

J2 GLOBAL COMMUNICATIONS INC  
 Form 3  
 April 04, 2006

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF 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 * Â Adelman Jeffrey Daniel (Last) (First) (Middle)  6922 HOLLYWOOD BLVD,Â 5TH FLOOR - LEGAL DEPT.  (Street)  LOS ANGELES, CA,Â X1Â 90028 (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 04/03/2006	3. Issuer Name <b>and</b> Ticker or Trading Symbol J2 GLOBAL COMMUNICATIONS INC [JCOM]	4. Relationship of Reporting Person(s) to Issuer  (Check all applicable)  <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) VP/General Counsel	5. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
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**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock, \$0.01 par value <sup>(1)</sup>	10,440 <sup>(1)</sup>	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1473 (7-02)

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**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Option to Purchase Common Stock <u>(2)</u>	06/25/2006	06/25/2012	Common Stock, \$0.01 par value	3,000	\$ 7.05	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2006	08/31/2015	Common Stock, \$0.01 par value	2,551	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2007	08/31/2015	Common Stock, \$0.01 par value	2,551	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2008	08/31/2015	Common Stock, \$0.01 par value	2,551	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2009	08/31/2015	Common Stock, \$0.01 par value	2,551	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2010	08/31/2015	Common Stock, \$0.01 par value	2,551	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2006	08/31/2015	Common Stock, \$0.01 par value	3,449	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2007	08/31/2015	Common Stock, \$0.01 par value	3,449	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2008	08/31/2015	Common Stock, \$0.01 par value	3,449	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2009	08/31/2015	Common Stock, \$0.01 par value	3,449	\$ 37.53	D	Â
Option to Purchase Common Stock <u>(2)</u>	08/31/2010	08/31/2015	Common Stock,	3,449	\$ 37.53	D	Â

\$0.01 par  
value

## 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, X1 90028	Â	Â	Â VP/General Counsel	Â

## Signatures

/s/Jeffrey D.  
Adelman

04/03/2006

\*\*Signature of  
Reporting Person

Date

## Explanation of Responses:

\* If the form is filed by more than one reporting person, *see* Instruction 5(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).

Includes 10,000 restricted shares awarded on August 31, 2005 under the Issuer's Second Amended and Restated 1997 Stock Option Plan.

The restricted shares are subject to a five-year restriction period which commences on the date of award with restrictions lapsing as to

- (1) 10% of the shares on the first anniversary of the date of award, 15% of the shares on the second anniversary, 20% on the third, 25% on the fourth, and the remaining 30% on the fifth anniversary of the date of the award. Restricted stock granted for services rendered; no value placed on services rendered.
- (2) Stock Options granted for services rendered and pursuant to Issuer's Second Amended and Restated 1997 Stock Option Plan; 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.

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