

(772) 617-4340

(Registrant's Telephone Number, Including Area Code)

n/a

(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01.

Regulation FD Disclosure

On September 30, 2013, ARMOUR Residential REIT, Inc. (ARMOUR) filed a slide deck presentation, to be presented by ARMOUR 's Co-Chief Executive Officers, Jeffrey J. Zimmer and Scott J. Ulm, and its Chief Operating Officer, Mark Gruber, to participants at the JMP Financial Services and Real Estate Conference on October 1, 2013. The slide deck presentation contains updates on ARMOUR 's financial position, business and operations. Attached as Exhibit 99.1 to this report is the slide deck presentation to be presented at the Conference.

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 to be presented at the JMP Financial Services and Real Estate Conference, dated October 1, 2013
------	-------------------------------------------------------------------------------------------------------------------------

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: September 30, 2013

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber

Name: Mark Gruber

Title: Chief Operating Officer

Exhibit Index

Exhibit
No.

Description

99.1

Slide Deck Presentation to be presented at the JMP Financial Services and Real Estate Conference, dated October 1, 2013