Form 8-K May 21, 2014		
UNITED STATES SECURITIES AND EXCHANGE COMM WASHINGTON, D.C. 20549	MISSION	
FORM 8-K		
CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT O	F 1934	
Date of Report (Date of earliest event repo	orted) May 21, 2014	
ARMOUR Residential REIT, Inc. (Exact Name of Registrant as Specified in	Its Charter)	
Maryland (State or Other Jurisdiction of Incorporation)	001-34766 (Commission File Number)	26-1908763 (I.R.S. Employer Identification No.)
3001 Ocean Drive, Suite 201 Vero Beach, Florida		32963
(Address of Principal Executive Offices)		(Zip Code)
(772) 617-4340 (Registrant's Telephone Number, Includir	ng Area Code)	
n/a (Former Name or Former Address, if Char	nged Since Last Report)	
Check the appropriate box below if the Fother registrant under any of the following p		
[_] Written communications pursuant to	Rule 425 under the Securities Ad	et (17 CFR 230.425)
[_] Soliciting material pursuant to Rule	14a-12 under the Exchange Act (	17CFR 240.14a-12)
[_] Pre-commencement communications	s pursuant to Rule 14d-2(b) under	the Exchange Act (17 CFR 240.14d-2(b))
[_] Pre-commencement communications	s pursuant to Rule 13e-4(c) under	the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01. Regulation FD Disclosure.

On May 21, 2014, ARMOUR Residential REIT, Inc. ("ARMOUR") posted on its website, a slide deck presentation, which contains updates on ARMOUR's financial position, business and operations. Attached as Exhibit 99.1 to this report is the slide deck presentation posted by ARMOUR.

The slide deck presentation attached to this report as Exhibit 99.1 is furnished pursuant to this Item 7.01 and shall not be deemed filed in this or any other filing of ARMOUR under the Securities Exchange Act of 1934, as amended, unless expressly incorporated by specific reference in any such filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

99.1 Slide Deck Presentation, dated May 21, 2014

#### **SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: May 21, 2014

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber Name: Mark Gruber

Title: Chief Operating Officer

## Exhibit Index

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