Armour Residential REIT, Inc. Form 8-K December 19, 2013		
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	DF 1934	
Date of Report (Date of earliest event repo	orted) December 19, 2013	
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 (Address of Principal Executive Offices)		32963 (Zip Code)
(772) 617-4340 (Registrant's Telephone Number, Includia	ng Area Code)	
n/a (Former Name or Former Address, if Cha	nged Since Last Report)	
Check the appropriate box below if the Fother registrant under any of the following parts o	•	
[_] Written communications pursuant to Rule	425 under the Securities Act (17	CFR 230.425)
[_] Soliciting material pursuant to Rule 14a-1	2 under the Exchange Act (17CF)	R 240.14a-12)
[_] Pre-commencement communications purs	suant to Rule 14d-2(b) under the E	Exchange Act (17 CFR 240.14d-2(b))
[_] Pre-commencement communications purs	suant to Rule 13e-4(c) under the E	exchange Act (17 CFR 240.13e-4(c))

Item 7.01.

Regulation FD Disclosure

On December 19, 2013, 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 December 19, 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: December 19, 2013

ARMOUR RESIDENTIAL REIT, INC.

By: /s/ Mark Gruber Name: Mark Gruber

Title: Chief Operating Officer

Exhibit Index

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