J2 GLOBAL COMMUNICATIONS INC

06/03/2005

06/03/2005

\$0.01 par value

Form 4 June 07, 2005

OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION **OMB** 3235-0287 Washington, D.C. 20549 Number: Check this box January 31, Expires: if no longer 2005 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to Estimated average **SECURITIES** Section 16. burden hours per Form 4 or response... 0.5 Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction 1(b). (Print or Type Responses) 1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading JARUS SCOTT M Issuer Symbol J2 GLOBAL COMMUNICATIONS (Check all applicable) **INC [JCOM]** (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner X_ Officer (give title Other (specify (Month/Day/Year) below) below) C/O J2 GLOBAL 06/03/2005 President COMMUNICATIONS, 6922 HOLLYWOOD BLVD, 5TH **FLOOR** (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting LOS ANGELES, CA 90028 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of 2. Transaction Date 2A. Deemed 3. 4. Securities Acquired 5. Amount of 7. Nature of Transaction(A) or Disposed of (D) Security (Month/Day/Year) Execution Date, if Securities Ownership Indirect (Instr. 3) Code (Instr. 3, 4 and 5) Beneficially Form: Direct Beneficial (Month/Day/Year) (Instr. 8) Owned (D) or Ownership Following Indirect (I) (Instr. 4) Reported (Instr. 4) (A) Transaction(s) or (Instr. 3 and 4) Code Amount (D) Price Common Stock, $\mathbf{M}^{(1)}$ 06/03/2005 50,000 A \$2 51,620 D \$0.01 par value Common Stock,

S

S

33,757 D

D

1,900

\$ 36

17,863

15,963

D

D

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Common Stock, \$0.01 par value					\$ 36.01		
Common Stock, \$0.01 par value	06/03/2005	S	300	D	\$ 36.02	15,663	D
Common Stock, \$0.01 par value	06/03/2005	S	1,443	D	\$ 36.03	14,220	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.04	14,120	D
Common Stock, \$0.01 par value	06/03/2005	S	1,300	D	\$ 36.06	12,820	D
Common Stock, \$0.01 par value	06/03/2005	S	800	D	\$ 36.07	12,020	D
Common Stock, \$0.01 par value	06/03/2005	S	500	D	\$ 36.08	11,520	D
Common Stock, \$0.01 par value	06/03/2005	S	900	D	\$ 36.09	10,620	D
Common Stock, \$0.01 par value	06/03/2005	S	700	D	\$ 36.1	9,920	D
Common Stock, \$0.01 par value	06/03/2005	S	300	D	\$ 36.11	9,620	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.12	9,520	D
	06/03/2005	S	200	D		9,320	D

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Common Stock, \$0.01 par value					\$ 36.14		
Common Stock, \$0.01 par value	06/03/2005	S	1,200	D	\$ 36.16	8,120	D
Common Stock, \$0.01 par value	06/03/2005	S	400	D	\$ 36.19	7,720	D
Common Stock, \$0.01 par value	06/03/2005	S	200	D	\$ 36.2	7,520	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.23	7,420	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.24	7,320	D
Common Stock, \$0.01 par value	06/03/2005	S	400	D	\$ 36.25	6,920	D
Common Stock, \$0.01 par value	06/03/2005	S	2,700	D	\$ 36.26	4,220	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.27	4,120	D
Common Stock, \$0.01 par value	06/03/2005	S	200	D	\$ 36.3	3,920	D
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.31	3,820	D
	06/03/2005	S	100	D		3,720	D

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Common Stock, \$0.01 par value					\$ 36.32		
Common Stock, \$0.01 par value	06/03/2005	S	100	D	\$ 36.35	3,620	D
Common Stock, \$0.01 par value	06/03/2005	S	200	D	\$ 36.36	3,420	D
Common Stock, \$0.01 par value	06/03/2005	S	300	D	\$ 36.46	3,120	D
Common Stock, \$0.01 par value	06/03/2005	S	1,500	D	\$ 36.47	1,620	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. Transactic Code (Instr. 8)	5. Number of orDerivative 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	06/03/2005		M	50,000	07/08/2002	07/08/2011	Common Stock, \$0.01 par value	50,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

JARUS SCOTT M C/O J2 GLOBAL COMMUNICATIONS 6922 HOLLYWOOD BLVD, 5TH FLOOR LOS ANGELES, CA 90028

President

Signatures

/s/Scott M. Jarus 06/07/2005

**Signature of Date
Reporting Person

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.

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