J2 GLOBAL COMMUNICATIONS INC
Form 4
July 28, 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)
07/26/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ 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)			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			
Common Stock, $0.01 par value	07/26/2005		M [(1)](#)		200,000	A	$ 2	201,620	D	
Common Stock, $0.01 par value	07/26/2005		S		190,500	D	$ 39.5	11,120	D	
	07/26/2005		S		1,400	D		9,720	D	

Common Stock, $0.01 par value					$ 39.51		
Common Stock, $0.01 par value	07/26/2005	S	1,000	D	$ 39.53	8,720	D
Common Stock, $0.01 par value	07/26/2005	S	100	D	$ 39.54	8,620	D
Common Stock, $0.01 par value	07/26/2005	S	1,600	D	$ 39.55	7,020	D
Common Stock, $0.01 par value	07/26/2005	S	800	D	$ 39.56	6,220	D
Common Stock, $0.01 par value	07/26/2005	S	200	D	$ 39.57	6,020	D
Common Stock, $0.01 par value	07/26/2005	S	300	D	$ 39.59	5,720	D
Common Stock, $0.01 par value	07/26/2005	S	1,500	D	$ 39.66	4,220	D
Common Stock, $0.01 par value	07/26/2005	S	1,200	D	$ 39.67	3,020	D
Common Stock, $0.01 par value	07/26/2005	S	900	D	$ 39.68	2,120	D
Common Stock, $0.01 par value	07/26/2005	S	500	D	$ 39.74	1,620	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 Number Shares
Options to Purchase Common Stock	$ 2	07/26/2005		M			2,327	07/08/2002	07/08/2011	Common Stock, $0.01 par value	2,327
Options to Purchase Common Stock	$ 2	07/26/2005		M			108,680	07/08/2003	07/08/2011	Common Stock, $0.01 par value	108,68
Options to Purchase Common Stock	$ 2	07/26/2005		M			88,993	07/08/2004	07/08/2011	Common Stock, $0.01 par value	88,99

Reporting Owners

Reporting Owner Name / Address	Relationships			
	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			President	

Signatures

/s/Scott M Jarus	07/28/2005
**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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