

Adelman Jeffrey Daniel  
 Form 4  
 May 19, 2010

**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)  
 05/17/2010

\_\_\_\_ 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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
|                                 |                                      |  | Code                           | V   | Amount or Price   |  |                                   |
| Common Stock, \$0.01 par value  | 05/17/2010                           |  | M <sup>(1)</sup>               |   | 24,000 A \$ 18.765  | 80,098 <sup>(3)</sup>                                    | D                                 |
| Common Stock, \$0.01 par value  | 05/17/2010                           |  | M <sup>(2)</sup>               |   | 8,600 A \$ 17.19  | 88,698 <sup>(3)</sup>                                    | D                                 |
| Common Stock, \$0.01 par        | 05/17/2010                           |  | S                              |   | 36,322 D \$ 23.99   | 52,376 <sup>(3)</sup>                                    | D                                 |

value

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

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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 Derivative Security | 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 (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            | \$ 18.765  | 05/17/2010                           |  | M                              | 24,000  | 08/31/2009 08/31/2015                                    |   | Common Stock, \$0.01 par value | 24,000                     |
| Option to purchase Common Stock            | \$ 17.19   | 05/17/2010                           |  | M                              | 8,600   | 03/05/2010 03/05/2019                                    |   | Common Stock, \$0.01 par value | 8,600                      |

## Reporting Owners

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

## Signatures

/s/ Jeffrey D Adelman 05/18/2010

\*\*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) These shares were acquired upon exercise of stock options under the Issuer's Amended and Restated 1997 Stock Option Plan identified as exercised in Part II of this Form 4.
- (2) These shares were acquired upon exercise of stock options under the Issuer's 2007 Stock Plan identified as exercised in Part II of this Form 4.
- (3) Includes 46,950 shares of restricted stock which remain subject to vesting.
- (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.

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