You are either on-time or late (or didn't submit at all, same as late for rep purposes). The penalty is your score (again, only for rep purposes) is filled is as -0.10 for that round. There is a single round of forgiveness, so if you have your full 20 rounds filled in and then you miss one, you get the score for the example predictions instead for that round (could actually be better than your model in many cases!). If you are staked and submit late, there is no burn or anything of your stake – it is simply not in play that round.