J2 GLOBAL COMMUNICATIONS INC

Form 4

December 10, 2010

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 0.5 response... 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 ** RIELEY JOHN			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.			3. Date of Earliest Transaction (Month/Day/Year) 12/08/2010				Director Officer (give titl		
	(Street)			endment, D nth/Day/Yea	ate Original ur)	Applica _X_ Fo	vidual or Join able Line) orm filed by One	e Reporting Per	son
LOS ANGI	ELES, CA 90028					For	rm filed by Mor	e than One Rep	orting
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative Securities Acq	uired, l	Disposed of, o	or Beneficially	y Owned
1.Title of Security	2. Transaction Date (Month/Day/Year)			3. Transactio	4. Securities Acquired (A onor Disposed of (D)	·		6. Ownership	7. Nature Indirect

	Table 1-1001-Delivative Securities Acquired, Disposed of, or Deficiently Owned								y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securit onor Dispos (Instr. 3, 4	ed of (5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
Common Stock, \$0.01 par value	12/08/2010		M <u>(1)</u>	4,556	A	\$ 20.91	48,293 (4)	D	
Common Stock, \$0.01 par value	12/08/2010		M(2)	24,000	A	\$ 18.765	72,293 (4)	D	
Common Stock, \$0.01 par value	12/08/2010		M <u>(1)</u>	3,336	A	\$ 21.67	75,629 <u>(4)</u>	D	

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Common					Ф		
Stock,	12/00/2010	C	21.002	ъ	\$	12 727 (1)	ъ
\$0.01 par	12/08/2010	S	31,892	D	30.1293	43,737 (4)	D
value					(3)		

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. Transactio Code (Instr. 8)	5. Number of ionDerivative 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
Option to Purchase Common Stock	\$ 20.91	12/08/2010		M		4,556	05/05/2010	05/05/2018	Common Stock, \$0.01 par value	4,556
Option to Purchase Common Stock	\$ 18.765	12/08/2010		M		24,000	<u>(5)</u>	08/31/2015	Common Stock, \$0.01 par value	24,000
Option to Purchase Common Stock	\$ 21.67	12/08/2010		M		3,336	05/07/2010	05/07/2019	Common Stock, \$0.01 par value	3,336

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
RIELEY JOHN 6922 HOLLYWOOD BLVD. LOS ANGELES, CA 90028	X							

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Signatures

/s/ John Rieley 12/09/2010

**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 issued under the Issuer's 2007 Stock Plan identified as exercised in Part II of this Form 4.
- (2) These shares were acquired upon exercise of stock options issued under the Issuer's Second Amended and Restated 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- Reflects aggregate reporting of multiple open market transactions. The price reported is the weighted average sale price of sales ranging (3) from \$30.01 to \$30.33 per share. The Reporting Person hereby undertakes to provide, upon request by the staff of the Securities and Exchange Commission, the Issuer, or a security holder of the Issuer, full information regarding the number of shares sold at each price.
- (4) Includes 22,270 shares of restricted stock which remain subject to vesting.
- (5) In accordance with the Issuer's Second Amended and Restated 1997 Stock Option Plan, 12,000 shares vested on August 31, 2009 and 12,000 shares vested on August 31, 2010
- (6) 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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