

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 August 05, 2005

**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 \*  
**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)	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	08/03/2005		M <sup>(1)</sup>		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> <sup>(1)</sup>	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.

**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.**

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(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	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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