Question: (1) What, technically, is an overcall? And (2) Does an overcall always promise less than opening count since you could make a takeout double with opening count?

(1) Simple answer for the definition. When your partner has not made a call (other than a Pass); and either of the opponents open the bidding; and you then bid a suit, that's an overcall. Examples:

Opp	Part	Opp	You
1 C	Pass	1 S	2 H
Or			
Part	Opp	You	
Pass	1 D	1 H	

Those are both simple overcalls.

(2) And the point range of a simple overcall can be beyond opening count. For a 2-level overcall (like your 2**H** above) the range would be 10-16 HCP. For a 1-level overcall (like your 1**H** above) the range is about 8-16 HCP. For beginners, an overcall should always be a 5-card or longer suit. The overcall does NOT deny having opening count. Example: Opp opens 1C and you hold:

SA5 HKJ4 DAQ654 C 432 All of my panel folks would overcall 1D. So with opening count, you would sometimes overcall and sometimes double. The double GUARANTEES at least 3 cards in unbid majors (hence no double with that hand with only 2 spades). There would be some hands where you would have a choice, e.g., Opp opens 1C and you hold:

S A 5 4 **H** K J 4 **D** A Q 6 5 4 **C** 4 3 Now both 1**D** and double would be legal. I think my panel would opt for the double but I'll ask and report next week.