

J2 GLOBAL COMMUNICATIONS INC
 Form 4
 August 05, 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

(Last) (First) (Middle)

C/O J2 GLOBAL COMMUNICATIONS, INC., 6922 HOLLYWOOD BLVD/LEGAL DEPT - 5TH FL.

(Street)

LOS ANGELES, CA 90028

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
08/03/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

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

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)	(A) or (D)	5. Amount or Price	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)
Common Stock, \$0.01 par value	08/03/2005		M ⁽¹⁾	55,700	A	\$ 2	57,554	D	
Common Stock, \$0.01 par value	08/03/2005		S	22,200	D	\$ 40.05	35,354	D	
	08/03/2005		S	6,700	D	\$ 40.1	28,654	D	

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	08/03/2005	S	5,100	D	\$ 40.12	23,554	D
Common Stock, \$0.01 par value	08/03/2005	S	800	D	\$ 40.14	22,754	D
Common Stock, \$0.01 par value	08/03/2005	S	3,200	D	\$ 40.15	19,554	D
Common Stock, \$0.01 par value	08/03/2005	S	400	D	\$ 40.18	19,154	D
Common Stock, \$0.01 par value	08/03/2005	S	2,000	D	\$ 40.25	17,154	D
Common Stock, \$0.01 par value	08/03/2005	S	5,000	D	\$ 40.45	12,154	D
Common Stock, \$0.01 par value	08/03/2005	S	2,500	D	\$ 40.49	9,654	D
Common Stock, \$0.01 par value	08/03/2005	S	2,000	D	\$ 40.5	7,654	D
Common Stock, \$0.01 par value	08/03/2005	S	3,200	D	\$ 40.55	4,454	D
Common Stock, \$0.01 par value	08/03/2005	S	300	D	\$ 40.57	4,154	D
	08/03/2005	S	2,300	D	\$ 40.6	1,854	D

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	08/04/2005	<u>M</u> ⁽¹⁾	44,300	A	\$ 2	46,154	D
Common Stock, \$0.01 par value	08/04/2005	S	25,600	D	\$ 40.1	20,554	D
Common Stock, \$0.01 par value	08/04/2005	S	200	D	\$ 40.11	20,354	D
Common Stock, \$0.01 par value	08/04/2005	S	4,200	D	\$ 40.15	16,154	D
Common Stock, \$0.01 par value	08/04/2005	S	1,100	D	\$ 40.16	15,054	D
Common Stock, \$0.01 par value	08/04/2005	S	400	D	\$ 40.2	14,654	D
Common Stock, \$0.01 par value	08/04/2005	S	600	D	\$ 40.21	14,054	D
Common Stock, \$0.01 par value	08/04/2005	S	2,600	D	\$ 40.23	11,454	D
Common Stock, \$0.01 par value	08/04/2005	S	100	D	\$ 40.24	11,354	D
Common Stock, \$0.01 par value	08/04/2005	S	400	D	\$ 40.25	10,954	D
	08/04/2005	S	6,600	D		4,354	D

Common Stock, \$0.01 par value					\$	40.28		
Common Stock, \$0.01 par value	08/04/2005		S	2,500	D	\$ 40.29	1,854	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	08/03/2005		M	6,007	07/08/2004 07/08/2011	Common Stock, \$0.01 par value 6,007
Options To Purchase Common Stock	\$ 2	08/03/2005		M	49,693	07/08/2005 07/08/2011	Common Stock, \$0.01 par value 49,693
Options To Purchase Common Stock	\$ 2	08/04/2005		M	44,300	07/08/2005 07/08/2011	Common Stock, \$0.01 par value 44,300

Reporting Owners

Reporting Owner Name / Address

Relationships

Reporting Owners

Director 10% Owner Officer Other

JARUS SCOTT M
C/O J2 GLOBAL COMMUNICATIONS, INC.
6922 HOLLYWOOD BLVD/LEGAL DEPT - 5TH FL.
LOS ANGELES, CA 90028

Co-President

Signatures

/s/Scott M Jarus 08/05/2005

__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) These shares were acquired upon exercise of stock options under the Issuer's 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- (2) 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.

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