IDT CORP Form 4 July 26, 2005

#### FORM 4

#### OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

Expires: January 31, 2005

# STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

1,013 (4)

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

See Instruction 30(h) of the Investment Company Act of 1940

1(b).

Stock, par

value \$.01 per share

(Print or Type Responses)

1. Name and Address of Reporting Person \*

LICHTENSTEIN MORRIS  (Last) (First) (Middle)  C/O IDT CORPORATION, 520 BROAD STREET			Symbol IDT CORP [IDT/IDT.C] 3. Date of Earliest Transaction (Month/Day/Year) 07/22/2005				Issuer				
								(Check all applicable)  Director 10% OwnerX_ Officer (give title Other (specify below)  EVP of Business Development			
(Street)			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				
	NEWARK, N	NJ 07102							Form filed by Person	More than One Re	eporting
	(City)	(State)	(Zip)	Table	e I - Non-D	Perivative S	ecurit	ies Acq	uired, Disposed o	of, or Beneficial	lly Owned
	1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	Execution any	emed on Date, if /Day/Year)	3. Transacti Code (Instr. 8)	4. Securities Acquired on(A) or Disposed of (D) (Instr. 3, 4 and 5)			Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
	Class B				Code V	Amount	(D)	Price	(Instr. 3 and 4)		
	Common Stock, par value \$.01 per share	07/22/2005			A	50,450 (1)	A	\$ 0 (2)	325,976 (3)	D	
	Class B Common								1 013 (4)	ī	By 401(k)

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

Plan

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SEC 1474 (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 orDerivative 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
Employee Stock Option (right to buy)	\$ 12.95	07/22/2005		A	33,333	07/30/2005	07/21/2015	Class B Common Stock	33,333

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
- 0	Director	10% Owner	Officer	Other			
LICHTENSTEIN MORRIS C/O IDT CORPORATION 520 BROAD STREET NEWARK, NJ 07102			EVP of Business Development				

## **Signatures**

Joyce J. Mason, by Power of Attorney

07/26/2005 Date

\*\*Signature of 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) Shares of Restricted Stock that vest in full immediately.
- (2) Grant of Restricted Stock.
- (3) Includes 323,314 shares of Restricted Stock, of which 106,256 are vested, and 2,662 shares of stock purchased through the Issuer's Employee Stock Purchase Plan.
- (4) As of June 30, 2005

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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