

ENERGY XXI GULF COAST, INC.

Reported by
MENOWN HUGH A

FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 03/24/17 for the Period Ending 03/22/17

Address	1021 MAIN STREET SUITE 2626 HOUSTON, TX 77002
Telephone	713-351-3000
CIK	0001404973
Symbol	EXXI
Fiscal Year	12/31

FORM 4

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

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or
Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person -* Menown Hugh A (Last) (First) (Middle) 1021 MAIN, SUITE 2626 (Street) HOUSTON, TX 77002 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol Energy XXI Gulf Coast, Inc. [EXXI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> X Officer (give title below) <input type="checkbox"/> Other (specify below) Executive VP, Interim CFO, CAO
3. Date of Earliest Transaction (MM/DD/YYYY) 3/22/2017		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (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			

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (right to buy) (1)	\$29.24	3/22/2017		A		37200		(2)	3/22/2027	Common Stock	37200	\$0	37200	D	
Restricted Stock Units (3)	(3)	3/22/2017		A		14535		(4)	(4)	Common Stock	14535	\$0	14535	D	

Explanation of Responses:

- (1) The restricted stock units and the options were awarded under the Energy XXI Gulf Coast, Inc. 2016 Long Term Incentive Plan to Mr. Menown.
- (2) Each option represents a contingent right to purchase one share of common stock, par value \$0.01 per share, of Energy XXI Gulf Coast, Inc. at an exercise price of \$29.24 pershare. The options vest and become exercisable in three substantially equal installments on each of March 22, 2018, March 22, 2019, and March 22, 2020, in each case provided that Mr. Menown remains continuously employed by Energy XXI Gulf Coast, Inc. on the applicable vesting date.
- (3) Each restricted stock unit represents the contingent right to receive one share of common stock, par value of \$0.01 per share, of Energy XXI Gulf Coast, Inc.
- (4) The restricted stock units will vest in three substantially equal installments (and be settled within 60 days following) on each of March 22, 2018, March 22, 2019, and March 22, 2020, in each case provided that Mr. Menown remains continuously employed by Energy XXI Gulf Coast, Inc. on the applicable vesting date.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Menown Hugh A 1021 MAIN SUITE 2626 HOUSTON, TX 77002			Executive VP, Interim CFO, CAO	

Signatures

/s/ **Hugh A. Menown**

3/24/2017

**Signature of Reporting Person

Date

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

* 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).

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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