

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 September 12, 2005

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

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**

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)  
**09/09/2005**

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
**Co-President**

**C/O J2 GLOBAL COMMUNICATIONS, INC., 6922 HOLLYWOOD BLVD/LEGAL DEPT - 5TH FL.**

(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	(A) or (D)	Price			
Common Stock, \$0.01 par value	09/09/2005		M <sup>(1)</sup>		31,007	A	\$ 2	32,861	D <sup>(2)</sup>	
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.

**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
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. 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.