WOLTZ HOIII Form 4 August 10, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL

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SECURITIES Section 16. Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations may continue.

See Instruction

Check this box

if no longer

subject to

1(b).

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 * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading **WOLTZ HOIII** Issuer Symbol INSTEEL INDUSTRIES INC [IIIN] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) _X_ Director 10% Owner _X__ Officer (give title _ Other (specify 1373 BOGGS DRIVE 08/09/2010 below) Chairman, President and CEO (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting MOUNT AIRY, NC 27030

MOUNT AIN	Person										
(City)	(State) (Zi	Table 1	I - Non-De	- 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. Transactic Code (Instr. 8)	or(A) or Di (D) (Instr. 3,		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						408,415	D				
Common Stock (Restricted Stock Units)	08/09/2010		A	16,376	A \$0	65,149	D				
Common Stock						60,029	I	Custodial Account			
Common Stock (Restricted)						29,839	I	Restricted			

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

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SEC 1474 (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. 5. Number of TransactiorDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) 6. Date Exercisable and Expiration Date (Month/Day/Year)		ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
				Code V	(A) (Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option (Right to Buy)	\$ 9.16	08/09/2010		A	33,708	<u>(1)</u>	08/09/2020	Common Stock	33,708
Stock Option (Right to Buy)	\$ 9.39					<u>(1)</u>	02/09/2020	Common Stock	32,468
Stock Option (Right to Buy)	\$ 11.6					<u>(1)</u>	08/10/2019	Common Stock	23,962
Stock Option (Right to Buy)	\$ 7.55					<u>(1)</u>	02/10/2019	Common Stock	32,609
Stock Option (Right to Buy)	\$ 11.15					<u>(1)</u>	02/19/2018	Common Stock	28,791
Stock Option (Right to Buy)	\$ 16.69					<u>(1)</u>	08/19/2018	Common Stock	15,957
Stock Option (Right to Buy)	\$ 17.11					<u>(1)</u>	02/13/2017	Common Stock	14,395

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Stock Option (Right to Buy)	\$ 20.27	<u>(1)</u>	08/13/2017	Common Stock	11,878
Stock Option (Right to Buy)	\$ 20.26	<u>(1)</u>	08/14/2007	Common Stock	6,369
Stock Option (Right to Buy)	\$ 15.64	<u>(1)</u>	02/14/2016	Common Stock	9,144
Stock Option (Right to Buy)	\$ 9.12	<u>(1)</u>	03/04/2015	Common Stock	17,826
Stock Option (Right to Buy)	\$ 6.89	(1)	07/26/2015	Common Stock	11,532

Reporting Owners

Reporting Owner Name / Address	Relationships					
reporting o wher runne, runness	Director	10% Owner	Officer	Other		
WOLTZ H O III 1373 BOGGS DRIVE MOUNT AIRY, NC 27030	X		Chairman, President and CEO			

Signatures

James F. Petelle for H. O. Woltz III 08/10/2010

**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) Options vest 1/3 annually beginning one year from grant date.

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.

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