J2 GLOBAL COMMUNICATIONS INC

Form 4 May 10, 2010

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

if no longer subject to Section 16. Form 4 or

Check this box

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Expires: January 31, 2005
Estimated average

0.5

Form 5 obligations may continue.

See Instruction

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

SECURITIES

response...

burden hours per

1(b).

value

(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) 6922 HOLL	(First) (M	(Mon	3. Date of Earliest Transaction (Month/Day/Year) 05/06/2010				_X Director Officer (gives) below)		6 Owner er (specify
LOS ANGE	(Street) LES, CA 90028		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State) (Z	Zip) T	Гable I - Non-D	erivative S	Securi	ties Ac	quired, Disposed	of, or Beneficia	lly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date any (Month/Day/Ye	Code	4. Securi onAcquired Disposed (Instr. 3,	l (A) c l of (D))	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)
Stock, \$0.01 par	05/06/2010		A(1)	8,726	A	\$ 0 (2)	43,737 (2)	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)

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Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	TransactionDerivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amour or Numbe of Shar
Option to purchase Common Stock	\$ 22.92	05/06/2010		A(3)	18,281	05/06/2011(4)	05/06/2020	Common Stock, \$0.01 par value	18,28

Reporting Owners

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

Signatures

/s/ John Rieley 05/10/2010

**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).
- Restricted stock awarded under the Issuer's 2007 Stock Plan. The restricted shares are subject to a five-year restricted period which commences on the date of award with restrictions lapsing as to 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% of the shares on the fourth anniversary, and 30% of the shares on the fifth anniversary of the date of the award.
- (2) Restricted stock granted for services rendered; no value placed on services rendered.
- (3) Stock options granted pursuant to Issuer's 2007 Stock Plan.
- (4) The stock options vest in five (5) equal annual installments commencing May 6, 2011.
- (5) Stock options 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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