

Garage Door Rough Opening and Framing Chart

Standard doors 8x7 to 18x8. Prepared by David Yifrach, Seaside Garage Door Experts, Virginia DPOR #2705188091.

The rule: when the opening will be jambed out with nominal 2x lumber (1.5 in actual) on both sides and under the header, frame the rough opening **3 in wider and 1.5 in taller than the door**. The finished opening is what the door is ordered to. Not adding jamb liners? Frame at the exact door size and hang the door behind the opening instead. Do not do both: framing at door size and then adding 2x liners leaves an opening 3 in too narrow, and a garage door cannot be trimmed to fit.

Door size	Finished opening (in)	Rough opening (in)	Rough opening (ft-in)
8 x 7	96 x 84	99 x 85.5	8'3" x 7'1 1/2"
9 x 7	108 x 84	111 x 85.5	9'3" x 7'1 1/2"
8 x 8	96 x 96	99 x 97.5	8'3" x 8'1 1/2"
9 x 8	108 x 96	111 x 97.5	9'3" x 8'1 1/2"
10 x 7	120 x 84	123 x 85.5	10'3" x 7'1 1/2"
10 x 8	120 x 96	123 x 97.5	10'3" x 8'1 1/2"
10 x 10	120 x 120	123 x 121.5	10'3" x 10'1 1/2"
12 x 7	144 x 84	147 x 85.5	12'3" x 7'1 1/2"
12 x 12	144 x 144	147 x 145.5	12'3" x 12'1 1/2"
16 x 7	192 x 84	195 x 85.5	16'3" x 7'1 1/2"
16 x 8	192 x 96	195 x 97.5	16'3" x 8'1 1/2"
18 x 7	216 x 84	219 x 85.5	18'3" x 7'1 1/2"
18 x 8	216 x 96	219 x 97.5	18'3" x 8'1 1/2"

Highlighted row is the most common size in Hampton Roads: every full door installation in our 2026 invoice record was a 16 x 7.

Clearances that decide the hardware

Clearance	Plan for	What uses the space
Headroom, torsion	About 12 in, nearer 15 with an opener rail	Torsion shaft, cable drums, track curve radius
Headroom, extension	About 10 in	Springs run back along the horizontal track
Headroom, low headroom kit	About 9.5 in	Dual track, top section tips in sooner
Side room, each side	3.75 to 4.5 in min, 5 to 6 comfortable	Vertical track, flag bracket, end bearing plate
Backroom	Door height plus about 18 in, more with an opener	Opener door parks near the ceiling, rail runs past it

Header, and why no header size table is printed here

A header is sized by its span and by what it carries above, not by the door beneath it, and in coastal Virginia the wind load the assembly must resist is part of that calculation. Take the size from your plan, your building official or an engineer. What the door needs is a header that spans the full rough opening with bearing at each end, that is flat and level, and that carries a 2x6 or 2x8 center anchor pad above it for the torsion spring bracket.

Wind rated doors

A wind load rated door does not change the rough opening. It changes how the jambs and header are fastened, because the rating belongs to the whole assembly. Put the manufacturer's installation detail in front of whoever is framing, before the framing goes up.

Full guide, worked examples and FAQ: seasidegaragedoorexports.com/guides/garage-door-rough-opening-framing-chart | Free on-site measure and written quote across Hampton Roads: (757) 777-3330