

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  
 Officer (give title below)  Other (specify below)  
 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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock, \$0.01 par value	07/26/2005		M <sup>(1)</sup>		200,000	A	\$ 2
Common Stock, \$0.01 par value	07/26/2005		S		190,500	D	\$ 39.5
	07/26/2005		S		1,400	D	9,720

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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

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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 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 108,680
Options to Purchase Common Stock	\$ 2	07/26/2005		M	88,993	07/08/2004 07/08/2011	Common Stock, \$0.01 par value 88,993

## 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. 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.