

Reporting Owners 2