Armour Residential REIT, Inc.

Form 4

April 05, 2016

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or

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

may continue. See Instruction

1(b).

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obligations

(Print or Type Responses)

1. Name and Address of Reporting Person *

ULM SCOTT

(Last) (First)

(Middle)

3001 OCEAN DRIVE, SUITE #201

(Street)

(State)

VERO BEACH, FL 32963

2. Issuer Name and Ticker or Trading

Symbol

[ARR]

Armour Residential REIT, Inc.

3. Date of Earliest Transaction

(Month/Day/Year) 04/01/2016

4. If Amendment, Date Original

3.

Filed(Month/Day/Year)

Person

(Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

Issuer

below)

_X__ Director

Applicable Line)

X_ Officer (give title

1.Title of 2. Transaction Date 2A. Deemed Security (Month/Day/Year) Execution Date, if (Instr. 3)

(Month/Day/Year)

Code (Instr. 8)

Code V Amount

TransactionAcquired (A) or Disposed of (D) (Instr. 3, 4 and 5)

4. Securities

Securities Owned

Beneficially Following Reported

5. Amount of

Transaction(s)

(Instr. 3 and 4) Price

Common

(City)

Stock, par

share

value

\$0.001 per

04/01/2016

 $M^{(1)}$

2,197

(1)

(A)

(D)

48,032

D

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

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SEC 1474 (9-02)

OMB APPROVAL

3235-0287

January 31,

2005

0.5

OMB

Number:

Expires:

response...

5. Relationship of Reporting Person(s) to

(Check all applicable)

Co-CEO and CIO

6. Individual or Joint/Group Filing(Check

X Form filed by One Reporting Person Form filed by More than One Reporting

below)

Form: Direct

(D) or

Indirect (I)

(Instr. 4)

10% Owner

6. Ownership 7. Nature of

Indirect

Beneficial

Ownership

(Instr. 4)

Other (specify

Estimated average

burden hours per

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of | 2. | 3. Transaction Date | | 4. | 5. | 6. Date Exerc | | 7. Titl | | 8. Price of | 9. Nu |
|-------------|-------------|---------------------|--|------------|------------|---------------------|-----------------|---------|----------|-------------|--------|
| Derivative | Conversion | (Month/Day/Year) | , and the second | Transactio | | Expiration D | | Amou | | Derivative | Deriv |
| Security | or Exercise | | any | Code | of | (Month/Day/ | Year) | | rlying | Security | Secui |
| (Instr. 3) | Price of | | (Month/Day/Year) | (Instr. 8) | Derivative | e | | Secur | ities | (Instr. 5) | Bene |
| | Derivative | | | | Securities | | | (Instr. | 3 and 4) | | Owne |
| | Security | | | | Acquired | | | | | | Follo |
| | | | | | (A) or | | | | | | Repo |
| | | | | | Disposed | | | | | | Trans |
| | | | | | of (D) | | | | | | (Instr |
| | | | | | (Instr. 3, | | | | | | (|
| | | | | | 4, and 5) | | | | | | |
| | | | | | 1, and 3) | | | | | | |
| | | | | | | | | | Amount | | |
| | | | | | | ъ. | E | | or | | |
| | | | | | | Date Exercisable | Expiration Date | | Number | | |
| | | | | | | | | | of | | |
| | | | | Code V | (A) (D) | | | | Shares | | |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | | |
|---|---------------|-----------|----------------|-------|--|--|--|
| • | Director | 10% Owner | Officer | Other | | | |
| ULM SCOTT 3001 OCEAN DRIVE SUITE #201 VERO BEACH, FL 32963 | X | | Co-CEO and CIO | | | | |

Signatures

/s/ Scott J. Ulm 04/05/2016

**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) See Remarks

Remarks:

On April 1, 2016, the reporting person elected to redeem 841 shares out of 1,681 shares of vested phantom stock into 841 shar 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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