

J2 GLOBAL COMMUNICATIONS INC

Form 4

September 12, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

OMB
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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)
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	

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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

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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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(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
JARUS SCOTT M C/O J2 GLOBAL COMMUNICATIONS, INC. 6922 HOLLYWOOD BLVD/LLEGAL DEPT - 5TH FL. LOS ANGELES, CA 90028	Director 10% Owner Officer Other 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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