

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 March 15, 2007

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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 \*  
 SCHULHOF MICHAEL

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)  
 03/13/2007

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

C/O J2 GLOBAL COMMUNICATIONS, 6922 HOLLYWOOD BLVD., 5TH FLOOR

(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 Beneficial Ownership (Instr. 4)
			Code	V Amount (D) Price			
Common Stock, \$0.01 par value	03/13/2007		M <sup>(3)</sup>	25,000 A \$ 1.72	45,000 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/13/2007		M <sup>(3)</sup>	20,000 A \$ 0.94	65,000 <sup>(1)</sup>	D	
	03/13/2007		M <sup>(3)</sup>	25,000 A \$ 0.94	90,000 <sup>(1)</sup>	D	

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Common Stock, \$0.01 par value								
Common Stock, \$0.01 par value	03/13/2007	<u>M</u> <sup>(3)</sup>	10,000	A	\$ 1.03	100,000 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	<u>M</u> <sup>(3)</sup>	12,500	A	\$ 1.17	112,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	25,000	D	\$ 27.38	87,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	15,000	D	\$ 27.39	72,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	20,000	D	\$ 27.44	52,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	5,000	D	\$ 27.35	47,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	5,000	D	\$ 27.41	42,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	15,000	D	\$ 27.45	27,500 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/13/2007	S	7,500	D	\$ 27.51	20,000 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/14/2007	<u>M</u> <sup>(3)</sup>	25,000	A	\$ 3.525	115,000 <u>(1)</u>	D	
Common Stock, \$0.01 par value	03/14/2007	<u>M</u> <sup>(3)</sup>	50,000	A	\$ 9.545	165,000 <u>(1)</u>	D	

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Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	03/14/2007	M <sup>(3)</sup>	25,000	A	\$ 4.47	212,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	3,500	D	\$ 26.91	116,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	2,000	D	\$ 26.9638	114,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	7,500	D	\$ 26.98	107,000 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	2,500	D	\$ 27	104,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	13,500	D	\$ 27.01	91,000 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	8,000	D	\$ 27.02	83,000 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	2,500	D	\$ 27.0415	80,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	1,500	D	\$ 27.0427	79,000 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	5,000	D	\$ 27.05	74,000 <sup>(1)</sup>	D
	03/14/2007	S	2,500	D	\$ 27.06	71,500 <sup>(1)</sup>	D

Common Stock, \$0.01 par value							
Common Stock, \$0.01 par value	03/14/2007	S	2,000	D	\$ 27.08	69,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	1,500	D	\$ 27.0982	68,000 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	7,500	D	\$ 27.016	60,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	6,000	D	\$ 27.19	54,500 <sup>(1)</sup>	D
Common Stock, \$0.01 par value	03/14/2007	S	2,000	D	\$ 27.2049	52,500 <sup>(1)</sup> <sup>(4)</sup>	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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
Option to purchase Common	\$ 1.72	03/13/2007		M	25,000	07/12/2004	07/12/2010	Common Stock, \$0.01 par	25,000

Stock							value	
Option to purchase Common Stock	\$ 0.94	03/13/2007	M	20,000	03/28/2004	12/28/2011	Common Stock, \$0.01 par value	20,000
Option to purchase Common Stock	\$ 0.94	03/13/2007	M	25,000	12/28/2004	12/28/2011	Common Stock, \$0.01 par value	25,000
Option to purchase Common Stock	\$ 1.03	03/13/2007	M	10,000	03/28/2005	12/28/2011	Common Stock, \$0.01 par value	10,000
Option to purchase Common Stock	\$ 1.17	03/13/2007	M	12,500	12/28/2005	12/28/2011	Common Stock, \$0.01 par value	12,500
Option to purchase Common Stock	\$ 3.525	03/14/2007	M	25,000	06/25/2004	06/25/2012	Common Stock, \$0.01 par value	25,000
Option to purchase Common Stock	\$ 9.545	03/14/2007	M	50,000	03/24/2006	03/24/2014	Common Stock, \$0.01 par value	50,000
Option to purchase Common Stock	\$ 4.47	03/14/2007	M	25,000	06/25/2006	06/25/2012	Common Stock, \$0.01 par value	25,000

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SCHULHOF MICHAEL C/O J2 GLOBAL COMMUNICATIONS 6922 HOLLYWOOD BLVD., 5TH FLOOR LOS ANGELES, CA 90028	X			

## Signatures

/s/ Michael P.  
Schulhof

03/15/2007

\*\*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) Includes 20,000 shares of restricted stock awarded on August 31, 2005 under the Issuer's Second Amended and Restated 1997 Stock Option Plan. The restricted shares are subject to a five-year restricted period which commences on the date of award with restrictions lapsing as to 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% on the third, 25% on the fourth, and 30% on the fifth anniversary of the date of the award.
  - (2) Employee stock option granted for services rendered, no value placed on services rendered.
  - (3) 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.
  - (4) More than 30 transactions are to be reported on this Form 4 but due to the limits set by the SEC on the number of transaction reportable on a single Form 4 an additional Form 4 will be subsequently filed to report the additional transactions.

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.