Let's take a seat on Board 23 as North, all vulnerable. South passes, West opens 1♥, you hold:

↑ -♡ 65♦ AQ10753♣ KJ863

You choose to overcall 2NT showing at least 5-5 in the minor suits (♣+♦). Vulnerable opposite a passed partner this is a serious bid but the extra diamond increases the playing strength of the hand, so overcalling 2NT is a good choice. The bidding continues:

West			
-	-		pass
10	2NT(♣+♦)	3 ♠	pass
4	?		•

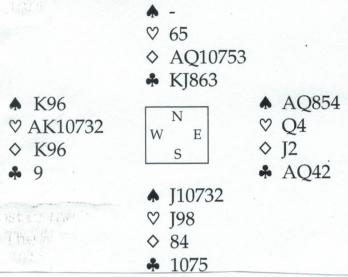
Your bid? Two Norths thought it wise to bid 5♦; sorry but this is egregious. North has fully shown their hand with 2NT, your hand is not close to bidding a solo 4♦ let alone a space cadet 5♦. Partner is awake and passed 3♠, you have no reason to bid further, so pass.

Jeanette could not believe her luck when North bid 5♦ and swiftly doubled, collecting 1400 points against 5♦x. Another East thought it wise to bid 5♠ over 5♦ which went down 200 points, a decision that cost their partnership 1600 points.

East bidding 5♠ over 5♦ is just as misguided as the 5♦ bid by North. East's 3♠ bid had already shown at least five spades and an opening hand (or better). East does not have wild shape. East by bidding 5♠ says to West "I have extra shape (playing strength) and I think we can make 6♠ if you have any extras".

Whenever you bid five-over-five (unless your side is out-gunned and you are sacrificing) it's an invitation for partner to raise to slam.

Unless you are keen for partner to raise you to slam, double when they bid five-over-five. Double, do not bid, do not pass. When you have most of the high-card strength and they bid at the five level, double. The full hand:



Board 8 was another case of North showing their hand and then going solo without justification. Take a seat as North, none vulnerable: West opens 14, you hold:

You choose to overcall 2NT showing at least 5-5 in the lower unbid suits ($\diamondsuit+\heartsuit$). The 10s in your red suits makes 2NT a sound choice. The bidding continues:

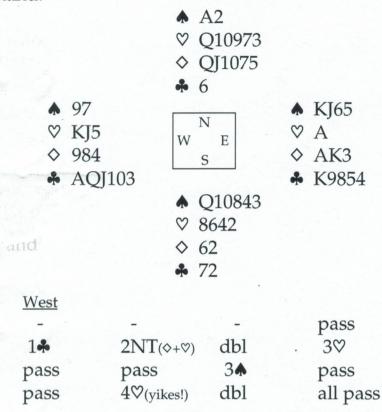
West			
1.	$2NT(\diamondsuit + \heartsuit)$	dbl	3♡
pass	pass	3 ♠	pass
pass	?		

Your bid? Mistakenly the club Norths thought it wise to bid again! Our club Norths all bid 4%, yikes! North showed their hand with 2NT and South simply gave preference to hearts over diamonds. A hand that might try 4% would look like:

This hand has extra length (six hearts) and aces in their long suits. The actual North hand is a sound 2NT bid but nothing more. North, with your actual hand, South is awake, you have no reason to bid further, pass.

After North bid 4♥, East held:
♠ KJ65 and swiftly doubled 4♥.
♥ A
♦ AK3
♣ K9854

The full hand:



West had panicked and passed East's bid of 3♠ (East with only four spades should have doubled 3♥), Joyce scored 500 points and 93% against 4♥x. If North had passed 3♠, they would have scored 95%. North's poor discipline turned a top into a bottom.

Summary:

If you have shown your hand do not go solo and bid again. Partner has seen your bid(s), they will bid if it's right to do so. Whenever you bid five-over-five (unless sacrificing) it's an invitation for partner to raise to slam. Unless you are keen for partner to raise to slam, double. Double, do not bid, do not pass.