

J2 GLOBAL COMMUNICATIONS INC  
 Form 4  
 March 15, 2007

**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 \*  
 Adelman Jeffrey Daniel

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)  
 6922 HOLLYWOOD BLVD, 5TH FLOOR/LEGAL DEPT  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
 03/15/2007

\_\_\_\_ Director  
 Officer (give title below)  
 \_\_\_\_ 10% Owner  
 \_\_\_\_ Other (specify below)  
 VP/General Counsel

LOS ANGELES, CA 90028

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

(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)
				(A) or (D)	Price		
Common Stock, \$0.01 par value	03/15/2007		S <sup>(2)</sup>	100	D	\$ 27.82	20,413 <sup>(1)</sup> D
Common Stock, \$0.01 par value	03/15/2007		S <sup>(2)</sup>	158	D	\$ 27.81	20,255 <sup>(1)</sup> D
Common Stock, \$0.01 par	03/15/2007		S <sup>(2)</sup>	300	D	\$ 27.8	19,955 <sup>(1)</sup> D

value								
Common Stock, \$0.01 par value	03/15/2007	M <sup>(3)</sup>	5,156	A	\$ 18.765	25,111 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	M <sup>(3)</sup>	3,000	A	\$ 4.47	28,111 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	5,431	D	\$ 27.78	22,680 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	425	D	\$ 27.79	22,255 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	900	D	\$ 27.8	21,355 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	1,200	D	\$ 27.81	20,155 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	100	D	\$ 27.82	20,055 <sup>(1)</sup>	D	
Common Stock, \$0.01 par value	03/15/2007	S	100	D	\$ 27.83	19,955 <sup>(1)</sup>	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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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Derivative Security			(A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			Code	V (A) (D)				
Option to purchase Common Stock	\$ 18.765	03/15/2007	M	5,156	08/31/2006	08/31/2015	Common Stock, \$0.01 par value	5,156
Option to purchase Common Stock	\$ 4.47	03/15/2007	M	3,000	06/25/2005	06/25/2012	Common Stock, \$0.01 par value	3,000

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Adelman Jeffrey Daniel 6922 HOLLYWOOD BLVD 5TH FLOOR/LEGAL DEPT LOS ANGELES, CA 90028			VP/General Counsel	

## Signatures

/s/ Jeffrey D Adelman 03/15/2007

\*\*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) Includes 19,285 shares of restricted stock of which 1,285 are vested and 18,000 remain subject to vesting.
- (2) Purchased under the Issuer's 2001 Employee Stock Purchase Plan and exempt from short-swing profit recovery provision of Section 16(b) of the Securities Exchange Act of 1934 under Rule 16b-3.
- (3) 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.
- (4) 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.