XL CAPITAL LTD Form 4

August 11, 2005

FORM 4

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

OMB Number: 3235-0287

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

0.5

OMB APPROVAL

Form 4 or Form 5 obligations may continue. See Instruction

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

response...

1(b).

(Print or Type Responses)

2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
XL CAPITAL LTD [XL] (Check all applic			
3. Date of Earliest Transaction			
(Month/Day/Year)	X Director 10% Owner		
08/10/2005	Officer (give title below) Other (specify below)		
4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
Filed(Month/Day/Year)	Applicable Line)		
	X Form filed by One Reporting Person		
	Form filed by More than One Reporting Person		
	Symbol XL CAPITAL LTD [XL] 3. Date of Earliest Transaction (Month/Day/Year) 08/10/2005 4. If Amendment, Date Original		

(City)	(State)	(Zip) Table I - Non-Derivative Securities Acquired, Disposed							of, or Beneficially Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)		sed of 4 and (A) or	` '	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Class A Common Shares	08/10/2005		M	2,000	A	\$ 0	14,685.95	D			
Class A Common Shares	08/10/2005		M	2,000	A	\$ 0	16,685.95	D			
Class A Common Shares	08/10/2005		S	4,000	D	\$ 70.6423	12,685.95	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)

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. Transactic Code (Instr. 8)	5. Number coof Derivative 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
Options	\$ 31.1875	08/10/2005		M	2,000	12/01/1995	12/01/2005	Class A Common Shares	2,000
Options	\$ 37.875	08/10/2005		M	2,000	12/01/1996	12/01/2006	Class A Common Shares	2,000

Reporting Owners

Reporting Owner Name / Address

Director 10% Owner Officer Other

PARKER ROBERT STRATTON
5200 WATSON STREET N.W. X

WASHINGTON, DC 20016

Signatures

Sarah Fox as attorney-in-fact for Robert
Parker

08/10/2005

**Signature of Reporting Person Date

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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Owners 2