In order to keep a good user experience, Android on API 26 and above restricts what apps can do in the background. These restrictions or limitations can be “bypassed” by using JobSchedulers. These limitations are handled by the system by making a distinction between foreground apps and background apps.

The way the OS handle this is: If your app is running in the foreground it can call as many background and foreground services as possible. But when the app goes to the background, it can create and use services for a limited time. After that, the app is considered idled and the service stops itself. Most of the time background services can be replaced by Job Schedulers.