J2 GLOBAL COMMUNICATIONS INC
Form 4
September 12, 2005

FORM 4

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

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

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

OMB APPROVAL
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(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)
09/09/2005

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)
Co-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	09/09/2005		M (1)		31,007	A	$ 2	32,861	D (2)	
Common Stock, $0.01 par value	09/09/2005		S		17,641	D	$ 38.75	15,220	D	
	09/09/2005		S		2,000	D		13,220	D	

Common Stock, $0.01 par value					$ 38.76		
Common Stock, $0.01 par value	09/09/2005	S	200	D	$ 38.78	13,020	D
Common Stock, $0.01 par value	09/09/2005	S	100	D	$ 38.79	12,920	D
Common Stock, $0.01 par value	09/09/2005	S	3,800	D	$ 38.8	9,120	D
Common Stock, $0.01 par value	09/09/2005	S	100	D	$ 38.81	9,020	D
Common Stock, $0.01 par value	09/09/2005	S	2,000	D	$ 38.85	7,020	D
Common Stock, $0.01 par value	09/09/2005	S	100	D	$ 38.86	6,920	D
Common Stock, $0.01 par value	09/09/2005	S	300	D	$ 38.87	6,620	D
Common Stock, $0.01 par value	09/09/2005	S	2,000	D	$ 38.88	4,620	D
Common Stock, $0.01 par value	09/09/2005	S	300	D	$ 38.89	4,320	D
Common Stock, $0.01 par value	09/09/2005	S	200	D	$ 38.9	4,120	D
	09/09/2005	S	508	D		3,612	D

Common Stock, $0.01 par value						$ 38.91		
Common Stock, $0.01 par value	09/09/2005		S	1,658	D	$ 38.92	1,954	D
Common Stock, $0.01 par value	09/09/2005		S	100	D	$ 38.93	1,854	D

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. 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	09/09/2005		M			31,007	07/08/2005	07/08/2011	Common Stock, $0.01 par value	31,007

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			Co-President	

Signatures

/s/Scott M Jarus	09/11/2005
**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) The Reporting Person resigned as the Co-President of the Issuer effective August 9, 2005. As a result of the foregoing, the Reporting Person is no longer subject to the reporting requirements of Section 16 of the Securities Exchange Act of 1934, as amended.

(3) 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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