

J2 GLOBAL COMMUNICATIONS INC
 Form 4
 February 23, 2005

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

1. Name and Address of Reporting Person *
 JARUS SCOTT M

2. Issuer Name and Ticker or Trading Symbol
 J2 GLOBAL COMMUNICATIONS INC [JCOM]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
 02/18/2005

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 President

C/O J2 GLOBAL COMMUNICATIONS, INC., 6922 HOLLYWOOD BOULEVARD, SUITE 500

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

LOS ANGELES, CA 90028

(City) (State) (Zip)

Table I - 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. Transaction 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 Ownership (Instr. 4)		
			Code	V	Amount	(A) or (D)	Price		
Common Stock, \$0.01 par value	02/18/2005		M		22,327	A	\$ 2	23,648	D
Common Stock, \$0.01 par value	02/18/2005		S		2,327	D	\$ 38	21,321	D
	02/18/2005		S		14,500	D	\$ 38	6,821	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	02/18/2005	S	1,400	D	\$ 38.01	5,421	D
Common Stock, \$0.01 par value	02/18/2005	S	1,500	D	\$ 38.02	3,921	D
Common Stock, \$0.01 par value	02/18/2005	S	200	D	\$ 38.03	3,721	D
Common Stock, \$0.01 par value	02/18/2005	S	900	D	\$ 38.05	2,821	D
Common Stock, \$0.01 par value	02/18/2005	S	100	D	\$ 38.06	2,721	D
Common Stock, \$0.01 par value	02/18/2005	S	1,400	D	\$ 38.07	1,321	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)

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. Transaction 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 of Underlying Securities (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number

								of Shares
Options to Purchase Common Stock	\$ 2	02/18/2005	M	6,007	07/08/2002	07/08/2014	Common Stock, \$0.01 par value	6,007
Options to Purchase Common Stock	\$ 2	02/18/2005	M	16,320	07/08/2003	07/08/2014	Common Stock, \$0.01 par value	16,320

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
JARUS SCOTT M C/O J2 GLOBAL COMMUNICATIONS, INC. 6922 HOLLYWOOD BOULEVARD, SUITE 500 LOS ANGELES, CA 90028			President	

Signatures

/s/ Scott M.
Janus

02/23/2005

**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) Employee stock option granted for services rendered, no value placed on services rendered.

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.