Armour Residential REIT, Inc. Form 8-K July 29, 2016

UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of report (Date of earliest event reported)

July 29, 2016

ARMOUR Residential REIT, Inc.

(Exact Name of Registrant as Specified in Its Charter)

Maryland 001-34766 26-1908763

(State or Other Jurisdiction of Incorporation) (Commission File Number) (IRS Employer Identification No.)

3001 Ocean Drive, Suite 201
Vero Beach, Florida

(Address of Principal Evacutive Offices) (Zin Coo

(Address of Principal Executive Offices) (Zip Code)

(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 (17 CFR 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 8.01. Other Events.

On July 29, 2016, ARMOUR Residential REIT, Inc. ("ARMOUR") announced that a cash dividend of \$0.22 per share will be payable to holders of ARMOUR common stock for the months of August and September 2016, as set forth below:

Holder of Record Date Payment Date

August 15, 2016 August 29, 2016

September 15, 2016 September 27, 2016

A copy of ARMOUR's press release announcing the common stock dividends is attached hereto as Exhibit 99.1 and incorporated herein by reference.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

Press Release announcing the August and September 2016 common stock dividends, dated July 29, 2016

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: July 29, 2016

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ James R. Mountain Name: James R. Mountain Title: Chief Financial Officer

Exhibit Index

Exhibit No. Description

99.1 Press Release announcing the August and September 2016 common stock dividends, dated July 29, 2016