

SUPERIOR ENERGY SERVICES, INC.

INSIDER TRADING POLICY

(effective June 6, 2013)

Introduction

This Policy sets forth the general standards for all members of the Board of Directors, officers and employees of Superior Energy Services, Inc. and its subsidiaries (collectively, the “Company”) with respect to engaging in transactions in the Company’s securities, including common stock, options to purchase common stock, debt, or any other type of security that the Company may issue and derivative instruments whether or not issued by the Company, and securities of other publicly traded companies. This Policy also imposes additional compliance procedures upon all members of the Board of Directors, and certain officers and other employees who have been notified that these procedures apply to them.

Every Company director, officer and employee has the individual responsibility to comply with this Policy and not engage in a transaction in Company securities with knowledge of material non-public information, even if the proposed transaction could be executed during a trading window and has been pre-cleared by the Company. The pre-clearance restrictions and procedures and trading windows are intended to help avoid inadvertent instances of improper insider trading, but appropriate judgment should always be exercised by each director, officer and employee in connection with any trade in Company securities.

Trading securities while aware of material nonpublic information, or the disclosure of material nonpublic information to others who then trade, is prohibited by various laws. Insider trading allegations are pursued vigorously by the Securities and Exchange Commission and Department of Justice. Punishment for violation of insider trading laws is severe, and could lead to significant fines, imprisonment and other penalties for those individuals involved, for the Company and other “controlling persons” if they fail to take reasonable steps to prevent insider trading by Company personnel. In addition, the failure to adhere strictly to this Policy will result in serious consequences to the individual, including dismissal for cause of any persons involved, whether or not the employee’s failure to comply with this Policy results in a violation of law. Further, a violation of law, or even an investigation that does not result in prosecution, can tarnish a person’s reputation and irreparably damage a career. Exceptions to this Policy may be made only with the written approval from the Company’s General Counsel prior to effecting any transaction.

General Policy

No member of the Board of Directors, officer or other employee of the Company who is aware of material, non-public information regarding the Company may, directly or through their immediate family members or any controlled entities or trusts, (a) purchase or sell the Company’s securities, (b) gift the Company’s securities, (c) engage in any other transaction or take advantage of that information, (d) provide that information to persons within the Company

whose jobs do not require them to have that information or (e) provide that information to others outside the Company, including family and friends.

In addition, this Policy is applicable to all material non-public information relating to any other company with publicly traded securities obtained in the course of employment by or association with the Company, including its customers or other companies with which the Company has contractual relationships or may be negotiating transactions.

Except under limited circumstances noted below, if you are aware of material non-public information, you must forego a transaction in the Company's securities or the securities of another company even though:

- you planned the transaction before learning of the material non-public information,
- you may lose money or a potential profit by not completing the transaction,
- you pre-cleared the transaction with the Company's General Counsel, or
- the transaction may be necessary or seem justifiable for independent reasons (including a need to raise money for a personal financial reason).

Remember that anyone scrutinizing your transactions will be doing so after the fact, with the benefit of hindsight. As a result, before engaging in any transaction you should carefully consider how your transaction may be construed by enforcement authorities and others with the benefit of hindsight.

The only exceptions to this Policy are as follows:

- automatic payroll deductions, pursuant to a contribution election made when you were not aware of material non-public information, to purchase the Company's common stock under the Company's employee stock purchase plan,
- award payouts by the Company to you under any equity-based compensation plans or the vesting of any equity-based award,
- exercise of stock options for cash (but not the sale of any shares received upon exercise) or a market sale to generate cash needed to pay the exercise price,
- exercise of tax withholding rights pursuant to which you elect to have the Company withhold shares to satisfy tax withholding requirements, and

Material Non-Public Information

For purposes of this Policy, information is "non-public" if it has not been previously disclosed to the general public through a press release or securities filing and is otherwise not available to the general public. For purposes of this Policy, a period of at least one full trading day must elapse after such disclosure before the information is considered available to the general public.

It is difficult to describe exhaustively what constitutes "material" information, but you should assume that any information, positive or negative, that might affect prices of a company's

securities or otherwise might be of significance to an investor in determining whether to purchase or sell a company's securities would be "material." Possible material information includes, but is not limited to:

- earnings information and quarterly results,
- internal estimates or projections,
- guidance on earnings estimates,
- significant changes in earnings or earnings estimates,
- unusual gains or losses in major operations,
- proposals, plans, negotiations and agreements regarding significant acquisitions, divestitures, business combinations or joint ventures,
- award or loss of major contracts and developments regarding significant customers,
- new equity or debt offerings,
- developments regarding litigation or government agency investigations, whether actual or threatened,
- major management changes,
- changes in the Company's credit rating by a rating agency, and
- contents of forthcoming publications that may affect market price of the Company's securities.

Additional Rules Applicable To Insiders

The following restrictions and requirements apply to (collectively, "Insiders"):

- all members of the Board of Directors,
- executive officers (those officers who have been notified that they are subject to the provisions of Section 16 of the Securities Exchange Act of 1934 – namely the reporting of beneficial ownership on Forms 3, 4 and 5 and prohibition on short-swing profits), and
- certain employees of the Company who have been separately notified that these provisions apply to them. Annually, or when other significant events occur, these employees will be reviewed and individuals will be added or removed from coverage as necessary. You will be notified if there is any change in your status.

All Trades Must Be Pre-Cleared. Insiders may not trade in any Company securities, except after first consulting and pre-clearing each such transaction with the Company's General Counsel or, if unavailable, the Chief Executive Officer. The General Counsel, in consultation with the Chief Financial Officer, will review and either approve or prohibit proposed trades by Insiders. If a transaction is approved under the pre-clearance policy, it must be executed within the period specified by the General Counsel, but regardless may not be executed if the Insider acquires material non-public information concerning the Company during that time period. If the transaction is not completed within the approved period, the transaction must be approved

again before it may be executed. If any proposed transaction is not approved, the Insider must refrain from initiating any transaction in the Company's securities and shall not inform anyone within or outside the Company of the restriction.

Blackout Period. Insiders may not trade any Company securities during the period commencing on the 15th day of the month in which Company's quarter ends and ending at the close of the first full trading day after the broad public release of the Company's financial results with respect to the preceding fiscal quarter.

Special Blackout Period. From time to time, the Company may impose special blackout periods during which Insiders are prohibited from trading. If the Company imposes a special blackout period, it will notify the Insiders. The existence of a special blackout period should not be communicated to any other person.

Prohibited Transactions. Insiders are prohibited at all times from engaging in the following transactions:

- short-term trading (selling any Company security of the same class in less than six months after the purchase),
- short sales of Company securities (selling securities that the seller does not own),
- trading in put options, call options or any other derivative securities relating to Company securities,
- hedging transactions or monetization transactions relating to Company securities, and
- holding Company securities in a margin account or otherwise pledging Company securities as collateral for a loan.

Annual Certification. To ensure compliance with this Policy, all Insiders will be required to execute and deliver an annual statement certifying that they have complied with this Policy at all times during the last year (or such lesser time as they have been covered under the Policy). Insiders will be notified when such certification is due.

Reporting. Any Insider who violates this Policy or any federal or state law governing insider trading or tipping, or knows of any such violation by any other Insider, must report the violation immediately to the General Counsel.

Please direct all inquiries regarding any provisions or procedures of this Policy to the General Counsel.