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Form 4	GAS, INC.										
January 08, 2	2014										
FORM	14 UNITED S	STATES		CITIES A Shington,			NGE C	COMMISSION	OMB AF OMB Number:	PROVAL 3235-0287	
Check this box if no longer subject to Section 16. SECURITIES Expir							Expires: Estimated a burden hou response	ours per			
(Print or Type F	Responses)										
			2. Issuer Name and Ticker or Trading Symbol EPL OIL & GAS, INC. [EPL]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (N		3. Date of Earliest Transaction			(Check all applicable)					
	IL & GAS, INC., AVENUE, SUITI		(Month/D 01/06/20	-				Director X Officer (give below) Vice Pr		Owner er (specify res	
NEW ORLE	(Street) EANS, LA 70170			ndment, Da hth/Day/Year)	-	l		6. Individual or Jo Applicable Line) _X_ Form filed by M Form filed by M	one Reporting Pe	rson	
(City)		(Zip)	T 11	IN D	•	a	•.•	Person			
1.Title of 2. Transaction D Security (Month/Day/Yea (Instr. 3)		1 au		le I - Non-Derivative Securities Acq 3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A)				5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or	7. Nature of	
~				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock (1)	01/06/2014			А	2,198	А	<u>(2)</u>	25,364	D		
Common Stock (3)	01/07/2014			F	318	D	\$ 27.14	25,046	D		
Common Stock								294	Ι	401(k) Plan	

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

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number.

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. Transactic Code (Instr. 8)	Transaction of Derivative Code Securities		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	
Stock Options (Right to Buy)	\$ 26.62	01/06/2014		А	4,040	<u>(4)</u>	01/06/2024	Common Stock	4,040	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Fallis W Neel C/O EPL OIL & GAS, INC. 201 ST. CHARLES AVENUE, SUITE 3400 NEW ORLEANS, LA 70170			Vice President, Reserves				
Signatures							
David Cedro, Attorney							

**Signature of Reporting Person Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

01/08/2014

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Shares of restricted stock granted on January 6, 2014 under the Issuer's 2009 Long Term Incentive Plan, as amended. The restricted(1) shares are subject to customary transfer restrictions and risk of forfeiture provisions, which lapse in one-third increments on the first three anniversaries of the Date of Grant.

Consistent with the provisions of the Issuer's 2009 Long Term Incentive Plan, the grantee did not pay any consideration to the Issuer for
 (2) the restricted shares that were granted. By way of reference, the closing price per share of the Issuer's common stock on the New York Stock Exchange on January 6, 2014 was \$26.62.

Pursuant to the Reporting Person's Rule 10b5-1 plan, the Issuer withheld shares of Common Stock from the Reporting Person to pay the (3) withholding tax obligations related to the lapse of transfer and forfeiture restrictions on restricted shares of Common Stock held by the Reporting Person.

in Fact

(4) The stock options were granted under the Issuer's 2009 Long Term Incentive Plan and will vest and become exercisable in one-third increments on the first three anniversaries of the 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.